

# Hume Region Family Violence Prevention Newsletter Autumn 2005

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Hi Everyone,

Welcome to the first newsletter for 2005. It has been a busy couple of months, and at times I thought we would never see the newsletter completed! We have seen the family violence prevention networks planning and review day. Where there was wide representation from the family violence prevention networks from across the region. The idea for having a planning and review day is to share network initiatives, learning's, linking with each other and establishing a realistic future direction. The outcomes from the planning and review day can be found on page three. We have seen the establishment of two new family violence prevention networks in Benalla and Alpine areas, with the need being identified by the Vic police. This is an exciting time for the two new fvp networks. We had family violence services and child protection representation from across the Hume region at The Towards Collaboration forum facilitated by Jan Fook.

Marie Claire magazine (march 2005) have launched a campaign "Start Talking; talking to stop the violence". The magazine features Australian celebrities speaking out against domestic violence, featuring a couple of stories where the focus is on emotional abuse. The educational kit targeting year 11 and 12 students featuring Angela Barker's story is currently being distributed to secondary schools across the state. The kit was released in Benalla during March. The aim of the kit is to educate young people on healthy and unhealthy relationships.

DV Vic are currently in the process of developing a code of practice for family violence/domestic services. For further details contact Bree Oliver [project@dvvic.org.au](mailto:project@dvvic.org.au) . Also, Margo Northey from the Rural Women's Network is interested in hearing stories from rural women who have experienced family violence, and or rural family violence service providers to publish in the rural women's network newsletter. For further details contact [marao.northev@dvc.vic.aov.au](mailto:marao.northev@dvc.vic.aov.au) . I hope you all enjoy reading this

Family Violence Prevention Networker  
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## **Purpose of Family Violence Prevention Networks**

1. To provide a forum for community agencies, service providers, and individuals who have an interest in preventing family violence.
2. To raise public awareness about family violence. This includes informing the community about the causes and effects of family violence, the extent of family violence, and prevention strategies.
3. Provide current information to the community about support services for:
  - Women and children who have experienced or are experiencing family violence
  - Young people who have experienced or are experiencing family violence
  - Men who want to change their violent behaviour
4. To enhance service providers knowledge skill sharing, professional development and/or training
5. To provide an opportunity for information sharing and mutual support between service providers
6. To undertake local, regional and state wide community education activities in collaboration with local family violence prevention networks and service providers
7. To identify gaps in service provision and lobby for those services.

**North East and Goulburn Valley have 7 family violence prevention networks. With five well establish and two in current formation.**

The principles that underpin family violence prevention can be located in: 101 ways to prevent family violence; Publication produced September 2004 by Domestic Violence and Incest Resource Centre

If you would like a copy please contact Emma at Women's Health Goulburn North East 5722 3009

## **What's been happening in Hume**

### **Women's Support and Advocacy group**

A participant of the Women's Support and Advocacy Group will be presenting at the 5<sup>th</sup> National Women's Health Conference on April 21 on the structure and work of the Women's Support and Advocacy Group. This group is a facilitated group that is open to women who have left domestic/family violence situations and are interested in working for positive change in a supportive environment. A very successful Planning Day was held in March, and a Women's Empowerment Weekend is planned for May.

*"As a group of women gaining strength together we can provide support, advocacy and education for other women" Pauline (group member)*

If you would like further information for either or if you know of women who may be interested please contact Sandy King on [s.king@whealth.com.au](mailto:s.king@whealth.com.au)

### **Towards Collaboration Forum facilitated by Jan Fook**

Towards Collaboration was a state wide initiative funded by the Department of Human Services, supported by Women's Health Goulburn North East in the Hume region. Towards Collaboration is a resource guide for Child Protection and Family Violence Services to strengthen the relationships, and to promote a more integrated response to family violence. The development of the guide represents an important collaboration between Community Care Division (Child Protection and Family Violence Prevention and Support) and the Office of Housing (Community Programs Group). The resource guide has provided a strong basis for regional development, however, most importantly: improved outcomes for women and children who have experienced family violence.

