



# Annual Report 2014-15

Relationships Australia®



*Relationships Australia is  
honoured to have his Excellency  
General the Honourable  
Sir Peter Cosgrove AK MC (Retd),  
Governor-General of the  
Commonwealth of Australia as  
our National Patron.*

[relationships.org.au](http://relationships.org.au)

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# National Board

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**Chair**

Mathew Rowell

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**Director**

Frank Francis

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**Director**

Mary Pekin

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**Deputy Chair**

Dr Andrew Bickerdike

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**Director**

Shane Klintworth (until April 2015)

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**Director**

Terri Reilly

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**Director**

Judith Cross

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**Director**

Marie Morrison

## Chair's Foreword



Another busy year has flashed by, as our federation continues to provide services to people who seek our help at times of great vulnerability in their lives. This has included a large proportion of our clients who have experienced the traumatic impact of family violence, either in childhood or as an adult.

Trauma also affects many other clients, including those who were sexually abused as children in institutional settings, who experienced abuse and neglect while living in care, or were traumatised by the former policies of forced adoption.

We are acutely aware of how trauma impacts people's lives, and often the lives of their children. We have devoted much of this Annual Report to discussing trauma and our work to help ameliorate its effects.

This year has seen us actively participating in the development of tenders through a very significant reform period at the Department of Social Services, the Department of Prime Minister and Cabinet as well as at state and territory levels. We have now come out of the tender and contracting rounds, keen to consolidate new services and focus on our core work in communities and with families around the country.

We were grateful for the support of the former Minister for Social Services, the Honourable Kevin Andrews MP, a person with a personal passion for work with family relationships, and we have been very pleased to see the interest and engagement with the sector by the new Minister, the Honourable Scott Morrison, MP. Minister Morrison launched Neighbour Day 2015, Australia's annual celebration of community, at a function in Parliament House Canberra in early March. We were appreciative of the very personal and warm approach he took on that occasion, and we look forward to a positive continuing relationship with him, as well as with the Attorney-General, the Honourable George Brandis, and with staff of the Departments of Social Services and the Attorney-General.

As an organisation we remain grateful to our Patron, His Excellency General the Honourable Sir Peter Cosgrove AK MC (Retd), Governor-General of the Commonwealth of Australia for his interest in our work. We look forward to briefing him on our work during the coming year.

I would like to acknowledge the commitment and contribution of all members of the National Board of Relationships Australia. In particular, I would like to thank the Deputy Chair, Dr Andrew Bickerdike for his support.

Shane Klintworth's contribution to the Board during his tenure as CEO of Relationships Australia Queensland must be acknowledged – and in particular, the period during which he chaired the Finance Committee of the Board. We are grateful to Shane and will miss him as he moves on to a new phase of his career.

We welcome the appointment of Dr Ian Law to the role of CEO, Relationships Australia Queensland. Among other things, Ian has had extensive experience in senior leadership roles in both Relationships Australia Victoria and Relationships Australia South Australia and we look forward to welcoming him to the Board when takes up his new post in August 2015.

I also wish to once again pay tribute to the effective national leadership of Alison Brook, our National Executive Officer and her skilled and professional team of staff in our Canberra office. The value they add to our federation and its collaborative activities is immeasurable.



Mathew Rowell  
Chair, Relationships Australia  
National Board



# The Year in Review



**The past year has been hectic for the Relationships Australia federation. While a large proportion of our family support and family law work was re-contracted for a very welcome five year period at the beginning of the reporting period, much of our other work was re-tendered in a major tender process managed by the Department of Social Services (DSS) in late 2014 and early 2015.**

Many of our tender applications were successful, despite a significant reduction in the total pool of funding available from the Department when compared to previous years. Late in the financial year we were also very pleased to hear that the Minister, the Honourable Scott Morrison MP, chose to continue our funding for Specialised Family Violence Services – a program that provides support and services to all members of families experiencing violence, including behaviour change programs for those who use violence in their family relationships.

At around the same time, the Department of Prime Minister and Cabinet invited tenders to provide services for people living in Aboriginal and Torres Strait Islander communities. State and territory governments also invited tenders during the year. We are looking forward to 2015–16 as a year focused on implementing new services and ensuring high quality service delivery in all areas of our work.

The former Social Services Minister's pilot relationship education program *Stronger Relationships* commenced on 1 July 2014 and ended in early 2015 following the December 2014 Ministerial reshuffle. Relationships Australia has long provided, and continues to provide, relationship education to couples prior to marriage or relationship commitment and at any point in a couple's relationship.

The federation has also been active in advocating for our clients. In August 2014 we prepared a submission to the Senate's Inquiry into domestic violence in Australia, and in June 2015 we responded to the Human Rights Commission's examination of children affected by family and domestic violence. In February 2015 we prepared a written response to the Royal Commission into Institutional Responses to Child Sexual Abuse's consultation paper on redress and civil litigation. We have also been active in contributing the collective knowledge of our skilled and experienced staff to inform the work of a number of alliances and networks, including Suicide Prevention Australia and Mental Health Australia.

In October 2014, we began a trial of a brief, monthly online survey. The online survey aimed to: find out what people accessing our website think about important issues and how these issues affect their relationships; make our website more interactive; and collect information that can be used to support our advocacy work.

The survey has proven to be very popular, with around 2,000 people choosing to participate each month.

Since 2014 Relationships Australia has been the home of Neighbour Day. In early March 2015, Relationships Australia launched Neighbour Day 2015 in Parliament House, with Minister Morrison officially unveiling this year's campaign. The event was well attended, and included participation by Neighbour Day Ambassadors Costa Georgiadis (Gardening Australia), Natalie Ahmat (National Indigenous TV newsreader) and Andrew Heslop (Neighbour Day founder). More about Neighbour Day is included later in this report.

Of our clients this year, 56% were women and 44% were men. Around 5% of our clients are from Aboriginal and Torres Strait Island background. This proportion varies state by state, with more than one quarter of our Northern Territory clients from an Aboriginal background.

We invite you to read about our work in 2014-15 as it relates to the impact of trauma on our clients. Trauma in childhood, adolescence and adulthood is increasingly part of our core work.

We also invite you to read our submissions, as well as previous annual reports and submission papers on our national website – [relationships.org.au](http://relationships.org.au).

Alison Brook  
**Executive Officer,  
Relationships Australia  
National Office**

*More than 1900 Relationships Australia staff worked with 160,000 people through our 109 centres around the country this year.*

# Neighbour Day

**In 2014 Relationships Australia assumed responsibility for Neighbour Day, Australia's annual celebration of community.**

*Neighbour Day* was founded by Andrew Heslop, with the aim of increasing social connection and community engagement in neighbourhoods across Australia.

Andrew Heslop is a well-known social commentator and community activist, who has been recognised for his commitment to the community internationally.

Last year, together with Andrew, Relationships Australia coordinated a hugely positive *Neighbour Day* celebration, with more than 30,000 people participating in approximately 350 registered events across Australia. As the second *Neighbour Day* managed by Relationships Australia, the National Team worked hard to ensure *Neighbour Day* 2015 would realise even more success than last year.

The Relationships Australia / *Neighbour Day* team co-ordinated a *Neighbour Day* launch event at Parliament House on 5 March 2015.

The event was attended by the Minister for Social Services, the Honourable Scott Morrison MP; Federal Parliamentarians; family and community support organisations; *Neighbour Day* Ambassadors including Andrew Heslop, Costa Georgiadis from Gardening Australia and Natalie Ahmat from National Indigenous TV; and Relationships Australia staff. The event received overwhelmingly positive feedback from media and the people that attended.

*Neighbour Day* 2015 was held on March 29 and recorded the largest number of registered events in its history.

Almost 70,000 people celebrated with their neighbours at 556 listed events across Australia, with many more expected to have gathered at unregistered events.

Events included street parties run by neighbours, community celebrations co-ordinated by local councils, gardening group gatherings in suburbs, neighbourhood morning teas, barbeques and local cricket games. Some community attractions, such as public pools, were also open to the public free of charge in celebration of the day.



*The Honourable Scott Morrison MP speaks to Neighbour Day Ambassador Costa Georgiadis*



*Andrew Heslop, Natalie Ahmat and Costa Georgiadis at the Parliament House Neighbour Day launch.*

A key achievement of *Neighbour Day* 2015 was the high levels of engagement on social and local media. An estimated one million people heard the *Neighbour Day* message through Twitter, Facebook, radio, TV, press, e-newsletters or local events as supported by Relationships Australia, councils or other organisations.

To collate positive neighbourly stories, Relationships Australia relaunched its previously successful *Tell us Your Story* competition, inviting Australians to share their story of an extraordinary neighbour or an outstanding neighbourly act. Additionally, several social media competitions were created, including the *All About the Tea Towel* competition.

The *Neighbour Day* message was also supported by dedicated Ambassadors and support organisations; appropriately referred to as ‘Very Neighbourly Organisations.’ *Neighbour Day* was fortunate to see the return of Andrew Heslop, Costa Georgiadis and the Honourable Fred Chaney as Ambassadors for 2015, and we welcomed Julie Goodwin, Natalie Ahmat and Nick Duigan to the team this year.

Support organisations included R U OK Day?, Reach Out.com, Act Belong Commit, Conservation Volunteers Australia, Country Women’s Association of VIC, Befriend, PCYC NSW, Housing Choices TAS, Mental Illness Fellowship QLD and Lend Lease Communities among others.

For the first time, local councils across Australia also elected to promote the *Neighbour Day* message as Very Neighbourly Organisations, including Lane Cove Council and The City of Albany. All Relationships Australia member organisations nationally actively participated in *Neighbour Day* promotion. Each organisation approached *Neighbour Day* in an individual way that was appropriate to their organisational priorities and demographics served.

Through the annual co-ordination of *Neighbour Day*, Relationships Australia is able to expand our national networks and grow our reputation, credibility and brand. Importantly, *Neighbour Day* provides us with a positive avenue to promote the importance of social connection in enhancing personal wellbeing.

**We look forward to promoting *Neighbour Day* 2016 as a pivotal event in Australia’s community calendar and encouraging the message of celebration and connection in communities across Australia.**

# National Research and Evaluation Network



**The Relationships Australia National Research and Evaluation Network was formed in 2011 with the goal of supporting national research collaboration that contributes to the best possible outcomes for our clients.**

This year has seen further strengthening of the Network and the successful completion of a number of projects, including research and conference papers. The Network has also initiated long term follow-up of couple counselling clients as part of the National Study of Client Outcomes project.

