



The Parent Leadership Training Institute Brisbane
Graduates of 2018

Congratulations PLTI Graduates of 2018!

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.

Roots and Wings

by Denis E. Waitley

If I had two wishes, I know what they would be
I'd wish for Roots to cling to, and Wings to set me free;
Roots of inner values, like rings within a tree,
and Wings of independence to seek my destiny.

Roots to hold forever to keep me safe and strong,
To let me know you love me, when I've done something wrong;
To show me by example, and help me learn to choose,
To take those actions every day to win instead of lose.

Just be there when I need you, to tell me it's all right,
To face my fear of falling when I test my wings in flight;
Don't make my life too easy, it's better if I try,
And fail and get back up myself, so I can learn to fly.

If I had two wishes, and two were all I had,
And they could just be granted, by my Mom and Dad;
I wouldn't ask for money or any store-bought things.
The greatest gifts I'd ask for are simply Roots and Wings.

Denis E. Waitley (born 1933), is an American motivational speaker, writer and consultant. He has been recognised as the best-selling author of the audio series, The Psychology of Winning and books such as "Seeds of Greatness" and "The Winner's Edge". Waitley has been inducted into the International Speakers' Hall of Fame.



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Building Community

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From Karyn Walsh

Our partnership with the Parent Leadership Training Institute from the USA has steered us through another 20-week course with Parent Leaders who are now graduating.

Parents who come to the course show tremendous courage and energy to not only create a world that is more responsive to children, parents and families but also in managing adversity. Many are facing the challenge of being a parent, or in a family, which sometimes experiences aspects of exclusion, bullying, trauma or isolation.

It is both the desire to create a world that adapts to the realities of people's lives, by promoting human rights, diversity and inclusion as well as learning how to navigate and overcome barriers and obstacles, that is the work of leadership.

We are lucky in Australia to live in a democracy. With that comes many challenges. Understanding how our political systems work as citizens is an essential ingredient to a healthy democracy. Learning processes to allow contribution and also having political representatives prepared to listen, is always a good start.

We thank our local leaders Minister Di Farmer, State member for Bulimba, Brisbane City Councillor Kara Cook, Michael Hogan, and Megan Giles, Department of Child Safety, Youth and Women who all have very busy timetables, for contributing to this year's program. We are also grateful to Scott Dixon, Journalist and Samantha Morris—Co-Founder and Owner of Blank Magazine Gold Coast for generously contributing their time and sharing their expertise with the parent leaders.

Projects this year reflect the diversity of parents' wishes for their children. Parents want to improve the wellbeing, inclusion, safety and belonging of children in their communities.

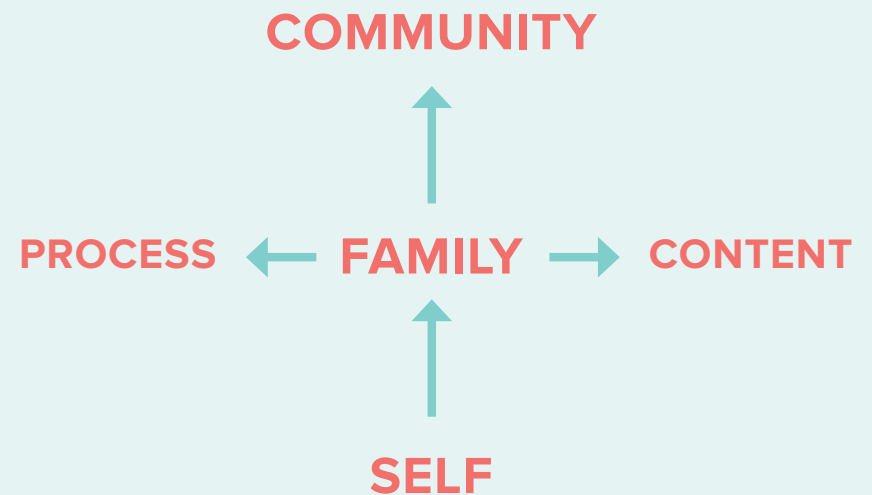
Some projects seek to increase support for those who experience violence, loss, financial hardship and social isolation as a means of building a more caring, connected and mindful community where children can be safe and loved. I encourage you to read the parents' project outlines included in this book.

