



Key Themes from Tuesdays with Nexus **24 November 2020 - 9.30am**

24 people attended this session – Thank you for your participation.

Presenter:

Service responses to family violence during COVID-19 - Ada Conroy, Senior Workforce Development Officer, Northern Integrated Family Violence Services, with Christa Winkels, Specialist Family Violence Counsellor, Berry Street.

- Video of training by Ada Conroy provided during COVID-19 - 75 minutes
- Adapting MARAM training online also to increase collaborative practice training
- Working with male perpetrators training available online now
- Intersectionality webinars now available – elder abuse, people with disabilities, LGBTIQ training next week sold out but can be accessed here:

<https://www.nifvs.org.au/event-directory/inclusion-and-intersectionality-webinar-series/>

Service system overview info is available also:

<https://www.nifvs.org.au/event-directory/service-system-overview/>

COVID-19 resources

<https://www.nifvs.org.au/resources/covid-19-information-resources/>

Brokerage resources:

<https://www.nifvs.org.au/resources/brokerage/#OtherFA>

Berry Street reflections by Christa Winkels:

- Younger people experiencing FV in family of origin and younger mothers more prevalent
- Strengths and resilience very evident esp. mothers with children, home-schooling,
- Emotional styles and coregulation very important
- Themes that have arisen – people not living with perpetrator felt safer due to restrictions in place – less contact and more safety
- Safety in virtual spaces need consideration in counselling space – where is a safe enough space, privacy issues, children at home, tech risks, perpetrator access to phones, tracking by perpetrators, COVID specific risks – isolation, contact, misinformation from perpetrators,



therapeutic responses – no F2F – new way of working, connection and relational safety, setting up the space- car, home.

- Body based somatic techniques very important – noticing, micro mindfulness, grounding to external, bi-lateral stimulation, holding self.
- Often people have felt OK at home,

Resources Shared:

The Shadow Pandemic Webinar 1 December 2020 2-3.30pm

<https://www.thewomens.org.au/health-professionals/clinical-education-training/conferences-seminars/the-shadow-pandemic-webinar>

The [2020 Walk Against Family Violence](#) will take place across Victoria on Wednesday 25th of November.

Although we can't walk together around Melbourne's CBD like in previous years, we can still take a collective stand against family violence and help raise awareness in our community by participating in a "walk from home" event.

Walk around the block, go for a walk with your colleagues or a friend or participate in a planned local event in your area – it's up to you. And by wearing something orange – a face mask, hat or t-shirt – you can show your support for victim survivors and help send a message that family violence will not be tolerated.

[Click here to register your walk and get involved in the day's events.](#) Feel free to join our St Vincent's Mental Health walking group or create your own!

Addicted Australia – 3rd in services in SBS tonight 7.30pm

https://www.sbs.com.au/ondemand/program/addicted-australia?p=a_google_adwords&branch_match_id=783835190100699969&utm_source=Google%2AdWords&utm_campaign=OD%20Addicted%20AU&utm_medium=paid%20advertising

'Tuesdays with Nexus' - A weekly interactive online session - Next session:

Considerations for the festive season – what you might need to think about in preparation for this time with consumers and families/loved ones. Melisa Righter, Lived Experience Worker, St Vincent's Mental Health & Nicole Thompson, Manager of the Residential Peer Programs at SHARC

The impacts on the South Sudanese community during the pandemic- Yom Maker from MDAP the Multicultural Drug & Alcohol Partnership. A program of the: Centre for Culture, Ethnicity & Health in Richmond.

Date: Tuesday's – 1/12/2020



Start time: 9.30 am – VIC

‘Tuesdays with Nexus’ - FINAL weekly interactive online session

Mx Christina Hotka, LGBTQA+ Safety and Responsiveness Project Worker, St Vincent’s Mental Health. “No Gender December – what this means?”

Date: Tuesday’s – 8/12/2020

Start time: 9.30 am – VIC

‘Tuesdays with Nexus’ – STARTING IN THE NEW YEAR weekly interactive online session

Date: Tuesday’s – 2/2/2021 – New link to be provided

Start time: 9.30 am – VIC

Focus of the 2021 sessions will focus on the MH Royal Commission recommendations as well as Inter-service/agency reports and reflections.