



# Indigenous Wellbeing Conference

Panpapanpalya

Empowering First Nations Australian, Māori and Pasifika Community-Led Change in Social & Emotional Wellbeing

Niina marni (Welcome)

**Monday 24 October –  
Tuesday 25 October 2022**

**ADELAIDE OVAL,  
SOUTH AUSTRALIA**

[anzmh.asn.au/iwc-2022](https://anzmh.asn.au/iwc-2022) | #IWC22

HOSTED BY



Australian & New Zealand  
Mental Health Association



# Platinum Sponsors



**Gayaa Dhuwi (Proud Spirit) Australia**  
Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention



**Healing Works**  
AUSTRALIA



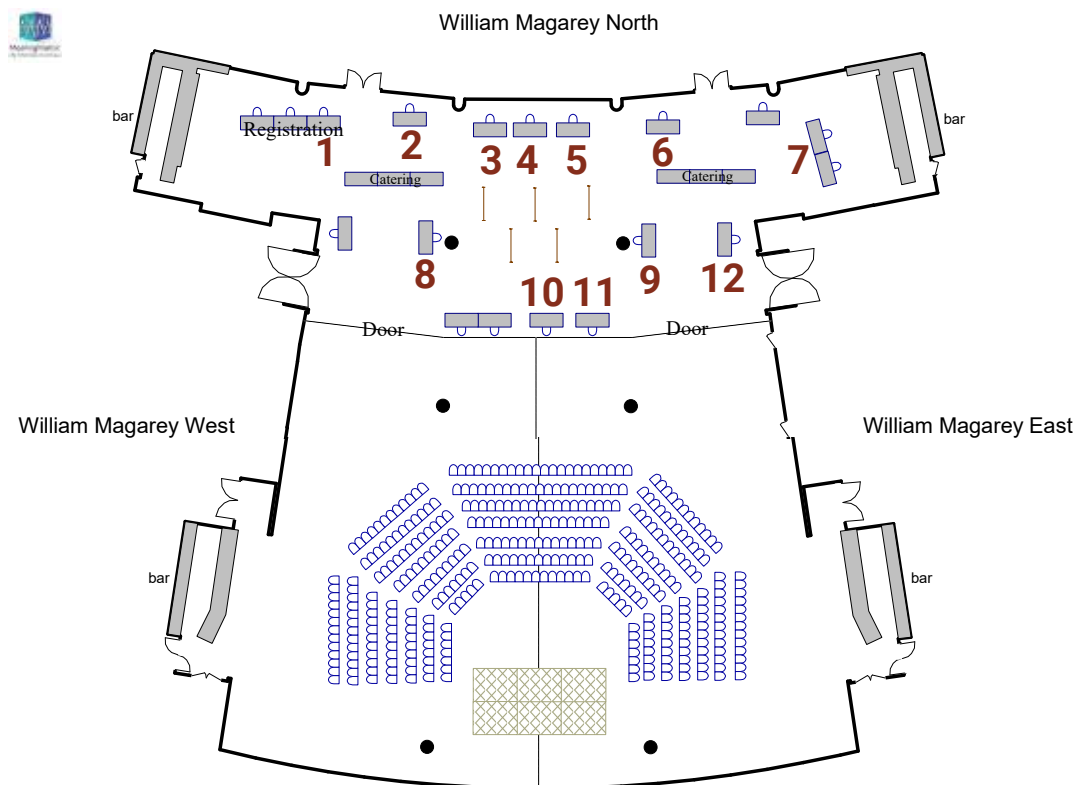
## Floor Plan

**Plenary Sessions:** William Magarey Room

**Breakout Rooms:** Ian McLachlan Room East & Ian McLachlan Room West

**Exhibition, Catering & Networking Event:** William Magarey Room North

**Speaker's Prep:** Corporate Suite 7



## EXHIBITOR LISTING

- |   |   |
|---|---|
| 1. Australian & New Zealand Mental Health Association | 7. Involve Youth                        |
| 2. Healing Works Australia                            | 8. Council of Elders                    |
| 3. Victorian Responsible Gambling Foundation          | 9. NDIS                                 |
| 4. Diversity Network Australia                        | 10. University of Sydney/eMHPPrac       |
| 5. LivingWorks Australia                              | 11. WellMob                             |
| 6. Gayaa Dhuwi (Proud Spirit) Australia               | 12. Australian Indigenous HealthInfoNet |



Kiya,

I would like to extend a warm welcome to the Indigenous Wellbeing

Conference 2022. It is wonderful to have your support at this mooritj event.

As the Conference Chair, I am delighted to see so many deadly First Nations and our non-Indigenous brothers and sisters converge, both in-person and online, to deliberate and talk about the various challenges and opportunities confronting Australia and New Zealand First Nations peoples and communities.

During the next two days, you will hear from a range of deadly speakers addressing a wide selection of topics to provoke discussion. With something for everyone, I hope that you find the program informative, motivating, and inspirational. I want to make a special mention and say thank you to our fantastic presenters. Their valuable contributions, along with guidance from the program committee, have created an extensive and inclusive program.

This conference was established to share best practice approaches and hear from people working on the ground on how we can empower and improve First Nations well-being and I look forward to hearing on what is working in your communities and converging minds to tackle

the challenges as well.

I must thank our delegates for their ongoing support of the conference. I look forward to seeing some familiar faces and welcoming some new ones as we embark on the next few days of reflection, sharing and networking.

Finally, a special thank you to our exhibitors and sponsors whose support of this conference is vital to its success. I encourage you to take advantage of break times to engage with the exhibitors and expand your connections.

The conference session recordings will be available to delegates shortly after the conference.

Please also take the time to complete the evaluation form. Your feedback will help us continue to grow as we progress into the 2023 Indigenous Wellbeing Conference.

**Nat Heath**  
Conference Chair

## Acknowledgement

We would like to acknowledge the valuable contribution of all **committee members** and **session chairs** for their time and expertise with the conference program.

## Program Committee

**Parry Agius**, Managing Director, Linking Futures

**Asha Bhat**, Chief Executive Officer, Southern Aboriginal Corporation

**Leshay Chong**, Regional Social Health Manager, Institute of Urban Indigenous Health (IUIH)

**Libby Cook-Black**, Founder, Female Co.

**Nat Heath**, Manager, Aboriginal Engagement and Policy Team, NSW Department of Education (Early Childhood and Education Directorate)

**Daryl Hobbs**, Senior Psychologist, Winda-mara Aboriginal Corporation

**Maraea Johns**, Māori Manager, Te Hiringa Mahara Mental Health and Wellbeing Commission in Aotearoa & Bay Of Plenty District Health Board

**Tanya McGregor**, Director, Aboriginal Health, SA Health

**Shane Mohor**, Chief Executive Officer, Aboriginal Health Council of South Australia

**Lynne Russell**, Senior Research Fellow Māori Health, Victoria University of Wellington

**Donna Stanley**, District Coordinator Aboriginal Mental Health Drug & Alcohol, Western NSW Local Health District

**Tahnee Sutton**, Project Manager – Mental Health. Aboriginal Health Investment | Aboriginal Health

# General Information

The following information is provided to make your attendance at the Indigenous Wellbeing Conference as pleasant as possible. If you require assistance, please visit the conference team at the registration desk.