Every participant has committed time, energy and an openness to learning. We thank you for taking this journey with us. I thank the Family Inclusion Network team and facilitators who as leaders themselves, demonstrate great adaptability. Each week the preparation of material, the community meal, child minding and organising guests provide opportunity to learn, create new relationships and new possibilities for a world where we can all contribute our voices, ideas, experiences.

Karyn Walsh, CEO Micah Projects

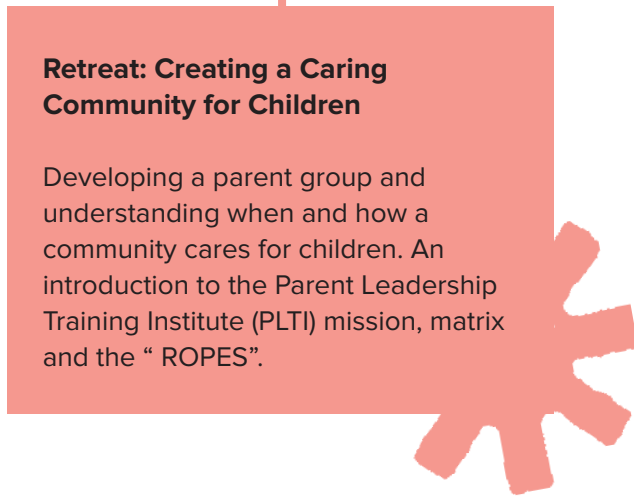


The PLTI Matrix



The R.O.P.E.S

Respect/Risk
Open/Ouch
Participate/Process
Experience/Ears
