

Hume Region Family Violence Prevention Newsletter Spring 2003

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Violence against women and children is unacceptable in our communities. The true extent of domestic violence will never be known as a large proportion of victims suffer in silence; however the Australian Bureau of Statistics estimates that the number of women affected by abuse within their families at some time in their lives is as high as one in four.

Preventing abuse is the responsibility of each and every one of us and communities must foster a culture of intolerance toward abuse.

One of the most effective ways to prevent the high occurrence of abuse is to raise awareness of family violence in the broader community and amongst key professional groups. It is also critical to get services to work together in a more co-ordinated way at local and regional levels. That's exactly what the Family Violence Prevention Networks of Lower Hume, Goulburn Valley, Central Hume, Albury Wodonga and Corowa Rutherglen are aiming to do. These networks of services are working hard at community development initiatives through Week Without Violence activities and media promotion, training initiatives, innovative client support models and the reintroduction of support groups for women.

We hope you find this newsletter informative and remind you that contribution and feedback are welcome. The Family Violence Prevention Newsletter is distributed to over 500 agencies and individuals in the Hume region.

Cheers for now,
Karen Roben

Hume Region Family Violence Prevention Networker
Contact Karen Roben
Women's Health Goulburn North East
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Email: k.roben@whealth.com.au





Week Without Violence

Oct 27th- November-3rd

All the family violence prevention networks in the Hume region have been allocated funds from the Victorian Community Support Fund to use for local initiatives, community education and resource production. Most have chosen to use the funds for their Week Without Violence campaign. A range of activities are planned.

9th Oct. 10.00am -1.30pm GO TAFE Seymour *Sand and Symbols Workshop*-Helping young clients process shock and trauma. 3.30- 6.00pm Seymour East Primary School. *Emotional First-Aid in Schools* – Responding to emotional problems with symbolic creative expression.

Presented by Mark Pearson and Helen Wilson Directors of the Turnaround Centre for Expressive Therapies, Brisbane. No Cost. Info and Bookings Phone Kate 57991711

13th, 14th, 15th Oct. 10.00 am - 4.00pm Upstairs Showcase Wangaratta Old Library Murphy St. Banner art workshop facilitated by Susan Dixon for women survivors and young people for display during Week Without Violence.

22nd Oct. 9.30am Court House Corowa Remembrance Vigil for women and children who have lost their lives due to family violence.

23rd Oct. 1.00-3.00pm badge making Albury Wodonga Women's refuge

29th Oct. 10.00am – 4.30 pm Post Office Arcade Murphy St. Wangaratta. Launch of Banners, Art Display and slogan designs. Information and displays by local service providers. Free BBQ.

29th Oct. 11.00 am-2.00pm North Shepparton Learning Centre. Olympic Ave BBQ and Information displays.

30th Oct 12.30 -2.00pm Wesley Hall, Maud St. Shepparton. Somebody's Daughter Theatre Company -"What is Home?". Performance and question time.

31st Oct. 11.00 am Royal Hotel Corowa Launch of "A Child's View"- a child's experience of family violence reproduced as coasters, t-shirts and posters. Coasters will be distributed in hotels, clubs in Corowa Rutherglen area. Info Phone Fiona (02) 60329505

31st Oct. 7.00pm Queens Gardens Wyndham Ave. Shepparton Reclaim the Night gathering and Women's Entertainment Night. Local performers. Ph. 0409012228

31st Oct. 6.00pm Picnic, guest speakers, entertainment Albury Botanic Gardens. Reclaim the Night march will start at 7.15pm. Dean St.

31st Oct. 6.00pm Anzac Avenue Seymour Reclaim the Night march to Presbyterian Hall for FREE Community BBQ and the fabulous "Somebody's Daughter Theatre Company" Plus more local talent!

Children in Homelessness Services Project

A project for accompanying children whose parents/carer are receiving support through a SAAP service

Hello everyone, my name is Kay Lavender and I hold the position of Children's Resource Worker for the Hume Region, auspiced by Central Hume Support Services.

In April 2000, the Victorian government announced funding of \$500 000 across the state to deliver an improved service response to children accompanying adults into homelessness services. Each region was funded to implement a regional Children in Homelessness Services Project.

Through the delivery of a range of activities including resource development, training, networking and secondary consultation, the Children in Homelessness Services project has sought to enhance service capacity within the homelessness sector to provide improved responses to the complex interplay of needs and issues experienced by accompanying children and their families.

How are children affected by Homelessness?

