



Relationships Australia[®]

**ANNUAL REPORT
2011-2012**





Relationships Australia



ANNUAL REPORT
2011-2012

SOCIAL INCLUSION



Relationships Australia is honoured to have Her Excellency, Ms Quentin Bryce AC, Governor-General of Australia as its national patron.

Aboriginal and Torres Strait Islander people should be aware that this annual report may contain the images of people who may have since passed away.

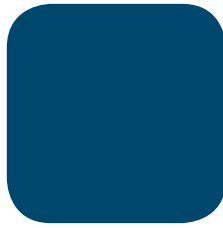


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*Supported by the
SBS Foundation*



FOREWORD

Once again I'm delighted to present the 2011-2012 Annual Report on behalf of the Relationships Australia federation. The organisation has had a fruitful year working collectively and individually in local communities around the country to support people at times of challenge in their lives.



Our continuing commitment has been to further build on the strength of the federation in providing far reaching services underpinned by systems enabling a level of engagement that produces real outcomes for our clients and their families.

Relationships Australia's Strategic Directions 2011-2016 document continues to guide a more focused emphasis on people with complex issues who may be dealing with particular disadvantage and distance from support. I'm pleased to report that across Australia all our services have worked at full capacity during the past year with a broader range of clients. We have also continued our collaboration with other organisations to enhance the services we offer and to support our colleagues working elsewhere in the sector.

In recognising that our strength as a federation provides a stable platform for well supported services that guarantee effective and targeted responses to people in need, during the past year the National Board has had a closer engagement with the Relationships Australia membership around Australia. All State and Territory Boards were represented by their Presidents at a gathering in November in Sydney, out of which came a deeper united understanding of the social challenges in Australia and our collective capacity to make a real difference in people's lives.



The quality of people working in Relationships Australia organisations around Australia is unquestioned and is the bedrock of our strength. Once again I would like to pay tribute to their dedication and skill in delivering respectful, professional, high-quality services to people in times of stress and need.

Part of the work of the national office in Canberra has been to support the close connection between the Relationships Australia organisations to facilitate national collaborations that benefit our clients. The Relationships Australia National Client Survey conducted through Relationships Australia organisations in May 2012 provides us with a greater understanding of the needs of our clients and is a clear example of the benefits of collaboration.

The National Board was also very pleased to oversee the relocation of our national office in December 2011 to premises that are suited to the important work this office does in supporting our services and liaising with stakeholders.

Our relationship with governments and funding bodies is clearly important for a continued shared understanding of our work and our national office is instrumental in ensuring close and efficient communication.

Through our National Communications Network, our National Executive Officer, Alison Brook, has also overseen the review and updating of the national Style Guide. The refreshed Relationships Australia brand was launched in September 2011. The work of Alison and her team is greatly appreciated and key to the federation's goals.

Finally, I would like to express my thanks to my colleagues on the National Board for their consistent hard work and dedication to the shared vision of Relationships Australia; we are a robust and united group with many skills and strengths, but what binds us most is our shared commitment to our work and to making a difference in people's lives.

Terri Reilly

Chair, National Board

Judith Cross

Deputy Chair, National Board

NATIONAL BOARD



CHAIR
Terri Reilly



DIRECTOR
Mary Pekin



DEPUTY CHAIR
Judith Cross



DIRECTOR
Shane Klintworth



DIRECTOR
Andrew Bickerdike



DIRECTOR
Marie Morrison



DIRECTOR
Mat Rowell



DIRECTOR
Frank Francis



STRUCTURE OF THE FEDERATION

RELATIONSHIPS AUSTRALIA FEDERATION 2011-2012

WESTERN AUSTRALIA

PRESIDENT – Helen Shurven
CEO – Terri Reilly

SOUTH AUSTRALIA

PRESIDENT – Franco Camatta
CEO – Judith Cross

VICTORIA

PRESIDENT – Judi Anderson
CEO – Andrew Bickerdike

TASMANIA

PRESIDENT – Greg Johannes
CEO – Mat Rowell

NEW SOUTH WALES

PRESIDENT – John Longworth
CEO – Frank Francis

CANBERRA AND REGION

PRESIDENT – Sue Lyons
CEO – Mary Pekin

QUEENSLAND

PRESIDENT – Eva-Marie Seeto
CEO – Shane Klintworth

NORTHERN TERRITORY

PRESIDENT – Natalie Bellew
CEO – Marie Morrison

As at 30 June 2012

THE YEAR IN REVIEW

Social inclusion enables relationships to be nurtured, prevents mental ill-health, and allows our communities to flourish. At Relationships Australia, we see our work, in various ways, as assisting people to connect with others.

We are again pleased to highlight some of our work throughout the past year in this report. The bulk of the report focuses on some of the various ways our services contribute to those in our community who might otherwise experience a sense of isolation from social and familial networks. Much of Relationships Australia's work relates, in one way or another, to helping people address, enhance, build and repair relationships in ways that are helpful to themselves and others, particularly children.

We have also included a section in the report that provides a round-up of events, work and activities undertaken in each state and territory

during the year under the banner — *The future of relationships and how we work with them.* There were several approaches to the subject, all of which have given us an opportunity to reflect on how best we should prepare ourselves to support children, families and communities in future years.

Aside from the work featured in this report, information about other major areas of our work, such as professional, community and relationship education programs, health-related services and a range of other relationship support programs, is available on our website: www.relationships.org.au.





“we strive to ensure that vulnerable and disadvantaged clients receive the best possible support.”



FUNDING

The services described in this report are funded by Commonwealth, state and territory governments.

Many of our services are funded by the Commonwealth Departments of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA) and Attorney-General. Other programs are funded by state and territory governments, by corporations and organisations (in respect to employee assistance programs) and by client fees charged on sliding scales of affordability.

Relationships Australia continues to enjoy positive relationships with its major Commonwealth funding bodies and liaises closely with people in both FaHCSIA and the Attorney-General’s Department to ensure that the services we provide align with their expectations and standards. Most importantly, we ensure that those seeking our help are provided that support and enable them to see their way through periods of stress, vulnerability and crisis in their lives.

CLIENT EVALUATION

In May 2012, as part of contractual obligations to FaHCSIA, Relationships Australia outlets were required to ask clients a number of questions about their view of the services we provided and the benefits they received from their engagement with us. This year,

we asked our clients over a period of one month to provide further feedback on their current levels of individual mental health and well-being (anxiety and/or depression), couple satisfaction, history of individual and couple satisfaction/distress, and perceptions of mediator impartiality.

The results from the client survey will be presented at the annual conference of Family and Relationship Services Australia in Darwin in November. Further client evaluation work is planned for 2012–13 from which learnings will be channelled back into our practice models and standards.

VULNERABILITY AND DISADVANTAGE

The Commonwealth Government is concerned to ensure that those working with children, families and communities around the country provide intensive services for those who are vulnerable and/or disadvantaged and have complex needs. All funded service providers were required to submit Vulnerability and Disadvantaged Client Access Strategy Plans to FaHCSIA in December 2011. Those plans are currently the subject of evaluation by the Australian Institute of Family Studies. Relationships Australia organisations have had positive feedback on their access plans and strive to ensure that vulnerable and disadvantaged clients receive the best possible support. This is often done in conjunction with other service providers, in a case-managed approach.

FAMILY VIOLENCE

On 7 June 2012, legislation was enacted in the Commonwealth that further protects children when family violence is present. Relationships Australia provided submissions when the Family Law Legislation Amendment (Family Violence and Other Measures) Act 2011 was in contemplation.

Relationships Australia welcomes the legislation that, among other things, expands the definition of family violence and gives priority to the protection of children from harm in determining family law matters including a child's best interests. We continue to work toward ensuring the ongoing safety of families and the prevention of family violence.

GAMBLING

Problem gambling has attracted headline attention in the past twelve months with particular prominence in the federal political arena. Relationships Australia has produced a number of submissions based on its work with problem gamblers and the effect of the problem on those involved and members of their families.

WAGE EQUITY

Relationships Australia welcomed the outcome of the pay equity case for those working in the community sector and the undertaking by the Prime Minister in November 2011 that the Commonwealth would fund its share of the new modern Award. We worked closely with the Commonwealth Government in the second half of the reporting year as they deliberated on funding models for the introduction of the Award.

RELATIONSHIPS INDICATORS SURVEY

In mid-July 2011 Relationships Australia launched its most recent Relationships Indicators Survey report, providing a snapshot of attitudes, values and behaviours relating to a range of relationships. Those surveyed by Woolcotts Research were a statistically-representative sample of adults living in Australia.

The respondents were asked about their views on important relationships, partnering and marriage, sexual relationships, finances and their impact on relationships, social networking, community connection, loneliness and how people access help. A copy of the report is available on our website.

OUR PARTNERSHIPS

Relationships Australia enjoyed a three year partnership with CUA (previously Credit Union Australia) from 2008 to 2011. This year CUA funded the 2011 Relationships Indicators Survey research and report production. Over the period of our partnership CUA and Relationships Australia collaborated on a range of projects, and we would like to record our sincere appreciation for their valuable support and the opportunity to have worked with them.

Other significant corporate relationships in the past year included a partnership with SBS and the Federation of Ethnic Communities' Councils of Australia (FECCA). SBS TV broadcast a new series, *The Family*, over eight weeks in November/December 2011. The series was the culmination of 100 days and nights of filming a family going about their daily lives at home. The family SBS selected for the series was an Italian/Australian family living on the outskirts of Melbourne. SBS, FECCA and Relationships Australia jointly produced a printed guide for second generation migrant families, released to coincide with the series broadcast, highlighting many of the tensions that may arise as children of such families span the gap between the



two or more cultures influencing their lives – but also referred to the cultural richness available in such families.

Further, Relationships Australia provided many of its staff from different cultural and linguistic backgrounds to speak on SBS radio in talk-back sessions about the issues raised following each week's episode of the TV series.

Concurrently, Relationships Australia was selected by the SBS Foundation as one of twenty community organisations in 2011–12 to which free television airtime would be donated to broadcast community advertisements about its work. We were grateful for the opportunity to make our services known to a broad audience through advertising that otherwise would have been unaffordable. A further Foundation partnership has been granted to us for the 2012–13 year, about which we are delighted.

Another partnership to note is the developing relationship with Breast Cancer Network Australia (BCNA). BCNA provides information and support to its 70,000 members who have been affected by breast and secondary cancers. Relationships Australia has provided support during information forums in several major cities during 2011–12. We have also worked with BCNA on the production of a booklet on sexual health and wellbeing for those affected by breast cancer. We are together looking at other ways in which Relationships Australia can support BCNA's work and in particular, the wellbeing of those affected by breast cancer in this country.

THE EXTENT OF OUR WORK

Relationships Australia had a total income in 2011–12 of around \$120 million, aggregated across all member organisations. The majority of that income was from the Commonwealth Departments of FaHCSIA and Attorney-General, as well as from state and territory governments.