Sensitive/Safe

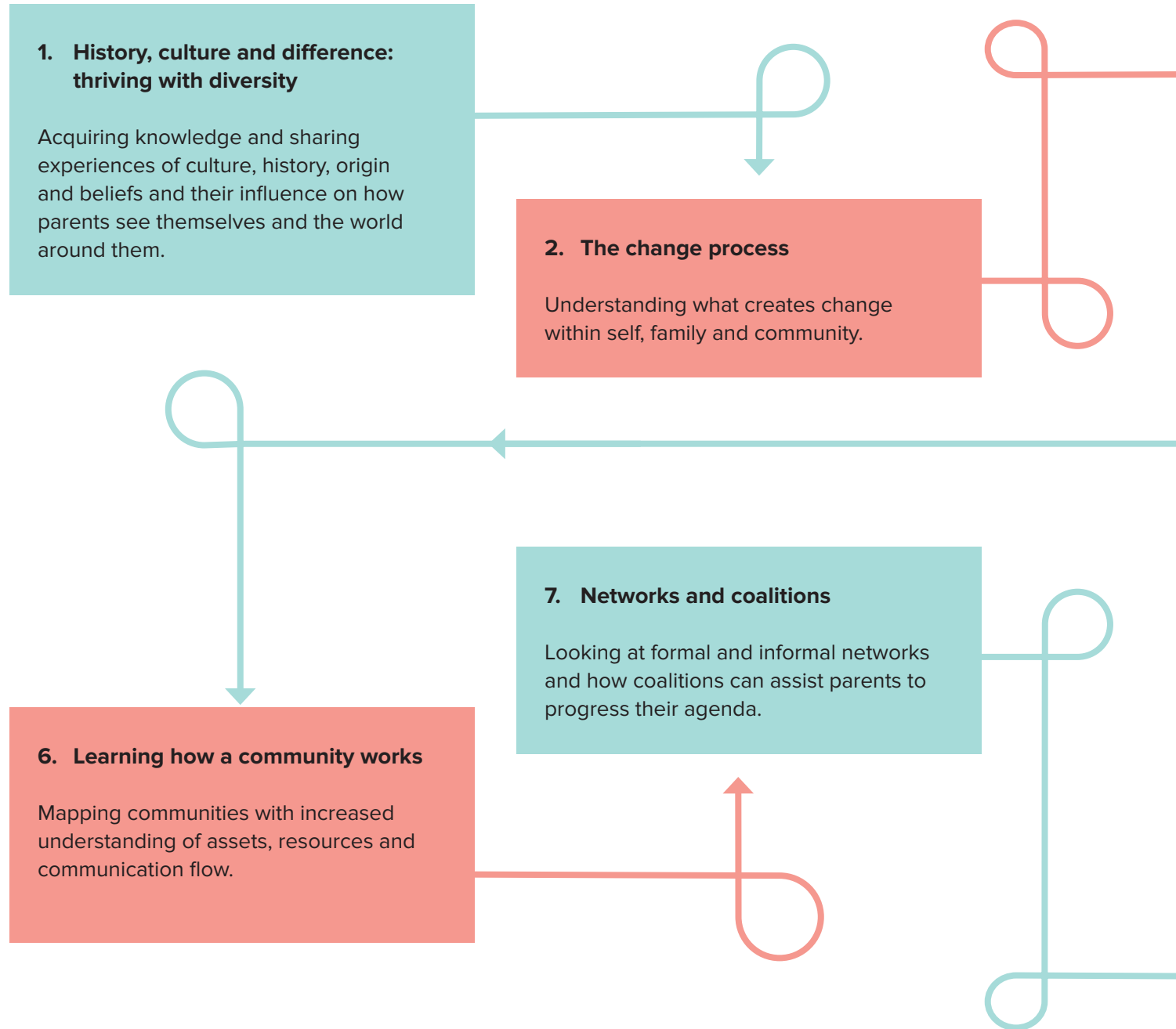


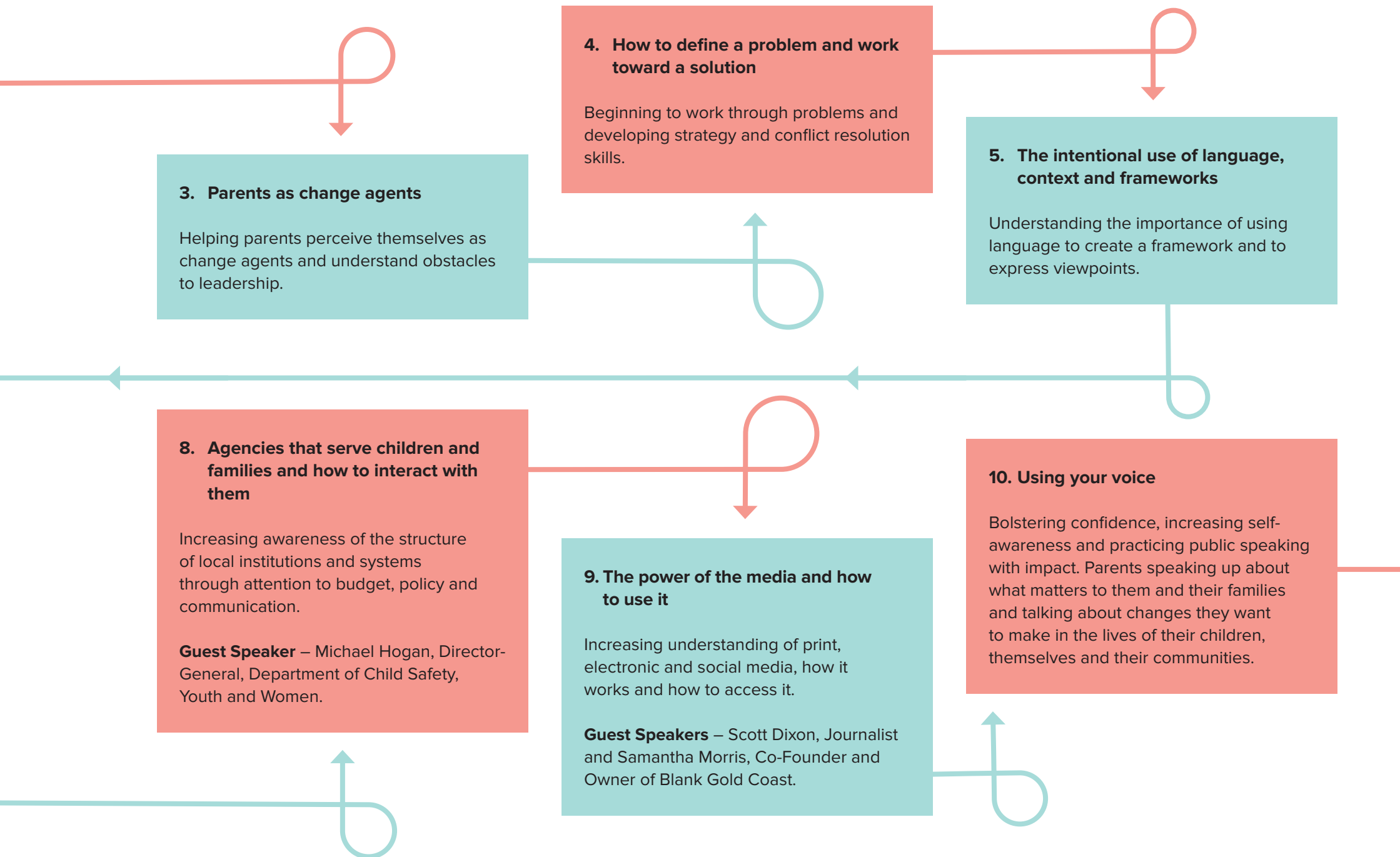
The PLTI Program

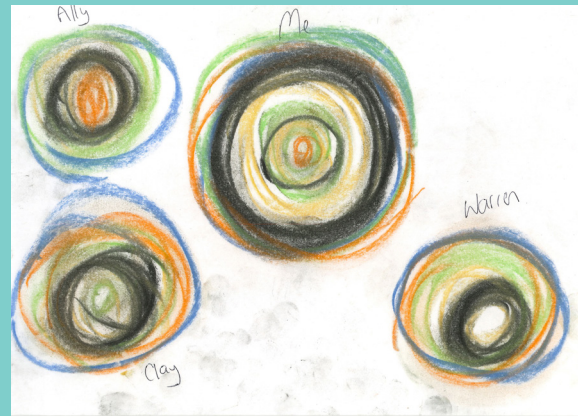
Phase 1

Retreat–Week 10

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







Artwork from Activity:
History, Self, and Cultural
Landscape

PLTI – fill the blanks

I am a graduate of the PLTI program.

My favourite class was because

My favourite guest speaker was

and my take away from their session was

The three most important skills I learnt at PLTI are:

1.

2.

3.

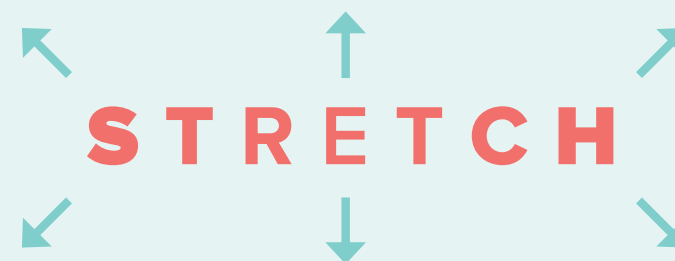
One skill I would like to develop further is:

One time I had to STRETCH was

My favourite lolly from the lolly bowl was

 **CELEBRATE
MISTAKES**

 **TRUST** 
THE PROCESS

 **STRETCH**

11. The lifecycle of the child and the functions of the family

Attaining an understanding of family function, family structure, and child development.

12. Social and economic trends affecting families and children

Understanding the social, economic and demographic factors affecting child health, learning, safety and care-giving.

13. What is law and public policy?

Understanding public policy as a vehicle for democracy, citizen input, and change for children.

Examining how laws are made in Queensland and in local government areas.