## National Study on Client Outcomes

In 2013 the Network commenced an ambitious longitudinal study of psychological distress, couple distress and family functioning of clients accessing Relationships Australia services.

In October 2013 family and relationship services clients across all Relationships Australia services were asked to complete a pre-counselling assessment. More than 800 clients were involved in this initial assessment. Two further data collections were undertaken as post-counselling assessments between December 2013 and January 2014 (six weeks post counselling) and February and March 2014 (16 weeks post counselling) with 435 clients. An 18 month follow-up along with telephone interviews will occur in 2015.

Measures across all survey periods included: psychological distress and relationship distress, a measure of general family functioning (GFS; Miller, Epstein, Bishop, and Keitner, 1985) and client satisfaction (CSS-3; Larsen, Attkisson, Hargreaves, and Nguyen, 1979).

Additional measures incorporated in early surveys include the therapeutic working alliance (TWA; Hatcher and Gillaspay, 2006) and open ended questions regarding the skills and benefits clients gained from access to family and relationship services at Relationships Australia.

While approximately half of the initial respondents dropped out of the study between the first and second assessments, this percentage of drop-out is typical in longitudinal studies conducted in routine practice settings.

## Early Results

Analysis of the pre and post counselling data indicates that Relationships Australia couple counselling clients are statistically significantly less distressed within six weeks of their first session.

This reduction in relationship distress was achieved in three sessions on average, and maintained at 16 weeks follow up. Predictors of outcome included family functioning and initial severity of relationship distress.

In addition to the statistically significant improvement in relationship distress, many couples also reported clinically significant improvement (ie, moving from the relationship distress range to a satisfied range of relationship functioning). An additional cohort reported a reliable increase in relationship functioning as a result of their couple counselling (ie, moved from severely distressed in relationship to moderately or mildly distressed in relationship – but not yet satisfied in relationship). The percentages of clinically significant and reliable change are similar to those reported by existing effectiveness studies of couple counselling in routine practice and provide evidence of the benefit of community based couple counselling to Australian couples.

The Network is currently writing a journal publication to capture the above results, and working on analysing and publishing the individual counselling outcomes and family counselling outcomes.

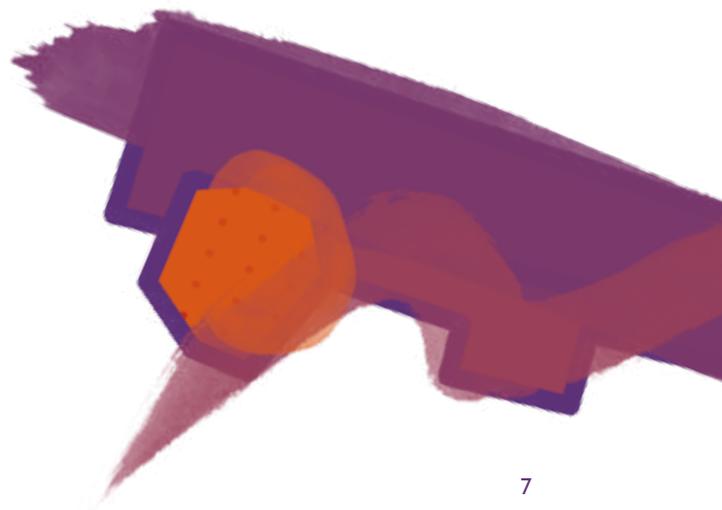
*This research project will allow Relationships Australia to develop capacity and applied expertise to understand client needs, measure the success of interventions and improve support to clients.*

## Audit of Research Projects

In 2014 the Network undertook an audit of current research projects across the Relationships Australia federation. More than 30 separate significant research projects were identified. The majority were being undertaken in partnership with universities, including: Griffith University, University of Newcastle, Macquarie University, University of New South Wales, University of Queensland, Queensland University of Technology, LaTrobe University, University of Melbourne, Victoria University, University of South Australia, and University of Western Australia.

These research projects are primarily designed to assess the process and outcome of a diverse spectrum of Relationships Australia services, including family violence prevention, gambling, childhood trauma, family dispute resolution, family counselling, parent education, couples counselling, same-sex parents, fathering, Aboriginal services and social media.

Many of these projects have already resulted in publications in peer reviewed journals and numerous sector conference presentations (see reference section below). The findings are also influencing the design of models of practice as Relationships Australia organisations learn and improve services and outcomes for clients.





# Ours Work

## Family Violence – Ending the Epidemic

**Currently in Australia there is increasing awareness of the high incidence of family violence and strong calls from the community for more targeted action. There is also renewed interest in exploring the relationship between complex trauma and family violence. All levels of the sector are advocating for a more effective, efficient and collaborative service system with the aim of improving the safety of women and children and reducing the trauma of people who have experienced family violence.**

Relationships Australia has embraced, welcomed and contributed to family violence practice reviews and policy investigations and has been active in advocating for people affected by family violence. Following last year's national submission to the Senate Standing Committee on Finance and Public Administration's inquiry into domestic violence in Australia, the federation this year contributed to the Human Rights Commission's investigation of the effect of family violence on children.

Relationships Australia Victoria and Relationships Australia South Australia also provided detailed submissions to the Royal Commission into Family Violence (Victoria), and the South Australian Government's Inquiry into Domestic and Family Violence respectively.

These investigations have emphasised the need for more adaptive and integrated family violence services, echoing the understanding that family violence requires a multi-layered service modality to adequately address both prevention and intervention needs within families and the community.

### An Integrated Whole of Family Approach

Fundamental to the efficacy of family violence services is the recognition that an integrated, whole of family approach must include early intervention, secondary intervention and prevention strategies. Working in a whole of family way with children, adolescents, mothers and fathers in relation to the effect of trauma and family violence also requires an evidence-based approach that gives consideration to the next generation (Kezelman et al. 2015).

This year Relationships Australia Victoria continued to use a whole of family practice model, with service evaluation and research demonstrating the importance of tailored, integrated service delivery for perpetrators of family violence and their families. In developing a whole of family plan for clients, Relationships Australia Victoria includes risk and needs assessment, joint planning of interventions and services delivered by a variety of providers.

Relationships Australia South Australia has implemented universal screening for both perpetrators and victims of family violence across all post separation services using the Family Law DOORS framework. The DOORS is a three part framework that assists separating parents and family law professionals to detect and respond to both wellbeing and safety risks. Early identification of family violence and correlated risk factors such as drug and alcohol use and mental health concerns has informed referral to a range of services. This includes culturally specific men's programs, adolescent programs and specialised family violence education and counselling programs.

## Focusing on Children and Young People

Relationships Australia delivers services in various locations around Australia that are specifically targeted towards children and young people who are affected by family violence.

As part of a collaborative partnership, Relationships Australia South Australia provided a highly successful Australian version of the *Step Up Program*. *Step Up for SA* offers intervention strategies to families dealing with violent and abusive behaviour perpetrated by their children.

Relationships Australia Canberra and Region delivered *Non-Violent Resistance Parenting* programs in Canberra and Wagga, focusing on children and young people who are using violence against parents or siblings.

In the 2014–15 year a range of new programs for parents and children were developed and adopted at Relationships Australia Victoria including:

- + *Parenting After Violence* for mothers and fathers
- + *D.A.D.S. (Dads Always Demonstrating Safely) for Kids* – a play-based program for fathers and children

- + *Kids Under Construction; Dads at Work* – an early intervention program for fathers and father-figures of children under five years of age
- + *Attune* – an early intervention program run in maternal and child health centres for parents
- + *PARKAS* – a mother-child play-based group, with families who have experienced family violence.

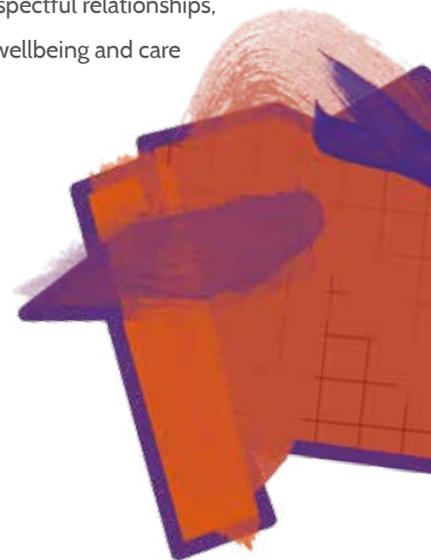
## Socio-Cultural Services

Addressing the socio-cultural issues that influence family violence is vital in delivering comprehensive and effective services to the people affected. At Relationships Australia Canberra and Region, the Dhunlung Yarra Aboriginal Support Services has primarily used a trauma-informed model that takes into account loss and grief when working with Indigenous family and domestic violence clients.

Providing behaviour change programs for men who use violence is another important service response that is focused on preventing further harm to families. Relationships Australia Western Australia have been offering mandated behaviour change programs for many years and continued building on the success of these services in 2014–15.

Relationships Australia Victoria is a founding member of the Victorian Culturally and Linguistically Diverse (CALD) Men's Reference Group, which delivers culturally-specific men's behaviour change programs for Vietnamese and South Asian men. The first sessions of this program look at previous trauma, torture and pre-migration issues, with particular acknowledgement of the refugee experience. An evaluation of the Vietnamese Men's Behaviour Change Program indicated that Vietnamese men are reluctant to attend mainstream programs due to issues of shame, language difficulties and an inadequate cultural fit.

Relationships Australia Victoria has also worked with Aboriginal services and communities to provide *Brutha's Day Out* in four areas of Victoria. Within a culturally-safe space, this innovative men's program explores a wide range of topics including respectful relationships, health and wellbeing and care for country.



## Program Assessment

Relationships Australia Queensland has recently reviewed their family violence programs with the support of international experts in the field. One of their new programs, *Stopping Family Violence* is a contemporary, evidence-based intervention for men who perpetrate family violence. The goal of the program is to provide a quality service leading to better outcomes for clients and increased safety for women and children.

Relationships Australia Victoria has developed an invitational practice model of service delivery focusing on issues such as the nature of restoration in the aftermath of abuse and facing shame without shaming individuals. This has allowed the organisation to take a *both/and* approach to the issue of trauma, emphasising that past experiences of trauma are never an excuse for the use of violence, and that safety must be established before other family issues and experiences are explored.

Relationships Australia Western Australia offers the *Family Abuse Integrated Response (FAIR)* program, that supports women and children affected by family violence; as well as Djinda Services, a family violence service for Aboriginal and Torres Strait Islander Peoples; and a mandated men's domestic violence program.

A recent survey of the mandated men's domestic violence groups highlighted that men who attended the program indicated greater empathy and respect for their partners and more awareness of the effects of their behaviour.