The Towards Collaboration forum was facilitated by Jan Fook, who is the Professor/Director of the Centre for Professional Development at La Trobe University. The forum held in Benalla was attended by 32 workers from both child protection and family violence services. The discussions from the forum focused on four main areas; issues about collaboration; the commonalities that emerge, principles for collaboration; opportunities for future collaboration, with a commitment from each participate to explore future collaboration both individually and at a structural level. The forum created the opportunity for child protection and

family violence service providers from across the Hume region to explore current collaboration, and reflecting on the recommendations from local research *A Powerful Journey*; women leaving violent relationships.

### **Family Violence prevention Networks Planning and Review day**

There was representation from the family violence prevention networks from across the region at the annual Planning and Review day held recently in Benalla, where 33 workers attended. The idea for having a planning and review day is to share network initiatives, learning's, linking with each other and establishing a realistic future direction.

The outcomes of the planning and review day were that we would explore compiling a booklet of family violence prevention network initiatives, the work of the family violence prevention networks; each network to make a commitment to use there local media, Week Without Violence will continue to be our main focus and we will co-ordinate our activities for Week Without Violence. The statewide theme for Week Without Violence in 2005 is children.

### **Safe & Caring Community Project**

Based in the Cathedral Cluster community (East Murrindindi Shire) the S&CC came about in 2004 due to local concerns regarding bullying occurring at the local Secondary College in Alexandra. The Secondary College, Shire Council and Berry Street Victoria have collaborated to develop a whole of community response, recognising that bullying in schools often originates outside as learned behaviour from home, sporting clubs etc. The project will look at the issue broadly in the community, including family violence, workplace harassment etc., and uses a Community Development model. Andrew Fuller Clinical Psychologist and Childhood expert is involved in the project as a consultant.

The aim is to involve the whole of community in a process of developing a Community Values and Codes of Behaviour Statement. It aims to raise community awareness and develop a range of strategies across sectors to enable individuals in their various roles within organisations, as members of clubs and of families to actively promote and role model the Community Values, integrating these and taking ownership of behaviour change. A range of community events will also promote the values held by the community, such as an upcoming sporting event in April. S&CC aims to take a non-blame approach and build on existing strengths.

If you would like to find out more about the project you can contact **Project Worker, Judi Walter, at Berry Street Victoria in Alexandra on Ph: 5772 3383.**

**You are invited to a screening of *Vera Drake*  
This is a movie that takes on an important and virtually ignored subject**

**When:** Sunday 24<sup>th</sup> April 2005  
**Time:** 4.30pm for best seats,  
5.00pm screening

**Where:** Swanpool Cinema, Midland Highway Swanpool

**Cost:** \$ 10 Ticket available at Women's Health

A **delicious supper** is provided and you are welcome to stay on and watch ***The Heart of Me*** the second movie screening for the night

Please pre-purchase (or order) Your **tickets** so we can cater for you.

A **free bus** is available from Wangaratta And Benalla to the Cinema.  
Bookings essential if you wish to catch the bus.  
5722 3009  
Depart Wang -3.30pm  
Depart Benalla -4.00pm  
Depart Cinema - approx 9.30 (after 2nd film)

***Vera Drake*** is written and directed by Mike Leigh. Starring Imelda Staunton and Phil Davis.

Nominated for 3 Academy Awards, Winner of 3 British Awards

Imelda Staunton gives the performance of her career as Vera Drake, a sweet, neighbourly mother and wife living in 1950's Britain who, out of the kindness of her heart, performs abortions. The strength of Vera's character is that she doesn't struggle with a moral dilemma she simply feels that she is helping young girls who have nowhere else to turn. A quietly compelling study that addresses this controversial subject.

