

Welcome to the Autumn edition of ASCA's *e-Health* newsletter. In this edition we announce a new set of education and training workshops for health care professionals which are being run in capital cities around the country. We also review the work in which ASCA is engaged around Trauma-informed Care and Practice, a cultural and systemic shift which acknowledges and addresses trauma and the sensitivities and vulnerabilities it creates, at the core of a range of presentations, including the needs to adult survivors of child abuse.

ASCA announces a new set of workshops for Health Care Professionals

ASCA Workshops for Health Professionals Best Practice for working with adults surviving child abuse

ASCA's workshop for health professionals recognises that working with adults surviving child abuse is challenging and requires specialised training. Knowledge about the biological and interpersonal consequences of childhood trauma has exploded over the past two decades. This workshop integrates this new information and provides best practice guidelines for working with adults surviving child abuse.

The workshop has been designed for health professionals including doctors, social workers, psychologists, mental health nurses, counsellors/therapists, psychiatrists and other health care professionals.

The workshop will cover:

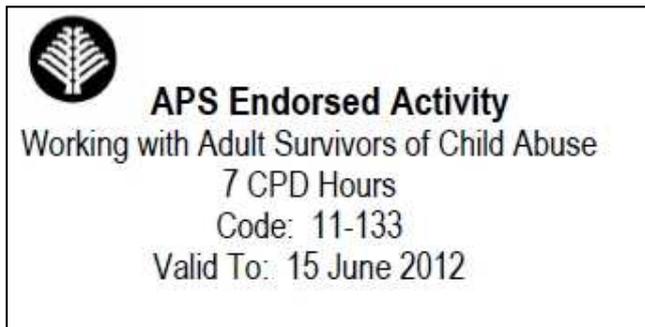
- Understanding abuse and its impact
- Coping strategies and defence mechanisms used by survivors of child abuse

- Common impacts of child abuse
- Pathways through which adult health can be compromised
- Treatment models and best practice guidelines for working with adults surviving child abuse.

ASCA's workshops for health professionals are of the highest standard and have been praised by leaders in the mental health sector. A number of Lifeline centres have undertaken ASCA's "Best Practice for working with adults surviving child abuse" workshop. Lifeline Australia has described this workshop as leading edge, stressing that it has further equipped Lifeline staff to more effectively assist adults surviving childhood sexual abuse.

"I commend this workshop to service providers and those involved in social services to ensure you are up to date on the issues surrounding caring and appropriate responses to people who have experienced child abuse." Alan Woodward, General Manager, Lifeline.

Professional Development Endorsement:



Approved AASW Activity

Title: Working with Adults Surviving Child Abuse

Credits: 2pts per learning hour

Appellation No: 00326
 Valid Until: August 2011

Workshop Date	Location	Venue
Friday 6 May 2011	Sydney	Westpac Bank– 275 Kent St Sydney
Friday 13 May 2011	Adelaide	Westpac Bank– 91 King William St Adelaide
Friday 20 May 2011	Melbourne	Westpac Bank– 360 Collins St Melbourne
Friday 3 June 2011	Newcastle	Westpac Bank– 27 Donald St Hamilton
Friday 10 June 2011	Brisbane	Wynnum Manly Alliance Church- 60 Preston Rd, Manly West Brisbane.
Friday 17 June 2011	Perth	Kings Perth Hotel– 517 Hay Street Perth

Each workshop runs for one day from **9:00 am- 05:00 pm** (with the Welcome desk opening at 8:30 am).

Cost: The cost is \$225/registrant. Student price \$190 rate.

If you are planning to attend the workshop become an ASCA Alchemist* - make a difference to a survivor's life!

Add an extra \$60 (tax deductible) to your workshop registration fee and provide the opportunity for a survivor to attend one of the Creating New Possibilities Workshops.

**Alchemist is a term used, in some places in India, to describe a diner who pays for two meals instead of one, thus making it possible for a disadvantaged person to eat, i.e. buy one and give one free.*

“Thanks again for the wonderful training you provided at the workshop for health professionals. The next day I had a call with child sexual abuse as the presenting issue. For the first time ever I did not have a reaction of “Oh no I am out of my depth here” to that type of caller situation. So I would like to say a huge thank you for helping me to adjust my feelings around these types of calls and for giving me more tools to facilitate & collaborate resulting in a more supportive counselling call.” A health care practitioner participant .

