

Supporting the mental health of children living in out-of-home care

****Please note that all links provided in this document were accurate as at the date of publication
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Emerging Minds Resources

Emerging Minds Practice Papers

- Recognising and strengthening the stories of children in care**
<https://emergingminds.com.au/resources/recognising-and-strengthening-the-stories-of-children-in-care/?audience=family>
 This paper is for practitioners who are working with children in out-of-home care. It examines the importance of identity and history on the mental health of children in care. The paper provides examples of practices that have supported identity and story development for children who are living in out-of-home care.
- Children’s participation in decision-making processes in the child protection system: Key considerations for organisations and practitioners**
<https://emergingminds.com.au/resources/childrens-participation-in-decision-making-processes-in-the-child-protection-system-key-considerations-for-organisations-and-practitioners/?audience=family#:~:text=Child%20participation%20is%20defined%20as,decisions%20about%20their%20own%20care.>
 This resource is for practitioners working within the child protection system, as well as those in related roles such as out-of-home care and family services.

Emerging Minds Online Courses

- Walking alongside Aboriginal and Torres Strait Islander children in out-of-home care**
<https://learning.emergingminds.com.au/course/walking-alongside-aboriginal-and-torres-strait-islander-children-in-out-of-home-care>
 This course provides non-Indigenous practitioners with tangible examples of how SEWB can be applied to equip Aboriginal and Torres Strait Islander children in out-of-home care with opportunities for, telling their own truth story, exploring solution-driven opportunities to enhance self-determination and empower children, and identifying allies who will support and mentor them.
- Supporting the mental health of children in out-of-home care**
<https://learning.emergingminds.com.au/course/supporting-the-mental-health-of-children-in-out-of-home-care>
 This course is for practitioners working with children up to 12 years old who are living in OOH. This includes practitioners working in agencies that provide support to foster and kinship carers as well as staff in residential care facilities and child protection agencies.

Emerging Minds Podcasts

- **Looking after the mental health and wellbeing of children in out-of-home care**
<https://emergingminds.com.au/resources/podcast/looking-after-the-mental-health-and-wellbeing-of-children-in-out-of-home-care/>
In this podcast we talk with Meryl Klimczak, who has over 20 years' experience as a foster mum. Meryl believes that as well as the physical safety being in out-of-home care can offer, it's also the mental health and wellbeing support that the children in her care receive which helps them thrive.
- **A storybook approach to supporting children in care**
<https://emergingminds.com.au/resources/podcast/a-storybook-approach-to-supporting-children-in-care/>
In this episode, Nicole Rollbusch talks to Natalie Papps, Alice Morgan and Sally Groom, creators of 'One of a Kind'. Natalie and Alice work as Families Where a Parent has a Mental Illness (FaPMI) Coordinators with Monash and Alfred Health respectively, while Sally is the Team Leader of Carer Assessment and Intake with OzChild for the Southern Metro and Gippsland area in Victoria.

Emerging Minds Webinars

- **Working alongside Aboriginal and Torres Strait Islander children in out-of-home care through a culturally safe framework**
<https://emergingminds.com.au/resources/working-alongside-aboriginal-and-torres-strait-islander-children-in-out-of-home-care-through-a-culturally-safe-framework/?audience=family>
Co-produced with the Mental Health Professionals' Network (MHPN), this webinar provides strategies to help practitioners deliver therapeutic responses within a culturally safe framework, supporting the social and emotional wellbeing needs of Aboriginal and Torres Strait Islander children in out-of-home care.

Other Emerging Minds Resources

- **Out of home care: Talking about mental illness with children in your care**
<https://emergingminds.com.au/resources/talking-about-mental-illness-with-children-in-your-care-oohc/?audience=family>
This resource was developed to support you to talk to the children in your care about parental mental illness. It was developed with the guidance of adults with lived experience of being in foster care during childhood.

Other Resources

- **One of a kind: Darcy and Oliver discovering their way**
<https://monashhealth.org/latest-news/2023/01/05/one-of-a-kind-book-now-available/>
- **Understanding the links between communication and behaviour (RCSLT)**

www.rcslt.org/wp-content/uploads/media/Project/RCSLT/rcslt-behaviour-a4-factsheet.pdf

- **Reference Guide - How to support young people with speech language and communication needs (SLCN) in mental health settings**
www.orygen.org.au/Training/Resources/Neurodevelopmental-disorders/Clinical-practice-points/Reference-guide-How-to-support-young-people-with/Support-YP-with-speech-language-communication-need.aspx?ext=
For mental health clinicians working with young people who have SLCN.