

Options Plus Care

Life Choices for Mothers and Babies

Policies and Procedures Manual

'Options' Help Mothers Choose and
'Care' Lightens the Burden



"Give people what they need: food, ... clean air, ... pleasant homes to live in, ... work Don't ask who deserves it. Every human being deserves it." — Howard Zinn: Professor at the University of Paris, Social Activist, Author.

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About Options Plus Care (OPC) Centre

We recognise the child in the womb as a living human being having senses, personality and will with the potential to be competent, confident, creative and possessing the ability to learn.

Options Plus Care respects and values all unplanned pregnancies, couples and their families. We aim to develop friendship, care a sense of belonging and a safe place to be for mother and baby. We are committed to providing options that will facilitate better life choices for pregnant mothers, their unborn child/ren and the extended family. We will endeavour to create an environment that will introduce wellbeing, hope, a secure lifestyle and unlimited possibilities.

Our Philosophy

We uphold the rights of the unborn whom we recognise as children, as is defined in the United Nations Convention on the Rights of the Child (1989) and believe every unborn child has the right to be safe within the womb, to be valued and respected for who they are, to have a chance to grow and reach their full potential; this will include the right to learn, express themselves, explore their feelings, and have a voice in the world.

Each unborn child and his/her mother is cherished as unique individuals, whom we understand will have a wide range of needs, as well as capabilities, and would be wanting to express their ideas, interests and culture.

We recognize every unborn child will be part of a family that has responsibilities that extend into the local community and beyond, even to an international culture in some cases . We value the many and diverse people groups in our society and their lifestyles. We will endeavour to empower and support all people that seek our help to have a voice and to play an active role in the development of their unborn child.

Our Commitment to Families

We acknowledge that the families serve as a baby's first teacher and we respect and value their contribution. We would seek to establish relationships (based on respect) with mothers and their families which we would hope will foster strong partnerships between our Carers and the families we support.

We encourage and promote the family involvement and the many aspects of family life. We value and respect individual parenting skills and lifestyle choices which are a part of one's inherited background and endeavour to be a facility where all individuals and families are welcomed.

Our Commitment to the Community

We believe children are citizens from conception and have the potential to be active participants in the community. We would encourage mothers, babies and families to be connected and involved in the local community, taking advantage of the many learning facilities available and to have a sense of belonging and an awareness of the world around. We honour and pay our respects to the traditional custodians of the land on which we live. We are committed to reconciliation having awareness of the past and the ongoing connection to the land of Indigenous Australians.

Our View on Diversity and Religion

Australia is diverse and we support this through sharing and celebrating aspects of the many different people groups, their families, children's and the rich diversity they bring to our community.

We strive to create a sense of belonging for all our clients and their families. We accept that similarities and differences occur between all individuals. We support, understand and appreciate the diversity of the many ethnicities through inclusion, and through having meaningful, respectful community involvement.

Options Plus Care believes in, equality, equity, and social justice. We will endeavour to advocate for a fairer and just society by recognising the views of others on race, culture, religion, family composition, immigration and other issues.

Conclusion

Having said all the above we are fundamentally Christian and will not compromise those values which we are grounded in: We believe in one creator God with whom we can have a personal relationship with. God is omnipresent, omnipotent and omniscient, and able to help, sustain and save us from all manner of strife and life-threatening circumstances.

This is the basis of our love, strength and compassion for our fellow man.

Love and care for both the life of Mother and Child!



Our Foundations

Options Plus Care (OPC) was initially established in 2001 through a vision of the Rev Dr Daniel Nalliah, which was to see 'Abortion made history' in Australia. It ran as a faction of Catch the fire Ministries in Melbourne's South East till 2016. We had a break for a while due to staff shortages, yet care has always been available should we be contacted for help. On viewing the recent

anti-Abortion movie, Unplanned, our current team members (p. 6) felt impacted by the story of Abby Johnson and the current corrupt abortion industry. So much so that we have formed a truly

committed and passionate team to serve women who feel they have no other option but to terminate their pregnancy. For this reason, Option plus Care has now reopened and are focused on saving as many unborn lives as possible.

The OPC program is dedicated to reaching out to the Community with the truth on issues that can help people make the right choices for their lives. The organisation is committed to supporting unplanned pregnancies and or families through those pregnancies and early parenting, if required. The OPC team has a realistic understanding of what is needed for support during pregnancy and in early parenting. The service is staffed by a responsible compassionate team of volunteers, managed by the Coordinator of the Operation and overseen by the Director of the Company, Daniel Nalliah. All staff and volunteers have life experiences, training and access to professional training specific to their role.