## REGISTRATION AND INFORMATION DESK

The registration desk will be located outside the William Magarey Room. The hours of operation are as follows:

**Monday 24 October 2022 7:00am – 5:45pm**

**Tuesday 25 October 2022 7:00am – 4:45pm**

## NAME BADGE

Please collect your name badge from the registration desk and wear it each day as it is your official pass to all sessions, exhibition, morning tea, lunch, afternoon tea and the social function.

## DRESS CODE

The dress code is smart casual.

## WI-FI

Complimentary Wi-Fi internet is available in all event areas.

## MOBILE PHONES

Please ensure all mobile phones are switched to silent while in conference sessions.

## CONFERENCE CATERING

All catering will be served in the Exhibition Area with the exhibitors and poster presentations.

## NETWORKING FUNCTION

The networking function will be held on Monday 24 October from 4:45pm – 5:45pm in the Exhibition Space. Canapes, beer, wine, and soft drinks will be served.

## ACCOMMODATION

Accommodation accounts must be settled with the hotel on checkout. The Committee and/or Conference Secretariat are not responsible in any way for outstanding accommodation accounts.

## RESOURCE CENTRE

As part of your conference registration, you will receive access to the Indigenous Wellbeing Conference presentation recordings. This online library includes presentation slides and video recordings that can be watched on demand for 30 days. Your login details will be sent to you via email approximately five business days after the conference.

## COVID SAFE

Please stay home if you are feeling unwell or showing symptoms of COVID-19 – fatigue, shortness of breath or fever. Whilst masks are no longer mandatory, you are welcome to bring and wear your own.

Marni naa (niina) pudni iangka, ngadluku yartangka, inparitya ngadlu-ityangka. Kaarumarrarninga! (It's good that you are able to come here to meet with us. We hope you enjoy yourselves).

## Key Contacts



### Conference Manager

Emma Brooks | P: 0435 314 052 | E: [iwc@anzmh.asn.au](mailto:iwc@anzmh.asn.au)

### Program & Research Manager

Rachel Dempster | P: 0431 917 300 | E: [research@anzmh.asn.au](mailto:research@anzmh.asn.au)

### Head of Partnerships

Talitha Natt | P: 0451 602 265 | E: [partner@anzmh.asn.au](mailto:partner@anzmh.asn.au)

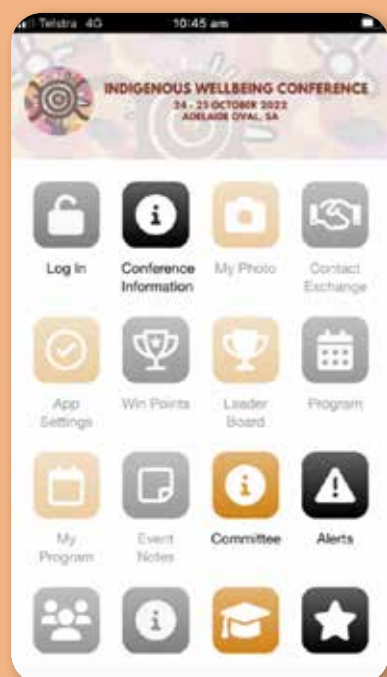
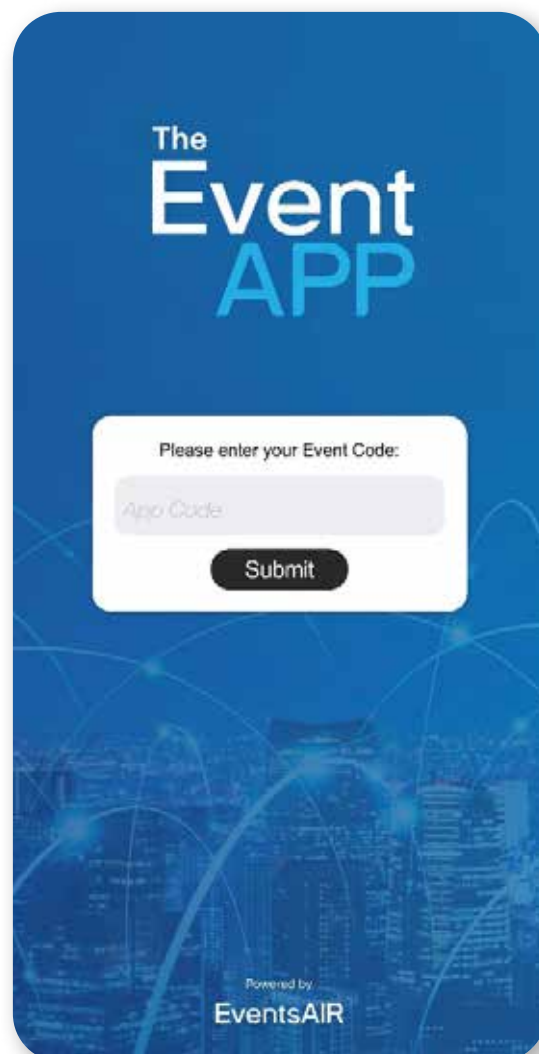


# Want to Make the Most of Your Conference Experience?

## Download the conference app!

### SIMPLY FOLLOW THESE EASY STEPS:

1. Visit the app store on your Apple or Android device
2. Search 'The Event App by EventsAir' and download
3. Open and enter event code **IWC22**
4. Your name badge has your login and pin!



## App Features

**Stay up to date and connected during the Indigenous Wellbeing Conference.**

**PROGRAM** Create your own personal schedule and view the latest program details.

**SPEAKERS** Read speaker biographies and presentation overviews.

**NETWORK** Connect with fellow delegates and network via in-app messaging.

**CONNECT** View who has joined us as an exhibitor and sponsor.

**GAMIFICATION** Compete for prizes – it's fun and easy.



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[www.adelaideconvention.com.au](http://www.adelaideconvention.com.au)







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## Social Media Competition

Use hashtag #IWC22 or tag @ANZMHA  
highlighting your favourite moments of our conference...



Like

...and go into the draw to WIN one of these prizes:

- 1x FREE virtual registration to IWC23

- 1x FREE in-person registration to

any of our ANZMHA conferences (you choose!)

# Keynote Presenters



## Dean Bayliss

Healing Works Australia

Dean Bayliss is a proud Kamilaroi man and is the CEO of Healing Works Australia. Dean has extensive experience within suicide prevention and postvention, including roles within The Way Back Suicide After Care Program, co-design, development and service delivery of the Aboriginal and Torres Strait Islander Suicide After Care Program and suicide prevention with community led emotional wellbeing and healing events. He also

has significant experience in program co-design, strategic suicide intervention program development, implementation and delivery. Additionally, he has been a contributing member of multiple suicide prevention based networks and groups, including LifeSpan Newcastle. More recently, he has been sought out to provide cultural supervision for a NSW school based "Elevate and Empower leadership program" with the Aboriginal Education Officers through training, mentoring and supervision. Dean's personal and professional experiences have placed him in a unique position to provide culturally competent, sensitive and safe environments for Aboriginal and Torres Strait Islander Peoples who are at risk of suicide, or who would like to learn how to support someone who is at risk of suicide. Dean's solid understanding of himself and his own lived experiences enables him to understand and assist others through a nurturing and empathic approach. This is critical when empowering communities. His background in training, development and business management compliments his abilities to lead others as a confident role model and mentor, along with his ability to relate well to others regardless of their background or circumstances. Dean holds a strong commitment to building the capacity and resilience of individuals and communities regarding mental health, suicide prevention and healing. He values and respects cultural protocols and does not allow consultation and community engagement to be compromised as he believes they are fundamental for a tailored and sustainable approach for each individual community. Dean is a Master ASIST and I-ASIST trainer and is also a safeTALK and safeYARN trainer – all of which are industry leading suicide intervention training programs developed by Livingworks Australia, whom Dean is proudly affiliated with. Dean is also a co-developer and facilitator of the Hope to Healing Workshop. He is also available for speaking engagements and has extensive experience as a keynote speaker and panellist member at conferences and symposiums throughout Australia. Dean is currently a National Network Member for the Black Dog Institute Aboriginal and Torres Strait Islander Lived Experience Centre, a National Advisory Member for the Ibobby app for the Black Dog Institute, and a national Consortium Member on behalf of Healing Works Australia for I-ASIST. Dean collaborates and has forged strong partnerships with Government, Non-Government and community groups with guidance, strong vision and accountability. His key focus is building strong sustainable kinship through targeted support.

