

Welcome to July PPSS Newsletter



Welcome to our latest edition of the PPSS newsletter. Our recent survey has told us just how many of you read the newsletter from start to finish, and pass it on to your family and friends. We are delighted and privileged to provide a service that's so appreciated by our members.

Over the coming months we will continue to bring you news of our latest program offerings, ranging from life story work to therapeutic parenting to raising teens and more. We'll keep you updated on our work, particularly as we continue to focus on our financial sustainability.

We recently received a new grant from the Jack Brockhoff Foundation to develop a training program for children and young people around celebrating difference. We've also received some generous donations from our community, and we thank you for your support. Your donations enable PPSS to continue to deliver high quality programs in support of families formed through permanent care and adoption. Donations over \$2.00 are tax-deductible and can be made online at <http://www.givenow.com.au/ppss>

Happy reading and we hope to see you soon,

Jennifer Duncan
Chief Executive Officer

Dates for Your Diary

Thursday July 18

10.30 am – 12.00 noon

Consultation Forum: Your Say about Stability and Permanent Care

Tuesday July 23

6.30 – 10.30 pm

Member Consultation: Life Story Work

Wednesday July 24

10.00 – 11.30 am

NEW Journal Club, Werribee

Wednesday July 24

7.00 – 8.30 pm

Adult Adoptee Stories

Thursday August 1

8.00 – 9.30 pm

Journal Club, Collingwood

Wednesday August 7 –

Week 1 of 6 week course

7.00 – 10.00 pm

Parenting Children in Permanent Care and Adoption

Wednesday August 14 –

Week 2 of 6 week course

7.00 – 10.00 pm

Parenting Children in Permanent Care and Adoption

Wednesday August 21 –

Week 3 of 6 week course

7.00 – 10.00 pm

Parenting Children in Permanent Care and Adoption

Wednesday August 28 –

Week 4 of 6 week course

7.00 – 10.00 pm

Parenting Children in Permanent Care and Adoption

Wednesday August 28

10.00 – 11.30 am

NEW Journal Club, Werribee

For information including venues and how to book your place, visit

www.ppss.org.au/event-calendar-all



Parenting Children in Permanent Care and Adoption

6 week program—Commencing Wednesday, 7 August 2013

"Every child needs all the help their parents can get"

At last, a parenting course that understands the lived experience and needs of children and families in permanent care and adoption and addresses the core challenges of parenting children with early experiences of disrupted attachment and trauma.

This specialised Therapeutic Parenting Course was developed by Relationships Australia (SA) through its Post Adoption Support Service. The course will enable parents to explore, in a safe and supportive environment, some of the underlying reasons for behaviours and reactions our children can have; what these reactions and behaviours can trigger in parents; and tools to restore yourself as parents to facilitate healing in your children.

The sessions explore:

- Impact of early experiences
- Understanding the impact of early experiences
- Models of Therapeutic Parenting
- Tools and strategies
- Triggers for parents and children.

Delivered over 6 weeks, price inclusive of all sessions. Held on Wednesdays commencing 7 August until 11 September, 7pm – 10pm.

Register online at <http://www.trybooking.com.au/CZAD> by August 4.

PPSS members \$240

Concession (Health Care Card Holders) \$150

Non-members \$300

Member Consultation – Life Story Work, July 23



PPSS would like to invite interested members to take part in a member consultation for our exciting new training session - *Life Story Work*. We are seeking individuals willing to attend the training and subsequently provide feedback on the content, experience and value of the session.

Participants must be prepared to take part in the feedback process. To register click [here](#), or via our website at www.ppss.org.au

Adoption Amendment Bill and Birth Certificates



On 1 July 2013 the Adoption Act was amended to enable the Registry of Births, Deaths and Marriages to register the adoption of a child whose adoption was finalised in a Hague Convention country. This enables the issue of a Victorian birth certificate in respect of the child.

For those adoptions finalised after 1 July 2013, the practice will be for DHS Intercountry Adoption Service to send the memorandum soon after the child arrives in Victoria.

Further information is available from DHS Intercountry Adoption Service via website: www.dhs.vic.gov.au/icas or phone: (03) 8608 5700

Adoption Hurdles Torn Down



Foster parents will get automatic approval to adopt the children they care for under sweeping changes being introduced by the NSW government. Family and Community Services Minister, Pru Goward, said hundreds of NSW children needed adoption but many couples were still proceeding with overseas adoptions – scared off by red tape and long wait times. The Minister launched a \$1 million recruitment drive for 450 new foster carers and is hoping some couples consider making the commitment permanent.