## Supporting Prevention

Many Relationships Australia programs focus on healthy and respectful relationships as an important aspect of reducing violence in the community.

*I like, like you: A healthy relationships program for schools* is a family violence preventative initiative developed by Relationships Australia Victoria that utilises a whole school approach to promote the connection between healthy, safe, respectful relationships and emotional health and wellbeing. Run in primary and secondary schools, the program takes action within and beyond the classroom through strong partnerships between schools, health and community agencies, families and young people.

The Relationships Australia Canberra and Region, Riverina Murray Family Referral Service has also had success in supporting young people through a collaborative schools project with the Department of Education, and the Department of Families and Community Services. This project includes *Re-navigating Anger and Guilt Emotions (RAGE)*, a practical strengths-based anger management course for young people aged 11 to 17 years. This hands-on, fun program has helped children, along with their parents, teachers and carers to deal with the most misunderstood emotion.

*Working together, our aim is to reduce the current epidemic of family violence in Australian society.*

The Tasmanian *Reconnect* program supports young people aged between 13 and 18 years, who have experienced family violence and are at risk of homelessness, disengaging from school and their natural support networks. *Reconnect* has continued to achieve improved outcomes for young people and children through a holistic approach that works alongside the young person and their parents, carers, teachers and other school providers. One of the key goals is to support young people to deal with anger and improve impulse control.

Relationships Australia South Australia is in the process of gaining accreditation as a White Ribbon Workplace to encourage greater understanding, knowledge and action around stopping violence against women.

## In Pursuit of Respectful Relationships

In the Northern Territory, Relationships Australia delivers a 12 week course for men – *In Pursuit of Respectful Relationships*. This course has been successfully run in the Territory since 2006.

The course assists participants to understand themselves, be responsible for their own behaviour and develop more respectful relationships. Since 2011, mindfulness has been included as a regular part of each session. Each group is facilitated by both male and female team members.

Feedback from participants and their partners continues to be highly encouraging and many participants seek ongoing support to deal with issues or in times of transition and change.

*In Pursuit of Respectful Relationships* participants have said:

**“I learnt how to recognise my dangerous ideas and ways I can control them to ensure the arguments are stopped and avoided.”**

**“I still have to learn when to let go of my frustration and anger. I am a lot better but I still have work to do.”**

**“I feel I have a role to lead by example for my kids.”**

**“I work harder to have a closer relationship with my partner.”**

The partners of participants have said:

**“The course has saved our marriage. My partner learnt many techniques to recognise his behaviour and change it. The group course helped him realise he is not alone and there are others from different backgrounds and upbringings who have similar issues. This helped him to feel better about himself and see that change is possible.”**

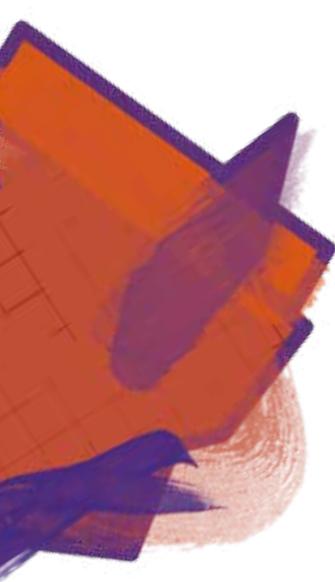
**“My partner is more inclined to stop and take time out. Verbal abuse is no longer happening.”**

**“I feel safer.”**

**“Things are much calmer at home and we have both been doing a lot of work to improve the relationship. We now engage in constructive activities around the house. Violent eruptions of emotions have settled and we can both be more objective.”**

### References

Kezelman, C, Hossack, N, Stavropoulos, P and Burley, P, 2015, *The Cost of Unresolved Childhood Trauma and Abuse in Adults in Australia*, Sydney: Adults Surviving Child Abuse and Pegasus Economics.



# Supporting Suicide Prevention Nationally

**Suicide has a tragic impact on the lives of many Australians. Despite major efforts over the past 20 years, the reduction in the national suicide rate has been minimal. Although in some states the suicide rate has shown small decreases, in other states the number of people affected by suicide has increased. As an organisation, Relationships Australia is supporting suicide prevention programs across the country to try to influence the life-long tragedy for so many families.**

Suicide and trauma are inextricably linked. Suicide causes great distress in many people's lives, with the effects of loss, grief and trauma extending from families and friends to the broader community. Survivors of trauma are often at increased risk of suicide, while people who are bereaved by the suicide of a loved one often experience great trauma. The act of suicide itself can be highly traumatising for those individuals who make and survive an attempt.

In 2015 the Australian Bureau of Statistics reported that intentional self-harm is the leading cause of death for people aged under 45 years.

In 2013 there were 2,522 confirmed suicides in Australia, with the highest per capita number of Australian suicides occurring in the Northern Territory followed by Tasmania. About three quarters of suicides were male and one quarter female.

## National Coalition for Suicide Prevention

In working with others to reduce the number of people affected by suicide, Relationships Australia has joined the National Coalition for Suicide Prevention (NCSP), led by Suicide Prevention Australia. The NCSP is taking a collective impact approach to address the issue by inviting a wide range of organisations working in suicide prevention and mental health to commit to a common agenda, shared goals and measures, and a reporting framework. The overall aim is to reduce the number of suicides in Australia by 50% in ten years.

## Tasmanian Suicide Prevention Community Network

In Tasmania one of many strategies to tackle suicide has been the establishment of a Tasmanian Suicide Prevention Community Network. The Network provides a space for organisations and individuals to come together and advance issues of concern relating to suicide prevention, intervention and post-vention. The principles underpinning the Network are that suicide prevention is everybody's business and that strong, resilient communities that are able to understand and speak about suicide will also have the capacity to address the problem. The Tasmanian Suicide Prevention Community Network is funded by the Tasmanian Government and auspiced by Relationships Australia Tasmania.



The Community Network has 150 members, representing 70 community, government and corporate organisations and 20 individuals who have a lived experience of suicide. The Network is responsible for coordinating and delivering the annual Tasmanian *LiFE Awards* recognising those individuals and organisations who have made an outstanding contribution to suicide prevention in Tasmania.

A one day forum is also held annually to provide opportunities for Network members and the community to hear from key speakers on suicide prevention, intervention and post-vention. The most recent forum in May 2015 featured John Mendoza on the national direction of suicide prevention; Susie Joseph of Spectrum on borderline personality disorders and suicide; and members of Suicide Prevention Australia's National Lived Experience Committee.

The Community Network also assists communities to develop their own Suicide Prevention Community Action Plans through advice and referral to services and promoting suicide prevention, intervention and post-vention amongst their members.

## **SQuARe – Suicide, Questions, Answers and Resources**

In South Australia, Relationships Australia supports *SQuARe – Suicide, Questions, Answers and Resources* – a web based educational resource for primary health care and community specialists working with people who are at risk of suicide. *SQuARe* offers a set of resources for training and systems change in suicide risk assessment, intervention and follow up, supporting a suicide and self-harm primary health care model. It was developed by General Practice South Australia and Relationships Australia South Australia and is part of the National Suicide Prevention Strategy.

Relationships Australia South Australia is also part of the Port Adelaide Suicide Prevention Network. The Network aims to lower the incidence of suicide in the Port Adelaide local community and increase understanding and awareness of support services available. The rate of suicide in the Port Adelaide area is 37% higher than the South Australian metropolitan average (LGA SA, 2013).



**Collectively,  
Relationships  
Australia is building  
its capacity to  
reduce the tragic  
impact of suicide.**

## **LGBTI Mental Health and Suicide Prevention Project**

In Queensland, Relationships Australia is a champion organisation for *MindOUT*, the National Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) mental health and suicide prevention project. *MindOUT* is working with mental health and suicide prevention organisations to improve mental health and suicide prevention outcomes for LGBTI people and populations and is delivered by the Queensland AIDS Council.

## **Suicide Prevention on the Netball Court**

In Western Australia, suicide prevention is centre court this year with Relationships Australia Western Australia and Youth Focus delivering training workshops to more than 400 netball coaches. The training assisted coaches to identify early signs of poor mental health in players and provide a warm referral to clinical help where required. The program is part of the Western Australian State Government's suicide prevention strategy *One Life WA*.

## **Youth Mental Health First Aid**

In the Northern Territory, Relationships Australia delivers Youth Mental Health First Aid training to youth workers in remote Aboriginal Communities as part of its professional development and mentoring program funded by the Department of Prime Minister and Cabinet. The initiative has a strong focus on suicide prevention and intervention for young people.

### **References**

Australian Bureau of Statistics, 2015, Cat. no. 3303.0 – *Causes of Death, Australia*, 2013, viewed 07 July 2015 <http://www.abs.gov.au/AUSSTATS/abs@.nsf/Lookup/3303.0Main+Features12013?OpenDocument>.

The Local Government Association of SA and the University of Adelaide, 2013, *Population Health Profile of the Port Adelaide Enfield Local Government Area*, Adelaide: the University of Adelaide.

# On the Role of Support Services for Forgotten Australians

**Forgotten Australians are people who survived government policies that led to more than 500,000 children growing up in out-of-home care in the last century. Reports suggest that many children entering 'care' experienced humiliating and painful experiences that compounded the trauma of being removed from their family. Such incidents included being stripped of personal belongings such as teddy bears, body searches or painful internal examinations, and physical and sexual abuse.**

The Senate Community Affairs Reference Committee Report (2004) described the legacy of the consequential negative childhood experiences including low self-esteem, depression, fear, distrust, anxieties, phobias and recurring nightmares. The trauma is ongoing for those children, now aged between 25 to 85 years. Care leavers may harbor powerful feelings of anger, guilt and shame. They may also have a range of chronic physical and mental health problems and experience health, housing and employment challenges as adults.

Many try to block the pain of their past through alcohol and substance abuse, or suicide. It is widely acknowledged that such childhood abuse can lead to long term and complex trauma (Kezelman et al., 2015).

Early life trauma affects the developing brain, changing it from a 'learning' brain to a 'survival' brain, leading to a significantly higher risk of social, emotional and cognitive impairment in adult life. It is widely recognised that Forgotten Australians with complex trauma experience difficulties in the three key areas of self-esteem, emotional regulation and relationships (Currier and Briere, 2000).

*Relationships Australia provides specialised support services for Forgotten Australians nationally.*

## Wattle Place, New South Wales

In New South Wales, additional state funded services are provided at Wattle Place in Western Sydney.

