by the NSW Department of Communities and Justice. (DCJ, once DoCS or FACS).

This guide includes the experience and advice of Aboriginal families who have been through the New South Wales child protection system and were part of the **Bring Them Home**, **Keep Them Home** (BTHKTH) research at the University of New South Wales. The families have given us permission to share their experiences.

These are family experiences of what they found works for them that is shared. This does not constitute AbSec advice or views. AbSec recommends seeking independent legal advice wherever possible to assist you in your own circumstances.



### What do I do now?

Other Aboriginal parents have said that what you are going through is one of the hardest experiences any parent will ever go through. It is deep grief and pain.

Be kind to yourself and try to stay strong for your kids.

#### How do I navigate this?

As Aboriginal people we know and understand the connection we have with our children and what this means to us, but this continues to be questioned by colonial systems.

• You will always be a parent, no matter what systems say.

It is very easy to want to push people away right now, to disconnect from everyone, and try not to feel what you are feeling. Staying connected is very important.

- Surround yourself with people who are there for you, who won't judge, but will wrap their arms around you and keep you from falling apart.
- Rely on your family, friends, community, and support team/advocates.

Community understands, and this is what makes our mob strong, because we are connected through our stories, and sadly, through our grief.



"I was blindsided as to what was happening. I didn't realise the support I was going to need... what was happening at the time. I just knew that this was bigger than what it should have been."

- Parent, BTHKTH research



You are accepted as you are because you are more than what has happened to you. If you are not connected with your local community, start to reach out and make those connections.

- Let your supporters see you as you are. These connections must always be genuine; it will be hard at first and it will take time.
- Choose who you talk to about what you are going through.

Not everyone will understand and you do not want to open yourself up to opinions and comments from people who do not have understanding of the system, people who lack empathy, and are careless with their words. Recognise people who are safe and unsafe to talk openly to. If they are a mandatory reporter, they could be a risk to you and your family.

#### Where is my child?

DCJ or the out-of-home care (OOHC) agency are <u>legally required to tell you some information</u> about your child's placement<sup>1</sup>, <u>unless they think there would be a danger</u> to your child, other family members, or the carers for you to know this information<sup>2</sup>. DCJ or the OOHC agency must write to you to tell you why.

They must write to you to tell you what level of information you will get. You do have a right to know if your child is placed on Country and how the placement complies with the <a href="Aboriginal and Torres Strait Islander Child Placement Principles">Aboriginal and Torres Strait Islander Child Placement Principles</a>. This means DCJ must tell you if your child is staying with family or kin. If DCJ do not tell you this, ask your lawyer, advocate, and support service to ask DCJ if your child is placed with a family member or not.

DCJ says that "The caseworker will make a time for your child to see and hear from you. The caseworker must also give you updates about your child. The caseworker will let you know how your child is going when they are in care." It is the experience of Aboriginal parents that this does not always happen. Ask your lawyer, advocate, and support service to contact DCJ to make sure you get updates and a visit is organised as soon as possible.

#### What if my child is in foster care?

The carer has a right for their identity and details to be anonymous.

DCJ have to tell you if your child is placed somewhere far away, because you are entitled to visit your child (called 'family time') and you need to be told if you have to travel for the visits. Other parents have said if you are able to build a positive relationship with the foster carer who is supportive of your relationship with your child, this helps with family time and increases chances of a successful restoration (your child returning home).

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"...I'd have the nights where I was really depressed and crying and wanting to end it all myself. But then I would get into this mindset of, no, fuck them. They told me they weren't even going to look at giving my son back until 2022 and I told them f\*\*kers, watch me, I'm going to get my son back in a few months, and I made sure that I did..."

- Parent, BTHKTH research

<sup>&</sup>lt;sup>1</sup> Section 149c, Children and Young Persons (Care and Protection) Act 1998.

<sup>&</sup>lt;sup>2</sup> Section 149I, Children and Young Persons (Care and Protection) Act 1998.

<sup>&</sup>lt;sup>3</sup> DCJ Guide for Families, 2024.

## The critical first 72 hours after removal

It is important to advocate for your child to stay with family straight away.

