



WELLBEING CONFERENCE

21-22 OCTOBER 2024
Auckland, Aotearoa NZ

anzmh.asn.au/iwc
#IWC24



Our Stories, Our Strength:
A Collective Journey to Indigenous Wellbeing.

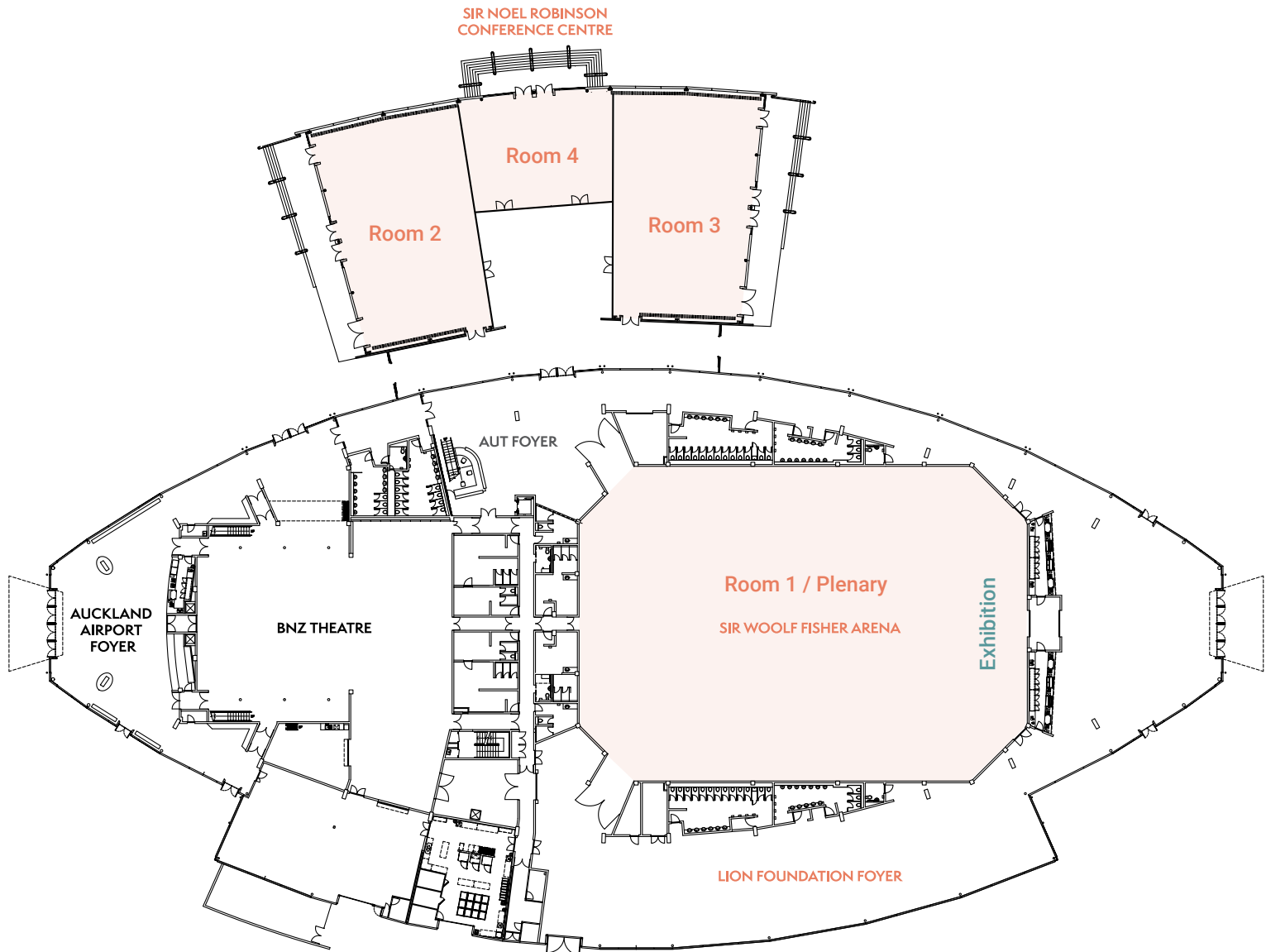


THE UNIVERSITY OF
SYDNEY



FLOOR PLAN

DUE DROP EVENTS CENTRE



Plenary Sessions:

Sir Woolf Fisher Arena - Room 1

Concurrent Sessions

Sir Woolf Fisher Arena - Room 1

Sir Noel Robinson Conference Centre - Room 2

Sir Noel Robinson Conference Centre - Room 3

Sir Noel Robinson Conference Centre - Room 4

Catering:

Lion Foundation Foyer

Exhibition:

Sir Woolf Fisher Arena

Poster Presentations:

Lion Foundation Foyer

Speaker's Prep:

Panasonic Suites - Level 2, Sir Woolf Fisher Arena

GENERAL INFORMATION



The following information is provided to make your attendance at the **2024 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 in the **main foyer** at the entrance of the **Sir Woolf Fisher Arena**. Our team will be available during the following times:

Monday 21 October 7:30am – 5:30pm

Tuesday 22 October 8:00am – 5:00pm

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 Monday evening networking function. **Name badges must be worn at all times.**

DRESS CODE

The dress code is smart casual for all events.

WI-FI

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

Network: Due Drop

Password: #Wemakeevents

MOBILE PHONES

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

ON-SITE COUNSELLOR

During the conference, if you feel the need to speak to someone, please contact **Rose Willson on 02 7274 3679**. We are here to support you.

CONFERENCE CATERING

All catering will be served in the Lion Foundation Foyer.

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 receive access to the 2024 Indigenous Wellbeing Conference presentation recordings (excludes workshops). 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.

CULTURE CONNECT, SPONSORED BY TE RAU ORA



TE RAU ORA

The Culture Connect Networking Event will be held on Monday 21 October from 5:35pm – 7:00pm in the forecourt of the Due Drop Events Centre.

Join us for good Kai, Korero, drinks and entertainment! This event is included with your registration.

Guest tickets can be purchased for \$80.00 + GST from the registration desk.

KEY CONTACTS

Conference Managers

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Image: Professor Deborah Cheetham Fraillon AO
Yorta Yorta/Yuin
Elizabeth Todd Chair of Vocal Studies

Leadership for good

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

Asha Bhat

Chief Executive Officer,
Southern Aboriginal Corporation

Phylesha Brown-Acton

MNZM, Executive Director + Weaver,
Fine Pasifika

Kerri Butler

Director, Take Notice Limited

Libby Cook-Black

Principle Indigenous Engagement Officer,
Department of Tourism, Innovation and Sport

Hurimoana Dennis

Te Puea Marae Chairperson

Rhee Duthie

Multicultural Advisor,
Ethnic Communities Council of Queensland

Tapu Fuiava

Managing Director,
Blackbutterfly Group Services

Nat Health

Founder, TriMob & Director Moorditj Ways
Consulting, Conference Chair

Dr Huhana (Susan) Hickey

Independent Director and Contractor/Advisor,
Co-Director Pukenga Consultancy, Auckland

Daryl Hobbs

Senior Psychologist,
Nootyoong-Mara Cultural Healing Centre

Maraea Johns

Kaitohu Māori | Director Māori, Te Hiringa Mahara,
Mental Health and Wellbeing Commission in
Aotearoa

Qiane Matata-Sipu

Founder, Director, QIANE+co, NUKU

Astley Nathan

Māori Engagement Specialist - Mental Health
Foundation of New Zealand

Daario Penetito-Hemara

Kaiwhakahaere Matua - CEO at Toi Tangata

Dr Lynne Russell

Associate Professor (Research),
Māori Health, Te Herenga Waka - Victoria,
University of Wellington

Conference Host

Sam Stewart

CEO, Australian & New Zealand
Mental Health Association



Want to Make the Most of Your Conference Experience?

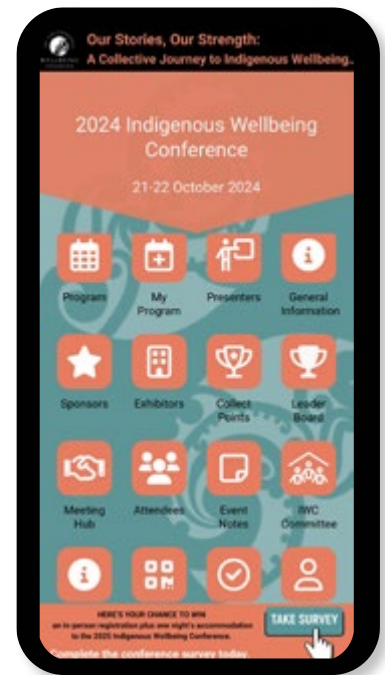
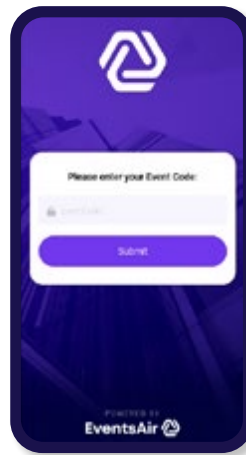
DOWNLOAD THE CONFERENCE APP!