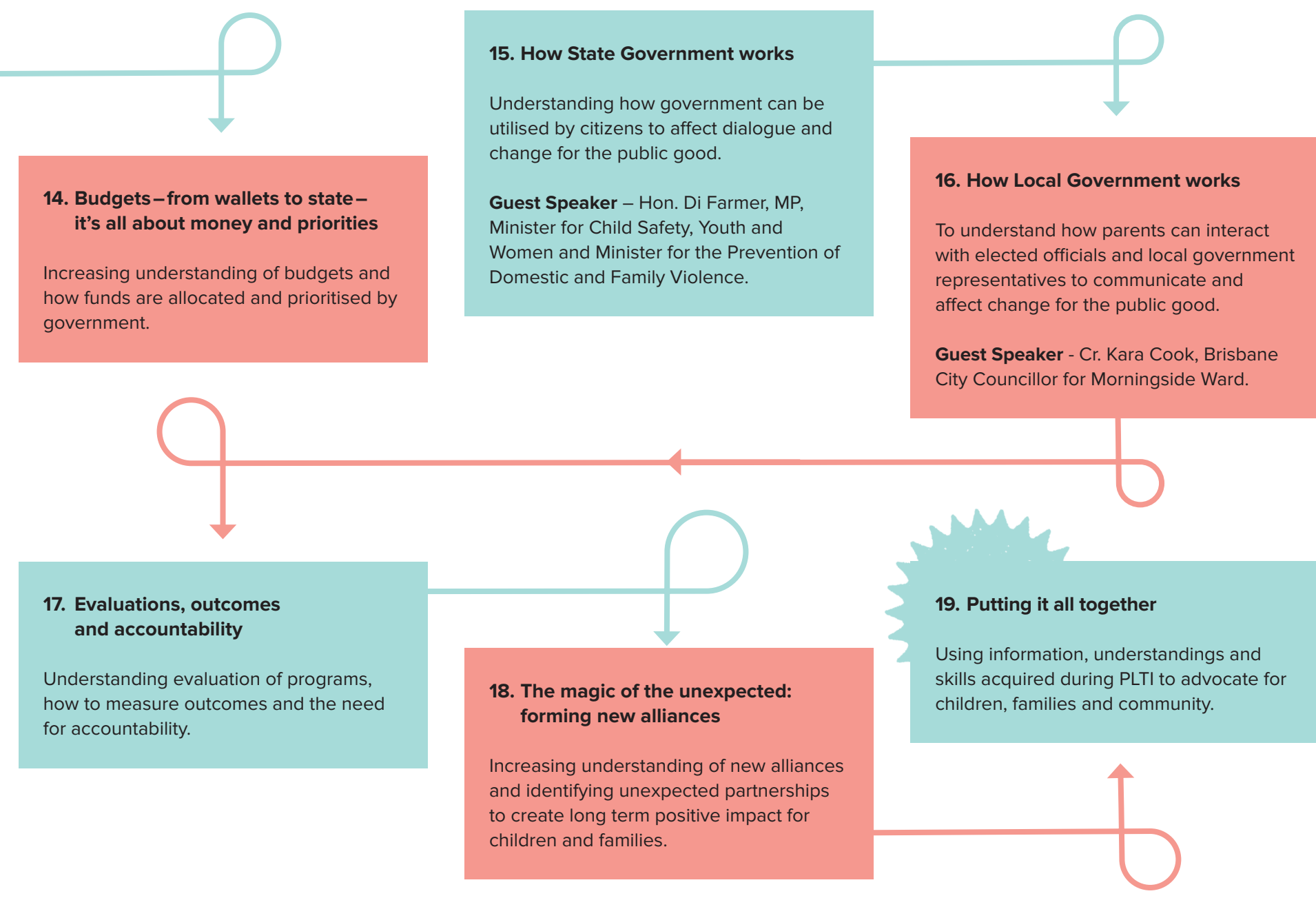
Guest Speaker – Megan Giles, Executive Director, Legislative Reforms, Department of Child Safety, Youth and Women.

The PLTI Program

Phase 2

Weeks 11–19

Policy, Politics, and Change for Children



14. Budgets – from wallets to state – it's all about money and priorities

Increasing understanding of budgets and how funds are allocated and prioritised by government.

15. How State Government works

Understanding how government can be utilised by citizens to affect dialogue and change for the public good.

Guest Speaker – Hon. Di Farmer, MP, Minister for Child Safety, Youth and Women and Minister for the Prevention of Domestic and Family Violence.

16. How Local Government works

To understand how parents can interact with elected officials and local government representatives to communicate and affect change for the public good.

Guest Speaker - Cr. Kara Cook, Brisbane City Councillor for Morningside Ward.

17. Evaluations, outcomes and accountability

Understanding evaluation of programs, how to measure outcomes and the need for accountability.

18. The magic of the unexpected: forming new alliances

Increasing understanding of new alliances and identifying unexpected partnerships to create long term positive impact for children and families.

19. Putting it all together

Using information, understandings and skills acquired during PLTI to advocate for children, families and community.



Amelia Popkiss

Marshmallow Minds

I'm working on a project to bring mindfulness, meditation and socio-emotional skills to primary school children via the classroom.

The goal is to:

- » Reduce anxiety and bullying;
- » Improve engagement, focus, behaviour and emotional regulation;
- » Develop awareness of self, others and community; and ultimately,
- » Improve connection to self, others, and community.

I envisage a generation of children that is emotionally aware, highly empathetic and that have a strong sense of self and community. Followed by, a generation of empowered young people that support and build each other up and then, a generation of adults that empower their children to do the same.