Get legal advice or representation as soon as possible.



"I was very determined...
to get them to put him
into Aboriginal family care
straight away because
I was like straight onto
them, I said no, I want him
to be with family...they
were constantly moving
him around, so how am
I supposed to know if
he's okay or if he's safe
there?...as soon as I knew
that he was with family my
stress levels were down to
zero and it was like, yeah."

#### When is the first Court date?

There is a Court mention (a brief session in Court where the judge reviews the case and decides the next steps) at the <u>Children's Court of New South Wales</u> within thee working days, or 72 hours, of a child being removed.

 To find the time, date, and location of your Court mention, ask your lawyer, contact the Court registry, and check your Court documents.

Sometimes in regional areas, Courts do not meet regularly, but they cannot let more than five days pass.

To find out more about finding a lawyer, <u>look at our guide 'Key contacts when involved with child protection'.</u>

#### What is the Court date for?

This first Court mention decides who has legal responsibility for your child (in the short term) while the case is happening, and DCJ must give evidence that they relied on to remove your child. They are also supposed to provide you with some documents. You should receive a copy of the initial report written by DCJ. If you have not received the documents, ask your lawyer for help. If you don't know about Court, the Court will still go ahead and make decisions.

As a parent, you have a right to be heard in Court, which means to speak in Court and have your say. You can tell the judge who you want your child to stay with, the reasons why they are safe, and use the system's own laws and policies to do this. You can work with your lawyer to do this.

• Make sure you go to this first Court date to understand what is being said about your family and others involved in the case.

By going to Court you show them that you are serious in fighting for your child.

#### Try to make sure your child is placed with family

• Get together as many family, community members, friends, and supporters to show up to the Court, so there is a really big group of people.

This is to show the judge that your child has a large and loving support system that is ready to help you in raising your child or take on the care of your child (short term or long term). They might not all be able to come into Court because the decision about who can be in the room is up to the judge (it's a closed Court).

If there is a family or community member that is saying in Court that they can take on the care of your child, the Court could have a harder time saying no to them.



 Ask for interim (temporary) parental responsibility to go to this family member, or be shared with you, instead of it going to the Minister (DCJ).

Parental Responsibility means the person who has legal long term decision making power about things like health, education, religion, name, and significant changes to living arrangements. Your family member doesn't need to do a Kincare assessment for them to get interim Parental Responsibility. The Court has the power to invite them to give evidence in person and they may not need to complete any paperwork. You should ask your lawyer about those powers<sup>4</sup>.

It's important to advocate for this because sometimes DCJ will ignore placement principles, skip finding family members, and place the kids with foster carers, even though they are not meant to. Parental Responsibility is usually first given to the Minister (DCJ) in 99% of cases, and this number is reduced to 90% at the 'establishment phase' of Court<sup>5</sup>. Your child being placed with a family member can also make restoration (coming home) easier.

- Advocate early for your children to be placed with family.
- Remind your DCJ caseworker of their legal responsibility to follow the Aboriginal and Torres Strait Islander Child and Young Person Placement Principles.

You can also remind DCJ and the Court of their responsibility to follow the responsibility to follow the Aboriginal and Torres Strait Islander Child and Young Person Placement Principle, which says the first option should be placing an Aboriginal child with their Aboriginal family<sup>6</sup>.

You can also remind DCJ and the Court of their responsibility to follow the Aboriginal Case Management Policy (ACMP), which says decisions should be led by an Aboriginal family (AFLDM).

#### Trying to get your child home straight away

It's uncommon for a child to return home straight after a removal; 90% of the Court's decisions agree with DCJ's recommendations to remove children<sup>7</sup>. But it has happened before.

- You can instruct your lawyer to object (challenge) to an interim order.
- You can ask your lawyer to do an urgent affidavit (a document with your own evidence). You and your lawyer will need to have evidence to prove it is safe for your child to go home with you.

People can give sworn evidence (statements made under oath) and you'll need to give the Court notice for this. If DCJ doesn't have enough evidence, the Court can consider postponing (adjourning) the case, but might make interim orders before you get that urgent hearing date.

