

Perinatal support for Aboriginal and Torres Strait Islander parents experiencing complex trauma.

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Investigators' report and project update

We are pleased to share the fourteenth *Healing the Past by Nurturing the Future* (HPNF) project newsletter which we circulate three times a year.

This will be the last 'stand alone' *Healing the Past by Nurturing the Future* newsletter, as from 2023 we will incorporate these updates, and those of collaborating projects such as the '*Baby Coming You Ready?*' project, within a new '*Replanting the Birthing Trees*' template. [Replanting the Birthing Trees](#) brings these important programs of work together under a community-controlled governance body to concurrently implement, evaluate and build the health service infrastructure to support families to transform cycles of intergenerational trauma to cycles of nurturing and recovery in the first 2000 days.

Highlights since our July newsletter include:

- Program Development Workshop (4) online.
- Ethics submission for HPNF pilot implementation and evaluation in Morwell, Victoria.
- Numerous community and organizational meetings, including with Gunaikurnai Elders (3), community-controlled partners and within La Trobe Regional Hospital.
- Recruitment of new team members – we are delighted to welcome Dr Maedeh Aboutalebi Karkavandi, Ms Emily Darnett, Ms Lyndal Alchin and Ms Danielle Cameron to the team.
- >10 conference presentations and interstate site visits.

Gathering the Seeds for Replanting the Birthing Trees conference 2023

We are very excited about our *Gathering the Seeds for Replanting the Birthing Trees* Conference to be held in **Perth, WA** on **3rd to 5th April, 2023**. The primary focus for the conference is on creating safe sacred birthing spaces. Further information and registration will be provided soon. Click [here](#) to register interest and be notified when registration opens. For inquiries and sponsorship opportunities please email hpnf-project@unimelb.edu.au.

Contact Us

- E hpnf-project@unimelb.edu.au
- W <https://mbspgh.unimelb.edu.au/centres-institutes/centre-for-health-equity/research-group/indigenous-health-equity-unit>



Dr Maedeh Aboutalebi Karkavandi

Welcome Maedeh

We are delighted to welcome [Dr Maedeh Aboutalebi Karkavandi](#) who has joined the Indigenous Health Equity team and will be working on project co-ordination and assisting the workstream leads.

Maedeh is a non-indigenous researcher living on Wurundjeri Country of the Kulin Nation. Maedeh's research focuses on understanding relationships among social entities (e.g. individuals, organisations) and the social environment and how it effects individual and system outcomes using social network analysis and social network theories.

Welcome Emily

We are delighted to welcome Emily Darnett as a Research Assistant with the Indigenous Health Equity Unit, supporting monitoring and evaluation activities for the Healing the Past by Nurturing the Future and Replanting the Birthing Trees projects, and the Lowitja First Nations journal.

Emily Darnett is a Palawa woman, provisionally registered psychologist and PhD candidate. Her research investigates how psychologists can adjust their practices to better meet the needs of the Aboriginal and Torres Strait Islander people experiencing psychological distress. She is particularly interested in taking a strengths-based approach to working with mob that have experienced different types of traumas.



Ms Emily Darnett

Welcome Lyndal

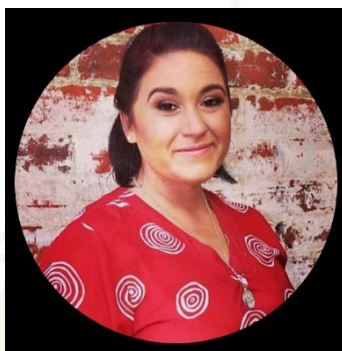
Lyndal Alchin is a non-Aboriginal woman, born on the traditional lands of the Darug people and currently lives on Ngunnawal/Ngambri Country. Her current role is as a Senior Adviser for Child and Maternal Health Programs at [NACCHO](#). She has an educational background in both science and public health. Before moving to NACCHO she was working on public health guidelines at the NHMRC and she has previously worked on clinical practice guidelines in the NGO space and in various research and clinical auditing roles in the hospital setting.



