

ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLES AND PSYCHOLOGY INTEREST GROUP

SEPTEMBER 2012 NEWSLETTER

ISSUES IMPACTING ON INDIGENOUS CHILDREN & YOUTH

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ATSIPP BUSINESS

A word from the Convenors

Dear ATSIPP Members, this is the final newsletter before our AGM at the Perth APS Conference, where a new Committee will be elected.

My Co-Convenor, Yvonne Clark, is not re-nominating to continue in that role, as she needs to find time to concentrate on her PhD studies. I would like to pay tribute to Yvonne for her strong and steady guidance of the ATSIPP Interest Group over the past few years, including her role in providing a link between the Interest Group and the Australian Indigenous Psychologists' Association (AIPA).

One of the major accomplishments of our Interest Group in the past two years and one that has been very much driven by Yvonne is the development of an Indigenous Student Conference Attendance Award. This Award is to enable an Indigenous student of Psychology to attend an Australian Psychology Conference under the guidance of an ATSIPP Psychologist. The winners of the 2011 and 2012 Awards, Marika Cox and Katherine Williams, will both be attending the APS Conference in Perth this year and will be guided and supported by Yvonne at the Conference. We hope that as many ATSIPP Interest Group members as possible will be able to meet with Marika and Katherine at the Conference.

I would like to express my great appreciation to our tireless Newsletter Editor (and Secretary), Kylie Cann, for the huge effort she has put in to the job of pulling vast amounts of information together for this Newsletter, all in her own spare time. I hope you will find it a valuable resource in your ongoing learning about issues relating to our work as Psychologists with Aboriginal and Torres Strait Islander People. We will be looking for volunteers to help us to continue to produce the Newsletter into the future, though recognising that it is a very time-consuming process, we are thinking that we may need to lower our expectations somewhat. Please let the new Committee know if you are interested in contributing to this important task.

As Kylie has noted in the Newsletter, there is a strong focus on Indigenous issues at the APS Conference this year. I'm sure that those of you who are able to attend the Conference will be at many of these sessions and will look forward to meeting as many of you as possible. Please feel free to make yourself known, especially if you have some ideas about directions for the Interest Group or, even more importantly, if you are interested in serving on the Committee.

With warm regards, Stephen Meredith (Co-Convenor)

New Committee Members

We take this opportunity to welcome Alicia Doherty MAPS, who has kindly volunteered to step in as our Victorian Representative and to help with the Website Moderator and Editing roles. Alicia has been an ATSIPP Interest Group member for quite a few years now and has a strong interest in this area. Alicia is fully registered and endorsed as an Organisational Psychologist. She was secretary for the NT Branch and chaired the Membership Working Group of the College of Organisational Psychologists in QLD. Alicia recently relocated from Brisbane to Sale in Victoria where she is working in project change management with Australian Securities and Investments Commission.

In relation to her work with people of Aboriginal and Torres Strait Island descent, Alicia worked on large scale welfare reform in remote communities in the NT (with Nauiyu and Wadeye). She also worked with Centrelink in Darwin and Palmerston, where part of her role was to provide remote services in the communities of Maningrida and Wadeye, and worked in both these communities during the time of the NT intervention which she describes as "very difficult at times". She also undertook a secondment at Menzies School of Health Research in the area of Healing and Resilience. In this role, her team developed a questionnaire to assess the social and emotional wellbeing for Indigenous youth. This work was published in the Australia and New Zealand Journal of Psychiatry. For more information read: Thomas A, Cairney S, Gunthorpe W, Paradies Y, Sayers S. (2010). *Strong Souls: development and validation of a culturally appropriate tool for assessment of social and emotional well-being in Indigenous youth.*

<http://www.ncbi.nlm.nih.gov/pubmed/20073566>

A word from the Editor

As promised, the aim of the current newsletter is to concentrate on topics supporting Aboriginal and Torres Strait Islander children and young people, their families and communities. This theme coincides with NAIDOC Week, National Aboriginal and Islander Children's Day, Education Week, National Child Protection Week, Father's Day, World Suicide Prevention Day, International Foetal Alcohol Spectrum Disorder Awareness Day, as well as Children's Week. The aim was to provide an overview of current statistics relating to relevant outcomes, followed by examples of recent approaches and 'best practice' models. I trust you will find some resources of relevance to your current field of work.

The last few weeks has also seen a focus on the 2012 London Olympics and Paralympics. I marvelled at the dedication, commitment and tenacity of our athletes. If we were to adopt the Olympic motto of 'Citius, Altius, Fortius' ('Faster, Higher, Stronger') within the profession of psychology, what would we achieve more quickly in terms of outcomes for Indigenous people? How much higher would we aim our own expectations for how we deliver our services? How would we work to strengthen our relationships with Indigenous communities? Most importantly, as champions in our own field, what would we set our mind to in the four years between now and the next Olympics in 2016? This is the challenge of the inaugural APS Reconciliation Action Plan, set to be implemented between 2012-2014 – read more at: <http://www.psychology.org.au/reconciliation/>

Kylie Cann MAPS, CEDP

ATSIPP AGM

Please be advised that the 2012 ATSIPP Interest Group AGM will be held at 1.00 p.m. on Sat. 29 September in Meeting Room 6 at the Convention Centre in Perth. For those Members who are not able to attend the Conference but still wish to join the AGM, we do have the ability to arrange link in via Teleconference. Please email Stephen.Meredith2@health.sa.gov.au if you wish to avail of this opportunity. Any items members would like to see placed on the Agenda are also welcome.

Invitation to Join the Committee

All positions are up for election and nominations are invited for Office Bearers and up to Six Committee Members. The nomination form is available on the ATSIPP Website http://www.groups.psychology.org.au/Assets/Files/Member_Group_Interest_Group_committee_nomination_Form.pdf. Please forward the completed nomination form to APS Member Groups Administrator by Post: PO Box 30 Flinders Lane, Melbourne Vic 8009, Fax: (03) 9663 6177 or Email ig@psychology.org.au. Nominations close 7 days prior to the AGM. We are still particularly keen to attract representation from members in States other than those already represented, i.e. we need reps from Tasmania, WA and QLD.

Volunteers needed for the Indigenous Psychology Booth, APS Conference

There will be an Indigenous Psychology booth operating throughout the APS National Conference this year. The booth is co-hosted by the APS Reconciliation Action Plan team, the APS Interest Group on Aboriginal and Torres Strait Islander Peoples and Psychology, and the Australian Indigenous Psychologists Association. If you are attending the conference this year, your assistance in staffing the booth would be most welcome. Please email h.gridley@psychology.org.au if you are able to offer some time to help out, particularly at lunchtimes or morning and afternoon tea breaks from the Thursday through to Saturday.

Call for Contributions to the 21st Anniversary Newsletter Edition

We are currently preparing our Anniversary Newsletter to reflect on over twenty years of Interest Group activity and to document a timeline of events and achievements. We would love to hear any stories, memories or functions that you would regard as important as we look back on the history of the Interest Group. We would also like to hear your views on where you think the Interest Group focus should be for the future. What would you like the Interest Group to have achieved as we reflect on our progress again in another twenty years? This is your opportunity to shape the direction of our tasks and commitment to our members as we work to promote best practice for psychologists working with Aboriginal and Torres Strait Islander people. Please forward any contributions to kylie_cann@bigpond.com

AIPA BUSINESS

AIPA have been busy, particularly with new Secretariat Lisa Watts on Board. The website has been updated with new information and members added – see:
<http://www.indigenoupsychology.com.au/>

Many AIPA members have also been active around the country representing AIPA on diverse national and local forums as well as RAP, ATSIPP and various conferences. AIPA members are due to meet in November 2012 to discuss many initiatives and future directions and will update the ATSIPP newsletter on some of these initiatives in the next edition.

APS UPDATES & INITIATIVES

APS DRAFT RECONCILIATION PLAN

Thank you to all ATSIPP Members who took the time to comment on the draft APS RAP. Contributions and feedback from ATSIPP members were particularly valuable given our demonstrated commitment and passion to this area. The APS RAP will be formally launched by the Hon Fred Chaney at the APS Annual Conference in Perth at 3.30pm Saturday 29 September 2012, right after the ATSIPP AGM and student forum.

NAIDOC WEEK

APS Staff celebrated NAIDOC Week with the lunchtime screening of a warm and inspiring half-hour film on the work of two Ngangkari, Andy Tjilari and the late Rupert Peters, traditional healers playing a vital role in the health and wellbeing of the Anungu people of Central Australia.

The Ngangkari Project supported by the Ngaanyatjarra Pitjantjatjara Yankunytjatjara Women's Council (NPY) was a conjoint recipient of the 2011 World Council for Psychotherapy's Sigmund Freud Award, recognising the life work of individuals and groups that have made original contributions to the field. The APS and AIPA received a sponsorship grant from the Office for Aboriginal and Torres Strait Islander Health to bring a group of Ngangkari to Sydney for the Award presentation in August 2011, where their presentation was a highlight of the World Psychotherapy Congress. Read more: <http://www.npywc.org.au/2012/01/sigmund-freud-award-speech/>

INDIGENOUS HIGHLIGHTS AT THE 47TH APS NATIONAL CONFERENCE, PERTH

Thursday 27 September

- Welcome to Country and Conference Opening (Wadumbah Aboriginal Dance Group)
- *Suicide prevention and postvention - learning from the people and communities most affected* P. Dudgeon K. Hams D. D'Anna C. Dunckley K. Cox, A. Graham H. Lovelock L. Barnett
- *Psychologist Roles in Rural and Remote Australia: Service Delivery, Networking, and Professional Development - The Way Forward*. P. Campbell & Rural & Remote Interest Group

Friday 28th September

- Fellows Address APS Honorary Fellow, Emeritus Professor Graham Davidson
"Does culture as an explanatory construct facilitate or frustrate the advancement of psychological theory and practice"
- *Closing the mental health gap: psychology, education and Indigenous Australian people* H. Gridley (C) P. Dudgeon D. Darlaston-Jones J. Harris
- *Ways forward for psychological assessment with Aboriginal and Torres Strait Islander Australians* H. Gridley (C) Y. Adams N. Drew R. Walker K. Williams C. Gillies
- *Social determinants of Aboriginal and Torres Strait Islander social and emotional wellbeing - risk and protective factors* P. Dudgeon R. Walker T. Wilkes H. Gridley

Saturday 29th September

- APS AGM - Riverside Theatre
- ATSIPP AGM
- *Experiences of Indigenous Psychology Students at Australian Universities* S. Meredith Y. Clark H. Gridley
- Afternoon Tea & RAP Launch
- *The Australian Psychological Society Reconciliation Action Plan* S. Crowe P. Dudgeon H. Gridley
- *What's the APS doing about...? Psychology in the public interest* H. Gridley S. Burke E. Sampson
- AIPA/APS dinner to celebrate RAP launch

Sunday 30th September

- Individual Research Papers (15 mins each) – Indigenous psychology
- *What implications for psychologists lie in the stories of Indigenous adults, who as children, left their home communities to attend school?* S. Jenkins
- *Missionary, Mercenary or Misfit? What still drives some health practitioners to meet the call of the very remote Indigenous workplace?* M. Tyrrell
- *Considerations for family clinical interventions with indigenous populations: The interplay of cultural consultants, Aboriginal spirituality, psychology as a resource and systemic intervention*. D. Milovchevich P. Narkle
- Keynote Presentation & Conference Closing Ceremony

CONTRIBUTIONS FROM MEMBERS

In preparing for this edition of the Newsletter, I contacted Dr Elizabeth Tindle FAPS AFBPS and would like to publicly acknowledge and thank her for so willingly sharing her time and expertise on the topic of Foetal Alcohol Syndrome. Elizabeth started her Psychology career as a counsellor /psychologist in 1970 and was Chair of the Australian Psychological Society, College of Counselling Psychologists (Queensland Branch) for 12 years. She has worked as a counselling Psychologist at Queensland University of Technology since 1989.

Elizabeth qualified as a High School teacher of Physical Education and Geography in 1959 and has taught and lectured in many institutions in Australia, Scotland and England. She spent three years in the 1970s in the Galapagos Islands working at Charles Darwin research Station.

She has published and presented a number of papers on diverse topics at national and international conferences since the early eighties. Her doctoral thesis was on the topic of foetal alcohol syndrome. Dr Elizabeth Tindle currently lectures at the Queensland University of Technology.