According to Thomson and Goodall (1994) research indicates that the three main situations from which children come to enter SAAP services are:

- Having witnessed family violence
- Having experienced physical, emotional and/or sexual abuse; and
- Having become homeless due to their family's circumstances

Children have their own unique experience and reaction to the various traumas associated with homelessness. If children are left to make sense of these experiences themselves, without the support of family or a supportive service system, their difficulties may increase over time.

These difficulties may manifest themselves in various ways:

- Trauma/mental health issues
- Developmental delays
- Poor education
- Poor physical health
- Lack of connectedness/isolation
- Behavioural/emotional issues

In the Hume Region the projects key activity areas have been (1) resourcing workers to enhance their skills to consider the needs of children within the families they are working with; (2) to provide a therapeutic counselling service to children whose parent/s have requested such a service and (3) to enhance the communication and integration of local community (SAAP & non SAAP) services.

What is the role of the Children's Resource Worker?

The role of the resource worker is to assist cross target and domestic violence SAAP services to develop child inclusive practices into their service. For example this may include developing a Children's Policy for their agency, reviewing their intake and assessment processes and tools, or providing training and information on relevant issues.

What about the Children's Therapeutic Program?

Two separate services have been established in Wodonga and Wangaratta communities. The primary role of the Children's Therapist is to offer a direct therapeutic service to children in homelessness services (SAAP funded) and to offer secondary consultation to case workers of referring agencies and other professionals.

Our Practice Wisdom – Some Lessons Learned in providing therapy to young children!

- Provide flexibility in provision of service for family
- Provide a diverse range of mediums that the child can choose from and express themselves with
- Allow the play to be directed by the child
- Children will suffer your ignorance for a long time!

Please feel free to contact us
For a chat! Service Info, Resource Library,
Secondary Consult, Training needs.
Our Contact Numbers are:
Children's Resource Worker Kay Lavender
0427 227776 or 0260 437 404
Children's Therapist -Wangaratta
Allison Keir 0357 212279 (Tues only)
Wodonga Linda Ward 0260 437404
(Tues & Friday)

Useful Websites
www.kidscount2.org.au
www.facs.gov.au
www.eplaytherapy.com
www.hippyaustralia.org.au
www.napcan.org.au
www.padv.cpmc.gov.au
www.childreninfocus.org

More Useful Websites:

http://www.wrrc.org.au/dv_kit.htm

This kit contains all 10 chapters of the '**It's Not Love, It's Violence**' information and resource kit about domestic violence – a fabulous resource for anyone working with women or educating about domestic violence.

WIRE Women's Information Victoria <http://www.wire.org.au>

Domestic Violence and Incest Resource Centre (DVIRC)

The DVIRC website contains a range of publications relating to domestic violence and child abuse, and provides a number of links to information and referral services.

www.dvirc.org.au

Bursting the Bubble This website is targeted towards teenagers who experience abuse and family violence. This site provides information for teenagers to assist them in understanding abuse and family violence, experiences of other young people, and provide ways for teenagers to deal with this.

www.burstingthebubble.com

Many Voices, Many Choices: 9th Australasian Conference on Child Abuse and Neglect 24-27 November, 2003 Sydney NSW

Conference themes are:

- Listening to the voices and supporting the choices of children, young people, and families – and using 'strengths-based' approaches
- From fragmentation to integration – 'whole of government' and community approaches
- Healing traumatised communities – Work with indigenous communities and refugees
- What workers need to do their jobs well
- Best approaches, best outcomes and best practice – from prevention and early intervention to statutory intervention and out-of-home care.

Contact

Conference Secretariat: Augment Communications
Level 5, 10 Queens Road, MELBOURNE VIC 3004

Ph: (03) 9867 5984; Fax: (03) 9820 0433

Email: childabuseconference@augment.com.au

Web: **www.nsw.gov.au/acan2003**



REAL Life- Relationship Awareness and Education for Life

It has been a busy few months for the REAL Life program and it's definitely been worthwhile.

Evaluation from teachers and students has indicated that young people benefit from support and education to assist them in making healthy choices about their relationships. A total of 600 secondary school students in North East Victoria have participated in the REAL Life program. The following are some comments from the young people who participated in the REAL Life program: The evaluation sheets indicated that there was a 77% increase in the student's knowledge and awareness of relationship violence.

- Finding out what makes a healthy relationship and the difference between healthy and unhealthy relationships.
- Understanding where to go for help.
- Learning about local services.
- Learning about relationships and how people want to be treated.