#### Court processes

Party to proceedings means a person who is formally involved in the legal case and is entitled to have a lawyer representing them. This could be your family member or service provider. Family members have to make an application to the Court themselves, and you can tell the Court that you support that application.

<sup>&</sup>lt;sup>4</sup> Section 107, Children and Young Persons (Care and Protection) Act 1998.

<sup>&</sup>lt;sup>5</sup> Family is Culture, p.122.

<sup>&</sup>lt;sup>6</sup> Section 107, Children and Young Persons (Care and Protection) Act 1998.

<sup>&</sup>lt;sup>7</sup> Family is Culture, p.122.

## Playing the game

Aboriginal parents have said to 'play the game', so that you can protect your kids as best as you can.

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"...They told me that I wasn't okay to see my son because I wasn't okay. How the f\*\*k am I supposed to mentally be okay if you've just taken my kid? Have some compassion, have some empathy, have some sympathy, have some common sense. Have some understanding and some patience and work with us and not against us and just stop ignoring every f\*\*king phone call. Feeling ignored and feeling like I have to get organisations to speak to them to feel heard."

- Parent, BTHKTH research

#### Safeguard your family

Other Aboriginal parents have safeguarded their family from DCJ by pretending to agree with DCJ so they could keep a relationship with their children. It became clear to them that DCJ was not helping families to stay connected with their children, even though they are legally required to<sup>8</sup>.

Trent\* and Carly\* pretended to separate when DCJ removed their children because they believed Trent was using violence against Carly, even though the couple insisted that he had not used violence. This plan was successful, and Carly soon had the children returned to her care. Carly was pregnant at the time and once the baby was born, Trent had to secretly visit his family.

"I said, look, I bet you if I take off for a month, I bet you you're getting the kids back. So, I took off for a month and, lo and behold, she was actually getting to see them and everything... yeah, that was horrible. I was jumping the fence, leaving at five o'clock in the morning, jumpin at 12 o'clock just to spend time with the newborn."

It's important to know that there are significant risks with this approach. For instance, if your family is found to have broken the terms of an order, this will likely be used to justify long term removal.

#### Rely on your support team

Aboriginal parents said it was really important to have support and someone to explain what is happening and what you need to do next.

 Reach out to your support service, lawyer, advocate, family and friends, and additional services to ask how they can help you.

When you are with DCJ, make sure you have someone with you who helps to give you back some power, like a support person from an ACCO to advocate with you. Having a witness is useful to you.

#### What is strategic compliance?

Aboriginal parents have used a strategy called 'strategic compliance'<sup>9</sup>. This is when they agree to do what DCJ is asking them to do or go above and beyond it, in their own way. Parents are not blindly following what DCJ says, or even agreeing with them, but understand what could happen if they do or don't do what DCJ says or do even more than they are asking.

One parent said: "If they say to do that course, go do two, go do three courses, do more than what they ask. If they ask you, oh slow down on the drugs, get off the drugs all together...If you start showing initiative for yourself then they will do more..."

This can be a hard decision for parents to make because it can feel like you are admitting to doing something wrong when that might not be what's actually happening. But if you don't do what they say, they might label you as uncaring or unsafe. A way to deal with this is by creating your own evidence.

<sup>&</sup>lt;sup>8</sup> Section 12, Children and Young Persons (Care and Protection) Act 1998.

<sup>\*</sup> Not their real names.

<sup>&</sup>lt;sup>9</sup> 'Playing the Game': How Aboriginal Families Navigate Child Protection Systems to Restore Their Children Home From Out-Of-Home Care, 27 May 2025

# What are mine and my child's rights?

There are laws and policies that say what you and your child have a right to.

DCJ are required to follow laws and policies, but sometimes this does not happen.

Even if they don't follow them, that does not mean your rights don't exist anymore. Rather, it means your rights have not been respected.

"Straight up. He goes, this is bullshit... you know you've got grounds to sue these fellas [DCJ]. They wrongfully removed him to start with."

- Parent, BTHKTH research

#### How should I be told about the removal?

DCJ are required to make "reasonable efforts" to tell you and your child about the removal in a way that you and your child understand <sup>10</sup>.