Ms Lyndal Alchin

Welcome Danielle

Danielle Cameron is a Yuibera woman, born and raised on Turrbal Country in Meeanjin (Brisbane), and now lives in Widjabul Wia-bul lands in Lismore. She has 20 years+ experience working within community, health and education sectors with roles including Social and Emotional Wellbeing Co-ordinator, Case Worker, Child Counsellor, Primary School Teacher, Senior Workforce Development for the Mental Health Commission and Director of her own company. Danielle has a passion for utilising mixed contemporary delivery methods intrinsically entwined in First Nation practices to enhance SEWB, community engagement and trauma informed awareness to have better outcomes for all people.



Ms Danielle Cameron

Workshop 4: Refining Program materials

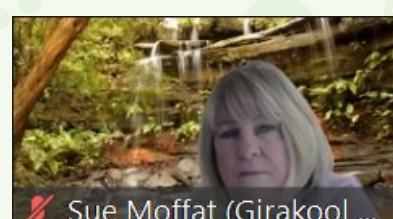
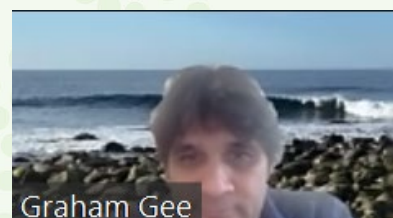
Thank you to the approximately 60 health care workers, community members and researchers who contributed to rich discussions over Tuesday 9th and Wednesday 10th August, 2022 to refine draft program materials that were presented by all workstream teams. We are very grateful for people sharing their expertise, which will help to ensure the program materials are tailored and high quality.

We were able to incorporate gentle cultural and regulatory activities to create a safe and engaging space, led by [Associate Professor Carlie Atkinson](#).

We also discussed the proposed items for inclusion of the Aboriginal Complex Trauma and Strengths Questionnaire, which will be submitted for publication soon.



Artwork by Ms Deb Bowman – reflections from workshop 4



Left to right from top: Prof Cath Chamberlain, Dr Elise Davis, Assoc Prof Carlie Atkinson, Dr Jacyntha Krakouer, Assoc Prof Shawana Andrews, Ms Deb Bowman, Dr Tess Bright, Dr. Graham Gee, Ms Emily Darnett, Ms Sue Moffat at Workshop 4 held online 9th & 10th August, 2022



Developing a culturally-responsive trauma-informed public health emergency framework

We are pleased to share the outcomes of this Ramsay Foundation funded research conducted as part of an Aboriginal and Torres Strait Islander-led APPRISE-CRE COVID-19 initiative. The framework has been developed through:

- A scoping review of trauma-informed emergency frameworks (accepted for publication)
- Interviews with 110 parents about experiences during COVID-19, with one manuscript
- A two-day national interactive online workshop to reflect on available evidence and co-develop the framework. A detailed project report is available [here](#), and a manuscript has been submitted for publication.



Conference Presentations

[Professor Cath Chamberlain](#), [Ms Deb Bowman](#), Ms Skye Stewart, [Dr Elise Davis](#), [Dr Kim Jones](#) and Ms Lyndal Alchin presented a workshop on the HPNF support framework at the [Best start to life: a national gathering](#) in Alice Springs on 10th October, 2022, where Elise and Cath also presented a Plenary on [Replanting the Birthing Trees](#).



Left to Right: Dr Elise Davis, Ms Deb Bowman, Ms Skye Stewart, Dr Kim Jones, Prof Cath Chamberlain, Ms Lyndal Alchin presented at the Best start to life: a national gathering in Alice Springs



Left to right: Auntie Gina Bundle, Dr Kim Jones, Prof Helen McLachlan, Ms Lyndal Alchin, Ms Res McCalman, Ms Deb Bowman, Dr Elise Davis at the Best start to life: a national gathering in Alice Springs



ARC Grant success!

Congratulations to Helen Milroy, Catherine Chamberlain, Jeneva Ohan, Alix Woolard, Sven Silburn, Talila Milroy, Pradeep Rao, Marshall Watson, Debra Singh, Laurel Sellers, who have received an ARC grant (ct 2022) to **“develop and implement a culturally safe, trauma-informed parenting programme that can interrupt the intergenerational transmission of trauma and help improve Aboriginal and Torres Strait Islander health and wellbeing”** (UWA)

Lyndal Alchin attended the SEWB gathering and presented on Replanting the Birthing Trees at NACCHO conference in Canberra.

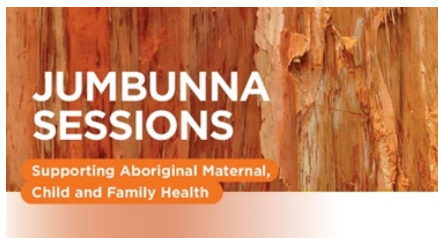
Prof Cath Chamberlain presented at

- NMBA National Conference 2022 on 20th October.
- OUR VOICE - OUR RESEARCH – OUR FUTURE. Inaugural Indigenous Researcher Network conference. Sydney. 28/9/2022
- Replanting the Birthing Trees – recreating sacred places for Aboriginal and Torres Strait Islander babies to be born. University of Melbourne CARE forum. 15/10/2022.
- The NHMRC CEO statement on e-cigarettes: overview of the evidence-based process and key recommendations. APSAD conference. Darwin. 9/10/2022.
- Replanting the Birthing Trees. WACHS webinar. 3/10/2022.
- Mental Health Month. Darwin. 29/8/2022.
- Healing the Past by Nurturing the Future. Weekly Wardiparinga webinar. 18/8/2022.
- [Yoorook Commission](#) evidence on impact of intergenerational trauma and child protection services on Aboriginal and Torres Strait Islander families in Victoria.
- Ramsay Foundation roundtable on Early Relational Health.

Upcoming presentations

Prof Cath Chamberlain is presenting a Jumbunna Session webinar *Replanting the Birthing Trees – recreating sacred places and care to support Aboriginal and Torres Strait Islander parents transform intergenerational cycles of trauma to cycles of nurturing and recovery on Wednesday 23rd November, 2022 1-2.30pm (AEDT).*

Prof Cath Chamberlain, A/Prof Carlie Atkinson and Ms Alison Elliott are presenting at the [WAIMH 18th World Congress](#) July 15-19, 2023 in Dublin Ireland.



New Publications



Reid C, Bennetts SK, Nicholson JM, Amir LH, Chamberlain C. Rural primary care workforce views on trauma-informed care for parents experiencing complex trauma: A descriptive study. *Australian Journal of Rural Health*. 2022 Sep 9. doi: 10.1111/ajr.12922. [Online ahead of print.](#)

Kennedy M, Maddox R, Booth K, Maidment S, Chamberlain C, Bessarab D. Decolonising qualitative research with respectful, reciprocal, and responsible research practice: A narrative review of the application of Yarning Method in Qualitative Aboriginal and Torres Strait Islander Health Research. *International Journal for Equity in Health*. 2022. 21:34.

[Read the full article.](#)



Strobel NA, Chamberlain C, Campbell SK, Shields L, Bainbridge RG, Adams C, Edmond K, Marriott R, McCalman J. Family-centred interventions for Indigenous early childhood well-being by primary healthcare services. *Cochrane Database of Systematic Reviews*. 2022.

[Read the full article.](#)

Bennetts, SK, Crawford S, Howell T, Burgemeister F, Chamberlain, C, Burke K & Nicholson JM. Parent and child mental health during COVID-19 in Australia: The role of pet attachment. *PloS One*. 2022.

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0271687>.

[Read the full article.](#)

Community perspectives on delivering trauma-aware and culturally safe perinatal care for Aboriginal and Torres Strait Islander parents.

[Read the full article.](#)

Resistance to Assimilation: Expanding Understandings of First Nations Cultural Connection in Child Protection and Out-of-home Care.

[Read the full article.](#)

Self-care tip 😊

[Keep your stress bucket from overflowing](#)

By tuning in to your stress levels, you can catch a small issue before it comes a big one.

