



2.5 HOURS

Supporting children's mental health in out-of-home care online course

About this course

Being removed from home and placed in out-of-home care (OOHC) can be a distressing and confusing experience for children. They often don't know why they are being removed and, in most cases, do not wish to be, even if their home life is unsafe. After the distress of removal, children enter a system that can distort their sense of identity, erode their feelings of self-worth and affect their ability to participate in decision-making and other important aspects of life.

Emerging Minds' *Supporting children's mental health in out-of-home care* online course provides practitioners with strategies for supporting the mental health and wellbeing of children in OOHC, and working collaboratively with their parents and carers.

Learning outcomes

On completion of this course, it is expected practitioners will have:

- increased understanding of some of the key issues for children in OOHC
- increased knowledge of the potential impact of these issues on children's mental health and wellbeing
- greater ability to identify their own attitudes and beliefs about OOHC, and reflect on those that may be unhelpful
- increased awareness of the possibilities within their role to support the mental health and wellbeing of children in OOHC
- increased knowledge of approaches to practice that can be helpful in addressing key issues impacting children in OOHC.

Why was this course developed?

With much research and focus on poor outcomes for children in care, it can feel as though negative effects are inevitable. This course was developed to demonstrate that there are many opportunities for practitioners who have contact with children in OOHC to shift these outcomes, even in the face of a complex system like child protection. By supporting children's identity, participation and self-worth in small ways, practitioners can help make a big difference to the mental health and wellbeing of children living in OOHC.

Who is this course for?

This course is for practitioners working with non-Indigenous children up to 12 years old who are living in OOHC. This includes practitioners working in agencies that provide support to foster and kinship carers, as well as staff in residential care facilities and child protection agencies. This course is also relevant for practitioners in government and non-government services who may not work within the child protection system but receive referrals to provide therapeutic support to children living in care.

Emerging Minds intentionally creates resources that reflect Aboriginal and Torres Strait Islander ways of *knowing, being and doing* with guidance from our National Aboriginal and Torres Strait Islander Consultancy Group and partners. Complete Emerging Minds' online course [Walking alongside Aboriginal and Torres Strait Islander children in out-of-home care](https://learning.emergingminds.com.au/course/supporting-the-mental-health-of-children-in-out-of-home-care) to learn about supporting the social and emotional wellbeing of Aboriginal and Torres Strait Islander children in care.

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