

UPA YOUTH CARE SERVICES TRAINING AND EVENTS CALENDAR

JULY 2020 – DECEMBER 2020

SAVE THE DATES

Telephone: 02 6620 4400 or email reception@youthcareupa.org to confirm your attendance

Carers are required to attend four mandatory core training sessions bi-annually

Youth Care Services are running a series of free training sessions to meet our carers' needs

Our aim is to ensure our carers receive expert training to enhance their knowledge and skills in providing quality support to our young people in care

What you can expect: Youth Care Services training facilitators are highly experienced, skilled and knowledgeable in delivering quality training to equip our carers with the knowledge and skills required to provide quality care for children. You'll start learning immediately, gaining ability and knowledge that assists you to meet the individual needs of the young person/people in your care. We'll prepare you for your role as a Carer, ensuring you're supported throughout the journey of caring for children. You will benefit personally and professionally developing the skills to tackle challenging situations. Training sessions are scheduled to support your availability to attend.

PARKING FACILITIES: The closest parking for over 2 hours is off Budgen Lane / Commercial Rd. PLEASE NOTE that the Federal Hotel and 80 Main St shops is private parking and should not be used while visiting Youth Care UPA.

MORNING TEA/LUNCH IS PROVIDED at most sessions. Please let us know if you have any special dietary requirements.

CHILD CARE is available if needed. Please arrange with our office when you book in.

PLEASE ADVISE AS SOON AS POSSIBLE IF YOU ARE NOT ABLE TO ATTEND TRAINING – this will enable us to change catering orders and/or offer the place to others.

Youth Care Services UPA - Training Sessions Timetable – July 2020 to December 2020

All training sessions are held in comfortable surroundings in our offices located at Shop 9/75 Colonial Arcade, Main Street, Alstonville NSW 2477

July 2020	Training Session	Time	About this training
Wednesday 1st July, Thursday 2nd July & Friday 3rd July 2020 Facilitators: Tracey Anderssen & Sandra Fairfull Delivery Mode: Face to Face	Therapeutic Crisis Intervention (Core Unit - Mandatory attendance bi-annually)	9:00am – 3:30pm	Therapeutic Crisis Intervention acknowledges crisis as an opportunity to learn constructive ways to manage stressful situations. Through understanding of the Stress Model of Crisis and skills for building co-regulation crisis can be managed, de-escalated, or prevented
Wednesday 22nd of July 2020 Facilitator: Megan Spencer Delivery Mode: Face to Face	Components of Behaviour	10:00am-1:00pm	“We are all one another’s teacher” All behaviour happens for a reason. When we are able to break down behaviour into its component parts, what was happening beforehand, what happened afterwards, we are in a better position to understand the need the behaviour is serving. When we have this wisdom, we are in a great position to implement strategies to reduce the likelihood the behaviour occurs and teach skills to have needs met in a safe and healthy way. This training complements, a trauma and attachment informed approach by providing targeted and practical strategies to promote behaviour change.
August 2020	Training Session	Time	About this training
Wednesday 5 August 2020 Facilitator/s: TBA Delivery Mode: Face to Face	Carers Code of Conduct (Core Unit - Mandatory attendance bi-annually)	10:00am – 1:00pm	This training is an informative session to provide up to date data involved in compliance as Foster carers. Incorporating a brief overview of the Care & Protection Act, Child Safe Standards, Rights of the Child and Recommendations from the Royal Commission. Focusing on the Carer Code of Conduct, Carer and agency financial obligations, and a brief overview on car restraints to support Carers within the placement.
Monday 10th August 2020 Facilitators: Louise Lama	Foster Carer Information Session Questions and Answers	6:00pm – 7:00pm	Foster care is providing care to children and young people when they are unable to remain with their own families, often due to abuse or neglect. A foster carer becomes an integral part of the child's life providing a safe, secure and stable environment for vulnerable children and young people.
Dates: TBA Facilitators: My Forever Family Delivery Mode: Online	Shared Lives Foster Carer Training (For online delivery details contact reception on 02 6620 4400).	Online Delivery	These training sessions are designed to provide information on becoming a foster carer, what is involved in taking on a foster child and preparing prospective carers for the role of fostering.
Tuesday 25th, Wednesday 26th & Thursday 27th of August Facilitators: Tracey Anderssen & Sandra Fairfull Delivery Mode: Face to Face	Therapeutic Crisis Intervention (Core Unit - Mandatory attendance bi-annually)	9:00am – 3:30pm	Therapeutic Crisis Intervention acknowledges crisis as an opportunity to learn constructive ways to manage stressful situations. Through understanding of the Stress Model of Crisis and skills for building co-regulation crisis can be managed, de-escalated, or prevented
September 2020	Training Session	Time	About this training
Sunday 13th September 2020 TBC (Pending COVID Restrictions)	Foster Carers Week – Family Fun Day Inter-agency fun day	9:30am – 4:00pm	The <i>week</i> is an opportunity for everyone to acknowledge the selfless work carried out by <i>foster</i> and kinship <i>carers</i> , who find room in their hearts and