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 **IWC24**
- 4 Your name badge has your login and pin!



App Features:

Stay up to date and connected during the 2024 Indigenous Wellbeing Conference.

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

PRESENTERS Read presenter 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.



We're giving away a number of exciting prizes at IWC24.

Simply use the conference app to scan the QR codes located throughout the conference venue or participate in Q&A and live polls in the keynote sessions.

HOW TO WIN

Delegates will gain 1 ticket into the prize draw for every 1000 points earned.

Winners must be present to claim their prizes.

Here are some examples of how points can be earned:

- Registration desk
- Exhibition booths
- Poster presentations
- Networking function
- Mystery Points around the conference venue

HE WAKA TAPU

Me mahi tahi tātou mo te oranga o te whānau



He Waka Tapu is a kaupapa Māori organisation located in Ōtautahi (Christchurch), Hakatere (Ashburton) and Wharekauri (Chatham Islands). We use tikanga Māori to help people identify what they really want out of life, working closely with our community, other service providers and government agencies to meet the needs of whānau.



Use the QR code to head to our website and find out more, or to make a self-referral.
www.hewakatapu.co.nz/services

HE WAKA TAPU
Me mahi tahi tātou mo te oranga o te whānau



KEYNOTE PRESENTERS



THOMAS STRICKLAND
*Māori Engagement Manager
at Te Whatu Ora*



WHAREPAORO CHRISTIE
*Māori Engagement Manager
at the Mental Health
Foundation NZ*



MOHI ALLEN
*Kaiwhakarite - Māori
Engagement Specialist at the
Mental Health Foundation NZ*

Thomas Strickland (Te Aupouri, Aitutaki), Wharepaoro Christie (Te Aupouri, Te Rarawa, Whakatohea) and Mohi Allen (Te Tai Tokerau whānui, Ngāi Te Rangi, Ngāti Tapu, Ngāti Kahungunu ki Te Wairoa) collectively have been kaimahi in the mental health and suicide prevention spaces for over 20 years. As passionate advocates for positive mental health and wellbeing for all whānau Māori and with the incredibly saddening suicide statistics for tāne Māori (Māori men) in Aotearoa, the trio collaborated closely with Māori communities nationwide and created the first-ever Māori suicide prevention resource under the umbrella of Kia Piki te Ora and the Mental Health Foundation, called “CHUR! ALL GOOD, BRO?”. Through extensive engagement with whānau across Aotearoa, together they forged a resource deeply rooted in Te Ao Māori while ensuring the language used speaks to tāne Māori. The CHUR BRO team continue to work and advocate for better health outcomes for Māori and are excited to share their kaupapa at this year’s Indigenous Wellbeing Conference.

“Chur! All Good, Bro?” A kaupapa Māori framework created to support Tāne Māori on their journey towards a space of Mauri Ora!

Tuesday 22 October • 3:35pm – 4:05pm



JUDY ATKINSON
*Emeritus Professor SCU: PhD
QUT: GHMTR Harvard Uni
Graduate Certificate*

Of Jiman-Bundjalung (Aboriginal Australian) and Anglo-Celtic - German ancestry, Judy Atkinson’s PhD Trauma Trails – Recreating Song Lines: the transgenerational effects of Trauma in Indigenous Australia, created the groundwork for the under- and post-graduate courses of trauma studies, while she was head of Gnibi College of Indigenous Australian Peoples at Southern Cross University. Since retiring from academic life Judy, with her daughter Dr Caroline Atkinson, through the organisation We Al-li. have focused on community based educational – healing approaches in skill- development responding to trans- and intergenerational trauma consequent of colonisation. She took this work with her into educational programs in Etna Creek Prison working with Aboriginal men in helping to Recreate their Circle of Wellbeing, and to Alice Springs prison, in support of the women’s need for healing recovery, from the trauma that influenced their offending behaviours.