### Nothing About Us Without Us – Delivery of Culturally-Safe Social and Emotional Wellbeing and Evidence-Based Suicide Prevention Training by Healing Works Australia

**Monday 24 October | 9.40am – 10.10am**



## Jack Buckskin

Aboriginal Cultural Service Mentor (Kuma Kaaru Cultural Service)

Founder and Managing Director of Kuma Kaaru Cultural Services Pty Ltd, Jack has spent his life relearning and teaching his mother tongue language, the once said extinct Karna language. Jack has been lucky enough to travel the world promoting the works of language empowerment and endangered languages globally and how others can start their journey with strategies to put

in place. Coming from a very low-income childhood, he has showed that resilience and hard work can pay off and any child can be who they want to be or do what they want to do.

### Was Said The Be Dead

**Monday 24 October | 4:00pm – 4:30pm**



## Sarah Decrea

Practice Manager of Family Led Decision Making Practices at Relationships Australia SA (RASA)

Sarah is a proud Torres Strait Islander woman living and working on Karna country. Being able to grow up strong in culture, Sarah is able to see the benefits of connecting back to culture for healing families from the adverse effects of colonisation and racism. As Practice Manager - Family Led Decision Making across the whole

of Relationships Australia SA (RASA), she provides cultural information and guidance to the mainstream, culturally diverse and Aboriginal staff. Sarah's work for the last 5 years as a therapeutic practitioner focused on attachment has led to Sarah creating an early intervention service working with families with infants aged under two years, who are involved with the child protection system. With the changes in SA laws on child protection, Sarah is influencing the way statutory services and community based, mainstream services including family led decision making practices into their work to reduce the number of Aboriginal infants and children entering out of home care. Sarah has designed and developed a professional training program called 'Working Better with Nunga Kids' and a Family Group conferencing restorative relationships training session that is delivered to community service organisations across the state, and she is the NAPCAN State Award winner for her work. Sarah's heartfelt and powerful presentations at national and international conferences inspire pride in culture and describe how Aboriginal 'old ways' can be reclaimed, for the benefit of the whole of Australia.

### PanShop: Topic: Cultural Resilience and Social Justice

**Tuesday 25 October | 8:30am – 10:00am**



## Professor Patricia Dudgeon

Aboriginal Australian Psychologist and Research Professor

Pat Dudgeon is from the Bardi people in Western Australia. She is a psychologist and professor at the Poche Centre for Aboriginal Health and the School of Indigenous Studies at UWA. Her area of research includes Indigenous social and emotional wellbeing and suicide prevention. She is the director of the Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention at UWA. She is also the

lead chief investigator of a national research project, Transforming Indigenous Mental Health and Wellbeing that aims to develop approaches to Indigenous mental health services that promote cultural values and strengths as well as empowering users. She has many publications in Indigenous mental health, in particular, the Working Together Aboriginal and Torres Strait Islander Mental Health and Wellbeing Principals and Practice 2014.

### PanShop: Topic: Cultural Resilience and Social Justice

**Tuesday 25 October | 8:30am – 10:00am**



## Rod Jeffries

Chairperson, International Indigenous Council for Healing Our Spirit Worldwide and Owner / Manager of Ancestral Visions

Rod Jeffries is Wakenyahten (Turtle Clan) of the Kanyen/kehaka Niwakitaroten (Mohawk) residing at home on the Kenhte:ke Nitewake:non (Tyendinaga Mohawk Territory, Ontario, Canada.) For the past 38 years, he has worked in the fields of substance abuse, healing, wellness and treatment as manager, workshop trainer/facilitator, program developer and evaluator.

Rod is an international speaker/trainer having presented in Australia, New Zealand, USA, and Europe. In the past 27 years his efforts have focused on the development & delivery of programs and staff for working with survivors of trauma, cultural oppression, sexual abuse and residential/boarding schools. In recent years, Rod has become well known for his work on trauma, shame and lateral violence across Canada and in New Zealand. He is the chairperson of the International Indigenous Council for Healing Our Spirit Worldwide. Rod's involvement with HOSW began in 1991 prior to the First Gathering in Edmonton, Alberta in 1992. He remains involved today in the preparation for the next Gathering in Vancouver in 2023. In recent years, Rod's efforts have focused on addressing issues directly related to trauma, historic trauma, abandonment, shame & lateral violence through the utilization of our strengths, resilience, compassion and the cultural systems that sustained us for thousands of years. In the past ten years he has concentrated on developing trauma-based addictions programs to assist communities in their healing initiatives. He has recently developed facilitator training programs on lateral violence and healing trauma to share his messages and techniques for Indigenous people to rebuild those systems in today's context. In addition, Rod continues with management development including healthy organisational environments, strategic planning, teamwork & teambuilding and operational plan development. The foundation of all the training and development is our history and culture as Indigenous peoples, that in the past, has provided us with the values and beliefs to sustain our well-being.

### The Journey to Connection

**Tuesday 25 October | 3:30pm – 4:00pm**



# Keynote Presenters



## Dr Diana Kopua

Co-founder and Co-director of Te Kurahuna Ltd, Mahi a Atua

Diana is a proud Ngāti Porou woman raised in Porirua under the mantle of Ngāti Toa on the Marae of Takapūwāhia. She is a creative spirit with a talent for music. After 11 years of Mental Health Nursing Diana embarked on a long 13 year journey to become a Consultant Psychiatrist specialising in Indigenous health. In the mid 90's Diana created an approach

that she called Mahi a Atua, which has now become recognised as an innovative and successful Mātauranga Māori kaupapa that prioritises oranga whakapapa and creativity, with its trademark of pūrākau, reflection and feedback. In 2010 Diana was awarded the prestigious Ngarimu VC Manakura Award. It is awarded to those who display characteristics of the 28th Māori Battalion; strength of character, ambition, courage and original thought. Diana carried these characteristics to the Tairāwhiti in 2014 where she became the first Ngāti Porou psychiatrist. In 2020, Diana was awarded the prestigious Dr Maarire Goodall award for her ongoing contribution to Māori Health. In the words of Professor David Tipene Leach, Chair of Te ORA 'Dr Di Kopua is a great example of the 'doctor scientist and social justice champion' that Maarire Goodall embodied.'

