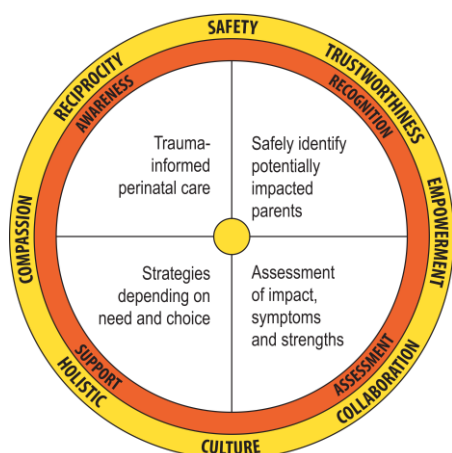


Perinatal support for Aboriginal and Torres Strait Islander parents who have experienced complex childhood trauma.

Contents

- Investigators' report
- Please help with this research
- I'm a Happy, Healthy Ngarrindjeri Book Launch
- Emerging Minds e-Learning
- Listening to stories of healing podcast series
- Conference Presentations
- APPRISE Workshop
- Self-care tip



Trauma-integrated care conceptual framework

Contact Us

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<https://www.latrobe.edu.au/jlc/research/healing-the-past>

HPNF is funded by the Lowitja Institute CRC and the National Health and Medical Research Council (NHMRC) (1141593).



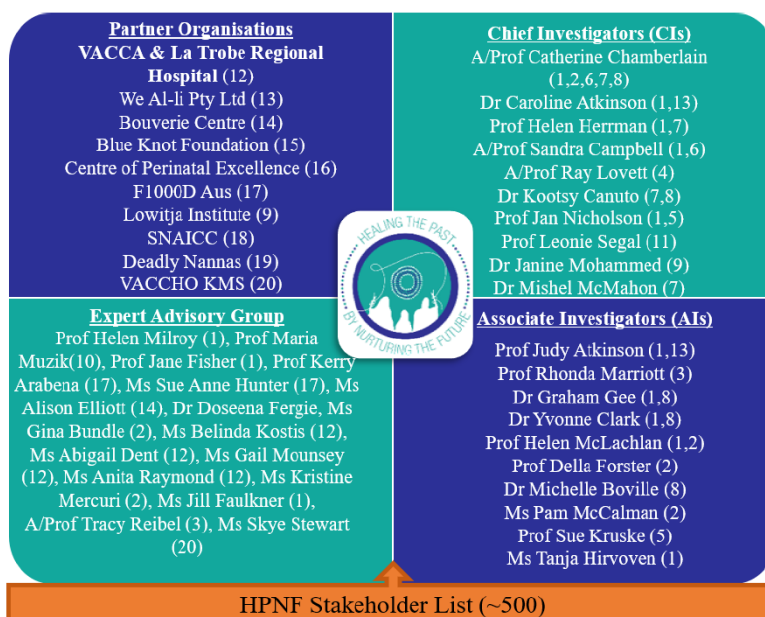
NAIDOC Week Edition (4-11 July)

We are delighted to celebrate the theme *Heal Country, heal our nation* which calls for all of us to continue to seek greater protections for our lands, our waters, our sacred sites and our cultural heritage from exploitation, desecration, and destruction. We hope you enjoy some [NAIDOC Week Events](#) and celebrate the world's oldest continuing culture.

Investigators' report

We are pleased to share the tenth *Healing the Past by Nurturing the Future* (HPNF) project newsletter which we circulate three times a year. Our BIG news this update is we have been awarded TWO grants, with old and new collaborators (see figure below), to build on 3 years of Aboriginal-led co-design with communities:

1. to develop resources to support parents and services from [lan Potter Foundation](#) (2021-2023)
2. and demonstrate and evaluate '[culturally responsive trauma-integrated perinatal care](#)', from the Medical Research Future Fund, in partnership with La Trobe Regional Hospital and VACCA (2021-2025). Such a privilege to continue this journey.