We employ around 1,900 staff who provided services from approximately 160 sites to more than 130,000 clients during the year. 54 per cent of our clients were female and 46 per cent were male. Nationally, around 5 per cent of our clients were from Aboriginal and Torres Strait Islander backgrounds, though this figure varied in different states and territories.

We hope you enjoy reading about these aspects of our work over the past year and invite you to make contact should you be interested in learning more about our full range of services.

Alison Brook
National Executive Officer

THE FUTURE OF RELATIONSHIPS AND HOW WE WORK WITH THEM

Relationships Australia has been working around the country for more than sixty years. When we started, the parents of the baby boomer generation were adjusting to a post-war world: their children, grandchildren and now great-grandchildren are the people we work with today. As the world around us has changed over time, so have we, to reflect the needs of today's society. With that evolution in mind, Relationships Australia staff across the country embarked on a series of projects in 2011-2012 on the theme of 'The future of relationships and how we work with them'. The result was, for us, a stimulating set of challenges and opportunities for discussion and further exploration.

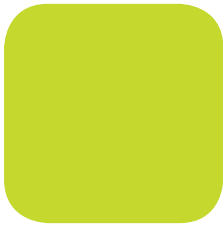
Considering the high use of social media, Relationships Australia Victoria decided to research the impact, both positive and negative, of social media and technology on relationships. To do this they conducted a national online survey of Relationships Australia practitioners and members of the community.

120 people responded to the practitioner survey that focused on whether the effect

of social media and technology on their relationships was being raised by clients in counselling sessions.

Results showed that 80 per cent of respondents had counselled clients who raised concerns about the impact of Facebook on their relationships, with 72 per cent encountering concerns about email and almost 50 per cent hearing concerns about mobile internet devices, blogs and online forums.





Practitioners reported that separating and divorced families often used Facebook, email and mobile phones in a non-constructive way. Adolescent/parent relationships were also being affected as parents weighed up safety and privacy issues. Internet pornography, cybersex and online dating and gambling sites also continued to cause problems in relationships.

More than 330 people responded to the online community survey. While 52 per cent of community respondents said that social media improved how and how often they communicated, 40 per cent reported that it was causing problems in their relationships: the major concerns being invasion of privacy, time demands, changed and impersonal communication styles, trust and safety.

While Victoria examined new technologies, New South Wales focused on migrant and refugee families and the difficulties they can face settling into a new country. Given the significance of migration to Australia over the last sixty years, supporting migrant and refugee families is a core part of Relationships Australia's work. Relationships Australia New South Wales collaborated in the organisation of a forum at New South Wales Parliament House, *Growing the family tree: connecting generations in multi-cultural families*.

The forum focused on the issues that arise among migrant families after they settle in Australia. It brought together activists, writers,

workers and community members from many multicultural communities to explore the impact of migration and culture on family relationships and to highlight the strengths in families and communities.

The forum discussed the issue of children growing up in a different culture from their parents, and the subsequent tensions that often result: children aspiring to less traditional careers or developing different values from their parents, and the struggle to pass on culture and language through the generations. The speakers all had first-hand experience as parents, or as children who had watched their parents settling into a new culture.

In South Australia, a panel discussion about sexual health and wellbeing was hosted by Phillip Adams with an audience of 60 people and streamed live to another 100 participants. The panellists included Norwegian sexologist Dr Esban-Esther Benestad-Pirelli, Australian academic Dr Alan McGee and two Relationships Australia counsellors. The estimate that 30% of the community express dissatisfaction with their sexual experiences due to either lack of interest, sexual functioning, anxiety, inhibition or lack of pleasure in their intimate relationships motivated this exploration of what sexual wellbeing might involve. Some of the pressures on sexual intimacy were discussed; these included the use of sex to sell products, the commercialisation of increasingly younger children, pornography

and pornography addiction, internet sex, homophobia and family violence. Poor sex education, combined with stereotypes about what is 'normal', was seen as contributing to sexual difficulties. The panelists shared the understanding that poor communication around sexuality and continued attitudes of shame and bigotry needed to be overcome to create sexual wellbeing.

The importance of respect, diversity and preference were emphasised as key for sexual wellbeing. Dr Benestad-Pirelli commented that 'there is, in my view, but one area of sex that is bad, and that is the kind of sex that does not take into account respect for the body, the feelings and the integrity of other individuals involved. Sex that is not empathetic does not provide this respect or have integrity and is therefore perverted — and that is the perversion that is most offensive and destructive. This renders us enormous space for sexual pleasures and explorations in the search for wellbeing. I, and whoever I may enjoy sex with, decide what is good, less good, lousy or evil'. The event was filmed and is being edited to be used in training.

Relationships Australia Tasmania focused on the future of a community and commissioned a report to examine the strengths, assets and needs of the Circular Head community in north-west Tasmania, a rural community that has experienced hard times in recent years. The report, *Local Voices: enquiry into community assets in Circular Head, Tasmania*, highlights not only the strengths and assets in the community but also some of the key challenges for community relationships in the future. The report's recommendations will assist the local mayor and council to future-proof the community and help it adapt to change.

Western Australia's projects were part of the road to the future as they took the form of podcasts on *Families of the future*, talking about a number of matters including finance and fly-in-fly-out relationships.

There were cautions for families. The price of prosperity for the 'fly-in fly-out' worker family comes at a relationship cost as families repeatedly adjust to the presence and absence of the (usually) father, while he struggles to live in two different worlds. In prosperous Western Australia, Relationships Australia staff met some people who imagined that increased income would make them happy, only to discover that it hasn't.

Some states and territories went straight to the future by undertaking projects with young people. Relationships Australia Queensland initiated 'Project Yellow' that aims to support regional young people to build relationships that reflect the values of care, respect and acceptance of difference.

Project Yellow used a number of approaches to engage its target population of school students between years five and ten, including a 500-kilometre run by staff from Ipswich to Roma, with visits to schools and community agencies along the way. More information about *Project Yellow* is provided later in this report.

Relationships Australia Canberra and Region also focused on youth, conducting a research project with young people between the ages of 12–24 years to find out how relationship support services could be more accessible and relevant to them in the future. Information was collected from young people using a survey distributed at a Youth Week Expo and via an online survey.



The responses highlighted that:

- young people are experiencing relationship difficulties (66 per cent of respondents aged under 25 years);
- of those experiencing difficulties approximately half had sought either formal or informal help, although respondents 15 years and under were much less likely to access formal support services than other age groups surveyed;
- approximately 80 per cent of respondents over the age of 15 indicated they were likely to access support services; and
- young people expressed a preference to access support services via online information, fact sheets and social media tools. None of the respondents aged 15 years or under expressed an interest in accessing face-to-face appointments.

In Darwin, Relationships Australia Northern Territory held a forum in the Darwin Entertainment Centre to discuss the future of relationships in the presence of a capacity audience. The panel brought together some of Darwin's leading advocates for healthy relationships — a mixture of young and old, culturally diverse (including Relationships Australia's Aboriginal advisor and a Sudanese refugee) and occupationally diverse (a nightclub owner, the Dean of the Anglican church in Darwin, and an internationally renowned researcher into family relationships). The next generation was represented by a Year 12 student who opened the evening with a live guitar performance and whose articulate

presentation provided significant hope for the future of relationships in an age when computers and social media dominate the relationship landscape.

Topics discussed ranged from the importance of healthy relationships to the effects of social media on forming and maintaining relationships, relationship equality including cultural and gender differences, resilience through experience and hopes for the future of relationships.

The year's events were varied and provided Relationships Australia with opportunities to reflect on the changing nature of relationships and how we can best support people in the future. Social media clearly affects many relationships — social, sexual, family and community — for people of all ages. Clients and practitioners are all entering new territory as people learn to balance the benefits with the downside of technology. Findings confirm our knowledge that young people face problems in the real world, but many prefer online solutions to their problems: information we must use to reach young people now and to monitor if, over time, this pattern continues. The events also confirmed our belief that Relationships Australia staff across Australia work not only with families struggling internally, but that an important role for us is to help families and individuals be linked strongly to the wider community.

We thank the many people who participated in these events and hope they found them as interesting and stimulating as we did.

SOCIAL INCLUSION

ABORIGINAL STUDENTS GRADUATE IN SYDNEY



The Deputy Leader of the NSW Opposition, the Hon Linda Burney MP, recently spoke at an event where ten Aboriginal students graduated with a Diploma of Counselling and Groupwork from the Australian Institute for Relationship Studies.

The Australian Institute for Relationship Studies (AIRS) is the education, training, supervision and consultation arm of Relationships Australia New South Wales. The Institute offers accredited courses, professional development seminars, supervision, consultation and tailored training for family support professionals and organisations.

Through the collaborative efforts of Relationships Australia staff in Canberra and Region and New South Wales, 56 Aboriginal students have now graduated from AIRS with a Diploma of Counselling and Groupwork since 2010. The students this year came from Bathurst, Lithgow, Crookwell, Forbes, Gunnedah and Dubbo.

Many students said that being involved in the course and completing the qualification had changed their lives. Since completing the course some students have received pay rises; others have been promoted into counselling roles; and others, who work for Corrective Services New South Wales, said the course had greatly enhanced their capacity to work with Aboriginal people in custody.

One participant said, “I’ve been working in the prison system for a lot of years and have had to be pretty hard-nosed about the inmates’ stories, but now I feel a real compassion for these fellas... I feel like I can listen and coach them now while still keeping the right boundaries of my job. Many of the fellas actually thank me and I think I’m making a difference for a change.”

To complete the AIRS study program many of the students had to overcome significant challenges, including travelling long distances to attend classes after work, and managing complex and demanding work and family circumstances. All of the students spoke positively about the importance of ‘hanging in there’ and completing the course.

In 2012 AIRS is continuing its partnership with Relationships Australia Canberra and Region, who have just begun delivering the Diploma of Counselling to another cohort of Aboriginal students in Wagga Wagga. As the popularity of this program continues to grow, it is hoped that further courses for Aboriginal people will continue to be funded and delivered by AIRS at various locations throughout NSW.



“Many students said that being involved in the course and completing the qualification had changed their lives.”

SOCIAL INCLUSION

TOGETHER 4 KIDS



Relationships Australia South Australia's Together 4 Kids (T4K) program helps children process the uncertainty and distress of homelessness. The program works directly with children in collaboration with parents and other homelessness service providers. Homeless parents go through tough times, and many of the parents and children accessing T4K have experiences of domestic violence.

During these stressful times, it is often difficult for parents to provide their children with the emotional support they would like to give. The program sees parents as allies and supports them to learn more about their children's experiences and to strengthen positive bonds with them.

