

Welcome to the July newsletter!

We're so excited because by the time you're reading this, our beautiful Practice Manager Em will be back from placement. We have absolutely missed her and can't wait to have her back supporting the team.

It's been a big month of announcements and proposed changes across the NDIS space. We know this can bring a lot of uncertainty and anxiety for families. At this stage, everything is continuing as normal at Eucalypt OT. We are keeping up to date with any changes as they unfold and will communicate any important updates with you as soon as we have clear information.

I also want to say a very big thank you to all of my lovely Darwin clients who have been so patient and understanding over the past 6 weeks while I've been getting around in a moon boot after my ankle injury.

Sessions are almost back to normal, although I'm still hobbling around a little slower than usual. We truly have the best clients in the world, and I appreciate your kindness more than you know.

We're looking forward to another busy month ahead and can't wait to share what we've been up to.

Holly,
Director



Obstacle Course



Create an obstacle course using household items like chairs, pillows, and blankets. Include activities like balancing, crawling, jumping or carrying objects.



This supports body awareness, motor planning and coordination and provides whole body regulation through movement.



Let your kiddos help make the course for a little extra engagement!



Team Spotlight: Alyssa

We are so lucky to have the most beautiful team at Eucalypt OT. Each month, we will be shining the spotlight on one of our incredible team members and sharing some of the things we love most about them.



Caitlin

Alyssa is such a wonderful OT who goes above and beyond for all of her clients and has such passion and drive for what she does. She has had such an incredible impact on the communities and children she supports and it is inspiring to see.



Zarly

Alyssa is THE best!! I'm sure all of her clients agree that she is such a wonderful OT who absolutely loves what she does. We are all so lucky to have her.

From the Youth Justice Centre

What my Psychology Placement Taught Me

Hello to our wonderful Newsletter readers! Em here - Eucalypt OT's Practice Manager.

I have just returned from a 6-week hiatus, during which I was sent to Dubbo, NSW, for a student placement at the Orana Youth Justice Centre as part of my Master of Professional Psychology degree.

In line with our philosophy here at Eucalypt OT, I was thrilled to be heading out to rural NSW to provide trauma-informed, culturally sensitive psychological intervention for high-risk children and adolescents. Now, this population does not come in ready to talk, and nor should they have to be. Many of the young people at the centre have every reason to distrust adults and the systems put in place to protect them. My primary goal was to be curious and empathetic, so that I could get to know who these young people were beyond their offences, and offer support in any way I could, both in custody and out in the community.

What struck me the most was how complex most of the young people were, with each carrying histories of trauma, disrupted attachment, and significantly unmet neurodevelopmental needs. Time and again, I saw how these unmet developmental needs in early childhood had driven the challenging behaviours that got these young people familiar with the justice system.

It reinforced something we already know, but maybe don't say loudly enough:
EARLY INTERVENTION ISN'T JUST GOOD PRACTICE, IT'S GENUINELY PREVENTATIVE!

Working alongside youth officers, caseworkers, health professionals, educators, legal professionals, and psychologists deepened my understanding of how essential wraparound support is for young people. For those of us delivering services in rural areas, this makes intentional, multidisciplinary collaboration not just beneficial but critical.

This placement was a powerful reminder that the young people moving through the justice system are often the same young people our services should be reaching earlier. As we say at Eucalypt OT:

All children deserve quality care - no matter where, no matter what!

Emily



Resource of the month

Liar's UNO Card Game

My favourite resource this month has been UNO Liar! It's a fun twist on the classic UNO game and has been a huge hit with so many of my kids. The liar's twist creates lots of opportunities to chat about honesty, lying, and how it feels when we are lied to or when we lie to someone else. There is plenty of problem-solving, flexible thinking, attention, emotional regulation, and social skills packed into the game. Most importantly, it's a fun icebreaker that gets everyone talking and laughing while building skills without even realising it.

You can buy me from Kmart for \$10

Lily