**He Haerenga- A Journey from Harm to Well-Being**  
**Monday 24 October | 3:20pm – 4:00pm**



## Mark Kopua

Co-founder and Co-director of Te Kurahuna Ltd, Mahi a Atua

Mark was raised by his old people in Mangatuna and is considered an East Coast historian. Recognised as a Master Carver of seven Meeting Houses, Mark is one of the first wave of Moko artists who reinstated modern Moko over 30 years ago. Mark has trained several current Moko artists and Carvers and is still involved in the arts. He has been active in the Moko Ihorei

repatriation work both Internationally and Domestically and employed to provenance traditional Māori Carvings. Mark has over 32 years regional (Tamararo) Kapa Haka judging and has judged National Kapa Haka (Te Matatini) for 15 years. He first began his journey in mental health services in 2012 and is a confident facilitator in Therapeutic Wānanga and is celebrated as a skilled Storyteller and Keeper of ancient Māori knowledge and whakapapa. Together with his wife Dr Diana Kopua, Mark has created 'Te Kurahuna' - a whare wānanga (training institute) where practitioners learn indigenous knowledge in a unique and authentic way.

**He Haerenga- A Journey from Harm to Well-Being**  
**Monday 24 October | 3:20pm – 4:00pm**



## Dr Lyndon Reilly

Senior Research Project Officer at James Cook University

Lyndon Reilly is a Badtjala (But-chulla) Mununjali man. Badtjala country encompasses K'gari (Fraser Island) and Hervey Bay Region, Queensland, Mununjali country includes the Beaudesert Region Southeast Queensland. Lyndon has lived a majority of his life in the North Central Coast of Queensland Township Mackay. In June 2006, Lyndon moved to Cairns and was employed

for 5 years as a Senior Research Officer with the University of Queensland's, and James Cook University, School of Australian Indigenous Studies. Since 2012, Lyndon had been working full time for the Royal Flying Doctor Service (RFDS) Queensland Section as a Mental Health Promotion Officer. Currently, Lyndon is employed full-time at the University of New South Wales (UNSW), Discipline of Psychiatry, working on a MRFF funded Research Project titled 'Enabling Dad's, Improving First Nations Adolescents Mental Health, across five Far North Queensland First Nations communities; Doomadgee, Kowanyama, Aurukun, Hopevale and Wujal Wujal.

**Addressing the Social and Emotional Well Being of Aboriginal and Torres Strait Islander Men**  
**Monday 24 October | 2:50pm – 3:20pm**



## Rev. Dr. Rex Rigby

National Superintendent

Rex is a Bigambul Man from southeast, QLD. He has been a Pastor for 36 years. For 23 years, he served as a District Superintendent in QLD. In January 2012, he was elected National Superintendent, becoming the first Indigenous Australian to serve as the head of a major denomination. He has spoken around the country, including to indigenous communities and overseas. He has been married for 37 years to Lien, a Vietnamese refugee who escaped in 1979. His doctoral Thesis was Social Cohesion through the eyes of an Australian Indigenous Elder and it's application in the intercultural church.

**PanShop: Topic: Cultural Resilience and Social Justice**  
**Tuesday 25 October | 8:30am – 10:00am**



## Dr Lynne Russell

Kairangahau Matua – Hauora Māori  
Senior Research Fellow, Māori Health,  
Victoria University of Wellington

Dr Lynne Russell works as a Senior Research Fellow - Maori Health with the Health Services Research Centre (HSRC) at Victoria University of Wellington. Much of Lynne's professional and academic work has centred around the Indigenous knowledge and healing practices used in recovery from trauma associated with mental distress, suicide loss and self-harm. She

describes herself as a writer, activist and public speaker stirred by cultural resilience, social justice, Indigenous and LGBTI rights, and the amplification of voices more readily silenced in society.

**PanShop: Topic: Cultural Resilience and Social Justice**  
**Tuesday 25 October | 8:30am – 10:00am**



## Sarah Szydzik

Chief Executive Officer from Gayaa Dhuwi

Sarah is a Yirrganydji woman from Far North Queensland. The reef and rainforest of Cairns and surrounds are Sarah's traditional Country and ancestral homelands. Yarrabah Aboriginal Community is where Sarah and her family have resided since the community's establishment as a remote Anglican mission in the 1890's. Through marriage, Sarah has connections to the Waga Dagum people of the Torres Strait Islands, and the Yuin Nation of New South Wales South Coast. Over the past twenty years Sarah

has worked with and for Aboriginal and Torres Strait Islander Peoples throughout remote, regional, and urban communities across Australia. Sarah has held executive and senior leadership positions across the public and private sectors, within government departments, not-for-profit organisations, and corporate entities. She has led international delegations, and proudly represented Indigenous interests at forums both locally and abroad, including the United Nations. Sarah is passionate about Indigenous human rights and social justice issues, particularly the need to address social determinants impacting Aboriginal and Torres Strait Islander health. She has extensive experience leading the development and delivery of self-determined, culturally safe, programs and initiatives in this field - designed to complement clinical care, implement social and emotional wellbeing best practice, and address social determinants of health. Key focus areas include criminal justice, education, community development, and economic development for social impact. Sarah is skilled at embedding First Nations cultural values and ways of working within policy, strategy, governance, and business operations. She currently sits on the Board of not-for-profit community development charity the Streets Movement Indigenous Corporation, the Aboriginal and Torres Strait Islander International Engagement Organisation (ATSIEO), First Nations Trade, Wudu Banjirri Group, and Yalagan Registered Training Organisation.

**Gayaa Dhuwi (Proud Spirit)**  
**Tuesday 25 October | 4:00pm – 4:30pm**



## Rosemary Wanganen

Healing Centre for Griefology

Rosemary Kudnarto Wanganen is a proud South Australian Aboriginal woman with ancestral links to Kaurna of the Adelaide Plains and Wirungu from the West Coast of SA. Combining her personal lived experiences with her professional experiences as an evidence-based loss and grief model, she established the Sacred Site Within Healing Centre in 1993 and in its strength, established the Australian Institute for Loss and Grief in 2005 and most recently the Healing Centre for Griefology 2021. With 35 years' experience

she's designed a newfound disciple called Griefology and with her industry experience, a published and peer reviewed author she was accepted into the Master of Philosophy at Adelaide University. Today, Rosemary's ultimate aspirations for Griefology is to develop a new-found sector.

**There's Nothing Wrong with Aboriginal People, We're Only Grieving**  
**Monday 24 October | 9:10am – 9:40am**



Healing Works  
AUSTRALIA

*"When communities are  
empowered, Healing Works."*

### OUR SERVICES INCLUDE:

- ◉ *Social & Emotional Wellbeing Program Support & Development (for ACCHOs)*
- ◉ *Community healing workshops*
- ◉ *Suicide prevention consulting*
- ◉ *Suicide prevention program development*
- ◉ *Applied suicide intervention skills training (ASIST & SafeTALK for Indigenous communities)*
- ◉ *Clinical Supervision (Group/individual)*



FOR MORE INFO SCAN BELOW  
OR VISIT <https://healing-works.com.au/>





# Upcoming Events

Use code **IWC** for \$50 off virtual and in-person registrations

## Australian Rural & Remote Mental Health Symposium

9-11 November 2022

Hilton Adelaide, SA

[anzmh.asn.au/rrmh-2022](https://anzmh.asn.au/rrmh-2022)

CPD hours: 12+



Championing Stories of Innovation, Resilience & Endurance

## STOP Domestic Violence Conference

30 Nov - 2 Dec 2022

RACV Royal Pines Resort, QLD

[anzmh.asn.au/sdvc-2022](https://anzmh.asn.au/sdvc-2022)

CPD hours: 12+



A Safer Future is Everybody's Responsibility: How We're Continuing Our Mission for Change

## Frontline Mental Health Conference

6-7 March 2023

RACV Royal Pines Resort, QLD

[anzmh.asn.au/fmhc-2023](https://anzmh.asn.au/fmhc-2023)

CPD hours: 10+



Improve the Mental Health and Wellbeing of Australia & New Zealand's First Responders

Code **IWC** can only be used for virtual and in-person registrations. Code can be used at checkout. Cannot be used for the reduced presenter rate.