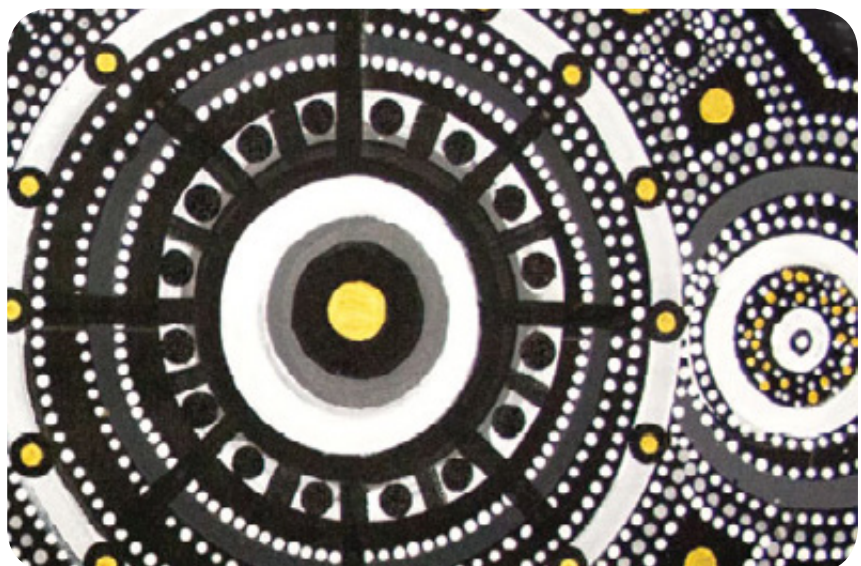
The program has a number of functions:


- providing professional development, training and advice about engagement with children and the provision of appropriate children's services for the homelessness and domestic

violence sectors, including a website: www.together4kids.org.au

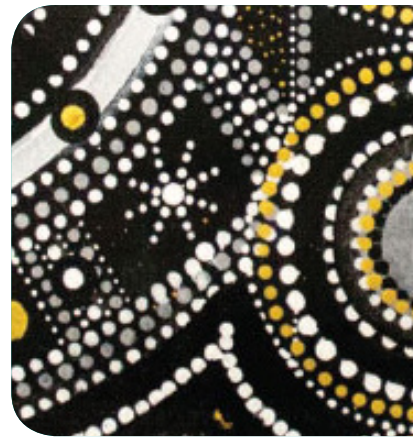
- developing and delivering a range of play-based therapeutic group programs for-children; and
- providing individual therapy and case management for children with complex needs.

A senior Child and Adolescent Mental Health (CAMHS) clinician works in the team and provides supervision and support to the therapeutic children's workers and direct





“By looking after her children and children’s children and telling them stories about her past, she gives future generations a sense of belonging and cultural heritage, no matter where they are or what they are going through.”



referrals to and from CAMHS. The program has raised awareness of the needs of South Australian children who are homeless and has influenced the sector’s ability to respond appropriately to homeless children.

Since the service started:

- more than 600 workers from the homelessness, domestic violence and related community services sectors across South Australia have undertaken child focused professional development and training;
- T4K has worked in partnership with fifteen different National Affordable Housing Agreement (NAHA) and non-NAHA funded agencies across metropolitan Adelaide, delivering therapeutic group programs;
- T4K has worked in collaboration with twelve schools across metropolitan Adelaide to deliver individual counselling and group work.

T4K produced a short film, Kamamirna Kakirra (Nanna’s Moon), as a professional learning tool that highlights the healing power of a connection to culture. Aboriginal families are

over-represented in homelessness services and providing culturally safe and respectful support is vital if it is to be effective.

The film is a story told by Katrina Power to her daughter and granddaughter, on the banks of the River Torrens in Adelaide, South Australia, at Pilta Wodli (Possum House), a significant site because it is where the Kurna people were ‘rounded up’ and required to live. At Pilta Wodli the German missionaries documented the Kurna language that became an important resource to the regeneration of the language.

Katrina’s storytelling about her family involves a dot painting she painted about her nannas. By looking after her children and children’s children and telling them stories about her past, she gives future generations a sense of belonging and cultural heritage, no matter where they are or what they are going through.

T4K was one of three finalists in the 2012 National Homeless Services Achievement Awards within the ‘Excellence in the prevention of, or early intervention in homelessness’ category.

SOCIAL INCLUSION

TELL, TALK

Relationships Australia Canberra and Region has built on the successful delivery of three Diploma of Counselling and Groupwork programs for Aboriginal and Torres Strait Islander peoples by establishing a new therapeutic service. The Dhunlung Dhunial Unit, meaning 'Tell, Talk' in the Ngunnawal language, is a dedicated Aboriginal and Torres Strait Islander unit staffed by seven Aboriginal and Torres Strait Islander professionals all of whom are graduates of the Diploma program.

Members of the team work across Relationships Australia Canberra and Region programs to deliver a range of services including counselling, family dispute resolution and group education. Services are primarily based in the Canberra region but are expanding to Wagga Wagga, with outreach to the NSW lower South Coast and other locations as required.

Relationships Australia believes from its work over the past ten years that Aboriginal and Torres Strait Islander people are more likely to access counselling and therapeutic services if they are provided by people from their own communities. It is well documented that increasing the number of Aboriginal and Torres Strait Islander counsellors will reduce barriers for Aboriginal people to access mainstream services.

As awareness of the unit grows clients are being referred from government departments and Aboriginal organisations. Many of these clients are being seen in an outreach capacity at culturally appropriate locations.

The Unit is continuing to expand the range of services offered to the community, with specific services already delivered, including:

- A 'yarning' program for Aboriginal and Torres Strait Islander men at the ACT Correctional

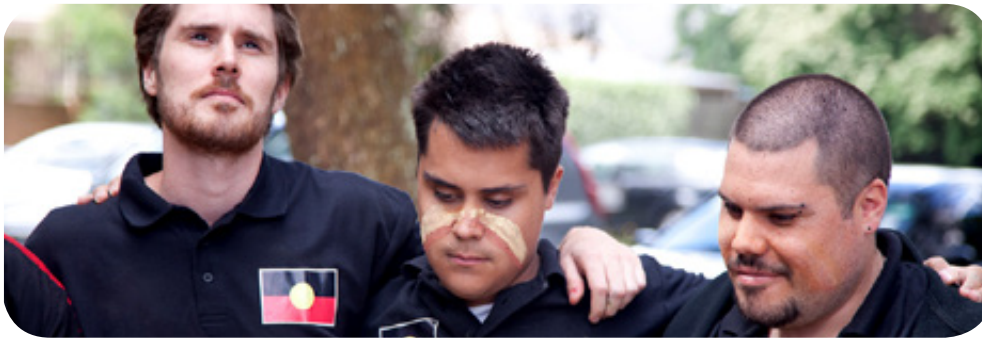
Aboriginal &
Torres Strait
Islander Unit



facility and young people in the ACT Youth Justice facility, focusing on communication, culture and counselling;

- Counselling and Healing Circle workshops to members of the Stolen Generation, contracted by the National Sorry Day Committee;
- Provision of Aboriginal Counsellors at 'Forgotten Australians' Forums on behalf of the Department of Health and Ageing (DOHA);
- Support to participants at the Social and Emotional Wellbeing Conference, June 2012; and
- Presentations to the ACT Community Services Directorate staff.

Relationships Australia is continuing to support and encourage the growth of the Dhunlung Dhunial Unit in the delivery of culturally appropriate programs and services across the region.



SOCIAL INCLUSION

BRUTHAS TAKE GREAT INITIATIVE

Based on the successful Sisters Day Out for Aboriginal women, Relationships Australia Victoria developed Bruthas Day Out in collaboration with Mullum Mullum Indigenous Gathering Place (MMIGP) and Eastern Metropolitan Region workers. The program was held over two consecutive Sundays, with the aim of encouraging the 40 Aboriginal and Torres Strait Islander men who participated to work together on social issues affecting them, their families and communities.

The first of its kind in Victoria, it also sought to encourage the men to access information and referral pathways to support services, and empower them through opportunities that used their expertise and cultural knowledge.

Activities included workshops on violence, cultural safety, importance of identity, responsible gambling and men's behaviour change; sacred fire and food ceremonies; musical and cultural dance performances; and the development of a possum skin cloak.

Bruthas Day Out culminated in a celebration dinner. The atmosphere at the celebration was positive and energetic, as attendees gathered to share aspects of the program with their families and representatives from participating organisations. Some also spoke to the audience about how much they had gained from their experience. The 'bruthas' showed off the magnificent cloak sewn together from individual designs they had drawn on pieces of possum skin as part of the program.

They also presented the program organiser with a ring inscribed with each of their initials.

A highlight was the screening of an emotional and moving DVD of *Bruthas Day Out* by Aboriginal film maker, Mark Thompson, who filmed the event over the two days.

The Relationships Australia liaison officer for Aboriginal and Torres Strait Islander Services said the program gave Aboriginal men in Melbourne's Eastern Metro Region the opportunity to address their personal relationship issues in a culturally safe environment.

One of the reasons for *Bruthas Day Out's* success was its conduct within a cultural framework developed by MMIGP. Relationships Australia provided counselling and organisational and promotional support. The project gave important opportunities for staff to learn about Aboriginal culture and some of the many issues facing Aboriginal men and their communities.

SOCIAL INCLUSION

ARNTWIRRKE-TYEKE AMPE-MAPE-APUTELE


Arntwirrke-tyeke ampe-mape-aputele – holding children together – is a program for children and their families experiencing trauma, based in Alice Springs. Relationships Australia Northern Territory manages the program that focuses on collaboration, partnership and building the capacity of community workers.

The Communities for Children program's strength is that it is a shared project with support and involvement from no fewer than eight agencies directly providing counselling services to children, and many more agencies supporting its development and helping clients to access services. The collaboration includes local Aboriginal organisations, other non-government services, school counsellors and partnerships with the Menzies School of Health Research and the Australian Childhood Foundation.

From the beginning, the program aimed to build a knowledge and practice base that could continue to support and develop practitioners and workers in the Alice Springs community.

The local primary schools have provided physical space, and teachers have been engaged in learning about how trauma can impact on a child's ability to concentrate and learn. The Australian Childhood Foundation has been key in providing





“Since the initiative commenced in June 2011, 43 children and their families have been accepted into the program. Referrals to the program outweigh capacity.”

ongoing training and professional development to the therapists involved. The Aboriginal Advisory Group has provided support and direction as the organisations work together to realise a culturally sensitive and trauma-informed approach to practice with children and families.

Relationships Australia has been committed to building a local network of practitioners who:

- share a common approach when working with children and their families;
- understand the impact of trauma;
- access specialist training, supervision and support;
- work together for improved outcomes for children and families; and
- support one another on the job.

This approach is crucial to success in the context of working in remote Northern Territory locations. Recruitment and retention

of counsellors can be challenging, and support and program development needs are high. Effectiveness, sustainability and vicarious trauma are real factors to contend with as practitioners, who may be relatively inexperienced in trauma work, may also feel culturally ill-equipped to manage the complexity and intensity of the work that is often at the toughest end of the spectrum.