Wattle Place provides specific care for Forgotten Australians who lived in 'care' in New South Wales from the 1920s to the 1990s. The service offers case management, support groups, drop-in services, counselling, facilitation of family reunions, access to records and family tracing, social activities and events, life skills workshops, recreational groups (like gardening and choirs), education and training.

## Find and Connect, Western Australia

In Western Australia, Relationships Australia runs the *Find and Connect* service from Lanterns House in West Leederville, Perth. The support service provides long term support, social connection and counselling for Forgotten Australians and Former Child Migrants.

The service works closely with the Royal Commission Community Based Support Service and the newly introduced Forced Adoption Support Service. This year Lanterns House created a short video highlighting the background of clients that use the service, how the service supports them and who to contact for more information. New activities have also been introduced to support life skills, better mental health and mindfulness.



*The memorial for children who died in state care, Adelaide Cemetery 2015*

## Elm Place, South Australia

In South Australia *Find and Connect* is part of Elm Place where it sits alongside Post Care Support Services and the Royal Commission Community Based Support Service. As well as support and counselling, Elm Place produces a regular newsletter to keep clients informed of the latest news in this area. This year, Elm Place clients have established a therapeutic art and craft group and holiday activities to support their social connection. Each year Elm Place organises an event to commemorate the apology to the Forgotten Australians. As part of the event in 2015, a memorial was unveiled at the Adelaide Cemetery to remember the children who died in state care.

## Find and Connect, Northern Territory

In the Northern Territory, Relationships Australia manages Broilga Place, a *Find and Connect* support service for Forgotten Australians. Broilga Place provides information, support, counselling services, social activities, a drop-in space and special events on the anniversary of the Australian Government apology to Forgotten Australians and Former Child Migrants.

Forgotten Australians are included in the governance and in the Consumer Reference Group for Broilga Place and recently formed a housing action and advocacy group.

Forgotten Australians say they don't deserve to spend the last part of their lives living in an institution such as a retirement or rest home, as they were forced to live in institutions as children. The group is looking at the options available and lobbying government to provide alternatives to an institutional model of elder care for Forgotten Australians.

## Forgotten Australians, Specific Needs

Forgotten Australians have very specific needs and issues. A survey conducted in Queensland in 2010–11 showed that at some stage 75% of Forgotten Australians had spent time in orphanages or children's homes, 20% in youth detention centres and 20% had lived in foster care (Watson, 2011). At the time of the research 25% of Forgotten Australians were living with a disability, 80% were not in the paid workforce, 33% were living alone and 10% were living with their children. Many did not or could not make use of mental health services. A mistrust of government and authorities, as well as psychological scars prevented them from accessing generalist services.

Research has also shown that it is common for people who have been through such experiences to expect not to be believed, and thus they are often reluctant to talk about their experiences. (Watson, 2011)

Relationships Australia delivers specialist services to Forgotten Australians with highly skilled practitioners across the country.

Studies have found that unresolved childhood trauma needs to be addressed at many levels and requires a coordinated comprehensive model of care, incorporating continued access to support and counselling. Rebuilding trust is a core component of this work.

Organisations must be trauma informed with a 'bottom up and top down' approach to service culture and delivery (Jennings, 2004). Highly skilled practitioners need to understand the impact of childhood abuse and complex trauma to prevent re-traumatisation and further harm.

Relationships Australia New South Wales is also supporting the Long Term Outcomes of Forgotten Australians Study at the University of New South Wales. This study is the first of its kind in Australia and aims to identify patterns of care leavers' experiences and needs, protective and risk factors, and the support role of family, friends and professionals in contributing to positive outcomes. The research will help to fill the gap in knowledge about Forgotten Australians who lived in care during the last century in Australia and assist in developing responsive services to improve their current and future health and wellbeing.



## Forgotten Australians – a story of survival

“The challenge of ending child abuse is the challenge of breaking the link between adults’ problems and childrens’ pain.” (UNICEF, 2003)

### *Gabbe and her sister*

Gabbe and her sister grew up with a mother who was emotionally unavailable to them. Gabbe had only vague memories of her father, as her parents separated early in her life and she had little contact with him. A step-father quickly followed. At the age of 11 Gabbe’s family again broke down and she was placed in foster care, where she was sexually abused for more than six months by the foster father and was told to keep it ‘secret’.

When Gabbe returned home she mustered the courage to tell her mother, who severely beat her with a broom. Traumatized, Gabbe retreated into books, and felt some safety at school. She tried very hard to be ‘good’ and was desperate to be loved and accepted. As an adult Gabbe suffered emotional and psychological abuse, during four failed marriages. She felt very isolated and helpless and had lost touch with her only sister.

Whilst living in Europe, Gabbe became aware of the Royal Commission into Institutional Responses to Child Sexual Abuse from a story on the BBC. She decided she wanted to tell her story.

Relationships Australia provided weekly counselling via Skype and helped her to find her parents’ immigration records. She was able to receive the only photo of her father she has ever owned, which meant the world to her. Gabbe was reconnected with her only sister living in Australia. She describes her life as glass smashed into tiny pieces and counselling as a process of putting those pieces back together. Gabbe now feels more empowered and although the process of healing continues, she can see some future for herself.

## Garth and Mary

Garth and Mary were a couple who had both experienced sexual assault as children while living in an institution. Despite their similar history, the impact was very different for each of them. Garth was highly reactive and would explode easily. His inability to self-regulate increased when memories were triggered.

One of the many symptoms he suffered as an adult was shaking legs whenever he lay down. The on-going disturbance to his sleep added to his aggressive nature. Using evidenced based sensori-motor techniques, Garth's shaking of legs subsided. His initial scepticism for counselling was removed and he is now firmly committed to the process.

Garth's partner Mary could not relate to him when he was in an aggressive state. Through counselling she began to understand some of his behaviours as well as the issues associated with her own trauma. Garth had always been her safe person and she was not able to leave the home or go anywhere without him. Trauma work and psycho-education helped them both deal with the impacts of trauma as individuals and understand this in the context of their relationship.

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# Royal Commission into Institutional Responses to Child Sexual Abuse

**The Royal Commission into Institutional Responses to Child Sexual Abuse is halfway through its investigation on how institutions and organisations including schools, churches, sports clubs and government organisations have responded to allegations and instances of child sexual abuse. The Royal Commission has the power to examine any private, public or non-government organisation which is, or was at any time in the past, involved with children.**

The objective of the Royal Commission is to create safer futures for children, the most vulnerable members of our society. This intent aligns well with Relationships Australia's mission to support all people to live with respectful, fair and safe relationships, particularly where people and communities are at risk and vulnerable.

Relationships Australia has been working with the Royal Commission since its inception in 2013 and is one of a number of organisations funded by the Department of Social Services to provide ongoing support to people affected by its work.

To date, the Royal Commission has conducted 29 public hearings and more than 3,700 private sessions. Its final report is due on 15 December 2017.

## Key Findings

Some of the key findings from the Royal Commission's (2014) interim report include:

- + Two in three survivors are male, one in three are female
- + The average age when the abuse first occurred ranged between 10 and 11 years
- + Most survivors had previously disclosed their abuse and 5% disclosed for the first time to the Royal Commission
- + On average it took survivors 22 years to disclose
- + Most of the abuse occurred in faith based institutions, of which 68 per cent were/are Catholic
- + Combined physical, psychological and sexual abuse was common, especially in residential settings

## Support Services

The experiences and backgrounds of clients identified by the Royal Commission's interim report are also reflected in the clients presenting to Relationships Australia services across the country. Relationships Australia supports these clients through trauma informed face-to-face or telephone counselling, support at private sessions or public hearings, assistance with writing impact statements, relationship counselling and other services.

In working with Aboriginal and Torres Strait Islander communities impacted by the Royal Commission, Relationships Australia has also facilitated healing gatherings in relevant cultural sites.

We have adopted a case management model to support clients in navigating the various systems and to ensure the provision of a comprehensive service with brokering in of relevant and appropriate service providers as required. This approach aims to reduce fragmented unintegrated care and minimise re-traumatisation.

In the past year our organisation has experienced a growing demand for counselling support from people affected by the Royal Commission. Increasingly, these people are living in complex situations and have multiple areas of need, including: homelessness, social isolation, domestic and family violence, and significant physical and mental health needs.

## Safe Relationships, Central to Recovery

The good news is that research shows some trauma can be repaired and that positive safe relationships are central to recovery (ASCA, 2012). These positive relational experiences can take place within the individual's own social circles as well as through trauma informed services and organisational settings such as those offered by Relationships Australia.

As a national organisation, Relationships Australia is in a unique and privileged position to support people involved with the Royal Commission by providing dignified, meaningful and client focused responses both in the immediate present as well as the ongoing future.

Our tertiary qualified staff regularly engage in professional development opportunities to keep abreast of current research, approaches and support options which is essential in providing high quality trauma informed services to this client group.

## A Culturally Appropriate Royal Commission Support Service in the NT

A key challenge for Relationships Australia Northern Territory in undertaking Royal Commission Community Based Support Service work was to ensure our approach to service delivery considered the high likelihood that many of the people referred would be Aboriginal.

Relationships Australia Northern Territory developed a service model that recognised the importance of identifying the role its Aboriginal and Islander Cultural Advisors might play in linking potential clients to relevant support and counselling.

The model also acknowledged that in order to ask additional Aboriginal and Islander Cultural Advisors to work as part of the Royal Commission Support Service we needed to provide them with information, support and training, and to invite them to consider the impact such a role might have on them personally.

In essence, we had to afford an opportunity for each Aboriginal and Islander Cultural Advisor to reflect on their willingness to be part of the Royal Commission Support Services team.

Relationships Australia Northern Territory embarked on this process with the five Aboriginal and Islander Cultural Advisors and four Aboriginal Family Support workers from across the Territory by bringing them together for a two day workshop. The aims of the workshop were to:

- + Help participants gain an understanding of the Royal Commission's work
- + Outline the roles and responsibilities of Royal Commission Support Services
- + Provide support as a team for the Royal Commission work
- + Help participants understand how they can look after themselves
- + Hear about Relationships Australia Northern Territory's support for workers
- + Assist staff in deciding whether to be involved

Staff indicated the training was highly valuable in preparing them for any work they may do in relation to the Royal Commission.

In September 2014 the first Royal Commission public hearing in the Northern Territory was held in Darwin at the Supreme Court. The hearing focused on sexual and other abuse at the Retta Dixon Home. The Royal Commission took evidence from former residents and house parents, the Aborigines Inland Mission who managed the Retta Dixon Home, the Northern Territory Government, and the Commonwealth whose policies placed the children in care at Retta Dixon.