HPNF Stakeholder List (~500)

MRFF proposal figure - numbers denote shared affiliations

NEWSLETTER JULY 2021

Do you live in Northern Territory, South Australia, or Victoria?

Are you Aboriginal and/or Torres Strait Islander?

Are you or your partner pregnant or have a child of any age?

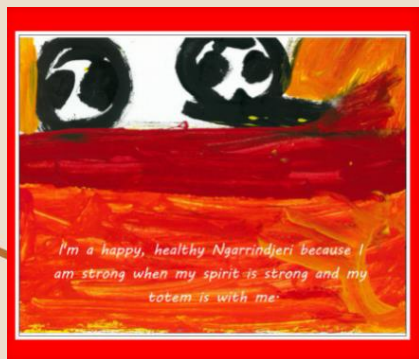
If yes to all above, can you help to develop a questionnaire to improve support for parents experiencing complex trauma?



Figure 1



Artwork by Jack 10 years

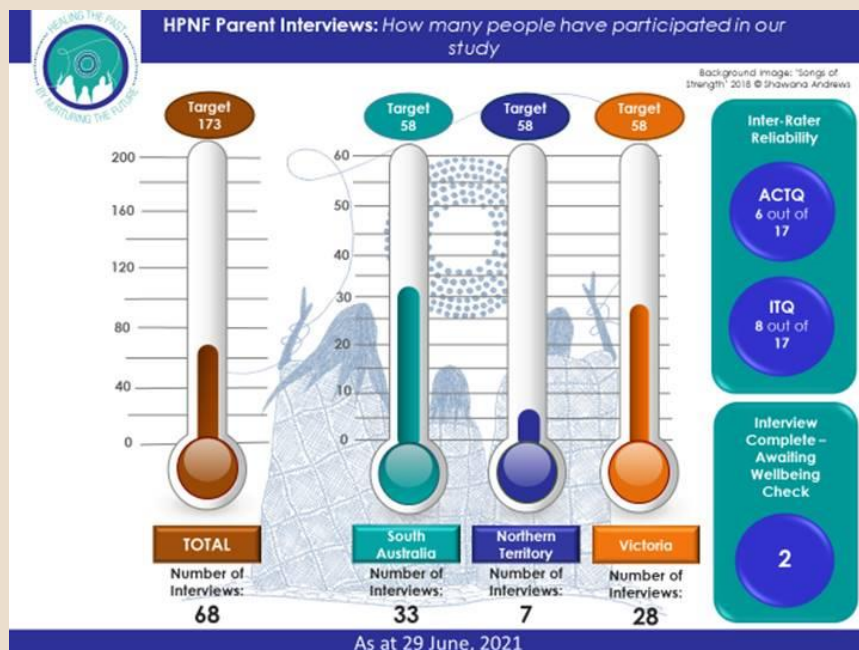


I'm a Happy, Healthy Ngarrindjeri Artwork

Please help with this research

What's involved? Two separate interviews with Deadly trained Indigenous or non-Indigenous interviewers (30 mins to 1 hour each). You will not be asked to share your personal stories and any information you provide will be strictly private and confidential.

We will provide supermarket vouchers, a thank you gift and a book for your child for your time. If you would like to know more, please click [here](#)



HPNF Parent Interviews: How many people have participated in our study?
(developed by Dr Shannon Bennetts)

I'm a Happy, Healthy Ngarrindjeri Book Launch

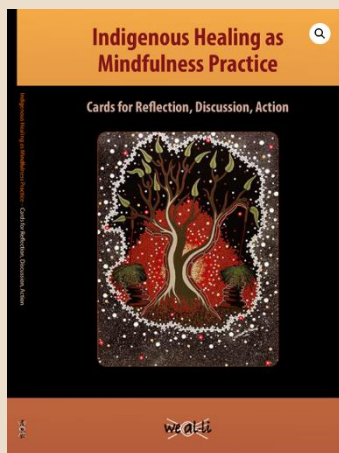
[Associate Professor Catherine Chamberlain](#) attended the *I'm a Happy Healthy Ngarrindjeri Book* Launch in Murray Bridge South Australia in April.