Since the initiative commenced in June 2011, 43 children and their families have been accepted into the program. Referrals to the program outweigh capacity. Approximately 40 per cent of the children receiving services have been recently, or are still, engaged in the child protection system, and over 90 per cent of children are Aboriginal. The program meets a very real gap in therapeutic services for vulnerable children and their families. Relationships Australia hopes that the program will continue to develop and support traumatised children and families in the Centre.



SOCIAL INCLUSION

JOURNEYS OF DISCOVERY: ABORIGINAL OUTREACH ON CAPE BARREN ISLAND AND FLINDERS ISLAND IN BASS STRAIT

For the past four years, Relationships Australia Tasmania has been working with members of the Aboriginal communities of Cape Barren and Flinders Islands in the Bass Strait through art therapy. Art therapy has a significant capacity to support personal growth and journeys of discovery as well as helping to build good relationships and empowering people to positively respond to life change, trauma, mental health and the other needs of this population.

The counsellor and art therapist leading the program was born on King Island and understands the effects of living in isolation, the resourcefulness of island people, how newcomers to the island are tested for authenticity and how islanders take care of their own. Her experiences as an islander have informed her work with the groups.

The islands of Bass Strait are historically and culturally rich. Shared narratives from earlier Aboriginal community experiences on the islands contribute to ongoing healing. Working with silk painting, felt work, clay, found items and other media, the counsellor helps the participants to explore individual and shared

experiences in groups. The *Talking Heads* workshop, for example, was a response to loss of sons and grandsons. Participants were encouraged to explore memories of lost loved ones, find images, and create clay heads as a felt sense.

One participant asked, “Can you look at my ear and see if I have got this right as his ear was the same shape as mine”. After creating the heads participants decided to honour the lost ones by holding a group exhibition in Whitemark, the main town on Flinders Island, and inviting islanders to attend as witnesses to their creative journeys. Group members said the event created a sense of healing.



Art therapy enables the invisible to become visible, creating pathways for working through loss and reconnecting lost ones to family.

SOCIAL INCLUSION

WEBSITE FOR ABORIGINAL CLIENTS

Relationships Australia Victoria launched a new website – Aboriginal Family Relationship Support (www.afrsv.com.au).

Yorta Yorta woman, Violet Harrison, was engaged to assist and was instrumental in developing the framework and content for the site.

The website was officially launched by Executive Director of Aboriginal Affairs Victoria, Ian Hamm. A Yorta Yorta man, Mr Hamm said: “The role of organisations such as RAV is very important. Our community has many challenges. Our families are under stress and it’s easy for families to break up under pressure. Any help we get would be of great value.”

Mr Hamm said the idea of using the internet to reach the Aboriginal community was very sensible as half the Aboriginal population was under 20 years of age and tech savvy.

“The website is only a starting point. Your staff need to be culturally aware, if not culturally cognisant. It’s a high bar to raise, but one we should aim for. Aboriginal issues are everyone’s issues. When organisations like Relationships Australia Victoria come to us for support on how to engage with our community, it shows they are prepared to step up to the mark.”

Mr Hamm said that as a husband and father, he understood the pressures of modern family life. He noted that for Aboriginal people, the family was not nuclear but broader, and with that came responsibility to many other people.

Relationships Australia’s research showed that the Aboriginal community was keen that mainstream service providers understand the different ways that Aboriginal people regarded family, community and kinship ties, and, in particular, Aboriginal child rearing practices.

Relationships Australia is focusing on flexible service delivery for its work with Aboriginal communities, each being unique with its own history, culture, strengths and needs, and hopes the new website will be useful and informative and help to de-mystify the counselling process and some of the associated relationship support services, including family mediation. The site is also a useful resource for other Victorian service organisations and Relationships Australia’s own staff.



The website initiative came from Relationships Australia Victoria’s research that suggested a culturally sensitive website was a positive way to communicate and connect with Aboriginal communities.



SOCIAL INCLUSION

NEW MODELS OF PARTNERSHIP IN ABORIGINAL EARLY LEARNING AND CHILD CARE

In 2011, Relationships Australia New South Wales was awarded a contract to establish Aboriginal Child and Family Centres in Gunnedah and in the Shoalhaven region (based in Nowra). In three years' time the centres will be managed by the Aboriginal community.

The key requirements of the Aboriginal Child and Family Centres are to provide early learning and child care, better coordinated and integrated services that cover all aspects of a child's health and wellbeing, and support for Aboriginal families and carers.

Gunnedah has an Aboriginal population of 12 per cent in a town of just over 12,000 people. Gunnedah is 440 kilometres from Sydney, 655 kilometres from Brisbane and over 1,000 kilometres from Melbourne. Relationships Australia is working with Uniting Care Children's Services who will provide the early learning and child care services on the Gunnedah site.

Nowra is a city of just under 35,000 people, with 6 per cent of the population from an Aboriginal background. Nowra is on the Shoalhaven River, about 160 kilometres south of Sydney, and was originally inhabited by the Wodi-Wodi tribe of the Yuin nation.

Interim premises have been set up in both locations. They are now almost fully staffed and running programs such as supported playgroups, parenting courses and family fun days with associated health and community care services providing limited service delivery.



The Centres will provide a place for children and families to connect, grow and learn together, reflecting and strengthening Aboriginal identity within the wider community. Both Shoalhaven and Gunnedah Aboriginal Child and Family Centres are focused on initiating activities to engage the community and build connection.

In the two locations, the partnership model is focused on collaboration and community engagement. Local reference groups of Aboriginal community members and organisations provide guidance and direction about the Centre's design, location and construction, its services, and how the community will be able to access them. Both Centres employ Aboriginal staff. This approach will lead to a smooth management transition from Relationships Australia to Aboriginal communities at the end of the current three year period.



SOCIAL INCLUSION

A HEALTHY START THROUGH PLAYGROUP

Relationships Australia Tasmania's 'A Healthy Start Through Playgroup' program has been offered during the year from the Hobart office. The program aims to improve the English and health literacy of culturally and linguistically diverse parents newly arrived in Tasmania.

Over the three terms of the program families from Sudan, Rwanda, Eritrea, Congo, Indonesia, East Timor and Burma regularly attended the playgroup to share experiences and learn about healthy eating, child development, play, and how to 'read' children.

Staff supported parents to learn about new nutritious foods and to put together healthy lunchbox meals for their children. They also learned how to make simple children's toys – felt hand puppets, play dough and 'goeey goop'. One of the mothers facilitated a session looking at the effects on children of watching TV. Songs were sung and stories read. Visits to local playgroups, playgrounds and picnic areas helped families feel more comfortable using local amenities and mixing with the Hobart community. The activities further developed the adults' and children's language skills and helped

to support the children's transition into a *Launching into Learning* program at their local primary school.

Parents reported that the program gave them a greater understanding of how to access early child health services and early childhood education and their potential benefits, an increase in confidence in functional English, increased knowledge of healthy eating and child development, and helped them form new social connections within the refugee and wider Tasmanian community. Some participants felt confident enough to talk to the facilitators and other women to seek assistance and support in dealing with matters such as racism in schools, managing bills, and communication with Centrelink. Facilitators and participants were sad to see the playgroup come to an end as it had been a warm and enriching experience.

SOCIAL INCLUSION

PARENTING IN AN AUSTRALIAN CULTURE

Relationships Australia Northern Territory, in partnership with the Multicultural Council Northern Territory, organises a fortnightly parent support group for migrant and refugee families. The support group incorporates a children's program run by an early childhood teacher who uses drama and circus skills to engage the children.

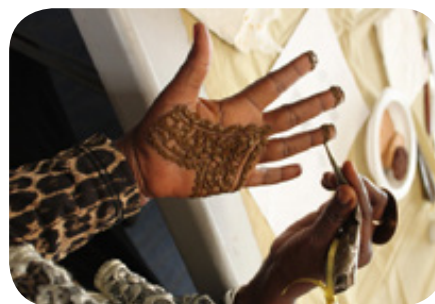
Members of this group include people from the Liberian, Congolese, Burmese, Bhutanese and Karen communities. Originally intended as a support group for women, the group now includes men, and often both parents attend to focus on the needs of their children and learn about parenting in their new Australian culture.

The complex and often challenging topic of parenting between cultures has been a welcome and much discussed topic within the group. One young mother told the group how relieved and happy she was after putting into practice some ideas of 'Australian' ways of parenting she had heard the group discuss. She noticed a positive change in her children and in her relationship with them. Many parents come up against differences in child-rearing practices as their children are immersed in Australian ways at school and with friends. Often the sharing of ideas to combine parenting styles (those from their country of origin with those in Australia) is a relief to migrant and refugee parents.

While the weather was at its best in Darwin the group decided to have an outing at the beautiful George Brown Botanic Gardens. Many in the group were enchanted by the community garden plots. Some of the Bhutanese Australians were moved by seeing

some of their national flowers being grown in Darwin. Part of the parent group focus is on child development and on this outing the parents were encouraged to observe the children's play on a huge tree house climbing frame. Everyone enjoyed and tucked into a dinner prepared by members of the Burmese community.





SOCIAL INCLUSION

SUPPORTING HUMANITARIAN ENTRANT FAMILIES IN NSW

‘Strength to Strength’, a Relationships Australia New South Wales program, provides support to refugee families through group process, counselling, and individual family support. The program is based in Westmead and works closely with a range of local multicultural support and migrant resource centres.

Refugee families face the multiple challenges of settling into a new country and culture and leaving behind an often complex family situation, years of trauma experienced through war, and learning to trust government and authorities again. The aim of *Strength to Strength* is to help refugee families adjust to a new culture and learn to manage the Australian legal and family systems.

Strength to Strength clients come from Iraq, Afghanistan, Southern Sudan, Burma and Iran, as well as Tamils from India and Sri Lanka. Together with various partner organisations the program has supported refugee youth camps, parent education sessions, mother and daughter groups and women’s art projects.

