



## Contents

- Project update
- Introductions and farewells
- New partnerships
- Awards
- Conferences
- Publications
- Dates for workshop 3
- Self-care tip

## Contact us

E [hpnf@latrobe.edu.au](mailto:hpnf@latrobe.edu.au)

P +61 03 9479 8799

## Website

<https://www.latrobe.edu.au/jlc/research/healing-the-past>

## Save the date

*The third key stakeholder workshop will be held on Thursday 14<sup>th</sup> and Friday 15<sup>th</sup> November in Melbourne.*

We will confirm venues and send registration details soon but please save the date. The purpose of the workshop will be to reflect on findings emerging from previous stages in the project and co-design preliminary strategies for perinatal awareness and support, as well as recognition processes and a preliminary assessment tool.

*Perinatal support for Aboriginal and Torres Strait Islander parents who have experienced complex childhood trauma*

## Welcome

We are pleased to provide the third Healing the Past by Nurturing the Future (HPNF) newsletter. It's been a great start to 2019 for the project with lots of activities and plans for phase 2 of the project. Please contact us or visit our recently updated website for any further information on the project.

## Project Update

In 2019, we will be conducting activities outlined in a second 'ethics phase' of the project plan. This includes qualitative in-depth discussion groups and interviews with Aboriginal and/or Torres Strait Islander parents, and holding our third key stakeholder workshop in Melbourne, to reflect on findings and plan for how we will continue in 2020. The purpose of the discussion groups is to talk with parents (using third person scenarios) about what they see as the key issues for parents experiencing complex trauma, and what kinds of

support strategies would be helpful. We will also conduct some individual interviews to ask about the language used in draft assessment questions. For the discussion group, we will be using the 'tree of life' methods that we trialled in the second key stakeholder workshop (see image). Phase 2 ethics have been submitted in our three jurisdictions; South Australia (SA), Northern Territory (NT) and Victoria (Vic). So far SA and NT ethics has been approved and we are expecting to hear the outcomes for Vic soon.



## Other HPNF Activities

### Reports and Publications

The [workshop 2 report](#) is available by clicking on the link.

Two articles have been accepted for publication in two peer reviewed journals. These are:

1. Parenting after a history of childhood maltreatment: a scoping review and map of evidence in the perinatal period (PLOS ONE); and
2. The Healing the past by nurturing the future: Cultural and emotional safety framework (Journal of Indigenous Wellbeing: Te Mauri-Pimatisiwin).

Both will be available in the near future on open access. Links to these will be provided at a later date.

### Video Production

A 15-minute strength-based video will soon be produced as a learning and educational resource. The title is *Healing the past by nurturing the future: Understanding the impact of complex trauma for Aboriginal and/or Torres Strait Islander parents in the perinatal period*. It aims to 'speak to Aboriginal people' about the potential impacts of complex and intergenerational trauma during the perinatal period and the unique opportunities for healing.

### Evidence Reviews

Two systematic reviews are underway to help inform the project:

1. A qualitative systematic review of perinatal experiences of parents who were maltreated in their own childhood. Data analysis is underway, and we hope to have a draft report by the end of March.
2. A review of perinatal interventions to support parents who experienced maltreatment in their own childhoods. The title for this review has been lodged with the Cochrane Library, and will take at least a year to complete, but we at least hope to be able to share the types of interventions currently being used elsewhere at our third key stakeholder workshop.

### Introductions and Farewells



Carol Reid was successful in gaining the La Trobe/HPNF project funded scholarship to conduct her PhD with the project and commenced in early February. Her supervisors are Associate Professor Catherine Chamberlain and Professor Jan Nicholson. Carol grew up in the fruit growing area of Shepparton, in rural Victoria and has worked with local families in health and social care. Carol holds a Masters of Evaluation, University of Melbourne; a Bachelor of Social Work (Honours), Deakin University; and had an early career as a hospital trained nurse. Carol has a research interest in place-based approaches to further understand the unique experiences and needs of communities, individuals and services. She will be conducting a Cochrane systematic review to evaluate the effectiveness and efficiency of intervention strategies to support parents who have experienced maltreatment in their childhoods. Welcome Carol.

We were saddened that Kasumi Ejiri, who started recently with the project based in Alice Springs, resigned in mid-February. Kasumi needed to prioritise her family and support her young son's needs. It has been a privilege to work with Kasumi and wish her and her family the very best for the future.

## Awards



A huge congratulations to Emeritus Professor Judy Atkinson, who was awarded a [MEMBER \(AM\) IN THE GENERAL DIVISION](#) for "significant service to the Indigenous community, to education, and to mental health." In the Australia Day honours list. It is such a pleasure to have Judy on our team.