For information and to register go to <http://www.asca.org.au/workshops> and follow the prompts or call 1300 657 380.

ASCA in-house workshops for health workers and health care professionals – tailored to your needs!

Should your organisation be seeking training and/or professional development for working with adult survivors of child abuse ASCA workshops are now available in-house on request. These workshops can be tailored to your needs.

While workshops are generally one day in duration, 2-day as well as half day workshops can be arranged.

These in-house workshops incorporate up-to-date information while providing best practice guidelines for working with adults surviving child abuse.

An ASCA in-house workshop provides many benefits as your team can request the topics which interest you and use the time to focus on the issues pertinent to your clients and practice. Thus bringing greater clarity to better meets your needs.

Workshops cover topics such as:

- Understanding abuse and its impacts
- Coping strategies and defence mechanisms used by survivors of child abuse

- Common impacts of child abuse
- Pathways through which adult health can be compromised
- Treatment models and best practice guidelines for working with adults surviving child abuse
- Reflective practice and vicarious traumatisation
- Application exercises

For more information on ASCA's in-house health professionals' workshops please contact:

Dr. Cathy Kezelman (CEO) on 0425 812 197 or ckezelman@asca.org.au.

Course for community (frontline workers)

Working with Adult Survivors of Child Abuse- a workshop for community workers and volunteers - Darwin

Research suggests a significant link between surviving child abuse and the development of mental health issues. There is also a correlation between child abuse and substance abuse in later life. Survivors of child abuse make up a large proportion of the client group that frontline workers see in their day to day work, often without an awareness of the abuse history.

This workshop will give you the chance to learn about what child abuse is and how it is linked to a range of survival and coping strategies which may be evident in the people to whom you provide a service. Survivors often indicate that support services are not sufficiently equipped to meet their needs and are unable to offer appropriate intervention. This course will give you the chance to discuss some of ASCA's best practice guidelines in working with survivors of child abuse.

This one day course will provide participants with the opportunity to;

- Discuss child abuse and mandatory reporting re-

quirements

- Develop an understanding of the impact that abuse has on survivors
- Explore the ways which abuse in childhood compromises adult health
- Discuss best practice guidelines for working with adults surviving child abuse

This workshop is scheduled for both **Thursday 9 June 2011** and **Friday 10 June 2011** in Darwin

The workshop will run from 9:00 am- 5:00 pm and it is **free** to attend.

To register for **Thursday 9 June**, please click [here!](#)

To register for **Friday 10 June**, please click [here!](#)



ASCA workshops for adult survivors

ASCA has also recently received funding from FaHCSIA which has allowed us to schedule a number of Creating New Possibilities workshops for adult survivors. These are filling fast and both the Sydney and Melbourne workshops are now full. However, we do have waiting lists for these workshops so do not hesitate to contact the national office to secure a position for future workshops.

For more information go to www.asca.org.au/workshops

Creating New Possibilities Workshop	Date	Location
Understanding abuse and its impact	Saturday 7 May	Sydney
Understanding abuse and its impact	Saturday 14 May	Adelaide
Understanding abuse and its impact	Saturday 21 May	Melbourne
Finding the support you need	Saturday 4 June	Newcastle
Understanding abuse and its impact	Saturday 11 June	Brisbane
Understanding abuse and its impact	Saturday 11 June	Darwin
Understanding abuse and its impact	Saturday 18 June	Perth

MHCC Trauma Informed Care & Practice: Meeting the Challenge Conference 23-24 June 2011 co-hosted by ASCA, ECAV and PMHCC

This year MHCC is convening its major conference Trauma Informed Care and Practice: Meeting the Challenge. The focus of the conference is about how people working across all human services can embrace the principles of recovery-oriented practice embodying trauma informed care and practice. The trauma-informed approach is holistic and heralds a long-overdue and fundamental cultural shift in service approach and systemic reform.

The conference seeks to educate and inform as well as generate discussion on how a cultural shift can be facilitated in services and systems. We also are hoping that conference will help drive a National Agenda promoting the principles of Trauma Informed Care and Practice into policy and implementation across all human service sectors.