An Iraqi father commented:

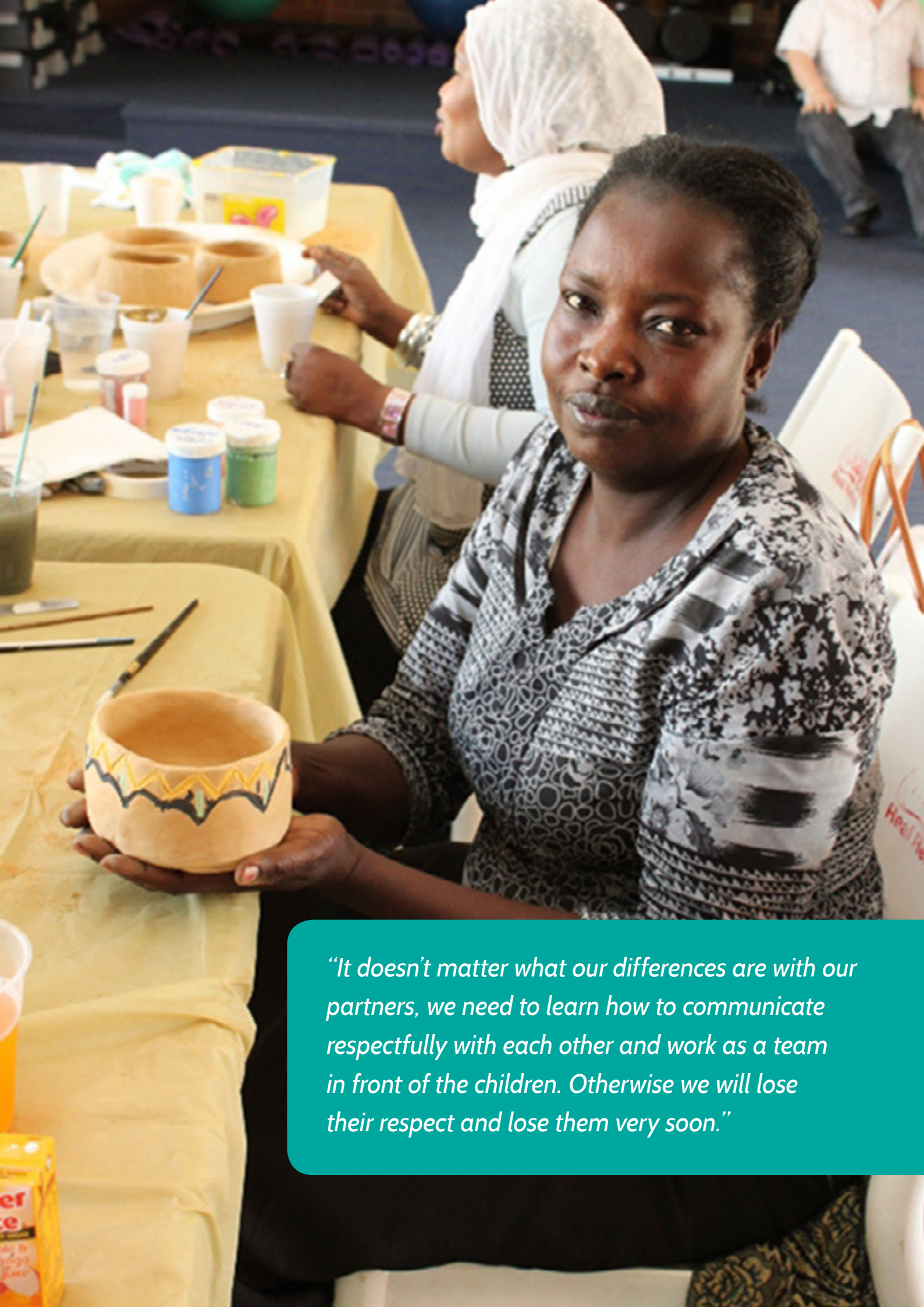
“It doesn’t matter what our differences are with our partners, we need to learn how to communicate respectfully with each other and work as a team in front of the children. Otherwise we will lose their respect and lose them very soon.”

A mother said: *“Buying things for the kids is not everything. In order to build better relationships with our children and teenagers, we need to listen to them too. I never realised they were facing struggles of their own balancing home and school expectations. We were all drowning in our own sorrows.”*

Bringing together leaders from new and emerging communities has been instrumental in building social inclusion and enhancing family capacity to understand and negotiate local services and resources.

The program has also worked with schools and government and non-government departments to develop their understanding of the experiences of refugee families, the impact on family dynamics, and how they can best help.

The *Strength to Strength* program has expanded this year with new premises, more staff, and an increase in available services, resulting in better access for clients in need.



“It doesn’t matter what our differences are with our partners, we need to learn how to communicate respectfully with each other and work as a team in front of the children. Otherwise we will lose their respect and lose them very soon.”

SOCIAL INCLUSION

DETENTION CENTRE DARWIN



Following an invitation from the managing contractor of one of the detention centres in Darwin, Relationships Australia Northern Territory Darwin staff members delivered two contracted sessions for asylum seekers about the cultural expectations in couple relationships in Australia. One session was delivered to a small, men-only group and the other to a much larger group of men and women together. Both sessions were delivered with interpreter support.

The combined session, attended by about 50 people, was a conversation about how couples best relate in an Australian setting (though it was emphasised that there are very broad differences within the country) compared with some of the countries from which the asylum seekers had come. Four language groups were represented, and there were slightly more women than men. The session was facilitated by male and female counsellors.

There was an animated conversation between all group members around the different roles of men and women among the different cultures present. Many clearly stated the roles are equal, but there needs to be agreement between a husband and wife on who does what. Dialogue was lively and there was great interest in learning about relationships in an Australian context, with people asking questions on topics such as domestic violence (condemned in all the cultures present) and extra-marital affairs (followed by a debate about the pros and cons of having laws prohibiting such relationships). There was considerable interest in the Northern Territory law and the obligation to report suspected abuse and domestic violence, particularly when children are involved. Some group

members wondered about the impact of this on relationships with neighbours, and were pleased to hear that confidentiality is assured.

The session for men was led by one male counsellor. The centre management suggested topics that may be useful. This session predominantly covered cultural expectations of women and those of mainstream Australia, how respect is shown to women, both in and out of a couple relationship, differences in dress and appearance of women, and how people interact with children other than their own.

In both sessions discussion became quite passionate at times but ultimately the group expressed their appreciation for the conversation. This work is important in helping new arrivals understand some aspects of Australian society.



SOCIAL INCLUSION

A PROGRAM WITH MANY GOALS

Goals are what all soccer players aspire to, but for Perth team Banksia United it is about goals off the pitch too.

One goal is to give the young Aboriginal players an enjoyable weekend routine of training, listening to their captain and coach... as well as sharing a laugh during the brunch break.

This program is the result of an innovative scheme established last year by Moorditj Yarning, a Relationships Australia (WA) program for Aboriginal and Torres Strait Islander people. Banksia United aims to give young people the confidence to express themselves in various ways, and to promote positive, regular activity.

Using close links from previous work in the Banksia Grove area meant staff knew which children and families would most benefit from the activity and so approached them directly. Two of the older players chose the red-white-and-black colour scheme for the kit, and a grant from the Rotary Club of Wanneroo funded new uniforms.

During training every Saturday, Relationships Australia staff work with Joe Moniodis from the Edmund Rice Centre that offers educational programs and community development

activities for Australia's humanitarian entrants and Aboriginal families. The head coach for the team is nineteen-year-old Susan Chuot, a Sudanese woman who also plays soccer for the University of Western Australia. As well as helping to build confidence, resilience and promote positive activity, the sport gives students the chance to enjoy a connection with young people from different cultural groups. There was much celebration one day in March this year when the team — boys and girls ranging in age from eight to seventeen — scored their first victory.

Banksia had another win recently... beating United Maylands under-twelves and ending the day by sharing traditional Ethiopian food. Staff organise sporting matches that enhance the players' personal development.

Future possibilities for Banksia United include running separate teams for boys and girls, and a scheme for younger soccer players, aged between four and six, is also in the pipeline.

SOCIAL INCLUSION

CULTURAL DIVERSITY IN SPORT IN THE SPOTLIGHT

Australian sport has gained immeasurably from migrant arrivals, but greater benefits could be achieved for sport and for those involved in it by improving the engagement of young people from different cultures.

Relationships Australia Victoria hosted a public forum — *Game on!* — attracting more than 60 participants from national and state sporting bodies, elite professional and grass roots sporting clubs, local and state government, educators, and community sports organisations. The focus was on sharing best practice models and examples of positive and sustainable outcomes from engagement.

The forum was opened by President of the Australian Hellenic Cricket Foundation, Nick Hatzoglou. Sporting bodies are aware of the importance of attracting young people from different cultures to their sport, and many have a dedicated community or multicultural officer. Schools are conscious of the value of young people participating in sport as it brings many other benefits to those involved.





“The forum heard some inspirational stories about how migrants and refugees from strife-torn countries in Africa and the Middle East had become part of their local community through their involvement in sport...”

Perhaps the most concerning presentation was from Life Saving Victoria discussing the fact that members of the culturally and linguistically diverse communities accounted for twenty per cent of drowning deaths in Victoria, and arguing that it was vital to engage people from all cultures and backgrounds in life-saving through targeted programs and employing culturally and linguistically diverse staff.

The forum heard some inspirational stories about how migrants and refugees from strife-torn countries in Africa and the Middle East had become part of their local community through their involvement in sport, with the support of schools, sporting bodies and committed community mentors. This included the journey of three Sudanese humanitarian migrants who represented Australia at an international schools cricket competition in Greece after being nurtured for four years by the Sunshine Heights Cricket Club.

Kamal Ibrahim of A-league team, Melbourne Heart Football Club, talked about migrating to Melbourne from Ethiopia with his mother and five siblings eight years ago to escape civil war. “I would never have imagined being where I am now when I first came to this country. Football has helped me to feel part of the community, and I am very grateful for all the support I have been given,” Kamal said.

The key learnings and planned actions from the forum revolved around building program and partnership sustainability. While acknowledging that the business case for cultural diversity in sport is now compelling, the participants noted that the culturally and linguistically diverse sport sector is still under-resourced and likely to stay that way in the short to medium term. Nevertheless, the participants left with plans to make changes, including increasing staff diversity to reflect the communities they serve.



SOCIAL INCLUSION

CELEBRATING NATIONAL YOUTH WEEK

National Youth Week (NYW) is celebrated each year to acknowledge the contribution of young people to the community and to raise awareness of local and national issues. Youth Homelessness Matters Day was also held during the week to highlight youth homelessness and to celebrate the resilience of young people who are at risk of or who are experiencing homelessness.

This year Relationships Australia Tasmania participated in a number of events and activities during NYW to celebrate youth. Staff had an information stall at a local College Expo providing information for students, giveaways, and talking about family conflict, community connections and local housing options available. Students were provided with scenarios young people might face and given questions they could ask stallholders to find out about the services available and how to access the support and information they could need.

In recognition of Youth Homelessness Matters Day, staff from the Reconnect team arranged an activity focusing on 'couch surfing' — where young people experiencing difficulties with their families and relationships sleep at a mate's house on the floor or a couch. Staff prepared a couch artfully decorated with youth and community issues on housing and some

statistics on what homelessness means for 12–18 year olds in Tasmania. The couch was put on show at the front of the Launceston office. People passing by were invited to sit on the couch and talk about youth homelessness. The couch surfing activity involved 'vox pop' interviews and couch conversations with young people and community members.

A short video from the conversations and comments from National Youth Week will be made to promote awareness of youth issues and provide a local view of housing and the needs of young people.

SOCIAL INCLUSION

GRAFFITI ART

Empowering young people and encouraging them to be active in their community was one of the key priorities of a graffiti art event held in Canberra in April 2012. The event was held to encourage young people and their families, especially those who are at risk of social exclusion, to participate together in community based events.

