The Parent Leadership Training Institute Brisbane

Graduates of 2016

Acknowledgement of Country

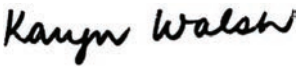
We acknowledge and pay respect to the traditional custodians, the Turrbal people, the Jagera people, the Ugarabul people, the Yuggera people and the Elders both past and present, on whose land we walk, work and live. We recognise sovereignty of their land was never ceded.

Congratulations to the first Parent Leadership Training Institute (PLTI) graduates in Queensland. Thank you for your insight and wisdom which has made the pilot such a rich and enjoyable experience for everyone involved. Already, your commitment to improving communities has had an impact. Speakers and guests to the classroom have spoken with enthusiasm about parents knowledge and willingness to engage in discussions about how to improve communities for their children and families.

We welcome you now as parent leaders and mentors for the next PLTI class in 2017 and look forward to meeting you as PLTI alumni.

I wish to thank our stakeholders and international mentors, The Parent Leadership Training Institute of Connecticut. Special thanks to Patti Keckeisen and Charla Ricciardi, Ron Thomas and Elaine Zimmerman (Founder of the National Parent Leadership Training Institute) for their support, expertise and knowledge. I thank the community organisations and workers who have contributed as participants, facilitators, mentors, our political representatives and guest speakers. I would also like to thank the Family Inclusion Network team for enabling this pilot to achieve our goal of creating pathways for parents as leaders.

Finally, we thank Hon Shannon Fentiman, Minister for Communities, Women and Youth, Minister for Child Safety and Minister for the Prevention of Domestic and Family Violence; Director-General Michael Hogan and the Department of Communities, Child Safety and Disability Services for supporting and investing in the potential of parents to actively contribute to ideas and insights to policies which directly affect children, families and communities.



Karyn Walsh
CEO Micah Projects

The key components of PLTI

Developing Parent Leadership

Retreat

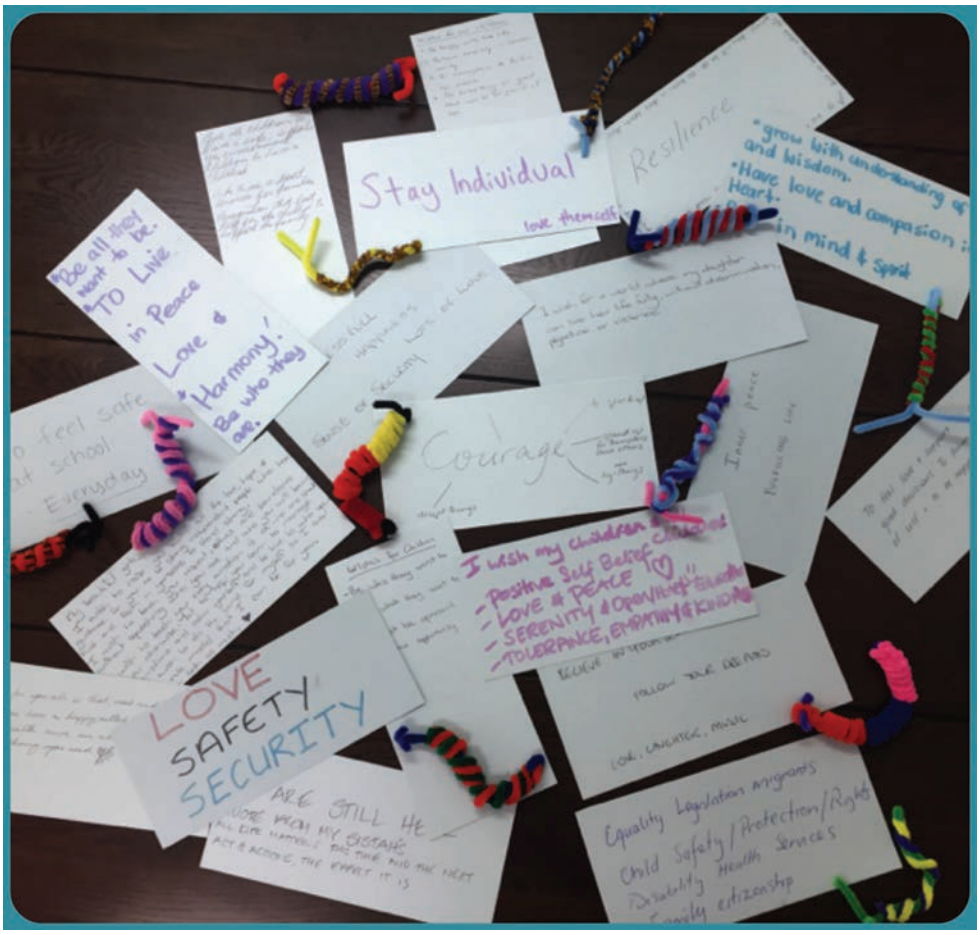
Creating a Caring Community for Children

Parents from different cultures and neighbourhoods came together with a strong desire to lead for themselves, their children and their communities. Parents were introduced to the Parent Leadership Training Institute (PLTI) mission, matrix and the ROPES.

PLTI facilitators bringing together parents during the Retreat

Phase 1

Parent leadership with a focus on finding your voice, difference, values and problem definition.



