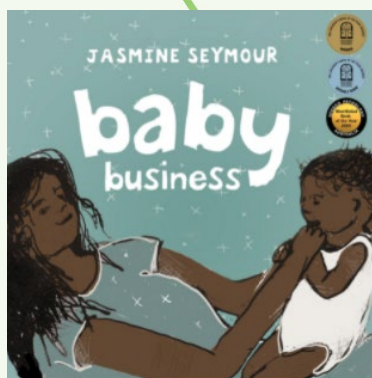


Perinatal support for Aboriginal and Torres Strait Islander parents experiencing complex trauma.

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Baby Business is a picture book by Jasmine Seymour and is one of the choices offered to parents for their participation in our research

Contact Us

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



Investigators' report and project update

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

It's been a busy start to 2022 with lots of activities and plans for this next phase of the project – development, pilot implementation and evaluation. Highlights include-

- In partnership with VACCA, we met with Elders from Gunaikurnai country about forming an Elders group for the project.
- New additions to the team – we are very lucky to have A/Prof Charlie Atkinson and Ms Alison Elliott join the team to provide expertise on trauma integrated care. We also welcome Dr Tess Bright and Julia Perdevich to the team.
- 103 Aboriginal and Torres Strait Islander parents have completed the Aboriginal Complex Trauma and Strengths Questionnaire.
- Preparation for discussion groups with parents and service providers on the proposed perinatal model of care during March/April 2022.
- Two new PhD scholarships for Aboriginal and Torres Strait Islander candidates in the area of.
 - a) complex trauma and
 - b) COVID-19
- Our e-learning module for Emerging Minds is now live (information and link on page six of this newsletter).

Please contact us or visit our recently updated [website](#) for further information on the project.



Please help us with this research

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

Are you Aboriginal and/or Torres Strait Islander?

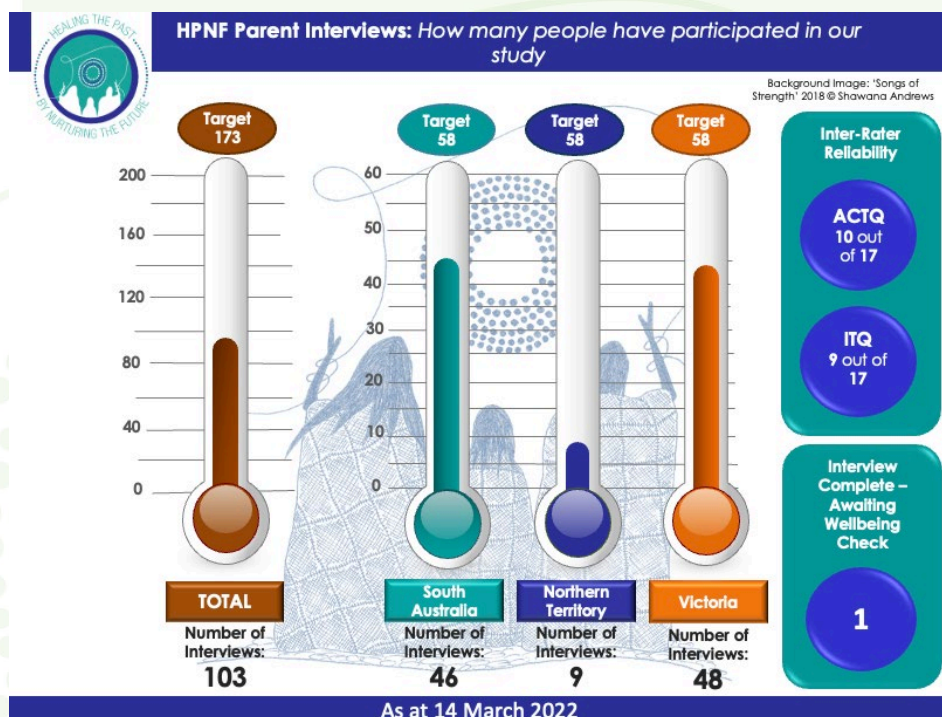
Are you or your partner pregnant or have a child of any age?

We need your help to develop a questionnaire to improve support for parents who have experienced bad or hurtful things in their own childhood.

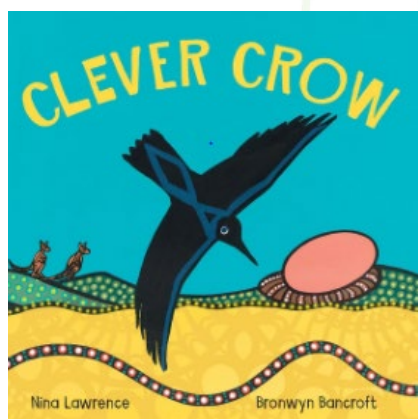
What's involved? Two separate interviews (30 mins to 1 hour each). You will not be asked to provide your personal stories and any information you provide will be strictly private and confidential.

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](#)

How many people have participated?



ACTSAT Parent Interviews: How many have participated – graphic developed by Dr Shannon Bennetts



Clever Crow is a picture book by Nina Lawrence and is a gift offered to parents for their participation in our research.

New Project Staff



Associate Professor Caroline Atkinson

Welcome Carlie

Associate Professor Caroline Atkinson is a Bundjalung and Yiman woman and an accredited Social Worker with a PhD (2009). Carlie is an international leader in complex and intergenerational trauma and strengths-based healing approaches in Indigenous Australia. She developed Australia's first adapted, culturally sensitive, reliable and valid Aboriginal trauma assessment measure and is CEO/Director (2012-present) of her family organisation, We Al-li, designing and coordinating delivery of Culturally Informed Trauma Integrated Healing Approaches (CITIHA) training and resource development for organisations and communities across Australia with a focus on systems transformation and implementation. She will lead the development, implementation and evaluation of training resources, provide on-going supervision and mentoring, and assist with validating the Healing the Past by Nurturing the Future complex trauma tool for field testing for service providers.



Dr. Alison Elliott

Welcome Alison

Alison Elliott, who we know, love and respect will be working with Carlie and the team on the above aspects of the project. Alison is a Wiradjeri woman who holds a Masters of Indigenous Studies (wellbeing), Bachelor of Applied Science in Health Promotion and a Graduate Certificate in Family therapy – a course she now teaches. Alison has been instrumental in developing the Healing the Past by Nurturing the Future project from the early conceptual stage and has extensive expertise providing skilled support and research with parents experiencing extreme adversity, including within prisons.



Dr. Tess Bright

Welcome Tess

[Dr Tess Bright](#) is a non-indigenous researcher living on Wurundjeri Country of the Kulin Nation. Tess is a Research Fellow with expertise in quantitative research and evidence synthesis. She is a clinical audiologist by background, holding a Masters of Clinical Audiology from the University of Melbourne. Tess completed a PhD in Epidemiology in 2020 at London School of Hygiene & Tropical Medicine and focused on building the evidence on epidemiology of hearing loss in low- and middle-income countries. Tess' research to date has focused on improving access to health services for marginalised groups, in particular people with disabilities. Tess has extensive experience in systematic reviews, quantitative analysis and project design and implementation.



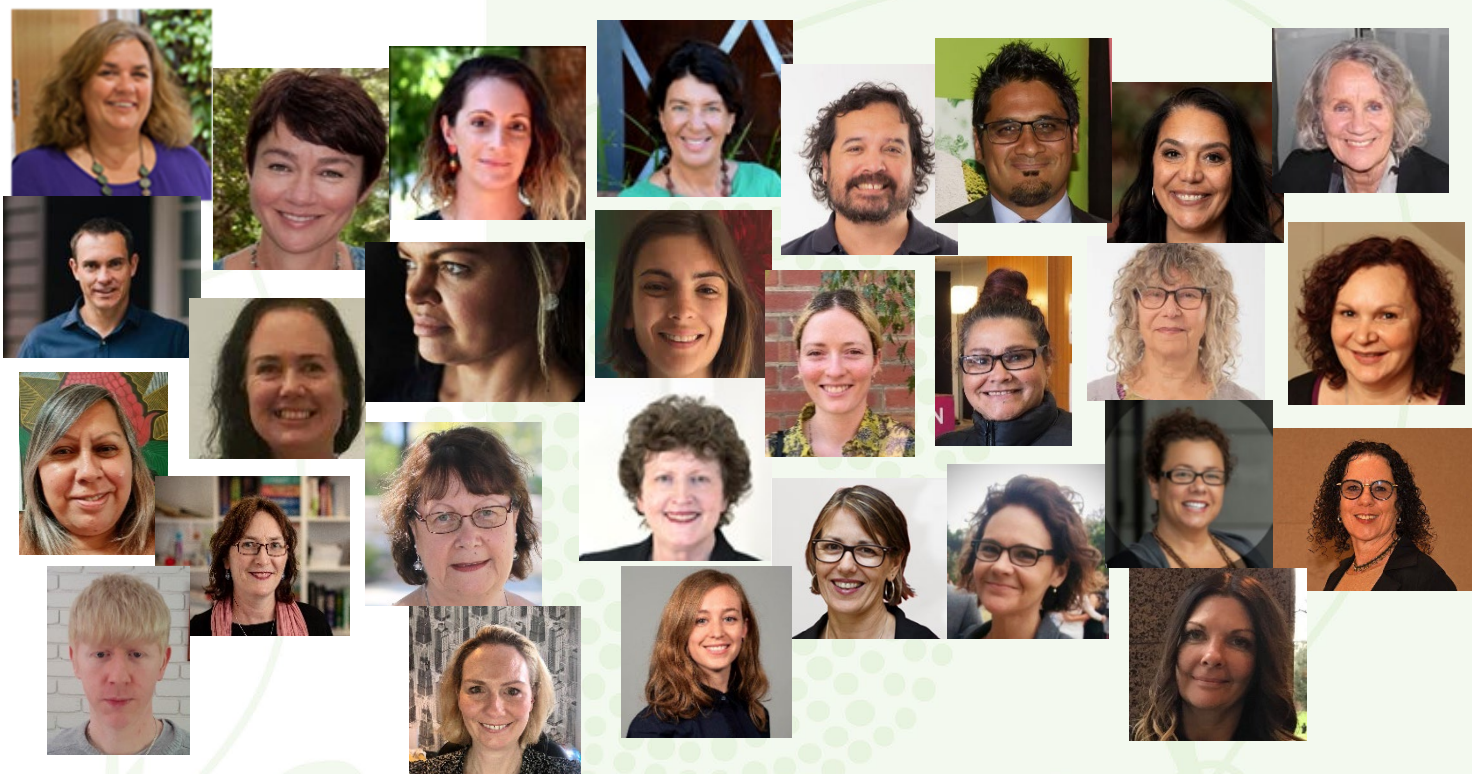
Ms. Julia Perdevich

Welcome Julia

Julia holds a Master of Social Work and Master of Environment from The University of Melbourne, and a Bachelor of Arts (Sociology) from La Trobe University. She has worked in policy, research, and service development roles within the child and family, disability, and mental health sectors across both the Northern Territory and Victoria. She has experience using co-design approaches and qualitative research and consultation methods. She is committed to pursuing social justice and building inclusive communities. She will be building on this experience in her role supporting the work of the Indigenous Health Equity Unit in the in Melbourne School of Population and Global Health.

Healing the Past by Nurturing the Future MRFF – Meet our team

Please visit our [website](#) to learn more about our awesome team!



Left to right: Prof Cath Chamberlain, Assoc Prof Caroline Atkinson, Dr Michelle Kennedy, Assoc Prof Sandra Campbell, Assoc Prof Kootsy Canuto, Dr Graham Gee, Dr Janine Mohamed, Prof Judy Atkinson, Assoc Prof Ray Lovett, Dr Mishel McMahon, Ms Tanja Hirvonen, Ms Pamela McCalman, Ms Madelyne Hudson-Buhagiar, Ms Gina Bundle, Prof Leonie Segal, Dr Yvonne Clark, Ms Deb Bowman, Prof Helen McLachlan, Prof Rhonda Marriott, Prof Helen Herrman, Prof Della Forster, Dr Kim Jones, Dr Renee Fiolet, Prof Sue Kruske, Dr Elise Davis, Dr Leo (Ilias) Kamitsis, Dr Tess Bright, Ms Leanne Slade



Conference Presentations

The team ran a workshop about key elements of our recently funded culturally-responsive trauma integrated care project at the virtual SNAICC 'Our Children Matter' conference on 8th December 2021.

[Professor Cath Chamberlain](#) presented at 'Turning the Tide for Birth and Breastfeeding' conference in Warrnambool on 25th February, 2022 – *Healing the Past by Nurturing the Future: understanding complex trauma in Aboriginal populations and the implications for breastfeeding.*



Team Planning Day December 2020

Team Planning Day

On 2nd December last year we enjoyed a lovely day together planning for the years ahead as well as getting to know each other. The highlight was a delicious Mexican lunch!



From left to right – Dr Madelyne Hudson-Buhagiar, Dr Tess Bright, Dr Renee Fiolet, Ms Gina Bundle, Ms Deb Bowman, Ms Leanne Slade, Prof Cath Chamberlain, Dr Elise Davis, Dr Kim Jones, Dr Anni Hine Moana, Prof Helen Herrman, Dr Leo (Ilias) Kamitsis



Planning day lunch – Left to right Prof Helen Herrman, Dr Anni Hine Moana, Prof Cath Chamberlain, Dr Madelyne Hudson-Buhagiar

Publications

We are proud to share our latest publications:

Yarning with the Deadly Nannas about safe practices and trauma affecting Aboriginal perinatal parents: Healing the past by nurturing the future (HPNF) research.

[Read the full article](#)

Using participatory action research to co-design perinatal support strategies for Aboriginal and Torres Strait Islander parents experiencing complex trauma.

[Read the full article](#)

Supporting Aboriginal and Torres Strait Islander Families to Stay Together from the Start (SAFeST Start): Urgent call to action to address crisis in infant removals Australian Journal of Social Issues

[Read the full article](#)



Please see our [website](#) for previous publications

Emerging Minds Online Resources Now Live



The *Healing the Past by Nurturing the Future* project team have been working with Emerging Minds to develop an e-learning course which reflects the strengths, resilience and perspectives of Aboriginal and Torres Strait Islander peoples.

By understanding intergenerational trauma and its impact on Aboriginal and Torres Strait Islander communities, those enrolled in the short course can develop strategies to support parents experiencing complex trauma – ‘healing the past by nurturing the future’.

This course has just gone live, so please share it with your contacts!

Check out this course on Emerging Minds Learning [here](#).

Parent and Service Provider Discussion Groups

We are currently preparing for parent discussion groups in Adelaide, Melbourne and Alice Springs. The purpose of the discussion groups is to explore the acceptability and feasibility of a range of perinatal strategies to support Aboriginal and Torres Strait Islander parents who are experiencing complex trauma.

MRFF Governance

In addition to the Investigator meetings and Elders group, we have developed subgroups to help progress the project. Subgroups include Training and Resources; Implementation and Evaluation; and Support Framework and Wise Counsel model.

APPRISE Update

After a very successful [APPRISE Workshop](#) in October 2021 [Dr Leo Kamitsis](#), [Dr. Kim Jones](#) and the team have drafted an APPRISE report which will be available on our [website](#) in the next few weeks. The team are now working on papers for publication and abstracts to be submitted to upcoming conferences.



Artistic interpretation of APPRISE workshop by graphic facilitator Rhys Paddick

Pinned Tweet



Dr Renee Fiolet (she/her) · 12/12/21

Amazing afternoon at the screening of [#Djakamirr](#). Big thanks to everyone who supported and came. Great to see the [@LowitjaInstitut](#) [@IKI_Unimelb](#) the Indigenous Health Equity Unit with [@DrCChamberlain](#) & the Indigenous Studies unit coming together for the screening! [@SueAnneHunter](#)



Dr Janine Mohamed and 4 others



DJAKAMIRR: Caretaker of pregnancy and birth screening

We were delighted to assist in organising a special screening of [DJAKAMIRR: Caretaker of pregnancy and birth](#) on 10th December 2021. This documentary is about Birthing on Country and is filmed in remote Arnhem Land. DJAKAMIRR follows Lāwurrpa and Sarah on a unique journey through ancestral time, country and culture. As mutual trust develops between the two women, they hope to empower Yolŋu and reclaim 60,000 years of birthing culture from the stronghold of Western medicine. This is their story of working with community to pilot the training of Djakamirr-the caretakers of pregnancy and birth.

PhD Scholarships

Are you interested in working with Aboriginal and Torres Strait Islander communities to improve health?

We have an extraordinary opportunity for two PhD scholarships for Aboriginal and/or Torres Strait Islander candidates.

Successful candidates will receive a Research Training Program Scholarship and top-up, totalling approx. \$50,000 tax free per year for 3.5 years (full-time).

[Aboriginal and Torres Strait Islander Communities and COVID-19 PhD Scholarship](#)

[Aboriginal and Torres Strait Islander Complex Trauma Research Scholarship](#)

The best bit – it comes with a tax-free graduate research scholarship plus generous 'top-up' stipend (total package of \$50,000 tax free per year for 3.5 years). We invite you to contact Professor Catherine Chamberlain to discuss your application: cacham@unimelb.edu.au.



Nunkuwarrin Yunti of South Australia Inc.



Central Australian Aboriginal Congress



Self-Care Tip

Water really can provide some relief from anxiety and help us see the glass half full

Evidence from this study found that water and hydration can play a role in preventing and managing the symptoms of anxiety and can lower the impact of depression.

<https://theconversation.com/water-really-can-provide-some-relief-from-anxiety-and-help-us-see-the-glass-half-full-177458>