

Breaking free

asca

Adults Surviving Child Abuse

The Newsletter of Adults Surviving Child Abuse | ISSN 1836-6899 | January–February 2015

Economic report

Billions of dollars could be saved by helping survivors

A new report commissioned by ASCA and prepared by Pegasus Economics shows that Australia could save a minimum of \$9.1 billion annually by addressing the impacts of unresolved childhood trauma and abuse in adults. The ground-breaking report was released in February and received widespread coverage in the media.

The report concludes that the government spends billions of dollars each year on the 'coping strategies' adult survivors adopt as children, such as eating disorders, alcohol abuse and mental illnesses. It reveals billions of taxpayer dollars could be saved if the government invests in active, timely and comprehensive interventions for adult survivors.

The report presents evidence-based solutions for the structural budget deficit for the 2015-16 Budget, scheduled for release mid-May 2015. It highlights the main steps to reduce these costs, including investment in specialist and trauma-informed services, training of primary care and allied health practitioners and accreditation.

ASCA recommends that more investment be made into specialist services including helplines and online services, which provide support, counselling and resources to promote recovery. Australia also needs more and better-trained treating practitioners who can identify and address underlying childhood trauma and abuse, rather than solely focusing on immediate health issues, such as depression and alcoholism. Part of this is ensuring that survivors are given targeted referrals, including specialist referrals, so they aren't directed through the wrong door.

The report also calls for improvements in the level of awareness in institutional and service settings. Money needs to be channelled towards the broad-based implementation of trauma-informed responses across health and human services as a way of minimising the impact of trauma and the risk of re-traumatisation.

ASCA President Cathy Kezelman urged the government to read the report, recognise the benefits of investing in effective strategies for dealing with child abuse and allocate funds accordingly.

"Australia has a major structural budget deficit so this report is a response to Tony Abbott's call for policy around saving the projected exponentially expanding health forecast," she said.

To download the full report, click [HERE](#) and to see media coverage of the report, click [HERE](#).

(See page 4 for reasons why we need to act now)

Order of Australia medal

Honoured for her tireless advocacy



ASCA was thrilled in January when our President, Dr Cathy Kezelman, was appointed a Member of the Order of Australia for her service to community health.

The award was announced on Australia Day, January 26 and is a well-deserved public acknowledgment of Cathy's unwavering commitment to providing hope for the millions of Australian adults who are living with the legacy of childhood trauma and

abuse. Her pursuit of pathways to recovery from the long-term effects of child abuse has offered optimism to many.

Cathy is a prominent voice on the subject of childhood trauma and abuse. She has been instrumental in supporting the work of the Australian Royal Commission into Institutional Responses to Child Sexual Abuse and been an influential participant in many of the roundtables. Under her stewardship, ASCA has grown from a peer support organisation to a national thought-leader – combining the voices of survivors with those of academics, researchers and clinicians.

"I, along with many other people, have been working away at the issue of child abuse and child trauma for a long time," Cathy told the ABC in an interview regarding the award.

"It's an issue that we all want to get on the agenda so recognition for myself means broader recognition for the cause and that's really what this honour is about."

Congratulations Cathy and thank you for your role in improving the lives of Australian adult survivors of childhood trauma and abuse.

From the Editor

Welcome to another year of Breaking Free publications.

In this issue we congratulate our president Dr Cathy Kezelman for her appointment as a Member of the Order of Australia. The news of Cathy's recognition as a tireless advocate for adult survivors came in late January, just as ASCA was ready to release its much-anticipated Economic Report (see pages 1 and 4). In her usual efficient manner, Cathy spent several frantic weeks handling media enquiries, addressing audiences on the costs of unresolved trauma, making phone calls to politicians and policy-makers, penning letters and articles on the issues faced by survivors, and speaking to survivors themselves. She handles her responsibilities with great intelligence and a warm heart. ASCA is privileged to have such a capable and thoughtful person at the helm, and we congratulate her whole-heartedly.