The MHCC Conference to be held on 23-24 June 2011 at the Four Points by Sheraton, Darling Harbour Sydney is co-hosted with Adults Surviving Child Abuse (ASCA) and the Education Centre Against Violence (ECAV), Private Mental Health Consumer Carer Network Australia (PMHCCN). A number of high profile speakers have already been confirmed.

Increasing awareness around the prevalence of trauma highlights the need for workers and service systems to comprehend its impacts and respond appropriately. Trauma-informed Care and Practice has at its core awareness of the sensitivities and vulnerabilities of trauma survivors and this awareness informs a holistic approach to recovery.

Call for abstracts open till April 22!

For more information go to www.mhcc.org.au

Trauma-informed Care and Practice- adult survivors of child abuse

Consumers with a history of childhood trauma are frequent users of inpatient, crisis, residential and support services. Many have not connected their current problems and behaviours with their prior trauma; nor have their mental health workers. Mainstream services are not meeting their needs. Many are crisis driven, re-victimising or meet short-term needs only. The few existing specialist services cannot attain ongoing funding and have endless waiting lists.

Trauma survivors characteristically seek help from a diversity of government, non-government and private services, and present to multiple services over a long period of time. Care is often fragmented with little to no care co-ordination and poor referral or follow-up pathways. While there are deficiencies in workforce capacity across the board, there is a particular lack of rural, regional and outreach services. Affordable counselling/therapy and therapeutic programs/groups or workshops equal to the needs of this group are rarely available.

Failing to adequately meet these needs comes at enormous cost to the individual, families, and communities in health, welfare and economic terms. In traditional models of service delivery, healing and recovery for trauma victims can prove difficult. Survivors frequently encounter services that mirror the power and control experienced in the abusive relationships that caused the past trauma. Successful treatment programs need to recognise a survivor's need to be respected, informed, connected, and hopeful regarding their own recovery. The relationship between trauma and related symptoms, and the need to work collaboratively with survivors, their carers, family and friends and with other human services agencies to empower survivors as consumers, is key to positive outcomes. What is required is a shift in service delivery culture, driven by a shift in policy and planning.

Trauma informed services integrate knowledge about the impacts of trauma into all aspects of service delivery. "Problem behaviours" are understood as attempts to cope, while disorders become *responses*, and symptoms *adaptions*. Guiding a client in how best to acknowledge, understand, process

and integrate the impact of their trauma is often a

crucial aspect of dealing with their complex presentation. Trauma-informed programs and services clearly acknowledge 'that no one understands the challenges of the recovery journey from trauma better than the person living it'. They are based on an understanding of the particular vulnerabilities and triggers that trauma survivors experience, making services more supportive and effective. By facilitating recovery through trauma-informed care, re-victimisation can be minimised and self and community wellness and connectedness can be promoted. With the right care and support, trauma survivors can live well in the community and, in their own homes, with limited numbers of hospital and crisis presentations.

ASCA proposes that Australia embrace a model of Trauma-Informed Care to improve mental health service delivery and health outcomes. Part of this process needs to include actions to increase community awareness around the relationship of trauma to mental health while working to eradicate stigma and discrimination and facilitating access and equity. An understanding that trauma underpins the presentation of many people to public, private and community based services necessitates the development of evidence based models and practice programs building capacity through supporting workforce education and training; data collection, research, outcome measurement and evaluation.

The incorporation of a model of trauma-informed Care within mental health service delivery across the board coupled with meaningful investment in community managed mental health services will undoubtedly significantly improve outcomes for consumers with a history of trauma, while reducing the pressure on already stretched hospital services. It will enable the growth of a system of mental health care that is recovery-oriented; client-focussed and which engages with consumers at all levels of policy development and implementation.

The following short literature review was written following on a forum in Sydney held in September, 2010, highlighting the need for a national approach around TICP

To read the literature review [click here](#).

By Dr. Cathy Kezelman, ASCA CEO.

Supporting ASCA's work

ASCA is the key national organisation advocating for and offering services to adult survivors of child abuse. Yet ASCA receives no ongoing funding.

We are seeking your support to help us raise the funds needed to further our work. Here are some of the ways in which you can help ASCA help untangle the knot of child abuse.