Andrea Savage

Tech-connect – Bridging pathways to digital literacy and inclusion for parents and guardians

This project aims to help people actively address their digital literacy issues and increase their digital skills and confidence. It provides information and a free one-on-one, hands-on support service to achieve skills using PCs and digital devices, the Internet and online services including MyGov as well as apps pertaining to children's education and schooling, health and communication.

People without digital skills face real challenges completing vital tasks that others find second nature. Lack of support and resources to overcome digital illiteracy have far-reaching consequences when it comes to education and learning opportunities for families, putting a child and their educational potential at an immediate disadvantage.

I'm hoping this project will give people the tools to continue to learn to benefit their children's education outcomes.

Parents and Projects



Britney Coss

**The ‘B-Coss Burger’ –
Because domestic violence does happen**

My project is to approach McDonalds and seek the development of the ‘B-Coss Burger’. This would create an opportunity for women and their children to flee to places like McDonalds which are open at least in their driveway service for 24 hours.

If a woman in need orders the ‘B-Coss Burger’, it is a message to the staff that they are in danger and need services. Police can be called and DV specialist services called and the mother and children can be allowed on to the locked premises while they wait for help. The kids can play in the playground and therefore not be too perturbed or too exposed to the situation. Police are often visiting these outlets or nearby so it is not a high profile or obvious incident.



Deirdre Davies

**Patient Administration
Assistance Program**

My project came about whilst becoming the carer of a partially disabled person who was discharged from the hospital with little or no support until I came along.

I would like to become an advocate for people who are in similar situations and try to assist hospital staff with the necessary information and resources they will need for the patient’s future benefit, before or upon a patient’s discharge.

It is important hospital staff have the knowledge to enable them to fill out the necessary paperwork/forms which assist the patient to obtain parking permits and links into the correct services, rather than waiting to see their general practitioner when they get an opportunity after leaving hospital. The project will create efficiency and more ease for the patient.



Gemma Bradshaw

**Building Community Connections
with the women of Nauru – Healing,
empowering and connecting**

I have been concerned about Australia’s treatment of people seeking Asylum for many years and with recent transfers of families from Nauru to mainland Australia, I would like to use my skills to address the unique challenges that face refugees in community detention. I am particularly interested in supporting mothers, as studies show women are likely to have worse outcomes in resettlement, and when a parent’s support needs are unmet, children are less likely to adapt to new host countries (Murray, Davidson & Schweitzer, 2008).

When mothers are faced with raising children in traumatic and hopeless situations, community connections and support become an important lifeline. My project aims to provide a safe and caring space for mothers from Nauru to build friendships and networks with mothers in Australia to provide stability in an otherwise incredibly unstable situation.



Jesse Smith

Design Play for Meetings

The project is to set up structured plans and play activities to be used during contact between parents, children, carers and the Department of Child Services. In the current situation, at the beginning of these meetings it's a very sterile style of contact which can be difficult for parents and for children. Parents can find it intimidating and there are really difficult issues to discuss around children. Sometimes it is hard for the discussions to be effective.

This project will develop games and play activities that will incorporate art and music and will create "memories" for the children as well as assisting in creating bonds between parent, carers, Department representatives and the children. The goal is to make the meeting easier for everyone and protect the children from listening to difficult conversations they don't necessarily have to hear.



Leah Cowell

Tri Sci

A community project around educating our children in Science, Technology, Engineering and Mathematics otherwise known as STEM.

Tri Sci, a STEM based piece of play equipment to add to our local parks and playgrounds. This piece of equipment will be interchangeable to allow it to be moved between playgrounds, exposing local children to different scientific concepts and technologies.

This is to create an environment where we allow children to explore, use curiosity, creativity and critical thinking to undertake learning in their own time and in their own neighbourhoods while they are also benefiting from the physical activity, social development and fundamental movement skills that current playgrounds are designed to encourage.



Laura Lewis

Creating an Independent Body to Oversee and Investigate Child Abuse in Educational Institutions

Family circumstances put us in the line of fire three years ago with nowhere to turn after my son experienced severe bullying. Through skills learned during PLTI, my project will document the process of following an idea, to attending an appointment with the Queensland Family and Child Commission and beyond.

This project, if successful, will take years and will involve approaching and working with organisations to continue the conversation and then create a framework to move forward.