On the back of our recently released Economic Report, ASCA has developed a policy proposal for government to help address the budget deficit, reduce health expenditure and improve health outcomes by effectively healing unresolved trauma. The proposal is evidence-based, drawing on mountains of literature on the deleterious effects of unresolved child abuse and our intrinsic understanding that with the right support adult survivors can enjoy better quality lives and become fully participating members of our communities. In coming issues of Breaking Free we plan to share important elements of this policy with our readers.

Also in this issue we carry news of a number of initiatives in which survivors and supporters have an opportunity to provide feedback. ASCA itself is conducting an evaluation survey of its services (see page 5), while the University of New South Wales is undertaking a landmark study into the experiences of children in care (see page 4) and the Royal Commission into Institutional Responses to Child Sexual Abuse is calling for submissions relating to its consultation paper on redress and civil litigation (see page 7). Now is the time to have your say.

If you have any comments about what you read in this issue or suggestions for future editions, please contact me at newsletter@asca.org.au.

Warm regards, Cherie

Cherie Marriott | Editor

The Big Picture



2015 has got off to a busy and significant start, both for ASCA and the broader community. Already this year ASCA has released a pivotal Economic Report, which underlines the costs of not appropriately supporting adult survivors towards recovery. This Economic Report has been presented to government along with a pre-budget submission.

ASCA is seeking to work with government to help address the structural budget deficit. In recent meetings with a number of MPs we spoke about both the moral as well as the economic imperative to provide affordable accessible trauma-informed services. ASCA will continue to speak with all parties and across governments and portfolios to stress the need for a coordinated policy and practice

response to address the public health challenges of unresolved trauma. And help survivors find pathways to health and wellbeing.

At the same time the Royal Commission into Institutional Responses to Child Sexual Abuse continues its ground-breaking work. This includes the release of its consultation paper around redress and civil litigation and findings from three of its case studies. Its programs of public hearing, research and private sessions continue at full pace. Already we are seeing some changes in both community and institutional attitudes and behaviour. That said we still have a long way to go for the needs of all adult survivors of childhood trauma and abuse to be heard and responded to, compassionately and appropriately.

In ASCA's Economic Report we highlight the need for active timely intervention to better support adults who have experienced childhood trauma in all its forms including abuse, not only in institutions but also in the home, family and neighbourhood. Thank you for being part of a community which helps adult survivors recover from long-term effects of childhood trauma and abuse.

Dr Cathy Kezelman | President

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Have your contact details changed?

If your contact details have changed, you can update them at www.asca.org.au (or contact ASCA on (02) 8920 3611 if you do not have access to the internet or email).

Forgotten your Username and Password?

If you have forgotten your username and/or password, go to [join/login](#) on our website and click on **Forgot your Username?** or **Forgot your Password?** as appropriate.

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Disclaimer

The views expressed in this newsletter have been included to allow our members to consider a variety of therapeutic options and spiritual views. ASCA does not support any particular spiritual stance over another; nor does it uphold any particular therapy as superior. The Editorial Team accepts responsibility for all editorial comment.

Index

| | |
|------------------------|--------|
| My Story | page 3 |
| Responding to Trauma | page 4 |
| ASCA Activities | page 5 |
| Survivors in the News | page 6 |
| Royal Commission News | page 7 |
| Education and Training | page 8 |

My Story

From Faliana

The road to freedom

Only a small proportion of us ever recover completely, and I am one of the success stories.

I have recently published a book about my personal recovery from family violence titled "Carving a Piece of Heaven". The book is my personal story about childhood abuse and later family violence in marriage. I wrote it to offer other survivors hope and let them know that recovery from abuse is possible. I wanted to show them the road to freedom.

Family violence is a silent epidemic and if I had known that "children who witness abuse can experience that abuse as if it is happening to them", I may have sought help from experts sooner. On average it takes women at least seven attempts to leave an abusive relationship before it is successful. Of course, leaving is not the only solution, and if the partner is willing to change then the family can be preserved. But if leaving is the only solution, we need professional help to plan a safe exit.

Many people in the community believe that once a victim leaves a violent relationship they are on the road of recovery. But it is not that simple. The first step is forgiveness and then it requires us to change our attitudes and beliefs so we can erect proper boundaries within other relationships.