			homes for children and young people. This our opportunity to thank you for providing a safe, loving and stable home to our Foster Care children.
Cancelled due to COVID-19 Restrictions	Annual Carers' Dinner	6:00pm -10:00pm	A celebration held in honour and gratitude for our valued Foster Carers. Those who help them be all they can be . Childcare and activities are provided to ensure a relaxing and enjoyable evening for our carers.
October 2020	Training Session	Time	About this training
Thursday 1st October 2020 Facilitator: Craig Nolan Venue: TBA Delivery Mode: Face to Face	First Aid + CPR (Core Unit - Mandatory attendance bi-annually)	8:30am – 4:30pm	This training session enables participants to confidently manage emergency situations and provide a first aid response to a casualty and update CPR skills.
Wednesday 14th October 2020 Facilitator: Megan Spencer Delivery Mode: Face to Face	Grief & Loss	10:00am – 1:00pm	“Grief is not something we get over, but something we go through” The experience of loss is an intrinsic part of life. Grief is the process we go through following a sense of loss. The experience of grief and loss is incredibly pervasive in the out of home care world, for children and young people, biological family, foster care family and community groups. Grief affects us all differently, the way we think, feel, and behave. This training invites carers to explore how grief may be experienced, and how to support oneself and others.
Tuesday 20th & Wednesday 21st October 2020 Facilitators: Aiden Thomas, Melina Purcell Delivery Mode: Face to Face	Response Ability Pathways (RAP) (Core Unit - Mandatory attendance bi-annually)	9:30am – 3:00pm	The circle of courage integrates Native American philosophies of child-rearing, the heritage of early pioneers in education and youth work, and contemporary resilience research. The Circle of Courage is based on four universal growth needs of all children: belonging, mastery, independence and generosity . They reflect universal truths about valuing people and are validated by an emerging science of positive development and brain research. It is a strength-based approach to support our youth. Our shared goal is to CONNECT-CLARIFY-RESTORE . 
November 2020	Training Session	Time	About this training
Monday 9th November 2020 Facilitators: Louise Lama	Foster Carer Information Session Questions and Answers	6:00pm – 7:00pm	Foster care is providing care to children and young people when they are unable to remain with their own families, often due to abuse or neglect. A foster carer becomes an integral part of the child's life providing a safe, secure and stable environment for vulnerable children and young people.
Tuesday 17th November Facilitator: Trudi Fehrenbach Delivery Mode: Face to Face	Autism Spectrum Disorder	10:00am – 1:00pm	According to Autism Spectrum Australia (2018), the prevalence of Autism Spectrum Disorder (ASD) in Australia is 1 in 70 people. Individuals identified as having ASD have a distinctive and beautiful way of perceiving and interacting with the world. Given the right environment and skill building opportunities, children and young people with ASD can capitalise on their unique attributes, to build mastery and independence. This training provides an overview of the key features of ASD and key support considerations.

Saturday 21st & 28th November 2020 Facilitator: Louise Lama Delivery Mode: TBC	Shared Lives Foster Carer Training (2 x consecutive Saturdays)	9:30am – 4:00pm	These training sessions are designed to provide information on becoming a foster carer, what is involved in taking on a foster child and preparing prospective carers for the role of fostering.
December 2020	Event	Time	About this event
Sunday 6th December 2020	Youth Care Services UPA Annual Christmas Party	10:00am – 3:00pm	Annual Christmas Party celebration for our Foster Care children and carers. A time to come together for the festive season and celebrate together.