

TIMHWB Newsletter

DECEMBER 2020

Newsletter 1: COVID

We acknowledge the traditional custodians of the land, community, sea, and waters where we live and work. We pay our respect to Elders past, present and future.

Welcome to the first *Transforming Indigenous Mental Health and Wellbeing* (TIMHWB) Project newsletter!

TIMHWB is a series of inter-related studies across three streams that are focused on empowering Aboriginal communities and ACCOs to improve mental health access by:

- Establishing **social and emotional wellbeing** as a paradigm (Stream 1);
- Empowering **the workforce** to deliver culturally responsive care (S2);
- Empowering **service systems** by establishing cultural safety in mainstream clinical services, including cultural healers and Elders (S3).

This work aims to culminate by establishing the critical role of **culture** and **healing** to transform mental health systems to improve health and wellbeing outcomes for Aboriginal and Torres Strait Islander peoples.

You can read more about our activities this year on our website!

TIMHWB.org.au is your one-stop-shop to learn about the work being done by this Project, and to keep up with our **latest publications** and **news**.

We wish you all a safe and happy new year!

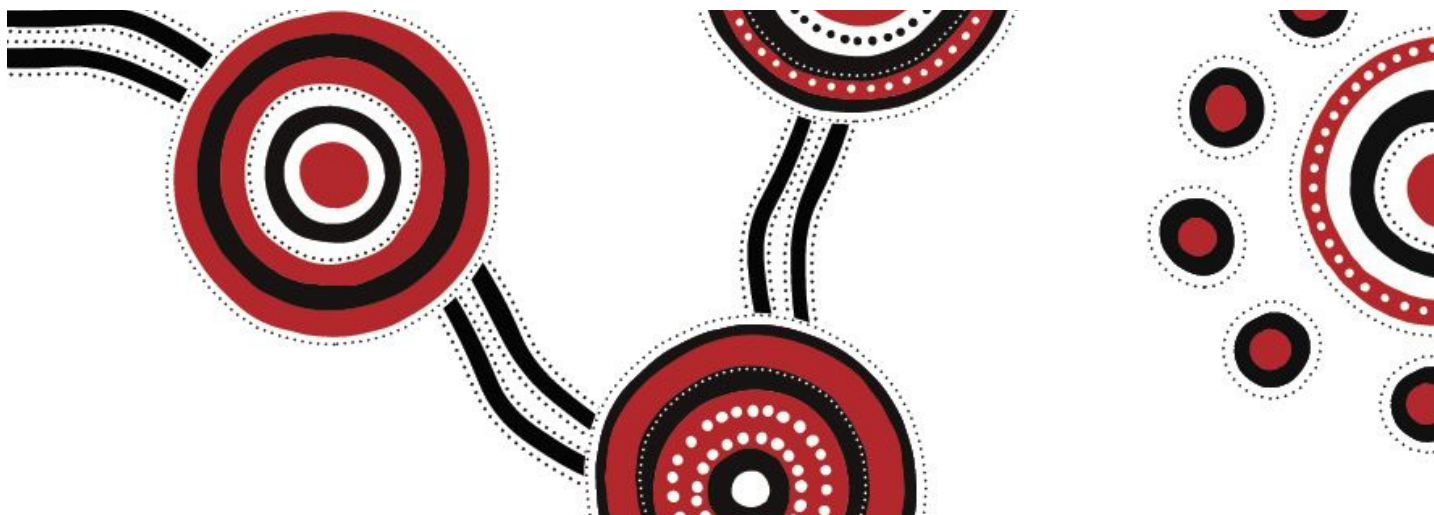
- Pat, Helen, and Jill

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 www.TIMHWB.org.au





WHO ARE WE?

The TIMHWP Project is a ground-breaking program of research is being conducted by Aboriginal researchers,

- CIA Professor Pat Dudgeon
- CIB Professor Helen Milroy
- CIC Professor Jill Milroy

to integrate evidence informed Indigenous knowledges to transform Western and mainstream services in Australia.

Alongside our stream leaders, the TIMHWP team includes a formidable mix of Aboriginal and non-Indigenous leaders and is characterised by partnerships with a range of Aboriginal and Torres Strait Islander community organisations and professional bodies.

As we wrap up 2020, we are please to also announce a new community partnership with AHCWA (Western Australia).

The TIMHWP academic research team is run out of the UWA School of Indigenous Studies.