The road to recovery is hard. My faith in Christ allowed me to believe things would get better but at the start of my journey it was one step forward and three steps back. My book does not sugar-coat the level of determination needed to stay on the path. It took a lot of good will from others, resilience and career opportunities for me to recover from family violence and child abuse.

At the height of my professional career I was working as a tax accountant for a second-tier accounting firm and I now dedicate most of my time to helping other victims to speak out. Unless others are prepared to break the silence, no one in the community will know the truth. Another project that is close to my heart is lobbying the government for National



Curriculum Reform to protect the children of the future. I received support from the various State Departments of Education to promote my ideas to state schools in Queensland, South Australia, Victoria and the ACT.

I hope my story offers hope to those who are currently in violent relationships – both men and women – or those who have lived in violent homes as children.

From Arty

Survivors have different needs

As a survivor, I don't fit a standard mould. On many occasions I have tried to broach my story with relevant authorities, but I get knocked back due to it not fitting into a specific category. It makes me feel like my story is irrelevant, and while I don't know for sure, I bet there are other people who have experienced the same thing.

I am isolated, not because of location, but because my experience as a child left me removed from anybody I could call family. In 1982, at age three-and-a-half, I was made a ward of the state in South Australia. I spent 10 years being physically, verbally and emotionally abused and then subsequently blamed for my abuse. I was told what happens in the home stays in the home. I was labelled a problematic

child, my carers were given all levels of support, the issue was identified, I didn't have a voice, I was what they said I was. By age 8 I was locked outside, my room was separate from the house, I was occasionally allowed in for a meal, which wasn't worth it because I was tormented, ridiculed and abused about that too. By age 12 I rarely ventured inside for a meal, it was better to go hungry.

At 16 I found myself alone in the world with no one to talk to, to connect with or even to run to, and not because I didn't feel safe with people, there literally weren't any people in my life. Now, as an adult, I have a range of behaviours that people don't understand. Receiving and giving affection and hugs is my biggest issue. I don't have a problem with it, it is just something I don't do, but everyone else thinks it's a problem.

I have attended programs to learn how to manage my emotions. I have attended courses as a professional and I have attended individual counselling. All of the advice and information is the same. I am tired of being told I need to challenge my thinking, change my behaviours, breathe, use relaxation techniques and the list goes on. I just want to be heard and validated.

So, I live stuck in the crack I have fallen through. Because my abuse wasn't sexual abuse, somehow it isn't considered relevant. It feels like all the people who have been treated inhumanely as children have nowhere to go to share or talk. I believe attitudes and approaches really need to be reviewed to find a solution that caters to the needs of different survivors. One size doesn't fit all.

Responding to Trauma

ASCA Economic Report released (from Page 1)

Why we need to act now

Often Australians who need extra help, including adult survivors of childhood trauma and abuse, are considered a financial burden, but we must change the way we look at this to achieve a positive result for survivors as well as for government.

Richer lives lived to the full not only reduce the call on taxpayer-funded health and social services, but boost productivity and strengthen families and communities. As a society we want our fellow Australians to be supported on their journey to overcome trauma so they can participate fully in our communities, regardless of health and financial constraints.

To achieve a sustainable budget in the medium and long-term we need to tackle the underlying core issues affecting human behaviour and ill health, including the long-lasting effects of childhood trauma and abuse. Research has established that, with the right support, recovery from even extreme early trauma is possible.

Under the spotlight are the costs of the significantly higher rates of negative life behaviours and mental health problems such as depression, alcohol abuse, eating disorders, suicide and attempted suicide – all of which are common experiences of childhood trauma survivors.

ASCA has developed a policy proposal for government to help address the budget deficit, reduce health expenditure and improve health outcomes, by effectively healing unresolved trauma.

Not only is the quality of life of survivors and their families hurt by these repercussions of trauma, but so too is the government's budget position, and substantially so. This occurs through an increased demand on health services and social security support as well as negative impacts on a survivor's capacity to work and therefore pay tax.

