

SAAP Family Reconciliation Worker Network

9th October 2008

Melbourne Citymission
19 King Street, Melbourne

Present: Steve Maillet (FRMP)
Yin Zhang (FRMP)
Frances Cucuzzella (Anchor Community Care)
Merilyn Lanigan, Hope St
Katrina Warner (Lisa Lodge)
Cherie Ladlow (Wimmera Uniting Care)
Kristie Rogers (Time for Youth)
Katherine Owen (Time for Youth)
Michelle Duncan (Harrison Community Services)
Caroline Augustin (Harrison Community Services)
Lyn Fletcher (Berry Street)
Saskia Cahill (Berry Street)
Kaye Rigby (Catchment)
Robert Collier (Youth For Christ)
Jane Lazzari (CHP)

Apologies: Brophy

1. Professional Development Workshop

Eddie Gallagher (Psychologist, social worker and family therapist)

"Adolescent & Family Violence"

- ⇒ Eddie provided his clinical research findings on working with young people who perpetrate violence, particularly violence towards their family (see note/handout attached for more information);
- ⇒ Eddie also mentioned some strategies when working with young people who are violent towards parents (Handout given after the presentation)
 - Workers' attitude improvement towards young people is more important than workers' skills and knowledge
 - Seeing young people just an abuser or just victim of abuse is not appropriate
 - It is suggested to start with young people, as normally it is easier to engage with parents
 - Parents need to be involved as well.
 - Be cautious when talking to young people. Try not to use the words like "violent or abusive", use other words like "tantrums" instead.
- ⇒ For more information, contact Eddie on 0423 868 868 or Gallagher@aanet.com.au or visit www.eddiegallagher.id.au

2. Afternoon Session - workshop

Jo Howard (Inner South Community Health Service) "Adolescent Violence to Parents"

- ⇒ Jo provided an overview of a resource booklet for parents and carers experiencing adolescent violence.
 - The booklet was initially for inner south region and now the version for west and north region will be ready shortly.
 - The booklet was translated into other community languages, such as Greek, Sudanese, and Vietnamese.
- ⇒ Jo also shared her research findings from a study involving young people and single mothers.
- ⇒ For more copies, please contact Jo or Inner South Community Health Service.

Mez Lanigan (Hope Street) "Mood & Food"

- ⇒ Mez discussed the link between food that individuals consumed and how mood is influenced.
 - Our blood sugar level affects our mood and energy.
 - We need to control our blood sugar by eating three balanced (30-40-30 formula of protein fat and carbohydrate) meals and snacks.
 - It is essential to have breakfast containing balanced nutrition (handout was given out).
 - We need to be aware of the hunger signs (handout was given out)
 - Be aware of the link between food and mood also helps us to work with young people effectively.

Jane Lazzari (CHP) "Family Reconciliation Mapping Project"

- ⇒ Jane provided an update about the project
 - Summary of the findings have been completed.
 - Jane expressed the appreciation for those who made contribution to data and info collection.
- ⇒ The summary of the project was given out during the meeting.

4. Future Forum Topics

Suggestions around seeking an art therapist to provide an overview how art therapy is utilised to work with young people & Narrative Approaches

5. Next Meeting

9:30am - 3:30pm

Monday 2nd February 2009

Melbourne Citymission

ACTION: FRMP to follow up the guest speakers for next meeting.