The collaborative nature of the REAL Life program has strengthened the programs sustainability. A total of 60 service providers and secondary school representatives have attended training and are committed to implementing the REAL Life program. These partnerships and networks have been essential in supporting the implementation of the REAL Life program into secondary school health curriculum. The education department have taken a proactive role in supporting the REAL Life program. The following are evaluation comments from service providers and secondary school representatives.

- Excellent sequencing of concepts with attention to engaging young people in learning
- Liked the focus on group work, sharing interaction with a range of tasks and activities.
- We will integrate into year 8 Health curriculum
- Delivery of the program stimulated thinking, co-operation and sharing of knowledge
- The REAL Life program is a valuable resource

The REAL Life training workshops held in Benalla, Seymour and Wodonga provided secondary school representatives and services providers the opportunity to further develop their networks in addition to extending their knowledge of the program. **There will be another free training workshop held in Shepparton on 18th November.**

The 56 page teacher's manual developed from trialling the program in schools in 2002-3 contains step-by-step activities, evaluations and references and has been distributed to schools and service providers throughout North East Victoria. The manual is available from Women's Health Goulburn North East for \$15.00.

Enthusiasm from teachers and workers means the program will continue to survive beyond the drive of a project worker. On a personal note, I have enjoyed the many challenges and benefits that the REAL Life program has given me and only hope that my passion for the program has brushed off onto others. Thanks to everyone who has been involved in the development and implementation of the program.

Emma Fahey- Project Worker

TRAINING OPPORTUNITIES

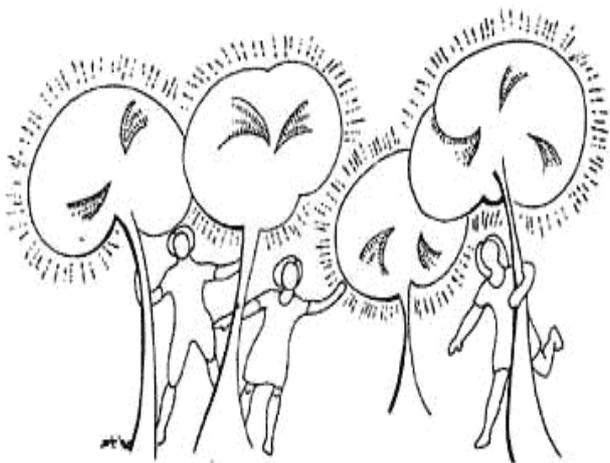
The Central Hume Family Violence Prevention Network will present a Best Practice forum on Men and Domestic Violence on Monday 1st December at The Gateway Conference Centre, Wangaratta. The one-day workshop will be presented by Noel MacNamara, well known consultant in the area of Mens violence.

The forum about men will explore in an experiential way the questions of why men are violent, what kinds of violence, which men and can we do anything about their violence.

Cost \$25. RSVP by Nov. 25th Ph 57223009

REAL Life Relationship Awareness

Free training workshop for secondary teachers and DV, youth, social workers held in **Shepparton on 18th November from 1- 4 pm**. Training includes free teacher's manual. To register please contact either Ann Hall Department of Education and Training on 5761 2119 or Karen Roben at Women's Health Goulburn North East Ph. 57223009



The Wangaratta Family Violence Integration project has been running for a period of 11 months and now due to lack of continuing project funding we have to start tidying up and bedding down our important work into sustainable long term process to ensure its longevity. This is not an easy thing to do when we have great enthusiasm and energy continuing to drive the project.

We successfully launched the project at The Gateway on August 15th to an audience of 70. Members of the project team spoke eloquently and passionately about their work and the improvement to the service system that the Integration project had addressed. Dr Kate Auty, coordinating Magistrate for this region summed up our work as being a wonderful example of what working in partnership with other organisations can achieve. A video of the launch is available at Women's Health library for those of you who missed it.

The family violence workers involved in the project have commented on the opportunity to work hand in hand with the criminal justice system for the first time.

The criminal justice system has commented on the ability of their organisations now being more effective in response to domestic violence because they are more informed on a range of issues and to where and whom to refer.

We have marketed the project extensively to a range of stakeholders and will be presenting the project at the Ballarat Initiatives for Justice Conference on the 9th October.

I would like to take this opportunity to thank the project team for their commitment and application to this project over the last months and into the future.

