



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

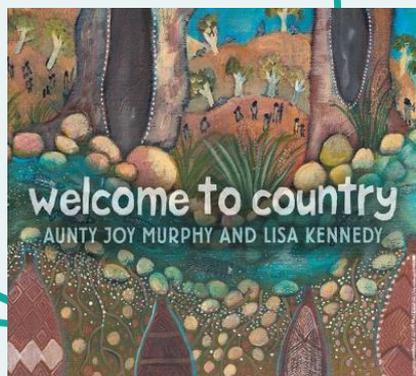
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## Contact Us

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*Welcome to Country, a picture book by Auntie Joy Murphy Wandin, the senior Aboriginal Elder of the Wurundjeri people, with illustrations by Indigenous artist Lisa Kennedy, invites readers to discover some of the history and traditions of her people.*

HPNF is funded by the Lowitja Institute CRC and the National Health and Medical Research Council (NHMRC) (1141593).

## NAIDOC Week Edition (8-15 November)

Happy NAIDOC week! We are delighted to celebrate the theme *Always Was, Always Will Be*, recognizing that First Nations people have occupied and cared for this continent for over 65,000 years. We hope you all get to enjoy some [NAIDOC Week Events](#).

## Investigators' report and project update

We are pleased to share the eighth *Healing the Past by Nurturing the Future* (HPNF) project newsletter which we circulate three times a year. What a year 2020 has been! We hope you are keeping well and safe during these unsettling times.

Highlights since our last newsletter include commencing parent interviews to develop an *Aboriginal Complex Trauma and Strengths Questionnaire* in South Australia, Victoria and the Northern Territory. We sincerely thank all parents and interviewers for your generosity in sharing your expertise. We have also published a [paper](#) describing important considerations for talking with parents about complex trauma, submitted papers from the 'Deadly Nanna's' and first round of parent discussion groups and are working with partners to develop grant proposals for development, implementation and evaluation.

## Please help us with this research

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

*Are you Aboriginal and/or Torres Strait Islander?*

*Are you or your partner pregnant or have a child up to 5 years old?*

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

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

We will provide *supermarket vouchers*, a *thank you gift* and a *book* for your child for your time. If you would like to know more please click [here](#).

## HPNF Interviewers



Kimberley Harrison (Interviewer)

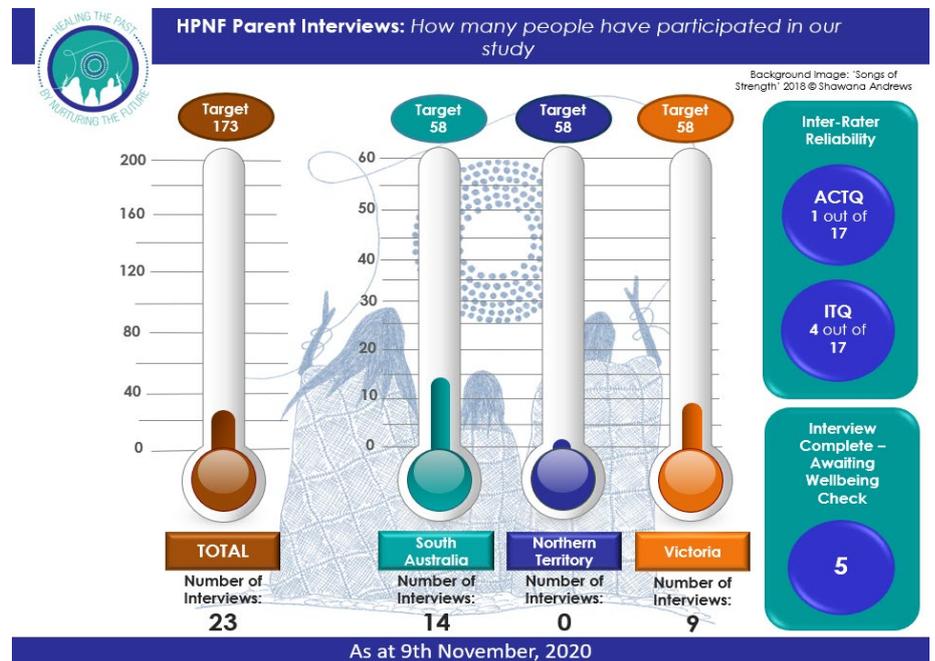


Alison Elliott (Interviewer)



Pamela McCalman (Interviewer)

## How many people have participated?



HPNF Parent Interviews: How many people have participated in our study - developed by Dr Shannon Bennetts

## APPRISE Grant

The *Healing the Past by Nurturing the Future* project team have been awarded research funding in a unique round that privileges First Nations voices in the global response to COVID-19. The [new funding](#) aims to use our knowledge of trauma to inform best-practice responses to COVID-19, and supports additional COVID-19 questions in the current parent interviews to assess the impact of COVID-19 on complex trauma related distress. While the research will draw on data from First Nations people from around Australia, it will also investigate how increased fear and anxiety as a result of the COVID-19 pandemic may compound distress relating to pre-existing trauma in the general population. This work also brings new researchers with public health expertise to the team including:

- Dr Michelle Bovill, Thuru Indigenous Health Unit, Newcastle University
- Dr Caroline Atkinson, We Al-li Foundation
- Dr Simon Graham, University of Melbourne
- Dr Janine Mohammed, The Lowitja Institute
- [Dr Cindy Woods](#), La Trobe University
- Ms Christina Heris, University of Melbourne
- [Dr Shannon Bennetts](#), La Trobe University

The funding was announced on 14 October by the Australian Partnership for Preparedness Research on Infectious Disease Emergencies (APPRISE) Centre of Research Excellence.

# NEWSLETTER November 2020

National Aboriginal and Torres Strait Islander Health Worker Association (NATSIHWA) is now known as [National Association of Aboriginal and Torres Strait Islander Health Workers and Practitioners \(NAATSIHWP\)](#).



## New project staff

We are delighted to welcome Karen King, who is working with the HPNF project based at Congress in Alice Springs for the next few months recruiting parents for the Phase 3 interviews. Karen brings a wealth of expertise with her and is an emerging young leader in this field.



Karen King

*My Name is Karen King, I'm a proud Warlpiri, Gurindji, Jawoyn Woman from the Northern Territory. I'm the new Project Coordinator on the Healing the Past by Nurturing the Future (HPNF) research project, based in Alice Springs. I have recently moved back to Alice Springs after living in Victoria for the past 2 years and working within VACCA. I'm currently studying with La Trobe University via zoom, in the process of completing my Graduate Certificate in Family Therapy. This is what led me to the project and fortunately linked me with the team in Alice Springs. I will be with the project up until December 2020, as I will be expecting my baby in January 2021.*

We are also delighted to welcome [Christina Heris](#) to the *Healing the Past by Nurturing the Future* project team working 2 days a week (dropping down to 1 day in a month) on the new APPRISE funded research project. Christina has a wealth of expertise in adolescent health research.



Christina Heris



# NEWSLETTER November 2020

## New publications

We are proud to share our latest publications:

- Community perspectives of Complex Trauma Assessment for Aboriginal parents: 'It's important, but how these discussions are held is critical' see full article [link](#).
- The Healing the Past by Nurturing the Future: [cultural and emotional safety framework](#)

Previous publications are available [here](#).

## Resources

We are pleased to share the following resources that can be accessed by clicking on the below links:

Australian Psychoanalytical Society – Two Way: Learning from each other – A Webinar series  
<https://www.psychoanalysis.asn.au/two-way-event>

[How Toxic Stress Affects Us, and What We Can Do About it](#) (You Tube)

[Australian Guidelines for the Prevention and Treatment of Acute Stress Disorder, Posttraumatic Stress Disorder and Complex PTSD](#)

Australian Childhood Foundation – [Thoughtful Parenting Kit](#)

Yarning [SafeNStrong](#) is a free and confidential counselling service for Aboriginal and Torres Strait Islander Peoples and is now available 24/7 to offer free and confidential support during COVID-19. Give us a call on 1800 959 563 to have a yarn with us.



## Self-care tip 😊

### A Simple Way to Walk

*Mindful Walking* is one way of enabling parents and carers, along with their children, to be more present in their body and enjoy the experience of feeling calm. This new free resource is a simple exercise that encourages an approach to walking that quietens the mind and is a fun relational activity for children and their parents and carers. Click [here](#) for more information.