The Commonwealth government's last issued intergenerational report shows that the major future stress on government expenditures is in health outlays.

As a percentage of GDP, health expenditure is forecast to nearly double from 3.9% in 2015 to 7.1% in 2049-2050. In recent weeks, the government has sought policy suggestions for budget savings within the health portfolio.

A deteriorating debt position and escalating deficit not only constrains Australia's capacity to respond to economic downturns, but also to meet existing and emerging social obligations.

ASCA proposes a model of active, timely and comprehensive intervention to heal

childhood trauma in adults. It includes the provision of accessible affordable specialist services including helplines, online support and resources, a primary care workforce, alert and responsive to trauma, accredited skilled health practitioners and trauma-informed organisations and institutions.

The upfront cost of the initial infrastructure is modest compared to the savings that can be achieved. In fact the greater payoffs over time will deliver significant cost savings to government in the longer term.

Richer lives lived to the full not only reduce the call on taxpayer-funded health and social services, but boost productivity and strengthen families and communities.

To reduce debt and deficit and achieve sustainable finances, rather than cutting services or increasing taxes, health policies need to focus on addressing the core elements which place societal demand on government funded services.

Effective intervention in adults revolutionises outcomes for individuals, families and communities impacted by childhood trauma and abuse. ASCA has evidence-based policy solutions to the health budget challenges and structural budget deficit – exactly what the Abbott government is looking for.

Calling for research participants



Forgotten Australians study seeks to improve outcomes

The University of NSW with funding from the Australian Research Council has launched a landmark study into the experiences of children in care.

The Long-term Outcomes of Forgotten Australians (LOFA) research project wants to hear from adult survivors who were in care in Australian institutions or Out of Home Care between the period of 1930 and 1989.

People who have lived in child welfare institutions and other substitute care as children are known to have suffered

significant disadvantage in their lives and this study will examine the range of experiences – both good and bad. The research will fill the gap in knowledge about 'Forgotten Australians' and assist in developing responsive services to improve their current and future health and wellbeing.

To complete the survey online click [HERE](#) or to complete a paper version, phone: **(02) 9385 1516**.

To read Justice Peter McClellan's speech at the launch of the study, click [HERE](#).

Need support?

ASCA's 1300 line operates 9am–5pm Monday to Sunday EDST nationally and is staffed with trained and experienced counsellors, male and female. If you are in need of help, information or support, call ASCA's Professional Support Line on **1300 657 380** or email counsellors@asca.org.au for:

- Professional short-term counselling support
- Information
- Referrals for ongoing support
- Support and guidance for engaging with the Royal Commission



ASCA Activities

ASCA Training & Education

Registrations now open for ASCA workshops

Are you interested in understanding the prevalence and impact of complex trauma, acquiring new skills for working in the field and learning about best practice informed by the latest research in complex trauma and trauma-informed practice?

Attend ASCA's professional development training; informative, interactive and engaging, facilitated by skilled and experienced trainers, relevant to your needs and scheduled in a location convenient to you.

ASCA's educational workshops for survivors provide information and self-care strategies to support participants on their personal recovery journey.

View our calendar of events [HERE](#). You can register online, or call **(02) 8920 3611**. See page 8 of this newsletter for more detailed information and please note that more workshops will be scheduled soon.



Evaluation survey

Please help us by sharing your ASCA experience

Have you used any of the following ASCA services: ASCA's 1300 line, fact sheets, videos or website? What did you think? We'd like to hear from you. Here's what, who, how and why?

What?

ASCA is currently evaluating some of its services. This evaluation focusses on our 1300 Professional Support Line, fact sheets, videos, website and referral networks. It's part of our ongoing quality assurance process and also a requirement of our funding body. To do so we need feedback from as many people who have used any or all of these services as possible.

Who?

ASCA's services support adult survivors of all forms of childhood trauma and abuse and those who support them personally as well as professionally. If you are a survivor; family member, friend, partner or loved one; health professional; general practitioner; or community or mental health worker we would be interested to hear from you.

How?