OPC has a vision to see young women and mothers take their pregnancies to full term by offering options, care and or support during any stage of pregnancy to encourage and empower new and old mums through their pregnancies and with the early parenting of their child's life.

We provide practical, material and emotional support, and a much-needed link between those facing difficulties during pregnancy and early parenting and the professional services they need.

We are a Not for Profit organisation registered with ASIC. We are dependent on donations You can support our work by [donating](#). (right click - open Hyperlink)

Policies and Procedures

Policies:

All Staff- voluntary or otherwise:

- Are trained to interview and Counsel clients.
- Are to refer to this manual and adhere to and keep to the policies and procedures here with;
- Hold Judaeo Christian and pro-life Values.
- Will not try to coax, influence, recommend, advise or suggest that a client take a course of action that is of the Counsellors own or any other entities persuasion. Or against the Client 's will;
- Do not become involved emotionally with clients, make judgments, take sides, give guilt trips or offer approval during interviews or counselling.
- Will present the vision of Options Plus Care(OPC) and the options we offer; the facilities we can provide and support we can give should the client wish to enrol in our program. This will be given to the client in a verbal address in their initial interview;
- Must make available written literature as in brochures form or on request, the policies and procedures Manual (PPM)
- Will advise the client that OPC will not take on anyone who continues with a drug habit. Clients need to be drug free (prescribed Medication is acceptable)for 5 days before we accept them participating in the program;
- Advise all interviewees that their interview or the session they are undergoing is to be audio taped for their protection and that of the Company;
- Are permitted to allow clients to audio tape sessions.

- Will advise clients that we are a not for profit organisation and depend on donations to exist. The initial interview will be a donation of \$30 plus any books or products they want to purchase that we have available.

Other visits are officially free, however donations are always welcomed and accepted. We take into consideration the financial situation of clients.

- Will include flyers of other services we offer at OPC. I.e. including, but not limited to, free groceries (seasonal), vouchers from other community groups. Baby cloths, some furniture, and spiritual discussion sessions should they care to. We also give referral to other organisations or churches who we believe could assist our client.

- Must advise potential clients that should they wish to proceed with OPC involvement in their lives. They will be asked to sign a document stating that they are attending OPC sessions, counselling, or discussion therapy of their own free will and choice. The agreement will also state, that they will not indemnify OPC if becoming offended by misunderstood rhetoric, body language and actions of a non-criminal nature.

- We commit to care for; build up and encourage; provide a safe place, where one has security; give options and possible solutions to mothers of unplanned pregnancies.

•Our Staff:

Medical representatives, Counsellors, Interviewers, Vehicle Drivers, Researchers, Helpers and more:

Rev. Dr Daniel Nalliah - Overseer and Director of the Company

Yvonne Gentle - Manager and Interviewer/Counsellor.

Trish Ellis - interviewer/Counsellor; Research team?

Rosalie Crestani -Interviewer/ Research Team?

Margaret Quinn - Nurse/Midwife/Counsellor

Kati Thornton - Counsellor

Mandy - Driver/ Research team

Ian Erskine - Promotions and literature - Provides Healthcare products.

Matthew Sproul- Support and Fundraising.

Ashwin Puvi - Legal advice

Maryse Nalliah - Interviewer/phones .

Procedures:

1/ Who can OPC assist?

a) Anybody that is having doubts about their pregnancy.

b) Those wanting an abortion but do not know what is involved.

c) Those curious about what options we offer.

(d) Any woman in an unplanned pregnancy; a woman and or her partner or family who is experiencing undue stress or is at risk due to pregnancy, I.e. Relationship breakdown, loss of job/income, loss of career opportunities, fear induced by cultural/religion and family expectations, etc.

e) Any woman who wants to talk to someone about their unplanned pregnancy.

f) Those inquiring by phone, if initially it is felt that the person can be encouraged through phone conversations. However, to continue to receive assistance they will need to make an appointment for an interview.

The above procedure applies to anyone who cold calls at the clinic as well.

2/ Initial Contact - Phone connection or cold call:

The prospective client or their representative calls to make inquiries:

- The person who answers the phone listens to what the client is wanting, makes an assessment to determine if their need is within the scope of OPC.
- If it is decided the caller is someone we can help, then an appointment is made for an interview.
- Information is required from the caller before giving them an appointment, ie. name; address; phone numbers; emails; DOB; next of kin; their mode of transport- how do they get around? Licensed (License number) or unlicensed.
- Blood group.
- Are they employed?
- Their next of kin's name; gender; phone, email and address; relationships to them; their mode of transport.
- Let the caller know Hallam Station is just 5 mins walk from our clinic and can be picked up (by arrangement) from the station if the client can't walk the distance.
- Let the caller know we have an ultrasound machine.
- This info is collected first so that the interview can be directed specifically on the person's need and our relationship with them.

