

Webinar 40

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

7:15 pm to 8:30 pm AEDT
Tuesday 12th November 2024

**Emerging
Minds.**

**National Workforce
Centre for Child
Mental Health**

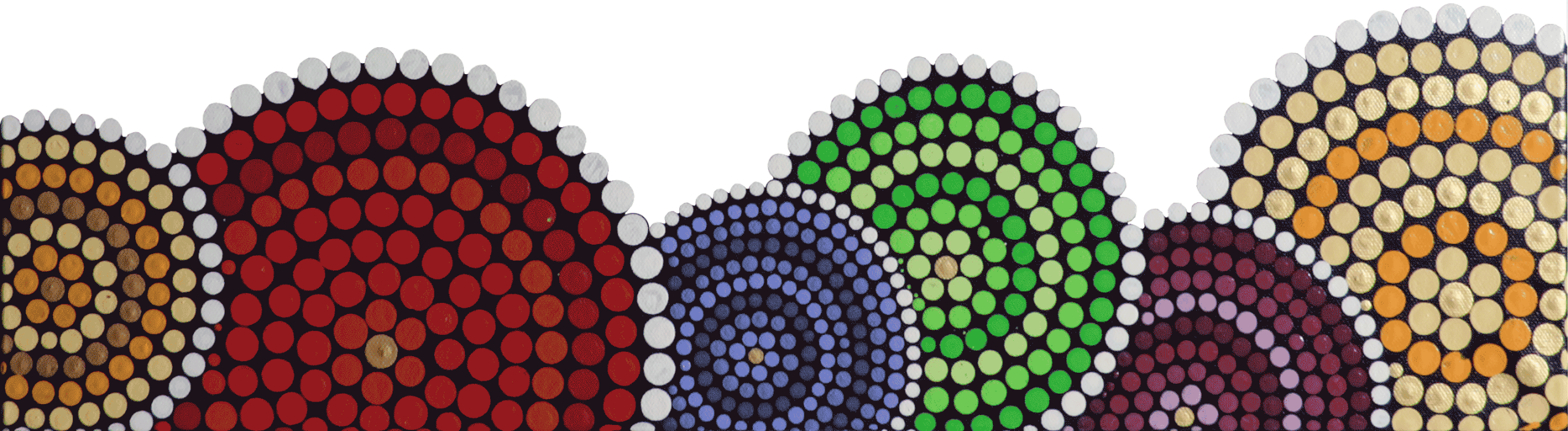


Acknowledgement

National Workforce Centre
for Child Mental Health

I would like to acknowledge the Traditional owners of country throughout Australia and recognise the continuing connection to lands, waters and communities.

I wish to pay respect to Elders past and present, and acknowledge the memories, traditions, cultures and hopes of Aboriginal and Torres Strait Islander people.



Welcome to Season Seven



This is the second webinar in the seventh series on infant and child mental health, presented by Emerging Minds and the Mental Health Professionals' Network.

Series Seven topics include:

- Trauma
- Children in Out of Home Care
- Disasters
- Suicidal Ideation
- School Refusal
- Play with infants and toddlers

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Learning outcomes



At the webinar's completion, participants will be able to:

- Understand and be able to describe ways in which out-of-home care can impact children's sense of participation, identity and self-worth
- Understand the importance of culture and identity for Aboriginal and Torres Strait Islander children in out-of-home care
- Have increased confidence to integrate approaches into their current practice that enhance children's sense of participation, identity and self-worth
- Recognise the importance of explaining to children why they are in care and how to discuss this with them sensitively and safely
- Consider strategies that promote collaboration between services, biological parents and foster/kinship carers, understanding its significance for children's mental health and wellbeing

Disclaimer

The content in this webinar is for educational purposes only and does not constitute medical advice.

If any content in tonight's webinar causes distress, please seek care with your GP, local mental health service or Lifeline 13 11 14.