ASCA has developed an online survey (the third as part of this process) and uploaded it to the ASCA website. It's user-friendly and won't take much of your time. You can complete it by clicking on the link [HERE](#) or via the evaluation icon on the home page. The survey will be online till March 13, so please help us help you and fill it in now.

Why?

Your feedback is important to us. It helps us to continue to improve our services and access the funding we need to continue our vital work in improving the health and wellbeing of Australian adult survivors of childhood trauma and abuse. It is important for ASCA to have as many people as possible completing this survey. The more people, the greater the sample for each of our services, and each of the groups supported by them.

So if you have accessed ASCA's Professional Support Line, website, downloaded our fact sheets or watched our videos in the past 18 months and have not already done so, please complete a survey. To say thanks, all participants have the opportunity to enter into a draw to win some great prizes.

Don't feel comfortable completing the survey online? We don't want anyone to miss out on a chance to have their say. Therefore we are offering telephone interviews or postal interviews. Telephone interviews will take place with an experienced and caring intern psychologist who is independent of ASCA's telephone service. If you are interested in a phone or postal survey or have any other questions about the evaluation please contact Kate McMaugh, Manager of ASCA's 1300 Professional Support Line on **(02) 8920 3611**.

The numbers are in

Great feedback from ASCA's training

In the 12 months to June 2014, ASCA delivered 76 workshops around Australia funded under the Department of Social Services Royal Commission Community-based Support Services Program. We trained a total of 1,529 participants and received feedback from 1,121 of them.

The workshops offered trauma-informed training for workers, managers, admin and volunteer staff and professional development for health practitioners. They addressed the learning needs of workers and professionals working with adult survivors of child sexual abuse, engaged with or affected by the Royal Commission into Institutional Responses to Child Sexual Abuse.

Of those participants who provided feedback, 83.4% were female and 16.6% were male. 12.8% identified themselves as culturally and linguistically diverse, 3.5% were indigenous and 2.1% had a disability.

The workshops achieved outstanding results with a 99.6% satisfaction rate from participants, with 92.2% saying they were completely satisfied and 7.4% indicating they were somewhat satisfied. 98% of respondents felt they gained new skills and knowledge from the workshops.

Want to benefit from ASCA training? Click [HERE](#) and see page 8 of this newsletter.

Survivors in the News

Redress scheme may exceed Royal Commission's \$4.3b cost estimate

Sydney Morning Herald | January 30

Providing just redress to victims of child sexual abuse could cost more than the \$4.3 billion estimated by the Royal Commission, victims' advocates say.

But they say the figure pales in comparison to the cost of abuse in the community in terms of homelessness, mental health treatment and drug and alcohol abuse.

The release by the commission of a major discussion paper on redress on Friday brought a sharp intake of breath from some after it was revealed that such a scheme could cost \$4.37 billion over 10 years.

In reaching its headline figures, the Royal Commission into Institutional Responses to Child Sexual Abuse assumed an average payment of \$65,000 for each victim.

The costs would equate to \$1.971 billion from government, \$582 million of which reflects government's contribution as "funder of last resort" – its role in backing up institutions where abuse occurred but which now had no money to pay. Private institutions would be required to contribute \$2.4 billion.

But some advocates for victims and survivors said the total cost of a just redress scheme could be considerably more than that estimated by the commission.

The President of Adults Surviving Child Abuse, Cathy Kezelman, said the \$65,000 average figure was quite conservative given the impact of abuse on the lives of individuals.

This position was supported by the Director of the Survivors and Mates Support Network, Craig Hughes-Cashmore. "The cost could be more – it's very difficult to know the size and extent of the problem," he said.

However, both advocates emphasised that the cost of inaction was far greater.

"When it comes to the bottom line we need to consider the enormous cost our community is already paying in terms of the public health and broader social impacts of child abuse," Dr Kezelman said.

Read more [HERE](#).

Call for no limits on abuse victims to sue

Australian Associated Press | January 23

The NSW government is considering lifting the time limit in which survivors of child sexual abuse can sue for damages.