## New Partnerships

The HPNF project has been very fortunate in securing partnerships with many organisations and services in SA, NT and Victoria in 2018. In the last four months a new partnership has been confirmed with the Royal Women's Hospital in Melbourne, Victoria. This service has extensive experience and expertise working with Aboriginal and Torres Strait Islander families, including in trialling a continuity of midwifery care program. The Victorian Aboriginal Community Controlled Health Organisation, the peak body for the health and wellbeing of Aboriginal and Torres Strait Islander peoples living in Victoria, has also joined the project as a 'critical friend'. We look forward to a great working relationship with these fabulous people.

## Conferences



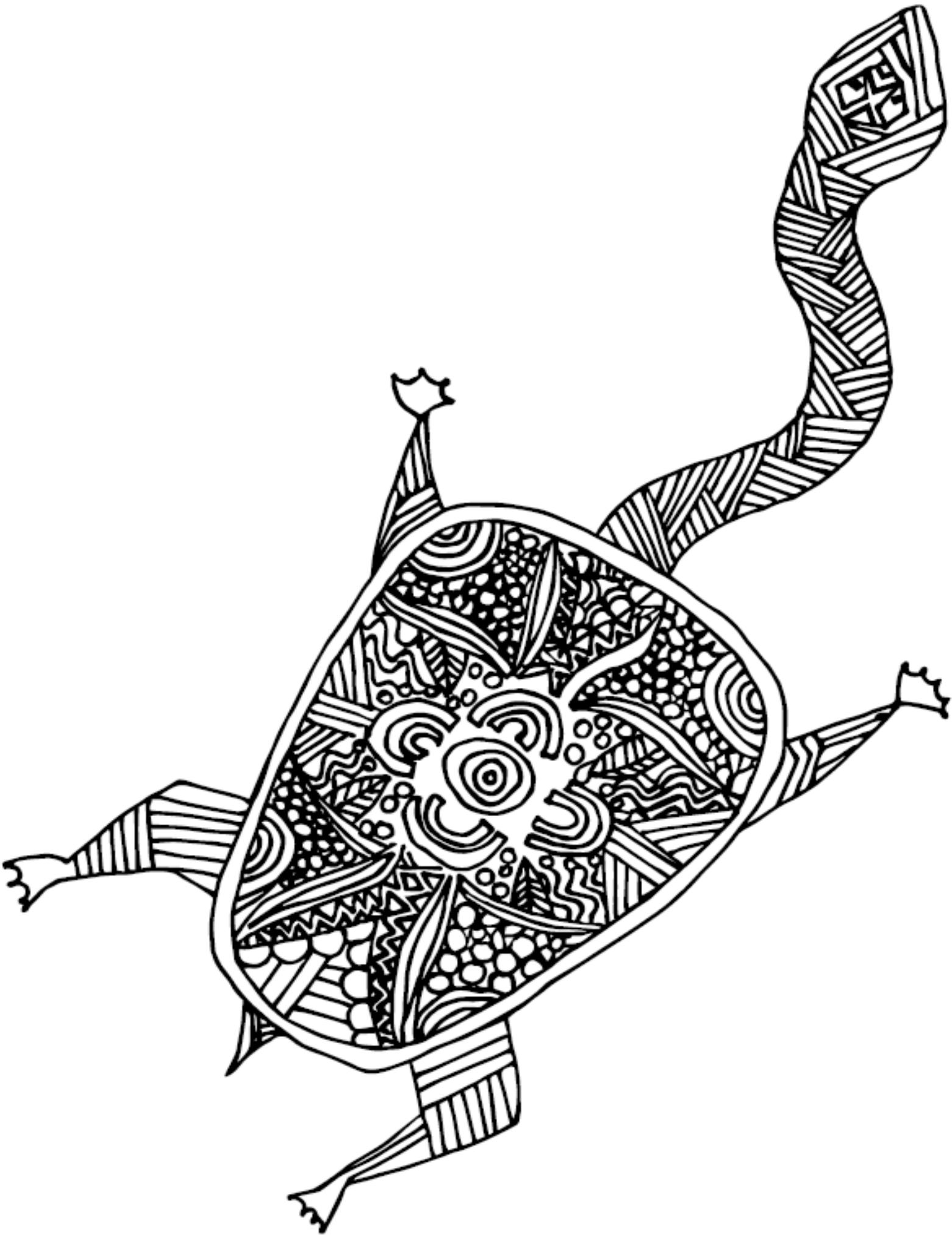
*World Indigenous peoples united in song and dance with Yothu Yindi at the HOSW conference*