Tonight's panel



Candice Butler
Child Protection,
QLD



Kate Headley
Speech Pathologist,
NSW



Felicity Kime
Peer Worker/ Child and
Family Partner,
NSW



Facilitator:
Nicole Rollbusch
Practice Development
Officer, Emerging
Minds
SA

A child protection perspective

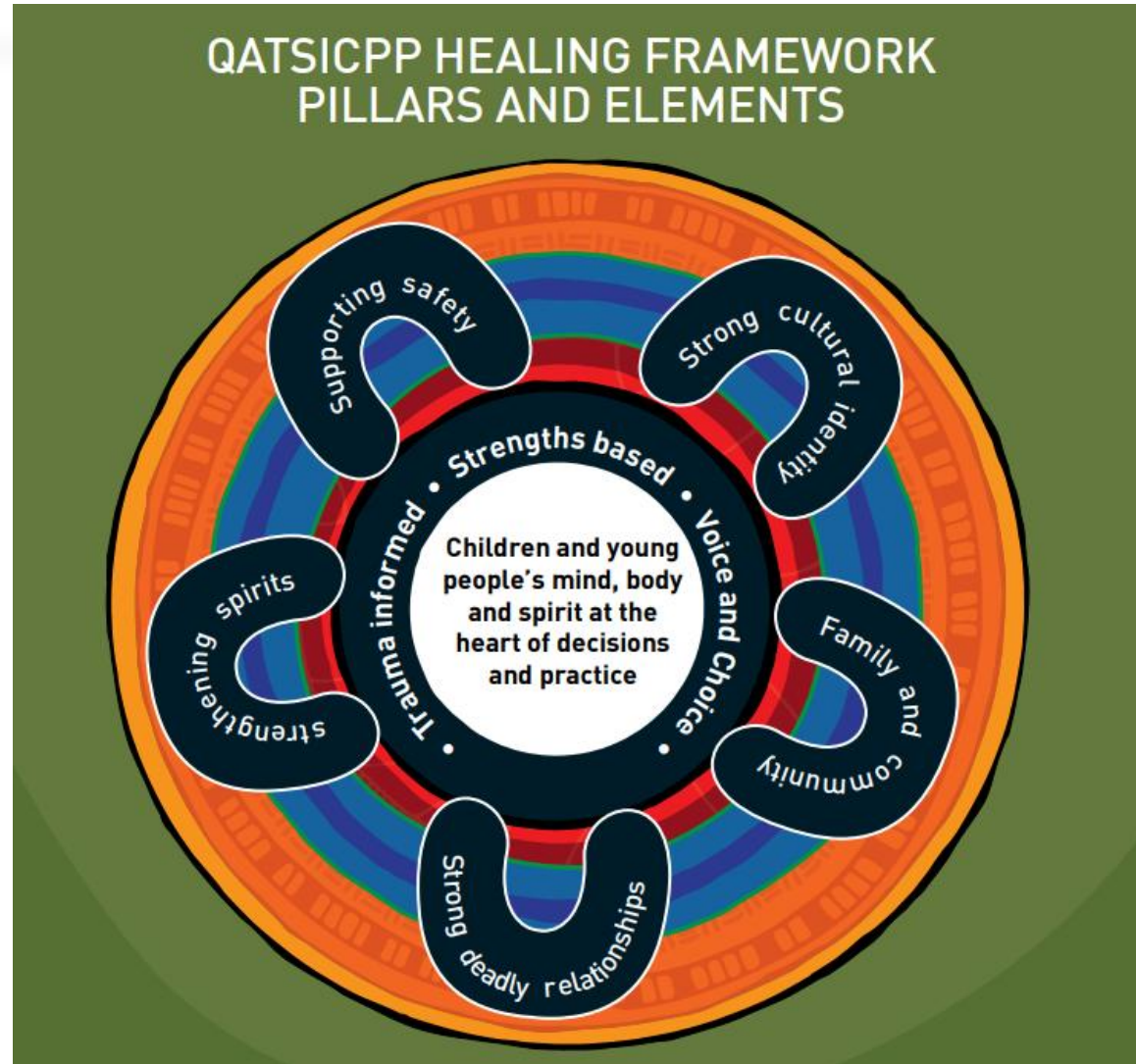
Healing our children and young people

Framework is solution focused – our communities wanted to provide leadership – took our research findings and applied them

It is based on our belief and ancient knowledge that we can heal ourselves and our minds and bring our children, young people and families back to a place of peace.

It recognises our deep kinship ties and how we act as family to collectively strengthen each other to succeed.

A child protection perspective



A child protection perspective

Trauma-informed

- Safety, trustworthiness, choice, collaboration and empowerment
- Trauma-informed practice does not blame our families and children for their efforts to manage their traumatic reaction
- Embrace a message of hope and optimism that healing is possible
- Our children and families are seen as unique people who have experienced extremely abnormal situations caused by colonisation, and have coped as best they could

Strengths-based

- Strengths-based approaches recognise that our children, families and communities have amazing strengths. Many of them have displayed these strengths in keeping themselves safe
- Sometimes our children and families find it hard to find their own strengths
- We need to help our families, and children and fathers, to find their strengths that they can build on to create change
- Sometimes life has beaten families down and they struggle to identify their strengths. Understand the strengths they have, and locate them
- This includes locating our children's and families' cultural strengths - important foundational strengths to identify

Voice and choice

- Families and communities should be the leads in driving change in DFV
- Our community organisations should be resourced and supported to provide the safety and supports to assist our children and families to respond to DFV, using their cultural knowledge and skills to create safe places and spaces to support our people
- Our communities are strongly committed to safety for our children and young people. That commitment and knowledge should be the first point of call in responding to DFV. It is about us as Aboriginal and Torres Strait Islander people having voice and choice about the decisions about our children and family

A child protection perspective

Our children's safety is at the heart of this work

Focuses on healing as prevention

Healing children and young people's experiences of violence breaks the cycle of intergenerational trauma

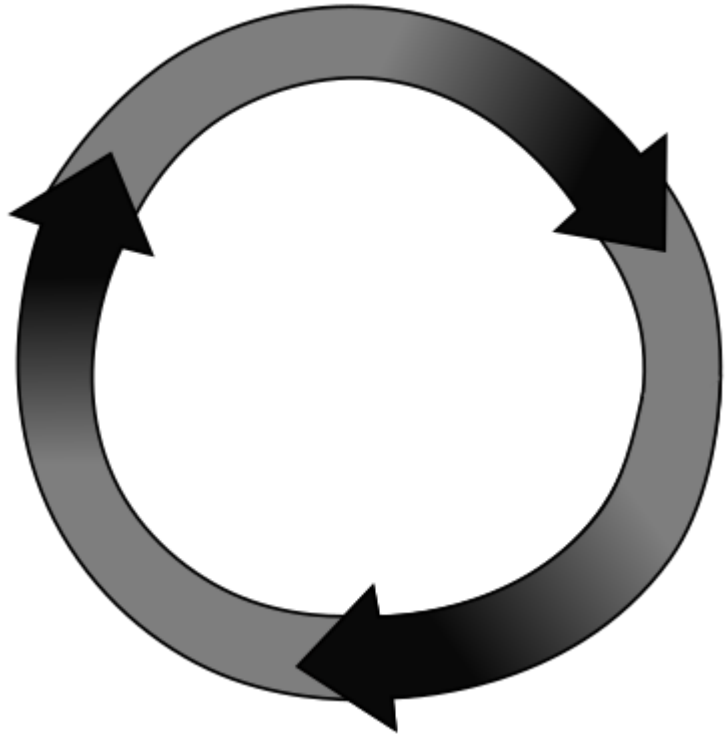
Focuses on helping our children and young people to understand safety, experience safety and empowers them and their families to take action to ensure safety

Enables our children to learn what strong and healthy relationships are

Very high rates of
communication
support needs



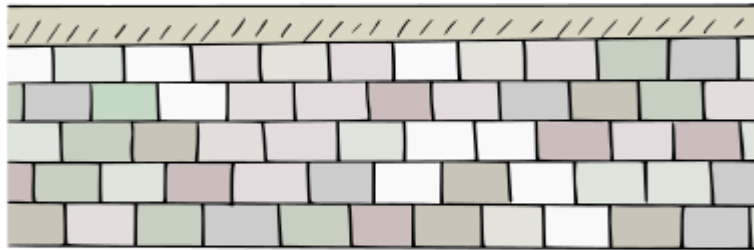
A speech pathologist perspective



Compounding risks
to mental health

A speech pathologist perspective

Barriers to participation

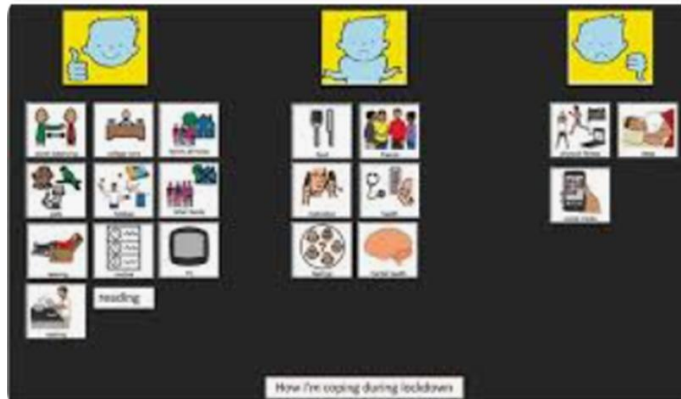


- How can the child show their beliefs, knowledge and understanding?
- How can we show the child we value their understandings?
- How can we learn about the child's contexts? Teach us what is important to them? What do they want and need?
- How can the child be actively engaged in problem solving what works for them?

A speech pathologist perspective

Communication modifications

- Observe what seems to work/not work for the child?
- What do you need to change about yourself?
- What strategies empower the child to be 'heard'?



What would stay the same?

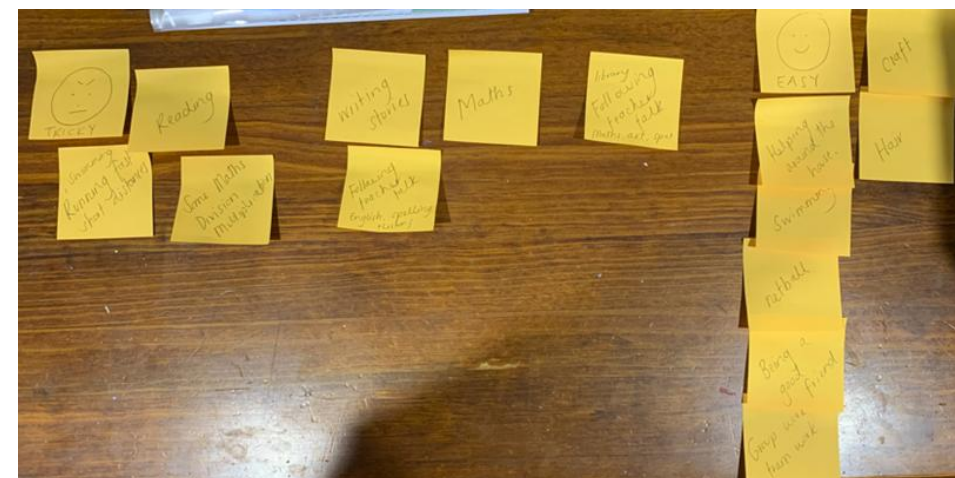
My teacher would:

My perfect school

What would be different?

The playground would have:

We would do:

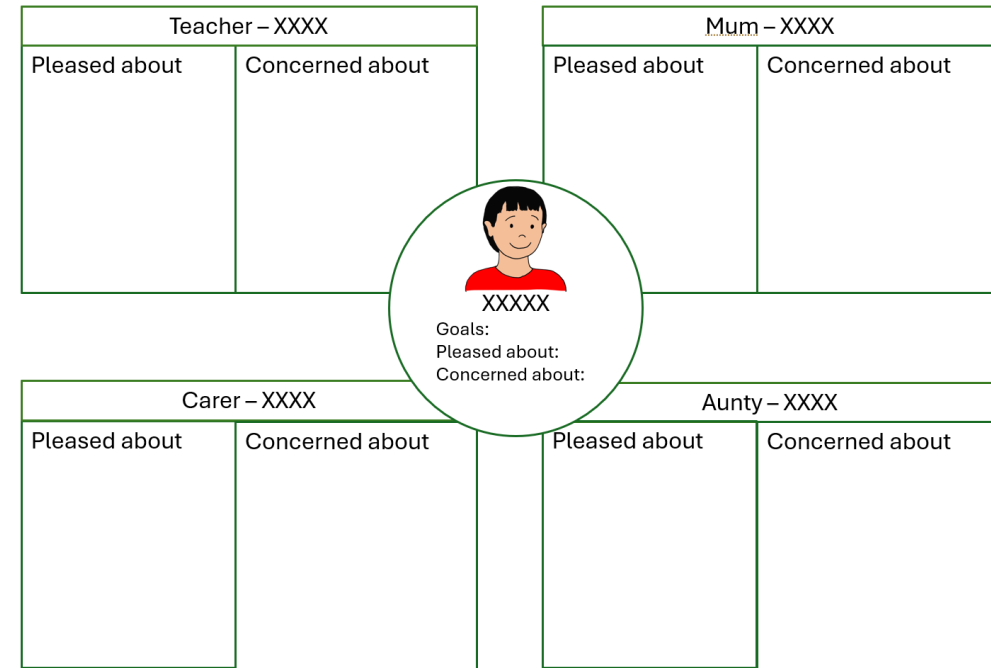


A speech pathologist perspective

Education & collaboration



- Who is in this child's network?
- Coaching across everyone who is involved.
- Shared understanding and respect for different concerns/priorities.
- Advocating for the child's needs & goals at the center.
- Agreement around how the child expresses their needs.



A lived experience perspective

Talking to children about why they are in care

- The impact of not knowing on children's wellbeing
- Systemic challenges for parents in sharing their child's story with them
- Parents know about the child and their history and can often answer the child's questions and help them make meaning
- How can practitioners support parents in sharing with their children?

A lived experience perspective

Domains of wellbeing

Placement & permanency

Emotional growth and healing

Personal identity and culture

Education/vocation & training

Family & significant relationships

Health & physical wellbeing

Social, living skills & peer relationships

Legal issues & victims' compensation

Q&A Session



Candice Butler
Child Protection,
QLD



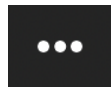
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MHPN Networks



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Visit www.mhpn.org.au to join your local network, a number bring together practitioners with a shared interest in young people's mental health.

Interested in starting a new network? Visit www.mhpn.org.au to learn how MHPN will provide advice, administration and other support throughout the process.

This webinar was co-produced by MHPN and Emerging Minds for the Emerging Minds: National Workforce Centre for Child Mental Health (NWCCMH) project.

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