Attorney-General Brad Hazzard said the Royal Commission into Institutional Responses to Child Sexual Abuse had uncovered widespread claims about abuse and the legal barriers survivors face in pursuing justice many years after the crime.

"It is well documented that many survivors of child sexual abuse do not disclose their experiences or act on them until decades after the abuse, well after the time period has ended," Mr Hazzard said on Friday.

The government has released a discussion paper on whether to amend the Limitation Act 1969 and wants to hear from the public.

Under the NSW Statute of Limitations people abused as children generally have between three and 12 years from the time of the offence to launch a civil claim.

"People who have suffered at the hands of others sometimes take 20, 30 years just to build up the courage to be able to say anything ... it's a bit strange that there's a limitation in the law that says you can't bring proceedings," he told ABC Radio on Friday.

Minister for Family and Community Services Gabrielle Upton said the government was working with the royal commission to ensure care and compassion was delivered to survivors.

The discussion paper is about giving victims the compassion, recognition and practical support they deserve, she said.

Dr Cathy Kezelman, president of Adults Surviving Child Abuse welcomed the discussion paper. "Child abuse victims face multiple barriers to pursuing a civil litigation process. It is high time that an understanding of trauma and its impacts inform the justice process," she said in a statement.

The public have until March 10 to provide feedback and can do so on the government's [Have Your Say website](#).

Read more [HERE](#).

Sex abuse inquiry puts spotlight on yeshivas *The Age* | January 24

Melbourne and Sydney's Orthodox Jewish communities are bracing themselves for the hearings conducted by the Royal Commission into Institutional Responses to Child Sexual Abuse, which will examine how Orthodox yeshiva centres dealt with numerous cases of child sexual abuse across decades.

The commission will look at the handling of individual cases involving Aron Kestecher and convicted sex offenders David Samuel Cyprys and David Kramer, who both pleaded guilty and were jailed in 2013. All were employees of St Kilda East's exclusive Yeshivah College or its umbrella Yeshivah centre.

In November 2013, Kestecher, then 28, appeared in the Melbourne Magistrates Court on six charges of abusing boys in 2009 and 2010. The charges included sexual penetration of a child and indecent acts with a child. He had been due to face court again in June 2014. He was found dead in his home in March 2014.

Melbourne's Orthodox Jewish community has been deeply scarred by the yeshiva revelations, amid accusations that the organisation covered up Cyprys' and Kramer's offending for decades. In 2012, magistrate Luisa

Bazzani said it was "unfathomable" that Yeshivah College teacher Rabbi Abraham Glick was unaware of Cyprys' offending at the time it took place. That year, Melbourne's Yeshivah Centre offered an unreserved apology to victims of child sexual abuse.

Last year, Fairfax Media revealed that Kramer had completed his sentence and had since been deported. He is believed to be living in the United States.

Yeshiva College Bondi will also face scrutiny for its handling of allegations surrounding Daniel Hayman, a former yeshiva director. Last year, Hayman pleaded guilty to a charge of indecent assault dating back to his time as a volunteer in the 1980s. He received a suspended sentence.

Adults Surviving Child Abuse (ASCA) president Dr Cathy Kezelman said the Royal Commission was imperative so "perpetrators and those complicit in covering up crimes [could] be brought to justice". She said victims who came forward needed ongoing support, including counselling and redress, even if the abuse was decades old.

Read more [HERE](#).

New report

Ways to prevent child sexual abuse in out-of-home care settings

The Royal Commission has released a report examining issues related to the effectiveness of practices in out-of-home care in preventing child sexual abuse within institutions.

Royal Commission CEO Philip Reed said the report, prepared by the Parenting Research Centre and the University of Melbourne, makes valuable findings which will be used to shape the Royal Commission's final recommendations.

"The Royal Commission was set up to investigate where systems have failed to protect children, a core area of our work is also recommending ways to improve them," said Reed.

The report examines practices that help prevent child sexual abuse in out-of-home care, and the evidence around ways to reduce child-on-child sexual abuse, as well as abuse perpetrated by caregivers. However, it concludes that there are very few studies that have tested which practices or types of programs lead to decreased rates of sexual abuse of children.