# FAMILY VIOLENCE PREVENTION

	JAN	FEB	MAR	APR	MAY	JUN
THU						
FRI				1		
SAT	1			2		
SUN	2			3	1	
MON	3			4	2	
TUE	4	1	1	5	3	
WED	5	2	2	6	4	1
THU	6	3	3	WHD 7	5	2
FRI	7	4	4	8	6	3
SAT	8	5	5	9	7	4
SUN	9	6	6	10	8	5
MON	10	7	7	11	9	6
TUE	11	8	IWD 8	12	10	7
WED	12	9	9	13	11	8
THU	13	10	10	14	12	9
FRI	14	11	11	15	13	10
SAT	15	12	12	16	14	11
SUN	16	13	13	17	15	12
MON	17	14	14	18	Rural 16	13
TUE	18	15	15	19	17	14
WED	19	16	16	20	Health 18	15
THU	20	17	17	21	19	16
FRI	21	18	18	22	Week 20	17
SAT	22	19	19	23	21	18
SUN	23	20	20	24	22	19
MON	24	21	21	25	23	20
TUE	25	22	22	26	24	21
WED	26	23	23	27	25	22
THU	27	24	24	28	26	23
FRI	28	25	25	29	27	24
SAT	29	26	26	30	28	25
SUN	30	27	27		29	26
MON	31	28	28		30	27
TUE			29		31	28
WED			30			29
THU			31			30

Abbreviations: IWD ; International Women's Day WHD; World Health Day  
IEV; International Day of Elimination of violence

# NETWORK PLANNER 2005

JUL	AUG	SEP	OCT	NOV	DEC		
		1			1		
1		2			<i>World AIDS day 2</i>		
2		3	1		3		
3		4	2		4		
4	1	<i>Child</i>	5	3	5		
5	2	6	4	1	6		
6	3	<i>Protection</i>	7	5	7		
7	4	8	6	3	8		
8	5	<i>Week</i>	9	7	9		
9	6	10	8	5	10		
10	7	11	9	6	11		
11	8	12	10	7	12		
12	9	13	11	8	13		
13	10	14	12	9	14		
14	11	15	13	10	15		
15	12	16	14	11	16		
16	13	17	15	12	17		
17	14	18	16	13	18		
18	15	19	17	14	19		
19	16	20	18	15	20		
20	17	21	19	16	21		
21	18	22	20	17	22		
22	19	23	21	18	23		
23	20	24	22	19	24		
24	21	25	23	20	25		
25	22	26	<i>Week</i>	24	21	26	
26	23	27	25	22	27		
27	24	28	<i>Without</i>	26	23	28	
28	25	29	27	24	29		
29	26	30	<i>Violence</i>	28	<i>IEV</i>	25	30
30	27		29	26	31		
31	28		30	27			
	29		31	28			
	30			29			
	31			30			

## **Welcome to the Kids Pages**

Here we are in 2005 and it is all happening isn't it! It feels like we have just got back from our Xmas and January school holidays and it is almost time for another well deserved holiday again. I hope you enjoyed our last Kids Pages. Thanks to those people who emailed me some positive feedback, it was great to hear that you found the pages useful to you. Remember folks to continue to email us for any information, topics or resources you would like covered or some stories you would like to share.

This time on the Kids Pages we are focusing on kids who's parent has a mental illness. Many of the families coming through our services will have a parent where a parent is or has been unwell. Often the impact of this on the children is not considered, not only by workers but by carers as well. Many carers may be single mothers who will have little support in their parenting role. When a parent is unwell children are much more vulnerable, as workers we need to think about what extra supports can be put in place for the children and the carer in their parenting role.

### **Working With Kids Who's Parent Has Experienced a Mental Illness**

Our children's counsellor, Linda, worked with a family who's mum was unwell. Following is an interview with Linda about how she worked with the family and what was helpful to them. The pictures are from the kids story books they made.