Dr Tindle has kindly provided two powerpoint presentations to assist us in providing information on this topic. '*Alcohol and the Foetus*' and '*Foetal Alcohol Spectrum Disorders: Diagnosis and Counselling*' have been made available on the ATSIPP Website as a resource. This information is intended only as general information rather than a best-practice guide as such. Members are reminded that this is a very sensitive area and carries the potential risk of victim-blaming and stigmatising Aboriginal mothers if adopted approaches are not culturally safe. Members are asked to exercise their own independent skill or judgement or to seek appropriate professional advice if needed.

Visit: <http://www.groups.psychology.org.au/atsipp/resources/>

NAIDOC WEEK AWARDS 2012

NAIDOC Week is held from 1st to 8th of July and is a celebration of the history, culture, achievements and strengths of Aboriginal and Torres Strait Islander peoples of Australia (i.e., is a focus on strengths, rather than gaps and challenges as per Reconciliation week/RAP).

The theme selected by the by the National NAIDOC Organising Committee was '*Spirit of the Tent Embassy: 40 years on*'. The theme was chosen to recognise the 40th anniversary of the Aboriginal Tent Embassy and acknowledge the many people who have made key contributions to its long history. To learn more about the tent embassy visit: <http://www.reconciliation.org.au/home/resources/factsheets/q-a-factsheets/aboriginal-tent-embassy---five-fast-facts>

At the end of every NAIDOC Week, the National NAIDOC Awards are announced. The annual awards recognise the outstanding contributions that Indigenous Australians make to improve the lives of Indigenous people in their communities and beyond, to promote Indigenous issues to the wider community or to acknowledge the excellence they have shown in their chosen field. There are ten different awards, covering a diverse range of fields and talents. Some recipients of this year's awards were:

Person of the Year: David Wirrpanda was raised in Shepparton and Healesville in Victoria. In 2005, David followed his true passion and launched the David Wirrpanda Foundation. The foundation delivers programs to help young Indigenous people make healthy life choices, stay at school and enter the workforce. He was recognised for his important work is helping to close the gap in Aboriginal and Torres Strait Islander peoples' disadvantage. To read more about his work mentoring indigenous youth visit: www.dwf.org.au

Scholar of the Year: Sarah Bourke completed a double degree in science and arts at the Australian National University and is now completing the Honours Program, researching biological anthropology from an Aboriginal Perspective. While at University, Sarah received many scholarships and awards, including the Neville Bonner Memorial Scholarship and the Sally White-Diane Barwick Award. On top of her studies, Sarah finds time for fundraising and mentoring other students. Her goal is to become a leader in her field and make lasting changes to how governments, organisations improve the health of all Indigenous Australians. Read more: <http://news.anu.edu.au/?p=15821>

Youth of the Year: Benson Saulo was the first Indigenous Australian youth to be elected as the Australian Youth Delegate to the 66th session of the United Nations General Assembly in 2011. In April this year, Benson became the National Director for the Indigenous Australian Youth Leadership Academy. Benson has a bright future ahead of him and may one day pursue politics, but for now, he has great plans to gain more recognition of Indigenous youth achievements and aspirations within Australia and around the world. Read Benson's address as Australian Youth Delegate to the 66th Session of the United Nations General Assembly entitled *Focus: The Time of Now*: <http://www.un.org/esa/socdev/unyin/newsletters/2011/YouthFlashDecember2011>
<http://ncie.org.au/blog/tag/national-indigenous-youth-leadership-academy/>

Female Elder of the Year: Margaret Lawton

Margaret Lawton is a Ghungalu and Garingbail Elder and Traditional Owner from Central Queensland. At 82 years of age, she is still working tirelessly to achieve for her people. In addition to raising a large family of her own, Margaret has extended her home and heart to many Indigenous foster children over her lifetime. She is the founder or co-founder of many Indigenous Community organisations in Rockhampton, including Bidjerdii Health, Aboriginal Legal Aide, Dreamtime Cultural Centre and Fitzroy Basin Elders Committee.

'Without the elders we've got nothing and I've always maintained that to my children. Whatever an Elder tell you, you listen. You don't back chat, you don't say "hey I'm not doing that". That's your Elder. It doesn't matter which, and I believe it's time we now, as Aboriginal and white people, walked hand in hand. We can't forget about the past but we can move on, not for our sake but for our juniors, our generation to come.'

<http://girlsgerms.com.au/2012/07/26/naidoc-awards-honour-old-and-young/>
<http://juwarki.org.au/wp-content/uploads/2011/10/The-Bidjerdii-Buzz-Newsletter-October-Edition-3.pdf>

To read more about the awards and the winner's profiles for 2012 visit: <http://www.naidoc.org.au/naidoc-awards/>

FIGURES, FACTS & STATS

In 2008, the National Aboriginal and Torres Strait Islander Social Survey (NATSISS) collected information about Aboriginal and Torres Strait Islander peoples aged 15 years and over; for the first time it also collected information about children aged 0–14 years. Children aged 0–14 years, and youth aged 15–24 years, make up over half of the total Aboriginal and Torres Strait Islander population. Therefore, the issues that affect them have a significant effect on the wellbeing of the Aboriginal and Torres Strait Islander communities as a whole. The articles in the publication include: *A Population Overview; Culture, Heritage and Leisure; Family and Community; Health; Education, Learning and Skills; Paid Work; Income and Economic Resources; Housing and Community Facilities* and *Law and Justice*. The most updated version is available from:

<http://www.abs.gov.au/ausstats/abs@.nsf/mf/4725.0?OpenDocument>

AIPA has drawn on the NATSISS and also on the parallel Health Survey (NATSIHS) to produce a discussion paper about the determinants of Indigenous social and emotional wellbeing. It can be downloaded from AIPA's website:

<http://www.indigenouspsychology.com.au/Assets/Files/AIPA-Living-on-the-Edge-web.pdf>

Source:

Kelly, K., Dudgeon, P., Gee, G. & Glaskin, B. (2010) *Living on the Edge: Social and Emotional Wellbeing and Risk and Protective Factors for Serious Psychological Distress Among Aboriginal and Torres Strait Islander People*, Discussion Paper No. 10, Cooperative Research Centre for Aboriginal Health, Darwin

APPROACHES TO ADDRESSING ISSUES IMPACTING ON INDIGENOUS CHILDREN AND YOUTH

The aim of this section of the ATSIPP Newsletter is to inform practicing psychologists about some of the current programs, approaches and measures in place to address the focal issues impacting on our young Indigenous population. Topics covered include: Health and Nutrition; Schooling; Higher Education and Training; Leadership; Fostering Strengths and Talents; Employment; Safe Communities and Child Protection; Foster Homes & Adoption; Social Emotional Mental Health and Wellbeing; Disability; Foetal Alcohol Syndrome; Substance Abuse; Incarceration and Suicide.

HEALTH & NUTRITION

'Closing the Gap': How maternity services can contribute to reducing poor maternal infant health outcomes for Aboriginal and Torres Strait Islander women
Fifty-five per cent of Aboriginal and Torres Strait Islander birthing women live in outer regional and remote areas and suffer some of the worst health outcomes in the country. Not all of these women are receiving care from a skilled provider, antenatally, in birth or postnatally while the role of midwives in reducing maternal and newborn mortality and morbidity is under-utilised. The practice of relocating women for birth does not address their cultural needs or self-identified risks and is contributing to these outcomes. This paper calls for a more intensive, coordinated strategy to improve maternal infant health in rural and remote Australia must be adopted. Care needs to address social, emotional and cultural health needs, and be as close to home as possible.

Source: Kildea S, Kruske S, Barclay L, Tracy S., (2010) 'Closing the Gap': How maternity services can contribute to reducing poor maternal infant health outcomes for Aboriginal and Torres Strait Islander women. *Rural and Remote Health* **10**: 1383.

Available: <http://www.rrh.org.au/articles/subviewnew.asp?ArticleID=1383>

Breastfeeding

In 2008, just over three-quarters (76%) of Indigenous children aged 0-3 years had been breastfed. Children who lived in remote areas were more likely to have been breastfed than those living in major cities (85% and 72% respectively). Across the states and territories, there were variations in the proportion of Indigenous children who had been breastfed. The Northern Territory had the highest proportion of breastfed children and New South Wales had the lowest (86% compared to 66%).

<http://www.abs.gov.au/ausstats/abs@.nsf/Latestproducts/4714.0Main%20Features72008?opendocument&tabname=Summary&prodno=4714.0&issue=2008&num=&view=#PARALINK1>

Birth Weight

'Up and down Australia, there is good news in Aboriginal health such as the Mums & Bubs project in Townsville which has received nearly 40,000 patients since it opened in 2000, leading to the improved birth weight of Aboriginal babies.'

<http://www.eniar.org/news/closethegap1.html>

To read the Conference Paper presented on this topic visit:

http://nrha.ruralhealth.org.au/conferences/docs/papers/6_F_4_1.pdf

For an evaluation of the program visit:

<https://www.mja.com.au/journal/2007/187/1/sustainable-antenatal-care-services-urban-indigenous-community-townsville>

Nutrition

Over half of all Aboriginal and Torres Strait Islander children (aged 1–14 years) ate fruit (59%) and vegetables (53%) daily, with younger children most likely to meet or exceed the recommended daily intake of fruit and vegetables.

<http://www.abs.gov.au/AUSSTATS/abs@.nsf/Previousproducts/4704.0Media%20Release12010?opendocument&tabname=Summary&prodno=4704.0&issue=2010&num=&view>

The Child Nutrition and Well-being Program originated in 1996 as the Nutrition Project Awareness Project for Young Mothers and Babies, with a six-month Commonwealth Health grant to teach young mothers how to cook nutritious meals for their children. At the time Ngaanyatjarra, Pitjantjatjara Yankunytjatjara Women's Council (NPYWC) members and Directors saw this as a solution to the high number of children failing to thrive – commonly called 'skinny kids' – and the 'welfare' intervention that often resulted in their removal to predominantly non-Aboriginal foster care in major centres far from NPY communities.

<http://www.npywc.org.au/child-nutrition-and-well-being/history/>

<http://www.communities.wa.gov.au/parents/parentingresources/Pages/Nutrition.aspx>

EARLY CHILDHOOD

Accessible and relevant early childhood programs vital for indigenous children

Research shows that early childhood is a critical time for positively and effectively influencing children's developmental and learning pathways, and these years should be the focus on closing the gap between Indigenous and non-Indigenous Australians. Researchers, including A/Professor Sharon Goldfeld and Doctor Tim Moore from Murdoch Children's Research Institute, wrote a paper for the Australian Institute of Health and Welfare (AIHW), which highlighted that developmental and educational gaps related to social disadvantage emerge early in a child's life, and remain and increase over children's schooling lives. Read more:

<http://www.mcri.edu.au/news/2012/august/early-education-programs-vital-for-indigenous-children.aspx>

http://www.aihw.gov.au/closingthegap/documents/resource_sheets/ctgc-rs15.pdf

Improving access to urban and regional early childhood services: *Resource sheet no. 17* produced for the Closing the Gap Clearinghouse (Ware, V. 2012)

There is now a well-established evidence base demonstrating the benefits of early childhood services relating to preventing developmental delays and enhancing school readiness, literacy, numeracy and social skills. This period for a family and for individual children also presents a strategic opportunity to enhance children's and families' health and wellbeing outcomes well into adulthood. There are several data sets that provide very different estimates of Indigenous access to and participation in early childhood services. Wave 2 data from the Footprints in Time study suggest that 89% of the study sample had accessed health and other services for their children. Yet other available service usage data consistently suggest that Indigenous Australians have a relatively low uptake of early childhood services. To read more visit:

http://www.aihw.gov.au/closingthegap/documents/resource_sheets/ctgc-rs17.pdf

Promising practice: networking new and existing services

In 2006, the Nambour Aboriginal and Torres Strait Islander Learning and Engagement Centre set up nine playgroups for Indigenous children and their parents. These are located in state schools and proactively build relationships with local Indigenous families and communities, schools, and early childhood service providers. The programs involve early literacy and numeracy programs and music therapy programs which model different ways parents can interact with their children, as well as opportunities to socialise with other Indigenous children and parents. In addition, information provided to parents at these playgroups has improved their access to a range of free services, such as 'ear health, immunisation programs, nutritionists, and Centrelink.

Anecdotal feedback from parents and program facilitators indicates that this program was seen as highly relevant and beneficial. Acceptability and appropriateness need to be addressed to successfully improve Indigenous access to early childhood services. Similarly, parent feedback also suggested that as a result of attending playgroup and receiving information about a range of services of which they were previously unaware, their access to other services increased. This suggests that networked services can facilitate improved access to a broader range of services by providing families with information about what is available. To read more visit:

http://www.aihw.gov.au/closingthegap/documents/resource_sheets/ctgc-rs17.pdf

Let's Start: Exploring Together Indigenous Preschool Program

In 2006, a multi-disciplinary team of researchers from Charles Darwin University in Darwin adapted an early intervention parenting and child social skills program ('Let's Start: Exploring Together Indigenous Preschool Program') for use with pre-school Indigenous children. They began to implement the program in a range of urban and remote settings in the Northern Territory, particularly around Darwin and the Tiwi Islands. The Let's Start program entails a guided program of constructive interaction between parents and children, confidential discussions with parents about parenting skills and children's behavioural challenges, and the development of children's social skills through facilitated play. Program evaluations show that participating children have reduced anxiety and behavioural problems, and parents experience reduced psychological distress as well as improved confidence, wellbeing and enhanced relationships with their children. To read more about the program and its evaluation:

<http://www.menzies.edu.au/research/child-health/indigenous-parenting-and-family-research/lets-start-exploring-together-indigen>

SCHOOLING – ATTENDANCE, ACHIEVEMENT & RETENTION

ABRACADABRA! : A Balanced Reading Approach for Canadians Designed to Achieve Best Results for All

ABRACADABRA! (ABRA) is an evidence-based multimedia software program designed by the Centre for the Study of Learning and Performance at Concordia University in Canada that helps early childhood teachers reinforce foundation literacy skills among emerging learners. ABRA has documented positive and substantial impacts on alphabets, fluency, comprehension, and writing. To utilise the program visit: <http://abralite.concordia.ca/pd/index.php>. To read past and present evaluation projects visit: <http://grover.concordia.ca/abracadabra/promo/en/research.php>

While ABRA has been shown to help improve literacy skills for early learners in Canada, it has now been trialled in Northern Territory (NT) Schools by researchers from Charles Darwin University. Evaluation of the program found that children who received instruction with the help of ABRA performed consistently and significantly better on phonological awareness (awareness of English language sounds) and phoneme-grapheme (sound-letter) correspondence than children who had not used ABRA. This was the case across all schools, for children of varying ages. Researchers also found that ABRA was equally effective for Indigenous and non-Indigenous students. Read more: <http://ccde.menzies.edu.au/our-projects/other-projects/abracadabra>

Focus School Next Steps

The Focus School Next Steps Initiative is an Australian Government commitment to directly assist around 100 specially selected schools across Australia to close the gaps. The Department has contracted the *Stronger Smarter Institute* within the Queensland University of Technology to administer the initiative across Australia. *Stronger Smarter Institute*, led by Dr Chris Sarra, will work with education providers, participating schools and their local community to agree on resource and action a plan to make measurable progress towards improving the outcomes of Aboriginal and Torres Strait Islander students. Known success factors for improved attendance, engagement and learning outcomes include high quality teachers and school leaders that deliver responsive and innovative learning approaches tailored to local circumstances; and schools that are responsive to their local community and involve parents and carers in decisions about their children's learning.

<http://www.deewr.gov.au/Indigenous/Schooling/Programs/Pages/FocusSchoolNextSteps.aspx>
<http://www.strongersmarter.qut.edu.au/aboutus/nextsteps.jsp>

The Youth Connections Program helps young people who have left school, or who are thinking of leaving school, to continue with their education and ultimately gain a Year 12 (or equivalent) level education. Service delivery is characterised by flexible and individualised case management to assist young people to remain engaged or re-engage with education and to improve their ability to make positive life choices. Youth Connections providers also run outreach activities for young people in the community and work to strengthen services in their regions so young people are better supported. To read more about the program and associated guidelines visit:

<http://www.deewr.gov.au/Youth/YouthAttainmentandTransitions/Pages/YouthConnections.aspx>

To read about Youth Connection program success stories, visit

<http://transitions.youth.gov.au/sites/transitions/successstories/pages/youthconnectionssuccessstoriesrollup>

HIGHER EDUCATION AND TRAINING

Indigenous Youth Mobility Program (IYMP)

IYMP helps Aboriginal and Torres Strait Islander young people who choose to move away from home to gain the skills they need to get a job in their community or elsewhere. It helps young people 16-24 years relocate to a clean, safe and supportive IYMP host locations across Australia to undertake post-secondary education and training options. This may include apprenticeships, vocational education and Training (VET) and higher education or courses to lead towards higher education. To read more: <http://www.deewr.gov.au/Indigenous/Schooling/Programs/YouthMobilityProgram/Pages/ProgramSummary.aspx>

Indigenous Youth Career Pathways Program (IYCP)

The *Indigenous Youth Career Pathways Program* aims to assist more young people to make the transition from school to further education and work. The IYCP Program commenced at the beginning of the 2012 school year. It focuses on the provision of school based traineeships and associated support activities to Indigenous students in Years 11 and 12 and, in some circumstances, year 10 Indigenous students. The program provides Indigenous students with personal mentoring and case management to help them manage issues make the move from school to work difficult. Through the running of events at selected schools it also aims to inspire and support other Indigenous high school students, including younger students to Year 7, to complete their schooling and then transition into further education and/or a job. <http://www.deewr.gov.au/indigenous/pages/iycpp.aspx>

LEADERSHIP

The National Indigenous Youth Leadership Academy

The National Indigenous Youth Leadership Academy (NIYLA) connects and inspires young Indigenous leaders who are grounded in respect, culture and a social action philosophy. Through NIYLA, inspirational young Indigenous Australians will be active in promoting, influencing and driving positive social change in communities, organisations and businesses across Australia. NAIDOC 2012 Youth of the Year, Benson Saulo, was recently been appointed as Director of NIYLA. To read more visit: <http://ncie.org.au/blog/tag/national-indigenous-youth-leadership-academy/>

FOSTERING STRENGTHS, TALENTS & CULTURE

The David Wirrpanda Foundation's DEADLY SISTA GIRLZ offers young Aboriginal and Torres Strait Islanders a stable environment in which they can discuss current and personal issues they may be facing and also allows the girls to trust and receive guidance from great Indigenous female role models. Each girl has the opportunity to be personally mentored throughout the program, with the goal for them to develop confidence in their abilities to achieve success in all their endeavours. The program addresses issues of self esteem, healthy relationships, sexual and women's health, drug and alcohol abuse, healthy lifestyles and future direction. Specifically targeted programs such as Mooditj, Career Development and Leadership, Healthy Lifestyles, FOODcents and My Moola enable the program to build strong independent women in the community. The program has been evaluated and successfully replicated, with outcomes indicating the program had a significant positive impact on participants' self esteem, personal relationships and awareness of healthy lifestyle choices. To read more about the program or to review details of the program's evaluation visit: http://www.dwf.org.au/index.php?option=com_phocagallery&view=category&id=2&Itemid=160
<http://www.ccyp.wa.gov.au/buildingblocks/files/Deadly%20Sista%20Girlz.pdf>

Cathy Freeman Foundation Starting Block Program

Recently acknowledged as a program 'that works' in the Australian Government Key Indicator's Report on Indigenous Disadvantage 2010, the Starting Block program publicly acknowledges and rewards students who reach key milestones to encourage further self improvement and academic improvement. To read more visit:

<http://www.cathyfreemanfoundation.org.au/AboutUs/Programs/StartingBlock/tabid/72/Default.aspx>

<http://www.cathyfreemanfoundation.org.au/>

Learn Earn Legend! Is the Australian Government's message to young Indigenous Australians and their role models. The Learn Earn Legend! message encourages and supports young Indigenous Australians to stay at school, get that job and be a legend for themselves, their family and their community. Learn Earn Legend! addresses three key Closing the Gap targets on Aboriginal and Torres Strait Islander reform, including: halving the gap in reading, writing and numeracy achievements for Indigenous children within a decade, halving the gap for Indigenous students in year 12 equivalent attainment by 2020 and halving the gap in employment outcomes between Indigenous and non-Indigenous Australians within a decade. Delivered by community leaders, sport stars and everyday 'local legends' who young Indigenous Australians respect and aspire to be like, the Learn Earn Legend! message advocates the importance of education, training and employment.

<http://www.deewr.gov.au/indigenous/pages/learnearnlegend.aspx>

The Gondwana National Indigenous Children's Choir (GNICC) gives talented Indigenous children the opportunity to share the voice of their generation with the nation and the world. GNICC is unique - and has become a much-loved and prominent leader in the Indigenous music community, especially for its commitment to preserving songs in Indigenous languages, its pursuit of excellence and its embodiment of hope for the future. Read more:

<http://www.gondwanachoirs.com.au/indigenous.htm>

http://www.reconciliation.org.au/getfile?id=81&file=RecNews_DEC_09.pdf

EMPLOYMENT

Youth Pathways to Employment and Participation – BackTrack

The Government is providing \$0.8 million over four years to support BackTrack to continue to provide pathways to employment and participation for disadvantaged and disengaged young people, particularly Indigenous young people, through mentoring, training, and education programs. Backtrack provides a range of programs for young people in Armidale, NSW, that support them to reengage or remain engaged in education or vocational training to improve their employment, training or education outcomes and their engagement with community life. To read the latest Newsletter

<http://www.backtrack.org.au/wp-content/uploads/2012/05/Newsletter-May-2012.pdf>

Rio Tinto Indigenous employment programs have helped increase the proportion of Indigenous employees in Rio Tinto's Australian workforce from 0.5 per cent in 1996 to the current level of 6 per cent. In partnership with community stakeholders, Rio Tinto's employment programs provide education, training and individual support programs such as mentoring, to help Indigenous employees overcome educational barriers. Rio Tinto has also been involved in Australian Government initiatives such as the National Indigenous Cadetship Project (NICP), and the Corporate leaders for Indigenous Employment program. To read more:

http://www.pc.gov.au/data/assets/pdf_file/0018/111609/key-indicators-2011-report.pdf

SAFE COMMUNITIES & CHILD PROTECTION

Some Indigenous families experience complex and multiple stressors: poverty, mental health concerns, addiction, and/or family violence, along with social exclusion. These complex and multiple factors are a significant risk factor for child abuse and neglect. Aboriginal and Torres Strait Islander children are 7.5 times more likely than non-Indigenous children to experience abuse or neglect, although much of that difference arises from different rates of neglect rather than other forms of abuse: 36.3% of substantiated cases of neglect for Indigenous children and 27.1% for non-Indigenous children. These high rates of neglect are strongly associated with the economic disadvantage so prevalent in Indigenous communities.

http://www.aihw.gov.au/closingthegap/documents/resource_sheets/ctgc-rs07-updated.pdf

The National Framework for Protecting Australia's Children 2009-2020 takes a preventative approach in addressing family preservation/support to ensure the safety and wellbeing of Australia's children. In this approach, where policy may be ahead of community practice, a social marketing approach would be useful in increasing public awareness of the importance of parenting, child rearing and early childhood services generally, in order to create communities more supportive of families and more child- and family-friendly. One of the six supporting outcomes detailed in the National Framework includes 'Indigenous children are supported and safe in their families and communities' along with reference to how this will be achieved.

http://www.aihw.gov.au/closingthegap/documents/resource_sheets/ctgc-rs07-updated.pdf

<http://www.fahcsia.gov.au/our-responsibilities/families-and-children/publications-articles/protecting-children-is-everyones-business>

Indigenous Triple P: New Approach to Supporting Indigenous Families

Australian indigenous child protection service workers will be trained to provide Triple P within Queensland communities, in a culturally-realistic initiative designed to strengthen and nurture indigenous families.

<http://www.triplep.net/cicms/assets/pdfs/pg1as100qr5so202.pdf>

http://www16.triplep.net/?pid=2027#list3_item5

Promising Practice: Flexibility and Culturally Competent Services

One team in Queensland developed a culturally tailored version of Triple P for Aboriginal and Torres Strait Islander families. The structure of group sessions was altered to allow more time to discuss the social and political context for parenting, develop trust, adjust the pace of presentation and share personal stories. Two trial programs highlighted the importance of engaging families when they first make contact, helping families deal with competing demands, and offering flexible service delivery so families can resume contact when circumstances permit. The trials demonstrated high levels of satisfaction with the cultural appropriateness of the program. This may be an important 'step towards increasing appropriate service provision for Indigenous families and reducing barriers to accessing available services'. For more information, read page 13 of:

http://www.aihw.gov.au/closingthegap/documents/resource_sheets/ctgc-rs17.pdf

To read about the cost effectiveness of **Triple P for Indigenous participants with Conduct Disorder** visit:

http://www.aihw.gov.au/closingthegap/resources/ga.cfm?item_id=5384&ic_assessment_id=126&group_type=BB&group_id=1&q=&coll=GEN&perPage=all&detailList=SUMMARY&start=48

The National Plan to reduce violence against women and their children

Indigenous women are 35 times more likely than non-Indigenous women to be hospitalised as a result of family violence. In some communities this statistic may be much higher. The *National Plan* is unprecedented in the way it focuses on preventing violence by raising awareness and building respectful relationships in the next generation. The aim is to bring attitudinal and behavioural change at the cultural, institutional and individual levels, with a particular focus on young people. The *National Plan* has been built from an evidence base of new research and extensive consultation with experts and the community.

<http://www.fahcsia.gov.au/our-responsibilities/women/publications-articles/reducing-violence/national-plan-to-reduce-violence-against-women-and-their-children/indigenous-women-and-the-national-plan-to-reduce-violence-against-women-and-their-children>

FOSTER HOMES, ADOPTION & STOLEN GENERATION

Proportionally more Aboriginal children are still taken from their families through child protection systems across Australia today than non-Aboriginal children - representing more children than were taken away during the Stolen Generation.

http://www.pc.gov.au/data/assets/pdf_file/0018/111609/key-indicators-2011-report.pdf

Convention on the Rights of the Child, Sixtieth Session, 29th May-15th June

“The Committee urges the State party to take all necessary efforts to examine the root causes of the extent of child abuse and neglect as well as to provide general data on the reasons that children are being placed in care with a view to addressing them in order to reduce the number of such children. It further reiterates its previous recommendations to the State party that it take measures to strengthen the current programmes of family support, inter alia, by targeting the most vulnerable families, in order to reduce the number of children placed in out-of-home care and, preferring family-based care if needed...”

http://www2.ohchr.org/english/bodies/crc/docs/co/CRC_C_AUS_CO_4.pdf

18 Years of the Family Wellbeing Program

The Family Wellbeing Counselling Training was developed in 1993 following a process of consultation with Aboriginal people in South Australia, many of whom were members of the Stolen Generations. The empowerment education program has been extensively evaluated and utilised across a range of settings with women’s groups, men’s groups, schools as well as alcohol and rehabilitation centres. The Growth and Empowerment Measure (GEM) was developed and validated to measure the changes that the Family Wellbeing Counselling Training promotes in people's lives. Read more:

<http://www.sewbmh.org.au/page/3664>

<http://epubs.scu.edu.au/cgi/viewcontent.cgi?article=1141&context=jesp>

Bringing them Home: Report of the National Inquiry into the Separation of Aboriginal and Torres Strait Islander Children from their Families 1997

The introductory words of the 1997 Bringing them home report remind us that:

...the past is very much with us today, in the continuing devastation of the lives of Indigenous Australians. That devastation cannot be addressed unless the whole community listens with an open heart and mind to the stories of what has happened in the past and, having listened and understood, commits itself to reconciliation.

We are reminded of the recommendations within this report with regard to 'Professional Training', which state: 9a. That all professionals who work with Indigenous children, families and communities receive in-service training about the history and effects of forcible removal and 9b. That all under-graduates and trainees in relevant professions receive, as part of their core curriculum, education about the history and effects of forcible removal.

We are also reminded of the recommendation within this report with regard to 'Training', which states 28. That the Commonwealth and each State and Territory Government institute traineeships and scholarships for the training of Indigenous archivists, genealogists, historical researchers and counsellors. To read more visit:

http://www.hreoc.gov.au/social_justice/bth_report/report/index.html

http://www.hreoc.gov.au/about/media/speeches/social_justice/2008/20080213let_the_healing_begin.html

CREATE Foundation: Go Your Own Way Kits

In November 2010 and November 2011, the CREATE Foundation Queensland (CREATE), with funding from the then Department of Communities, launched and distributed the 'Go Your Own Way' kits. The kits, which were developed in consultation with young people with experience of the care system, provide practical information about support services, entitlements and other tools to assist young people transitioning into independent living and adulthood. The Kits include particular information for ATSI Youth. In 2012, the kit will become a national resource with state and territory specific information.

<http://www.createyourfuture.org.au/leaving-care/>

<http://www.create.org.au/files/file/GoYourOwnWay22011Finalemailandprintingversion.pdf>

INDIGENOUS CHILD & YOUTH MENTAL HEALTH & WELLBEING

Kids Matter

Impressive Evaluation Results lead to significant expansion of KidsMatter

The APS' development role in the KidsMatter Primary initiative brings psychological knowledge, expertise and high standards to the establishment of a promotion, prevention and early intervention framework for children's mental health through the school system. <http://www.kidsmatter.edu.au/sites/default/files/public/evaluation-results-expansion-of-kidsmatter.pdf>

Aboriginal and Torres Strait Islander KidsMatter Early Childhood Project

In partnership with the Australian Psychological Society and Beyond Blue, SNAICC is developing a training and resource package that will increase the capacity of Aboriginal and Torres Strait Islander community-controlled early childhood services to support the social and emotional well being of the Aboriginal and Torres Strait Islander children (from birth to school age) in their care by: Providing a positive and healthy environment; Supporting children's social and emotional wellbeing and skill learning; Supporting families and communities in the area of children's social and emotional wellbeing; Support for workers' self-care; Building partnerships with other child and family services and the community to collaboratively respond to mental health difficulties in children. The training and resources target staff in Aboriginal and Torres Strait Islander early childhood services, but has the potential to be used for the families of the children in centres. Read more: <http://www.snaicc.asn.au/projects/dsp-default-c.cfm?loadref=15>

Promoting the Mental Health and Wellbeing of Indigenous Children in Australian Primary Schools

A review of the mental health and wellbeing of Indigenous Australian Children and their families, and the associated implications for schools.

<http://www.kidsmatter.edu.au/sites/default/files/public/promoting-mental-health-wellbeing-indigenous-children.pdf>

Happy Kids Initiative: Social Emotional Wellbeing

The Happy Kids initiative is a social and emotional wellbeing program targeting upper primary students. In 2008 it was operating in 13 schools in Western Australia. There are a diverse range of health programs available for use in schools covering social and emotional well-being for students. This program was reviewed to ensure that resources support the most effective program and the Aboriginal Education and Training Directorate aimed to support existing Happy Kids schools to become KidsMatter schools in 2009.

<http://www.det.wa.edu.au/aboriginaleducation/detcms/navigation/teaching-and-learning/health-and-wellbeing/happy-kids-initiative/>

Engaging Indigenous students through school-based health education

Dobia B, O'Rourke VG. (2011). Promoting the mental health and wellbeing of Indigenous children in Australian primary schools. Canberra: Commonwealth of Australia.

www.aihw.gov.au/closingthegap/documents/resource_sheets/ctqc-rs12.rtf

Resilience Ambassadors: An approach to building compassion and citizenship in schools and communities

Over 2007 to 2009 Meerilinga, in partnership with Andrew Fuller – BA (Psych), Dip Ed Psych, M Psych, MAPsS, VAFT Clinical Psychologist and Family Therapist, developed and delivered resilience workshops and resources for young people in years 5 to 7, for schools and parents in the Perth and Kimberley communities of Western Australia. Shell Development Australia funded Meerilinga to deliver this program. 38 schools representative of the government (27%); independent (24%) and private (19%) sectors participated. Evaluation of the outcomes of the program is still ongoing. Read more:

http://www.meerilinga.org.au/library/file/research/Leadership_in_focus_article.pdf

DISABILITY

Hearing Impairment

Indigenous children living in remote communities have the highest internationally published prevalence rates for otitis media. Of Indigenous children who had a Northern Territory Emergency Response audiology check, 74 per cent had at least one middle ear condition and 54 per cent had some hearing loss. Comprehensive, up-to-date data need to be collected to enable the assessment of the type and severity of ear infections in the Indigenous population and the resulting hearing loss. Indigenous data on type of long-term hearing condition from the 2011 Australian Health Surveys are anticipated to become available mid-2013.

http://www.pc.gov.au/data/assets/pdf_file/0018/111609/key-indicators-2011-report.pdf

Readers are reminded that our April edition of the ATSIPP Newsletter provided a focus on Indigenous Hearing Loss. To review visit:

<http://www.groups.psychology.org.au/Assets/Files/ATSIPP%20Newsletter%20Apr%202012.pdf>

FOETAL ALCOHOL SYNDROME

Until recently, parents, families, service providers and the wider community have been largely unaware of the serious impact maternal alcohol consumption during pregnancy may have on the unborn child, as well as the life-long effects faced by individuals affected by Foetal Alcohol Spectrum Disorders (FASD).

Addressing foetal alcohol spectrum disorder in Australia: National Indigenous Drug and Alcohol Committee: The leading voice in Indigenous drug and alcohol policy advice

NIDAC considers FASD to be a serious issue which is likely to be contributing to poor educational outcomes, behavioural problems, and early and ongoing contact with the justice system. While NIDAC is particularly concerned about the impact of FASD on Indigenous Australians and communities, it does not see FASD as a uniquely Indigenous issue, nor does it view FASD as an issue only for pregnant women. Rather, NIDAC considers FASD to be an issue facing the country as a whole and one that needs to be addressed by the whole community.

FASD is entirely preventable and, if children are assessed and diagnosed early in life, it is also potentially treatable. If not prevented or diagnosed early, the condition can have a profound lifelong impact, initiating or perpetuating a cycle of intergenerational disadvantage and poor health. To read the full position paper visit:

<http://www.nidac.org.au/images/PDFs/NIDACpublications/FASD.pdf>

Ord Valley Aboriginal Health Service's fetal alcohol spectrum disorders program

A prevention program was initiated in 2008 in the East Kimberley region of Western Australia through the Ord Valley Aboriginal Health Service (OVAHS) in response to the local Aboriginal community's concerns about the risks of maternal alcohol use. Although alcohol use in pregnancy is not confined to Indigenous populations, high levels of alcohol use in pregnancy were identified by the local Aboriginal community as of great concern and the local traditional owners, the Miriuwung and Gajerrong peoples agreed to provide initial funding for the OVAHS FASD program. A 5-point plan was developed targeting five main groups, with priority given to all Aboriginal antenatal women presenting at OVAHS, women. The remaining groups include all Aboriginal women between the ages of 13 to 45, OVAHS staff, local Aboriginal men and finally local, national and international interest groups and organisations. The Ord Valley program developed a DVD, "No Grog for 9" brochures and posters that are even placed on the local pub counter and in bottle shop windows. The program is based on the premise that talking about the risks with men can motivate them to help their pregnant partners avoid alcohol. This is considered an innovative approach for Indigenous communities, where pregnancy and childbirth have traditionally been regarded as women's business. Having males and elders involved in tackling FASD empowers the community and makes them part of the solution. For more information, read the article: *Dad's help Mums have healthy babies: A Kimberley program to reduce birth disorders is talking to men as well as women about the dangers of alcohol in pregnancy.*

http://www.indigenous.gov.au/building-block/early-childhood/54_kimberley_program/

Following a twelve month evaluation of the program, the findings demonstrated the effectiveness of a consultative, whole-of-community approach as a strategy to address this significant health issue. To read more about the program and evaluation visit:

<http://healthbulletin.org.au/articles/ord-valley-aboriginal-health-service%E2%80%99s-fetal-alcohol-spectrum-disorders-program-big-steps-solid-outcome/>

To read more about the important role that Fathers have to play in the support of women to stop drinking or reduce their alcohol consumption during pregnancy read May, P.A. (2003). Prevention of fetal alcohol syndrome: *Canadian Child & Adolescent Psychiatric Review* August; 12(3): 87–91.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2582740/>

SUBSTANCE ABUSE

National Drug and Alcohol Awards: Celebrating Australian Achievements to prevent and reduce alcohol and other drug use and harm

PMs Award Presented to Professor Robyn Room for his contribution to research and alcohol policy over the past 40 years. He is currently the Director of the Centre for Alcohol Policy Research (CAPR) at Turning Point Alcohol & Drug Centre. Professor Room's most recent achievement was the leadership of the Alcohol Harm to Others program, which has been conducted over recent years in Australia.

Read More: <http://www.turningpoint.org.au/Research/Alcohol-Policy/AP-Staff/Robin-Room.aspx>

http://www.turningpoint.org.au/Media-Centre/Latest_News/Youth-drug-research-revealed.aspx

Deadly Choices is an 8-session program designed to encourage Indigenous people aged 13 and over to be positive role models and mentors in reshaping health, lifestyle and physical activity among their family, friends and networks. Topics include: leadership, chronic diseases, smoking, nutrition, alcohol and substance misuse, sexual health, physical activity and more. The program has been delivered in high school settings and a youth detention centre. Whilst this program has the potential to bridge the gap between health and education for urban Indigenous young people, only qualitative data is available at this stage.

http://www.aihw.gov.au/closingthegap/documents/resource_sheets/ctgc-rs12.pdf

INCARCERATION

No measures have been taken to ensure that children with mental illnesses and/or intellectual deficiencies who are in conflict with the law are dealt with using appropriate alternative measures without resorting to judicial proceedings (CRC/C/15/Add.268, para. 74(d)); http://www2.ohchr.org/english/bodies/crc/docs/co/CRC_C_AUS_CO_4.pdf

Staying strong on the outside: Improving the post-release experience of Indigenous young adults. Indigenous Justice Clearinghouse. Canberra: AIC.

<http://www.indigenousjustice.gov.au/briefs/brief004.pdf>

The Kimberley Aboriginal Reference Group report (2006) endorses CBT and cognitive skills training, used within Aboriginal cultural meaning systems. *The Kimberley Custodial Plan: an Aboriginal perspective, stage two report: prisoner programs.*

http://www.correctiveservices.wa.gov.au/files/Kimberley_Custodial_Plan_Report2.pdf

Brothers Inside: Reflections on Fathering Workshops with Indigenous Prisoners

Brothers Inside is a pilot program working with Indigenous fathers in Cessnock Correctional Centre throughout 2004-2006. The program was delivered by a team headed by Craig Hammond, Indigenous Programs Leader, Family Action Centre, Faculty of Health, The University of Newcastle.

http://www.newcastle.edu.au/Resources/Research%20Centres/Family%20Action%20Centre/reports/Brothers_Inside_report.pdf

YOUTH SUICIDE

"We want to see early intervention for people with mental health problems, if that person gets kata Kura, starting to be sick, they should put that person in that place so they get better quick. We need to look after them because when they ... something happen they straight away get rope and run. So that's why we are really sad and we want something to happen"

Mary Pan – Amata, NPYWC AGM 2011

<http://www.npywc.org.au/wp-content/uploads/2012/04/NPY-Submission-Youth-suicide-in-the-NT.pdf>

Building Bridges: learning from the experts. Building bridges to implement successful life promotion and suicide prevention expertise across Aboriginal Communities

This report describes the implementation and findings of a community based suicide prevention initiative in several Queensland Indigenous communities. The project used the knowledge and experience of the Indigenous community in Yarrabah, drawing on the Family Wellbeing Program, as a model for other communities for the establishment of effective and sustainable community based approaches to build resilience, reduce suicide risk exposure and reduce self-harm. One outcome of the initiative was that the skills, knowledge and experience of each community was strengthened.

<http://www.crrmhq.com.au/pdfs/CRRMHQ%20NSPS%20Report%20for%20web.pdf>

<http://www.crrmhq.com.au/media/EvaluationReport-FINAL.pdf>

National Aboriginal and Torres Strait Islander Suicide Prevention Strategy

On 1 June 2012 the Department of Health and Ageing appointed the Menzies School of Health Research to conduct a national consultation process to inform the development of a National Aboriginal and Torres Strait Islander Suicide Prevention Strategy.

Community Forums across the country were conducted throughout August. The six action areas of the *LIFE (2007) Framework* were used as a starting point for the consultations and adapted to focus on issues of specific concern and questions for Aboriginal and Torres Strait Islander People. In particular, the consultations looked to explore the role of culture and community in contributing to social and emotional wellbeing and reducing sources of risk, particularly for young people. The consultations will provide an opportunity to take account of the way culture shapes how people respond to and view mental health, mental distress and suicidal behaviour, and how it can affect the ability of community members to access appropriate care through both mainstream and Indigenous-led services. Key documents include a useful discussion paper and literature review: <http://www.indigenoussuicideprevention.org.au/resources>

Preventing Suicide among Indigenous Australians

Silburn, S, Glaskin, B., Drew, N., Henry, D. (2010) "Preventing suicide among Indigenous Australians" in Purdie N, Dudgeon P & Walker R (Eds) *Working Together - Aboriginal and Torres Strait Islander Mental Health and Wellbeing Principles and Practice*. Australian Council for Educational Research, Melbourne. pp. 91-104.

To access the chapter specific to suicide only visit:

<http://ccde.menzies.edu.au/sites/default/files/resources/Silburn%202011%20Preventing%20Suicide%20Among%20Indig%20Australian.pdf>

To download the full book visit:

http://aboriginal.childhealthresearch.org.au/media/54847/working_together_full_book.pdf

CULTURALLY SPECIFIC SCREENING TOOLS

The following is a list of culturally-specific screening tools for Youth. This information was obtained and summarised from the Social and Emotional Wellbeing and Mental Health Website <http://www.sewbmh.org.au/page/3662>

Westerman Aboriginal Symptom Checklist - Youth (WASC-Y)

The WASC-Y is a self-report paper-and-pencil symptom checklist measure to identify young Aboriginal people aged 13-17yrs who are at risk of anxiety, depression and suicidal behaviours. It is a culturally validated measure Developed by AIPA's Dr Tracy Westerman, a Clinical Psychologist who is of the Nyamal people from the Port Hedland and Marble Bar area in Western Australia.

<http://www.indigenouspsychservices.com.au/research/#one>

<http://www.gtp.com.au/ips/inewsfiles/P1a.pdf>

For more information about Dr Westerman's range of publications, visit:

<http://www.indigenouspsychology.com.au/profiles/191/tracy-westerman>

Strong Souls: development and validation of a culturally appropriate tool for assessment of social and emotional wellbeing in Indigenous youth

Strong Souls is a 25-item, four-factor tool for assessing social and emotional wellbeing in Indigenous adolescents. The four factors relate to anxiety, resilience, depression and suicide risk. It was developed by Alicia Thomas, Sheree Cairney, Wendy Gunthorpe, Yin Paradies and Susan Sayers. Strong Souls has demonstrated validity, reliability and cultural appropriateness as a tool for screening for SEWB among Indigenous young people in the Northern Territory.

<http://www.ncbi.nlm.nih.gov/pubmed/20073566>

[Strong souls, safe communities: wellbeing, resilience and support. Key Summary Report from Wave 1- Footprints in Time Study.](#)

REPORTS

Footprints in Time: the Longitudinal Study of Indigenous Children is the most comprehensive source of longitudinal information on early childhood development for Aboriginal and Torres Strait Islander people. It shows how early childhood experiences can impact on later life and provides policy makers with information about 'what matters' and 'what works' for producing improved Indigenous outcomes.

Footprints in Time is conducted by the Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA) under the guidance of the *Footprints in Time* Steering Committee, chaired by Professor Mick Dodson AM. The study aims to improve the understanding of, and policy response to, the diverse circumstances faced by Aboriginal and Torres Strait Islander children, their families and communities.

Footprints in Time provides a rich and reliable longitudinal data source to researchers who wish to gain insights into the dynamics of factors that contribute to the health, education and social outcomes and wellbeing of Aboriginal and Torres Strait Islander children.

http://www.fahcsia.gov.au/sites/default/files/documents/05_2012/footprints_in_time_wave2.pdf

Urgent action needed for Aboriginal and Torres Strait Islander children under the National Framework.

The Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA) has released the annual report to the Council of Australian Governments (COAG) on the National Framework for Protecting Australia's Children 2009-2020. The Framework is an ambitious, long-term approach to ensuring the safety and wellbeing of Australia's children and aims to deliver a substantial and sustained reduction in levels of child abuse and neglect over time. It represents the highest level of collaboration between Commonwealth, State and Territory governments and non-government organisations, through the Coalition of Organisations Committed to the Safety and Wellbeing of Australia's Children, to ensure Australia's children and young people are safe and well. It includes high level and other supporting outcomes and actions which are being delivered through a series of three-year action plans. To download visit: <http://www.fahcsia.gov.au/our-responsibilities/families-and-children/publications-articles/protecting-children-is-everyones-business>

Child protection Australia 2010–11

This report contains comprehensive information on state and territory child protection and support services, and the characteristics of Australian children within the child protection system. Key findings include: at 30 June 2011, the rate of Aboriginal and Torres Strait Islander children on care and protection orders was over 9 times the rate of non-Indigenous children (rates of 51.4 and 5.4 per 1,000 children, respectively). <http://www.aihw.gov.au/publication-detail/?id=10737421016&tab=2>

Closing the Gap: What Works to Overcome Indigenous Disadvantage: key learnings and gaps in the evidence 2011-2012

This paper provides policy makers with key findings about what works, and assesses the gaps in the evidence for the following three of the seven COAG building blocks that were the focus of the Clearinghouse in Year 2 included: *Early childhood*; *Healthy homes* and *Governance and leadership*.

http://www.aihw.gov.au/closingthegap/documents/annual_papers/what_works_to_overcome_disadvantage_2010-11.pdf

For a list of programs and abstracts from articles listing approaches that work to overcome disadvantage in Indigenous schooling contexts

http://www.aihw.gov.au/closingthegap/resources/qaList.cfm?group_type=BB&group_id=2&perPage=all&detailList=SUMMARISE&coll=GEN

Developing Therapeutic Communities for Abused Aboriginal Children and their Families: An Indigenous Practitioner's Co-operative Inquiry 2007

Describes the findings of a meeting of over 50 Aboriginal frontline community practitioners who gathered from across the state to address the question: How can therapeutic communities for abused children and their families in Western Australia be developed in a climate of despair? The project was generated from a shared knowledge of the wealth of understanding on the research question held by frontline Indigenous practitioners yet generally missing from public discourse.

http://otsw.curtin.edu.au/local/docs/Developing_Therapeutic_Communities_for_Abused_Aboriginal_Children.pdf

For more information about AIPAs Dr Pat Dudgeon and her publications visit:

<http://www.indigenouspsychology.com.au/profiles/187/pat-dudgeon>

Youth Connections Subjective Wellbeing Report: “Comparing the subjective wellbeing of young people participating in the Youth Connections Program with mainstream Australian adolescents”

This report is the result of a partnership between the Department of Education, Employment and Workplace Relations (DEEWR) and RMIT University Melbourne. The broader project aim is to conduct a longitudinal study investigating the subjective wellbeing (SWB) of young people participating in the National Partnerships Youth Connections Program. This report presents findings from the second wave of data collected between March 2011 and January 2012. Includes a section on *The Subjective Wellbeing of Indigenous Australians*

<http://www.deewr.gov.au/Youth/YouthAttainmentandTransitions/Documents/YouthConnectionsReport.pdf>

http://www.childhealthresearch.org.au/media/53940/bessarab_et_al_2010_australian_social_work_63_2_179.pdf

PAPERS

Unlearning what we know is true: getting more from less in remote educational research

Most researchers are on a quest for deeper understanding, new and greater knowledge and recognition of their learnings. We value critical thought. We often pride ourselves in finding ‘truth’. But what if we have got it all wrong? What happens if our own version of reality is so displaced that the things we learn and understanding we gain takes us away from the truth and not closer to it? This presentation discusses research in the context of remote education, particularly in communities where Aboriginal and Torres Strait Islanders make up most of the population.

http://www.catconatus.com.au/docs/111110_Flinders_PG_Research_seminar.pdf

Child abuse & neglect in Indigenous communities

Child abuse and neglect associated with Indigenous communities cannot be understood, nor addressed, unless it is viewed from a broad perspective which includes both historical and present day issues. Measures centred around community-based responses which empower Indigenous Australians are needed in order to protect Indigenous children from the serious levels of abuse which they are presently experiencing. This paper addresses important issues on Stolen Generation, Substance Abuse, Research Protocols and Strengthening Futures. To read more:

<http://www.aifs.gov.au/nch/pubs/issues/issues19/issues19.html>

Aboriginal women, alcohol and the road to fetal alcohol spectrum disorder

A very poignant and thought provoking essay by NOFASARD’s Indigenous Spokesperson Lorian Hayes, published in the Medical Journal of Australia. This essay was an entrant in the 2011 Dr Ross Ingram Memorial Essay Competition and is adapted from an original article published in the Aboriginal and Islander Health Worker Journal.

<https://www.mja.com.au/journal/2012/197/1/aboriginal-women-alcohol-and-road-fetal-alcohol-spectrum-disorder>

Indigenous adolescent mental health: What is the role of primary health care?

This *RESEARCH ROUNDup* examines the current state-of-play of Indigenous adolescent primary mental health care in Australia. The differences between Indigenous and non-Indigenous concepts of mental health are presented. Indigenous primary mental health care programs should be designed and delivered in a manner that is culturally sensitive and appropriate.

<http://www.phcris.org.au/publications/researchroundup/issues/24.php?id=8382&type=Publication>

RESEARCH

The Lirilwan Project: study protocol for a population-based active case ascertainment study of the prevalence of fetal alcohol spectrum disorders (FASD) in remote Australian Aboriginal communities

Australia's first study into the prevalence and impact of FASD on Indigenous children is being undertaken in Fitzroy Valley, Western Australia, with the support of the Australian Government. The study, *Marulu: The Lirilwan Project*, was initiated by the Fitzroy Valley community and will pool the expertise of paediatricians, allied health professionals and social workers from the George Institute for International Health, University of Sydney, and the Nindilingarri Cultural Health Service. Visit:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3346942/>

<http://www.georgeinstitute.org.au/marulu>

JOURNAL ARTICLES

Westerman, T.G (2010). Engaging Australian Aboriginal Youth in Mental Health Services. Australian Psychologist, Volume 45, Number 3, pp 212-222

This paper aims to provide some validation of the central role of culture in engagement of Aboriginal youth in mental health services by articulating the core features of effective engagement techniques with this population.

<http://www.indigenoupsychservices.com.au/publications.php>

Health of the world's adolescents: a synthesis of internationally comparable data

Adolescence and young adulthood offer opportunities for health gains both through prevention and early clinical intervention yet development of health information systems to support this work has been weak and so far lagged behind those for early childhood and adulthood. With falls in the number of deaths in earlier childhood in many countries and a shifting emphasis to non-communicable disease risks, injuries, and mental health, there are good reasons to assess the present sources of health information for young people. ...We propose a series of steps that include better coordination and use of data collected across countries, greater harmonisation of school-based surveys, further development of strategies for socially marginalised youth, targeted research into the validity and use of these health indicators, advocating for adolescent-health information within new global health initiatives, and a recommendation that every country produce a regular report on the health of its adolescents. To read the full article visit:

<http://www.thelancet.com/journals/lancet/article/PIIS0140-6736%2812%2960203-7/abstract>

Aboriginal and Torres Strait Islander Australians face major disparities not only in health but also in education, income and employment.

Indigenous children in the Northern Territory (NT) of Australia have the highest school non-attendance rates and the lowest literacy and numeracy outcomes in Australia.... The purpose of this paper is to recommend changes to ongoing systemic neglect of school truancy by examining models that build an Indigenous teaching staff and in so doing, integrate culturally responsive teaching with systemic support to produce a 'school attending' culture.

<http://web.ebscohost.com/ehost/detail?vid=3&hid=110&sid=0368f31a-66b1-4310-abc9-f4fc069132c9%40sessionmgr114&bdata=JnNpdGU9ZW/hvc3QtGj2ZQ%3d%3d#db=pbh&AN=73821006>

INTERNATIONAL PERSPECTIVES

Take Another Look: A Guide on Fetal Alcohol Spectrum Disorders for School Psychologists and Counsellors New York State Fetal Alcohol Spectrum Disorders International Workgroup.

http://ccf.ny.gov/FASD/Resources/Take%20Another%20Look_FASD%20for%20School%20Psychologists-WEB.pdf

Fetal Alcohol Spectrum Disorder: Circles of Healing, Transformation and Reconciliation Ke-ge-na-thee-tum-we-in: A thesis submitted to the college of graduate studies and research in partial fulfilment of the requirements for the degree of doctor of philosophy in the department of interdisciplinary graduate studies. University of Saskatchewan, Saskatoon. The Ph.D. dissertation encompasses an interdisciplinary study exploring qualitative, holistic strategies for individuals with Fetal Alcohol Spectrum Disorder (FASD) in integrated areas of law, medicine, education, psychology and justice, through both inductive analysis of field research as well as through relevant documentary analysis, incorporating a global or comparative component. Compliance with Guidelines for Research Involving Aboriginal Peoples has been sustained through community partnerships with various First Nations and Métis Communities, Elders and Parents, as well as with an FASD Parental Advocacy Group, advised by a team of interdisciplinary researchers in the academy. Accordingly, emergent research protocols were co-constructed through ongoing collaboration with the various community partners. In Aboriginal research, it is essential not to parachute in and out of communities with the data, but rather to forge genuine, collaborative, long term partnerships, and to build capacity in those communities. Read More: <http://library.usask.ca/theses/available/etd-07182011-151222/unrestricted/RaeMittenPhDThesis.pdf>

Psychological Service treatment evaluation studies

A series of three evaluation studies have reviewed the effectiveness of the Psychological Service in reducing general recidivism. Each has shown that contact with the Psychological Service reduces the likelihood of recidivism, and that more intensive contact (e.g., treatment completed vs not completed vs assessment only) is associated with a greater reduction in recidivism. <http://www.corrections.govt.nz/research/the-effectiveness-of-correctional-treatment/1-psychological-service-treatment-evaluation-studies.html>

MULTIMEDIA

Video: Remote community highlights Indigenous youth suicide concerns

Aboriginal communities in Western Australia's Kimberley region represent the key concerns about an epidemic of Indigenous youth suicide with some lateral thinking used in the search for answers.

<http://www.abc.net.au/7.30/content/2012/s3584900.htm>

How Cultural Continuity Reduces Suicide Risk in Indigenous Communities: A public lecture by Dr Michael J. Chandler, Emeritus Professor

Professor Chandler is a prominent Canadian academic from the University of British Columbia, Canada. He has a long standing involvement and profound understanding of mental health issues amongst Aboriginal Australians. He has worked with many organisations and communities around healing and youth suicide, showing the link between cultural continuity and the prevention of youth suicide. Read more:

http://www.ias.uwa.edu.au/lectures/past/2012_lectures/michael-chandler-lecture

To listen to the lecture visit:

<http://prod.lcs.uwa.edu.au:8080/ess/echo/presentation/f490ed3b-300d-442b-a5ad-a196345e0d02/media.mp3>

RESOURCES FOR PURCHASE

Secretariat of National Aboriginal and Islander Child Care: Advocating for the needs of Aboriginal and Torres Strait Islander Children (SNAICC) have a wide range of resources available including:

Cultural Education Kits *Little Black Trackas* is a cultural education kit for early years, 0-8. It incorporates the language of the Bangerang people in Victorian Murray Goulburn area, but can be easily used as an Australia wide resource. These beautiful, colourful A4 books contain education and cultural concepts which support the Early Years Learning Framework for Australia of Belonging, Being and Becoming. Little Black Trackas advocates respect for family, cultural and other identities and language.

Working and Walking Together is a resource that provides non-Indigenous organisations and workers with information, ideas and guiding principles to develop culturally appropriate services and professional practice that are respectful of Aboriginal and Torres Strait Islander culture and communities.

The Breakfast Story Book, by Warburton Breakfast Ladies The Warburton Breakfast Ladies' The Breakfast Story Book is a vibrant classroom literacy resource about a community initiative to improve school attendance.

Through Young Black Eyes Handbook and **Workshop Kit** to protect children from the impact of family violence and child abuse, prevent family violence, child abuse and neglect, and develop child safe communities.

You're A Dad posters contain seven storylines about being a Dad. A 20 page A5 poster booklet of photos and stories/tips from Aboriginal and Torres Strait Islander Dads.

Talking Up Our Strengths card sets celebrate the strength and resilience of Aboriginal and Torres Strait Islander cultures, both urban and remote, past and present. Complete with a users guide, they are designed to promote discussion, build self-esteem and help connect community for Aboriginal children and young persons. The cards will also act as a cross cultural educational and conversation building tool for Aboriginal and Torres Strait Islander child and family welfare services and groups seeking to talk through cross cultural issues.

<http://www.snaicc.asn.au/tools-resources/dsp-shop.cfm?loadref=141&id=A08C53CE-E006-E9FA-4C23B98207D5ABFD>

Kimberley Aboriginal Medical Services Council (KAMSC) Regional Centre For Social and Emotional Wellbeing (SEWB) and Health Promotion Unit (HPU), WA

This service has a wide range of culturally appropriate health promotion posters, pamphlets, books and cards available for purchase on topics ranging from drug use, anger management, protective behaviours and child abuse as well as nutrition, chronic disease, ear health, sexual health, women's health, suicide and depression. To download an order form visit:

http://www.kamsc.org.au/downloads/KAMSC_hpu_orderform.pdf

FREE ONLINE RESOURCES

National guide to a preventative health assessment for Aboriginal and Torres Strait Islander People: 2nd Edition

The National Guide is intended for all health professionals delivering primary healthcare to the Aboriginal and Torres Strait Islander population. The National Guide makes specific recommendations regarding the elements of a preventive health assessment across the lifecycle of the Aboriginal and Torres Strait Islander population. The resource includes specific chapters on *Child Health, The Health of Young People and Mental Health*. The aim of the National Guide is to provide an up-to-date, evidence-based national resource that can help inform health providers and policy makers on activities that are of particular relevance to Aboriginal and Torres Strait Islander people.

http://www.racgp.org.au/Content/NavigationMenu/About/Faculties/AboriginalandTorresStraitIslanderHealth/Nationalguide/2ndEdNationalGuide_EvidenceBase.pdf

Keep Your Family Safe Downloadable Colour leaflet Information for Aboriginal and Torres Strait Islander families and children about family violence and child abuse.

<http://www.snaicc.asn.au/uploads/rsfil/02509.pdf>

Guiding Our Children, Our Way is a set of 12 Parenting WA Guides which have been written for and by Aboriginal people. The guides cover the following topics: *Our children, our families, our way; Now you are a parent; role models; Identity; Family Togetherness; Families that work well; Step families; Grandparents' Storytelling; Coping skills for our kids; Kids grieve too and Support*

<http://www.communities.wa.gov.au/parents/ParentingWAGuides/apegs/Pages/default.aspx>

Growing up our way: Aboriginal and Torres Strait Islander child rearing practices matrix

This resource describes the cultural values that underpin child rearing practices for Aboriginal and Torres Strait Islander in Australia. It presents quotes from the literature, organised under different child rearing themes, including pregnancy, relationships, responsibilities, gender, learning, and discipline. Aimed at practitioners, policy makers, and researchers, it promotes and respects cultural practices as part of the *Child Rearing Stories* project. Visit: <http://www.snaicc.asn.au/uploads/rsfil/02771.pdf>

Foetal Alcohol Spectrum Disorders

Alcohol and Pregnancy Project. Alcohol and Pregnancy and Foetal Alcohol Spectrum Disorder: a Resource for Health Professionals (1st revision). Perth: Telethon Institute for Child Health Research; 2009. This resource has been developed to support health professionals to address the issue of alcohol use in pregnancy with both Aboriginal and Non-Aboriginal women. Health professionals have an important role in ASKING women before and during pregnancy about alcohol use, ASSESSING the risk of alcohol use, ADVISING about the consequences, ASSISTING women to stop or reduce their alcohol consumption and avoid intoxication, and ARRANGING further support as appropriate.

http://alcoholpregnancy.childhealthresearch.org.au/media/68501/2011_booklet_for_health_professionals.pdf

To raise awareness about the serious issue of FASD in our communities and to help change community attitudes and behaviours regarding alcohol consumption during pregnancy, the *WA Department for Communities* has produced an information booklet which outlines the signs of FASD and ways to support children affected by it.

<http://www.communities.wa.gov.au/parents/parentingresources/Pages/FoetalAlcoholSpectrumDisorder.aspx>

The Menzies School of Research Centre for Child Development and Education

Researchers at the Centre for Child Development and Education have written and contributed to a wide variety of publications in the field of Developmental Health including *Suicide of Children and Youth in the NT 2006-2010*; *Men's Place Literature Review*; *Preliminary Evaluation Report of the Children's Counselling Service in Alice Springs* and *the Arts in Schools Literature Review*. The website also contains a comprehensive list of relevant research and resources on a range of topics including: *Key Developmental Health Resources*, *Child Development and Education Resources*, *Indigenous Parenting and Family Resources*, *Child Protection Resources* along with other resources related to the mental health and wellbeing of Indigenous children and young people. Visit: <http://ccde.menzies.edu.au/publications>

Menzies Drug and Alcohol / Co-Morbidity Resources

The Menzies School of Health Research vision is to improve health outcomes for Aboriginal and Torres Strait Islander communities and disadvantaged communities through training and research. Over the past 5 years they have produced a number of flipcharts, care plan formats and assessment tools around alcohol and other drug misuse, social and emotional wellbeing and mental health to use with Aboriginal and Torres Strait Islander People. Please see below information and links to these largely pictorial flip charts around substance use and mental health. They are free to download. For more information specifically about Menzies go to; <http://menzies.edu.au/menziesresources>

Sniffing and the brain

There are three sniffing and the brain flipchart resources including; 'When Girls and Women Sniff', 'When Boys and Men Sniff' and 'Sniffing and the Brain'.

<http://www.healthinonet.ecu.edu.au/key-resources/promotion-resources?lid=14816>

Cannabis and the Brain

The Ganja (Yarndi) Brain Story uses plain language and informative images to provide straightforward and clear information incorporating 'How a healthy brain and nervous system work', 'The effects of cannabis (gunja/yarndi) on the brain', 'Nervous system and lifestyle, addiction and how and why drug treatment programs work'.

<http://www.healthinonet.ecu.edu.au/key-resources/promotion-resources?lid=17942>

The Grog Brain Story

Another similar resource concentrating on alcohol and its effects of the brain, community and social and emotional wellbeing!

<http://www.healthinonet.ecu.edu.au/key-resources/promotion-resources?lid=17941>

Yarning about mental health: an easy guide to mental health assessment

This resource is also a Menzies publication, which starts by splitting a mental health assessment into six areas including: *Family and friends*, *What keeps us strong*, *Worries which can take away our strength*, *Goals and steps*, *Early warning signs* and *Risk*. It also includes a drug and alcohol severity of dependence scale and a pictorial assessment to complete with the client on a range of social, emotional, physical and mental health issues that can be scored either 'no worries', 'some worries' or 'big worries'. To utilise this resource visit:

<http://www.healthinonet.ecu.edu.au/key-resources/promotion-resources?lid=19702>

SCHOLARSHIPS

Disability Scholarship: Australian Disability and Indigenous People's Education Fund

The Australian Disability and Indigenous Peoples' Education Fund (ADIPEF) aims to assist indigenous and non-indigenous people with disability to participate in both formal and informal education programs through small grants. The fund is looking to distribute small six monthly grants of up to \$2,500 to assist people with disabilities to continue their learning. People with disabilities of any age may apply for any assistance to help with both formal and informal education.

<http://blog.une.edu.au/studentexperience/2012/06/12/disability-scholarship-australian-disability-and-indigenous-peoples-education-fund-closes-30-september/>

Applications Close: 30th September 2012

Nursing and Allied Health Scholarship Support Scheme Allied Health Postgraduate Scholarship

This scholarship supports qualified Allied Health Professionals including Aboriginal Health Workers (minimum qualification Cert IV) to study a formal post graduate qualification at a recognised university or institution. The NAHSSS Allied Health Postgraduate Scholarship is open to all eligible Allied Health Professionals who provide a clinical service in Australia. When scholarship places are oversubscribed rurality may be used as a ranking tool. For more information or to submit an online application visit: <http://www.sarrah.org.au/site/index.cfm?display=74994>

Applications Open: 6th August 2012

Applications Close: 15th October 2012

University of Southern Queensland Bursary for Indigenous Psychology Students

The purpose of this bursary is to assist students who experience financial difficulties arising from limited income. The value of the scholarship is \$750 to be used for the purchase of books from the USQ Bookshop. Applicants must be of Aboriginal or Torres Strait Islander Descent and enrolled or enrolling in a Psychology course with USQ.

Visit: <http://www.usq.edu.au/scholarships>

Applications Close: October 2012

The Charlie Perkins Scholarships

Scholarships to the University of Oxford and University of Cambridge for the 2013/14 academic year are now open for applications. The Charlie Perkins Scholarship Trust offers two annual scholarships to talented Indigenous Australians for postgraduate study at either the University of Oxford or University of Cambridge in the United Kingdom. The scholarships cover full tuition, travel and living expenses.

Visit: www.perkinstrust.com.au

Applications Close: 2nd November 2012

CALL FOR PAPERS

2012 Educational and Developmental Psychology Conference

16th-17th November 2012, Melbourne

The Scientific Committee is now calling for submission of abstracts from potential presenters at the upcoming APS Educational and Developmental Psychology Conference. The theme is Theory to Practice: Emerging Trends in Personality Development, Autism and Learning.

The Deadline for submission of Abstracts is 21st September 2012

<http://www.groups.psychology.org.au/cedp/conference2012/>

5th SNAICC National Conference *For Our Children: Living and Learning Together*

4-6th June, 2013, Cairns, QLD

The conference is the largest of its type in the southern hemisphere and provides the opportunity for Aboriginal and Torres Strait Islander organisations, policy makers, researchers, government representatives, non-government organisations and various industry representatives to gather and make renewed commitment to Aboriginal and Torres Strait Islander children. Call for papers are now open for organisations and individuals who wish to submit to present sessions at the conference.

The Deadline for submission of Abstracts is 30 September 2012

<http://www.snaicc.asn.au/news-events/dsp-default-e.cfm?loadref=67>

CONFERENCES

47th Australian Psychological Society Annual Conference

27th – 30th September 2012, Perth Convention and Exhibition Centre, Western Australia

The 47th APS Annual Conference will bring together prominent researchers and psychologists to deliver an outstanding program with an overarching theme of '*Psychology addressing the challenges of the modern age*'.

<http://www.apsconference.com.au/registration/>

Reducing Indigenous Youth Incarceration: Exploring justice reinvestment and police partnerships to break the cycle

26th-27th September 2012, Bayview Boulevard, Sydney

To register or download the brochure visit: <http://youthincarceration.com/>

Stronger Smarter Summit: from rhetoric to reality

8, 9, 10th October 2012,

The 2012 Stronger Smarter Summit is an opportunity for you to hear positive stories from school and community leaders who have converted the rhetoric of the Stronger Smarter Philosophy to reality. There's an opportunity for you to hear from hard working school and community leaders who are achieving great results for Indigenous children in schools today. The Summit promises to set the scene for the future of Indigenous education in Australia.

<http://www.strongersmarter.qut.edu.au/summit/index.jsp>

PD OPPORTUNITIES

Using Loss & Grief to 'Work with' Major Social, Emotional & Health Challenges in Aboriginal Communities

Melbourne 24th – 28th September 2012

This **5 Day Course** is based on the successful '**Seven Phases that Integrates Loss & Grief**©' model developed personally and professionally by Rosemary Wanganeen and used successfully in both counselling and training for more than seventeen years. With 24 years of combining personal and profession experiences Rosemary say's with confidence 'what if loss and grief is a major missing link that's caused much of our major social, emotional and health challenges that's permeating contemporary Aboriginal society'? Respectfully, the Seven Phases© exposes how inter-generational suppressed unresolved 'grief fear' insidiously ostracizes Aboriginal and non-Aboriginal societies from each other, however the Seven Phases© also demonstrates that loss and grief is a human experience: it doesn't discriminate.

The training is for Aboriginal and non-Aboriginal Service Providers. For course information and registration form:

Email: rosemary@lossandgrief.com.au

Website: www.lossandgrief.com.au

WEBSITES

Social Emotional Wellbeing and Mental Health Services in Aboriginal Australia

This website is an initiative of the Australian Psychological Society and AIPA with funding from the Australian Government Department of Health and Ageing. It is designed for those seeking to learn about ways of meeting the social and emotional wellbeing and mental health needs of Aboriginal and Torres Strait Islander people and communities. <http://www.sewbmh.org.au/>

The Royal Australian and New Zealand College of Psychiatrists Australian Indigenous Mental Health

This website is a training resource to support the work of health professionals in improving knowledge and understanding of Aboriginal and Torres Strait mental health issues and to achieve better outcomes. The website promotes an understanding of Indigenous mental health by adopting 'The dance of life' model which depicts a multi-dimensional model of health and wellbeing from an Aboriginal perspective and combines paintings, narrative, theory and existing evidence in a framework to assist practitioners in understanding the complexities in Indigenous mental health.

The website has an introductory video and seven case studies covering topics including *psychosis from alcohol and substance abuse; Impact of fetal alcohol abuse on an abandoned child; use of narrative therapy; involving family members in problem solving; understanding indigenous homelessness; impact of traditional practices on mental health and dealing with non English speaking patients.*

<http://indigenous.ranzcp.org/index.php>

IN THE NEWS

16th March

Indigenous students pursuing their dreams with the Smith Family

Keeping Indigenous Kids at Secondary School (KIKASS) was set up in 2008 to support and encourage Indigenous students to stay at school longer, develop leadership skills, a strong connection to their community, and skills in an area that interests them.

This year is a milestone for the program, with student Raymond Adams becoming the first KIKASS participant to reach Year 12.

<http://www.thesmithfamily.com.au/site/page.cfm?c=2975&u=11>

23rd April

Losing a generation

Amid the west's mining boom, indigenous communities face losing a generation.

Read more: <http://www.brisbanetimes.com.au/national/the-silent-tragedy-of-profound-loss-20120418-1x7ri.html#ixzz1sRnBzpLs>

29th April, 2011

Speaking an indigenous language linked to youth wellbeing

Aboriginal and Torres Strait Islander youth in remote areas who speak an Indigenous language are less likely to experience risk factors associated with poor wellbeing, according to a report released today by the Australian Bureau of Statistics (ABS).

<http://www.abs.gov.au/ausstats/abs@.nsf/Latestproducts/4725.0Media%20Release1Apr%202011?opendocument&tabname=Summary&prodno=4725.0&issue=Apr%202011&num=&view=>

13th September 2011

Staying in school linked to better health outcomes for Aboriginal and Torres Strait Islander youth

Aboriginal and Torres Strait Islander young people who were at school, TAFE or university were less likely than their peers to engage in risky health behaviour, according to a report released today by the Australian Bureau of Statistics (ABS).

<http://www.abs.gov.au/ausstats/abs@.nsf/Latestproducts/4725.0Media%20Release3Apr%202011?opendocument&tabname=Summary&prodno=4725.0&issue=Apr%202011&num=&view=>

16th May, 2012

Recognising Indigenous achievement - Palm Island children kick educational goals at Melbourne's MCG

Recognising Indigenous achievement, the Cathy Freeman Foundation (CFF) will welcome eight young students from Palm Island to Melbourne this week for an educational and cultural tour that will include walking onto the hallowed turf of the MCG.

The Year 7 children are participating in the CFF Horizons Program, which awards interstate experiences and excursions to students based on merit, attitude and a demonstrated desire to achieve. Fewer than 10% of students on Palm Island, one of Australia's largest remote Indigenous communities, graduate from secondary school.

<http://www.cathyfreemanfoundation.org.au/News/tabid/60/EntryId/16/Default.aspx>

16th May 2012

Protecting the rights of Indigenous children

Indigenous organisations from across Australia are collectively voicing their concerns and delivering informed advice on the world stage as part of the 11th session of the United Nations Permanent Forum on Indigenous Issues. Agenda items relating to the protection of rights for Aboriginal and Torres Strait Islander children and young people, food and food sovereignty, as well as combatting violence against women and children are included. Read more:

<http://www.dtp.unsw.edu.au/documents/MediaReleaseChildrenandYouth160512.pdf>

Inaugural National Indigenous Drug and Alcohol Awards

National Indigenous Drug and Alcohol Awards Celebrate Indigenous Achievements

http://www.nidac.org.au/images/2012_Conference/awardsmediarelease.pdf

14th June 2012

National Children's Commissioner: What will it do?

Today in Geneva the UN Child Rights Taskforce is meeting, and our Australian delegation will be proudly reporting the impending appointment of our first ever National Children's Commissioner. Read more:

<http://www.abc.net.au/radionational/programs/lifematters/national-childrens-commissioner/4047628>

21st June 2012

2011 Census of Population and Housing

A comprehensive snapshot of Aboriginal and Torres Strait Islander peoples was revealed today as the Australian Bureau of Statistics (ABS) released the first results of the 2011 Census of Population and Housing. Read more:

<http://www.abs.gov.au/websitedbs/censushome.nsf/home/CO-63?opendocument&navpos=620>

22nd June 2012

Aboriginal panel attacks labour for 5 years of NT intervention

Aboriginal speakers lashed out against the Labour government's five-year Northern Territory intervention at a forum organised by *Arena Magazine* on June 21.