"This research, combined with the submissions made to the Royal Commission's 2013 issues paper *Prevention of Sexual Abuse in Out-of-Home Care*, and a public roundtable in April 2014, are important sources of information

leading up to the public hearing on this matter in March this year," Mr Reed said.

The report finds that the greater risk for children in out-of-home settings is child on child sexual abuse rather than caregiver-child sexual abuse, and procedures need to be developed to reduce this risk.

It suggests that caregivers are provided with adequate information at the time of the placement regarding the relevant history and needs of sexually abused and/or sexually abusive children. Out-of-home care organisations should strongly consider the appropriateness of specific placements prior to placement and plan to maintain the safety of other children already residing in the placement. It also recommends providing formal and effective therapeutic treatment for children that addresses their sexually abusive and/or sexually 'acting-out' behaviour (e.g. working with trauma).

In the area of caregiver to child abuse, the Royal Commission's research found a number of practices that contributed to the prevention of such abuse, including: conducting rigorous pre-employment screening of prospective staff that extends beyond criminal background checks and anticipates the use of pseudonyms.



Organisational characteristics that provide opportunities for abuse should be removed such as power differentials, unsupervised access to children and ensuring that children do not share bedrooms with foster carers. The research also says it is important to develop an environment where children feel safe enough to disclose.

The report concludes with a warning that any new rules and strategies implemented by caregivers to make the placement safer should also avoid making it more cold and impersonal as a result. Any change to practices should be explored and tested for unintended consequences that make out-of-home care a less liveable, developmentally stimulating and nourishing place for vulnerable children.

It suggests all policy and practice changes should be carefully considered and rolled out slowly using high-quality implementation strategies and evaluation methods.

Redress and civil litigation

Have your say on redress

The Royal Commission is still accepting submissions for its consultation paper on redress and civil litigation. The submissions will be used to make recommendations around ensuring justice for victims through the provision of redress.

"Many institutions have acknowledged that their previous response to survivors has been inadequate," said Justice McClellan, referring to the consultation process.

"Many survivors have a pressing need for assistance, including effective and just redress. For these reasons, the Commissioners accepted that we should consider the issue of redress and make final recommendations in relation to it as soon as possible.

"The consultation paper suggests that effective redress must have three elements – personal response by the institution to the survivor, guaranteed funding when needed for counselling and psychological care and a money sum which is paid in recognition of the wrong done to the individual."

All interested parties are encouraged to make written submissions responding to this consultation paper by midday on Monday 2 March 2015, preferably electronically to redress@childabuseroyalcommission.gov.au

Schedule of activity

| March | |
|------------------|--|
| Tues 3 – Tues 31 | Private sessions in capital cities Sydney, Perth, Canberra, Melbourne and Brisbane |
| Tues 10 – Fri 20 | Public hearing: Case Study 24 into out-of-home care, Sydney |
| Tues 17 – Fri 20 | Private sessions in regional areas |
| Mon 1 – Wed 17 | Public hearing Sydney |
| April | |
| Wed 1 – Thur 30 | Private sessions in capital cities and regional areas |
| Date TBC | Case Study 26, Rockhampton |

To register your interest with the Royal Commission you can:

Call: 1800 099 340

Email: registerinterest@childabuseroyalcommission.gov.au

Write: GPO Box 5283, Sydney NSW 2001

Website: www.childabuseroyalcommission.gov.au

Education and Training

Registrations for all workshops are now open and we will be scheduling more workshops soon. Visit our website at www.asca.org.au to register.

ASCA announces new Public Education and Training Calendar for 2015

All ASCA workshops are grounded in the latest research presented in ASCA's *Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery* www.asca.org.au/guidelines To find out more about our training program and to check the schedule call (02) 8920 3611 or email events@asca.org.au

ASCA's In-house Training

ASCA professional development and training workshops are available in-house on request for organisations seeking trauma-informed and/or professional development for working clinically with adult survivors of complex trauma, as well as their families, friends, partners and loved ones.