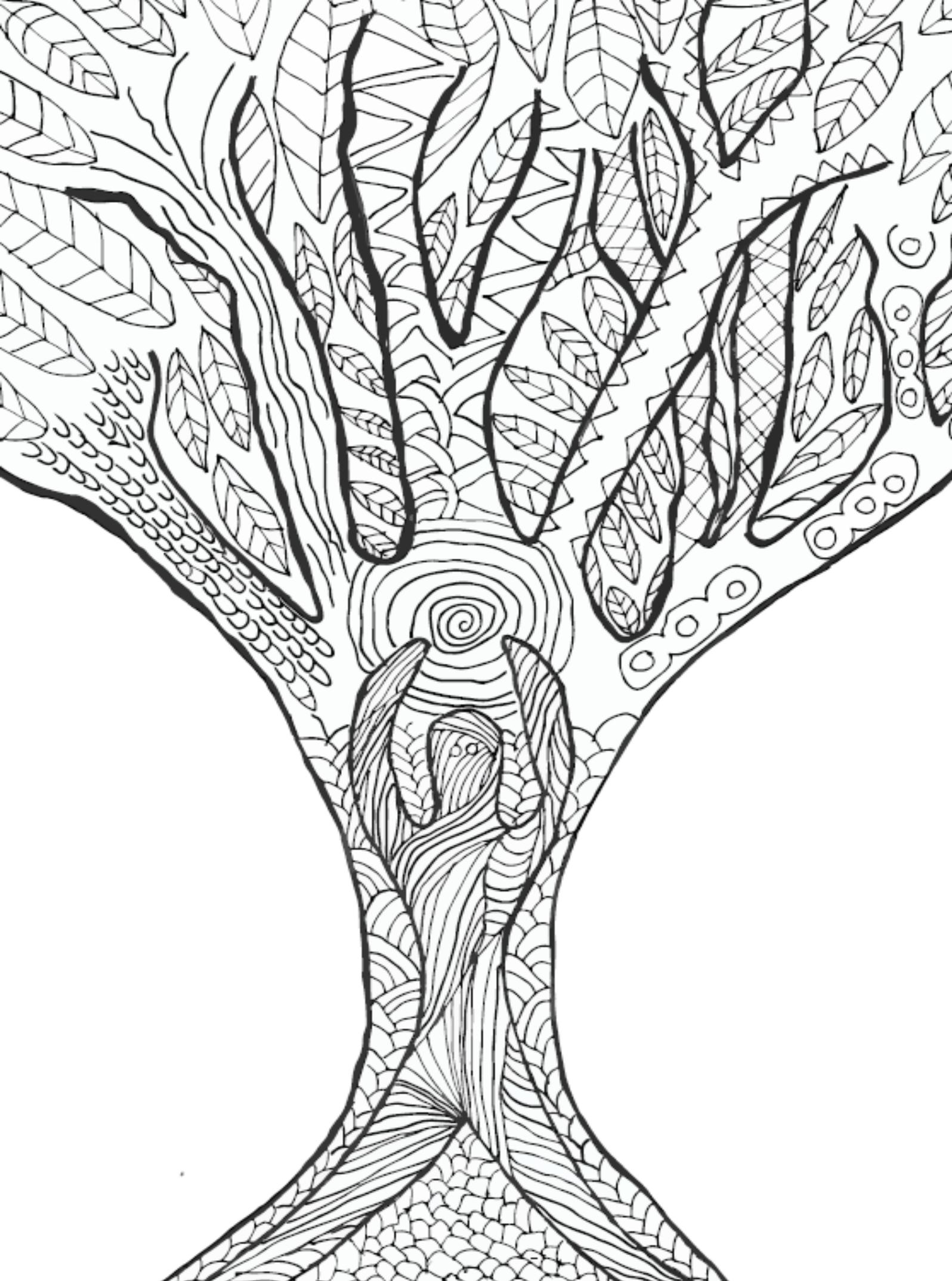
Dr Yvonne Clark presented on the HPNF safety protocol at the Healing Our Spirit Worldwide (HOSW) Conference (<http://hosw.com/>) on 27<sup>th</sup> November in Sydney. The session attracted interest with participants asking lots of questions and taking photos of slides.

Five abstracts were submitted for the upcoming Lowitja Institute International Indigenous Health and Wellbeing Conference for June 2019 in Darwin. These comprise: 3 individual sessions on; (1) collaboration in developing a recognition and assessment tool, (2) the qualitative systematic review, (3) the safety protocol and implications; and 2 abstracts for workshops (60 mins) for an interactive discussion about learning from collaborative approaches within HPNF, and (5) the safety protocol in action for assisting trauma in the HPNF project. The selection outcomes will be released on 8<sup>th</sup> March 2019. See <https://www.conference2019.lowitja.org.au/>

### **Our 'self-care tip' for this newsletter is to...**

Add a bit of colour in your life...mindfulness colouring in or painting can be relaxing and nurture your creativity. We have provided a page for you to colour in, with compliments from the Victorian Aboriginal Health Service. 😊





*Drawing by Kate Booth (Gunai/Gunditjmara) for the Victorian Aboriginal Health Service.*