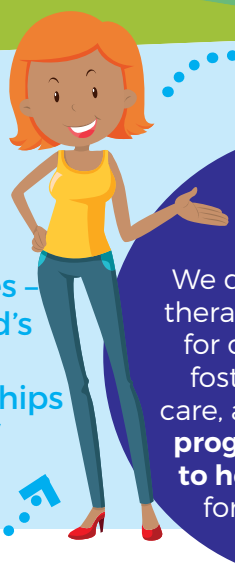
HELLO! WE'RE THE THERAPEUTIC ASSESSMENT AND PLANNING TEAM

ACT Government
Community Services

FREE PROGRAMS AND SERVICES TO HELP YOU CARE FOR CHILDREN IN CARE

INFOSHEET

In the ACT, *A Step Up for Our Kids* strives to create a therapeutic, trauma-informed care system that helps kids grow up strong, safe and connected. A system where everyone involved – service providers, carers and families – understands the impact trauma has on a child's behaviour, health and development. A system that builds positive, safe and healing relationships and practices because of its understanding of trauma, attachment and child development.



We do this by providing therapeutic assessments for children in kinship, foster and residential care, and we provide **free programs and services to help families** caring for children in care.

WHO ARE WE?

The Therapeutic Assessment and Planning team is a part of Child and Youth Protection Services (CYPS). We have a separate role to CYPS case managers, but we do work closely with them.

Our team is made up of therapeutic assessors. We are professionally trained and have wide knowledge about the impact trauma can have on a child's development and the therapeutic supports that can help them and the families caring for them.

We work with children in care and their carers.

PROGRAMS AND SERVICES

In addition to providing individual therapeutic assessments to children in care, our team also supports the families caring for these children. We can help you access free programs and services designed to help you support the child in your care emotionally, physically and developmentally. Below are the programs and services you can access*.

Kinship Carer Personal Development Program

This 8-week group program helps kinship carers to provide the best possible support to the children in their care while at the same time supporting the children's transition back home to their parents. Your participation in this program will help you learn new, creative parenting techniques and understandings targeted to your unique role as a kinship carer. You will also benefit from learning from the lived experiences of other kinship carers in your group. Groups consist of 5 to 10 carers with two trained group leaders and meet for 1.5 to 2 hours each week.

Connect for Kinship Carers©

This 9-week group program supports kinship carers of children and teens aged 8 to 16 years old. Each week, you will cover a core principle relating to caregiving, attachment and trauma in kinship care. Role plays and discussion exercises are used to help you explore the principle and flexibly apply it in your relationship with the child in your care. Groups consist of 8 to 12 carers with two trained group leaders and meet for 1.5 hours each week. This program can also be offered in an online format called eConnect.

Circle of Security Parenting Program™

This international and widely researched 8-week group program provides opportunities for carers (and parents) to develop and enhance a secure relationship with the children in their care. Through observation, reflection, practice and discussion, you will learn how to recognise, understand and meet the emotional needs of the child in your care to help prevent and manage any behavioural and emotional difficulties. This group is suitable for carers of children aged from birth to 8 years old. Groups consist of around 8 carers led by trained facilitators, and meet for 2 hours each week.

Tuning in to Kids/Teens®

This is a suite of parenting programs available also to carers. They are focused on the emotional connection between carers and the children in their care, from preschoolers to teenagers. The evidence-based programs have proven success in improving parenting, parent-child relationships and children's emotional competence and behaviour. By participating in these programs, you will build skills in emotion coaching and to recognise, understand and manage children's emotions, so the child in your care is better able to navigate the ups and downs of life. Programs vary in length but are often run over 6 to 8 sessions by trained facilitators with around 8 carers per group.

Bringing up Great Kids

This 6-week group program supports kinship and foster carers to explain and reflect on their parenting style and the behaviours of the children in their care. By exploring useful and practical tools and resources you will develop a greater understanding of how to meet children's needs and to communicate with them. There is a variety of groups available for this training, including caring for children in their first 1000 days (children from birth to 3 years old), Aboriginal and Torres Strait Islander kinship carers, and kinship carers of children aged between 3 to 12 years old. Groups consist of around 8 carers with 2 trained facilitators, and meet for 2 hours each week.

One-day/short programs

We also provide a range of one-day or short training programs for kinship and foster carers on various topics such as attachment, emotional intelligence, life story work, positive behaviour support and foundations of trauma-informed care. These programs are delivered face-to-face and online throughout the year depending on availability and interest. Get in touch with us if you are interested in attending an upcoming program.

Therapeutic consultations for kinship carers

These are one-off, individual consultations for kinship carers struggling with a particular issue with the child in their care. They are provided where the child's initial therapeutic assessment has not yet been conducted. The consultation enables you to discuss with a member of our team the issue you are having and to receive advice and strategies to manage it in the meantime. Caring for children who have experienced trauma in their early life can be a challenging task and these consultations can support you early on. If you are struggling with an issue, contact your case manager and they can request a consultation on your behalf with our team.

Got an idea for new programs or supports for carers?

Let us know so we can continually improve services for you.

Have you seen our online therapeutic resources library?

Check it out at:

www.communityservices.act.gov.au/ocyfs/therapeutic-resources

CONTACT US!

For more information, to register your interest or to submit ideas, contact us at:

Therapeutic-assessment-OoHC@act.gov.au

Note: All case management queries are to be directed to your case manager.



** All programs are dependent on facilitator availability and participant interest.*

Note: In this document, 'child' or 'children' also refers to a young person or young people under the age of 18.

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