

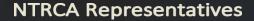


Responds to COVID-19



ALLAMBI CARE





Led by

Shelley Wall

Patricia McNamara PhD

Featuring responses from young people from CREATE Foundation



MacKillop Family Services



Contact: mcnamara.p@unimelb.edu.au



National Therapeutic
Residential Care Alliance



Current Status

- Cumulative impacts of adversity, trauma and chronic stress.
- Impacts vary depending on factors like age at the time of incidents, the type of events and frequency, and the presence of resilience factors
- Some impacts include:
 - Difficulty regulating arousal
 - O Difficulty with attention and memory
 - Sensory Sensitivity
 - O Social, emotional and relationship difficulties
 - O Problems with planning, waiting and impulse control
 - Increased threat sensitivity
- Often separation from family, key relationships and cultural connections
- Parallel Process for Staff and Organisations

Useful Supports

- Providing predictable environments, activities and routines
- Establishing both psychological and physical safety
- Supporting coping skills for emotional regulation
- Enacting strategies to assist Professional Support Staff to mange stress
- Accessing support services

COVID-19 Impacts

- Undermines routines
- Impedes access to support networks and activities
- Introduces heightened stress to peer networks
- Changes to staffing and usual supports
- Increased stress on Professional Support Staff and Families
- Compromised Psychological Safety

Related Events -ve

- Increased incidents:
 - O Aggression
 - O Property Damage
 - Self-harm
 - Rule breaking General and COVID-19 safe practices
- Disruption to family and cultural connections

- Staff shortages
- Rostering changes
- Difficulty with attunement and coregulation
- Increased care burden during key times

Related Events +ve

Children and Young People

- Shared experience with staff and empathy
- Appreciation
- Engagement in new activities; even more chores complete
- Habituation and tolerance for waiting
- Increased resilience
- More frequent and sometimes better family connection

Staff and Organisation

- Demonstrated commitment and generosity
- Stronger focus on wellbeing
- More regular check-in's and connection
- New modalities of training
- Video-links for alternative schooling
- Increased connection to children and Young Peoples' families
- Insight into stress and lack of autonomy

Future Issues

- Recognise risks and resilience factors
- Rest, reset and repair
- Retain
 - Focus on wellbeing
 - Successful connection to school
 - Family contact and inclusion
 - O Connected service networks that provided support
- Challenge ourselves to learn, grow and hold hope.