

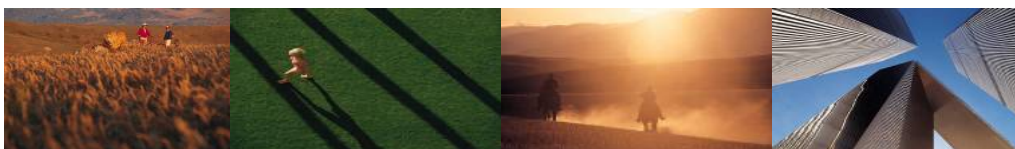


# Family Resource Kit – My Plan.

This part of the kit is designed for  
Workers to complete.



This project is a partnership between Womens Health Service (WHS), Western Australian Network of Alcohol and other Drug Agencies (WANADA), Alcohol Education and Rehabilitation Foundation Ltd (AERF). Training provided by Drug and Alcohol Office (DAO).



**Questions for the worker to ask**

How many people in the family?

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Names and ages

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(use a Genogram)

Are the children aware of their parent(s) drug and/or alcohol use?

Yes

No

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Do the parent(s) and child/ren feel safe at home?

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Are there any domestic violence issues at home?

Yes       No

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Are there any protection/ custody issues?

Yes       No

If yes, what are the details?

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Other agencies involved (please include contact worker and ph)

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Does one/both parents/carer have a mental illness?

Yes       No

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Does the child/ren have a mental illness?

Yes       No

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Have the parent(s) and child/ren been separated before?

Yes       No

Where, when and why?

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How do they feel about past experience of separation?

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Are there any family members not currently living with the child/ren?

Yes       No

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Does the child/ren have any health issues? (Bedwetting, etc)

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Does the parent(s) have any health issues?

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Are there any specific inappropriate behaviour/s?

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Does the child/ren have any disabilities?

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Does the parent(s) have any disabilities?

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Who are the family's best supports?

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Does the parent(s) want them involved in treatment? If yes, how?

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Does the parent(s) want other support?

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## **Checklist for Workers**

- Assessment of safety for children?
- Permission for professional to work with child?
- Have you created a Genogram?
- Release of information consent?
- Referral to other agencies for parent as appropriate?
- Referral to other agencies for child/ren as appropriate?
- Plan created by family?
- Copy of plan with agency?
- Copy of plan with children?
- Copy of plan with family?
- Any drug use by the child?
- Asked about mental health issues – parents and children?
- Asked about domestic violence?
- Asked about police issues?
- Asked about health issues?
- Asked about disabilities?
- Asked about prior separation of the family?
- Asked about harm minimisation?



## Resources available

### Drug and Alcohol

Organisation	Contact	Comments
Western Australian Network of Alcohol and Other Drug Agencies (WANADA)	(08) 9420 7236 <a href="http://www.wanada.org.au">www.wanada.org.au</a> <a href="mailto:drugpeak@wanada.org.au">drugpeak@wanada.org.au</a>	WANADA is the peak body for the alcohol and other drug (AOD) education, prevention, treatment and support sector in Western Australia. Call for a comprehensive directory of all AOD services.
Alcohol and Drug Information Service (ADIS)	(08) 9442 5000 1800 198 024 <a href="mailto:ADIS@health.wa.gov.au">ADIS@health.wa.gov.au</a>	This is a 24 hour telephone counselling service.
Wesley Hearsh Child Safety Assessment Tool	(08) 9212 1966	Training essential – please phone for more information.
Australian National Council on Drugs:	(02) 6279 1650. <a href="http://www.ancd.org.au/">www.ancd.org.au/</a>	
Australian Drug Foundation Shop	1300 858 584 <a href="http://www.adf.org.au/store/default.asp">www.adf.org.au/store/default.asp</a>	There is a large selection of resources. One in particular that was recommended as a prevention tool is The Big Night Out Game – board game exploring the risks and responsibilities of a big night out.