The [Moorundi Aboriginal Community Controlled Health Service](#) joined forces with

Headspace and schools in their catchment area to create this book as a promotion, prevention, and early intervention resource. Deadly Nannas Diana Murphy says "If we embed a "Happy, Healthy" message into emerging minds, we will lay the foundation for a stronger future for everyone." – we agree!!



Deadly Nannas Diana Murphy and Georgie Trevorrow at the Book Launch



We Al-li Box Set of Healing Cards



Image from unsplash

Emerging Minds e-Learning

[Associate Professor Catherine Chamberlain](#), Dr. Caroline Atkinson and other key collaborators are working with Emerging Minds to develop an e-learning resource for Non-Indigenous service providers/practitioners working with Aboriginal and Torres Strait Islander parents experiencing complex trauma. We hope to share more about this soon 🎧

Listening to stories of healing podcast series

Emerging minds have released five additional episodes for Reconciliation week, *Listening to the stories of healing*. This series explores the many diverse experiences of Aboriginal, non-Aboriginal and Torres Strait Islander peoples and how these narratives have helped shaped the amazing work that is happening in Aboriginal and Torres Strait Islander communities across Australia. These include stories of healing, resilience, the out-of-home care system, and holistic services and approaches for family and domestic violence.

- [Healing the past by nurturing the future](#) with Catherine Chamberlain
- [Using Elders' wisdom to guide your practice](#) with Millie Penny
- [Building connections in the out-of-home sector](#) with Sue-Anne Hunter
- [Using self-determination to support family violence interventions](#) with Craig Rigney
- [Shared practice in the family violence sector](#) with Colleen Lovegrove and Diana Uribe

Conference Presentations

We have been having some hard, but important, conversations about the 'elephant in the room' for improving support for Aboriginal and Torres Strait Islander parents experiencing complex trauma to 'Stay Together from the Start'. These include publishing in [The Conversation](#) and presenting at the:

- [SNAICC Family Matters National Week of Action](#) (14/5/2021)
- [CATSINAM 'Back to the Fire' conference](#) (26/5/2021)
- [17th World Congress of the World Association for Infant Mental Health 2021 \(WAIMH 2021\)](#) (22-26/6/2021)

If you would like to join three-monthly discussions to talk about 'Supporting Aboriginal Families to Stay Together from the Start', please email hpnf@latrobe.edu.au and ask to be added to the email and meeting invite list.

The team is also excited about running a workshop about key elements of our recently funded culturally-responsive trauma integrated care project at the [SNAICC 'Our Children Matter' conference](#) in the Gold Coast from 30/8-2/9/2021 – we hope to see some of you there!



Image from istockphotos





APPRISE Workshop to develop a culturally responsive trauma informed public health emergency response framework for First Nations communities

7-8th September 2021

This First Nations-led and facilitated 2-day workshop is funded by the Australian Partnership for Preparedness Research on Infectious Diseases Emergencies (APPRISE) Centre of Research Excellence (CRE).

The aim is to bring together experts in public health and mental health, to share evidence about experiences and impacts of COVID-19, and develop a draft culturally responsive trauma-informed public health emergency response framework for First Nations families and communities.

For further information about the workshop, please contact A/Prof Catherine Chamberlain: HPNF@latrobe.edu.au or Ph: 0428 921 271.

Click [here](#) to book the workshop or scan the QR code below



Self-care tip ☺

We are now two years into the biggest global pandemic in a century. This impacts all of our lives, whether by serious illness, grief, restrictions, job insecurity and money worries, and disruption to our normal routines. 'Fear' can also impact how we relate to others and increase stigma and disconnection. It is so very important to remember all these experiences are normal and to look after ourselves and each other during this time.

[Gayaa Dhuwi \(Proud Spirit\)](#) provide lots of practical advice on Staying Strong and Healthy during the Coronavirus Outbreak – and invite you to share your ideas.

We loved this one about '[hugging a tree](#)' and connecting with nature and animals – especially now hugging each other is not always COVID-safe ☺