They are required to give you written notice of why they removed or assumed at the time of the removal. This is important because you can take that document to your lawyer. They also need to give (serve) you a copy of the care application as soon as possible after it has been made.

The care application must also be written in a way that you can understand. It will also have the time, date and location of your first Court date.

A parent has said: "I had no support. In fact...they got my ex-partner to tell me that my child wasn't going to go home to me." This is an example of DCJ doing the wrong thing.

 If DCJ did not communicate with you about the removal of your child, or in a way you understand, talk to your lawyer.

There are circumstances where DCJ will not tell parents, sometimes calling parents a 'flight risk', meaning they think you could run away if you know what they are planning to do. If DCJ don't tell you about the removal in a way you understand, the case will still be heard in Court.

#### Your right to have a say in decisions

Aboriginal and Torres Strait Islander families, communities, and representative organisations must be given a chance, through ways approved by the Minister, to be involved in decisions about where their children are placed and other important decisions about their children under this law<sup>11</sup>.

Your Aboriginal family has the right to participate in decisions about the care and protection of the child or young person for your child to maintain connections to family, community, culture and Country<sup>12</sup>.

<u>The law says</u> "Aboriginal and Torres Strait Islander people are to participate in the care and protection of their children and young persons with as much self-determination as is possible" <sup>13</sup>.

 Use these laws with your lawyer, advocate, and support service to make decisions for your family.

<sup>&</sup>lt;sup>10</sup> Section 64 (1) (2) and (3), Children and Young Persons (Care and Protection) Act 1998).

<sup>&</sup>lt;sup>11</sup> Section 12, Children and Young Persons (Care and Protection) Act 1998.

 $<sup>^{12}</sup>$  Section 13, Children and Young Persons (Care and Protection) Act 1998.

<sup>&</sup>lt;sup>13</sup> Section 11, Children and Young Persons (Care and Protection) Act 1998.

#### What law's should DCJ be following?

DCJ workers are required to follow the law called the Children and Young Persons (Care and Protection) Act 1998.

#### Aboriginal and Torres Strait Islander Child and Young Person Placement Principle

The Aboriginal and Torres Strait Islander Child and Young Person Placement Principle (Section 12A) has five sections:

- 1. **Prevention**: A child or young person has the right to be brought up within their own family, community and culture.
- 2. Partnership: Community members should participate in making decisions about individual children and young people.
- 3. **Participation**: A child, young person, their parents and family should participate in decisions about the care and protection of the child or young person.
- **4. Connection**: DCJ are required to support a child or young person to maintain connections to family, community, culture and Country.
- 5. Placement: Most Aboriginal and Torres Strait Islander children are still being placed with a non-Aboriginal carers 14, even though this is meant to be the last placement option. Aboriginal and Torres Strait Islander children should be placed in OOHC in this order:
  - With Aboriginal and Torres Strait Islander relatives or extended family members, or other relatives and family members.
  - With Aboriginal and Torres Strait Islander members of the child's community.
  - With Aboriginal and Torres Strait Islander family-based carers. If the above preferred options are not available, as a last resort the child may be placed with:
  - A non-Indigenous carer or in a residential setting.

#### **Active Efforts**

These are the actions taken by DCJ under Section 9A of the law, to support you, that are quick enough, practical, ongoing, culturally appropriate, and in partnership with your family and community. DCJ are legally required to make active efforts to work towards your child coming home. Active efforts will look different for each family because each family has their own unique needs.

If you want to learn more about what laws DCJ should be following, look for <u>our guide 'I'm worried my child could</u> be removed'.

<sup>&</sup>lt;sup>14</sup> https://www.aihw.gov.au/reports/child-protection/child-protection-australia-2022-23/contents/aboriginal-and-torres-strait-islander-children/out-of-home-care

## Checking family time arrangements

It's important to establish a family time visit schedule with your child as early as possible.

You have a right to see your child as stated in your child's case plan. You still have a right to this if you are in jail and in other environments such as hospital.

Your child has a right to ongoing connection to their family. It is important for their identity, even if allegations have been made about how you look after them.