"Permanency is obviously the best result for a child," she said. *Source - ARACY*

Future directions for permanent care and adoption Project update from DHS

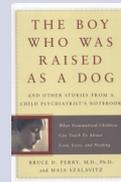


Over the past six months DHS has consulted with funded agencies and sector representatives to discuss how the efficiency and effectiveness of the Victorian permanent care and adoption system can be improved.

The feedback received through this process has been carefully considered and work is still underway on a proposed new service model which will be drafted by the end of July. This will then be submitted to the Secretary, Department of Human Services and Minister for Community Services, the Hon. Mary Wooldridge MP.

DHS will contact all participating agencies once the options have been considered about the future model for service delivery for adoption and permanent care. Agency participation in this project has been crucial to the development of a service model that better meets the needs of permanent care families.

Book Review



**The Boy who was Raised as a Dog:
And Other Stories from a Child Psychiatrist's Notebook**

Bruce D Perry and Maia Szalavitz

A deeply moving account of Perry's experiences as a psychiatrist working with children who have been through unimaginable horror, trauma and abuse. Perry tells these children's stories with compassion and deep wisdom, and shows how his own innovative methods evolved through helping transform these children.

Bruce Perry is a renowned child psychiatrist and a senior fellow of The Child Trauma Academy. *The Boy Who was Raised as a Dog* is accessible and offers clear explanations regarding what happens to the brain when children are exposed to extreme stress and trauma.

Some of the stories can be confronting and distressing; however this is a valuable resource for parents interested in therapeutic parenting.

Calling all kids!

PPSS is creating a fun-filled event for primary school aged children. We want to host an event where you can come along, bring your favourite book relating to your experience of permanent care or adoption, and share what you love most about it. PPSS has a terrific library for you and your mum or dad to borrow any books you might like. Mum or dad can have a cuppa and a chat, while you might make some crafts to take home.

Book Club Competition: Name It! Come up with a fun and creative name for this book club, and send your ideas into info@ppss.org.au, making sure to include your name and age. Every child who sends us in their idea will receive a 10% voucher for the PPSS book store, and the best idea wins a book from our bookstore! So get your thinking hats on!

Parenting with Mindfulness



PPSS parents joined together on Sunday the 23rd of June at Ceres Van Raay Centre, an inner-city green oasis, to spend some time sharing, connecting with other parents and exploring the concepts of mindfulness. Parents had many opportunities to practice mindfulness meditations and be involved in discussions about what mindfulness means to the individual and how it can be useful in day-to-day parenting.

There was an amazing range of speakers who offered some great insights and practical ideas about the value of mindfulness in parenting. Many thanks to the wonderful presenters: Liana Taylor, Lyn Benson, Timothy O' Leary and Smiling Minds for generously sharing their time and expertise.

Some positive reflections shared by parents about the day include: "I loved interacting and hearing other parent's experiences"; "Just loved the opportunity to sit with other parents and carers and talk about parenting in this context".

Overall, the day was uplifting, inspiring and informative. Parents left the day feeling like it touched them; whether it was through learning new practical strategies, taking the time to internally reflect, or refreshing their knowledge on mindfulness. Participants' personal insights included: "accepting myself where I am at



with mindfulness"; "take a moment to choose my response"; "it's ok not to be perfect" and "taking the time to pause".

If you are interested in knowing more about the presenters, please explore their websites: www.mindfulnesscentre.com www.groupsforparents.com.au www.timothyoleary.com.au www.smilingmind.com.au



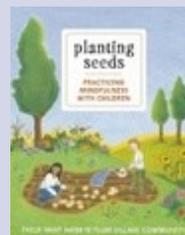
Stability Planning and Permanent Care

On 18 July, PPSS hosts a forum on Stability Planning and Permanent Care, in partnership with FCAV, the Centre for Excellence in Child and Family Welfare, and the DHS. This forum is separate to our May forum on Future Directions in Permanent Care and Adoption, and is for parents and carers with experience of the permanent care system. Come along to hear more about the DHS Stability Planning and Permanent Care project and give your advice and input about how the permanent care system can be improved. **This is a must-see event!**

For more information or to RSVP, go to the Events Calendar at www.ppss.org.au or [click here](#). Anyone who is unable to attend the forum but would like to complete our online survey can at: <https://www.surveymonkey.com/s/G7F2XTS>

New books from the PPSS online bookstore.

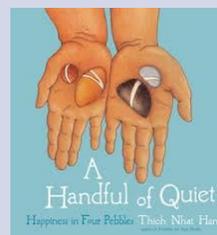
***Planting Seeds: practicing mindfulness with children* ~ By Thich Nhat Hanh.**



Planting Seeds is gorgeously designed with vivid illustrations. This book has innovative and practical ideas on practicing mindfulness with children of all ages. It contains useful

information on various topics such as: understanding compassion, strengthening connections with one another, breathing, and enjoying nature. *Planting Seeds* includes an audio CD that has songs and step-by-step practices that can be easily applied by parents and educators for teaching these techniques to children.