# Program | Day 1

	William Magarey Room	Ian McLachlan Room East	Ian McLachlan Room West	Online
<b>7:00am - 8:00am</b>	<b>Registration Open</b> Welcome! Visit the Registration Desk & collect your Name Badge			
8:00am - 8:30am	Smoking Ceremony - Uncle Moogi			
8:30am - 8:45am	Move from Smoking Ceremony to Welcome to Country Ceremony in William Magarey Room			
8:45am - 9:00am	Welcome to Country Ceremony - Uncle Moogi			
9:00am - 9:10am	Housekeeping & Welcome Keynote Session 1 Tikathikati Chair: Nat Heath			
<b>9:10am - 9:40am</b>	<b>Keynote 1: There's Nothing Wrong with Aboriginal People, We're Only Grieving</b> Rosemary Wanganeen, Healing Centre for Griefology			
<b>9:40am - 10:10am</b>	<b>Keynote 2: Nothing About Us Without Us – Delivery of Culturally-Safe Social and Emotional Wellbeing and Evidence-Based Suicide Prevention Training by Healing Works Australia</b> Dean Bayliss, Healing Works Australia			
10:10am - 10:40am	<b>Tikathikati (Chair): Michelle Sweet</b>	<b>Tikathikati (Chair): Awhiora Nia Nia</b>	<b>Tikathikati (Chair): Terri Cassidy</b>	
10:40am - 11:00am	<b>The Role of Māori Cultural Identity Loss in Rangatahi (Youth) Māori Suicide</b> Shaquille Graham, National Public Health Service – Te Whatu Ora Health New Zealand	<b>Indigenous Australians; the Battle for Social Cohesion Within the Broader Australian Community Context</b> Rex Rigby, The Wesleyan Methodist Church	<b>Challenging Existing Beliefs and Mainstream Methodologies</b> Wayne Mulvany, Stirling Eggmolesse & Traven Lea, IWC	<b>Self-Determination of Positive Wellbeing Outcomes through Indigenous Evaluation</b> Susan Graham, New Zealand Curriculum Design Institute
11:05am - 11:25am	<b>Exploring Solutions to Service and System Challenges on Kauria Country</b> Eugene Warrior Jnr, Samhri	<b>STaY 2K: A Life Course Model of SEWB from Birth and Beyond</b> Sylvia McGregor, Judith Cooze, Clowry Kennell - Darling Downs Hospital and Health Service	<b>Te Kete Aronui, Kaupapa Maori Access and Choice</b> Stan Hune, Charley Eketone & Potene Awatere, Te Waka Whaiora Trust	<b>Integrating Culture into Child Mental Health and Forensic Assessments and Case Formulations</b> Craig Heron, Mandy Douch & Juana Katzer - Queensland Health
11:30am - 11:50am	<b>Identifying the Enablers and Barriers of Indigenous University Students Success</b> Georgia Durmush & Christopher Duncan, Australian Catholic University	<b>The Kinship Project - Becoming the Heroes Of Our Own Stories</b> Bernie Goulding, Diversity Network Australia	<b>Te Runanga ō Ngāti Pikiao By Our People - For Our People</b> Hera Merito, Tennille Tukaki, Atapo Huriwai and Derryn Hyde	
11:55am - 12:15pm	<b>Finding First Nations Voices and Their Stories of Wellness</b> Cory Paulson, Charles Sturt University	<b>Pākarutia Te Mokemoketanga</b> Kerri Butler, Take Notice	<b>Journey to Wellness</b> Sheryl Connell, Mark Tipene for Houhanga Rongo Trust	
12:15pm - 1:15pm	<b>Tikathikati (Chair): Marjorie Speedy</b>	<b>Tikathikati (Chair): David Edwards</b>	<b>Tikathikati (Chair): Arvind Ponnappalli</b>	
1:15pm - 1:35pm	<b>Ensuring Self-Determination in a Gambling Awareness Program</b> Dea Morgan & Rod Jackson, Victorian Responsible Gambling Foundation	<b>Self-Determination is Key to Strengthening SEWB: Insights From Northern Adelaide</b> Tina Brodie, South Australian Health and Medical Research Institute (SAHMRI)	<b>Culturally Appropriate Response to Reduce the Suicide in Aboriginal Communities</b> Margaret Saunders, Rural And Remote Mental Health	
	<b>Engaging Community with Digital Mental Health Resources</b> Michelle Sweet, Robert Mills & Schania Czygan, Menzies School Of Health Research	<b>Invisible Symptoms of Posttraumatic Stress With a Focus on 'Foreshortened Future'</b> Daryl Hobbs, Winda-Mara Aboriginal Corporation	<b>Closing the Gap: National and State-Wide Implementation of Indigenous Suicide First Aid Training (I-ASIST)</b> Tegan Scheffe, National Indigenous Training Manager, LivingWorks Australia	

Please refer to the website and mobile app for the most up to date version of the program and to read overviews of each session.