In partnership with key Aboriginal stakeholders and service providers, Relationships Australia Northern Territory attended the public hearing as one of the support services. As part of our support we established an outdoor refreshment area (the 'Meeting Place'), staffed by Relationships Australia counsellors and the Aboriginal and Islander Cultural Advisors.

The 'Meeting Place' proved to be an invaluable space for clients to take a break from the intensity of the Royal Commission and speak informally with support services during the many days over which the hearing took evidence.



*The Tree of Life – used with the permission of Jason Lee, a Larrakia (Darwin NT) man. Jason Lee developed the Tree of Life as a metaphor to reflect our roots, story lines, the now and the future.*

The feedback from the Royal Commission to Relationships Australia Northern Territory has been positive and encouraging, with Royal Commission staff acknowledging they regarded the support services very highly.

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Royal Commission into Institutional Responses to Child Sexual Abuse, 2014, Interim Report, viewed on 11 August 2015 <http://www.childabuseroyalcommission.gov.au/about-us/our-reports>

## Forced Adoption – Confronting the Past

**It is difficult to not be moved by the experiences of people affected by forced adoption. Mothers and fathers who lost a child to adoption, people who were adopted, adoptive parents and other family members describe the wide-ranging impacts forced adoption has had and continues to have on their lives.**

These sentiments are captured in two important reports, the Senate Community Affairs Reference Committee (2012) Report and the Australian Institute of Family Studies Service Response to Past Adoption Practices (2012) Report.

Between 1950 and 1975 approximately 250,000 adoptions were recorded in Australia. Many of these were forced adoptions also known as 'local' adoptions. Researchers estimate that approximately one in 15 Australians are affected by an experience of closed adoption (Winkler et al. 1988). On 21 March 2013, the former Prime Minister Julia Gillard delivered an apology to all those affected by forced adoption practices and policies on behalf of the Australian Government.

One of the recommendations of the Senate Community Affairs Reference Committee (2012) was to make counselling and support services available to all parties affected by past adoption practices. The Committee recognised these services would provide opportunities for people to talk about their experiences, to explore inner pain and to find a capacity for inner healing, all of which would help to improve their quality of life.

## The Forced Adoption Support Service

Relationships Australia delivers Forced Adoption Support Services in five states (NSW, VIC, TAS, SA, WA), and two territories (NT and ACT). Services are available for mothers and fathers who have lost a child or children to adoption, adult adoptees, and extended family members. People can access support in the state they live in regardless of which state or territory the adoption took place.

The Forced Adoption Support Service responds to the complexities of the trauma of loss for mothers and fathers; the sense of identity and connectedness for those who were adopted; and the impacts on family and partner relationships where an adoption reunion affects existing family dynamics.

An important part of this service is supporting family searches and reunion assistance. This is often publically viewed as an exciting time with positive outcomes; however, the reality is that this journey can be complex and traumatising for participants. During the search and reunion process those who are 'found' are offered support, which can assist in the development of positive relationships between the parties.

Another recommendation from the Senate Committee was to promote understanding of forced adoption practices to the broader community. This resulted in the National Archives of Australia developing the Forced Adoption History Project website and the organisation of an exhibition entitled 'Without Consent', which opened in March 2015. This exhibition will tour nationally. One of the most notable aspects of the exhibition are the nine video portraits of people impacted by Australia's past adoption practices.

Relationships Australia is pleased to deliver this long awaited service to those affected by former forced adoption policies and practices in Australia.

### References

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# Supporting Children Who Have Experienced Trauma

Trauma has a significant impact on healthy development in children and can create a risk of multigenerational problems. Children are at particular risk of trauma when there is a disruption in the caregiving relationship. Healthy relationships and brain development are highly dependent on our experiences with our caregivers during childhood and these connections lay the foundation for adult life.

Disruptions to the relationship between children and their caregivers resulting from parental separation, family violence and child abuse have a lasting, often life-long, impact. For children affected by such disruptions, establishing safety and developing trusting relationships is paramount.

Helping parents to focus on the developmental needs of their children during separation, rather than the conflict with their former partner, is a well-established service orientation for the post separation programs at Relationships Australia. These programs are designed to minimise the impact of family separation on children.

In different states however, more intensive programs for children who have experienced trauma resulting from family violence, child abuse and homelessness have also become a feature of Relationships Australia's programs.

## Together 4 Kids, South Australia

Relationships Australia South Australia's award-winning *Together 4 Kids* is a child focused specialist service for children aged under 12 years, funded through the National Affordable Housing Agreement.

*Together 4 Kids* offers tailored therapeutic support for children and parents who are homeless and/or escaping domestic violence to assist children to overcome trauma, regulate emotions and self-expression, and to support parents to become allies with these goals. Recent service evaluation after six months of participation shows significant improvements for *Together 4 Kids* clients across behaviour, connectedness and resilience.

## FAIR, Western Australia

In Western Australia, the Relationships Australia's *FAIR (Family Abuse Integrated Response)* program works with women and their children who have experienced family violence. The program aims to strengthen safety and foster recovery for mothers and their children by supporting community belonging, building self-esteem, and assisting families deal positively with painful emotions such as anger, fear and stress. This year the *FAIR* program has been particularly successful in promoting children's wellbeing and emotional security, as well as interrupting the intergenerational impacts of family violence.



## **Riverina – Murray Family Referral Service and Dhunlung Yarra Aboriginal Services Unit, Canberra and Region**

Similarly, Relationships Australia Canberra and Region deliver the NSW Government funded Riverina–Murray Family Referral Service that provides an assessment and referral service for families with children as part of a strategy to reduce child abuse and neglect. Priority for more intense service delivery is given to families in crisis due to domestic violence, child abuse and trauma, homelessness and poverty.

Relationships Australia Canberra and Region has also established the Dhunlung Yarra Aboriginal Services Unit, a team of Aboriginal counsellors and mediators delivering services to families in Aboriginal and Torres Strait Island communities affected by violence, poor mental health, unemployment and intergenerational trauma.

## **Supporting Children After Separation, Queensland and South Australia**

Relationships Australia Queensland and South Australia provide free counselling for children affected by separation through the *Supporting Children After Separation Program*.

This program is designed to support school age children recovering from parental conflict and family breakdown.

## **Reducing Childhood Trauma, Tasmania**

In Tasmania, Relationships Australia delivers the *Young Aboriginal Wellbeing Service* in collaboration with Cornerstone Youth Services. The service helps young Aboriginal Tasmanians who have experienced trauma using a holistic, harm-minimisation approach to case management support.

## **Parenting Orders Program, Queensland, New South Wales and South Australia**

The *Parenting Orders Program* is offered in Queensland, New South Wales and in South Australia's Riverland. The program is for parents who are experiencing ongoing and/or intensive conflict after separation. The *Parenting Orders Program* aims to furnish parents with the skills to give their children the optimum support, care and guidance they need as they adapt to separation, and find ways to cope with the parental conflict.



## Healing Our Children, Northern Territory

Relationships Australia

Northern Territory has established the *Healing Our Children* service on the Tiwi Islands and in Northeast Arnhem Land. This program is focused on preventing exposure to trauma in the first 1,000 days of children's lives. It draws on the tradition of narrative group therapy modalities and neurobiological perspectives of trauma and features the development of the talking tool kit *'It Takes A Forest to Raise a Tree'*.

The kit consists of the yarning mat, group facilitator manuals, picture cards, the 'Brain Story' resource and DVD.

Therapeutic counselling services had been available in these regions since 2009, however children referred to these services often returned to unsafe environments and continued to be exposed to trauma. Consequently, Relationships Australia Northern Territory began coordinating healing bush camps focused on the holistic – physical, mental, social and spiritual – health for all members of the family. The *Healing Our Children* program is an extension of this service and is delivered by local women trained as group facilitators and mentors in their own communities.



*An image interpretation of 'the brain' by Bernadette Mungatopi, a Tiwi artist in the Northern Territory*

The women use *'It Takes A Forest...'* tools to talk with vulnerable women who are at risk of exposure to violence. It helps mothers and grandmothers to share information about children's challenging behaviours and effectively interrupt these difficulties by strengthening family wellbeing. The program also focuses on preventing problems from escalating.

**The range of programs across Relationships Australia reflects the importance of strengthening children's wellbeing and reducing the impact of trauma.**

**Given the negative impact parental conflict and childhood trauma can have, it is imperative that we work with children and young people in ways that assist them to process and integrate their experiences, manage transitions and recover from their harmful experiences.**

These programs make an important contribution to a child's development of emotional literacy, self-expression, problem solving, conflict resolution and safety. It is an area of work of which we are particularly proud.

# Helping Survivors of Torture and Trauma

**The socio-political situations and events of this century have led to human rights violations on a massive scale. Torture, extrajudicial detention, mass killings, the destruction of homes and other forms of state sanctioned violence have been perpetrated by oppressive regimes to destroy both the mind and body of the individual and the communities in which they live. (Victorian Foundation for the Survivors of Torture, 1998)**

For many people from a refugee background, resettlement in Australia is a bittersweet experience, with the effects of their previous trauma continuing to impact on their ability to begin a new life. The experience of trauma is often reflected in a diminished capacity to trust others, a deep sense of betrayal and mistrust of authority. Trauma victims may suffer a shattered identity, as well as profound feelings of grief and loss.

## The Effect on Family Relationships

Settlement issues caused by the trauma experience and compounded by a lack of English proficiency often cause stress on family relationships. (Box et al, 2001) The trauma experience may also exacerbate the incidence of family and domestic violence.

A key part of the work of Relationships Australia is focused on early intervention and preventative strategies that build family relationship skills to help trauma survivors navigate through this serious problem (Bonar and Roberts, 2006).

This year Relationships Australia has provided refugee and humanitarian entrant support programs in Western Australia, New South Wales and the Northern Territory.

## A Partnership Approach

Partnerships between organisations have long been seen as an effective model to deliver needed services to culturally and linguistically diverse (CALD) communities. This approach has been adopted by Relationships Australia in different states and territories to effectively deliver services to refugees and to meet the specific needs of those who are survivors of torture and trauma.

## Strength to Strength, Western Australia

For the last ten years Relationships Australia Western Australia and the Association for Services to Torture and Trauma Survivors have worked together to deliver the *Strength to Strength* program to refugee families. Relationships Australia Western Australia has been responsible for providing education and skills training, especially in the area of parenting and specialist domestic violence responses. The Association for Services to Torture and Trauma Survivors has been responsible for providing information, referral services and trauma counselling. The services of interpreters have also been used where needed.

