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Acting, writing and speaking on behalf of people with disability ...not instead of!

ABN 83 685 183 540

NEWSLETTER

APRIL 2017

LATEST NEWS

Minds Aligned - Good afternoon, I hope that this message finds you and your family safe and faring ok after the events of last week. With so much loss and devastation across an enormous area of Queensland and N New South Wales, life seems far from normal and it can be a struggle to get back on our feet and focus on things even if you came through relatively unscathed.

Our heartfelt thoughts are with all those doing it tough at the moment and, **if you or anyone you know needs some extra psychological support** at this time, please consider passing on the following numbers:

- Lifeline on 13 11 14
- Kids Helpline on 1800 551 800
- MensLine Australia on 1300 789 978
- Suicide Call Back Service on 1300 659 467
- Beyond Blue on 1300 22 46 36
- Headspace on 1800 650 890

Find the Mackay region list of suicide prevention resources at www.grapevinegroup.org.au

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Cyclone Recovery
- What to do
- For Parents & Care Givers

LATEST NEWS

Minds Aligned

TIPS

Longer Lasting Mould Removal

TIPS

For Saving Time & Longer Lasting Results instead of Gerning. These are a few products that are on the market at the moment.



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ADVOCACY INTAKE

Waiting Time

Please be advised that due to limited resources and Increased demand, our waiting list is now approx. 4 – 6 weeks unless it is an emergency of being @ Risk, Neglect or Exploitation. We apologise for any inconvenience but this is beyond our control.

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ADVOCACY

APPOINTMENTS

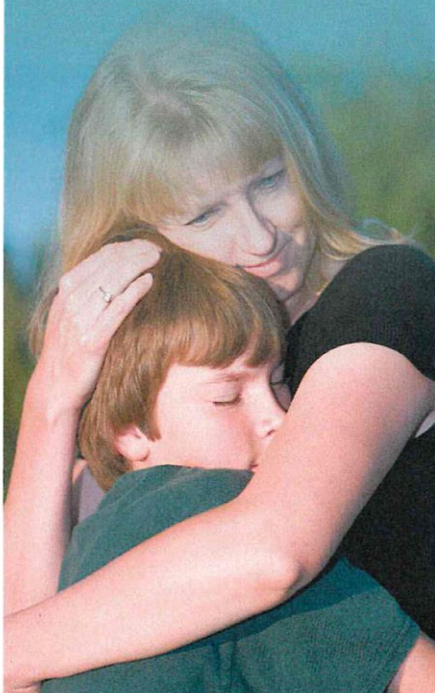
We also wish to advise (whether a current client or not) that appointments will only be taken by pre-arrangement.

Helping children

Cyclones | Recovery

Looking after children who have been affected by cyclones

Hundreds and sometimes thousands of people every year are affected by cyclones around Australia. A large number of these are children who may have suffered major disruption, losses, or lived through frightening experiences. Many other children have been affected indirectly, through hearing about the cyclone or knowing someone who has lost their home. These can all be challenging experiences for children.



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Guidelines for parents and caregivers

Impact of trauma on children

People cope with trauma in different ways and there is no one standard pattern of reaction to the stress of traumatic experiences. Children are not always able to express complex feelings in the same direct way that adults do and therefore do not often show the same reactions to stress as adults. It is therefore very important to look out for changes in children's behaviour that suggest they are unsettled or distressed.

Reactions to cyclones may result in changes to children's normal behaviour such as:

- Changes in their play, drawing, dreams or spontaneous conversations
- Regressive behaviour – children behaving younger than they normally do
- Nightmares
- Anxiety about sleeping alone
- Trouble getting to sleep
- Irritability or anger
- Tantrums
- Fussy eating
- Withdrawing
- Wanting to stay close to a parent
- Problems concentrating at school

Children are usually very resilient and for most children these reactions will gradually reduce over time with the support of families.

