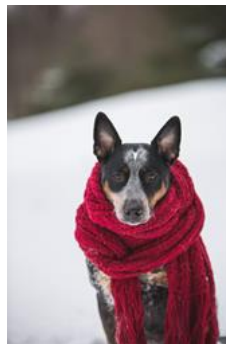


The Snapshot

Welcome to the FRMP Newsletter, Winter 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 2024 Forum Wrap-up!





"A wonderful event which was very well organised and put together. Thank you so much for a great day and the opportunity to connect with others"

On **Wednesday 19th June** we held our FRMP 2024 State-wide Forum at the Melbourne Town Hall. 75 attendees and 18 presenters braved the very cold weather to connect and share ideas around the Forum's theme, *Exploring Family Inclusive Approaches: Supporting Young People to Repair Relationships and Create Meaningful Connections*.

Attendees came from 39 different youth homelessness sector organisations from metropolitan Melbourne and regional Victoria. The Forum started with a welcome from MCM's General Manager of Operations, Sean Spencer followed by a presentation from Franca Butera-Prinzi (The Bouverie Centre, Latrobe University) about family therapy.

There was a fantastic panel discussion between youth homelessness practitioners from NESAY, Quantum Support Services and FAN about the benefits and considerations of family inclusive practice in their work.

Attendees then heard from Kylie Winwood, a neurodivergent Speech Pathologist (The Hill Paediatric Therapy), who provided an engaging presentation about Neurodiversity-affirming supports.

After lunch, attendees had their choice of 3 concurrent sessions; a lived experience panel discussion, an art therapy workshop or a workshop on whole of family approaches when working with young people who use violence - all of which were well received.

Thank you so much to those who presented and attended. We received some wonderful feedback about the day and we look forward to the next Forum!

We need to hear from you! What would you like to learn about?

Based on the feedback we received after our recent Forum, we've gathered some suggestions that were put forward and we're keen to find out what learning opportunities you would be most interested in:

- Supporting young neurodivergent people and their families
- Family mediation
- Working with First Nations young people and their families
- Supporting young LGBTIQ+ people and their families
- Supporting young CALD people and their families
- How to support young people who are disengaging from school due to family breakdown
- Working with young people who use violence in the home
- How to support young people when family reconciliation is not possible

[Register your response here](#)

[Please meet our new Equine Therapist in Geelong, Dr Monika Reichler...](#)



Since commencing my career as a psychologist in public mental health I have had the opportunity to work in a diverse range of settings including not-for-profit and educational institutions (primary, secondary and tertiary) and private practice. Throughout my different roles I have developed a passion for working alongside adolescents and young adults. I enjoy supporting young people to identify their personal strengths and building skills to navigate through what can be an exciting and challenging time. Much of my work has been in the mental health space, and very often there are stories of traumatic events that form part of the young person's experiences and story.

My interest in working beyond the traditional room-based setting was sparked by both my life-long love of horses (having been around horses since I was allowed free rein) and my own felt sense of how therapeutic time with these beautiful animals can be. I pursued several weeks of intensive equine assisted therapy training in 2021 which solidified the value of this work and provided a theoretical framework for including horses in therapeutic sessions. I now incorporate almost 20 years of experience as a psychologist within the paddock setting, where being outdoors provides the an opportunity to move and use your senses to connect to the natural environment.

Equine assisted therapy compliments my mindful, compassion-focused, client-centered approach. My herd and I all work in an authentic way, offering young people the opportunity to explore their experiences and relationships safely. Horses have a unique capacity to support clients in many ways in sessions, including co-regulation, being accepted unconditionally, or experiencing being able to make requests of another and how having boundaries can help foster safety in relationships.

Learning opportunities for the sector...

In honour of the recent NAIDOC week, the FRMP team has located some training opportunities and resources for supporting Aboriginal and Torres Strait Islander young people and families:

- **Emerging Minds** - [Aboriginal and Torres Strait Islander social and emotional wellbeing courses](#)
- **Deadly Story** - [A place for Aboriginal Culture, Country & Community](#)
- **Emerging Minds Podcast** - [Nurturing the wellbeing of Aboriginal youth](#)
- **The Youth Mentor Podcast** - [Supporting Young People Through an Aboriginal Cultural Lens](#)



New therapists on the FRMP register

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

- Darren Riggon - Mental Health Nurse and Counsellor (Geelong)
- Marie Claire Mandicos - Psychologist (Box Hill South)
- Amanda Florence - Art Therapist (Hawthorn)
- Sian Virtue-Griffiths - Psychologist (Richmond)
- Georgia Taylor - Mental Health Social Worker (Footscray)
- Katie Varallo - Art Therapist (Bendigo)



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.



Family
Reconciliation
Mediation Program



Family Reconciliation Mediation Program (FRMP)

Melbourne City Mission

www.frmp.org.au