Luesa Van Luyn

Improving Female Social Connectivity

Creating a sisterhood of walkers in local communities to reduce social isolation and depression and increase social support among women in their community. From these connections, create mentoring opportunities for the women.

In collaboration with partner organisations such as the Heart Foundation, Zonta and community organisations; these connections will allow the introduction of different service providers and experiences to be shared, with the aim to empower women to their full potential.



Melanie McKenzie

Investment Equals Growth and Sustainability

‘Harrison’s Little Wings’ is a world first organisation that provides a multifaceted, wrap around support service for a woman and her family. ‘Harrison’s Little Wings’ support women who have a health issue that puts their life or their baby’s life at risk during pregnancy or for the woman and her family that receive a poor or fatal diagnosis in pregnancy.

We urgently require funding so our service is able to grow with demand and be responsive to a family’s needs. It is imperative that our service becomes sustainable and therefore requires investment.



Natasha Malmstrom

Piece for Peace

‘Piece for Peace’ is about engaging the community through a social media campaign promoting violence free communities.

I am passionate about creating safe, violence free environments to nurture children, their families and communities.

This will be a localised project with the ability to replicate and expand state-wide, nationally and internationally.

It is about doing your ‘piece’ to promote ‘peace’ —being part of a collective, a wider ‘Piece for Peace’ community.

This campaign is about connection and collaboration, it is about people, it is about sharing our views for the world, community by community.

Each ‘piece’ inter-connects for greater ‘peace’!



Paul Casey **Including Dads**

There are a myriad of programs designed to support women and children. However, funded programs for men are usually limited to domestic violence prevention and intervention. This stigma means that men in need feel discouraged from accessing support services every day. My community project is to draw attention to the largely unspoken issues that dads face, particularly during and after separation. I wish to advocate for additional social and support groups/programs for men, as well as promote inclusivity for men in existing services.



Sherill Montecarlo **Senseship**

This project is inspired by many voices from families with a family member with disability who wants to attend community events. Welcome to “Senseship”, a portable space away from unwelcoming negative experiences that arise due to fear of judgement from others. For use at community events by people with disability, including but not limited to sensory processing disorder, epilepsy, global delay disorder, aggressive behaviour and intellectual disability.

Area 1 provides sensory and/or interactive play to encourage the user to engage, explore and interact. This is very popular for children with Autism Spectrum Disorder.

Area 2 provides a calming/relaxing atmosphere. Its primary use is for de-escalation of raised emotional states, reduction of agitation and anxiety, and helps bring sensory serenity (calmness) to the user. It can be used as a recovery tool post-seizure. It is ideal for people with social and emotional behavioural difficulties.



Stasia Bayley **Gender Diversity –** **A positive experience at schools**

I’m the parent of four children, two have grown up and left home. Last year my youngest child began living life as his true self. He is transgender.

A gender neutral environment won’t convince kids they are transgender if they are not. But it would allow a transgender child to be themselves and to grow up feeling included and supported.

My son is in year 12 and his school has been very supportive. I really want to highlight the things that the school has done that have made a difference in helping him complete his final year of high school.



Yolanda Van Gellecum

Advance Australia Fair – A project to mobilise people for a fairer Australia

This project works to tap into the feelings of community discontent with Australia's growing levels of economic inequality. It will provide tools to help people understand that economic inequality can be addressed through policy. It will aim to mobilise people to challenge our current politics, which places large corporations and the wealthy at the centre of policy design.

I wish for my project to help seed a normative shift — where people are seen as the fundamental engine of economic growth, with investment squarely focussed on people, families and communities — in order to inspire people to demand a “person-centred” economics for our nation.

Closing Leadership Circle



At the end of each session, parents expressed their insights, feelings and perceptions about the day's activities in a 'Leadership Circle'.



Child minding at PLTI 2018

During PLTI 2018, the children also were hard at work on games, songs and activities including some serious cooking. Opposite are some of the recipes that kept the children busy...

Children's Song – ROAR!*

You're there for me and you are the best
Even when I make a big mess
You show your love for me
Though I don't sit quietly
You held me up and gave me love HEY!
Thank you for being you!
You hear my voice, you hear that sound
Like thunder, gonna shake the ground
You hold me up and keep me safe

Chorus

Get ready 'cause I have your love
I see it all, I see it now
I've got the eye of the tiger, the fire
Dancing through the fire!