ASCA Widget

ASCA is excited to announce the "ASCA widget". The widget, powered by Westpac, is a user-friendly donation mechanic which is featured on the home page of the ASCA website - <http://asca.org.au/> -

Visit the widget and donate now! Our goal is to raise \$100,000 by June 30th, 2011

We have also developed a ribbon which can be placed in the top left hand corner of supporting websites. The ribbon features a short animation of the ASCA knot with the caption "Help ASCA untangle the knot of child abuse" followed by the call to action - "Just one dollar will make a difference" The donation button clicks through to the widget on the ASCA home page - <http://asca.org.au/> -

Should you or your organisation have a website please consider carrying the ASCA ribbon. The more exposure the ribbon has the more support we will receive. For more information go to www.asca.org.au/ribbon or contact Cathy on

ckeelman@asca.org.au or phone 0425 812 197

Stop Press!

ASCA is running a set of 4 workshops for survivors of child abuse in the **Fairfield** region . The program will include workshops about safety, coping strategies, finding support and self-care.

These workshops are free to attendees!

Venue: ABC Conference Room MOUNTIES- 101 Meadows Road, Mt Pritchard NSW 2170.

Welcome desk: 9:00am **Start:**9:30am **Finish:** 12:30pm

Dates: Saturday 7 May / Saturday 21 May / Saturday 4 June / Saturday 18 June

ASCA has been funded to run 4 workshops in Fairfield in Sydney.

To register click [here](#) or go to www.asca.org.au/regional

N.B. Registration means a commitment to attending all 4 workshops. Attendees must be resident in the Fairfield area. (This is a condition of our funding).



The Forget-me-knot Foundation — the fundraising arm of ASCA, has been registered with Everyday Hero and is the banner that will be used when individuals create their own Hero page to fundraise on behalf of ASCA.

An easy way to raise funds on behalf of ASCA is by registering with ASCA's Forget-me-knot fundraising through Everyday hero at <http://bit.ly/beisv9>

Funds collected through fundraising initiatives such as fun runs, swims, cycling events are an important source of income for ASCA. Last year a number of supporters raised funds for ASCA in various events including Silvio del Vecchio's run in the Gold Coast marathon in which he raised over \$30,000!

Sydney

<http://bit.ly/idozLI>



The 20th Sydney Morning Herald Half Marathon, presented by Colonial First State, will be held on Sunday, May 15. Roger Wong, one of our board members, has established a fundraising page for the Sydney Herald Marathon to support Roger's run for ASCA donate at

<http://bit.ly/iib6rl>

Queensland

• Gold Coast

<http://bit.ly/f2E8R8>

The 33rd annual Gold Coast Airport Marathon will be staged on Saturday 2nd and Sunday 3rd July 2011 – always the first weekend in July.

• Noosa

<http://bit.ly/fd5wK2>

As the world's second largest Olympic Distance Triathlon, and the largest in Australia, the Noosa Triathlon has become an event steeped in rich history and uniqueness not matched anywhere in the world, November 26th to 30th

There's recently been an important change to fundraising through Everyday hero.

As well as offering VISA, Mastercard and AMEX, DONOR CHOICE ASCA's arrangement with Everyday hero now allows donors the options of BPAY and Australia Post Billpay, allowing you to use the donation mechanism with which you feel the most comfortable.

To become a regular donor go to www.givenow.com.au/asca and click on "Give a regular donation online"

This is how you will make a difference:

\$25 = 50 Breaking free newsletters

\$50 = 1 hour of care and support on the 1300 line

\$100 = 2 hours of trauma phone counselling

\$500 = 2 free places for survivors at Creating New Possibilities workshops

\$1000 = 1 day in the life of ASCA

Melbourne

<http://bit.ly/fwy3H2>

Run Melbourne, presented by The Age, is the community fitness event for everyone. With the right training, anyone, at any age and any fitness level can participate. Sunday 17 July.



Western Australia

<http://bit.ly/gLuSfQ>

The Chevron City to Surf for Activ has been running for 37 years and is WA's largest and best loved community event. Official fundraising channels are now open to all WA charities as well as the event's Partner Charity Activ (see below). Activ have been supporting people with disabilities in the community since 1975 and runners in the City to Surf for 36 years. Get on board and run for ASCA on August 28th