*Strength to Strength* counsellors at the Association for Services to Torture and Trauma Survivors in Western Australia apply intervention methods that may involve psycho-education on trauma symptoms and therapeutic sessions that include art and narrative therapy as well as strength and picture cards. Emphasis is placed on understanding the impact of trauma on individuals and families and a pathway to recovery.

Links are provided to other appropriate support services as required. This year *Strength to Strength* Western Australia has delivered individual counselling sessions to 68 clients and group sessions to 84 clients.

## Strength to Strength, New South Wales

Using a similar approach, *Strength to Strength* New South Wales provided culturally appropriate counselling and community support programs by working with organisations and community members with relevant expertise. The program incorporated a trauma-informed care model focusing on family issues, making sure that the welfare of children in the family is paramount. Additionally, effort was made to match bilingual/bicultural workers with refugee families to provide day to day support.

## The Adult Migrant Educational Program, Northern Territory

In Darwin, Relationships Australia Northern Territory works hand in hand with the Adult Migrant Educational Program to equip students from a refugee background with information

about available support services. Relationships Australia Northern Territory supports a CALD worker to visit the Adult Migrant Educational Program to provide information about family counselling, mediation and other relevant programs.

The CALD workers provide written materials in plain English, use drawings to provide a picture format of what counselling and mediation are about, and how to engage with these services. Professional interpreters are also available at no cost to the client.

## PEACE Multicultural Services, South Australia

The PEACE Multicultural Services at Relationships Australia South Australia work with the Survivors of Torture and Trauma Assistance and Rehabilitation Service to work with trauma and torture survivors using a strengths based approach to healing and recovery.

PEACE also provides professional development for Relationships Australia South Australia staff to support them in understanding cultural issues and providing frontline responses to CALD clients impacted by trauma.

This training promotes an understanding of the impact of trauma on individuals and communities and seeks to ensure these distresses are not confused with cultural identity or cultural behaviours.



## Parenting Between Cultures, Western Australia

For refugee families in a new culture, away from traditional supports and in the context of significant past and present challenges the need for support is great. (Victorian Foundation for the Survivors of Torture and the Horn of Africa Communities Network, 2007). *Parenting between Cultures* is a workshop that has proved effective in meeting this need at Relationships Australia Western Australia.

In a three hour session parents are guided on ways to keep their culture and assisted to acquire skills in setting boundaries for their children. This year Relationships Australia Western Australia has run *Parenting Between Cultures* in seven locations on ten occasions.

The success of services to survivors of torture and trauma lies in part in achieving and maintaining effective relationships with a broad range of services. This holistic approach to service provision ensures that the psychological, physical and social needs of people receiving assistance are fully addressed.

Individual, family and group approaches are complementary and are most effective when the worker is part of a service and community which upholds the rights of the individual to comprehensive care (Victorian Foundation for the Survivors of Torture, 1998).

Relationships Australia has focused on providing support to survivors of trauma and torture in a holistic and comprehensive way. The number of people attending the programs this year and their continued satisfaction with the services provided speak strongly of their longer term impact.

## References

Victorian Foundation for Survivors of Torture Inc. (VFST), 1998, *Rebuilding Shattered Lives*, viewed 14 August 2015 [http://www.foundationhouse.org.au/wp-content/uploads/2014/08/Rebuilding\\_Shattered\\_Lives\\_Complete.pdf](http://www.foundationhouse.org.au/wp-content/uploads/2014/08/Rebuilding_Shattered_Lives_Complete.pdf)

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## Parenting Between Cultures –

### *feedback from an Iranian mum*

“Since we came to Australia, my daughter felt that children do not have any boundaries. Of course we heard that my daughter was taught in school that if you feel aggressive behaviour at home to call the child support organisations – and she knows the contact numbers!

I had totally lost hope and turned into a passive marshmallow mum for about a year. After our workshop I felt more confident, I started to set essential boundaries and work with my daughter. We saw positive results very soon.

My daughter’s reaction was funny. She was shocked that her mum was setting limits and asked where I had learned this? She specifically asked if I had learnt about it at the workshop. I proudly said YES! She tried to argue and trap me but eventually learnt that I am focusing on committing to our family rules and culture and how to be helpful to others.

She is now trying to keep her room cleaner, mop the floor on weekends and hug me and kiss me!!! We still have a long way to go and I hope I could learn more through workshops or classes with you in the future.”



# Conferences, Presentations and Publications

## International Conferences

Chowdury, R (RANSW)

*Parentification: challenges from within*, Culture shock impacting family traditions, World Family Therapy Congress, Kuala Lumpur, Malaysia, March 2015.

Faulkner, A (RACR) *Problem Solving for Kids: A School Based Intervention Model to Address Children's Experiences of Trauma*. International Symposium on Evidence in Global Mental Health, Kochi, India, January 2015.

Gray, R, Calder-Hickey, S and Bishop, L (RANSW) *Referral pathways for vulnerable families: court based models in Australia*, American Family and Conciliatory Courts 52nd Annual Conference, New Orleans, US, May 2014.

Hewlett, B (RANSW)  
*How engagement can help your client relinquish the need to be right*, Family Mediators Association, London, UK, September 2014.

## National conferences, seminars and presentations

Anderson, A, Iqbal, A, Codrington R, Guy, M, Lyons, A, Power L, Strasser, Y and Young, J (RANSW) *Establishing a relational frame when adolescents are presented as "the problem" in therapy*, Australian Family Therapy Conference, Sydney, October 2014.

Aspin, S (RAWA) *Workshop: Mindfulness in Relationships*, Marriage and Relationship Educators Association of Australia (MAREAA) Conference, Adelaide, November 2014.

Bendit, J, Battle, C and Gray, R (RANSW) *The challenges and opportunities for group practitioners of Kids in Care: a group for parents whose children have been formally removed*, Association of Children's Welfare Agencies Conference: Children in a changing world – challenges for families and communities, Sydney, August 2014.

Bennet, D and Jones, C (RAQ)  
*Abstract – presentation on Aboriginal and Torres Strait Islander peoples*, Child inclusive Practice Forum, May 2015.

Bickerdike, A, Curran, S and Corvan, J (RAV) *Court Ordered Lawyer-Assisted Property Mediation and Conciliation*, 13th Australian Institute of Family Studies Conference, Melbourne, July 2014.

Bold, L (RASA) *Youth Project Risk and Resilience*, RASA Hindmarsh for Gay Men's Health South Australia (GMHSA), November 2014.

Bold, L (RASA) *Tune Up Shorts for Boyz*, RASA Hindmarsh for Gay Men's Health South Australia (GMHSA), May 2015.

Bold, L (RASA) *Challenging Homophobia and Transphobia*, RASA Hindmarsh for Gay Men's Health South Australia (GMHSA), May 2015.

- Bold, L (RASA) *Challenging Homophobia and Transphobia*, Hepatitis SA for Gay Men's Health South Australia (GMHSA), May 2015.
- Broady, T, Gray, R, Gaffney, I and Lewis, P (RANSW) *'I miss my little one a lot': How father love motivates change in men who use violence*, FRSA Annual Conference, Adelaide, November 2014.
- Broady, T, Gray, R, Gaffney, I and Lewis, P (RANSW) *Harnessing a father's love to support parenting amongst men who have used violence*, Association of Children's Welfare Agencies Conference: Children in a changing world – challenges for families and communities, Sydney, 2014
- Campbell, G. and Thomson, M (RAQ) *The Family Relationship Advice Line*, Presentation to the Family Law Council, June 2015.
- Chowdhury, R (RANSW) *Parentification: asset or liability in family systems account*, FRSA Annual Conference, Adelaide, November 2014.
- Chowdhury, R (RANSW) *Parentification In refugee families*, 35th Australian Family Therapy Conference, Sydney, October 2014.
- Donnelly R and Dunlop, D (RANT) with Palamountain, L and Wood, L (DCF) *Therapeutic Services for children in OOHC – A local care team approach*, NT COSS Conference: Tough Times, Hard Decisions, Strong Sector, June 2015.
- Dorsey, N (RANSW) *Building healthy relationships*, Marriage Celebrants Association biennial conference, Sydney, June 2015.
- Elkington, L (RANSW) *When is it safe for children to have a voice? Selling Child Inclusive Practice to Family Dispute Resolution Practitioners and parents*, Child Inclusive Practice Forum, Brisbane, May 2015.
- Elkington, L (RANSW) *A combined child consultant: coach role in interdisciplinary collaborative practice*, Child Inclusive Practice Forum, Brisbane, May 2015.
- Elston, J and Edwards, U (RAQ) *How can gambling issues be integrated with financial literacy education? A case study from Logan*, National Association of Gambling Studies 24th Annual Conference, November 2014.
- Elvery, S (RANSW) *Relationships Australia NSW Men's Behaviour Change Program Taking Responsibility, a course for men*, Ending Domestic Violence Conference, Sydney, June 2015.
- Erofeyeff, M, Yates, K and Gray, R (RANSW) *Cross agency collaboration to enhance services for families and children: an Australian qualitative interview study*, Association of Children's Welfare Agencies Conference: Children in a changing world – challenges for families and communities, Sydney, August 2014.
- Farnell, A (RAV) *From child-inclusion to child-informed FDR – Rationale and practice challenges*, National Mediation Conference 2014, Melbourne, September 2014.
- Feo, R, and Willmott, J (RASA) *Cultural Fitness: Evaluating the Effectiveness of an Indigenous Cultural Training Program for non-Indigenous Workers*, Family and Relationship Services Australia Wellbeing for Children, Families and Communities Conference, Adelaide, Australia, November, 2014.
- Gay Men's Health South Australia (RASA) *Hepatitis B workshop*, RASA Hindmarsh, February 2015.
- Gay Men's Health South Australia (RASA) *Asian Boyz Arvo workshop*, RASA Hindmarsh, April 2015.
- Gay Men's Health South Australia (RASA) *Getting it to Zero*, Post AIDS 2014 Forum at Shine SA, Adelaide, December 2014.

Grant, J (RAV) *Ethical issues in Family Dispute Resolution Practice*, ADR Ethics Symposium for ADR Practitioners, Melbourne, June 2015.

Grant, J (RAV) *Mediating in the Family Context*, La Trobe School of Law, Melbourne, April 2015.

Grant, J (RAV) *Family Dispute Resolution*, Melbourne University School of Law, Melbourne, August 2014.

Gray, R, Lass, D, Bishop, L and Calder-Hickey, S (RANSW) *Improving referral pathways for vulnerable families: an exploration of outcomes in a study of urban and regional courts in NSW*, 13th Australian Institute of Family Studies Conference: Families in a Changing World, Melbourne, July 2014.

