

UPA YOUTH CARE SERVICES TRAINING AND EVENTS CALENDAR

JANUARY 2021 – DECEMBER 2021

SAVE THE DATES

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

Carers are required to attend Three 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.

COVID-19 GOVERNMENT DIRECTIONS AND RESTRICTIONS WILL BE FOLLOWED IN LINE WITH THE MOST CURRENT NSW HEALTH ADVICE. CHANGES TO THE CALENDAR MAYBE MADE IN LINE WITH THESE UPDATES. WE WILL EMAIL TO ADVISE OF ANY CHANGES.

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 – January 2021 to December 2021

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

March

Monday 1st & Tuesday 2nd March 2021 Facilitators: Louise Lama & Taya Bate	Shared Lives Foster Carer Training	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.
Wednesday 10th March 2021 Facilitator: Megan Spencer	Grief & Loss	9:30am – 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 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.
Wednesday 24th & Thursday 25th March 2021 Facilitator: Trent Chapman	Mental Health First Aid	9:00am – 4:00pm	This course teaches adults how to assist adolescents who are developing a mental health problem or are in a mental health crisis. Course participants learn about adolescent development, the signs, and symptoms of the common and disabling mental health problems in young people. Where and how to get help when a young person is developing a mental illness, what sort of help has been shown by research to be effective and how to provide first aid in a crisis.
April 2021	Training	Time	About this training
Tuesday 20th April 2021 Facilitators: Louise Lama & Taya Bate	Foster Carer Information Session Questions and Answers	5:30pm – 6:30pm	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 27th, Wednesday 28th & Thursday 29th April 2021 Facilitators: Sandy Fairfull & Tracey Andersson	Therapeutic Crisis Intervention (TCI) (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.
May 2021	Training Session	Time	About this training
Thursday 6th May 2021 Facilitator: Craig Nolan	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.
Saturday 22nd & 29th May 2021 Facilitators: Louise Lama & Taya Bate	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.
Wednesday 26th May 2021 Facilitator: Megan Spencer	Components of Behaviour	9.30am-1:00pm	“We are all one another’s teacher”. This training complements a trauma and attachment informed approach by providing targeted and practical strategies to promote behaviour change. All behaviour happens for a reason. When we unpack behaviour into its component parts, what happened beforehand and afterwards, we are more able to understand the need the behaviour is serving. We can then implement

June 2021	Training Session	Time	About this training
Wednesday 2nd June 2021 Facilitators: Megan Spencer & Trudi Fehrenbach	Restrictive Practices	9:30 – 1.00pm	“Our hands are tied if we can’t give consequences”. We care for and support children and youth with complex needs and challenging behaviour. Many of us were raised in homes where punishment was a typical part of parenting. And we turned out just fine! It can be perplexing to hear these practices are not effective with traumatised youth. This training opportunity will explore the unique support needs of traumatised youth and develop understanding of why some parenting practices might be restricted in their use. We will learn how to identify these restrictive practices, how to implement them safely and effectively, and where possible identify other ways to promote discipline.
Wednesday 9th & 10th June 2021 Facilitator: Aiden Thomas	Response Ability Pathways (RAP) (Core Unit - Mandatory attendance bi-annually)	9:30am – 3:00pm	 <p>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.</p>
Wednesday 23rd June 2021 Facilitator: Trudi Fehrenbach	Autism Spectrum Disorder (ASD)	9:30 – 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.
July 2021	Training Session	Time	About this training
Tuesday 13th, Wednesday 14th & Thursday 15th July 2021 Facilitators: Sandy Fairfull & Tracey Andersson	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 21st July 2021 Facilitator: Megan Spencer	Conflict Cycle	9:30 – 1.00pm	Conflict is an inevitable part of everyday life, and for youth in Care this is particularly so. Conflict represents both opportunity and danger. By offering youth a safe and consistent responses to conflict we can provide them with the opportunity to develop their ability to regulate emotions and strategies to cope with stress. We will spend time together reviewing the components of the conflict cycle, building our understanding why youth in care are more susceptible than others, and developing strategies to break the cycle to create opportunity for growth.