Parents wrote down the wishes they have for their children

SESSION 1

History, Culture and Difference

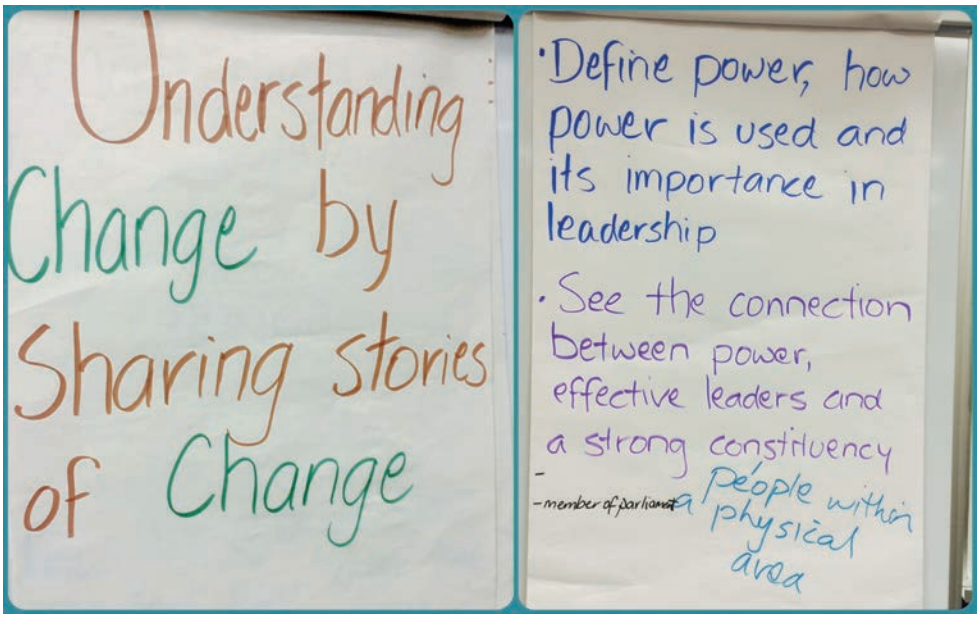
Learning and sharing experiences of culture, history, origin and beliefs and their influence on how we see ourselves and the world around us.

Parents own representations of culture, identity and community

SESSION 2

The Change Process and Parents as Change Agents

The inside view into the respectful and careful use of power and its importance within leadership roles. Understanding of potential as parent leaders to be agents of change.



Parents explore what makes change happen

SESSION 3

How to Define a Problem and Work toward a Solution

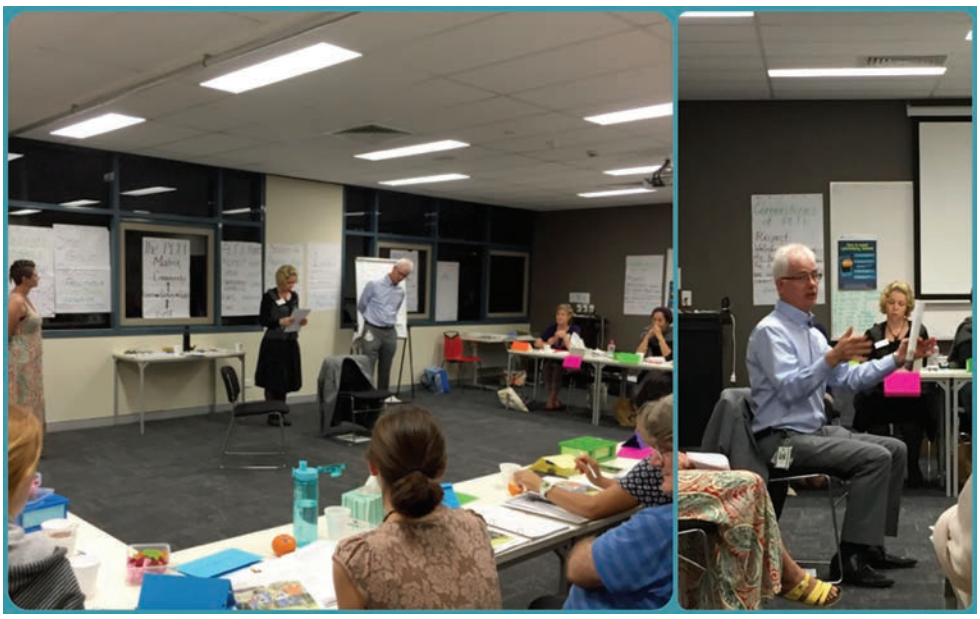
Learning how to define a problem and break it down into manageable components and using steps to work toward solutions.

Parents and children share dinner before each session

SESSION 4

Agencies that Serve Children and Families and How to Interact with them

Parents examined the role of agencies that serve children and families, and their goals and missions in the interests of children.



Guest speaker Director-General Michael Hogan talked with parents about the role of the Department of Communities, Child Safety and Disability Services

SESSION 5

The Power of the Media and How to Use It

Learning that there are many ways that media can be used to present different views about families and communities and how smart use of media can improve outcomes for families.

Guest speakers Jo Briskey, Executive Director of The ParentHood and Ian Collier, former Political Correspondent talked about how parents can use their voice through the media

SESSION 6

Using Your Voice

Parents spoke up about what matters to them and their families and talked about changes they wanted to make in the lives of their children, themselves and their communities.