Gray, R, Broady, T, Gaffney, I and Lewis, P (RANSW) *Poster: What women think of men who attend domestic violence programs*, 13th Australian Institute of Family Studies Conference: Families in a Changing World, Melbourne, July 2014.

Halley, J and Rosenberg, L (RAV) *Couple counselling: How to assess the need for couple counselling and when to refer*, The Rabbinical Council of Victoria, Melbourne, July 2014.

Hambledon, R, Lee, J, Feo, R and Udakumbura, S (RASA) *Risky alcohol and drug use predicts impulse control difficulties for problem gamblers entering community-based treatment*, South Australian Network of Drug and Alcohol Services Conference, South Australia, October 2014.

Hewlett, B (RANSW) *Offering my credentials to the amygdala to get permission to speak to the relational brain*, Child Trauma Conference, Melbourne, August 2014.

Hewlett, B (RANSW) *An example of therapeutic post separation family mediation*, Australia Dispute Resolution Association Professional Development Event, Sydney, October 2014.

Hewlett, B (RANSW) *An example of therapeutic post separation family mediation*, National Mediation Conference, Melbourne, September 2014.

Hewlett, B (RANSW) *How engagement can help your client relinquish the need to be right*, FRSA Annual Conference, Adelaide, November 2014.

Hewlett, B (RANSW) *Cases of children/parents who suicide through family law difficulties*, DR and Psychology Interest Group's first International conference and 2nd biennial conference: Is suicide preventable? Different perspectives, Sydney, November 2014.

Hewlett, B (RANSW) *How engagement can help your client relinquish the need to be right*, Australia New Zealand Association of Psychiatry, Psychology and Law Conference, Sydney, November 2014.

Hewlett, B (RANSW) *Practice demonstrations: parent interview; child interview; feedback to parents; after the feedback; in conversation*, Child Inclusive Practice Forum, Brisbane, May 2015.

Holmes, C, Golden-Brown, J, Murphy, L and Gray, R (RANSW) *Evidence for the social impact of targeted support services: meaningful community collaboration in the Cullunghutti Aboriginal Child and Family Centre, Nowra, NSW*, FRSA Annual Conference, Adelaide, November 2014.



- Johnston, M, Gray, R, Koch, C, Stowe, R, Robinson–Cast, A and Zilibowitz, M (RANSW). *Poster presentation: Parent–child bonding through non–directive play: professional experiences when facilitating a group for parents of young children, in a post separation service*, Association of Children’s Welfare Agencies Conference: Children in a changing world – challenges for families and communities, Sydney, August 2014.
- Jones, S (RATAS) *A collaborative approach to LGBTI suicide prevention in Tasmania*, TasCOSS Conference, Hobart, November 2014.
- Lee, J (RASA) *Ten ways to make a difference to children when parents separate*, Australian Psychologists and Counsellors in Schools, Adelaide, May 2015.
- Lee, J (RASA) *Mental Health Screening in Family Law – Who, Why, What and Now What?* The South Australian Family Law Pathways 2015 Annual Forum, Adelaide, May 2015.
- Lee, J (RASA) *Parent and child psychological distress after separation in a community mediation agency*, Counselling College of the Australian Psychological Society, Melbourne, February 2015.
- Lee, J and Udakumbura, S (RASA) *My Penelope wish list: Perceived benefits and unmet needs among Penelope end–users*, Penelope Excellence User Group Conference, Adelaide, November 2014.
- Lee, J (RASA) *How Penelope can be used to support, evaluate and improve service practice*, Penelope Excellence User Group Conference, Adelaide, November 2014.
- Lee, J (RASA) *The Developmental Advisory Service: ‘Nudging’ stuck mediation clients through brief targeted psycho–education*, Family Relationships Services Australia Conference, Adelaide, November 2014.
- Lee, J (RASA) *A study of universal screening for emerging child and parent mental health problems in mediation clients*, Australian Institute of Family Studies Conference, Melbourne, July 2014.
- Lockwood, D (RASA) *It’s not Rocket Science, But It is Brain Development: A Review of the First Touch Infant massage Program embedded in a Community Development Setting*, The Australian Association Infant Mental Health 2014 Conference’ 2nd – 4th October Infancy in Crisis – Rupture and Repair Queensland University of Technology, Brisbane, 2014.
- Lockwood, D (RASA) *Collaborating Across Sectors – Creative Interventions for children experiencing Domestic and Family Violence*, Kids Thrive and Relationships Australia (SA) Interactive Workshop
- Lockwood, D (RASA) FRSA Conference Melbourne – Families Australia and the Australian Government Department of Social Services at The 3rd Annual Child Aware Approaches Conference, Melbourne, May 2015.
- Logue, W (RASA) *Nothing about Us without Us*, AIDS 2014 Conference, Melbourne, July 2014.
- Logue, W (RASA) *HIV and PEP*, Royal Adelaide Hospital, Adelaide, February 2015.
- Logue, W (RASA) *IDAHoT Workshops*, RASA Hindmarsh, May 2015.
- Logue, W and Williams, E (RASA) *Tune up – HIV and STI Prevention Workshops*, RASA Hindmarsh, April–May 2015.
- Malone, E (RAQ) *RAQ Gambling Help Service Model of Service (MOS) Redesign: Why? How? What?* National Association of Gambling Studies 24th Annual Conference, November 2014.

- Mann, Sue (RASA) *Shaping and negotiating supervision in an organisational context*, Workshop hosted by Clifton Centre and Bouverie Centre, Melbourne for counselling supervisors, October 2014.
- McDonald, E (RAV) *My parents aren't together anymore: promoting emotional and relationship health for young women*, AusMed – Teenage Girls – Promoting Health, Melbourne, May 2015.
- McDonald, E (RAV) *I like you, I like you: A Healthy Intimate Relationships Program for Schools*, Marriage and Relationships Education of Australia Conference FRSA, Adelaide, November 2014.
- McQuin, H (RANSW) *CIP in the context of others interventions: a collaborative approach*, Child Inclusive Practice Forum, Brisbane, May 2015.
- Murray, J, and Petch, J (RAQ) *Demonstrating our effectiveness: Policy and practice changes that support the implementation of collecting counselling effectiveness data in routine practice*, Family and Relationships Services Australia Conference, Adelaide, 2014.
- Mwathi, E (RAWA) *The Cultures of Men and Women in Nonverbal Communication and Conflict Resolution*, MAREAA Conference, Adelaide, November 2014.
- Nugent, W (RANSW) *Episodic family dispute resolution: utilizing conflict to change behaviour and improve outcomes*, National Mediation Conference, Melbourne, September 2014.
- Oudih, E (RASA) *The South Australian African Communities health advisory Committee (SAACHAC) is making a difference*, Facilitated workshop at The 20th International AIDS Conference Melbourne, July 2014.
- Oudih, E (RASA) *Addressing HIV in CALD communities in SA: Planning and Actions beyond the health sector*, The 9th Australasian Viral Hepatitis Conference 2014, Alice Springs, September 2014.
- Oudih, E (RASA) *Cultural lenses – Pathways to care from prevention to treatment*, The 9th Australasian Viral Hepatitis Conference 2014, Alice Springs, September 2014.
- Oudih, E (RASA) *Know your Hepatitis B Status Campaign*, The 9th Australasian Viral Hepatitis Conference 2014, Alice Springs, September 2014.
- PEACE Multicultural Services (RASA) *Workforce development seminar for service providers across the health and welfare sector on how to work effectively with clients of African heritage*, November 2014.
- PEACE Multicultural Services (RASA) *One day workshop No fear – a different perspective on stigma and discrimination* February 2015.
- Petch, J, Tometzki, H, Turner, W, and Halford, K (RAQ) *The effectiveness of a community-based gambling help service on gambling severity, psychological and relational outcomes*, Australian Psychological Society Conference, Tasmania, 2014.
- Petch, J, Tometzki, H, Turner, W, and Halford, K (RAQ) *The effectiveness of a community-based gambling help service on gambling severity, psychological and relational outcomes*, National Association of Gambling Studies Conference, Brisbane, 2014.
- Pezzutto, B (RAV) *Far Out – Reaching remote and rural communities in Gippsland*, Cross Sector Collaboration Conference, Melbourne Victoria, August 2014.
- Rae, N and Thomson, M (RAQ) *Online Family Dispute Resolution*, Presentation to The National Legal Aid Dispute Resolution Working Group, October 2014.

Ralfs, C (RASA) *Whole Family, Universal Risk Screening: New Evidence, New Tools, New Possibilities*, Association of Family and Conciliation Courts, 51st Annual Conference, Navigating the Waters of Shared Parenting: Guidance from the Harbour, Toronto, May 2014.

Robertson, M and Hibberd, S (RATAS) *The self-determining adolescent: breakdowns in the relationship with a parent*, Child Inclusive Practice Conference, Brisbane, May 2015.

Rose, T (RANSW) *'Be careful with those assumptions': adapting CIP to meet the needs of culturally diverse families*, Child Inclusive Practice Forum, Brisbane, May 2015.

Shaw, E and Szarski, L (RAV) *The Language of Children*, National Mediation Conference 2014, Melbourne, September 2014.

Sheehan, M and McDonald, F (RAWA) *Addressing meta-emotions and family of origin when teaching emotionally competent parenting*, FRSA Conference 2014 – Wellbeing for Children, Families and Communities: Future Policy, Programs and Practice, Adelaide, 2014

Stern, F (RAV) *My anxieties have anxieties – Dealing with mental illness in mediation*, National Mediation Conference 2014, Melbourne, September 2014.

Stott, J (RASA) in partnership with The Walking on Eggshells Project, *Child and Adolescent Violence in the Family*, Australian Institute of Family Studies National Conference, Melbourne, August 2014.

Stott, J (RASA) Facilitator with The Walking On Eggshells Project at Train the Trainer sessions–Step Up for SA, parent and adolescent therapeutic group; Dec 2014; and July 2015.

Sullivan, B (RANT) *Working with Men*, Northern Territory Community Legal Education Professional Development Workshop, May 2015.

Vosper, A and Allan, D (Interrelate) (RANSW) *Getting it together: working with relationships in the treatment of complex trauma*, 35th Australian Family Therapy Conference, Sydney, October 2014.

Warrener, D (RATAS) *Best Practices for Working with Aboriginal Clients in Social Work*, AASW State Conference, Tasmania, September 2014.

Wilson, K, Greenwood, E, Hawke, G and Dunlop, D (RANT) *Holding Children Together A program for children impacted by complex trauma and their families*. Australian Childhood Foundation International Childhood Trauma Conference, August 2014.

