



**LIGHTHOUSE**  
FOUNDATION *for youth*

# HEALING CONNECTIONS: STRENGTHENING *trauma-informed* CAREGIVERS AND COMMUNITIES

A three-part experiential training  
program delivered by Lighthouse Institute

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**FUNDED THROUGH SAFER COMMUNITIES  
FUND ROUD 6 - EARLY INTERVENTION**



# A BIT ABOUT US



## OUR VISION

**TO END YOUTH  
HOMELESSNESS,  
TOGETHER**



## OUR MISSION

To provide children and young people who are homeless, or at risk of homelessness, with the care and support they need to heal and thrive.

Through community collaboration and our evidence-based Lighthouse Model of Care, we create therapeutic homes and deliver tailored support programs to transform the lives of young people. We also educate and support foster carers and families in the same way, so they too can care for some of Australia's most vulnerable children.



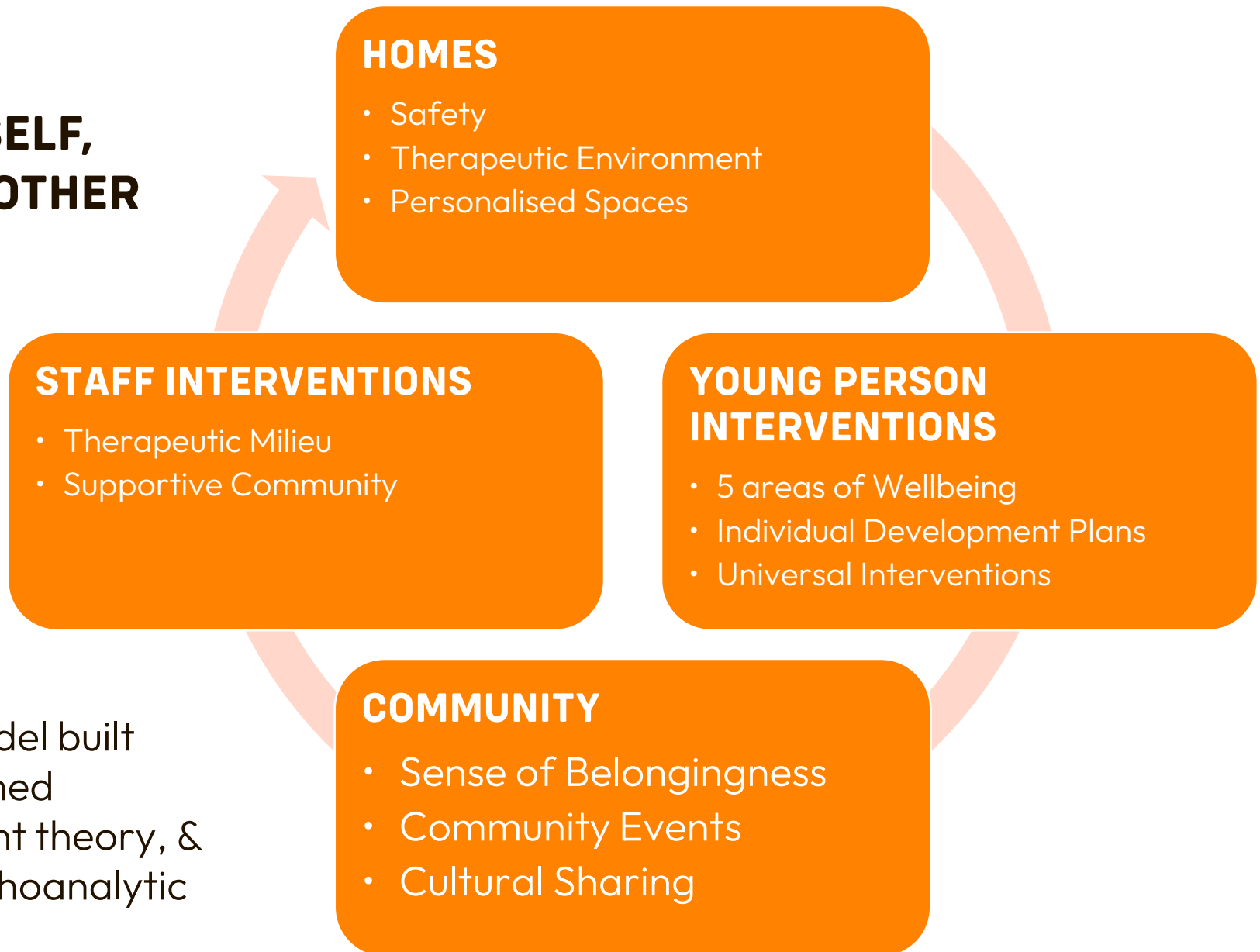
## OUR PURPOSE

We're here to enable young people to find their place.

