




GREATER DANDENONG YOUTH NETWORK MEETING MINUTES
Meeting 5 | Trauma Informed Self Care

19 October 2023

In person

Dandenong Civic Centre, 225 Lonsdale St, Dandenong

ITEMS	MEETING NOTES
WELCOME	All attendees welcomed Traditional Owners acknowledged
<p>PRESENTATION</p> <p>Guest Speaker Jen Knoll Senior Consultant Australian Childhood Foundation</p>	<p>Jen Knoll - Senior Consultant - Australian Childhood Foundation</p> <p>Definition of Trauma</p> <ul style="list-style-type: none"> • Trauma is the emotional, psychological and physiological residue left over from heightened stress that accompanies experiences of threat, violence, and life-challenging events. • Developmental trauma occurs between in-utero to 18 years old • From in-utero to age 6 is the human brain's most pivotal time of development. Brain is not fully mature until late 20s – early 30s <p>Impact on workers</p> <ul style="list-style-type: none"> • Vicarious trauma is the emotional and psychological residue of exposure that individuals experience from working with children, young people and adults who share their stories of abuse and exploitation. The example was given: walking a mile in the other person's shoes but not taking them off • Vicarious trauma and compassion fatigue sit with workers who work in the wellbeing space. It is not a matter of if – more a matter of when. • Burnout can happen in a variety of careers but particularly in wellbeing • Our body engages in empathetic responses without thinking about it. This is a subcortical response. • Cortical empathy – deliberately about thinking about your clients' experience • Somatic empathy – bodily responses (mirroring body states). For example: scratching when someone else in the room has head lice. It is a bodily response to who else and what else is in the environment.

	<ul style="list-style-type: none"> • There are simple and practical strategies for working with other peoples’ stories - we can deliberately change our body movements while with a client. Eg move a chair, or shake our hands or arms when we leave the room. • Limbic resonance – emotional state matches the person you interact with. This is a sub-cortical response that requires a deliberate action to shake off • When brain is under stress, our access to deliberate thinking diminishes <p>Strategies</p> <ul style="list-style-type: none"> • Rest – recognising when your body is under stress and actively seeking rest. When you are rested you are ‘present’ and are able to provide cortical responses. There are different types of rest – physical, emotional, spiritual, ect. Eg sometimes moving is resting “putting fuel in your tank” • Integrating both hemispheres of the brain reduces stress • River of integration (Dan Siegel) • Self care vs self comfort. Self care – looking after our wellbeing doesn’t always have to be pleasurable, it can be what is necessary for your overall wellbeing • 5 Sighs - we can be deliberate about our breath and this is instinctively being mindful. Breath signals to your brain to pause and brings you back to the moment <p><u>Please see accompanying links for access to Jen’s slides and handouts</u></p>
<p>OCTOBER MEETING EVALUATION POLL</p>	<ul style="list-style-type: none"> • 100% of participants agreed that the presentation by Australian Childhood Foundation was informative and relevant • 100% of participants agreed that the meeting exposed them to new ideas and helpful information
<p>YOUTH POSITIVE PATHWAYS</p>  <p>GREATER DANDENONG • CASEY • CARDINIA</p>	<p>Greater Dandenong - Casey - Cardinia Online Youth Services Directory</p> <p>There are many services for young people and families within the City of Greater Dandenong, the City of Casey, and Cardinia Shire. This directory brings local service information together in the one place. It aims to assist young people, families, schools, and agencies by improving awareness of and accessibility to services available to young people and their families across the City of Greater Dandenong, the City of Casey, and Cardinia Shire.</p> <p>Please <u>routinely check</u> your service and program information on the website to maintain its accuracy and currency. Also, if your service is not yet listed, please visit the website, and log your service information.</p> <p>www.youthpositivepathways.com.au/about</p>

GDYN E-NEWS	<p>Reminder to network members to promote programs/service updates in the monthly GDYN eNewsletter.</p> <p>December edition: submissions due Friday 17 November COB. Please send a blurb to Bethany.Roche@cgd.vic.gov.au</p>
NEXT MEETING	<p>Meeting 6 Cyber Safety and Sextortion Wednesday 29 November 2023 Online via Zoom Time: 9.30am – 11.30am Speaker: Jayne Crossling - Detective Superintendent, AFP Australian Centre to Counter Child Exploitation</p> <p>For further information, please contact Bethany Roche, Youth Planner and Engagement Officer by phone 9793 2155 or email Bethany.Roche@cgd.vic.gov.au</p>