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Centre of Knowledge



Welcome to the first edition of the Lighthouse Institute Quarterly Newsletter.

The past few months have been an exciting and busy time meeting with leaders in therapeutic care for children and young people from the UK, Germany, Estonia, Norway, Sweden and Portugal. The response from those leaders to our efforts here in Australia has been overwhelmingly positive and has given us a great deal of encouragement as we continue our work.

Lighthouse Institute is an Attachment and Trauma Informed 'Knowledge Centre' that draws on 21 years of practice at Lighthouse Foundation as well as applied research in the fields of child and adolescent psychology and psychiatry, community psychology, trauma neurobiology research and clinical practice from around the world. The Institute has been developed to expand the work of Lighthouse Foundation to increase the availability of our innovative Therapeutic Family Model of Care™ to vulnerable children and young people throughout Australia and internationally. The Institute is also focused on the promotion and the development of Attachment and Trauma Informed practice in work with children and young people.

We are excited that through the Institute, we now have a vehicle through which we can support other organisations across Australia and internationally to work with children and young people within an Attachment and Trauma Informed framework. We have been recently encouraged by the Victorian Department of Human Service's evaluation of the "Therapeutic Residential Care Pilots", which demonstrated the positive outcomes that therapeutic care can provide traumatised children and young people, and the commitment by the Victorian Government to expand on these programs. Lighthouse has been advocating for this for over 20 years. To have the Attachment and Trauma Informed approach acknowledged by the government as best practice makes us hopeful that more children and young people in out of home care will be able to experience this. We look forward to working with the government and sharing the 21 years of knowledge and practice that the Institute has developed in trauma informed care.

We hope that you enjoy the Lighthouse Institute Newsletter and we hope that in highlighting some of the great work that we have been doing here in Australia and abroad more people will come to see the Therapeutic Family Model of Care™ as the model of the future.

Rudy Gonzalez
Executive Director
Lighthouse Institute

Orygen Youth Health Research Centre /University of Melbourne research partnership

Lighthouse Institute is delighted to announce Orygen Youth Health (OYH) Research Centre/ Centre for Youth Mental Health, University of Melbourne as our major research partner. The OYH Research Centre is Australia's largest youth mental health research centre. Professor Patrick McGorry, the Executive Director of OYH Research Centre, commented on the partnership saying that "The partnership gives us the chance to tackle preventatively some of the drivers of mental ill health in young people and to create an evidence base for healing cultures, environments and relationships."



An attachment and trauma informed model for practice

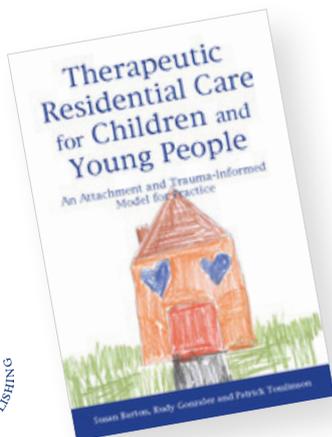
This insightful book by Susan Barton, Rudy Gonzalez and Patrick Tomlinson has been receiving great reviews internationally. In a recent book review published in the Journal of Psychoanalytic Psychotherapy, Stuart Hannah of the Northern School of Child and Adolescent Psychotherapy in the UK wrote, "Perhaps the greatest challenge ahead for the readership of this book is how best to bed its core beliefs and values into as many children's homes as possible in parallel to using them to inform those in key positions of influence."

At the request of the Japanese Department of Health, Labour and Welfare, the book is currently being translated into Japanese and will form part of its review of their Out-of-Home Care system.

We now hope that Australian policy makers take the advice of international experts and make the Therapeutic Family Model of Care available to more children and young people across Australia.



In a recent visit to the UK, Rudy Gonzalez and Susan Barton met with the Steve Jones and Claudine Harris of Jessica Kingsley Publishers to talk about the overwhelming success of the book internationally, as well as ideas for another book.



Sharing the model internationally

Stiftung Leuchfeuer, which translates to "Lighthouse Foundation", is the name of a German organisation that provides holistic care to children and young people. This year Stiftung Leuchfeuer celebrated its 10th Anniversary of operating in Germany, Norway, Portugal and Estonia. Director Peer Salstroem-Leyh invited Rudy and Susan to join in their celebrations in Cologne (Germany). Stiftung Leuchfeuer and Lighthouse Institute have agreed to an international partnership "to work together to improve therapeutic outcomes for children, young people and families in the European Union and Australia". Lighthouse Institute is honoured to be able to share the Lighthouse Therapeutic Family Model of Care™ internationally, and to develop a significant partnership with such a well-respected European organisation.



Conferences

Requests for presentations of our work in Australia and overseas arise on a regular basis. Recently, we have been involved in a number of presentations including:

- The International Psychological Applications Conference and Trends 2012 in Lisbon, Portugal (Susan Barton and Rudy Gonzalez)
- Australasian Conference of Child Trauma at the Gold Coast, Australia (Rudy Gonzalez)
- Global Conference for Psychology Professionals in California, USA in October 2012 (Rudy Gonzalez and Susan Barton)

Visit to Mulberry Bush Community in England

On their recent tour of Europe, Rudy Gonzalez and Susan Barton visited the Mulberry Bush Community. The Mulberry Bush Community is a therapeutic residential school that provides care, treatment and education to severely emotionally troubled children. The school was established in 1948 by Dr Barbara Dockar-Drysdale, who dedicated herself, along with Dr Donald Winnicott, to understanding and finding ways of healing traumatised children. It is the longest running therapeutic residential care program in the UK, and is now recognised as a pioneer of therapeutic childcare in the UK.

