



Frequently Asked Questions

Caring for Children and Young People with Trauma carer training

What is *Caring for Children and Young People with Trauma* training?

Caring for Children and Young People with Trauma is an online training package for carers. The training has been developed by the Australian Childhood Foundation (ACF) in partnership with the Department for Child Protection (DCP).

This training recognises the impact of trauma on children's development from birth through to adolescence, focuses on the role of relationships in children's healing from their early life experiences and identifies strategies in responding to trauma-based behaviours that carers can implement at home.

What is the purpose of this training?

The purpose of this training is to:

- Enable kinship and foster carers to access quality, evidence-based learning programs that has consistent messaging with training received by DCP staff.
- Support carers to apply trauma-informed approaches to caring for children and young people to help them heal.

Who is this training for?

The training has been created specifically for South Australian family-based carers who provide care for children 0 – 17 years.

There are two learning and development training packages tailored for kinship carers and foster carers, recognising the unique differences of each care type.

At registration, you will be prompted to select the foster or the kinship care course.

I am an Aboriginal carer, which training do I select?

Aboriginal kinship carers or non-Aboriginal kinship carers providing care for Aboriginal children and/or young people may wish to undertake the kinship or foster care training online or they may prefer to complete the *Healing Through Care Yarning Resource*.

The third training package, *Healing Through Care: A Yarning Resource*, has been made directly available to supporting agencies to be delivered face-to-face either one-on-one or in small yarning circles. It includes culturally relevant images, design and tone of voice and presents both western and holistic cultural perspectives of healing trauma.

The Yarning Resource has specific messaging for kinship carers, however, the tools are also relevant for foster carers who may share some similar joys and challenges in caring for Aboriginal children and young people and can be adapted for use. Speak to your DCP kinship care worker or agency support worker for more information or visit the DCP carer platform [here](#).

**How do I register for the *Caring for Children and Young People with Trauma* carer training?**

To register for the *Caring for Children and Young People with Trauma* training, visit the online registration link at: <https://bit.ly/CFETCtrauma>.

Once registered, you will then be provided with the necessary log-in details via email from the ACF.

I did not receive an email from the ACF with my registration and log-in details. What do I do?

You may experience a delay in receiving your registration and log-in details as the system updates with your details. It may take up to 30 minutes to receive your username and password.

You can also check your junk email folder or double-check that you have entered the correct email address on the initial registration page.

If you encounter any further issues, you can request for your registration and log-in details to be re-sent to you by contacting support@childhood.org.au.

How long does the training take?

In total, the online training program will take up to 7 hours to complete. Each module will take approximately 45 – 90 minutes depending on your experience level, prior learning and your responses to reflection activities and further reading options. There are five modules in total:

- Module 1. Setting the Foundations - an introduction to all the training
- Module 2. Brain Development
- Module 3. Understanding trauma
- Module 4. Trauma informed approaches
- Module 5. Collaboration & self-care

You can leave at any point and pick up where you left off. Where possible, it is recommended to complete each module in one sitting.

What computer skills do I need to complete the course?

Basic computer skills are required. The course is designed to be as user-friendly as possible with intuitive controls and clear instructions to guide users through the content.

Are there assessments or exams?

No. You will be required to complete a Knowledge Check at the end of each module that includes multi-choice questions. You will be able to repeat these as many times as you need. It is important to remember it is not a test and the purpose of the checks is to help you reflect on the content of the module before you to move on to the next module.

**I am struggling with completing the Knowledge Check and cannot move onto the next module. Who can help me?**

Carers will receive support from their DCP kinship care worker or their agency support worker to participate in this learning and development.

Please let your kinship care worker or agency support worker know if you need some assistance.

Some of the interactive elements have cut off text that I can't read. What can I do?

The course may display slightly differently on different devices. A computer or laptop is recommended to avoid common technical issues.

Please contact the ACF via email support@childhood.org.au if you continue to experience difficulties. Alternatively, speak with your DCP kinship care worker or agency support worker who may be able to support you to access a more compatible device.

I am struggling to understand some of this content, who can I ask if I have questions?

It is common for people to have questions when engaging with new learning, particularly with a complex topic such as trauma.

You are encouraged to reach out to your DCP kinship care worker or agency support worker to unpack and reflect on the content raised in this course and link you in with other sources of information and support.

I found some of this content upsetting, is there someone I can speak to?

It is important to note that this course covers topics and themes such as child abuse, trauma and violence that may be distressing. You are encouraged to speak with someone that you know and trust.

You can reach out to your DCP kinship care worker or agency support worker who may be able to provide additional home visiting while you undertake the training in response to your individual needs.

If this content has caused you concern and you need additional help or advice, you can call [Lifeline](tel:131114) on 13 11 14, [Beyond Blue](tel:1300224636) on 1300 224 636 or 13YARN on 13 92 76.

I have completed the training. How do I obtain a record of my completion?

Upon completion of the training, you will receive an email from ACF Online Learning to notify that your certificate of completion is ready to be saved/printed. You can locate the completed certificate by visiting the *Online Learning Portal menu* and selecting *Awards*.

You may wish to let your DCP kinship care worker or agency support worker know once you have completed the training so that they can keep a record on your case file.

I prefer face-to-face learning environments rather than learning online. Is this training delivered in other ways?

Possibly. The DCP Kinship Care Program, carer support agencies and Aboriginal Community Controlled Organisations may have capacity to deliver *Caring for Children and Young People with Trauma* training face-to-face one-on-one or in small groups. Contact your supporting agency to enquire.



I have another question that isn't captured? Who can I speak with?

In the first instance, reach out to your DCP kinship care worker or agency support worker.

For ACF or DCP please contact:

- ACF: support@childhood.org.au
- DCP: DCPCarerPartnerships@sa.gov.au