#### **Q) Linda, at the time you started working with the family, what were the difficulties they were dealing with?**

A) It was difficult for the children to understand what was happening to mum, and the challenges for the Dad in working full time and caring for the family when they were under so much stress. The family were looking for ways to be able to communicate and re-connect in the midst of all the changes that were happening for them.

#### **Q) What kind of things did you do with the kids?**

A) We would start with the bear cards. The kids found the cards useful to help them to talk about their feelings and as a way of initiating conversations about their worries from week to week. We made a booklet about their experience of mental illness in a family that could help other children in similar situations. (see pics) It helped them to understand this happens in other families too. I worked with the two kids together so they could hear what was happening for each other. The older child was a big help in explaining events that had occurred in the family to the younger child in our conversations.

#### **Q) What else was helpful to the kids?**

The children identified things they were curious about and wanted to talk about with their Dad. It was helpful to the kids to have a Dad who was very conscious of their needs and able to make a 'space' for them. So the family could use me to facilitate the communication process and that is now something the family can do for themselves.

Also the kids attended the Supporting Kids program. Being supported in a group environment was helpful to the kids. They were able to connect with other kids who had a similar experience; they had fun and learnt more about mental illness.

#### **Q) When workers come in contact with a family where a person is experiencing a mental illness, what kinds of things should a worker be curious about the kids?**

They should be curious about any changes in kids behaviour and if the kids are supported by another appropriate adult and if the caregiver is receiving adequate support for themselves and in their parenting role.

#### **Q) Where can a worker seek assistance in thinking about children who may be effected by mental illness in their family?**

A) Workers can contact the Children's Resource Project on 0260 437 404 or email me at [childrensproject@chss.net.au](mailto:childrensproject@chss.net.au) or they can contact the Supporting Kids program on Wodonga 02 6022 8000 03 5723 4000



### **Want to Know More?**

**Training:** The Supporting Kids program will be offering training later in the year (minimal cost) to workers on the impact on kids and parenting.

- **Parents With Mental Illness: A Qualitative Study of the Effects on Their Families.** Lyndall J. Thomas and Ross S. Kalucy, journal of Family Studies, vol.8, No.1, April 2002, pp38-52. Copies available from Children's Resource Project

- **The Needs of Children with Parents Who Have a Mental Illness.** La Trobe University. Copies available from Children's Resource Project
- **You're Not Alone – A Sane guide to mental illness for children** SANE AUSTRALIA. Copies available from Children's Resource Project
- **Children of parents with mental illness**, Ed. Vicki Cowling, ACER Press 1999 \$27.50 available from ACER email: [sales@acer.edu.au](mailto:sales@acer.edu.au) or phone 03 9835 7447



#### Training Available (Melbourne)

##### **STAR Training for Professionals**

Learn the skills to provide a group work program for children and parents affected by family violence.

Thursday 14 July 2005

Contact: Centre for Excellence in Child and Family Welfare Inc.

Ph: (03) 9614 1577 or Email: [training@cwav.asn.au](mailto:training@cwav.asn.au)

##### **Australian Childhood Foundation**

**Helping Conversations:** Developing protective and therapeutic strategies with abused children and their parents, 17-18 March, 2005

##### **Child abuse trauma and brain development:**

Developing an orientation for effective practice in the protection, placement and support of abused children, 27 May 2005.

Contact: Debby de Hoogd (03) 9872 2012 or email: [ddehoogd@childhood.org.au](mailto:ddehoogd@childhood.org.au)

**ACER Centre for Professional Learning** presents a series of workshops on the Expressive Therapies by Mark Pearson and Helen Wilson.