	William Magarey Room	Ian McLachlan Room East	Ian McLachlan Room West	Online
1:40pm - 2:00pm 2:05pm - 2:20pm	<b>Empowerment &amp; Strength; Best Practice in Child Sexual Abuse Prevention</b> Lauren French, Body Safety Australia	<b>'Brutal Education: White Possessive, Sovereign First Intellect'</b> Sally Galovic, Charles Sturt University	<b>Ngartuitya Family Group Conferencing - Supporting Aboriginal and Torres Strait Islander Families to Make Their Own Decisions about the Care of Their Children, When There Are Child Protection Concerns</b> Sareena Saunders, Relationships Australia South Australia	
2:25pm - 2:50pm	<b>Afternoon Tea with Exhibitors</b>			
2:50pm - 3:20pm	<b>Keynote Session 2 - Tikathikati (Chair): Maraea Johns</b> <b>Keynote 3: Addressing the Social and Emotional Well Being of Aboriginal and Torres Strait Islander Men</b> Dr Lyndon Reilly, Senior Research Project Officer at James Cook University			
3:20pm - 4:00pm	<b>Keynote 4 &amp; 5: He Haerenga - A Journey from Harm to Well-Being</b> Dr. Diana Kopua & Tohunga Mark Kopua on Mahi a Atua			
4:00pm - 4:30pm	<b>Keynote 6: Was Said The Be Dead</b> Jack Buckskin, Aboriginal Cultural Service Mentor (Kuma Kaaru Cultural Service)			
4:30pm - 4:45pm	Poster Presentations <b>Graduate Diploma in Indigenous Health Promotion (Social and Emotional Wellbeing) at The University of Sydney</b> Candace Angelo & Jasper Garay, Sydney University <b>Developing a Culturally Appropriate Strengths-based Life Coaching Program</b> Dr Alison Brown, University Of Melbourne <b>Exploring Indigenous Parent Wellbeing: Implications for Early Intervention Parenting Programs in Indigenous Communities</b> Lee Ann Cliff, CRAICCHS Ltd & Arvind Ponnappalli, Cherbourg Community Health Service <b>Community Health Service Women's Yarning Circle on "Butchulla" Country</b> Henny Duxbury & Marjorie Speedy, Wide Bay Women's Health Centre Inc. <b>Building Cultural Competency and Safety in Primary Health Care - Aboriginal and Torres Strait Islander Consultation</b> Mark Griffin, WA Primary Health Alliance <b>Self Determination in a Justice Setting - Achieving Culturally Led and Cultural Safety by Making 'Koori Business, Core Business'</b> Melissa Harrison, Court Services Victoria <b>Aboriginal Drug and Alcohol Residential Rehabilitation Network Model of Care</b> Danielle Manton, Aboriginal Drug And Alcohol Residential Rehabilitation Network <b>The Glen Centre</b> Aaron More, The Glen Centre <b>A Roadmap for Tracking Wungening Aboriginal Corporation's Community Impact</b> Daniel Morrison, Wungening Aboriginal Corporation <b>Tackling Indigenous Homelessness</b> Awhiora Nia Nia, Wungening Aboriginal Corporation <b>Implementation of Aboriginal Model of Care at South Australian Prison Health Service</b> Shyamsundar Muthuramalingam, Ph.D, SA Prison Health Services <b>Investigating the Health, Wellbeing and Experiences of Aboriginal and Torres Strait Islander People Impacted by the 2019/2020 Bushfires</b> Dr Olivia Evans, Australian National University <b>Working Better with Nunga Kids – Professional Development for Mainstream Workers</b> Karina Mitchell <b>Bringing the Appeal to Appointments: Using Non-clinical Approaches to Support Clinics in Community</b> Beck Parker, Starlight Children's Foundation <b>Turamarama Ki Te Ora</b> Te Pae Akurangi Fitzell and Mamaeroa Merito <b>Whanaungatanga - Connecting with Our Community</b> Kelley Nyman, Rose Aoake, Matakū Ariki de Roo <b>Cherbourg Health Council - Head and Hands Model of Self-Determination for Improved Wellbeing and Health Outcomes</b> Anna Moffitt, Alex Speedy, Frank Malone and Todd Williams <b>WAVES FORWARD - Positive Movement, A Way Forward</b> Kevin Dando, MFO - Multicultural Families Organisation <b>Development Of A Culturally Appropriate, National Website About Crystal Methamphetamine</b> Tariq Isaacs, Matilda Centre, University Of Sydney			
4:45pm - 5:45pm	<b>Networking Function</b> Join us for Drinks, Canapes and Entertainment			

Please refer to the website and mobile app for the most up to date version of the program and to read overviews of each session.

# Program | Day 2

	William Magarey Room	Ian McLachlan Room East	Ian McLachlan Room West
<b>7:00am - 8:00am</b>	<b>Day 2 - Registration Open</b>		
8:00am - 8:10am	Opening Comments by Tikathikati (Chair)		
8:10am - 8:30am	Ngankari's Traditional Dance and Song		
<b>8:30am - 10:00am</b>	<b>Keynote PanShop: Cultural Resilience and Social Justice - Tikathikati (Chair): Dr Lynne Russell</b> <b>Keynote 7: Dr Lynne Russell, Kairangahau Matua – Hauora Māori   Senior Research Fellow – Māori Health</b> <b>Keynote 8: Sarah Decrea, Practice Manager of Family Led Decision Making Practices at Relationships Australia SA (RASA)</b> <b>Keynote 9: Professor Patricia Dudgeon Aboriginal Australian Psychologist and Research Professor - VIRTUAL</b> <b>Keynote 10: Rev. Dr. Rex Rigby, National Superintendent</b>		
10:00am - 10:30am	<b>Morning Tea with Exhibitors</b>		
	<b>Tikathikati (Chair):</b> <b>Shyamsundar Muthuramalingam</b>	<b>Tikathikati (Chair):</b> <b>Rodney Jackson</b>	<b>Tikathikati (Chair):</b> <b>Asha Bhat</b>
10:30am - 10:50am	<b>A Population Approach to Parent Support and Program Delivery in Indigenous Communities</b> Lee Ann Cliff, CRAICCHS Ltd & Arvind Ponnappalli, Cherbourg Community Health Service	<b>Cultural Ways in Healing Communities Wellbeing</b> Ara Harathunian, Kultchafi	<b>WellMob – A Digital Wellbeing Tool for Workforce &amp; Mob</b> David Edwards & Sharnie Roberts, University Of Sydney - eMHprac
10:55am- 11:15am	<b>Enrolled Nursing – Building an Equitable Nursing Workforce</b> Coral Wiapo, Uni Auck	<b>Wollotuka Wellbeing Program to Support Students Through University and Beyond</b> Phoebe Sanders & Hanna Pipe, The Wollotuka Institute, The University Of Newcastle	<b>Doing it Aboriginal way: Children Holding Mob Together</b> Eleazar Newchurch-Papillo, The Malpa Project
11:20am - 11:40am	<b>Evidence-Informed Co-Design of a Therapeutic Design for Noongar Children and Young People with Complex Trauma</b> Vickie Hovane, Australian Centre For Child Protection, University Of SA	<b>Stolen Generations Healing Camp - Connecting to Country, Culture and the Spirit of the Ancient</b> Joanne Willmot OAM, Relationships Australia SA	<b>Ngankari's Traditional Healers Practices</b> NPY Women's Council
11:45am - 12:05pm	<b>Whakapounamu Mana Wāhine (Impact of Methamphetamine on Pregnant and Recently Pregnant Māori Women, Their Babies and Families)</b> Lynne Russell, Charles Lambert, Sidney Ropitini & Maree Gilbert - Māori Health, Victoria University of Wellington	<b>Solid Steps AOD Program – Key learnings from the first AOD Therapeutic Community in a Male Maximum Security Prison in Perth, Western Australia</b> <b>Daniel Morrison, CEO of Wungening Aboriginal Corporation,</b> Emma Jarvis, CEO of Palmerston Association & Matthew Bejger, Program Manager, Palmerston Association	<b>Ngankari's Traditional Healers Practices continued</b> NPY Women's Council
12:05pm - 1:05pm	<b>Lunch with Exhibitors</b>		
	<b>Tikathikati (Chair):</b> <b>Danielle Manton</b>	<b>Tikathikati (Chair):</b> <b>Donna Stanley</b>	<b>Tikathikati (Chair):</b> <b>Dr Lynne Russell</b>
1:05pm - 1:20pm	<b>Response and Prevention of Vicarious Trauma for First Nations Workers and Organisations</b> Tara Hunter, Full Stop Australia	<b>Āku Tangi Kōrero, Āku Tangi Tikanga e Māori Best Practice</b> Terri Cassidy and Moe Milne, Te Rau Ora	<b>"Chur! All Good, Bro?" A Tāne Māori Suicide Prevention Resource Aimed at Supporting Māori Men on Their Journey Towards Mauri Ora</b> Mohi Allen & Thomas Strickland, Mental Health Foundation of NZ
1:25pm - 1:45pm	<b>Digital Discipline - Digital Wellbeing Within Pacific Youth and Communities</b> Tony Lulu, Digital Discipline	<b>Yarning for Change – Amplifying the Voices of Aboriginal and Torres Strait Islander Children and Young People About Their Interactions With the Youth Justice System</b> Tenneil Murray, Qld Family and v	<b>NSW Health Services Aboriginal Cultural Engagement Self Assessment Audit Tool</b> Gay Lose, Centre For Aboriginal Health NSW Ministry Of Health

Please refer to the website and mobile app for the most up to date version of the program and to read overviews of each session.