Tuesday 27th July 2021 Facilitators: Louise Lama & Taya Bate	Foster Carer Info Session	5:30pm – 6:30pm	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
August 2021	Training Session	Time	About this training
Wednesday 11th August 2021 Facilitator: Trudi Fehrenbach	Self-Harm & Suicidal Ideation	9:30 – 1.00pm	Children and young people exposed to developmental trauma are at elevated risk of engaging in high-risk behaviours such as self-harm and suicide ideation. Youth Care UPA have specific risk related policy and procedures in place all staff and carers shall follow. This foundational training supports carers to identify risk and protective factors and how to develop resiliency in children and young people. The training will allow for opportunity to practice techniques to respond in the moment to risk related situations and follow Youth Care Policy and Procedure.
Monday 23rd & Tuesday 24th August 2021 Facilitators: Louise Lama & Taya Bate	Shared Lives Foster Carer Training	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.
September 2021	Training Session	Time	About this training
Wednesday 8th September 2021 Facilitator: Megan Spencer	Successful Stress	9:30 – 1.00pm	“We can’t pour from an empty cup” Prioritise your wellbeing and learn how to deal with stress in a healthy way. This relaxed information session will balance learning delivery with content and experiences.
Wednesday 15th & Thursday 16th September 2021 Facilitator: Trent Chapman	Mental Health First Aid (MHFA)	9:00am – 4:00pm	This course teaches adults how to assist adolescents who are developing a mental health problem or are in a mental health crisis. Course participants learn about adolescent development, the signs, and symptoms of the common and disabling mental health problems in young people. Where and how to get help when a young person is developing a mental illness, what sort of help has been shown by research to be effective and how to provide first aid in a crisis.
Friday 17th September 2021 TBC	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 2021	Training Session	Time	About this training
Thursday 7th October 2021 Facilitator: Craig Nolan	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.
Tuesday 19th October 2021 Facilitator: Louise Lama & Taya Bate	Foster Carer Info Session	5:30pm – 6:30pm	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
Wednesday 20th October 2021 Facilitator: Trudi Fehrenbach	Intellectual Disability/Attention Deficit Hyperactivity Disorder (ID/ADHD)	9:30 – 1.00pm	Approximately 1 in 10 children in Australia meet the criteria for a Neurodevelopmental disorder (ND). NDs are conditions that have features in common. They are first seen in infancy/early childhood where brain development is impaired. Each child will have their own unique profile and

			require a tailored approach to support strategies to meet their individual needs. This training focuses on two common types of ND, Attention Deficit Hyperactivity Disorder (ADHD) and Intellectual Disability (ID). The training will provide participants with an introductory overview of the key features and support considerations for children diagnosed with ADHD and/or ID
Tuesday 26th, Wednesday 27th & Thursday 28th October 2021 Facilitators: Sandy Fairfull & Tracey Andersson	Therapeutic Crisis Intervention (TCI) (Core Unit - Mandatory attendance bi-annually)	9:30am – 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
November 2021	Training Session	Time	About this training
Wednesday 10th Thursday 11th November 2021 Facilitator: Aiden Thomas	Response Ability Pathways (RAP) (Core Unit - Mandatory attendance bi-annually)	9:30am – 3:00pm	<p>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.</p> 
Wednesday 17th November 2021 Facilitator: Megan Spencer	Developmental Trauma and Trauma informed Care	9:30am – 1:00pm	Trauma Informed Care. What is it? Why is it important? How do we do it? 57–75% of Australians will experience a potentially traumatic event at some point in their lives (Mills et al. 2011; Rosenman 2002). Trauma exposure is more common among specific groups (e.g., young people in out-of-home care, refugees, women, and children experiencing family and domestic violence, LGBTIQ people and certain occupation groups, homelessness). This workshop will explore recent advances in understanding of trauma and implications. Participants will develop understanding of the neurobiology of trauma and pathways for healing.
Saturday 20th & 27th November 2021 Facilitators: Louise Lama & Taya Bate	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 2021	Event	Time	About this event
Sunday 5th December 2021 TBC	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.