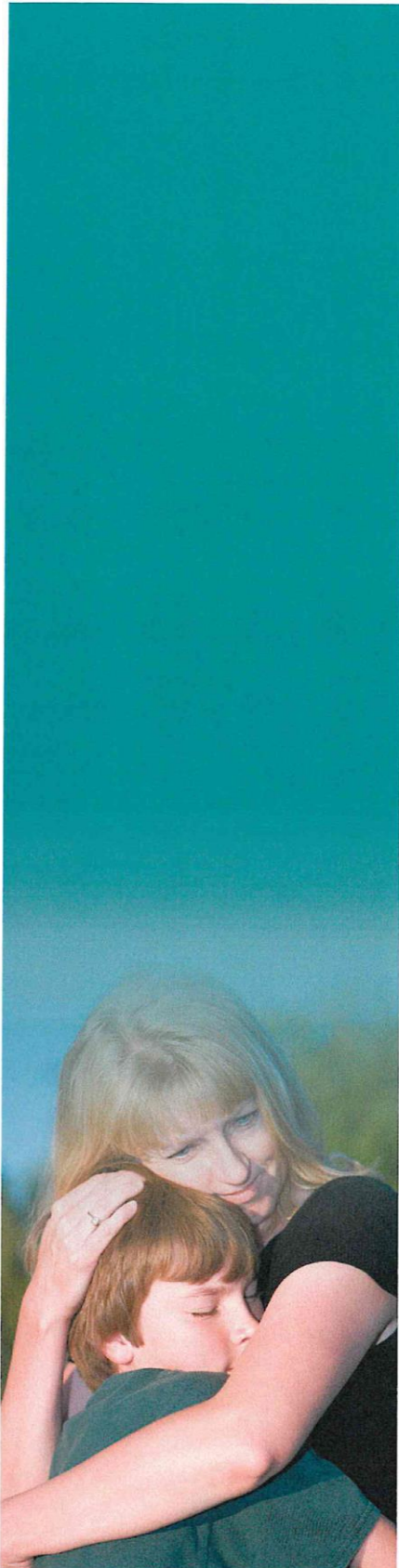
How you can help your children recover

After a traumatic event, children need comfort, reassurance and support, and to know that they are safe and are being looked after. Try to spend more time with your children and provide them with plenty of affection through cuddles and hugs. Sometimes children can better express their feelings through play than through words, so make time to play with them. Let them be more dependent on you for a while and try to re-establish daily routines, for example routines around mealtimes, bedtimes or returning to school where possible.

Find out what your children know in case they have mistaken ideas or facts about the cyclone, and correct any misconceptions. Keep your responses appropriate to the age of your child and also appropriate to the child's level of understanding and emotional maturity. Young children often need reassurance more than facts.

Listen to your children's concerns. Listen closely to what they are asking or saying, and think about whether they are looking for factual information, or if the questions are expressing anxiety about the cyclone. Try to keep your own feelings to yourself when talking about their feelings. Let them know that you understand how they feel.

Monitor how much your children are being exposed to media stories of the cyclone. Children can become re-traumatised by watching repeated images on the television, and it is best to shield them from the media.



Be aware of how you talk. Adults need to be conscious of the presence of children when discussing the cyclone. It is a good idea not to let children overhear adult conversations about worrying things if they cannot join in at their own age or stage of development.

And most importantly, look after yourself as it is likely that you have also been distressed by the experience of the cyclone. When parents are feeling cared for themselves, they are better able to respond to the needs of their children.

Seeking further help

While most children will bounce back after a traumatic event, some children may show prolonged distress and could benefit from professional assistance. Children who are at risk of developing more lasting problems are those who have experienced significant disruption and losses, and those who have previously developed problems in response to other traumas.

Warning signs of more significant and lasting distress in children include:

- Continual and aggressive emotional outbursts
- Serious problems at school
- Preoccupation with the cyclone
- Intense anxiety or emotional difficulties

A qualified mental health professional such as a psychologist can help such children and their parents or caregivers to understand and deal with any thoughts, feelings and behaviours associated with the cyclone.

Speak to your GP about a referral to a psychologist or phone the APS Find a Psychologist service on **1800 333 497**. Alternatively, you can locate a psychologist in your area by visiting the APS Find a Psychologist website – www.findapsychologist.org.au.

For more information about the APS disaster recovery resources please visit psychology.org.au/topics/disasters/



2017

With memories of the devastation from Cyclone Debbie
still fresh in our minds, we hope that this Easter has
brought New Hope, Renewal, Reflection and Rejuvenation
to you and your families at this special time.

HAPPY EASTER

Nina, Tamara, Karen & Pauline