End of Phase 1 speeches and celebrations

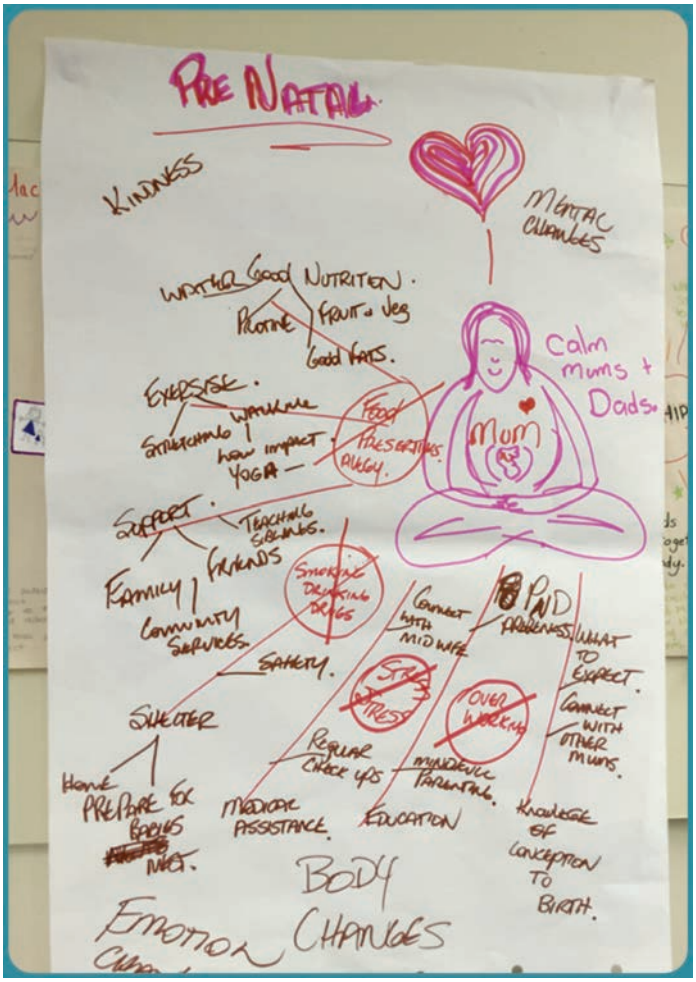
Phase 2

Study of policy, politics and change for children.