Rudy Gonzalez said, "It was so exciting to visit the organisation that led the way in therapeutic care in UK, and to walk through the grounds and feel the history of this amazing community. It was also encouraging to see the synergy between Lighthouse Therapeutic Family Model of Care, and the work that is being done in the Mulberry Bush". We thank the CEO John Diamond for inviting us to visit this truly inspiring place.



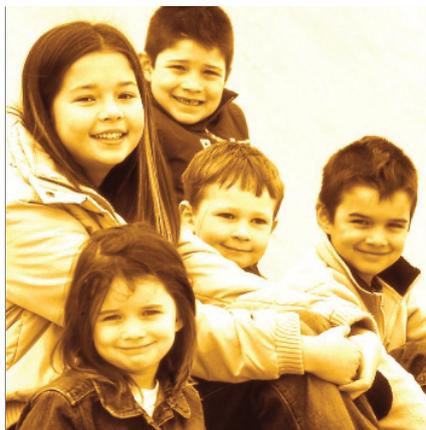
Improving the quality of Therapeutic Care with RMIT

We are excited to announce that in response to the continued success of Lighthouse Therapeutic Family Model of Care™ and the rise of cross-sectoral interest in our work, we have developed a Diploma of Youth Work (Therapeutic Care) with RMIT University. The Diploma of Youth Work (Therapeutic Care) commenced in June 2012. It is a significant development in what has always been a positive relationship with RMIT University since we first started working together in 2009. According to Rudy Gonzalez, “at Lighthouse we recognise the need for a course focusing on child and adolescent psycho-social development, and thus the course will be aimed at setting a standard of youth work in therapeutic care around Australia, by training organisations across the country on Attachment and Trauma Informed practice. Through doing this we hope to improve the quality of care and outcomes for young people at risk of homelessness”. The next intake for students in this course is scheduled for June 2013.



OzChild and Lighthouse – a training partnership in excellence

Lighthouse Institute and OzChild have formed a key training partnership that will lead to better outcomes for children in care. The Institute has developed and is currently delivering an Attachment and Trauma Informed Child and Adolescent Development Foundation Course for OzChild staff. OzChild is committed to developing itself as a leader in trauma informed practice and has contracted the Institute to train all staff from Board level to practitioners working directly with children, young people and families. The training provides a whole-system understanding of child development and trauma informed practice. The project is a great illustration of OzChild’s commitment to the care of their staff, and also the vulnerable children, young people and families they work with. Michelle Van Doorn, Senior Manager of Home Based Care at OzChild says, “the partnership between OzChild and Lighthouse Institute to deliver a tailored training package around Child and Adolescent Development to all of our staff, including non-direct staff, was received with great enthusiasm. The training was delivered in a very high quality and professional manner, was based on contemporary models of understanding how trauma and adversity impacts on child and adolescent development, and weaved in practical strategies that staff could consider in their work with children and young people.”



Lighthouse and the Australian Red Cross supporting Asylum Seekers and Refugees

Lighthouse Institute has been sharing its approach to Clinical Group Supervision processes with a number of organisations across Australia. One such organisation is the Australian Red Cross. The Institute is currently providing Clinical Group Supervision to team members of the Community Assistance Support Program, Asylum Seeker Assistance Scheme and Community Detention Program. “Red Cross has been undergoing an expansion over the past 18 months in supporting people being released from immigration detention onto both Community Detention and to the Asylum Seeker Assistance Scheme and Community Assistance Support Program, on Bridging Visas. The support that Lighthouse has been providing to our caseworkers is invaluable in helping them process and work through this very challenging work with highly vulnerable people, in the context of a shifting policy environment,” says Elda Osborne, State Program Coordinator for the Community Assistance Support Program at Australian Red Cross. The Trauma Informed Psychodynamic Approach to group supervision used in Lighthouse programs has proved to be very effective in supporting practitioners working with refugees and asylum seekers.



Upcoming training and calendar

The 2013 Seminar Series is a rich learning environment where people can learn from practitioners with hands-on experiences, hear about effective innovative approaches to working with children and young people, and share experiences.

The first seminars for 2013 are as follows:

Wed 6 Feb
Psychosocial Development:
Birth to Adolescence

Wed 20 Feb
Therapeutic Parenting of Traumatized
Children and Young People

Wed 6 Mar
Making Sense of and Responding
to Self-Harm and Suicidal Ideation

Wed 20 Mar
Understanding the Lighthouse Therapeutic
Family Model of Care™

To find out more or to participate in upcoming trainings visit our website, click on The Institute, and go into Training and Consultancy to download the 2013 Seminar Series Brochure and Registration Form.



To learn about our training, consultancy and supervision packages or to find out how to get involved in Lighthouse Institute, contact:

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The experience of young people in the Lighthouse Therapeutic Family Model of Care™

In partnership with the University of Ballarat, Luci Klendo of the Institute conducted research on the experiences of young people who have lived at Lighthouse receiving the Therapeutic Family Model of Care™. This research was expected to achieve two objectives. First, it provides an opportunity to measure the outcomes of the Therapeutic Family Model of Care™, by examining and illustrating the experience of young people who have accessed the program. Second, a precedent is established for similar research to be conducted among young people of similar backgrounds that access residential services other than Lighthouse model. The research aimed to have a positive impact on long-term outcomes for young people in out-of-home care and homelessness, as well as providing young people an opportunity to be heard, which promotes youth participation. Luci shared her findings with the therapeutic care community at Lighthouse Institute Research and Practice Colloquium in November.

We value and acknowledge the following relationships:

