



Welcome to the fourth Replanting the Birthing Trees (RBT) e-news!

Welcome to the fourth Replanting the Birthing Trees newsletter, where we share updates of our work which aims to inspire and support recreation of safe and sacred care for Aboriginal and Torres Strait Islander families in the critical First 2000 days.

Our team have been having rich discussions with 17 parents and 30 service providers in Victoria to understand and share current experiences and perceptions of care. We heard about some great experiences of midwifery group practice (MGP) and some unsafe care outside of the 'bubble' of the MGPs. We had an engaging day of trauma-awareness training with managers at The Royal Women's Hospital and we are looking forward to starting this training with staff at The Royal Women's and Mercy Hospitals over the rest of 2024.

We have also enjoyed meeting with services in WA, Armadale, Northam and Narrogin, to talk about the progress of implementation of Baby Coming You Ready (BCYR) in those sites, and discuss plans for trauma awareness training in 2025.

We are delighted to welcome new staff members Paola Vasquez and Sally Preston in WA and Shakira Onwuka in Victoria.

Thankyou to everyone for sharing this journey with us and we are pleased to announce we will be starting regular four monthly webinars to showcase and share

some of the amazing and innovative programs going on to help keep us all inspired and connected.

In solidarity,

Professor Cath Chamberlain and Professor Rhonda Marriott on behalf of the RBT project team

Workstream Updates

Update from the Resource Repository and Support Framework workstreams

The RBT Resource Repository has moved into the exciting stage of website development. The Workstream 1 team has been working with designers and web developers at Utility Creative to see the site come to life. After much wonderful feedback on enhancing the usability and accessibility of the site, Utility Creative is preparing the next round of mock-ups for review before pilot testing commences in July.

The WA team continue to collaborate with designing the repository website and sharing resources from the WA perspective. They ran the Lived-Experienced Group meeting to discuss the resource "First Nations Principles for Childhood" and collected interesting feedback about this resource, which is being analysed and will soon be shared with the RBT team in Victoria.

Update from the Culturally-Safe Assessment workstream

The Aboriginal and Torres Strait Islander complex trauma and strengths questionnaire psychometric evaluation has been published in the Australian Journal of Psychology.

Update from the Workforce Development Resources to build capacity for safe skillful care workstream

HPNF and RBT are currently working with implementation sites to deliver the one-day face-to-face intermediate training. The We Al-li Advanced training workshop dates have been confirmed at all implementation sites between July and November. Further discussions with training partners have begun to address the overwhelming demand for trauma-aware, healing-informed training, with a focus on identifying suitable providers, securing funding, and ensuring sustainability.

Update from the Culturally-Safe Trauma-Integrated Continuity-of-Carer Implementation Support workstream

The scoping review of culturally responsive, trauma-informed, continuity of care(r) toolkits is nearing finalisation, while initial stages of work on the workstream's production of a toolkit continue.

Update from the Supporting Aboriginal Families to Stay Together from the Start workstream (SAFeST Start)

The first workshop exclusively dedicated to discussing a Wise Counsel model was held in February 2024. Across the two days, 56% of people at the workshop (including team members) were Aboriginal and/or Torres Strait Islander. Attendees came from NSW, SA, QLD, WA, and VIC, with representatives from at least 11 different First Nations groups present. The workshop report is available on the [RBT website](#). A re-search has been conducted for the Wise Counsel scoping review paper to pick up sources since the initial search in 2022. We are also working on a parent resource booklet and writing two papers to capture the rich discussions held during the Wise Counsel workshop.

Update from the Implementation and Evaluation workstream

Victorian update - Full day face-to-face training sessions have begun at the Royal Women's Hospital, and will commence at the Mercy Hospital for Women on 28th May. We have confirmed 12 dates for the training sessions at each site (24 in total), planning for 25 participants per session – this equates to approximately 10% of total staff – as such we are taking a targeted approach by prioritising key groups for the training.

The co-design implementation workshop is being held on 6th June – SIT members from both sites have been invited, plus some other key individuals.

An EOI for the advanced We Al-li well-being champion training has been distributed to staff at the Royal Women's Hospital and will go out to Mercy Hospital for Women staff imminently.

WA update – Currently, we are working closely with the WA Country Health Service (WACHS) to plan for the best ways to support the upcoming implementation of RBT in the Wheatbelt.

On this line, we are analysing the qualitative data captured from the feedback given by health professionals during the BCYR workshop run in Wheatbelt at the beginning of this year. This workshop has provided valuable input to support the RBT project in regional WA, which has been shared and discussed with the WACHS team.

We are also developing the Site Implementation Team (SIT) Terms of Reference with the WACHS team.



Update from HPNF

The HPNF protocol peer-reviewed publication has recently been reviewed at BMJ Open, with minor edits addressed and re-submitted. The HPNF team continues to deliver one-day face-to-face intermediate training at Latrobe Regional Health (LRH), with 297 service providers attending to date and five more sessions scheduled for July. Additionally, we have conducted a community-based training at Latrobe City Council for Maternal Child Health Nurses and Family Support Officers. We have received overwhelmingly positive feedback and are seeking funding to ensure all mandatory hospital groups complete the training. Promising discussions with the Education and Training Unit at LRH are underway to develop a sustainability plan for the program. Preliminary data from the Knowledge Attitude Practice (KAP) survey show sustained improvements across all domains three months post-training. We have developed a trauma resource for parents and are collaborating with the

Aboriginal Liaison Officers at LRH to create a family pack for new parents, supporting healing and the transition to parenthood. Positive changes continue at the implementation site, including the acquisition of an 'Aboriginal Birthing Trolley,' a coolamon, and the commitment to gift all Aboriginal families a possum skin upon their child's birth. An HPNF action group will meet in the coming weeks to further support initiatives that improve trauma-informed care within the organisation.



Prof. Cath Chamberlain, Dr. Jacqui Sundbery & Ms. Maddy Lyon during their RBT WA Wheatbelt field trip in March.



Skye Stewart HESTA Midwife of the Year Award Winner

Congratulations to Skye Stewart on being awarded Hesta Midwife of the Year at the Melbourne Exhibition Centre on 16/5/2024! This prestigious award recognises Skye's contribution as a midwife over her career, including development of an exceptional resource (Jiba Pepeny) for Aboriginal and Torres Strait Islander families who experience loss of a baby.

Staff Movements

Our best wishes to Helen Henderson who is on maternity leave.



For Aboriginal and Torres Strait Islander peoples, our connection to culture, country, community, kin, and family are critical to our wellness. There are things that we can all do to keep our spirits strong, and our families and communities supported.

Click [here](#) for Healing Foundation, ***Healing Our Way Podcast***.

Plant the seeds of hope-inspiring services with us

Contact us at rbt-project@unimelb.edu.au

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