Stories Teach. Stories Heal. Stories are our Law. Educaring Principles and Practices in Healing Generational Trauma

Monday 21 October • 4:55pm – 5:25pm



KEYNOTE PRESENTERS



PROF. JENNIFER BARRETT
*Pro Vice-Chancellor
Indigenous (Academic),
Indigenous Strategy and
Services portfolio, University
of Sydney*

Professor Jennifer Barrett is a proud Dughutti woman and is Pro Vice-Chancellor Indigenous (Academic) within the Deputy Vice-Chancellor Indigenous Strategy and Services portfolio, University of Sydney.

Over the past decade Professor Barrett has worked across several areas at the University of Sydney and became Professor of Museum and Heritage Studies in January 2020.

Most recently she was Director of the National Centre for Cultural Competence (NCCC), previously as the Director of the University's Culture Strategy, and prior to that as Pro Dean, Academic in the Faculty of Arts and Social Sciences (FASS).

Core to her professional history has continued involvement with Aboriginal and Torres Strait Islander communities, colleagues and leaders, in teaching, research, external engagement and leadership roles in the arts, collecting and cultural sectors.

Uplifting Cultural Capability

Tuesday 22 October • 9:15am – 9:45am



WHAT IS MIND BLANK?

We use a creative story telling to educate people about mental and emotional wellbeing strategies.

To learn more about us:
<https://www.mindblank.org.au>



KEYNOTE PRESENTERS



DR HINEMOA ELDER
*Child and Adolescent
Psychiatrist, Te Whatu Ora*

Dr Hinemoa Elder is of Ngāti Kuri, Te Aupouri, Te Rarawa, Ngāi Takoto and Ngāpuhi descent. She is the mother of two adult children.

Hinemoa has been a consultant child and adolescent psychiatrist and Fellow of the Royal Australia and New Zealand College of Psychiatrists since 2006. She has a PhD (2012) and was an HRC Eru Pomare Post-Doctoral Fellow 2014-18.

Hinemoa works in a range of settings, acute perinatal psychiatry, adolescent inpatient psychiatry, neuropsychiatry and youth forensic psychiatry.

Dr Elder has served on a range of boards and committees. She was a member of the Prime Minister's Science Advisory Committee on Cannabis Law reform in 2019. She has been a deputy psychiatrist member of the NZ Mental Health Review Tribunal since 2012.

Hinemoa has been a member of the Helen Clark Foundation Board since 2021. She is also the Patron of 'Share My Super' a charity aimed at eradicating child poverty in Aotearoa New Zealand, also since 2021. Hinemoa is an alumni of the Rockefeller Foundation's Bellagio Residency programme 2024.

Hinemoa has written two best-selling books published by Penguin Random House. 'Aroha. Māori wisdom for a contented life lived in harmony with our planet', (2020), and 'Wawata. Moon dreaming. Daily wisdom guided by Hina the Māori moon', (2022). Aroha was included on the Oprah Winfrey Book club in 2021. Her most recent nook 'Waitohu' (2024) is a hautaka or journal.

Ka pari te tai, ka timu te tai, ka ngaro te tohu i haea. Engari ka mau tonu te wairua. Finding Our Places in The Story

Tuesday 22 October • 4:10pm - 4:40pm



DR DIANA KOPUA
*Director/Independent
Psychiatrist, Mahi a Atua*

In 1990 Diana began her journey in the health industry, training first as a nurse and in 2014 she completed her specialist training in psychiatry and is a Fellow of the Royal Australia New Zealand College of Psychiatry In 2010 Diana was awarded the prestigious Ngarimu VC Manakura Award It is awarded to those who display characteristics of the 28 th 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.

Dr Diana Kopua is changing the system by preferencing Indigenous approaches to orangatanga As the developer of Mahi a Atua she and husband Tohunga Mark Kopua use Māori creation stories and pūrākau to transform mental health frameworks, providing an affirmation of our amazing genealogy and validation for our resilience Dr Di and Mark are teaching communities of practice an alternative to the Western model, using a culturally sensitive new therapy to address mental distress and suffering amongst Māori The Mahi a Atua approach has been utilised by multiple practitioners across various sectors within New Zealand society including art, health, education, justice and the social services sector Both Diana and Mark Kopua are committed to indigenising their respective communities of practice and are pioneers within their fields.