Rosalie Kunoth-Monks, a former mayor of Barkly shire in the Northern Territory, said: "A lot of us are going through severe trauma. We live in terror of our language, ceremonies and land being taken away."

Read more: <http://www.greenleft.org.au/node/51412>

22nd June 2012

Managing the optics of the Intervention

Anticipating media coverage is now a key element in the development of Indigenous policy.

Read more: <http://inside.org.au/managing-the-optics-of-the-intervention/>

23rd June 2012

Booze plan flawed: Lacey

The mayor of Palm Island is in favour of scrapping the island's alcohol management plan. The LNP Government is reviewing the controversial management plan, to see whether it should be modified or lifted.

Read more: http://www.townsvillebulletin.com.au/article/2012/06/23/341161_news.html

23rd June 2012

Hopes for idyllic farm setting to aide rehab

Canberra could soon host a rehabilitation facility aimed at treating addicted Aboriginal and Torres Strait Islander residents by reconnecting them with their land and culture. A development application for the multimillion-dollar Ngunnawal Bush Healing Farm has been lodged with the ACT Planning and Land Authority, outlining plans for the eight-bed alcohol and other drug residential rehabilitation facility near Tharwa. Read more: <http://www.canberratimes.com.au/act-news/hopes-for-idyllic-farm-setting-to-aide-rehab-20120622-20u1c.html#ixzz22P9VoLsw>

25th June 2012

Elders impart a few home truths

Aunty Di Kerr, a Wurundjeri elder, is welcoming us to country, from the "tops of the trees" to the "roots in the ground". Low school attendance and high dropout rates are national issues, with Aunty Di sharing similar concerns to June Oscar of the Bunuba and Emily Carter of the Gooniyandi mobs of Fitzroy Crossing in the Kimberley, in the north of Western Australia. These two women have travelled to Melbourne, along with two family members, to host the course, aiming to gain support for their preventative education projects. Read more: <http://www.theage.com.au/national/education/elders-impart-a-few-home-truths-20120622-20tb1.html#ixzz22P61qbtU>

25th June 2012

Grog-fuelled violence swamping police

Police say they are on the frontline of the battle against Aboriginal disadvantage in central Australia, facing a "maelstrom" of alcohol and violence so relentless that policing it becomes soul-destroying. <http://www.theaustralian.com.au/national-affairs/indigenous/grog-fuelled-violence-swamping-police/story-fn9hm1pm-1226407099596>

25th June 2012

Government needs more control of health service: minister

Indigenous Health Minister Warren Snowdon wants the strife-torn Congress Aboriginal Health service based in Alice Springs incorporated under federal law so better standards of governance and accountability can be enforced. Mr Snowdon said yesterday the federal government funded the service to the tune of \$28 million a year, but had been unable to directly intervene in the current crisis because the service was incorporated under Northern Territory law. Read more: <http://www.brisbanetimes.com.au/national/government-needs-more-control-of-health-service-minister-20120625-20x9e.html>

27th June

“Stronger Futures legislation will cause great suffering in our hearts”

The Yolngu Nations Assembly and the Alyawaar Nation released a statement to the media indicating that “Should this Stronger Futures legislation pass through the Senate and become law, it will be a day of mourning for all Aboriginal peoples. This legislation will be the cause of great suffering in our hearts”. For those of us living in the Northern Territory the anguish of the past five years of Intervention has been almost unbearable.

Many have simply given up hope. We have been burying people who can no longer live with the pain and despair. Read more:

<http://indymedia.org.au/2012/06/27/stronger-futures-legislation-will-cause-great-suffering-in-our-hearts>

27th June 2012

Hundreds march for drug action week

Drug Action Week, - held in Katherine last week - was a week of action as Katherine health groups came together to raise awareness of substance abuse issues and to display the unity and strength within the community. Read more:

<http://www.katherinetimes.com.au/news/local/news/general/hundreds-march-for-drug-action-week/2605463.aspx>

27th June 2012

Is the media juggernaut sidelining good policy in indigenous affairs?

Two comments have always stuck in my mind when it comes to the role of the media and the public's health. One is from Dr Alex Wodak, law reform advocate, social justice champion and drug and alcohol physician, who once said: *"The media has more impact on health than all the stethoscopes in the world."* The other is from a former senior health bureaucrat from NSW: *"In ministers' offices, health departments and CEO offices, the first action each morning is not to check on the status of patients or the health system under their supervision but to check the headlines or radio comments and consider how to respond immediately."* Read more:

<http://blogs.crikey.com.au/croakey/2012/06/27/is-the-media-juggernaut-sidelining-good-policy-in-indigenous-affairs/>

29th June 2012

New online report on Queensland child protection system

<http://www.snaicc.asn.au/news-events/fx-view-article.cfm?loadref=32&id=818>

<http://www.ccypcq.qld.gov.au/reportsCP/index.aspx>

2nd July 2012

NAIDOC Week salutes struggles and importance of the Tent Embassy

NAIDOC Week should remind us that despite inroads made to date, there's still a long journey ahead to ensure equality between Aboriginal and Torres Strait Islanders and non-Indigenous Australians, Social Justice Commissioner Mick Gooda said today. Speaking ahead of the start of NAIDOC Week tomorrow which has the theme, Spirit of the Tent Embassy: 40 years on, Commissioner Gooda said it was an opportune time to refocus energies and pursue the dream of a fair and equal Australia. Read more:

http://www.hreoc.gov.au/about/media/media_releases/2012/47_12.html

21st August 2012

Milestone win for Indigenous medical students

The number of Aboriginal and Torres Strait Islander medical students has increased dramatically over the last decade and now matches the ratio of indigenous to non-indigenous people in Australia for the first time. Read more:

<http://www.theage.com.au/national/milestone-win-for-indigenous-medical-students-20120820-24in3.html>

29th August 2012

How the opera put Yarrabah in tune with its past

Last night 1000 locals from the Aboriginal community of Yarrabah sat in the shade of an imposing mango tree — it's known as the "watery" tree, thanks to its juicy fruit — to watch the debut performance of Opera Australia's latest production *Yarrabah! The Musical*.

Read more: <http://www.crikey.com.au/?p=312448>

6th September 2012

Spate of suicides grips Aboriginal community

<http://www.abc.net.au/news/2012-09-06/spate-of-suicides-grips-aboriginal-community/4247358>

10th September 2012

Future indigenous leaders experience life in parliament

Indigenous students from across the nation have converged on Parliament House for a work experience program with the Gillard Government aimed at boosting Indigenous employment in politics and the public service. Read more:

<http://ministers.deewr.gov.au/garrett/future-indigenous-leaders-experience-life-parliament>

FILMS

The Sapphires is an inspirational tale set in the heady days of the late '60s about a quartet of young, talented singers from a remote Aboriginal mission, discovered and guided by a kind-hearted, soul-loving manager. Plucked from obscurity, the four spirited women with powerhouse voices - called The Sapphires - are given the opportunity to entertain American troops in Vietnam. Catapulted onto the world stage as Australia's answer to the Supremes, their journey of discovery offers them not only the chance to show off their musical skills, but find love and togetherness, experience loss and grow as women. *The Sapphires* is an adaptation of the hugely successful Australian stage musical of the same name, and is inspired by the remarkable true story of writer Tony Briggs' mother and three aunts. Cinema Release Date: 9th August, 2012

<http://www.hopscotchfilms.com.au/the-sapphires-film>

DIARY DATES

September

2nd – 8th National Child Protection Week

<http://www.napcan.org.au/campaigns>

4th Father's Day

5th Indigenous Literacy Day

Indigenous Literacy Day aims to help raise funds to raise literacy levels and improve the lives and opportunities of Indigenous Australians living in remote and isolated regions.

<http://www.indigenouseliteracyfoundation.org.au/indigenous-literacy-day.html>

<http://www.indigenouseliteracyfoundation.org.au/great-book-swap-for-schools.html>

9th International Foetal Alcohol Spectrum Disorder Awareness Day

Every year on September 9th, International FASD Awareness Day is observed. People gather all around the world to raise awareness about the dangers of drinking alcohol during pregnancy and support those living with FASD.

Australia <http://www.nofasard.org.au/>

North America <http://www.nofas.org/> ; <http://fasday.com/> Presents a useful list of ideas and activities for engaging the community and raising awareness

10th World Suicide Prevention Day

World Health Organisation (WHO) World Suicide Prevention Day on 10 September promotes worldwide commitment and action to prevent suicides.

http://www.who.int/mediacentre/events/annual/world_suicide_prevention_day/en/index.html

Read about the 2011-2014 Australian Suicide Prevention Council

<http://suicidepreventionaust.org/wp-content/uploads/2012/05/Suicide-Prevention-Australia-Strategic-Plan-2011.pdf>

21st International Day of Peace

The United Nations' (UN) International Day of Peace is celebrated on September 21 each year to recognise the efforts of those who have worked hard to end conflict and promote peace. "Sustainable Peace for a Sustainable Future" is the theme chosen for this year's observance of the International day of Peace. There can be no sustainable future without a sustainable peace. Sustainable peace must be built on sustainable development. <http://www.un.org/en/events/peaceday/>

October

5th World Teachers Day

For information about the Governor-General's Indigenous Student Teacher Scholarships visit:

<http://www.deewr.gov.au/indigenous/schooling/programs/pages/indigenousteacherscholarships.aspx>

20th – 28th Children's Week

Children's Week is an annual festival which also incorporates Universal Children's Day, which is always held on the fourth Wednesday of October in Australia. Designated by the nations of the world, Universal Children's Day calls society to a greater response to the plight of many millions of children around the world who are denied the basic necessities of a happy childhood and the education to develop their capacities. It also calls us in Australia to consider those conditions in society which affect the lives and future of our own children. Visit: <http://www.childrensweek.org.au/>

22nd Pink Ribbon Day

National Breast and Ovarian Cancer Centre (NBOCC)* has released a new resource for health organisations and individual health professionals working with Aboriginal and Torres Strait Islander women to promote breast cancer awareness through locally-run Well Women Workshops and resources. <http://canceraustralia.nbocc.org.au/breast-cancer/about-breast-cancer/aboriginal-and-torres-strait-islander-women>

November

11th Remembrance Day

For a history of Indigenous involvement in Defence and to view the Defence RAP visit:

<http://www.defence.gov.au/fr/publications/DRAP2010-14.pdf>

Read *Aboriginal Diggers: Their sacrifice for our gain*

<http://www.abc.net.au/news/2012-06-01/jones-reconciliation/4046630>

11th-18th National Psychology Week

National Psychology Week (NPW) aims to increase public awareness about psychology, psychological issues and the role psychologists play in community wellbeing. Visit:

<http://www.psychologyweek.com.au/>

QUOTES

"Indigenous children and young people are consistently the most marginalised in Australia and are frequently among the most impoverished. This deepens their invisibility and compounds the violations of their human rights across the spectrum of civil, political, economic, social and cultural and linguistic rights,"

Steven Brown, IPO Network spokesperson for Children and Youth

<http://www.dtp.unsw.edu.au/documents/MediaReleaseChildrenandYouth160512.pdf>

"It's not who you are that holds you back, it's who you think you are not."

Benn Harradine, Australia's first indigenous athlete to compete in a field event at the Olympic Games

<http://olympicchallenge.gov.au/en/try-a-sport/athletics.aspx>

"Every Indigenous child deserves the right to reach their potential and achieve their gold medal moment in life."

Cathy Freeman

<http://www.cathyfreemanfoundation.org.au/AboutUs/Whoweare/tabid/54/Default.aspx>

"There is rarely a quick path to achieving positive change. Developing and delivering successful programs and shifting the mindsets of institutions and governments are processes that take time and dedication. That is the challenge for our generation."

Benson Saulo

<http://www.un.org/esa/socdev/unyin/newsletters/2011/YouthFlashDecember2011>

"Today, sports and events such as the Olympic and Paralympic Games break down barriers by bringing together people from all around the world and all walks of life."

UN Secretary-General Ban Ki-moon in an Olympic Truce message ahead of the London Games

http://www.un.org/wcm/content/site/sport/home/newsandevents/news/template/news_item.jsp?cid=36394

"...If we don't understand the cause it's virtually impossible to find a solution..."

Rosemary Wanganeen

www.lossandgrief.com.au