Cause I am a champion,
thank you for making me ROAR!
Louder, louder than a lion
Cause I am a champion and you're
gonna hear me ROAR!

Oh oh oh oh oh oh oh oh
Oh oh oh oh oh oh oh oh
Oh oh oh oh oh oh oh oh
You're gonna hear me ROAR!

Now I'm floating like a butterfly
Stinging like a bee I earned my stripes
I went from zero, to my own hero
You held me up and gave me love HEY!
Thank you for being you!
You hear my voice, you hear that sound
Like thunder, gonna shake the ground
You hold me up and keep me safe

Repeat chorus

Super Easy Pizza Dough

Ingredients

- » 2 cups plain flour
- » 8g dry yeast
- » 1 tsp caster sugar
- » ½ tsp salt
- » 2 tbs olive oil
- » ¾ cup lukewarm water

Method

1. Combine dry ingredients in a large mixing bowl and add oil and water.
2. Mix to a soft dough.
3. Knead on a floured surface until soft and pliable.
4. Return to the mixing bowl and cover with cling wrap and leave in a warm spot for 30 minutes. The dough should double in size.
5. Once it has risen, 'punch' the dough once to remove any air bubbles.
6. Remove from the bowl and knead gently for 1 minute.
7. Roll the dough out to desired size and add favourite pizza toppings.
8. Cook for 20 minutes, or until dough has cooked through.

* 'Roar' lyrics adapted from original song by K Perry.

3-Ingredient Apricot and Coconut Balls

Ingredients

- » 2 ½ cups (225g) desiccated coconut
- » 250g dried apricots
- » 200g sweetened condensed milk

Method

1. Place 1 cup of desiccated coconut into a small bowl and set aside. This is to roll the apricot and coconut balls in later. Also place the container you will store your apricot and coconut balls in on the bench.
2. Roughly chop the dried apricots into small pieces and place into a large bowl.
3. Add the condensed milk and remaining 1 ½ cups desiccated coconut and use a large spoon to mix together until well combined. The mixture will be sticky.
4. Scoop up tablespoon-sized amounts of mixture and roll into a ball.
5. Roll in the extra desiccated coconut to coat, and place into your container.
6. Repeat until you have used all of the mixture.
7. Place the lid onto the container and pop it into the fridge for 2 hours to firm up.

Thank you

Program Partners

- » Parent Leadership Training Institute USA
- » Uniting Care Queensland
- » Department of Child Safety, Youth and Women

Guest Speakers

- » Michael Hogan – Director General, Department of Child Safety, Youth and Women
- » Scott Dixon – Journalist
- » Samantha Morris – Co-Founder and Owner of Blank Magazine Gold Coast
- » Megan Giles – Executive Director, Legislative Reforms, Department of Child Safety, Youth and Women
- » Hon. Di Farmer – Minister for Child Safety, Youth and Women and Minister for the Prevention of Domestic and Family Violence
- » Councillor Kara Cook – Brisbane City Councillor for the Morningside Ward

Volunteers

- » Alexandra Baird
- » Rebecca Shearman
- » Angela Anderson
- » Sara Jones
- » Fiona Hegarty
- » Lina Lim
- » Rebecca Graham
- » Angelica Camarao
- » Anastasia Cassidy
- » Sophie Thompson
- » Sergei Rosk
- » Fiona Hegarty
- » Chloe Sanders
- » Sarah Evans

Special Mentions

- » 2016 PLTI Alumni
- » The PLTI Advisory Committee
- » Mentors who supported parents completing the 2018 program
- » Andy Gibson – Mercy Community Services

- » Bethany Snow – Child Minder
- » Mindy Russell – The Family Place
- » Tabatha Pashen – Brisbane City Council
- » Sejda Abazovic – QUT PhD Student
- » Karyn Walsh – Micah Projects CEO
- » Hope St Café
- » Kate Fanton and the Wellspring Hawthorne Occasional Care team
- » Charla Ricciardi (PLTI US)

Family Inclusion Network – Parent Leadership Training Initiative

Team 2018

- » Susie Edwards
- » Rebecca Mann
- » Jenny Whitworth
- » Gillian Tilney
- » Nathan Gallagher
- » Sabrina Stokes
- » Jill Lang
- » Margie Gamble
- » Judy Abernethy