3/ The initial interview: At this interview the interviewer endeavours to establish if we can help the interviewee and starts to build a relationship with the client.

The first interview should not be too long and should follow these steps:

- Ensure that you are appropriately dressed (modest), smart but not overly dressed. If you have body odour or bad breath make sure you have dealt with it before the interview begins or hand the interview over to someone who has.
- There should be two people in the interview room, the interviewer and her assistant. The 2nd person is to observe and take notes.
- Make sure the pregnant woman is comfortable. If she has her mother or other family members with her, they will need to wait in another room during the initial interview. This is necessary so the client can make decisions, uninfluenced or pressured by family members.
- Have a table within reach that has a bowl of grapes or berries/mix on it with mints and or savouries like nuts. Wrapped snacks preferred. Have water bottles accessible.
- First ask the client if we can get them a drink, (Tea, coffee, water, etc). The assistant can help with this.
- Inform the interviewee that she may audio record the session and that we record meetings.
- Ask the client what she hopes will eventuate from the meeting. Discuss with her, what her expectations are from this meeting.
- Inform the client that we do an ultrasound to check on the baby's development. Let the mother view her baby in her womb. Listen for a heartbeat and encourage the baby to move to allow for extra movement from the baby so the client understands that baby is alive. If you do not find a heartbeat or baby movement advise the client, she needs to visit a GP ASAP. Also advise that we are not a medical team and the Ultrasound procedure doesn't substitute any medical treatment.

- If all is well with the ultrasound, talk to the prospective mother and inform her that our policy is to save life and offer ways to make it possible for mothers to keep their child.
- If keeping the child is not an option for her, inform her that we can help her adopt the baby out to someone who desperately wants a baby. And we can support and assist in financial and practical ways.
- If the client is happy with this discussion, and wants to know more, tell her we can book her in for pregnancy counselling, then give her an appointment for her next visit.
- If she is set on having an abortion, she will have to be informed that we do not work to abort, and she will need to go to her own doctor for further assistance.
- Politely end the interview. Give her some literature, on the risks associated with having an abortion; your card; our brochure on what we offer; some success stories of people that chose not to abort and let her know we are here for her regardless of what she decides, now or anytime in the future.

What are the Options we offer?

1/ Provision for Mothers who decide to keep their babies.

This includes:

- Helping you to determine what is right for You and Your **Child**. ...
- Assistance in the practical requirements and legalities of keeping your child.
- Financial, moral and spiritual Support for mothers and their families.
- Working with community aid and organisations who offer support to pregnant women.
- Connecting and working with Family Support organisations, etc.
- Assistance in discussions with family members.

2/ Help to Determine if Adoption is an Option for You and your child.

3/ Giving your baby up for adoption.

There are options you have and may wish to consider when you decide to “Give your Baby Up” for Adoption. We can assist with:

- How to Start the **Adoption** Process.
- **How to Put Your Baby Up for Adoption** with an **Adoption Plan**
- Choosing the right adoptive family for your **child**.
- Getting to know the Adoptive Family.
- Connecting you with recommended adoption agencies and hospitals.

4/ Looking at the adoption process

The following is an overview of the full adoption process, each step of which can be discussed more fully during counselling and in the information, we provide: If the client wishes to choose adoption as an option and does not wish to have any contact or input in the baby’s adoption then she or her family will not be involved in this process.

Contact with Adoption Agency

Counselling

Arranging for Temporary Care of the infant

Consent to Adoption

Selection of an Adoptive Family and Placement of the baby

Support of Child's Placement

Legalisation of Placement--Granting of an Adoption Order

Contact and Information Exchange

5/ Foster care:

Foster care means that another family cares for the baby/child for a period of time. The placement is arranged by a foster care agency, and the service is available to singles, couples and/or families who are having difficulties caring for their child. The parent/s remains the child's legal guardian providing it was their voluntary decision to put their child in foster care and they will be encouraged to visit the child regularly.

A mother or family may wish to consider placing their child in foster care for a period of time while working towards caring for the child themselves.

6/Government assistance is available for caring for your child yourself.

Assistance and support are available to help parents care for and raise their child. This includes financial assistance, accommodation, and day-care services. Supporting parents' benefits is available and housing schemes for single parents may be available or it may be possible to find suitable employment and use day-care services to care for your child. Extensive information available in the PDF below.