"So, it's got a lot better, the last four months... they called me and they know I'm working for a Section 90 and they're like, are you happy with the visits. I was like, I would like more visits, I've told you always I've wanted more. They go, yeah well that's what we're going to look at and I was shocked because I thought, okay they came to me like it was their idea, do you know what I mean, I'd been pushing that whole time."

#### - Parent, BTHKTH research

#### How do I get family time?

To get your child home (restoration) it is important to have frequent and regular family visits from the very start.

As soon as the removal happens, ask when you can see your child, how you are going to see them and request to have a schedule of frequent and regular family visits.

 In your Court negotiations, you can ask your lawyer to make an agreement with DCJ about having a high amount of family time.

"I settled on the condition that they would protect my time for the kids because I fought so hard for that time. Once they have final orders, they reduce it, so I said, no, I want it written in that they're going to protect my time and then I'll go down the path of the section 90."

#### What are my rights around family visits?

Family visits can happen as often as everyday (especially for babies and if you are breastfeeding) and you can advocate for this with your lawyer or support service.

How you have family time and how often it happens depends on a number of things, including their age (for example, if they are going to school) and whether they want to supervise your family visits.

Once the amount of visits have been set, it can be hard to get more, but easier to get less.

- You have the right to ask to have an Aboriginal worker present at your family time visits.
- You can ask for copies of the reports written about your family time visits. If you have not been given this already, ask your lawyer, advocate, or support service to help contact DCJ.
- You have a right to ask for more time with your child, change where the visits are, and ask for overnight stays.
   DCJ has to provide reasons for their decisions around family time.

If DCJ are not communicating with you or ignoring your requests, work with your lawyer, advocate and support service to advocate for this.

You can remind DCJ that they are legally required to support a child or young person to maintain connections to family, community, culture and Country under Section 12 of the law.

"Depending on how the kids interacted and how they were I would get two hours a week and then eventually it cut down to fortnightly and then it cut down to monthly and then over the years it cut down to four times a year."

If DCJ are not following through and there is a pattern of it, such as not picking you up for contact visits, or cutting them down, you can ask your lawyer to email the DCJ lawyer to ask what is happening.

If there is a pattern, you can also file for a contact application. This is why writing your own notes and keeping track of what is happening is important. You should discuss with your lawyer your options about Court applications.

To increase family time, you can put in a <u>Section 86A application</u> with your lawyer. The Section 86A applications are done after final orders have been made. They start off with a section 86A mediation, where everyone relevant meets to try to come up with contact changes you all agree to, then the Court approves it.

#### What happens during family time visits?

Aboriginal parents have said that family time is about making as many memories as you can. They want other Aboriginal families to know that you will feel like time is never enough, and every time you say goodbye will hurt you and your kids, but it will be the only thing that gets you through. The connection with your kids is the only thing that will give you any chance of more time and restoration.

They have also said that if they don't come home young, you can try and ensure you have a relationship with them – where they want to come home – when they are old enough to make it happen themselves.

Family visits can be supervised by a DCJ worker or someone else like a support service worker or family member or be unsupervised. During family visits, there is usually a supervisor that will watch how you behave and interact with your child. They will closely monitor everything and report it. This information can be shared with the judge in Court. The supervisors are meant to focus on your strengths, but they can often focus on negative things when they write their reports. There are six criteria that supervisors use to judge what they consider 'quality contact.' These are:

- 1. Demonstrates a parental role.
- 2. Demonstrates knowledge of the child's development.
- 3. Responds appropriately to child's verbal and non- verbal signs.
- 4. Put's child's needs ahead of your own.
- 5. Shows empathy towards child.
- 6. Implements age-appropriate behaviour management strategies.

Parents that have had their family visits supervised have said it felt unnatural and made it harder to bond with their child. They also said it can be useful to form a positive relationship with the supervisors (if possible), which made family time better and was useful for the reports and extra support. If you find a supervisor who you get along with or who writes a good report that you think reflects your experience well, let your lawyer know. You can ask for that worker.