The event was hosted by Relationships Australia Canberra and Region as part of the ACT Youth Week Expo and featured the graffiti art activity along with free performances, live music and stalls manned by local community organisations.

A pool of local graffiti artists led the graffiti art sessions and showed attendees how to get the maximum result for their efforts. Each participant worked on their artwork on a sheet of mdf board that they were able to take home with them.

Relationships Australia staff engaged Expo attendees in conversations about a variety of topics, including healthy relationships, family unity and a positive perception of family life, giving them an opportunity to informally discuss issues in their lives. Staff provided information and links to support services that operate in the area. In some instances staff walked with young people to other service providers at their stalls and introduced them.

The graffiti art event transcended age, gender and culture, engaging a diverse mix of people ranging from young parents, young people creating their own artworks, or with their friends or parents. Throughout the night there was interaction between different groups working on their boards with participants generously sharing tips and ideas for artworks. A number of participants exchanged their art works.

There was a strong sense of pride and achievement amongst participants when viewing their artworks, with comments such as, 'I'm so proud of myself for finishing something like this that I've never done before' and encouraging other people to come and create their own artwork.



SOCIAL INCLUSION

PROJECT YELLOW



From 'Project Yellow' to 'Take-A-Step', Relationships Australia Queensland continues to promote social inclusion and diversity for young people in our regional communities.

The project was inspired by the words of a Year Seven student who said he wasn't able to wear a bright yellow shirt because when he did he was picked on by others. Those words stayed with the counsellor and *Rainbow Program* coordinator, and moved him to develop and implement a project specifically for young people, to promote the acceptance of difference and to celebrate diversity.

The project aims were:

- to promote diversity in our schools and broader communities, for the healthy development of our young people;
- to promote acceptance of difference as a key factor in the development of safe, respectful and inclusive communities; and
- to impart practical skills and knowledge to assist schools in continuing to build more inclusive school communities.

The project commenced with a half-marathon at Ipswich State High School and continued with two program workers running 500 kilometres, over 26 days, before reaching the final destination of Roma. Along the way, participating schools were visited and students attended a presentation that used interactive drama techniques to explore

creative ways to combat bullying and affirm acceptance of difference in school communities.

Project Yellow visited 27 schools (17 primary and 10 high schools). The schools comprised a range of sizes and cultures, from small town primary schools with twelve students, to urban high schools. A total of 3,327 students (2,435 secondary and 892 primary students) were involved in the presentations, a majority of whom were actively involved in a creative dialogue facilitated by the interactive drama component. Teachers' manuals were provided and a *Project Yellow* website was also developed to help build the profile of the work. The 500-kilometre run added a dimension of novelty and involvement with the project. The run also provided an opportunity to re-energise the conversation amongst students and gained media attention.

Project Yellow was just the start, and the *Take-A-Step* project, with the theme of taking steps towards positive change, will begin in late 2012. *Take-A-Step* will engage Year Eight students across approximately ten schools between the Sunshine Coast and Rockhampton, and will include a 1000-kilometre run.



completed:

1 7 8

remaining:

3 2 2

“... moved him to develop and implement a project specifically for young people, to promote the acceptance of difference and to celebrate diversity.”

SOCIAL INCLUSION

FEELING THE BEATZ



Two programs run by Relationships Australia (WA), one in Port Hedland, one in Gosnells, are using hip hop dance as a platform for helping vulnerable children and young people. 'The Hood' and 'Southside Beatz' aim to build resilience and confidence, develop relationships and leadership skills, and to provide positive role models to those involved and their families.

In an environment where young people are at particular risk from alcohol, solvent abuse and other anti-social behaviour, 'The Hood' in Port Hedland offers an alternative giving young people the opportunity to use energy and have fun.

Started by Tim and Relma Bule-Turner from the WA Achievers Association, *The Hood* uses dance to help young people develop confidence and resilience as well as encouraging positive communication and behaviour. As a key stakeholder Relationships Australia provides financial, administrative, and clinical support to the program. Other stakeholders include the Town of Port Hedland, Departments for Child Protection, Corrective Community and Youth Justice, and the YMCA.

After a successful launch in early 2011 the attendance at the regular Friday night 'Hip Hop Don't Stop' dance session has remained high and it has become very popular across the Hedland community with young people and their families. Many of the participants are

from the local Aboriginal community and are a mix of ages and genders, reflecting the broad appeal of hip hop dance as an activity.

Located in Gosnells, a southern suburb of Perth, *Southside Beatz* was originally based on *The Hood* program. Collaboration between Relationships Australia, Save the Children, City of Gosnells and funding from the Department of the Attorney General, as well as strong support from other community groups and government agencies has allowed the program to offer activities beyond hip hop, including African drumming, arts and crafts, and workshops on leaderships skills and other topics. A highlight of the program has been the recruitment of renowned Aboriginal artist Peter Farmer to encourage and support artistic abilities and skills among group members.

Running since mid-2011, two weekly time slots have been created, with an earlier time for younger children (eight-twelve) and a later time for those older (twelve-eighteen). At a usual *Southside Beatz* Friday all involved eat a meal together and transport to the venue is arranged for anyone wishing to join in.

Each week *Southside Beatz* sees the same faces coming back. Staff see the kids grow in confidence and there has been encouraging feedback from the members, many offering suggestions for future activities and workshops.

SOCIAL INCLUSION



THE KOKODA CHALLENGE YOUTH PROGRAM – MATESHIP, ENDURANCE, COURAGE AND SACRIFICE

Relationships Australia Queensland supports the work of the Kokoda Challenge Association, in particular the 'Kokoda Challenge Youth Program', as part of a strategy to assist young people to reach their full potential.

The Kokoda Challenge Youth Program aims to help young people gain the confidence, skills and resilience needed to overcome the obstacles life throws at them. The program identifies, assists and supports young Australians, particularly those who are vulnerable or disadvantaged, to reach their potential. This is achieved with a fourteen-month program that includes personal development, community service, outdoor education, and walking the Kokoda Track in Papua New Guinea. The combination of skilled mentors, physical activity, new friends, self-belief and an ongoing support network helps to transform young lives.

Relationships Australia provides a community development and outdoor education youth worker who works directly with the young people in the program and who becomes a key support to them.

The program includes participation in the Annual Kokoda Challenge on the Gold Coast. Hailed as Australia's toughest endurance event, participants trek a 96 kilometre course that leads along fire trails, crosses twelve creeks and summits 5,000 metres of vertical elevation. More than 2,500 competitors from all over Australia participate in the event.

Of those that have completed the program, 95 per cent said the experience was a turning point in their lives. An independent five year evaluation of the program conducted by an expert in youth services has found that the participants have experienced positive changes such as increased confidence, physical fitness and improved academic results.



Images courtesy of Steve O'K, SOK Images

SOCIAL INCLUSION



WORKING WITH YOUNG PEOPLE IN THE YOUTH JUSTICE SYSTEM

Supporting young people in the youth justice system is a complex and multi-faceted challenge. Over the past twelve months Relationships Australia Tasmania has built upon the work of the Reconnect program and worked with Ashley Youth Detention Centre (AYDC), near Deloraine in the Meander Valley, the only youth detention facility in Tasmania. In line with national figures, young Aboriginal people are over-represented in the AYDC and the centre has often been in the media, cast in a poor light for various reasons. For AYDC and its staff it has been a difficult year.

In the midst of these events, Relationships Australia was invited to work with centre staff and residents. The Aboriginal Health and Wellbeing program delivered two series of workshops. The first, for centre staff, focussed on Aboriginal cultural fitness, helped them to better understand the experience of the young Aboriginal people in their care, and to be aware of their own values and understanding. The second series delivered anger management sessions to Aboriginal and non-Aboriginal young people.

These sessions assisted the participants to identify the triggers for behaviours they wished to change, develop strategies to do this, and to better understand the experiences of their peers. It is hoped that these activities will increase the capacity of staff to work with the young people and assist the young people to develop awareness and skills they can draw on upon release and reduce the likelihood of their returning to the centre. In addition, Relationships Australia is involved in presenting stress management workshops to centre staff.

Relationships Australia is continuing to work with centre management to identify the best way to introduce support to the young people before they are released to address the issues they may experience upon release, when housing and family support may be unstable.

Relationships Australia looks forward to continuing its relationship with the AYDC and their joint commitment to supporting young people to change the course of their future.

“... identify the triggers for behaviours they wished to change, develop strategies to do this, and to better understand the experiences of their peers.”

SOCIAL INCLUSION

ICAN FLEXIBLE LEARNING OPTIONS CASE MANAGEMENT SERVICE

Building on its successful program working with students diagnosed with an autism spectrum disorder to improve self-regulation, peer relationships and communication skills, Relationships Australia South Australia expanded its services to include Flexible Learning Options (FLO) Case Management support of children and adolescents with complex needs.

The young people referred to the program are disengaged from school, and exhibit challenging behaviour due to complex home lives, trauma or mental illness. The team now works with 30 students each school term.

Each student works closely with a case manager whose role it is to connect with the young person and explore their strengths, skills and dreams, as well as the barriers that prevent them from feeling successful or connected to the education system. The aim is to develop pathways for achieving success in learning, or moving into the work force. Individual plans with proactive, preventative and responsive elements are written with the student. Triggers that lead to stress and negative behaviour are identified and strategies for defusing risk and managing potentially critical incidents are explored.

ICAN FLO students have successfully taken part in high ropes courses, sailing, gymnastics, trampolining, art and graffiti workshops, as well as TAFE courses, individual and group counselling sessions, work experience and paid employment. These activities engage the students in positive risk taking and healthy relationships with their instructors. They provide opportunities for students to manage challenging situations, grow in confidence, and regulate their behaviour.



In addition to the community activities for the student, the case manager is able to access a range of Relationships Australia's other services to assist students and their families. These services include the Together 4 Kids program supporting homeless children, iKiDs program for children struggling with parent separation, therapeutic parenting courses and relationships counselling.

The '4 Rs' of Relationship, Regulation, Risk and Reputation encapsulate the program's ethos, and the results so far have been encouraging, with the majority of the students now involved in school classes, recreation activities and vocation programs four out of five days a week. The South Australian Education Department is funding a documentary to showcase ICAN's case management model.



SOCIAL INCLUSION

BABY MAKES 3

Relationships Australia Canberra and Region partnered with the Canberra Mothercraft Society and the ACT Government Child and Family Centres in 2012 to offer 'Relaxing into Parenting' and 'Baby Makes 3'. The programs prepare expecting couples to meet and manage change positively as they become parents.

Facilitators use a variety of activities to encourage discussion and the discovery of new perspectives within the context of relationships. The group program is flexible and responds to individual participant needs and concerns, including the needs of teenage parents, expecting parents with a mental illness and first time parents from culturally and linguistically diverse backgrounds, who can all too easily miss out on support programs. A comprehensive intake process helps identify participant needs by addressing the health, emotional wellbeing, support structures and relationship status of the attending mother-to-be. The program coordinators from Relationships Australia and Canberra Mothercraft Society work closely with group facilitators, participants, and government and non-government

organisations to ensure the group meets the needs of participants and connects them to appropriate services.