In 2015, ASCA is offering the following training sessions:

Foundation for Trauma-Informed Practice, Full Day: *one day training for anyone working in organisations*

Foundation for Trauma-Informed Practice, Half Day: *half day training for anyone working in organisations, particularly targeting volunteers, admin and front desk staff*

Foundational Principles of Trauma-Informed Practice: An ASCA Professional Development Workshop for Managers: *one day training for managers in community mental health settings*

Working with adult survivors of complex trauma: An ASCA Professional Development Workshop for Health Professionals: *one day training*

Working therapeutically with adult survivors of complex trauma: An ASCA Professional Development Workshop for Health Professionals: *two days training*

Identifying and responding to adult survivors of childhood trauma (including abuse): Professional Development for Primary Care Practitioners: *this 2 hour, Category 2 activity, has been accredited by the RACGP QI & CPD Program for 4 points*

ASCA can also deliver the following educational workshops in-house: Workshop for Adult Survivors of Childhood Trauma and Abuse, Workshop for Partners and Supporters (Carers) of Adult Survivors.

To discuss your requirements or to obtain a quote for in-house training, please contact ASCA Training Coordinator, Lisa Liber on liliber@asca.org.au or 0426 054 004

Working with adult survivors of complex trauma: An ASCA Professional Development Workshop for Health Professionals

Complex trauma is cumulative, underlying and interpersonal. To minimise the risk of re-traumatisation, working with adult survivors of complex trauma requires specialist knowledge which is both trauma informed and grounded in research in the neurobiology of attachment.

Target audience: Psychologists, clinical psychologists, counsellors, psychotherapists, mental health nurses, social workers, general practitioners, psychiatrists working in therapeutic contexts with adult survivors of complex trauma

TIME: 9am–5pm, with registration from 8:45am

COST: Full Price \$290, ASCA Professional Member Price \$261, Concession Price \$230

DATES:

Sydney – Thursday 26 March **SOLD OUT**
Melbourne – Thursday 16 April
Brisbane – Thursday 7 May
Adelaide – Thursday 21 May
Perth – Thursday 11 June
Hobart – Thursday 25 June

Foundation for Trauma-Informed Practice – Full Day

Many people presenting to community services have experiences of past and/or present trauma. Trauma from childhood (including all forms of abuse, neglect, and other adverse experiences) is complex trauma and is especially damaging. Usually interpersonal, repeated and cumulative, its impacts are not well recognised, understood or addressed.

Target audience: Workers across diverse service settings including in health, community, legal, justice, mental health, AOD, disability, housing and/or employment services.

TIME: 9am–5pm, with registration from 8:45am

COST: Full Price \$225, ASCA Professional Member Price \$202.50, Concession Price \$180

DATES:

Sydney – Friday 27 March
Melbourne – Friday 17 April
Brisbane – Friday 8 May
Adelaide – Friday 22 May
Perth – Friday 12 June
Hobart – Friday 26 June

ASCA's workshop for adult survivors of childhood trauma and abuse

This full-day workshop provides a safe space for people who have experienced abuse or trauma in childhood to learn more about what that experience means and its potential effects both then and now. It will raise awareness about survivors' strengths and resilience, the role of coping strategies, how the brain responds to stress, and the important research which shows that recovery is possible.

Target audience: Adult survivors (over 16 years of age) who have experienced any form of childhood trauma or abuse. This includes emotional, physical and sexual abuse, neglect, growing up in a domestic violence situation, and/or with a parent who was depressed, abused substances, had a mental illness, was suicidal or imprisoned, or which involved other forms of separation such as divorce, grief and loss.

TIME: 10am–4pm, with registration from 9:45am

COST: \$50. (ASCA's philosophy is for our workshops to be accessible to all survivors. If you are experiencing financial difficulties please contact us to discuss.)

DATES:

Sydney – Saturday 28 March **SOLD OUT**
Melbourne – Saturday 18 April **SOLD OUT**
Brisbane – Saturday 9 May
Adelaide – Saturday 23 May
Perth – Saturday 13 June
Hobart – Saturday 27 June