TIMHWP PARTNERS:

NACCHO



National Aboriginal Community Controlled Health Organisation
www.naccho.org.au



AHCWA
Aboriginal Health Council
of Western Australia



TIMHWP TEAM:



Professor Tom Calma
Chancellor - University of Canberra & Chair - Poche Indigenous Health Network



Associate Professor Michael Wright
Senior Research Fellow - Curtin University



Rob McPhee
Deputy Chief Executive Officer - Kimberley Aboriginal Medical Service (KAMS)



Dr Graham Gee
Senior Research Fellow - Murdoch Children's Research Institute



Thomas Brideson
Chief Executive Officer - Gayaa Dhuwi (Proud Spirit) Australia



Angela Ryder
Researcher - Langford Aboriginal Association



Kevin Taylor
Lecturer & Researcher - School of Indigenous Studies, University of Western Australia



Michael Mitchell
Community Cultural Expert, Perth WA



Ted Wilkes
Nyongar Cultural Expert, Perth WA



Professor Shaun Ewen
Pro Vice-Chancellor - University of Melbourne



Professor Ian Ring
Senior Research Advisor - Tropical Health & Medicine, James Cook University



Associate Professor Geneva Ohan
Research Fellow - School of Psychological Science, University of Western Australia



Associate Professor Roz Walker
Senior Research Fellow - School of Indigenous Studies, University of Western Australia



Professor Michael Small
Senior Research Fellow - Faculty of Engineering and Mathematical Science, University of Western Australia



Professor Sean Hood
Senior Research Fellow - Faculty of Health and Medical Sciences, Psychiatry, University of Western Australia

And our research associates:

Dr. Kate Derry, UWA

Dr. Shraddha Kashyap, UWA

Ms. Emma Carlin, KAMS

Dr. Monique Platell, UWA

Dr. Jo Alexi, UWA



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COVID-19

COVID-19 presented strange new opportunities and challenges and the TIMHWB team has had significant delay in kickstarting the Project, as they were instead focused on national pandemic responses.

After the Go8 Roadmap to Recovery (see below) was completed in April, Professor Pat Dudgeon convened another working group of over 30 leaders in Aboriginal and Torres Strait Islander mental health and SEWB, to deliberate over 2 months and produce an independent report that addressed the specific mental health and wellbeing needs of Aboriginal and Torres Strait Islander peoples.

This report entitled *A National COVID-19 Pandemic Issues Paper on Mental Health and Wellbeing for Aboriginal & Torres Strait Islander Peoples* was released in July 2020 and is available [here](#).

A National COVID-19 Pandemic Issues Paper on Mental Health and Wellbeing for Aboriginal & Torres Strait Islander Peoples

Roadmap to Recovery

In April 2020, Professor Dudgeon and Dr Derry from the TIMHWB team joined over 100 leading academics from the Group of Eight universities in an expedited 2 week journey to provide recommendations to the Commonwealth Government on a COVID-19 "Roadmap to Recovery".

Alongside Professor James Ward and Pat Turner, Pat ensured that the report included a chapter dedicated to the care of Indigenous Australians.

The report and subsequent articles applauded the efforts of the *National Aboriginal Community Controlled Health Organisation* (NACCHO) for responding faster than even the Health Department, in ensuring Aboriginal and Torres Strait Islander communities were kept safe, and the right to self-determination was respected.

Our COVID-19 reports can be found [here](#).

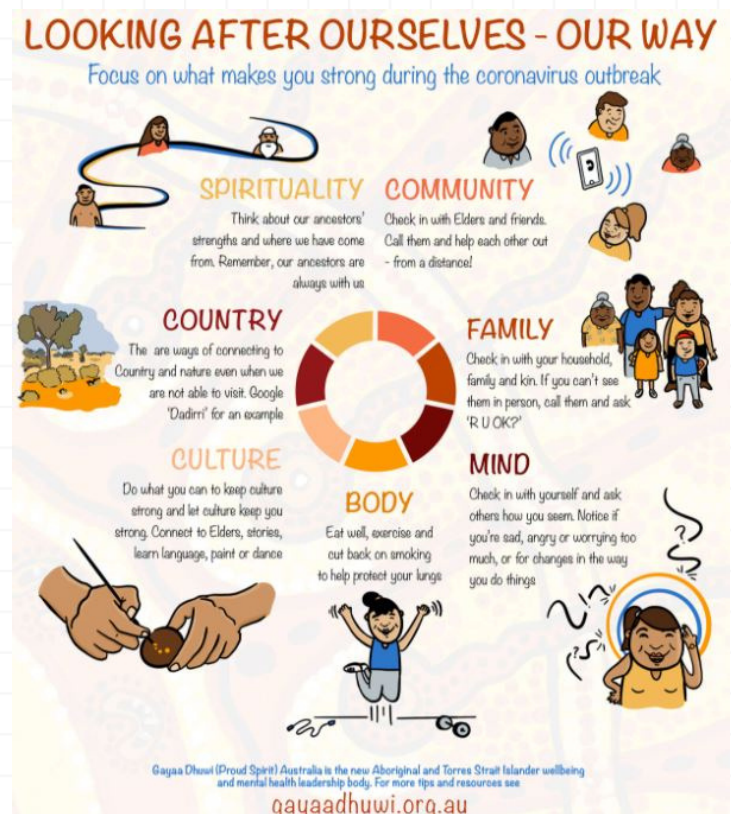
Gayaa Dhuwi (Proud Spirit)

Gayaa Dhuwi is the new Aboriginal and Torres Strait Islander social and emotional wellbeing, mental health and suicide prevention national leadership body.

Professors Helen Milroy and Pat Dudgeon are members of Gayaa Dhuwi. Their work will include:

- Advising the [Fifth National Mental Health and Suicide Prevention Plan](#).
- Developing a dedicated Aboriginal and Torres Strait Islander suicide prevention strategy.
- Implement the [National Strategic Framework for Social and Emotional Wellbeing \(2017-2023\)](#).

Visit their website to find out more and to download free posters to help you stay strong and safe during COVID-19. Below we have pictured one of our favourite posters.





Stream 1 - Access



Team Leader: Professor Pat Dudgeon

TIMHWB Stream 1, in partnership with the Kimberley Aboriginal Medical Service (KAMS), is focused on empowering access to primary mental health services and SEWB services for Aboriginal and Torres Strait Islander peoples.

Specifically, Stream 1 aims to develop and implement an Aboriginal Community Controlled Health Services (ACCHS) SEWB Model of Care; for the Kimberley initially, and then to be translated nationally.

The **objectives** of the research are as follows:

- Identify current approaches and services offered by Kimberley ACCHS as they relate to social and emotional wellbeing and mental health services.
- Develop a culturally secure needs-based SEWB service model for Kimberley ACCHS.
- Pilot the service model in Kimberley ACCHS.
- Evaluate the process, outputs and outcomes of the project.
- Dissemination through NACCHO.

Ethics applications for phase 1 of this research have been submitted to Western Australian Aboriginal Health Ethics Committee (WAAHEC) and have just been approved (yay!).

In 2021, Phase 1 will move ahead with:
(1) reviewing and profiling all ACCHS delivered SEWB and mental health services
(2) recruitment for interviews with ACCHS staff and patients.

Wellbeing Research Officer:

TIMHWB in partnership with KAMS and OJOS are delighted to welcome our wellbeing research officer: Zac Cox.



"Hi, I am Zaccariah Cox. I'm a Broome boy with connections to Nimanburru people from the Eastern Dampier Peninsula and Kija people from the central Kimberley. I grew up in Broome and spent most of my life here.

I love spending time with family, especially my 8 year old daughter, and friends. I enjoy going out camping, hunting, fishing and I love to watch and play sport.

I have been involved with Kimberley Aboriginal Medical Services (KAMS) in the social and emotional wellbeing space for some time now, going on close to five years. What I have noticed over the years is the increasing need for SEWB services and programs within the Kimberley. This is due to a wide range of complex factors such as inter-generational trauma, our mob being at greater disadvantage when it comes to education, employment and housing, systemic racism and loss of language and culture.

I believe this research program provides us the opportunity to explore new ways of doing SEWB through the Aboriginal Community Controlled Health Services in the Kimberley and making sure this corresponds to what the community identify as their needs in regards to SEWB.

I am excited and thankful for the opportunity to begin working as a Wellbeing Research Officer and hope to give back to the community and grow my skills as a researcher throughout my time in the role."





Stream 3 - Systems



Team leader: Professor Helen Milroy

Stream 3 aims to empower service systems to provide clinically safe mental health care for Aboriginal and Torres Strait Islander peoples.

The overarching objective of this research is to develop a framework and companion guide that details, for mainstream services, how to deliver culturally safe mental health services to Aboriginal people.

The **objectives** of the research are to:

- consult with consumers and mental health workers about clear, sensitive, and appropriate ways of asking Aboriginal and Torres Strait Islander peoples about their experience of cultural safety in mental health care,
- identify the key principles of cultural safety for Aboriginal people,
- create principles and standards for culturally safe mental health service deliver,
- disseminate research findings through NACCHO.

Ethics applications for phase 1 of this research have been submitted to Western Australian Aboriginal Health Ethics Committee (WAAHEC) and have been approved (pew!).

In 2021, recruitment for Phase 1 focus groups will begin. Focus groups will include consumers and mental health workers from ACCHS to learn more about what cultural safety means to them.

Congratulations Helen!!

We are so proud to announce that Helen has won:



- the 2020 National Mental Health Prize and
- has also been named 2021 West Australian of the Year
- and is now in the running for Australian of the Year!

Helen started her esteemed career over 30 years ago as Australia's first Aboriginal medical doctor and psychiatrist and her work has been pivotal to developing Aboriginal health, child wellbeing and the cultural and clinical Aboriginal medicinal workforce.

Among her many titles, Helen has served as a commissioner with the Royal Commission into Institutional Responses to Child Sexual Abuse (2013), and the National Mental Health Commission (2017), and is the first Aboriginal commissioner to the Australian Football League (2018).

Helen's seminal research includes holistic medicine, child health and wellbeing, recovery from trauma and grief, application of Indigenous knowledges and health curriculum development.

She has developed numerous best-practice and culturally responsive clinical services, and developed training and education programmes that have been implemented nationally.

Helen is also a mother of two beautiful girls, a distinguished artist and children's book author.

We are very honoured to have her as a TIMHWB stream leader and we can't wait to see what the future holds for her.





Stream 2 - Workforce



Team Leader: Professor Jill Milroy

Stream 2 aims to empower the mainstream mental health workforce and ACCHS SEWB workforce to deliver a culturally safe and responsive care for Aboriginal and Torres Strait Islander peoples.

In 2020, we have started working on two Stream 2 studies:

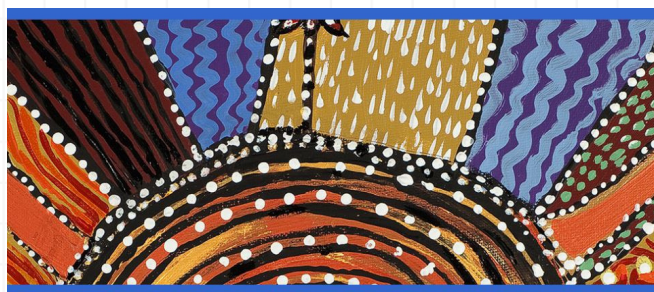
- (1) AIPEP and
- (2) UWA health graduates curriculum review.

UWA Health Graduates Curriculum Review

The Curriculum Review aims to:

- Investigate UWA health professional courses to identify if Aboriginal content is included in the curriculum, and if so, what proportion of the curriculum content is specifically related to Aboriginal mental health.
- Survey recent and emerging graduates from UWA health professional courses to understand their confidence and preparedness for working with Aboriginal mental health patients.

Ethics applications for Study 2 has been submitted to WAAHEC and approved (hooray!). Survey recruitment will commence in 2021.



The Australian Indigenous Psychology Education Project (AIPEP 2.0)

The first iteration of AIPEP was the highly successful OLT grant that produced:

1. Curriculum Framework for Psychology Education,
2. Recruitment and Retention Strategy for Indigenous students in Psychology, and
3. Workforce Competencies for Psychology.

The key AIPEP recommendations were endorsed by ACAP in 2019.

A new implementation and development iteration has been conceived under the auspices of TIMHWB.



We are very pleased to announce the newest member of our TIMHWB team, Professor Dawn Darlaston-Jones, who will be leading AIPEP 2.0, alongside Professor Pat Dudgeon. Dawn has been a long-time friend and ally, and was involved with AIPEP 1.0.

AIPEP 2.0 aims include: decolonising the psychology curricula, increasing Aboriginal recruitment and retention, and embedding cultural responsiveness as a workforce capability for all psychology graduates.

A reference group consisting of 22 representatives from AIPA, the APS and universities around Australia who have used the AIPEP program will determine the scope, design and methodologies of this project.