Together, we create pathways to ensure those with experience of homelessness or trauma don't become defined by it.

# FOUR KEY DOMAINS

## A NEW WAY OF EXPERIENCING SELF, AND SELF WITH OTHER



Evidence based model built upon trauma informed practice, attachment theory, & contemporary psychoanalytic theory.

# DEEPLY LISTENING TO EXPERIENCES OF THOSE IN OUT OF HOME CARE

These quotes are from young people within the foster care system and are from the following research:

Mitchell, M. B. (2018). “No one acknowledged my loss and hurt”: Non-death loss, grief, and trauma in foster care. *Child and adolescent social work journal*, 35(1), 1-9.

“I guess [I lost] like the community in general and just like having to bounce from like one school to another you do lose like a lot of friends and it’s hard to like find new people that you can hang around ‘cause you’re...like you’re always moving like I’ve been to like five different high schools”

“We’d go through families like it was nothing....it drove me to hate change more and more because I would have to start all over and get used to another set of house parents in the house. It was constant anger and restarting over because it was constantly new faces in the house. I was in so many different group homes and foster homes. I got separated from a lot of people. In foster care you get close to people and then you randomly get separated like at random times.... In foster care, you don’t keep friends, like you go from school to school, you go from house to house. You don’t keep nobody. Which is why when you get out of foster care, you know, you don’t have anybody”

**STRENGTHENING TRAUMA INFORMED CAREGIVERS AND COMMUNITIES**



# PROJECT AIMS

## OVERALL

To provide experiential education and support those in the lives of vulnerable young people, to promote healing through relationships and systems around them.

## FOLLOWING THIS TRAINING PROGRAM PARTICIPANTS WILL:

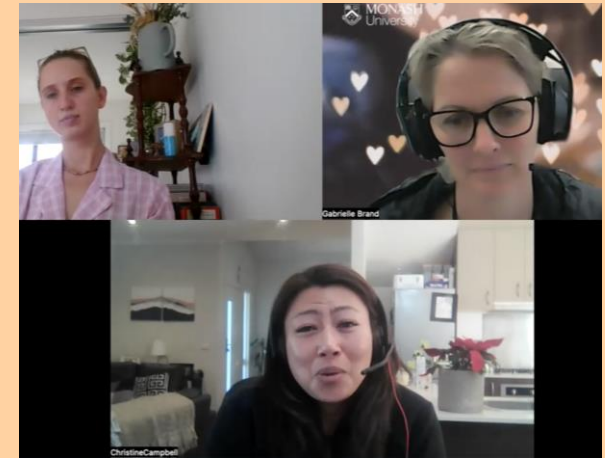
- Grow their reflective capacity
- Become equipped to display reliable, predictable boundaries and routine
- Increase their understanding of trauma-informed practice, the young people they support and themselves
- Feel more equipped to support young people to redevelop the capacity to engage in healthy relationships and make safer choices



# HARNESSING STORIES IN CO-DESIGN

## CORE PRINCIPLES

1. Being inclusive with people with lived experience and key stakeholders from initial design, development to final educational outcome
2. Equally valuing lived experience input
3. Being open, responsive and empathetic to generate new understandings of practice
4. Ensuring an iterative, cyclic process of exploration and reflection towards a collective education vision
5. Being outcomes focused to achieve a final educational output that is not predetermined but co-created during the co-design process





*Integrity, Compassion,  
Purpose.*

p.9

p.38

*Is this adding value  
to my life?*

*Focus on the solution,  
not the person.*





# HEALING CONNECTIONS: THREE-PART EXPERIENTIAL TRAINING PROGRAM



## MODULE 1 – TRAUMA INFORMED WAYS OF KNOWING

Aims to explore and deepen understanding of trauma informed practice and its related theories



## MODULE 2 – WELCOMING YOUNG PEOPLE AND CREATING SAFE SPACES

Aims to support participants to understand the significance of creating safe spaces to allow for healing to happen