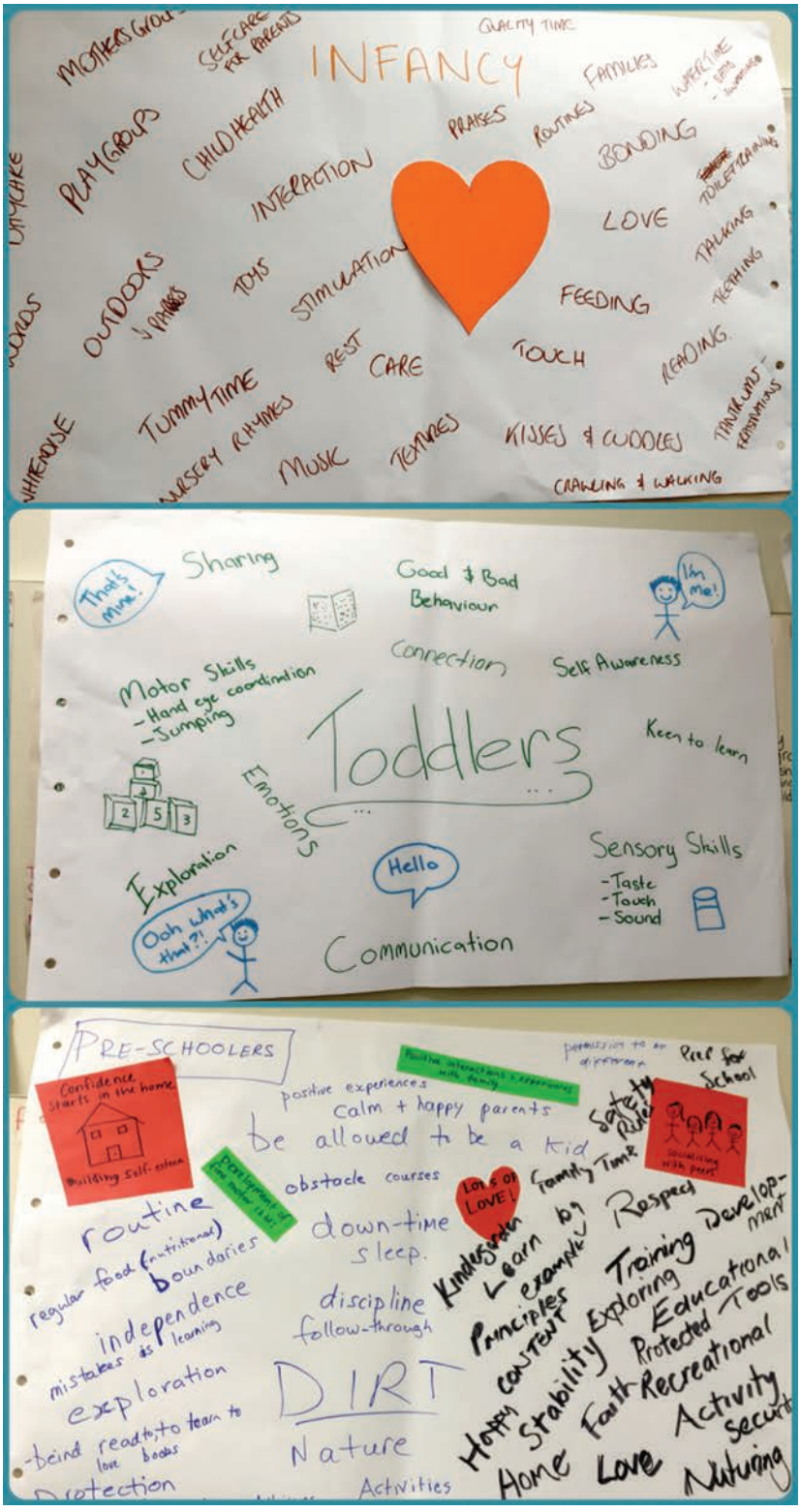
SESSION 7

The Lifecycle of the Child and Functions of the Family

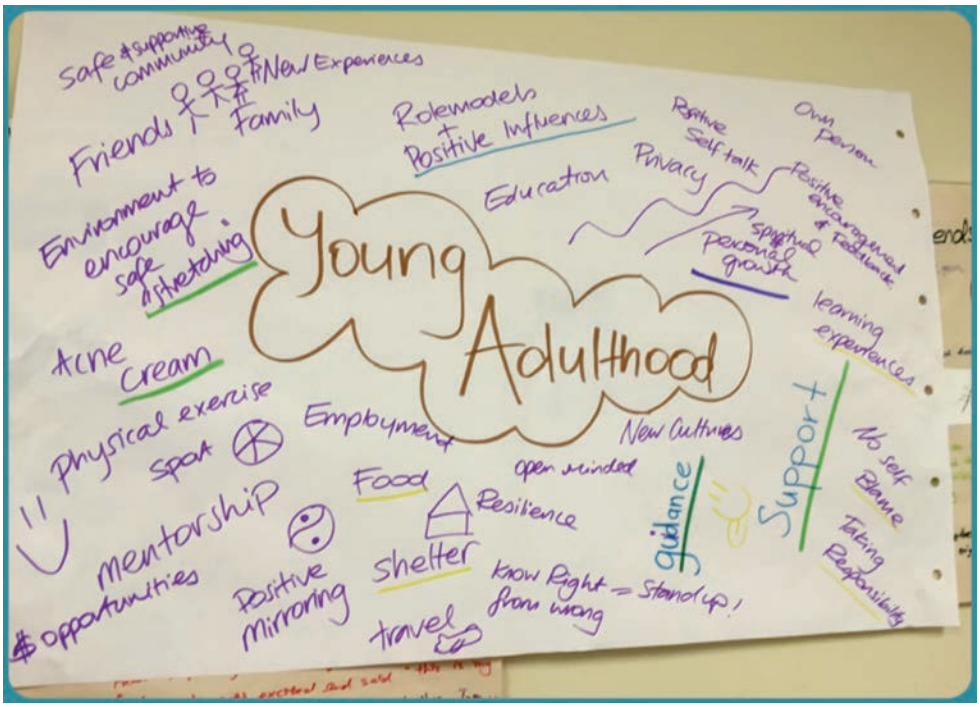
Parents identified the needs of children all the way through the lifespan and examined family functions, structures and children's development.



Parent groups illustrated the developmental needs of children from pre-natal to young adulthood


INFANCY
QUALITY TIME
MOTHERS GROUP
SELFCARE FOR PARENTS
FAMILIES
PLAYGROUPS
CHILDHEALTH
PRAISES
ROUTINES
BONDING
INTERACTION
LOVE
TOILETTRAINING
TALKING
TEETHING
OUTDOORS
TOYS
STIMULATION
FEEDING
REST
CARE
TOUCH
READING
TUMMYTIME
NURSERY RHYMES
MUSIC
TEXTURES
KISSES & CUDDLES
CRAWLING & WALKING
Sharing
That's mine!
Good & Bad Behaviour
I'm me!
Connection
Self Awareness
Motor Skills
-Hand eye coordination
-Jumping
Toddlers
Keen to learn
Emotions
Exploration
Hello
Sensory Skills
-Taste
-Touch
-Sound
Ooh what's that?!
Communication
PRE-SCHOOLERS
Confidence starts in the home
Building self-esteem
positive experiences
calm + happy parents
be allowed to be a kid
obstacle courses
Prep for School
Safety Rules
Family Time
Lots of LOVE!
routine
down-time
sleep.
regular food (nutritional)
boundaries
independence
mistakes as learning
discipline
follow-through
exploration
DIRT
Nature
Activities
Kindergarten
Learn by example
Principles
CONTENT
Respect
Training
Development
Exploring
Educational
Protected Tools
Hoffy
Stability
Faith
Recreational
Activity
Security
Home
Love
Nuturing
Protection

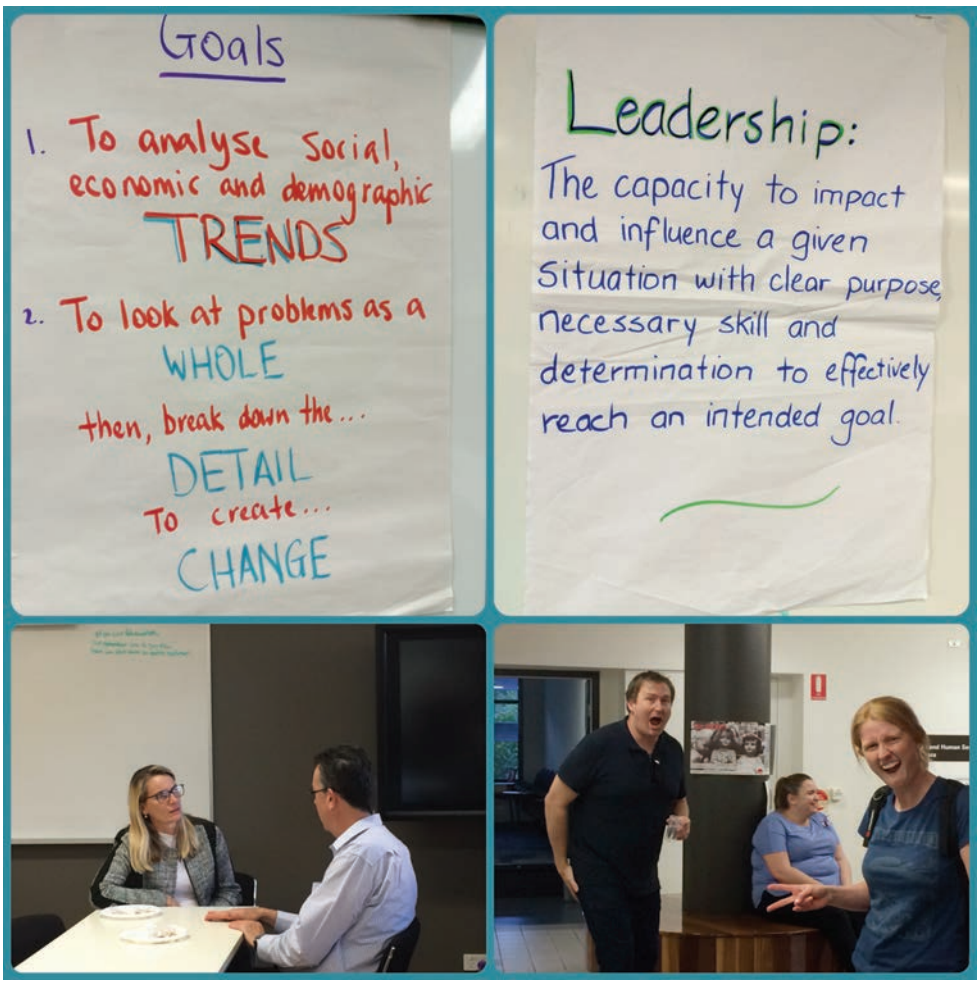
Education
School
Sport
Music
PCYC
Community:
neighbours
teachers
coaches
relatives
police
GPs
PCYC
Emotional Support
Acceptance
Encouragement
HOME
LOVE
Environment
Safe (Feeling)
Supported
FOOD
ADOLESCENCE
SUPERVISION
GO AWAY!
CONSISTENCY.
FOOD!!!
LOVE
LOTS OF SLEEP
BOUNDARIES