After establishing a strong support network in the lead up to the baby's birth, the new parents come together for two postnatal sessions. This often leads to an ongoing support group where parents stay in contact, meet regularly and develop lasting friendships.

The program has been embraced by the community with seven groups filled to capacity running in the past year in different locations in the ACT. The content and delivery continues to evolve and adapt to meet the needs of prospective parents, including culturally specific and individual service delivery.

SOCIAL INCLUSION

THE REFERRAL FOR ACTIVE INTERVENTION (RAI) PROGRAM – TOWNSVILLE



The Referral for Active Intervention (RAI) program works with families who have children up to eighteen years old, are considered vulnerable, have had involvement with, or are at risk of involvement with the child protection system, and who need support to address complex needs. The program is facilitated out of the Townsville (Thuringowa) office of Relationships Australia Queensland. The program provides families with intensive in-home case management support for a period of at least six months, with the option to continue if appropriate and needed.

Families in the RAI Program present with complex issues including drug and alcohol abuse, domestic and family violence, poor mental health, separation, family relationship breakdowns, inadequate parenting skills, health or educational concerns, housing difficulties, financial stress, and grief and loss.

The program takes a strengths-based approach. Program staff work with families in their own homes. The success of this program depends on staff developing a relationship with the family, working with them to identify goals and acknowledging and building on family strengths to achieve those goals. Families have different needs and the staff can offer parenting information, help parents build routines, teach practical living skills, assist with skills to improve couple and child-parent relationships, liaise with school and medical staff and offer information and referral to appropriate services: transport, advocacy, day care, and limited sustainable or capacity-building financial support.

External referrals and brokered services have included tutoring, driving lessons, TAFE courses,

speech therapy, hearing tests, counselling, sports and recreation, vacation care, Police Citizens Youth Club activities, swimming lessons, and educational aids, including laptops and school uniforms.

Where available and appropriate, internal referrals are made to Relationships Australia's Parenting Orders Program, Family Support Service, Relationship Counselling, Victims Counselling and Support Service, Family Dispute Resolution Service and Indigenous Community Links.

The program's intervention and support for children at risk is of real value in the community. There were 246 referrals into the program during 2011–2012, with referrals from Child Safety, Education Queensland, Queensland Health, Disability Services and Housing. The majority of referrals come from Child Safety. Seven program staff, including an Aboriginal liaison worker, are currently providing active support to 50 families in the community.

SOCIAL INCLUSION

OUT IN THE COMMUNITY

“I really want to move to Melbourne but my girlfriend is adamant she wants to stay here in Perth. She’s not really giving it a chance. How can I convince her?”

This is one of the many questions sent to the advice column in the monthly newspaper *OUTinPerth*, answered by the senior supervisor in the Community Education program at Relationships Australia (WA). The columnist declined to give a definitive answer on whether the couple should move or stay in Perth, instead recommending acceptance of each other’s needs and putting relationships first and solutions second. Another contributor objected to his partner asking him to pretend to be ‘just his good mate’ during a visit by the partner’s family, who had not been told he was gay. Since the column began in April this year Relationships Australia has answered many questions from people about relationships.

The *OUTinPerth* editor, Graeme Watson, appreciates the way the column can get people talking and thinking about relationships, and offers advice that can help improve relationships.

The column is one way Relationships Australia is strengthening connections with several organisations working to help WA’s Gay, Lesbian, Bisexual, Transgendered, Intersex (GLBTI) communities. Relationships Australia has run weekend courses in Perth for people in GLBTI relationships.

Relationships Australia is represented on an Equality Opportunity Commission Steering Committee aimed at reducing schools-based discrimination and bullying based on gender and sexuality. Among the aims of the committee, formed a year ago, is raising awareness by principals, school staff and parents. A Relationships Australia representative has also joined a new community project called ‘Living Proud’, developed by the Gay and Lesbian Counselling Service as a means of improving mental health, well-being and suicide prevention.

OUTadvice



SOCIAL INCLUSION

FORCED ADOPTIONS



On 29 March 2012, the South Australian Parliament announced that it would apologise to those whose lives had been adversely affected by past adoption policies and practices. Relationships Australia South Australia's 'Post Adoption Support Services (PASS)' was asked to facilitate community consultations to enable people to have a say in this historic event. The Premier, the Hon Jay Weatherill MP, made the Apology in a special sitting at the South Australian Parliament on Wednesday 18 July 2012.

It was an important day in South Australia, and was attended by more than 200 people and shared by many more online. PASS hosted a live viewing of the Apology for those who did not want to attend Parliament House.

Speeches of support were given by both sides of politics. After the official speeches an afternoon tea was held at the Grosvenor Hotel, attended by the Premier and the Hon Grace Portolesi MP, the Minister for Education and Child Development. At the afternoon tea, the Premier acknowledged the work of PASS and its continued support for those whose lives had been affected by adoption. The publicity associated with the Apology has led to an increase in new PASS clients.

Earlier in the year, PASS held four consultation groups to gain input from those affected by past adoption policies. They talked about the lack of understanding people had of the situation for young unmarried mothers at the time.

When women disclosed later in life that they had a child who was subsequently adopted, many felt that they were still being judged.

"It's always with you... It doesn't go away... It doesn't stop hurting... You're always having to confront it and explain it... They say time heals, but I'm still waiting."

Participants discussed the ripple effect on other relationships: "It impacts on every relationship you have and on future relationships."

Almost all the mothers and adoptees spoke of ongoing, lifelong grief, loss and trauma: *"It's always with you... It doesn't go away... It doesn't stop hurting... You're always having to confront it and explain it... They say time heals, but I'm still waiting."*

SEMINARS/CONFERENCES/ PRESENTATIONS/PAPERS/ PUBLICATIONS

2011-2012

INTERNATIONAL CONFERENCES

Aldridge, Samantha and O'Mara, April (RAQ), *Creating a child centred agenda in family mediation*, LEADR 11th International ADR Conference, Kongress 2011, Brisbane, September 2011.

Darcy, Christine and Hamilton, Janenne (RACR), *Diploma of Counselling and Group Work Presentation*, Psychotherapy and Counselling Federation of Australia, 'World Dreaming', 6th World Congress for Psychotherapy, Sydney, August 2011.

Foley, Keryn (RACR), *Parenting arrangements for the breastfed baby*, International Breastfeeding Conference, Canberra, October 2011.

Fox, Jo (RAV) and Thomas, Jamie (Mullum Mullum Indigenous Gathering Place), *Bruthas Day Out*, Richmond Fellowship Asia-Pacific Conference on Mental Health, 'Exploring Relationships in Mental Health', Perth, June 2012.

Jovanov, Goran (RASA), *Problem Gambling in Refugee Communities*, Asia Pacific Conference on Mental Health, Perth, June 2012.

Jovanov, Goran, (RASA), *Using Arts Based Methodologies*, Asia Pacific Conference on Mental Health, Perth, June 2012

Ralfs, Claire (RASA), *Australian Family Law D.O.O.R.S. – A common Screening and Risk identification Framework*, The Association of Family and Conciliation Courts 49th Annual Conference, Chicago, USA, June 2012.

Robinson, Bill (RAWA), *Feedback Informed Treatment – collaborating with and becoming accountable to our clients*, Asia Pacific Conference on Mental Health, Perth, June 2012.

Sheehan, Michael (RAWA), *The 'stigmatisation' of compassion within mental health care*, Asia Pacific Conference on Mental Health, Perth, June 2012.

Thomson, Mark and Aldridge, Samantha (RAQ), *On-line Family Dispute Resolution: the practice implications for international mediation*, Brussels, October 2011.

Thomson, Mark and Aldridge, Samantha (RAQ), *On-line Family Dispute Resolution: the practice implications for international mediation*, by invitation of the Permanent Bureau, The Hague, 2011.

NATIONAL CONFERENCES, SEMINARS AND PRESENTATIONS

Bailey, Meghan (RANSW), *Adapting organisational practices to fit the environment in rural and regional locations – creatively matching supply and demand*, 4th Annual Family Relationships Services Australia (FRSA) Conference, 'Workforce and Innovation: Building Future Capacity', Gold Coast, Queensland, November 2011.

Baxter, Patrice (RATAS); Phillips, Baden (Gambling Support Program, DHHS); and Lutz, Angela (Anglicare), *Problem gambling and your community*, Tasmanian Association of Community Houses Conference, Launceston, September 2011.

Broadly, Tim and Elvery, Susan (RANSW), *The pressure and potential of peers in group work process: emerging themes from the evaluation of a men's domestic violence group*, 4th Annual FRSA Conference, Gold Coast, November 2011.

Carmichael, Janet (RANSW), *The role of Family Relationship Centres in family law matters*, Legalwise Seminar, 'Family Law: Shared Parenting in 2011', Sydney, August 2011.

Chowdury, Rahat (RANSW), *How can CIP involving parentified children increase the social capital of their parents?* 5th Annual Child Inclusive Practice Forum, Sydney, March 2012.

Church, Glyniss; Connors, Budda; and Coulter, Penny (RACR), *Dhunlung (Tell) Dhunial (Talk)*, ACT Government: Sorry Day, Canberra, May 2012.



Art therapy in the Bass Strait

SEMINARS/CONFERENCES/ PRESENTATIONS/PAPERS/ PUBLICATIONS 2011-2012

Cleak, Dr Helen (La Trobe University) and Bickerdike, Dr Andrew (RAV), *The effects of family violence on the use of dispute resolution services and post-separation parenting arrangements: Some preliminary findings from a 3 year study*, 4th Annual FRSA Conference, Gold Coast, November 2011.

Connelly, Betty and Coulter, Penny (RACR), *Diploma of Counselling and Group Work Presentation*, Australian Counselling Association (ACA) Conference, Melbourne, November 2011.

Connelly, Betty (RACR), *Dhunlung (Tell) Dhunial (Talk)*, Aboriginal Drug and Alcohol Network Symposium, Coffs Harbour, March 2012.

Connelly, Betty (RACR), *Dhunlung (Tell) Dhunial (Talk)*, ACT Community Services Directorate meeting, Canberra, May 2012.

Curran, Simon (RAV), *Throwing and Catching: Hand-Eye Co-ordination in Community Service Management*, 4th Annual FRSA Conference, Gold Coast, November 2011.

Dewhirst, Christina (RANT) and Rutter, Shirley (NTLAC), *Cross Sector Collaboration and Innovation in the Family Law System*, 4th Annual FRSA Conference, Gold Coast, November 2011.

Donnelly, Robyn; Turner, Amelia; and Hawke, Gerda (RANT), *Arntwirrke — tyeke Ampe mape Aputele — Holding Children Together*, NT Council of Social Services, 'Growing the NT fairly — building stronger links', Alice Springs, May 2012.