## MODULE 3 – WALKING ALONGSIDE EXPRESSIONS OF TRAUMA

Aims to support participants to reflect on the meanings behind young people's expressions of trauma and to develop strategies to respond therapeutically





# LEARNING MATERIALS & RESOURCES

## WITHIN THIS TRAINING PARTICIPANTS ARE PROVIDED WITH:

- Reflective Journals
- Continuous connection with other carers with shared experiences
- Multiple opportunities for group and individual reflection
- Take home resources further explaining theoretical concepts



# WHAT DOES IT LOOK LIKE?



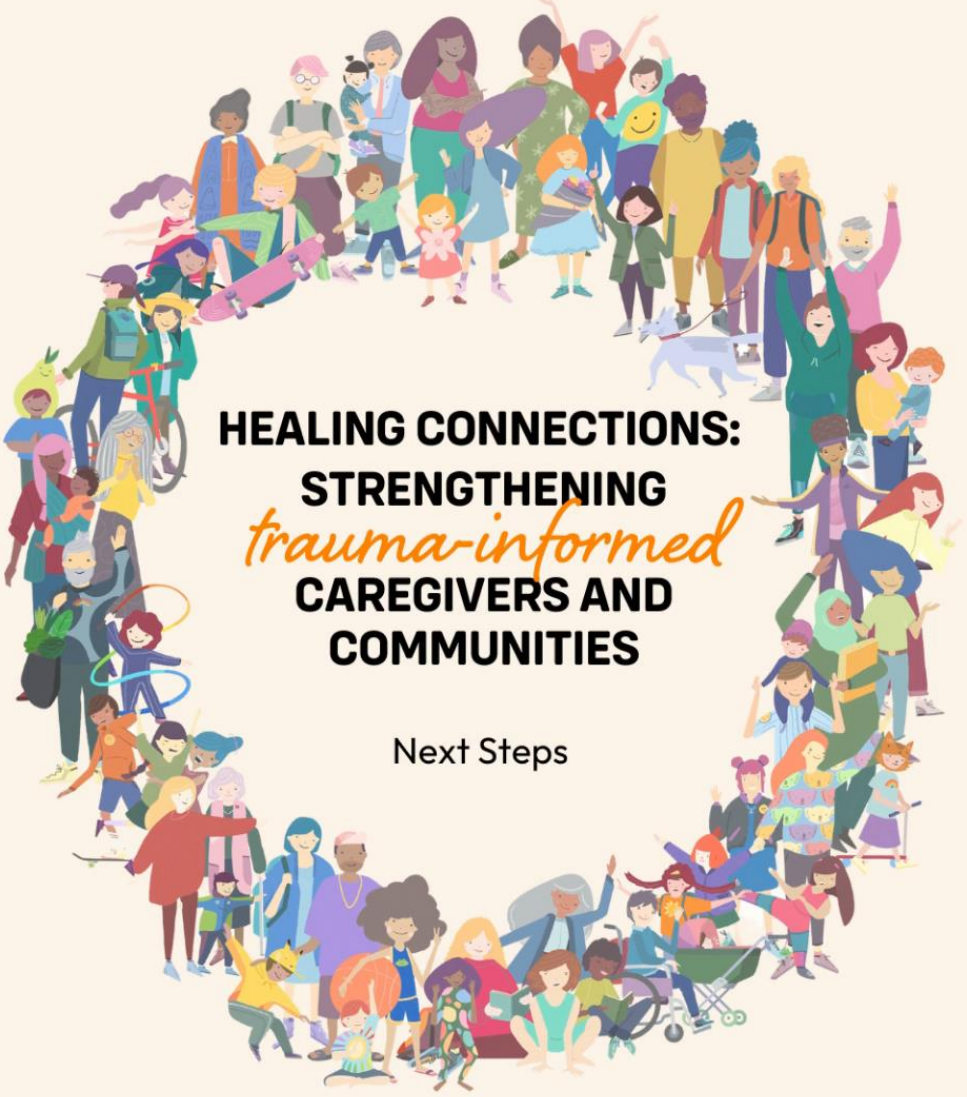


# LESSONS LEARNED

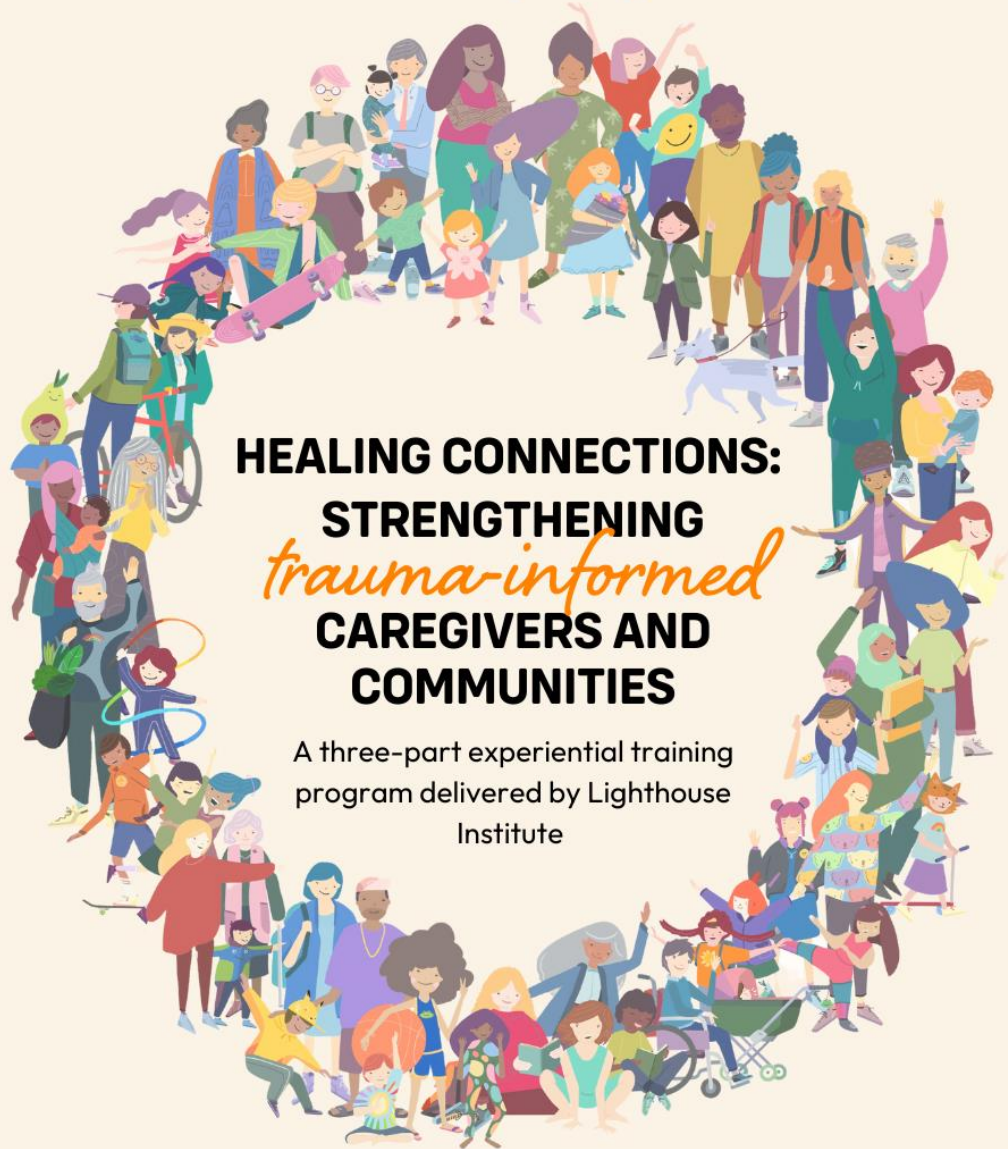




# NEXT STEPS



**YOU'RE** *invited*



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STRENGTHENING  
*trauma-informed*  
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A three-part experiential training  
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Institute

Lighthouse kindly invites you to participate in newly developed 'Healing Connections: Strengthening Trauma-Informed Caregivers and Communities' training, proudly delivered by the Lighthouse Institute



Please register your interest by scanning the QR Code and filling out our enquiry form. We look forward to hearing from you!



# ACKNOWLEDGMENTS



Thank-you to everyone who participated on this project and made its completion possible

- Christine
- Lighthouse Care Team
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- Michelle Maikoetter - Neurosequential
- All Lighthouse Foundation Young People and Carers