Young Adulthood
Safe & supportive community
New Experiences
Friends
Family
Rolemodels + Positive Influences
Positive Self talk
Own person
Privacy
Education
Positive encouragement & Feedback
Environment to encourage safe stretching
Spiritual personal growth
learning experiences
Acne Cream
Physical exercise
Sport
Employment
New Cultures
Support
No self Blame
Taking Responsibility
open minded
Food
Resilience
guidance
mentorship
shelter
Positive Mirroring
Know Right from wrong = Stand up!
$ opportunities
travel

SESSION 8

Social and Economic Trends Affecting Children and Families

Parents explored the social, economic and demographic factors affecting child health, learning, safety and wellbeing.



Top: Goals are clearly shown at the start of each session
Bottom: Parents work with mentors assisting with their projects

SESSION 9

What is Public Policy and Law?

Gaining understanding of public policy and how citizens can contribute to change for children. Megan Giles, Executive Director, Legislative Reforms, Department of Communities, Child Safety and Disability Services talked about how laws are made and how parents can participate in the development of public policy.

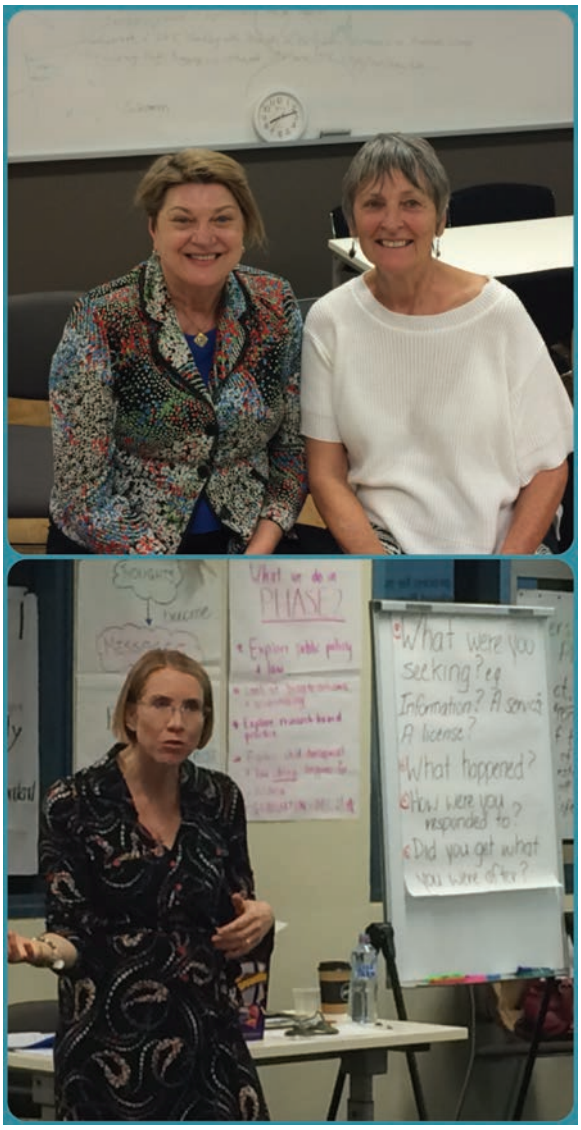
Above: Andrea and Kiri with their project mentor

Below: Guest speaker Megan Giles and Sue chatting after class

SESSION 10

How the State and Local Government Work

Understanding how state government works was explained by Linda Lavarch former State Member for Kurwongbah and former Queensland Attorney-General. How local government works was discussed with Brisbane City Councillor Shayne Sutton who provided links to local government websites welcoming parents input into local council matters.



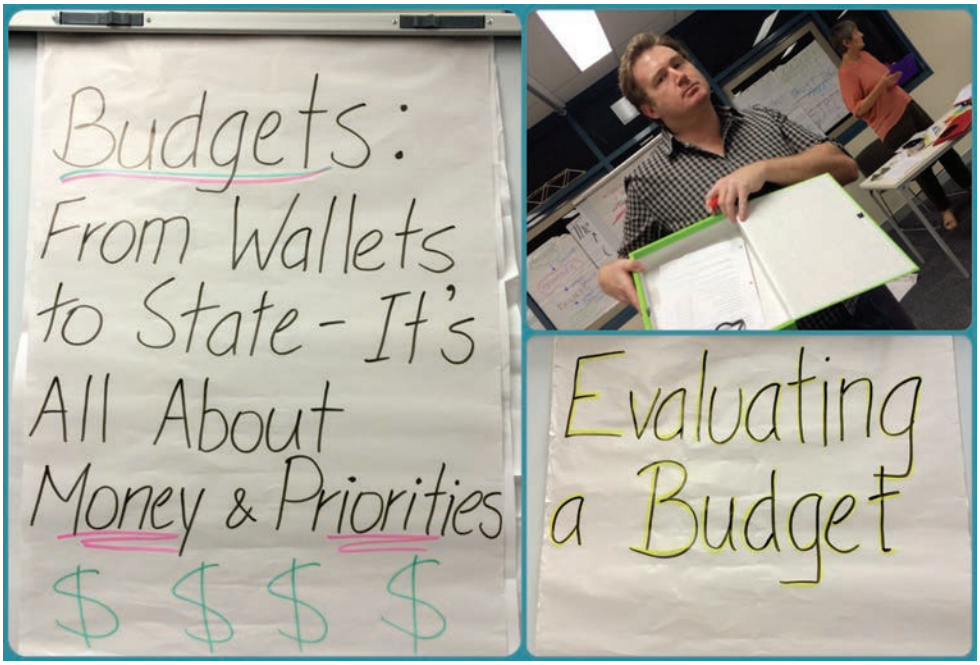
Above: Linda Lavarch and Phase 2 facilitator Jill

Below: Councillor Shayne Sutton addresses the class

SESSION 11

Budgets – From Wallets to State, It's all Money and Priorities

Parents looked at budgets and allocations, gaining confidence with new language and skills for examining how funds are allocated and prioritised by government.



Nathan collects feedback forms after parents explore and evaluate budgets

SESSION 12

Evaluation, outcomes and accountability

Learning how to measure something is complex but parents embraced the opportunity to learn how programs can be measured and evaluated. Learning new terms such as qualitative and quantitative and benchmarks were some of the highlights.

The class explores how to evaluate projects with their Phase 2 facilitators

SESSION 13

The Magic of the Unexpected: Forming New Alliances

Forming new alliances and identifying unexpected partnerships to create long term positive impact for children. Parents explored the alliances they have created already!

Parent leaders come together as a newly formed alliance

SESSION 14

Putting it Altogether: Packing and Moving Agendas

Putting it altogether - How to clarify goals, purpose, outcomes with vigor, art and impact are all part of designing an initiative.

Parents close each session with a leadership circle where they share one word reflections and acknowledge everyone's participation

2016 Graduates and Community Projects

Sharon Arthur

EMPOWERING PARENT TO GAIN CONFIDENCE IN THEMSELVES AS EXPERTS OF THEIR BABY, AND STRENGTHENING THE PARENT – CHILD BOND IN A SAFE AND NURTURING ENVIRONMENT

As a Certified Infant Massage Instructor I want to help empower parents to trust in themselves, and guide them back to the basics of trusting in their own instinct, understanding their babies language through cue based recognition, and in turn strengthening the bond and enjoying the parenting journey so much more. My hope is that through my project I am able to bring this 5 week program into three valuable centres in the Brisbane community that support mothers in need, both young mothers and mothers suffering from perinatal depression (PND). I hope to offer parents an opportunity to gather together informally, connect with their babies, each other and grow more confident in their valuable roles as parents.

Jess Braat

POSITIVE CULTURAL AND RESPECTFUL ENGAGEMENT WITH ABORIGINAL AND TORRES STRAIT ISLANDER FAMILIES

I have supported parents who have had involvement with the Child Protection System in Queensland for the past 6 years. Statistics clearly show the misrepresentation of Aboriginal and Torres Strait Islander children within the Child Protection System. I see this as a major problem that needs to change.

Eryn Clark

FRUIT TREES IN PARKS: FROM LITTLE THINGS, BIG THINGS GROW!

Fruit trees in parks have many benefits. As existing trees they offer shelter and shade in the summer months and provide nutrients in the environment. The added benefits from planting fruit trees include providing healthy sustenance for families and homeless people, the opportunity to teach children where wholefoods come from and how they are grown, how to grow your own fruit/ vegetables and looking after your health.

Leanne Claussen

THE PARENT ADVISORY COMMITTEE TO THE QUEENSLAND GOVERNMENT (PACQG)

My project is on my journey to becoming an Advocate in the Child Protection system. This is very dear to my heart and Individual Advocacy in Child Protection is desperately needed.

Last, but not least, I am advocating for the funding and creation of the Parent Advisory Group. This board will be run by Parent Advocates for families who are having problems with Government Departments. This will involve individual advocacy for families, by parents who have had a lived experience with that Department. We aim to not only help families but to advise Government on best practice and policy making from parents perspectives. This is a fundamental step towards uniting Government and families. Our voices need to be heard.

Sally Dodds

FOSTERING AWARENESS AND EMPATHY IN SCHOOLS

Increasing empathy in primary school children by raising awareness of those less fortunate than themselves. I believe that raising awareness amongst people of those who are less fortunate than themselves will serve to increase empathy in the community. Hopefully, this increased empathy in turn, will lead to an increase in support for disadvantaged groups. I plan to organise for organisations that represent disadvantaged groups in the community to come to my kids' primary school and talk about their work to the students.

Kiri Dudson

P.R.E.P. (PROVIDING RESOURCES TO ENCOURAGE PARTICIPATION)

My project is to expand on a previous program I have run as a facilitator. This program aimed to build on the skills of participants and allow them to identify how their qualities as parents and carers linked to employability skills identified by local employers, the Australian Industry and advertised role descriptions. The outcomes of my program will be that participants have the confidence to participate and contribute in community organisations and events in their local area to help build their own resources, skills and their confidence.

Colin Graham

LEADING MEN TO LEAD THEIR FAMILIES

My project aims to drop the rate of men in jail and decrease the number of domestic violence incidents and Indigenous children in foster care. I will do this by talking more about the outcome, speaking with more men to be family orientated in my community, inviting men to come to my home and talk about real issues, their struggles and encourage each other to lead by example. If I only support 1 or 2 men to not re-offend I can help restructure the family to be whole again and have better relationships with their children and partners.