The first AIPEP network meeting was held on Thursday 12th November 2020 and was a great success. We are very excited to see how this project evolves in our changed world.

Sign up to the AIPEP newsletter to find out more as this people's movement progresses!





CBPATSISP Updates



CBPATSISP stands for action on climate change

The Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention (CBPATSISP) aims to reduce the causes, prevalence and impact of suicide on Aboriginal and Torres Strait Islander individuals, families and communities.

CBPATSISP are part of 14 of the leading Australian mental health, homelessness, disability and representative organisations urging the federal, state and territory governments to take stronger action to address the climate crisis and reduce emissions to protect the mental health and wellbeing of the Australian community.

The Manual of Resources

Between 2017-19, CBPATSISP worked to identify, translate and promote evidence-based positive practice in preventing suicide among Aboriginal peoples and communities. This has culminated in the development of a *Manual of Resources in Aboriginal and Torres Strait Islander Suicide Prevention*.

This manual will distil the work of CBPATSISP and the Aboriginal and Torres Strait Islander Suicide Prevention Evaluation Project (ATSISPEP), into practical, accessible resources and toolkits to be presented in three sections: (1) for individuals, families, peers and communities, (2) for frontline services, clinicians and other professionals, (3) for Primary Health Networks.

In May 2020, Professor Pat Dudgeon and lead consultant Julie Robotham ran three highly successful community consultation Zoom workshops to develop and test the content of the Manual. We look forward to launching the Manual in 2021.

This initiative coincides with the publication of Abigail Bray and Professor Dudgeon's book chapter: *Global partnerships for sustainable development with and for indigenous peoples*.

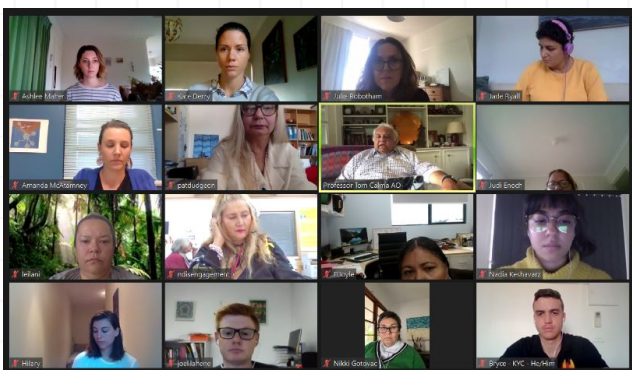
This book chapter is available to read [here](#).



Renewal of the National Aboriginal and Torres Strait Islander Suicide Prevention Strategy (NATSISPS)

TIMHWB researchers are involved in the renewal of the NATSISPS. Rob McPhee is chairing a Governance Committee under Gayaa Dhuwi (Proud Spirit), and membership includes Professor Pat Dudgeon and Tom Brideson among others.

For further information go to: <https://www.gayaadhuwi.org.au/sp-strategy-renewal/>



The Hub and Other News

To mark World Suicide Prevention Day on the 10th of September 2020, Pat Dudgeon and @CBPATSIISP guest tweeted for @WePublicHealth.

Pat highlighted the importance of self-determination, decolonisation and Indigenous governance features among Aboriginal and Torres Strait Islander suicide prevention resources.

All of the resources tweeted by Professor Dudgeon can be found [here](#).



Lifeline Wellbeing Report

In 2020, Lifeline Australia in partnership with CBPATSIISP launched the *Wellbeing and Healing Through Connection and Culture Report*.



The report is the first literature review undertaken in Australia analysing the emerging research and knowledge, key themes and principles surrounding Aboriginal and Torres Strait Islander cultural perspectives and concepts of healing and wellbeing as they relate to suicide prevention and is available to read [here](#).



Aboriginal Participatory Action Research Report

In 2020, Lowitja published APAR: An Indigenous methodology strengthening decolonisation and social and emotional wellbeing.



This paper examines the interrelationship of core components of APAR articulating an Indigenous epistemology, ontology, axiology (Indigenous ways of knowing, being and doing) and methodology covering Indigenous specific methods, guiding principles, research protocols and ethical guidelines. This paper also demonstrates how APAR contributes to Indigenous SEWB and Indigenous Psychology and is available to read [here](#).



Bilya Marlee, School of Indigenous Studies



Poche Centre for
Indigenous Health

Thanks for reading our newsletter!
For more TIMHWP news, follow us at:



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@cbpatsisp



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