## Publications

Battle, C, Bendit, J, and Gray, R (RANSW) *Groupwork for parents whose children are in care: challenges and opportunities*, Australia New Zealand Journal Family Therapy, Volume 35, Number 1, pp. 327–340, 2014.

Broadly, T, Gray, R, Gaffney, I and Lewis, P (RANSW) *"I miss my little one a lot" How father love motivates change in men who use violence*, Child Abuse Review, March 2015.

Cleak, H, Schofield, M and Bickerdike, A (RAV) *Efficacy of family mediation and the role of family violence: study protocol*, BMC Public Health, Volume 14, Number 57, 2014.

Crews, D (RANSW) *Creating the next wave of family therapy*, Australia New Zealand Journal Family Therapy, Volume 35, Number 3, pp. 310–326, 2014.

Gray, R, Broadly, T, Gaffney, I and Lewis, P (RANSW) *"I'm working towards getting back together": client accounts of motivation related to relationship status in man's behaviour change programmes*, Child Abuse Review, July 2014.

Halford, KW, Petch, J, and Creedy, D (RAQ) *Clinical Guide to Helping New Parents: The Couple CARE Parents Program*, Springer: New York.

Halford, K W, Pepping, C A, and Petch, J (RAQ) *The Gap between Couple Therapy Research Efficacy and Practice Effectiveness*. Journal of Marital and Family Therapy, 2014

Lee, J (RASA) *Questions and answers about the faceted analysis of criminal actions*, In Youngs, D. (Ed.) *Behavioural Analysis of Crime: Studies in David Canter's Investigative Psychology*. Farnham, UK: Ashgate, 2013

Lee, J (RASA) *Nudging "stuck" parents in mediation with the Developmental Advisory Service*, Australian Institute of Family Studies Child Family Community Australia website, published February 5th, 2015.

Lee, J (RASA) *Screening for mental health risks during mediation in separated families*, Australian Institute of Family Studies Child Family Community Australia website, published February 15th, 2014.

Lee, J, Lockwood, D and Feo, R (RASA) *Measuring Our Outcomes by Measuring Kids' Outcomes with PACES: How SA's Together 4 Kids program measures its accountability to its clients – kids aged 0 to 12*, Parity, Volume 27, Number 7, pp. 42–44, 2014.

Petch, J (RAQ), Lee, J, Huntingdon, B, and Murray, J (RASA) *Couple Counselling Outcomes in an Australian Not for Profit: Evidence for the Effectiveness of Couple Counselling Conducted Within Routine Practice*, Australian and New Zealand Journal of Family Therapy, Volume 35, pp. 445–461, 2014

Petch, J, Murray, J, Bickerdike, A and Lewis P (RAV) *Psychological distress among clients seeking counselling and mediation services*, Australian Psychologist, Volume 49, Number 1, pp 28–36, 2014.

Power, J, Brown, R, Schofield, M, Pitts, M, McNair, R, Perlesz, A and Bickerdike, A (RAV) *Social connectedness among lesbian, gay, bisexual and transgender parents living in metropolitan and regional/rural areas of Australia and New Zealand*, Journal of Community Psychology, Volume 42, Number 7, pp 869–889, 2014.

Schofield, M J, Mumford, N, Jurkovic, I, Jurkovic, D, Chan, S P and Bickerdike, A (RAV) *Understanding profiles of couples attending community-based couple counselling and relationship education services*, Journal of Couple and Relationship Therapy, Volume 14, pp 64–90, 2015.

Stott, J (RASA) *Putting Evidence into Practice*, Onkaparinga Collaborative Approach quarterly newsletter, February 2014.

Together 4 Kids (RASA) *The Cha Cha Sam CD and Workbook – Grows a Little – Songs to Nurture Optimism* [http://www.rasa.org.au/wp-content/uploads/2013/06/CHA-CHAManual\\_FINAL\\_WEB.pdf](http://www.rasa.org.au/wp-content/uploads/2013/06/CHA-CHAManual_FINAL_WEB.pdf)

Vonn Doussa, H, Power, J, Brown, R, Schofield, M J, Pitts M, McNair, R, Perlesz, A and Bickerdike, A (RAV) *Building healthcare workers confidence to work with same-sex parented families*, Health Promotion International, pp 1–11, 2015.

## Webinars

Oudih, E (RASA) *The cultural context of Hepatitis presented at the CASHM national webinar* Adelaide, March 2014.

## Film

PEACE (RASA) *Left Out*, June 2015.

RANT *Choices – Another Day, Another Choice to Make* (The dangers of rock throwing), Nov 2014.

## Peer-reviewed journals

Petch, J, Murray J, Bickerdike, A and Lewis, P (RAQ) Psychological distress among clients seeking counselling and mediation services. *Australian Psychologies*, Volume 49, Number 1, pp. 28–36, 2014.

## Books/Book Chapters:

Gaffney, I (RANSW) Domestic Violence, in O'Sullivan, K, King, A and Nove, T (Eds.) *Groupwork in Australia*, Institute of Groupleaders, Sydney, Australia, 2015 .

Halford, W.K, Petch, J and Bate, K (RAQ) Chapter 13 Empirically-Based Couple Relationship Education, in E.Lawrence and K. Sullivan (Eds.) *Relationship Service and Couple Interventions in the 21st Century*, Erika Lawrence and Keiran Sullivan (Eds.) New York: Oxford University Press, 2014.

Perlesz, A and Shafer, M (Illustrator) (RAV) *Cassie the upside down koala*, Melbourne: Good Ships, Relationships Australia Victoria, 2015.

Stott, J (RASA) Publications in partnership with The Walking on Eggshells Project, *The Walking on Eggshells, Child and Adolescent Violence in the Family resource book*, 3rd edition, November 2014.

Stott, J (RASA) *The Walking on Eggshells, Child and Adolescent Violence in the Family professional development manual*, 2nd edition, November 2014.

## Forums

Herbig, J (RASA) Facilitator representing the National Steering Committee and Clinical Steering Committee, *Child Inclusive Practice Forum*, Brisbane 2015.

PEACE Multicultural Services (RASA) participated and presented two papers at the Post AIDS 2014 conference Forum organised by SHine SA in collaboration with SA Health and RASA.

## Acronyms

### RANSW

Relationships Australia New South Wales

### RACR

Relationships Australia Canberra and Region

### RAWA

Relationships Australia Western Australia

### RAQ

Relationships Australia Queensland

### RAV

Relationships Australia Victoria

### RASA

Relationships Australia South Australia

### RANT

Relationships Australia Northern Territory

### RATAS

Relationships Australia Tasmania

### DSS

Department of Social Services



# Head Office and Board Details



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Chris Bertinshaw

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Rosemary Kelada (from May 2015)

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Ella Dixon

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David Dilger

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Daryl Lohrey

John Groom (until February 2015)

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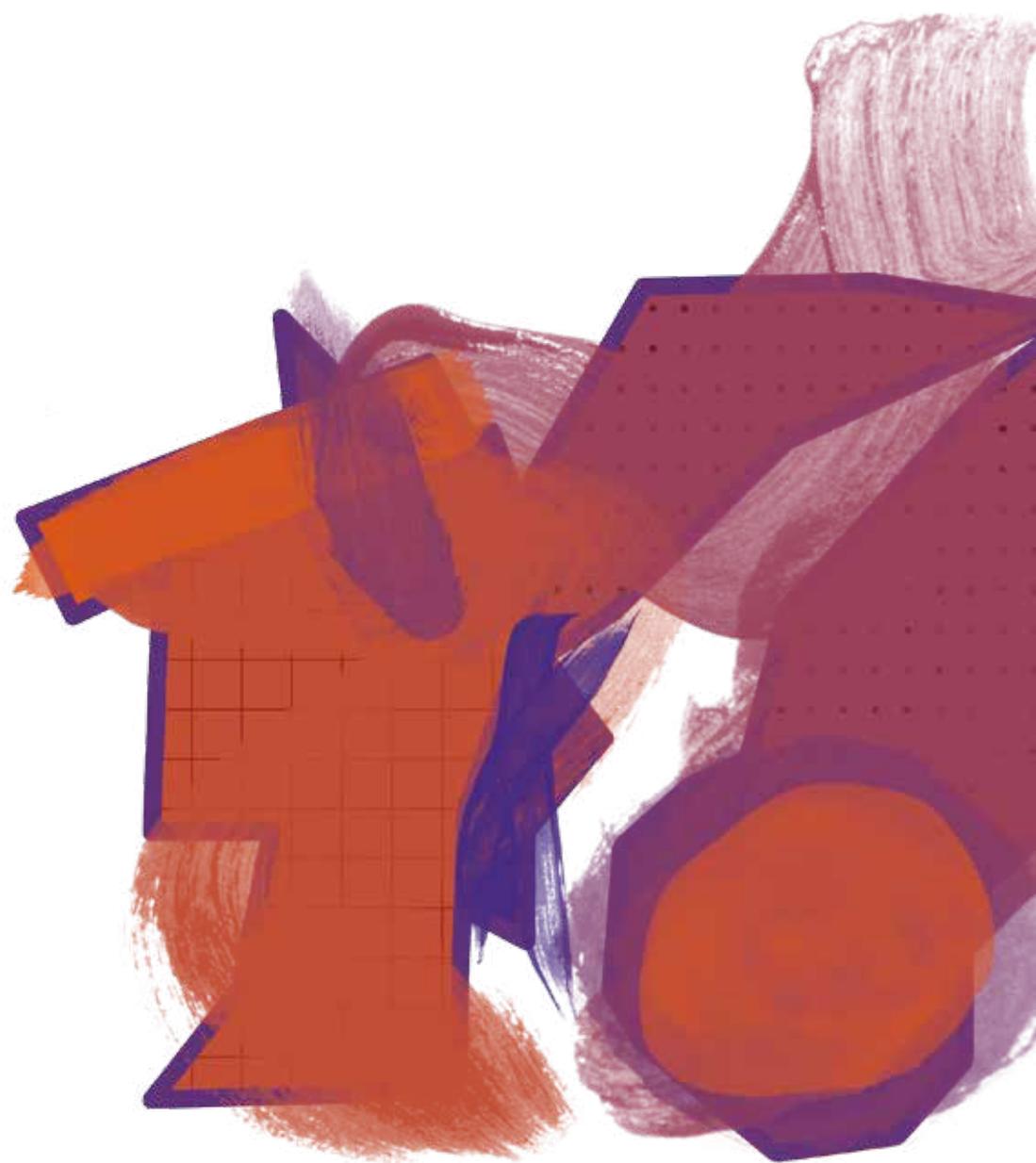
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