Maddison Henaway

LOOK AT THE TREES MOTHER NATURE PROVIDED FOR ME

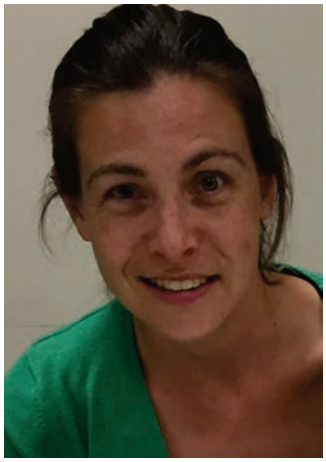
This project is about having a guided tour in Brisbane run by the Brisbane City Council to educate residents and tourists about the wonders of our local native plants. In this tour people will learn all about what plants are edible, how to identify them and how to use them for both culinary and medicinal purposes. Being Indigenous and South Sea Islander, I have always held great interest in our native plants growing up. On my adventures to collect this fruit I have not once come across someone else doing this same thing and am often questioned about what I'm doing when people spot me doing it. It's never made any sense to me that there are people going without when there is an abundance of food that can be sustainably harvested and prepared if the knowledge was there to do so.

Nyarach Mayot

CHILDREN'S MEDITATION HEALTHY SPACES

I wanted to help in my community, I started not knowing what do at first but I knew I wanted to do something that will benefit the people in my community. I thought of how much a meditation area inside the library would help people deal with symptoms of distress.

Introducing an area for peaceful thinking, meditation, and relaxation, with Ipads that have mental health approved apps. Kids coming from school have a place which will help them understand what they are feeling. People of all ages know they can go to their local library just for some mental and spiritual healing.



Philipa Miller-Ibos

OUR STORIES: COLLECTIVE HISTORY RETOLD FOR OUR CHILDREN

My project aims to rekindle a general love of learning in our communities, but specifically an understanding of the past. My goal is to publish a series of books for young children with a focus on simplifying and making history fun. The project will attempt to present Australian oral history in an innovative way to raise awareness of our collective past and work towards a more integrated community and collective understanding and respect. I would like to promote the importance of education and particularly learning for young children. I would also like to speak publicly to promote the book generally and broadly to promote education. By doing this I would like to empower children through their parents by promoting self-love and empowerment.

Mel Morris

PROSPER – PROMOTING REBUILDING OF STRONG PARENTS, EDUCATION AND RESOURCES

Domestic and Family Violence Crisis Links (DFVCL) will be a community website, designed as a one stop shop resource for people needing a first point of assistance in all areas of domestic and family violence. It will incorporate links to all available government and community resources, making it easier for people affected by domestic and family violence to identify the problem and access assistance from the moment that violence occurs.

As a one stop community website, DFVCL will promote understanding, education, sharing, training and links to relevant agencies or people on hand to assist in any situation.

Margaret Nash

LEIJA – PARKSIDE

My project is to create a transition pathway from dependent at home to independent living with supports in the Nudgee area for 18-25 year olds. This pathway would include training for young people to be more self-sufficient and independent.

The consequences of the termination of school are enormous. Dependant on routine, these young adults experience anxiety and depression. Their school friends have been their social network. This is lost and cannot be readily replaced, further contributing to depression and isolation. Families struggle to manage their disabled young adult's changed needs while continuing to work to support the rest of the family.

Charminette Nguyen

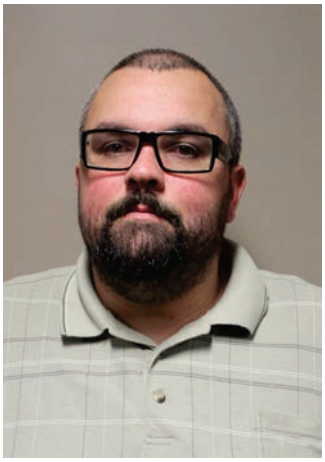
GIVE ME A TOILET NOT A TREE, GIVE ME THE RIGHT TO SAFELY PEE

My project came about by discovering that within my surrounding area there are 32 parks and of those there are 3 toilets. My suburb of Kedron in the Brisbane Northside is very family orientated. There are some great parks around including ones with barbeques but they don't have toilets. This poses problems for families who are toilet training young children and don't have access to toilets for them. My plan is to try and get more toilets put into these areas to make such great spaces even better for the community.

Birochan Shrestha

CREATING HEALTHY COMMUNITY – STARTING FROM MY OWN HOME

I choose this project to make healthy community starting from my own home.
I felt somebody has to come forward and take initiation. As a leader, one has to prove something by doing himself and inspire others to follow the same path. Similarly, if I succeed to change my habit and become a role model to family, it will be easy for me to spread the message across other people. As a parent leader, I will be glad if I can inspire at least my family and become role model of my daughter.



Sloane Stallan

HOME LEADERSHIP

My goal is to help men sort out the hurts and pain they are carrying from past hurts. To become leaders in their homes, to their sons and daughters.

Jerildine Stevenson

SUPPORTING VICTIMS OF FAMILY VIOLENCE

To close the gap between victims of family violence and support services by providing a One Stop Shop of resources for timely and effective support. My objective is to help other victims of family violence who are still living in a domestic violence situation and also who have left that situation. Struggles families face include not understanding rights, how to get their voices heard, how to contest and appeal court decisions, watching my children go through emotional and psychological trauma due to care arrangement orders put in place, navigating the court system, legal aid, housing assistance, child support, centreline and finding those services who could provide families with specialist and counselling services.

Sue Swinburne

IMPROVING INFORMATION FOR PARENTS OF GENDER DIVERSE CHILDREN

A resource kit designed by parents of gender diverse and transgender children, in collaboration with leading professionals and partner organisations in Australia.

The resource kit will provide a 'first contact' for parents who are seeking information on gender diversity in children, and guidance on where they can find help, support and services for their children and families in their state. The kit will also use personal anecdotes and family stories as a tool for sense-making, and to build kinship and community.

Stephen Utting

ENABLING MEN TO LEARN THEIR PARTNERS LANGUAGE

I believe that community as a whole has lost the skills of face to face communication and because of that the sense of community has become weaker. The results of this are domestic violence, family disintegration, loneliness, depression, fear and racism.