Ebert-Smith, Naomi; Henderson, Ian; and KerryJ (RASA), *E-learning: building capability*, 4th Annual FRSA Conference, Gold Coast, November 2011.

Foley, Keryn (RACR), *Parenting arrangements for the breastfed baby*, 4th Annual FRSA Conference, Gold Coast, November 2011.

Freeburn, Sheree and Wood, Kathy (RANSW), *Building bridges — both ends together. Three journeys undertaken by a mainstream organisation as it builds more culturally relevant and accessible programs for Aboriginal families and communities*, 4th Annual FRSA Conference, Gold Coast, Queensland, November 2011.

Gaffney, Irene and Holt, Julie (RANSW), Panel discussion participation: *The place of professional group work in the next century*, Institute of Group Leaders Conference, Sydney, August 2011.

Gaffney, Irene and Broady, Tim (RANSW), *Research, family violence and groupwork*, Institute of Group Leaders Conference, Sydney, August 2011.

Henderson, Iain; Ebert-Smith, Naomi; and KerryJ (RASA), *AVERT Family Violence Workshop*, 4th Annual FRSA Conference, Gold Coast, November 2011.

Holt, Julie (RANSW), *The healing retreat for the Forgotten Australians*, Institute of Group Leaders Conference, Sydney, August 2011.

Hunter, Kimberley (RANT) Panel Member, *Indigenous Families in the Family Law System*, Attorney General's Indigenous Family Law Forum, Adelaide, September 2011.

Kent, Lyndell (RATAS), *Working with separated families: the intricacies, challenges, and some answers to common dilemmas*, Linking Up Conference, Burnie, May 2012.

Kerin, Paul and Snell, Jennifer (RAWA), *Do they work? Exploring men's domestic violence perpetrator groups*, Attorney-General's Victim Support Service Annual Conference, Perth, December 2011.

KerryJ (RASA), *On our way: setting out on our e-learning journey*, eLearning 11 NSW, National VET Strategy, Sydney, 2011.

McFadden, Kerrie and Wakeford, Jenny (RANSW), *The Us Kit: Tools for family based group work*, Institute of Group Leaders Conference, Sydney, August 2011.

McAlpine, Heather (RANSW), *Sorry seems to be the hardest word*, Institute of Group Leaders Conference, Sydney, August 2011.

McDonald, Fiona (RAWA), *How to build capacity within diverse communities through Certificate IV in Relationship Education*, 4th Annual FRSA Conference, Gold Coast, November 2011.

Mortimer, Filiz (RAQ), *Impact of cancer on relationships*, 'Living well beyond breast cancer', Breast Cancer Network Australia (BCNA) Forum, Cairns, May 2012.



Nugent, Wayne (RANSW), *Coherence and cognition: how does parental conflict think and talk? Challenging traditional Family Dispute Resolution processes*, National Men's Health Gathering, Perth, September 2011.

Oudih, Enaam (RASA), Panel Member with Dr Norman Swan discussing *The A to Z of Hepatitis*, Rural Health Education Foundation, Sydney, November 2011.

Parkes, Vicki (RANSW), *Diversifying delivery: Adapting F2F education programs to teleconference and online*, Institute of Group Leaders Conference, Sydney, August 2011.

Parkes, Vicki (RANSW), *Our next step in contact centres: A brain friendly contact centre*, 5th Annual Child Inclusive Practice Forum, Sydney, March 2012.

Power, Lyndal (RANSW), *Working with adolescents and parents in conflict*, 'Piece of Mind' lecture series, The Children's Hospital, Westmead, Sydney, September 2011.

Power, Lyndal (RANSW), *Working with families where adolescents run away*, 'Piece of Mind' lecture series, The Children's Hospital, Westmead, Sydney, May 2012.

Poynton, Helen and Soome, Suzanne (RAQ), *Since the SE Qld floods: A significant gambling client group emerges*, National Association of Gambling Studies, Melbourne, November 2011.

Ralfs, Claire and Lee, Jamie (RASA), *Australian Family Law D.O.O.R.S. to Safety — A Common Screening and Risk Identification Framework*, WA Pathways Conference, Perth, May 2012.

Ralfs, Claire (RASA), *Detecting Overall Risks in Family Law*, Bridging the Border Pathways Conference, Portland, Victoria, May 2012.

Ralfs, Claire (RASA), *Screening for Family Violence Workshop*, NSW Community Justice Mediators, Attorney Generals Department, Sydney, February 2012.

Robertson, Angie (RATAS), *Coordinated Family Dispute Resolution*, Hobart Family Law Pathways Family Violence Forum, Hobart, 2011.

Robertson, Angie and Lewis, Guy (RATAS), *Coordinated Family Dispute Resolution: a pilot project which aims to assist in resolving parenting disputes in families affected by family violence*, National Community Legal Centres Conference, Hobart, October 2011.

Robinson, Bill (RAWA), *Feedback-informed treatment — collaborating with and becoming accountable to our clients*, Drug and Alcohol Procurement Conference, Perth, May 2012

Ross, Cheryl (RANT), *Experience in Working with Indigenous Families*, Indigenous Forum, Family Law Pathways Network, Alice Springs, October 2011.

Ross, Cheryl (RANT), *Model of Practice for Mediation with Aboriginal Families Central Australia*, 'Our Mob, Our Minds, Our Spirit' Conference, Perth, October 2011.

Ross, Cheryl (RANT), *Model of Practice for Mediation with Aboriginal Families Central Australia*, Karriji-Kari Women's Conference, Tennant Creek, May, 2012.

Schultz, Glenys (RANSW), *Nurturing Relationships*, 'Living well beyond breast cancer' BCNA Forum, Orange, March 2012.

Sheehan, Michael (RAWA), *Serving men who are homeless with co-existing mental health and substance abuse issues: key interventions and supports*, National Men's Health Gathering, 'Building on the Strengths of Australian Males', Perth, September 2011.

Snell, Jennifer (RAWA), *The assessment process for men's domestic violence perpetrator groups*, Family Court of Western Australia Annual Conference, Perth, May 2012.

Torres, Marianne; New, Brendan; Brown, Judith (RANSW); Tucker, Romina; Lark, Pam; Schwendler, Marita; and James, Melissa, *Workshop — Opening a reflective space for clinicians*, Redbank House Conference, Sydney 2011.

SEMINARS/CONFERENCES/ PRESENTATIONS/PAPERS/ PUBLICATIONS 2011-2012

Vallance, Sandra (RASA) and Stanley-Horn, Greg (Athena Software), *Trends in data management and technology supporting the workforce and innovation in the community services sector*, 4th Annual FRSA Conference, Gold Coast, November 2011.

Wilson-Evered, Dr Elisabeth and Aldridge, Samantha (RAQ), *Supervision of front line practitioners: the role of psychological capital and supervisory working alliance*, 4th Annual FRSA Conference, Gold Coast, November 2011.

Wilson-Evered, Dr Elisabeth; Thomson, Mark; and Aldridge, Samantha (RAQ), *On-Line Family Dispute Resolution: What do the staff and clients say?* 4th Annual FRSA National Conference, Gold Coast, November 2011.

Zeitz, Joanna (RASA), *Autism Spectrum Disorders: An integrated approach*, Department of Education and Children's Services (DECS) Special Education Expo, Adelaide, July 2011.

Zeitz, Joanna (RASA), Flinders University, Department of Education – Special Education, South Australia, Semester 2, 2011.

Zeitz, Joanna (RASA), Flinders University, Department of Disability and Community Inclusion, School of Medicine, South Australia, Semester 2, 2011.

Zeitz, Joanna (RASA), DECS Special Education Expo, Adelaide, July 2011.

Zeitz, Joanna (RASA), DECS Special Education Expo, Adelaide, July 2011.

PUBLICATIONS AND PUBLISHED ARTICLES

Allan, David and Power, Lyndal (RANSW), 'Family therapy with adolescents: key ideas and their application', in Rhodes, Paul and Wallis, Andrew (eds.), *A Practical Guide to Family Therapy*, IP Communications, Melbourne, November 2011.

Cowling, Vicki and Garrett, Matthew (RANSW), *A child inclusive family intervention in a community adult mental health service*, Australian and New Zealand Journal of Family Therapy, Volume 33, No. 2, June 2012.

Friganiotis, Michael (RAQ), *Family*, Connect magazine, Cairns, September, 2011.

Friganiotis, Michael (RAQ), *I just love my toys and gadgets, but should I?* Connect magazine, Cairns, February, 2012

Lin, Webb (RAQ), *The Home Therapist*, Brisbane, June 2012.

McIntosh, Jenn (Family Transitions) and Ralfs, Claire (RASA), *The D.O.O.R.S. Detection of Overall Risk Screen Framework*, Australian Government Attorney General's Department, Canberra 2012.

Mortimer, Filiz and Oui, Joseph (RAQ), *Queensland Corrective Services Transitions Program Manual*, Queensland, November 2011.

Relationships Australia Tasmania, *Local Voices: enquiry into community assets in Circular Head, Tasmania. Report on project findings*, November 2011.

Sturme, R.I. (RAV); Noller, P.; and Karantzas, G.C., 'A Common Factors Perspective of Relationship Counselling', in Noller, P, and Karantzas, G.C. (eds.), *The Wiley-Blackwell Handbook of Couples and Family Therapy*, Wiley-Blackwell, Wiley Online Library, April 2012.

FILM

Australian Institute of Social Relations (RASA), *Kamamirna Kakirra (Nanna's Moon)* South Australia, 2011

Australian Institute of Social Relations (RASA), *Financial Counselling Scenarios and Discussion*, Adelaide, 2011.

Australian Institute of Social Relations (RASA), *Denise's Story – Finding Shelter*, Adelaide, 2012.

McIntosh, Jenn (Family Transitions) and Ralfs, Claire (RASA), *D.O.O.R.S. Education Resources*, Australian Government Attorney General's Department, Canberra 2012

Whelan, Michael (RAQ), *What are you doing? A film about Autism*, Autism Awareness, Australia, 2012.

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2011-2012

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Rob Donovan Noelene Jennings
Chris Lewis Richard Wilson

Abbreviations

BCNA	Breast Cancer Network Australia
CALD	Culturally and linguistically diverse
CIP	Child Inclusive Practice
FaHCSIA	Department of Families, Housing, Community Services and Indigenous Affairs
FDR	Family Dispute Resolution
FRC	Family Relationship Centre
FRSA	Family Relationship Services Australia
RACR	Relationships Australia Canberra and Region
RANSW	Relationships Australia New South Wales
RANT	Relationships Australia Northern Territory
RAQ	Relationships Australia Queensland
RASA	Relationships Australia South Australia
RATAS	Relationships Australia Tasmania
RAV	Relationships Australia Victoria
RAWA	Relationships Australia (WA) Inc.





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