

The Snapshot

Welcome to the FRMP Newsletter, Spring Edition

MCM's Family Reconciliation and Mediation Program (FRMP) is a state-wide service funded by the Victorian Government. FRMP provides brokerage funding and other capacity building activities for the youth homelessness sector.

[Learn more](#)



FRMP Brokerage - Respite funding for carers

Did you know that FRMP offers respite funding that can be used to support carers (non-parent/guardian) of young people experiencing (or at risk of) homelessness?

A payment of \$400 is available to assist with the living costs associated with a young person's short-term respite with a carer (e.g. extended family members or family friends), while family reunification or other housing options are explored. This payment cannot be used for emergency accommodation or unsafe and inappropriate accommodation.

If you are working with a young person who is temporarily staying with a carer due to family breakdown or conflict, their carer may be eligible for this payment.

Neurodiversity webinar wrap-up



On Tuesday 17th September, FRMP hosted an '*Introduction to Neuro-affirming Practice with Young People and their Families*' webinar, presented by Kylie Winwood. Kylie is a neurodivergent speech pathologist with over 15 years experience working with children and their families.

25 participants tuned in for the webinar from 17 different organisations across Victoria. The feedback was overwhelmingly positive:

"Found this webinar and the presenter fascinating and thoroughly enjoyed the content. Gained a lot more confidence in using neuro-affirming language"

"Really enjoyed the webinar, was engaging from start to finish"

We look forward to hosting the same webinar again on October 15th. This session is currently fully booked but you are welcome to join the waitlist.

[Join the waitlist](#)

Please meet Sophie Lord, an equine therapist in Moorooduc...



I am an equine assisted psychotherapist working in Moorooduc on the Mornington Peninsula.

My horses and I have been supporting people with complex mental health issues for the past 10 years. I am always learning from my client's and horses, and love to work surrounded by nature and the elements.

In the paddock we work together to build awareness, safety, connection and trust. The aim is to facilitate an environment where people can learn about themselves through their experiences of interacting with the horses. The horses are free to roam around in sessions, and there is no riding. We focus on the relationship between the client and horse, as well as

with myself, and my enthusiastic dog George.

I work very relationally and intuitively, supporting clients to self-regulate, ground, and to understand their relational patterns, core beliefs, and the function these play in their lives, and how they may want to evolve and grow.

Horses are great teachers and offer many different aspects to the therapeutic process. There is a saying that 'horses don't lie', and it's true of my horses! They are honest, expressive, present and embodied, something that we can all learn from.

They may offer comfort and joy, or even evoke feelings of fear and frustration. Each session is different, and an opportunity for self-discovery and healing.

New therapists on the FRMP register

Please also welcome the following therapist who has recently signed up to support young people experiencing (or at risk of) homelessness:

- Salva Crusca - Family Therapist (Newport)



[Apply for FRMP Therapeutic Intervention brokerage here](#)

Learning opportunities for the sector...

With Mental Health Month currently underway, the FRMP team has located some free training opportunities, resources and articles about supporting young people and their mental health:

- **Mental Health Foundation** - [Let's Talk: Youth Mental Health Forum](#) - Oct 10th

- **Orygen** - [Working with young people in the trauma space: vicarious trauma](#) - (recorded webinar)
- **Orygen** - [Early warning signs of mental ill-health in young people](#) - (recorded webinar)
- **Headspace** - [Resources for health professionals](#)
- **FutureLearn** - [Youth Mental Health Courses](#)
- **Black Dog Institute** - [Expert Insights Podcast](#)
- **Orygen** - [Engaging young people and their families in youth mental health](#)
- **Headspace** - [Family members are concerned about their young person's mental health, but not always confident seeking support](#)



Contact Us

The FRMP team has allocated contacts for the regions:

- **Poppy Fotiadis:** Metro West (incl. CBD), Metro North and Loddon Mallee
- **Cassie de Ruyter:** Metro South, Metro East and Gippsland

- **Linda Schwan:** Grampians, Hume and Barwon South West

Please contact the team on **03 9977 0046** or
frmp@mcm.org.au with any enquiries.



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Family Reconciliation Mediation Program (FRMP)

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