# Day 2 | Program

	William Magarey Room	Ian McLachlan Room East	Ian McLachlan Room West
1:50pm - 2:10pm	<b>"Meeting Where You Are" A Social and Emotional Well-being Project for Aboriginal and Torres Strait Islander Young People</b> Karen Cashman & Liam Ridgeway, Reachout Australia	<b>Dardi Munwurro Community Programs Building Stronger Families and Safer Communities</b> Dale Williams, Dardi Munwurro	<b>An Innovative Online Resource Enabling People Involved in Aboriginal and Torres Strait Islander Health and Healing to Collaborate Across Sectors to Share Their Experiences and Wisdom</b> Michelle Elwell, Australian Indigenous Healthinfonet
2:15pm - 2:35pm	<b>Empowerment Pathways Through Dignity of Choice for Mob</b> Michelle Rogers, Ngunya Jarjum Aboriginal Child And Family Service	<b>Solid Ground - What Benefits Indigenous Australians Benefits Everybody</b> Awhiora Nia Nia & Mike Winton, Wungening Aboriginal Corporation	<b>Our Cultures Have Always Been our Guides: Resiliences in Lived Experience of LGBTIQ+MVPFAFF Pacific People Exposed to Abuse in Family, Community and Society</b> Filipo Katavake-McGrath, Kahoa Pasifika Research Limited
2:35pm - 3:05pm	<b>Afternoon Tea with Exhibitors</b>		
3:05pm - 3:25pm	Dance Performance - Dusty Feet		
3:30pm - 4:00pm	<b>Tikathikati (Chair): Tahnee Sutton</b> <b>Keynote 11: The Journey to Connection</b> Rod Jeffries, Chairperson, International Indigenous Council for Healing Our Spirit Worldwide and Owner/Manager of Ancestral Visions		
4:00pm - 4:30pm	<b>Keynote 12: Gayaa Dhuwi (Proud Spirit)</b> Sarah Szydzik, Chief Executive Officer from Gayaa Dhuwi		
4:30pm - 4:45pm	<b>Conference Close &amp; Prize Draw</b> Tikathikati (Chair): Nat Heath and Tahnee Sutton		



Please refer to the website and mobile app for the most up to date version of the program and to read overviews of each session.





## Gayaa Dhuwi (Proud Spirit) Australia

Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention

Established in late March 2020, Gayaa Dhuwi (Proud Spirit) Australia (GDPSA) is the peak leadership body for Aboriginal and Torres Strait Islander social and emotional wellbeing, mental health and suicide prevention. It is governed and controlled by Aboriginal and Torres Strait Islander experts and peak bodies working in these areas, promoting collective excellence in mental health care.

Gayaa Dhuwi (Proud Spirit) Australia's vision is Aboriginal and Torres Strait Islander leadership, excellence and presence across all parts of the Australian mental health system and the achievement of the highest attainable standard of social and emotional wellbeing, mental health and suicide prevention outcomes for Aboriginal and Torres Strait Islander peoples.

**‘Gayaa’ means happy, pleased and proud, and ‘Dhuwi’ means spirit in the Yuwaalaraay and Gamilaraay languages of northwest New South Wales.**







# We'd Love Your Feedback!

**We'd love your feedback about the conference.**

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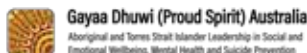


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**Email:** [enquiries@adelaideconvention.com.au](mailto:enquiries@adelaideconvention.com.au)  
**Website:** [www.adelaideconvention.com.au](http://www.adelaideconvention.com.au)



## PLATINUM

### Gayaa Dhuwi (Proud Spirit) Australia

Gayaa Dhuwi (Proud Spirit) Australia is the Aboriginal and Torres Strait Islander social and emotional wellbeing, mental health and suicide prevention national leadership body. It is governed and controlled by Aboriginal and Torres Strait Islander experts and peak bodies working in these areas, promoting collective excellence in mental health care.

Gayaa Dhuwi (Proud Spirit) Australia's vision is Aboriginal and Torres Strait Islander leadership, excellence and presence across all parts of the Australian mental health system, and the achievement of the highest attainable standard of social and emotional well-being, mental health and suicide prevention outcomes for Aboriginal and Torres Strait Islander peoples.

**Phone:** (02) 6189 0621  
**Email:** [info@gayaadhuwi.org.au](mailto:info@gayaadhuwi.org.au)  
**Website:** [www.gayaadhuwi.org.au](http://www.gayaadhuwi.org.au)





## PLATINUM

### Healing Works Australia

Healing Works Australia is an Indigenous Company that provides an array of suicide prevention services. We aim to empower communities through sustainable outcomes. This is achieved by working with communities to determine their own unique needs so that they can more effectively respond competently to suicide. We are committed to delivering exceptional services and ongoing support to the communities we work with.

Suicide prevention starts with creating strong, competent communities working together to achieve resilience. Our team have been chosen because of their passion in healing in a holistic and culturally appropriate way with the community at the centre of everything we do.

**Phone:** 0419 298 213  
**Email:** [info@healing-works.com.au](mailto:info@healing-works.com.au)  
**Website:** [www.healing-works.com.au](http://www.healing-works.com.au)

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### SA Health

#### Sponsoring of the Ngankari's Traditional Healers Segment

SA Health is committed to protecting and improving the health of all South Australians by providing leadership in health reform, public health services, health and medical research, policy development and planning, with an increased focus on wellbeing, illness prevention, early intervention and quality care.

**Phone:** (08) 7425 7087  
**Website:** [www.sa.gov.au](http://www.sa.gov.au)

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## GOLD

### Victorian Responsible Gambling Foundation

The Victorian Responsible Gambling Foundation is a statutory authority working to prevent, reduce and treat gambling harm in Victoria. We work with partners, communities, and the government to deliver effective, evidence-based initiatives and innovative approaches to prevent gambling harm and provide support for those seeking help.

**Phone:** +61 3 9452 2670  
**Email:** [contact@responsiblegambling.vic.gov.au](mailto:contact@responsiblegambling.vic.gov.au)  
**Website:** [www.responsiblegambling.vic.gov.au](http://www.responsiblegambling.vic.gov.au)



## Yarning up about gambling

Most people in First Nations communities use the pokies or have a bet without any trouble. But for some people, gambling causes money problems, stress and family arguments.

Yarning Up About Gambling is an awareness program for First Nations communities. The program is delivered by a network of First Nations organisations across Victoria.

## Yarn with us

There are gambling workers in five First Nations-owned organisations across Victoria.

If you want to yarn, they can offer support and advice to anyone worried about their own, or someone else's, gambling.

The services, which are free and private, are provided by:

- Gippsland & East Gippsland Aboriginal Co-Operative Ltd  
Phone: (03) 5134 3816
- Mallee District Aboriginal Services  
Phone: (03) 5018 4102
- Rumbalara Aboriginal Co-operative  
Phone: (03) 5820 0000
- Strong Brother Strong Sister  
Phone: (03) 5201 0897
- Victorian Aboriginal Health Service  
Phone: (03) 9403 3300.

Visit **[YarningUpAboutGambling.com.au](https://YarningUpAboutGambling.com.au)** to learn more or call **1800 858 858** any time to yarn about gambling.