Tēnei te pō nau mai te ao: Activating Indigenous System Change

Monday 21 October • 9:10am – 10:10am

KEYNOTE PRESENTERS



TOHUNGA MARK KOPUA
*Director/Amo Mātauranga,
Mahi a Atua*

Mark was raised in Mangatuna by his old people and is considered a historian by his East Coast tribes. He is renowned for his expertise as a master carver and spent 44 years in carving which includes completing 7 ancestral meeting houses. Mark has dedicated 31 years of working at the forefront of modern Moko (traditional Māori tattoo) and has trained several moko artists while still continuing to work as a moko artist and design consultant. Mark has been employed in many national and international roles. One unique role has been his involvement in Moko Ihorei (tattooed head) repatriation work and domestic and international provenance of traditional Māori carvings. For many years he was a board member of the national Māori art advocacy, Toi Māori Mark for 40 years has accepted the invitation to judge the regional kapahaka Tamararo and 13 years as a national judge for Matatini. He first began his journey in mental health services in 2012 as a cultural advisor/worker for a community Māori Mental Health Service, in Porirua. He is a confident facilitator and his approach to healing is celebrated by communities as he embraces his unique skills as a storyteller and keeper of ancient Māori knowledge and whakapapa. He held the position as Tohunga (for Te Kūwatawata a groundbreaking Māori designed mainstream mental health service. 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.

Tēnei te pō nau mai te ao: Activating Indigenous System Change

Monday 21 October • 9:10am – 10:10am



JOHN LEHA
*CEO & Founder AbSec – NSW
Child, Family and Community
Peak Aboriginal Corporation
& BlaQ*

John Leha a proud Birri Gubba, Wakka Wakka and Tongan man born and raised on Gadigal Land. John is the CEO AbSec NSW a not-for-profit incorporated Aboriginal controlled organisation. AbSec is the peak organisation for Aboriginal children and families in NSW. That empowers Aboriginal children, young people, families through strong Aboriginal community-controlled child and family sector. John has an extensive career in the Aboriginal affairs portfolio across government and the not-for-profit sector. John has a background in public policy, governance and advocacy that continues to lead sector reform. Previously the Director of Operations at the National Centre of Indigenous Excellence, founding Chairperson of BlaQ Aboriginal Corporation and currently a co-chair of the NSW Coalition of Aboriginal Peak Organisations.

Empowering Unity: BlaQ's Role in Strengthening the Aboriginal and Torres Strait Islander LGBTQ+SB Community

Monday 21 October • 10:15am – 10:45am



AWATEA MITA
Justice Advocate

Awatea (Ngāti Pīkiao/Ngāti Porou) is a formerly incarcerated justice advocate and lived experience scholar. Awatea attended the first convening of the international network for formerly incarcerated women and girls in Colombia last year as an Aotearoa New Zealand representative. She uses her lived experience of incarceration to amplify the voices of incarcerated and formerly incarcerated women. She currently sits on the Te Ngapara Centre for Restorative Justice Advisory Board and the Services and Strategies Portfolio Board with Corrections as a full voting member. Awatea is a criminology masters candidate with interests in settler colonialism, Māori justice and mātauranga Māori.

Lived Experience and Indigenous Pasts: A Flourishing Future Without Prisons

Monday 21 October • 4:20pm – 4:50pm

KEYNOTE PRESENTERS



QIANE MATATA-SIPU
*Founder, Director, QIANE+co,
NUKU*

I live in Auckland, NZ and was born and raised in the coolest multi-cultural, village-metropolis of Māngere. For 11 years I have worked across media, photography and communications. I'm pretty damn good at it, too.

I write, from magazine features, to copy and profiles for businesses and organisations. And, I am a photographer. I work with phenomenal brands, amazing couples and families, wonderful organisations and, leading publications. I do it all with an honest documentary and storytelling style to my craft. I'm a wife, a māma, an artist and, a passionate social activist. My life experiences have given me a special set of diverse skills, making me perfect for almost any project you are working on.

For me, I'm all about the people. People are wonderful, intriguing, crazy and unique and, have the coolest stories. People can change the world, and that excites me.