### Aboriginal

Organisation	Contact	Comments
Aboriginal Grandparents Family Support Womens Health Services 122 Aberdeen St Northbridge 6003	(08) 9227 9032	
Aboriginal Alcohol and Drug Service 211 Royal St, East Perth 6004.	(08) 9221 1411	
Yorgum Aboriginal Family Counselling Service 176 Wittenuom St, East Perth 6004	(08) 9218 9477	

Substance Abuse Program Catholic Education Office of Western Australia PO Box 198, Leederville WA 6903	(08) 9212 9212	The package contains a video, CD Rom and manual with worksheets. The music is performed by The Little Piggies. The video talks about feelings around drug use.
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### Regional Contact Numbers

For regional contact numbers go to GP Liaison information sheets on the WANADA website. These are updated regularly and are regional specific.  This includes 3 metro regions – east, north and south.	<a href="http://www.wanada.org.au/GP%20Liaison%20(07).html">www.wanada.org.au/GP%20Liaison%20(07).html</a> (08) 9420 7236
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### Protective Behaviours Training

Organisation	Contact	Comments
Protective Behaviours Training PO Box 616, Bentley WA 6982	0409 071 068 <a href="http://www.protectivebehaviours.50megs.com">www.protectivebehaviours.50megs.com</a>	They provide the train the trainer in protective behaviours. They can be contacted to provide a list of trainers.

### Multicultural Information

Organisation	Contact	Comments
Office of Multicultural Interests	(08) 9222 8800 Email: <a href="mailto:harmony@dpc.wa.gov.au">harmony@dpc.wa.gov.au</a> <a href="http://www.omi.wa.gov.au">www.omi.wa.gov.au</a>	Provides information on multicultural services and resources within Western Australia.
Metropolitan Migrant Resource Centre Unit1, 14 Chesterfield Road, Mirrabooka WA 6061	(08) 9345 5755	
ASeTTS 286 Beaufort Street, Perth WA 6000	(08) 9227 2700 Email: <a href="mailto:reception@asetts.org.au">reception@asetts.org.au</a> <a href="http://www.asetts.org.au">www.asetts.org.au</a>	The service provides support and treatment for individuals who have been tortured or traumatized by violent conflicts. This is a free service, confidential and culturally inclusive and designed for children and adults.
Multicultural Mental Health Australia	<a href="http://www.mmha.org.au">www.mmha.org.au</a>	

### Mental Health

Organisation	Contact	Comments
WA Association for Mental Health Inc. (WAAMH) City West Lotteries House 2 Delhi St West Perth	(08) 9420 7277 <a href="http://www.waamh.org.au">www.waamh.org.au</a> <a href="mailto:waamh@waamh.org.au">waamh@waamh.org.au</a>	WAAMH is the peak body for non-government organisations, for people affected by mental illness.

Ruah Community Services 27 Cleaver St, West Perth 6005	(08) 9227 7012. Enquiries to Sheryl Carmody or Helen Lette	Ruah COPMI project has developed a series of workshops aiming to increase the service sector's capacity to respond to the needs of children of a parent with mental illness.
AICAFMHA (Australian Infant Child Adolescent Family Mental Health Association)	<a href="http://www.aicafmha.net.au">www.aicafmha.net.au</a>	
AUSEINET Australian Network for Promotion and Early Intervention for Mental Health	<a href="http://www.auseinet.com">www.auseinet.com</a>	
CHAMPS Worldwide	<a href="http://www.champsworldwide.com">www.champsworldwide.com</a>	Website – 'Helping children and families better understand mental illness.'
COMIC (Children of Mentally Ill Consumers/Parents)	<a href="http://www.howstat.com/comic">www.howstat.com/comic</a>	
COPMI (Children of Parents with Mental Illness Initiative)	<a href="http://www.copmi.net.au">www.copmi.net.au</a>	
Headroom	<a href="http://www.headroom.net.au">www.headroom.net.au</a>	
Mental Illness Fellowship of WA Inc	(08) 9228 0200 Email: <a href="mailto:mifwa@bigpond.com">mifwa@bigpond.com</a>	
SANE	<a href="http://www.sane.org">www.sane.org</a>	