**Safe Anger Release 8 June 2005**

**Sand play and Symbol Work 9 June 2005**

**Expressive Therapies in Schools 4 October 2005**

**Using Expressive Therapies with Troubled and Traumatized Youth 5 October 2005**

Contact: Margaret Taylor (03) 9835 7403 or email: [taylor@acer.edu.au](mailto:taylor@acer.edu.au)

#### New Workers

- Goulburn Valley Community Health Service has appointed Peta to the Children's Counselling position. Peta is available on Tuesdays, ph: 03 5823 3200. Congratulations and welcome to Peta.
- Cooroonya Domestic Violence Services has appointed Kathy to the Children's Support Worker position. Kathy works 4 days a week and can be contacted at Cooroonya on 03 5722 1110

#### Reminder

Just a reminder that the next Best Practice Interest Group for Children In SAAP & FV services meeting is on Wednesday 11 May 10.30 to 12.30 pm DHS conference room Benalla. For further details contact Kay Lavender Children's resource worker on 0427227776 or email [klavender@chss.net.au](mailto:klavender@chss.net.au) "

#### Family Violence Court March 2005

Pleased to announce that the Family Violence Court Division of the Magistrates' Court of Victoria will be opening on Tuesday 14 June 2005 at Ballarat and Heidelberg. This means that cases will begin to be heard under the jurisdiction and in the manner set out in the Magistrates' Court (Family Violence) Act 2004.

As the opening date gets closer, some of you may be interested in having members of the Family Violence Court Development Team speak at forums or meetings. Members of the team are happy to present on the Family Violence Court, provided schedules permit.

- **Legal Services**

One of the key elements of the Family Violence Court is access to legal services. The model being developed will enable all parties attending the Family Violence Court to access legal advice and, where possible, obtain legal representation. In relation to children, the Family Violence Court Development Reference Group has endorsed a "best interest" approach to children's legal representation. Via this approach, legal representation is only arranged where the best interests of the child are seen to be different from the interests of parents or guardians.

- **Professional Development**

Another key element of the Family Violence Court Division is professional development. A consortium of the Domestic Violence and Incest Resource Centre, No To Violence and Myriad Consulting are currently undertaking a professional development needs analysis to develop the ongoing training program which will support the Family Violence Court Division. Initial professional development for key stakeholders will commence in late May, prior to the opening of the Court.

#### **Further Information**

- Website ([www.justice.vic.gov.au](http://www.justice.vic.gov.au)), with links to legislation, explanatory memorandums and media releases.
- [claire.brown@justice.vic.gov.au](mailto:claire.brown@justice.vic.gov.au) with the subject heading "subscribe (DV VIC Bulletin No #12 2005)

## 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)



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Women's Health Goulburn North East  
PO Box 853 Wangaratta 3676  
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## Regional Services

Domestic Violence Outreach Workers	
• Mitchell, Murrindini, Strathbogie	03 5784 5555
• Shepparton	03 5823 3200
• Wodonga	02 6022 8888
Other Domestic Violence Services	
Cooroonya	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
• Wodonga	02 60566282
Refuges	
Women's Domestic Violence Crisis Service	03 9373 0123
or 1800 015 188 (Toll free)	

## Family Violence Prevention Meetings

<b>Seymour-Lower Hume</b>
Contact Kate Lewer Ph. 5799 1711 or Jackie 5784 5555
<b>Shepparton- Goulburn Valley</b>
Contact Liz Ph. 5822 2289
<b>Corowa Rutherglen</b>
Contact Fiona Renshaw Ph. (02) 6033 6264
<b>Wangaratta- Central Hume</b>
Contact Emma Fahey Ph. 5722 3009
<b>Albury</b>
Albury/Wodonga local & district DV Committee
Contact Jill Sumner Ph. (02) 6041 1977
<b>Wodonga</b>
Sgt Garry Corcoran Ph. (02) 6049 2600 or Veronica Ph. (02) 6022 8888
<b>Alpine (Mt Beauty, Bright Myrtleford)</b>
Contact David Kidd Ph: (03) 5755 0134
<b>Benalla</b>
Contact Andrea Davidson Ph: (03) 57602392