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## BRONZE

### **Diversity Network Australia**

The Diversity Network Australia (DNA) is a leading diversity and wellbeing social enterprise that provides collaborative learning and publishing solutions, resources and effective diversity and wellbeing programs in schools, workplaces, and communities.

DNA's educators and speakers have presented at events across the world including the United Nations, International Organisation on Migration (IOM), the Pacific Women's Indigenous Network, the Pacific Youth Council and multiple national Government portfolios.

DNA's consultants provide advice, support and resources to Government, unions and Community projects, focused on protecting Indigenous languages, climate change and mobility, reducing family violence and promoting health, safety and wellbeing for Pacific workers.

**Phone:** 0451 106 280

**Website:** [www.diversitynetwork.com.au](http://www.diversitynetwork.com.au)



## BRONZE

### **LivingWorks Australia**

LivingWorks is the world's leading provider of evidence-based suicide intervention training. We believe that suicide is preventable, and by teaching all Australians suicide intervention skills we can create a network of safety for those in crisis. Based on ASIST, the world's leading suicide intervention training, I-ASIST was co-designed with Indigenous leadership and consultation to develop suicide intervention training specifically for Aboriginal and Torres Strait Islander communities. I-ASIST was launched in 2021 by the Hon Ken Wyatt, along with SafeYARN, a half day Suicide Alertness workshop, based on the evidence-based SafeTALK.

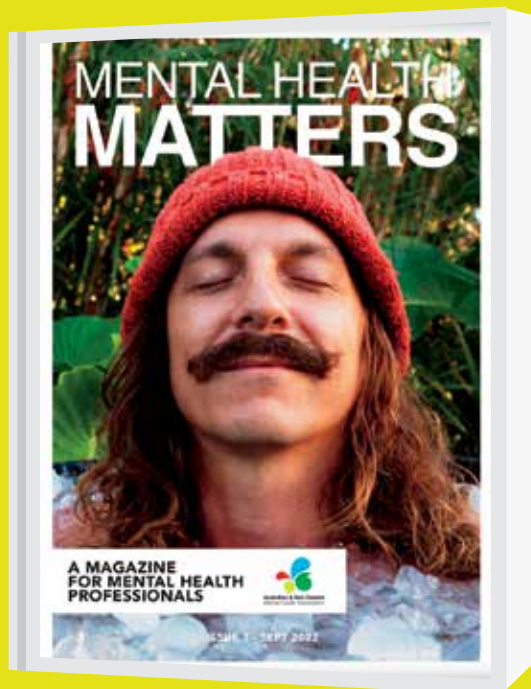
**Phone:** 1300 738 382

**Email:** [info@livingworks.com.au](mailto:info@livingworks.com.au)

**Website:** [www.livingworks.com.au](http://www.livingworks.com.au)

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Wellbeing & Belonging Framework  
Pacific Resources Development  
Mental Health First Aid  
Health Safety & Wellbeing  
Connecting Communities

### Contact Us



[www.diversitynetwork.com.au](http://www.diversitynetwork.com.au)

[bernie@diversitynetwork.com.au](mailto:bernie@diversitynetwork.com.au)

Diversity Network Australia (DNA) is a social enterprise collective of Indigenous Oceania health & wellbeing educators, artists and storytellers committed to 'empowering people of all colours and cultures, one story and one tribe at a time.'



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For further information, please contact Tegan at  
[tegan.scheffe@livingworks.com.au](mailto:tegan.scheffe@livingworks.com.au)

Artwork by Susie Klein



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## NDIS

The National Disability Insurance Scheme (NDIS) supports people with a permanent and significant disability that affects their ability to take part in everyday activities. NDIS has locally based engagement teams who can provide all people with disability with information and connections to services in their communities such as doctors, sporting clubs, support groups, libraries and schools, as well as information about what support is provided by each state and territory government. Teams in SA and NT can be contacted by emailing on the email address below:

National Contact Centre open  
Monday to Friday 8am to 8pm (local time).

**Phone:** 1800 800 110

**Email:** community.engagement.  
westcentral@ndis.gov.au

**Website:** [www.ndis.gov.au](http://www.ndis.gov.au)

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## University of Sydney (eMHPrac)

The e-Mental Health in Practice (eMHPrac) project is funded by the Australian Department of Health and aims to raise awareness and knowledge of evidence-based digital mental health resources. eMHPrac delivers free presentations, workshops and webinars to health practitioners throughout Australia and also provides a range of online resources. eMHPrac is led by University of Sydney in partnership with Black Dog Institute, Menzies School of Health Research, and University Centre for Rural Health of the University of Sydney.

**Phone:** (02) 6620 7570

**Email:** [d.edwards@sydney.edu.au](mailto:d.edwards@sydney.edu.au)

**Website:** [www.emhprac.org.au](http://www.emhprac.org.au)



## Australian Indigenous HealthInfoNet

The Aboriginal and Torres Strait Islander Healing portal, an online hub for people working in healing, health, justice, education, employment, child protection, community services and family violence. The Healing portal is designed to encourage information sharing and collaboration across sectors and locations. It brings together best practice healing initiatives and information about what is working in Aboriginal and/or Torres Strait Islander communities around healing. The portal includes the latest research, reports, case studies and tools from around Australia to enable people to bring trauma informed and healing aware practices into their organisations and communities.

**Phone:** 08 9370 6336

**Website:** [www.healthinfonyet.ecu.edu.au/learn/health-topics/healing](http://www.healthinfonyet.ecu.edu.au/learn/health-topics/healing)

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## Involve Youth


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## Council of Elders

## Acknowledgement



**We would like to acknowledge Samara LEEANNE Fernandez for her amazing artwork which is our conference logo:**



My name is Samara. I am a very proud Warlpiri woman, my family are from the communities of Yuendumu, Willowra, Nyirripi and Lajamanu in the Northern Territory. Culture is very important to me. I was lucky enough to be surrounded by culture growing up, I even got the opportunity to attend painting exhibitions by my great grandmother. Memories I cherish dearly. I believe culture to be one of the most important aspects of life, as it has and will continue to give me strength and healing when I spend time on country with my family. I love doing activities that are therapeutic and calming such as painting. I only started painting when I was 21 however the benefits I get from it are amazing.

I am currently studying a bachelor's degree in psychology with the aim to be clinically certified one day. Representation and visibility in these fields are vital. I am extremely passionate about wellbeing and mental health in Aboriginal and Torres Strait Islander people. Other passions of mine include social justice such as raising awareness for the Black Lives Matter movement in Australia. I find enjoyment in health and fitness activities such as yoga, meditation, and dancing. I love personal development and pushing myself outside my comfort zone to encourage growth, one of my most recent challenges was being a IMP (Indigenous Marathon Project) squad member in 2020.

## Notes

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.



[illegible]



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**6-7 March 2023**

**RACV Royal Pines Resort, QLD**

**[anzmh.asn.au/fmhc-2023](https://anzmh.asn.au/fmhc-2023)**

**CPD hours: 10+**



### Child & Adolescent Mental Health Conference

**20-22 March 2023**

**RACV Royal Pines Resort, QLD**

**[anzmh.asn.au/camhc-2023](https://anzmh.asn.au/camhc-2023)**

**CPD hours: 12+**



### Australian & New Zealand Addiction Conference

**26-28 April 2023**

**RACV Royal Pines Resort, QLD**

**[anzmh.asn.au/addiction-conference-2023](https://anzmh.asn.au/addiction-conference-2023)**

**CPD hours: 12+**





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