### For Children and Teenagers

Organisation	Contact	Comments
Holyoake – Young People's Program 65 Newcastle Street, Perth	(08) 9328 9733	
Kids Helpline	1800 55 1800 <a href="http://www.kidshelp.com.au">www.kidshelp.com.au</a>	
MAKEANOISE	<a href="http://www.makeanoise.ysp.org.au">www.makeanoise.ysp.org.au</a>	
Reach Out	<a href="http://www.reachout.com.au">www.reachout.com.au</a>	
Feelings Series – 'When I'm feeling Happy...' by Trace Moroney	Available at most book stores.	Published by The Fivemile Press.
For Teenage Children Streetwize Cartoons	<a href="http://www.streetwize.com.au/">www.streetwize.com.au/</a>	Provides information in a cartoon format. There is a variety of issues published by Streetwize.
Younger children. All these resources are available from Innovative	(03) 5442 0500 <a href="http://www.stlukes.org.au">www.stlukes.org.au</a>	Strength cards to help children remind themselves of their strengths and increase self esteem.

<p>Resources</p> <p>I Can Monsters: Strength cards for working with younger children.</p> <p>The Bears: 48 colour cards showing bears with different personalities and feelings to help children and adults talk about their feelings and provide insight into their relationship with others.</p> <p>Stones.....have feelings too! 52 colour cards with 'stone' character to help children and adults talk about and reflect on feelings.</p>		
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### For the Parents/Carers

Organisation	Contact	Comments
PDIS (Parent Drug Information Service)	(08) 9442 5050 1800 653 203	PDIS Information package for parents/ grandparents. Volunteer counsellors.
Australian Government Child Support Agency.	1800 040 972 <a href="http://www.csa.gov.au/publications/1229.htm">www.csa.gov.au/publications/1229.htm</a>	Me, my Kids and my Ex is the latest addition to the Me and My series of booklets for separated parents. It's full of helpful tips and hints on reducing conflict and building a workable relationship with the other parent for the benefit of the kids.
The Mirabel Foundation Inc, PO Box 1320, St Kilda 3182	<a href="http://www.mirabelfoundation.com">www.mirabelfoundation.com</a>	'When the children arrive....' A Resource Book for Kinship Carers by the Mirabel Foundation.
Mothering on the Margins Please contact PEPISU at Womens Health Services	(08) 9227 9032 <a href="mailto:pepisu@whs.org.au">pepisu@whs.org.au</a> <a href="http://www.whs.org.au">www.whs.org.au</a>	This 30 minute video explores mothering from the view point of women who use illicit drugs. Mothering on the Margins' is a new Australian resource that provides rare insider accounts of these women's lives as mothers and drug users, and the complex issues they face.
Carers WA	<a href="http://www.carerswa.asn.au">www.carerswa.asn.au</a>	
Kidscount	<a href="http://www.kidscount.com.au">www.kidscount.com.au</a>	

## Feedback

We would welcome your comments about the content of this kit. Your information will provide us with the necessary feedback to modify future versions of the kit.

Your personal details are not required however some information is essential.

1. Are you a child?  Yes  No
2. Are you a parent?  Yes  No
3. Are you a carer?  Yes  No
4. Are you a worker?  Yes  No
5. Did you find the information helpful?  Yes  No
6. What other information would you like to see included in the kit?

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7. Do you have any comments you would like to add?

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Thank you for your time and effort in completing this feedback sheet.

Please forward it to:

Community Development Officer,  
Women's Health Service,  
PO Box 32,  
Northbridge WA 6865  
Email: [info@whs.org.au](mailto:info@whs.org.au)