Other ways OPC can help:

Provide food parcels

Shopping vouchers

Baby clothes and accessories

Connect with other community agencies

Help with Centrelink - check the client is receiving entitled benefits

4/Training:

Training will be conducted through a series of workshops of 2-hour sessions at an agreed time. Night-time sessions or possibly Saturday afternoon.

- **[A]** The first training session will focus on the information provided above, which we will go over and discuss. We will discuss the roles of all the volunteers, code of conduct, availability and how the roster will work.
- **[B]** Second training session will focus on the scope of OPC (what we cover)
- **Duty of Care:** Always make sure all clients are advised in basic personal hygiene and care for themselves and their pregnancy. Once the client walks through our door we have a duty of care to that person.
- For example, on their initial visit we may need to advise the client to: **Visit their doctor ... pointing out the following steps:**

- If you believe that you are pregnant, you should visit your doctor or OB/GYN specialist to confirm that you are pregnant and to learn how your pregnancy is progressing. Whether you ultimately decide to **choose**, parenting, adoption or abortion, you should begin to care for yourself and your baby.
The first few months of your pregnancy are very important to your baby's development and health. As your body undergoes changes and new stresses, it is essential that you begin to take care of yourself as soon as possible. **Discontinue any alcohol or drug use immediately.** Your physician will be able to give you detailed instructions on how to care for yourself and your baby during your pregnancy
- **Ultrasound:** We offer our clients an ultrasound and a chance to view their baby in the womb. The purpose for this procedure is to show the client their baby is alive, and has a heartbeat, growing inside their body. Our objective being that they will not choose to abort.
- **[c]** The third training session **Understanding your client and your role**
- When a woman becomes pregnant with an unplanned pregnancy she may go through various and numerous emotions, reacting in ways that are not logical, not thought out and even dramatic. These reactions can be caused by, but are not limited to insecurities, lack of money, poor relationships, career plans, lack of family support, shame, and so forth. Not all reactions are negative; the mother may experience joy and could be excited about becoming a mum, but then become overwhelmed by the reality and feel she cannot cope. Whatever the situation, and whatever the gestation period of the baby in the womb, we are not to form conclusions or opinions based on what we see or feel. An interviewer or counsellor is to at all times remain professional and detached from their client's circumstances and feelings, not giving advice or information based on your personal feelings, experiences or belief system.
- A counsellor: is a good listener; empathetic, but does not show emotions on the situation at hand; provides information; provides scenarios and likely results (cause and effect); seeks to find out what the client wants to do currently, and what they would prefer to do if they could, given different circumstances; determines whether OPC can help; discusses the options we offer; helps clients obtain their goals; Assures clients we are there to assist should they chose our options; provides written material on options we provide; refers clients on to other care workers and professionals; assists with making connections and helps in ensuring the process comes to fruition.
- The counsellor and interviewer keep records by filling in a client card which will contain personal details, family contact numbers and medical information provided by the client, ie the client's doctor, clinic, and information providing their contact details.
- The counsellor and, or interviewer provide the agreement for the client to sign and makes sure it is signed and dated; ensures all sessions are audio recorded, takes notes and gives a short report on the session.

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Debriefing: Options Plus Care will have weekly debriefing meetings at an arranged time suitable to all concerned.

Our Material



Information-for-birth
h-parents-considerii

Pro-life video - the story of one couple who has a mixed pro-life family who having both adopted and children and biological children
<https://youtu.be/vkDeU2YjO-4>

Clip from the movie unplanned - The story of Abby who ran a planned Parenthood abortion clinic in the U S for eight years until she witnessed an abortion procedure. Clip is on USB available for training purposes or for showing at meetings. Also stored in the hard drive of RUA computer (Data (E))

(1) **Adoptive Parenting Resources | What You Need To Know**

www.ccam.org.au/

Online Resources & Information Sessions to Begin Your Adoption Journey. Learn More. CatholicCare. Social Service Agency. Supporting Communities. Strengthening Families. Highlights: Working Since 1935, A Social Service Agency, Online Donation Option Available.

- Relationship Courses
- Counselling Services
- Pastoral Services
- Family Dispute Resolution

Adoption info.

<https://www.adoptchange.org.au/page/18/vic-adoption-agencies>

Our People:

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|--------|--------|---------|----------|--------|
| | | | | |
| Daniel | Yvonne | Rosalie | Ian | Trisha |
| | | | | |
| Matt | Kati | Mandy | Margaret | Ash |
| | | | | |
| Maryse | Myrna | | | |

•Emergency Phone #: 03 9703 1766
(an on-call number- will be set up)
A Team member will be rostered on to take calls.
Until then ring A H. Yvonne on 0414 870 453