Naturally inquisitive, and a sucker for good conversation over great food, I love to meet, write about and, photograph people and the things they live for.

Narrative as Rongoā: Indigenous Women's Storytelling and Its Role in Healing Intergenerational Trauma

Monday 21 October • 3:55pm – 4:15pm



DR KARLO MILA
Founder and Creator, Mana Moana

Dr Karlo Mila (MNZM) is a mother, poet, leadership programme director, writer, former academic and the founder and creator of Mana Moana. Of Tongan and Pākehā descent, her life's work has been centred around the lived experiences of Pacific peoples, particularly mental health and wellbeing. Her PhD focused upon the New Zealand-born Pacific population and the relationship between culture, identity and health and wellbeing.

Her postdoctoral fellowship involved developing and testing a mental health intervention led by the inquiry: 'What is healing for Pacific peoples?' This morphed into a leadership programme vitalising the indigenous knowledge of the Moana. Karlo has directed and facilitated Mana Moana experiences for seven years.

Makavalu - Ancestral Intelligence: Seeing the Same Symptoms Differently

Tuesday 22 October • 9:50am – 10:20am



TIANA WATKINS
Senior Manager, Le Va

Tiana Watkins is of Ngāi te Rangi, Ngāti Pūkenga, Ngāti Ranginui and Kai Tahu whakapapa and has over 20 years' experience working with indigenous people in government and non-government settings, across both Aotearoa and Australia. This experience is in the spaces of suicide prevention, family and sexual violence, homelessness, and public health. Tiana leads Aotearoa, New Zealand's national suicide prevention training programme, LifeKeepers. Mana Akiaki: LifeKeepers for Māori, weaves te reo me ōna tikanga Māori throughout, reflecting on pūrakau from across the motu, supporting whānau to build the courage and confidence to prevent suicide in their communities.

Empowering Communities: Le Va LifeKeepers' Culturally Responsive Approach to Suicide Prevention in Aotearoa

Tuesday 22 October • 8:40am – 9:10am



PROGRAM

Monday 21 October, 2024

7:30 AM - 8:30 AM	<p align="center">REGISTRATION OPEN</p> <p align="center">Welcome! Come and say hello to the Conference Team and collect your Name Badge! Enjoy a complimentary coffee - thanks to Te Awahi, our Coffee Cart sponsor.</p> <p align="center">TE AWHI</p>			
Conference Opening				
8:30 AM - 9:10 AM	Mihi Whakatau - Opening Ceremony & Housekeeping			
9:10 AM - 10:10 AM	<p>Tēnei te pō nau mai te ao: Activating Indigenous System Change Dr Diana & Mr Mark Kopua, Director/Manukura, Te Kurahuna</p>			
10:15 AM - 10:45 AM	<p>Empowering Unity: BlaQ's Role in Strengthening the Aboriginal and Torres Strait Islander LGBTQ+SB Community John Leha, CEO of AbSec</p>			
10:45 AM - 11:15 AM	<p align="center">MORNING TEA WITH EXHIBITORS</p> <p align="center">Coffee Cart sponsored by</p> <p align="center">TE AWHI</p>			
	Room 1 - In-Person & Online	Room 2 - In-Person Only	Room 3 - In-Person Only	Room 4 - In-Person Only
	Cultural Resilience and Identity Preservation	Fostering Whānau (Family) Wellbeing Through Environmental Sustainability	Equitable Access and Cultural Inclusiveness for Diverse Populations	Workshop 1
11:15 AM - 11:35 AM	<p>Including the Voices of First Nation Peoples in a 'Framework and Practice Standards for Young People With neurodevelopmental Disabilities in Youth Justice': A Successful Start and a Future Challenge Kerry Russell, Tim Spall & Paul Harnett, Beyond the Pale Indigenous Corporation</p>	<p>Tū Wairua: He Taonga Tuku Iho Tia Huia Vinessa, Haira, ESR</p>	<p>Person Centered Cared at Babbingur Mia Jordan Conway, South Coastal Babbingur Mia</p>	<p>Polyfest: A Movement for Wellbeing - Empowering Pasifika Youth Through Cultural Dance Dr Sierra Keung, Dr Dion Enari & Tita Leaupepe, Auckland University Of Technology</p>
11:40 AM - 12:00 PM	<p>Through the Haze: Drug Policy and Indigenous Wellbeing Tracey Potiki & Shawnee Brausch, Te Rau Ora</p>	<p>Whakarongo, Tītiro, Korikori Kōrero ki Ngā Wāhine - Exploring Embodied Healing Relationship With Natural Environments Dr Deborah Heke, Auckland University Of Technology</p>	<p>National implementation of rongoā Māori in Aotearoa (New Zealand) through social rehabilitation services at the Accident Compensation Corporation Pollyanne Taare, ACC</p>	<p>Polyfest: A Movement for Wellbeing - Empowering Pasifika Youth Through Cultural Dance Continued</p>