Debbie Bailey Integration Project Worker

Making It Better *Progress Report*

September saw *Making It Better* out and about: researchers for the project and workers from across the region gathered on Tuesday 2nd September to engage with the findings through art, music and discussion. Collectively responses were produced and inform both the discussion that will be published in report form early next year and action workers undertake in the course of their work.

Thank you to all who contributed to the work of the day and to ongoing action. *Making It Better* was also reported at the Albury Wodonga Regional Domestic Violence Conference and at the Fairley Leadership Program in Echuca.

The next aspect of this work is an "Art and Get Together Day" for women who participated in the research. This day has two purposes. First it offers women an opportunity to meet and to support each other thus responding to the interest women indicated they had in connections to others who had similar experiences. Secondly, women have the opportunity to personally illustrate their stories. We have always found art to be a powerful story telling tool and there is much evidence to indicate that it provides another means to assist in the healing process.

We anticipate that the women's' stories and the accompanying discussion of findings will be published early 2004 and a celebration of their production will be announced later. We welcome inquiries about purchasing these resources.
Kerry Burns Project Worker

Family Violence Resource Directory

Thank you to Judi Fisher and to agencies across the Hume region who have made suggestions and added valuable input into the compilation of the Family Violence Resource Directory.

We are now investigating an on-line version which will make important information available at the push of a button.

The new directory will be available for distribution soon.

Family Violence Prevention Resources available from Women's Health Library. (free membership)

VOICES OF THE SURVIVORS -Patricia Eastel, Spinifex 1994.

Powerful and moving stories from survivors of sexual assault.

BLOOD ON WHOSE HANDS? The killing of women and children in domestic homicides – Women's Coalition Against Family Violence 1994. *Reveals and confronts the realities of domestic violence.*

IT'S MY LIFE NOW: Starting Over After an Abusive relationship –Meg Kennedy Dugan and Roger R. Hock

Filled with "self-exploration" and activities for personal growth.

A WOMAN LIKE YOU: The Face of Domestic Violence. Seal Press 1997.

Photographs and interviews by Vera Anderson.

TRAUMA and RECOVERY: From Domestic Violence to Political Terror – Judith Lewis Herman, Pandora 1992.

Required reading for all those who seek a deeper understanding of the psychology of men and women.

Regional Services

Domestic Violence Outreach Workers

- Benalla 03 5762 7330
- Mitchell/Murrindindi 03 5784 1306
- Shepparton 03 5831 2012
- Wangaratta 03 5721 8277
- Wodonga 02 6056 1550

Other Domestic Violence Services

- Cooroonya (Wangaratta/Benalla) 03 5722 1100
- Marian (Shepparton) 03 5821 9458

Centres Against Sexual Assault

- Shepparton 03 5831 2343
- Wangaratta 03 5722 2203

Victim's Assistance Program

- Wangaratta 03 5722 2355
- Shepparton 03 5831 6967

Refuges

- Women's Domestic Violence Crisis Service 039373 0123
or 1800 015 188 (Toll free)

Family violence Prevention Meetings

Seymour

Monday 19th May, GV Family Care

Contact Grace Grieves for further dates 5799 1581

Shepparton

Tuesday 10th June, 12.30-2pm at Shepparton Police Station, 2nd Tuesday, bi-monthly

Moira Shire

Wednesday 11th June, 2.30-4pm

Katamatite Bakery, 2nd Wednesday, bi-monthly

Corowa Rutherglen

Wednesday 28th May, 12noon-1.30pm

4th Wednesday of each month

Wangaratta

Not currently meeting. Most agencies focusing on local integration project

Albury Wodonga

Thursday 5th June 10-12noon Albury Community Health



If undelivered return to:

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Women's Health Goulburn North East
Po Box 853
Wangaratta 3676

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SURFACE
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Statewide Services

- Domestic Violence & Incest Resource Centre 03 9486 9866
- Women's Domestic Violence Crisis Service 03 9373 0123 or 1800 015 188 (Toll free)
- Women's Legal Service Victoria 03 9642 0343 or 1800 133 302
- Immigrant Women's Domestic Violence Service 03 9898 3145
- Translating & Interpreting Service 131 450 or 1800 112 477 (24 hours)
- Police 000 (24 hours)
- Court Network – Telephone info & referral 03 9603 7433 or 1800 681 614
- Women's Information & Referral Exchange Info Line 1300 134 130
- Statewide Women's Community Housing Service 03 9387 1033
- Victim's Referral & Assistance Service 03 9603 9797 or 1800 819 817
- Sexual Assault Telephone Service 03 9349 1766 (5.30pm-9.00am)