"From the moment I had my first visit with him, I felt uncomfortable... We didn't feel like a family. Like I was his mum, you know? I didn't feel - I felt out of place in a way. Yeah."

#### Ideas for your family time

Parents have said it was helpful to have family time visits outside places like DCJ offices, McDonalds or TimeZone. You can ask to go to places of cultural or community significance instead. Keeping the focus centred on your child, where you can ask if your child can have say over where they would like to spend their time with you, could help to change it to a better place.

One way to stay connected during this time is to arrange for your family visits to be at a supported playgroup. You can attend with one of your family members, and this gives both yourself and your kids time to connect with community and feel 'normal'. This strengthens your community connections and creates an opportunity for the community to see you with your child. The community can then provide references, if needed, about your attachment with your kids, your cultural connection, and your parental capacity.

Some communities have didge, dance and weaving groups for kids. These are great if you have kids who are of school age. It is also great for their connection to community and culture and helps with their own wellbeing and grounding. Be mindful that DCJ might not let the person leading a group community activity to be the supervisor of your visit, which might mean bringing a DCJ worker into a community space.

### How do I get my child home?

(Restoration)

The process of getting your child home is called 'restoration.' It is DCJ's position that restoration is the next best option after removal<sup>15</sup>.

In reality, only 8.3% of Aboriginal and Torres Strait children in OOHC were restored to their family in NSW<sup>16</sup>.

This number does not show how hard parents have fought for their kids to come home.

"You need to keep fighting, and you're going to find eventually – as hard as it is and as hard as it is to keep going – someone that says, we can help you. You can't listen to the government people that say that you're not good enough."

- Parent, BTHKTH research

#### How long does restoration take?

When DCJ is involved with your family, there is a 'case plan goal.' This goal can either be preservation, long term care, guardianship, or restoration. DCJ are the one's who decide if they will support restoration as the case plan goal. They are required to assess whether restoration is realistic as part of the law.

If your child is under two years old, DCJ are guided to make this decision within six-months of removal. For children over two years old, it should be decided within a year. These times can be extended, and your lawyer can explain when that can happen.

The things DCJ say you need to do should be in your <u>Summary of Proposed Plan (SOPP)</u>. This is an important document because it has a lot of influence over what the Court decides about restoration. These timeframes are what makes it important to start working towards restoration as soon as you can. Document the things you have been doing well and your engagement with services.

#### Who starts the restoration process?

This depends on the type of Court order.

- If it is within the two-year time frame (interim orders), the decision is on DCJ.
- If it's been longer than two years, it can be started by parents, children and young people themselves, or DCJ (all through a Section 90 application).

Starting the process usually includes having a higher amount of family visits and DCJ changing the direction of their casework. A parent can <u>initiate a Section 90 application</u>, no matter what type of order was made (Parental Responsibility to the Minister until 18, Parental Responsibility to a Relative, guardianship). The only one you can't file to change is an order for adoption.

Young people can directly instruct a lawyer to apply for their own Section 90. More often though, children and young people go home without a change to the Court order (self-placing). Some people refer to this as 'voting with their feet'. If the Court says they will reopen your case, your lawyer can use this to argue for other orders, such as restoration or guardianship. You have to show that what you are asking for is likely to be successful.

#### What is a section 90?

This is an application that goes to the Court, which can legally restore a child from long-term care or guardianship to the care of their family. It can also be used to stop a Court-approved restoration or to change a final order that's already been made.

There are two steps. The first is the Court has to think about if they should open the door of restoration. The second is if they should go through the door of restoration (look at what orders you are asking for). There needs to be enough time to show change, but not too much time so that the child's placement isn't considered disrupted.

This makes timing important and frustratingly difficult to navigate. It is most helpful when both DCJ and your support service are working together to achieve restoration, but it is

<sup>&</sup>lt;sup>15</sup> Section 10, Children's and Young Persons (Care and Protection) Act 1998.

<sup>&</sup>lt;sup>16</sup> SNAICC Family Matters Report 2022, p.31.

possible without it. The Court looks at all of DCJ's past concerns to work out what the change has been. There is an application that is needed to change or cancel a previous order of the Children's Court, called a recission and variation of care orders (the orders keeping your child in OOHC).

