

## Who is eligible to attend?

- **Foster and kinship carers** with children or young people in their care **long term**. **Guardians** and **adoptive parents** are also welcome to attend.
- Carers can be from any area in Sydney (not just WSLHD) and **do not** require a caseworker.
- This is NOT a one-off workshop; it is a cohesive treatment program for carers dealing with behavioural and emotional difficulties and particularly placements at risk of breakdown. It is not purely training and education.
- It requires ongoing attendance, preferably by both carers in the home, for most of the sessions as sessions build on each other.



## What does it cost?

The course is **free** and morning tea is provided. Please let us know if you require child care and we will do our best to assist if possible.

## Where are we?

The Alternate Care Clinic is located at Redbank House, Westmead Hospital Precinct. We are located at the back of the hospital on Dragonfly Drive (off Mons Rd). We are a 20-30 minute walk (1.2 km) down Darcy Rd from Westmead train station.



Parking is available in front of Redbank House in **P7 visitor carpark**. Carers attending the group are eligible for concessional parking rates (3hrs free then a flat fee). Please see reception for a permit on arrival.

## Who to contact?

E-mail us or call and ask to speak to an ACC team member about attending the RPP group.

Telephone: (02) 8890 6577

Fax: (02) 8890 9893

E-mail: [WSLHD-AlternateCareClinic@health.nsw.gov.au](mailto:WSLHD-AlternateCareClinic@health.nsw.gov.au)



**Health**  
Western Sydney  
Local Health District

# REPARATIVE PARENTING PROGRAM



**A GROUP FOR FOSTER/ KINSHIP CARERS, GUARDIANS & ADOPTIVE PARENTS**



**Alternate Care Clinic**  
*Therapeutic support for kids in care*

### Who are we?

The Alternate Care Clinic (ACC) is a specialist child and adolescent mental health clinic located within Western Sydney Local Health District (WSLHD). Established in 2001, the ACC was the first mental health clinic in NSW to work exclusively with children and young people in Out Of Home Care (OOHC). We have a particular focus on children and young people with high and complex needs presenting with extreme levels of behavioural, emotional and relational difficulties.



### What is the ACC Reparative Parenting Program?

This is a unique program written by the ACC's multi-disciplinary team. It distils the clinical experience of working with the most high-needs OOHC children and young people in Western Sydney for over a decade. It is made up of concepts and strategies from a wide variety of sources, as well as original material and is run by the clinicians of the ACC.

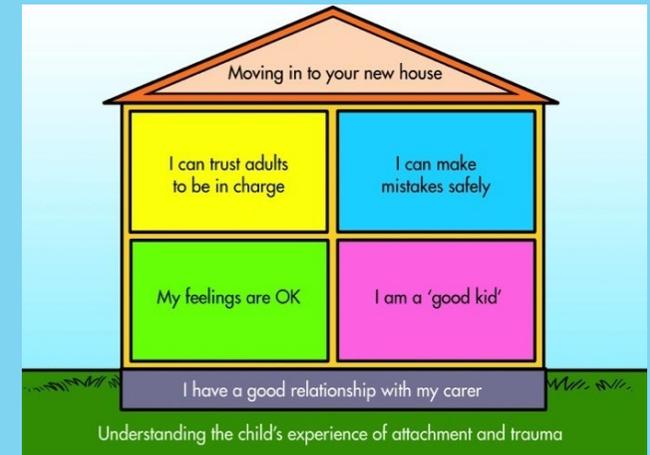
It is an attachment-based program that seeks to help carers provide the children and young people in their care with reparative parenting experiences that will help them heal from the trauma and neglect they have experienced.

It aims to increase the understanding, skills and resources of carers in order to strengthen placements. Placement stability is associated with a range of positive mental health, behavioural and educational outcomes for children and young people in care.

Unlike one-off workshops, this program aims to help carers bridge the gap between learning the theory /knowledge and putting things into practice in their homes. Training is run over a number of months to allow time to absorb the new information and strategies. Practical homework exercises along with **coaching phone calls** between sessions support carers to try out strategies and adapt the material to fit them and the children/ young people in their care.

### What is the structure of the program?

The program consists of 9 sessions with one follow-up session 6-8 weeks later. Sessions are fortnightly during school term, with groups starting in Term 1 and Term 3.



The program sessions are designed around building a **house of therapeutic care** and will include:

- Understanding the impact of trauma and attachment difficulties on behaviour.
- Strengthening the carer-child relationship foundation through skills such as “special play” and emotion coaching.
- Helping build self esteem and manage strong emotions.
- Developing safety plans and plans to look after carers.
- Problem solve techniques and strategies to optimise compliance.
- Using limits to manage anxiety.