By recreating the skills of face to face communication I believe that this will strengthen families and that stronger families will lead to stronger communities as they use better communication skills.

Helen Walker

OUR P&C – WHAT'S IN IT FOR ME AND MY CHILD?

The purpose of my project is to find out information about the P&C Association at my daughter's school as I want to know what the P&C can do to improve outcomes for students. I also want to find out how I can participate and develop a relationship with parents and teachers (members of the school community).

Lesley Watson

BRIDGING PATHWAYS TO RAINBOWS OF PEACE

"Bridging Pathways to Rainbows of Peace" is a Parent Leadership Support network of combined educated and real life understanding and experience which brings together all men, women & children as "One".

The network provides support of passionate love, compassion and mindfulness to victims in the lead up to and during the unknown expectations of what really happens during the wait and proceedings of court processes whilst going through Domestic & Family Violence – inclusive of child Sexual Abuse within institutions.

Andrea World

LOGAN HOSPITAL BIRTH SUITES REJUVENATION PROJECT – A LOGAN COMMUNITY INITIATIVE

Birth suites at Logan Hospital are in need of refurbishment. They present as a highly clinical area, which is not conducive to support the release of hormones and feeling of safety required to adequately assist the process of physiological birth. Many women feel scared or unsafe and uncomfortable during birth, which can slow the body's natural birthing process. This can result in increased medical intervention and contributes to higher levels of physical and emotional trauma which require a longer recovery process for women post birth.

Volunteers and Children

PLTI kids club: While parents were busy honing their leadership skills the children were busy playing and making new friends

Acknowledgement of Partners, Supporters and Volunteers

Program Partners

Department of Communities, Child Safety and Disability Services, Queensland Government

Micah Projects

The Parent Leadership Training Institute, Connecticut, USA

TAFE Queensland

Brisbane Partnerships

PLTI Advisory Committee

Andy Gibson – Act for Kids

Chris Boyle – Chris Boyle Consultancy

Christine Jolly – TAFE Queensland

Deidre Davies – Parent Representative

Doug Ivins – Seed Skills

Iona Tait – Department of Education, Queensland Government

Jane Bowman – QuIHN

Jean Griffin – Kyabra Community Association Inc

Julie Nelson – Mercy Community Services

Kalpana Kaphle – Brisbane Youth Service

Kris Saunders – Logan Community Alliance

Lindsay Wegener – Peakcare

Lisa Mazzeo – Life Without Barriers

Melissa Letford – Brisbane Domestic Violence Service, Micah Projects

Michelle Hodges – Mercy Community Services

Morrie O'Connor – Community Living Association

Nathan Gallagher – Department of Communities, Child Safety and Disability Services, Queensland Government

Penny Creamer - Department of Education, Queensland Government

Sabrina Stokes – Community Living Association

Facilitators

Gillian Tilney

Jill Lang

Nathan Gallagher

Sabrina Stokes

Guest Speakers

Jo Briskey – Executive Director, The ParentHood

Ian Collier – former Political Correspondent

Linda Lavarch – former State Member for Kurwongbah and former Queensland Attorney-General

Megan Giles – Executive Director, Legislative Reforms, Queensland Department of Communities, Child Safety and Disability Services

Michael Hogan – Director-General, Queensland Department of Communities, Child Safety and Disability Services

Councillor Shayne Sutton – Morningside Ward, Brisbane City Council

Mentors

Colleen Kelly – Brisbane City Council

David O'Toole – CEO, Kyabra Community Association Inc

Gabrielle Huggett – Brisbane City Council

Gillian Tilney – Brisbane Partnerships

Iona Tait – Queensland Department of Education

Jean Griffin – Kyabra Community Association Inc

Jill Lang – Brisbane Partnerships

Kerry Armstrong – Consolidated Properties

Kiona Turner

Kris Saunders – Logan Community Group Alliance

Volunteers – Children's Champions

Angelica Maronna

Dawn Grey

Joycelyne Ekri

Kerry Armstrong

Loretta Crombie

Stewart Armstrong

Special Mentions

Debbie Stubbs – TAFE Queensland Brisbane

Gail Battaglene – TAFE Queensland Brisbane

Gary May - Photographer

Karyn Walsh – Micah Projects

Keith Gallagher – TAFE Queensland Brisbane

Margaret Gamble – Micah Projects

Melanie Tunis – TAFE Queensland Brisbane

Natasha Rodrigues – Micah Projects

Sandy Young – Childcare Educator

Micah Projects, Family Inclusion Network and the Parent Leadership Training Institute Brisbane program are funded by the Department of Communities, Child Safety and Disability Services.

Graduation

“One isn’t necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency. We can’t be kind, true, merciful, generous, or honest.”
Maya Angelou

This program has meant…

A note for me…

Memories…

Contact Us

Songwoman Maroochy Barambah with Katie, Susie, Bec from the FIN SEQ team

The Family Inclusion Network SEQ

Phone (07) 3013 6030 / Fax (07) 3013 6039

Level One, 209 Boundary Street, West End Q 4101

PO Box 3449 South Brisbane Q 4101

info@finseq.org.au

www.finseq.org.au

facebook.com/finseq

Micah Projects

Phone (07) 3029 7000 / Fax (07) 3029 7029

Ground Floor, 162 Boundary St, West End Q 4101

PO Box 3449 South Brisbane Q 4101

info@micahprojects.org.au

www.micahprojects.org.au

Twitter @micahprojects

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Family Inclusion Network

The Parent Leadership Training Institute

tafe Brisbane

MICAH PROJECTS INC

Breaking Social Isolation
Building Community

Micah Projects, Family Inclusion Network and the Parent Leadership Training Institute Brisbane program are funded by the Department of Communities, Child Safety and Disability Services.

Funded by

Queensland Government