***A Handful of Quiet: Happiness in Four Pebbles* ~ By Thich Nhat Hanh.**



A great children's book that parents can use alongside their children to help teach mindfulness strategies such as relaxation, awareness and

peacefulness. It includes mindfulness poems, meditation cards and clear instructions for parents and educators to practice pebble meditation with their children. Pebble meditation is a great tool to assist children to increase concentration, relieve stress and deal with difficult emotions.

Visit our bookstore at shop.ppss.org.au

Can you recommend a good lawyer?

PPSS is working to bring our members a forum on legal issues affecting families formed through permanent care and adoption. Through this project we also hope to develop a series of fact sheets on common legal issues experienced by our members. At the moment we are in the planning stages and seeking your suggestions for individual practitioners or legal firms with a demonstrated understanding of family law as it relates to care and adoption. We would also like any suggestions you might have regarding questions for us to cover in our member forum.

To suggest a question or recommend a lawyer, just email Daniel Hunt at daniel@ppss.org.au Daniel is a legal studies student on placement with PPSS until the end of October and undertaking this project for us.



Adult Adoptee Stories

Join us in a relaxed and informal setting for the sharing of adult adoptee stories.

This evening provides a rare opportunity to hear young adults, raised in Australia through adoption, respond to questions put forward by the participants. PPSS feels privileged that the speakers are willing to share aspects of their personal story in order to address participants' questions, therefore we request that questions or topics be submitted in advance via www.surveymonkey.com/s/NX5GN5X before July 19.

Date/Time: Wednesday July 24 at 7.00pm

Location: Flemington Community Centre,
25 Mt Alexander Rd, Flemington

RSVP: By July 19 <http://www.trybooking.com/42675>

Last days to book!!

Inter-Country Adoptee Support Group Information

VANISH would like to invite all adult inter-country adoptees, aged 18 years and over, to an information session to discuss a possible Inter-Country Adoptee Support Group. The session will be hosted by Hana, a Korean adoptee, Simon, a Vietnamese adoptee and friendly VANISH staff. The details are:

Tuesday 6th August, 7-8pm

VANISH office: Level 1, 50 Howard St, North Melbourne

A light supper will be provided

Please email hana@vanish.org.au if you have any queries.

Vanish

PPSS Partner Event – ACT Group Training



australian
childhood
trauma
group

Go into the draw for **one free ticket** for an ACT Group Training event. PPSS are pleased to offer this ongoing opportunity on behalf of ACT.

Please click on each link below for individual training information. Or visit our website's Events Calendar for more details at www.ppss.org.au.

[17/7 - Punishment vs. Discipline - The Consequence of Consequences](#)

[26/7 - An Introduction to Mental Health](#)

[31/7 - Making Art, Building Relationships](#)

[2/8 - Treatment is not a Dirty Word, Therapeutic Treatment Plans \(TTPs\)](#)

[14/8 - Take a Walk on the Wild Side, Communicating Change](#)

[23/8 - The After Hours Assessment, Being on call](#)

To put your name in the draw, phone 9020 1838 at least two weeks before the scheduled event dates, leaving your name, contact number and preferred session.

Need help negotiating access arrangements?

The Melbourne Family Relationship Centre (FRC) has a Family Dispute Resolution Service which is open to anyone involved in caring for a child including: permanent care families, birth parents, grandparents and other significant people in a child's life.

The service assists parties to reach workable arrangements regarding their children. It can help people to discuss issues, look at options and work out how best to reach an agreement.

Family dispute resolution practitioners are impartial and keep the best interests of the child as paramount. Family Relationship Centres can help families with any issues, including negotiations around Permanent Care Orders such as access arrangements, which require mediation and impact on children.

Some fees may apply, depending on financial circumstances. Healthcare or pension card holders are exempt from fees.

Click [here](#) for more information about The Melbourne Family Relationship Centre, or visit our website's Resources page, navigating to our External Information section, available at www.ppss.org.au

To make an appointment, contact the Melbourne FRC on Phone: 8625 -3666 or email: melbad-min@melbournefrc.org.au

Thank you!

PPSS thanks its supporters: **The William Buckland Foundation, The Collie Foundation, The Felton Bequest Committee and The Truby & Florence Williams Charitable Trust**, which are managed by **ANZ Trustees**; and **The Jack Brockhoff Foundation**.

PPSS depends on your support. Donations enable PPSS to continue to deliver high quality programs in support of families formed through permanent care and adoption. [Please give](#). Donations over \$2.00 are tax-deductible.