A section 90 can technically be applied for as soon as the day after final orders have been approved from the Court. But most lawyers won't suggest this because the Court wants you to show there has been 'significant change', and you usually need time to show this. The change can be obvious (such as leaving jail), but the tricky part is showing what is "significant" and relevant to the reasons for why the Court did not decide on restoration.

#### Can I still go for restoration if labelled 'unrealistic?'

Yes, you can fight for restoration even if your case has been classified as "unrealistic" for restoration. Parents should not always expected to have completed every task in the Family Action Plan/case plan or have fully addressed the risk issues which led to their child entering care for restoration to be considered realistic within the timeframe. The Court will look ahead two years (and can even look further) to decide whether you are likely to make the changes they think are important.

One parent has said "They've known this whole time I've been working for a Section 90, I want restoration, they've known this whole time, but they're like yeah but, and they talk down to me, but if I wasn't persistent, I didn't ask, I wouldn't be getting anywhere."

#### How should DCJ treat your restoration plan?

If there is a Court approved restoration plan, a child can legally be returned home within the first 12-months of the restoration date. You shouldn't have to wait to full two years if you are ready 17.

Even if you are ready for restoration within the timeframe, it's the experience of some parents that DCJ drags it out. Within the restoration plan, it should be clearly outlined when, where, and how often unsupervised visits and overnight stays should be happening. If DCJ try and drag out the amount of time it takes to restore your children, remind them of your restoration plan and/or promises they have made with you, with your lawyer, support service, or advocate.

It is the experience of parents that DCJ has a long list of expectations and goals for parents to complete. Parents have experienced DCJ changing the goalposts, giving them unrealistic goals or timeframes, and saying their children are now attached to the carers, as reasons for not restoring children to their families. Restoration shouldn't happen only when the foster carer placement is not safe or breaks down. Children should always be in safe and happy placements while families are going through the process. The only way to go against this is through great advocacy and support and maintaining your relationship with your kids as best as you can.

If you are feeling anxious, sad and in other ways not feeling good, you can call these numbers at any time:

13 yarn: **13 92 76** QLife: **1800 184 527** 

Brother to Brother: 1800 435 799 Lifeline: call 13 11 14, text 0477 131 114

Yarning Safe n' Strong: 1800 959 563 Suicide Call Back Service: 1300 659 467



Bring Them Home, Keep Them Home research

unsw.edu.au/staff/bj-newton

**Aboriginal Case Management Policy** 

absec.org.au/aboriginal-case-management-policy/

**Child Placement Principles** 

snaicc.org.au/our-work/child-and-family-wellbeing/child-placement-principle/

**DCJ Guide for Families** 

dcj.nsw.gov.au/children-and-families/nsw-child-protection-guide-for-families.html

**DCJ Practice Framework Standards** 

dcj.nsw.gov.au/children-and-families/caseworker-visits/practice-frameworkstandards.html

**Aboriginal Child Protection Statistics** 

aihw.gov.au/reports/child-protection/child-protection-australia-2022-23/contents/aboriginal-and-torres-strait-islander-children/out-of-home-care

**Family is Culture Report** 

dcj.nsw.gov.au/children-and-families/family-is-culture/independent-review.html

Playing the game paper

onlinelibrary.wiley.com/doi/full/10.1002/ajs4.70027

Children and Young Persons (Care and Protection) Act 1998

legislation.nsw.gov.au/view/whole/html/inforce/current/act-1998-157

- Section 9A: Active efforts.
- Section 10A: Restoration is the best and first option after removal.
- Section 12: Your right to be involved in decisions.
- Section 12A: Your right to stay connected.
- Section 107: Your family member can speak in Court.
- Section 64: Your right to know about removal.
- Section 136: If restoration plan is approved, you only need 12-months.
- Section 149C: Your right to information about placement.

### **Know Your Rights**

Aboriginal Families Navigating the NSW Child Protection System & Finding Supports

A trusted and accessible online resource built by mob in NSW to stand up for our rights and keep our kids strong, safe and connected to family.

