	Room 1 - In-Person & Online	Room 2 - In-Person Only	Room 3 - In-Person Only	Room 4 - In-Person Only
	Cultural Resilience and Identity Preservation	Fostering Whānau (Family) Wellbeing Through Environmental Sustainability	Equitable Access and Cultural Inclusiveness for Diverse Populations	Workshop 1
12:05 PM - 12:25 PM	Reweaving our Stories: Building Wellbeing Through Cultural Connections and Community Capacity Building Danielle Cameron, University Of Sydney	Te Papamaengenge: Tūwharetoa ki Kawerau Hauora Traditional Healing School Aroha Ruha-Hiraka, Tuwharetoa ki Kawraurau Hauora	Indigenous I-Kiribati Health and Wellbeing Perceptions and Practices in Aotearoa New Zealand Dr Teramira Schutz, Bachelor of Nursing Pacific, Whitireia New Zealand	Polyfest: A Movement for Wellbeing - Empowering Pasifika Youth Through Cultural Dance Continued
12:30 PM - 12:50 PM	Doing It Our Way to Respond to the Needs and Violence Against Women and Children Thelma Schwartz & Wynetta Dewis, Queensland Indigenous Family Violence Legal Service (QIFVLS)	Kids on Country™ – The Value of Connection to Country for Health and Wellbeing Katie Perry & Milera Warren, Nature Foundation Ltd	Hurutearangi: Insight Into a Mātauranga Maori Approach to Working With Teen Parents Justan Wilson, Manaaki Ora Trust	Empowering Community Wellbeing: The M.E.K.E. Initiative a Pro-Equity Approach to United Health and Fitness Rachel Forrest & Levi Armstrong
12:50 PM - 1:50 PM	LUNCH WITH EXHIBITORS			
	Room 1 - In-Person & Online	Room 2 - In-Person Only	Room 3 - In-Person Only	Room 4 - In-Person Only
	Racism in Health and Decolonisation of the System	Empowering Grassroots Innovation for Community Wellbeing	Cultural Resilience and Identity Preservation	Workshop 2
1:50 PM - 2:10 PM	From Unconscious to Conscious: CBT Framework for Combatting Racism in Healthcare Dr Libby Hammond & Matt Pedler, South Australian Health and Medical Research Institute	Integrating Ngardi Guwanda (Thinking, Feeling, Listening Strongly) Into Community-Led, Locally Driven Women's Empowerment Projects Bianca Stawiarski, Warida Wholistic Wellness	Transforming from Hinengaro to Hineora: My Journey from Intergenerational Trauma to Intergenerational Healing Deanna Haami, Massey University	Workshop To Be Announced



PROGRAM Monday 21 October, 2024

	Room 1 - In-Person & Online	Room 2 - In-Person Only	Room 3 - In-Person Only	Room 4 - In-Person Only
	Racism in Health and Decolonisation of the System	Empowering Grassroots Innovation for Community Wellbeing	Cultural Resilience and Identity Preservation	Workshop 2
2:15 PM - 2:35 PM	Indigenising non-Indigenous Spaces – Developments in Medical Regulation in Australia and Aotearoa New Zealand Belinda Gibb, Richard Tankersley & Kiri Rikihana, AU & NZ Medical Council	Moorditj Maaman Breaking the Cycle Wayne Ryder, Chartay Aboriginal Corporation	Mātāmua ko te Taiao, Mātāmuri ko te Tangata’ - Mātaiao: Pursuing Mātauranga Māori Through Observing the Environment (Taiao) That Supports Indigenous Ways of Learning Taylah-Jade McIntyre, Toi Tangata	Workshop To Be Announced
2:40 PM - 3:00 PM	Strategies to Combat Anti-Indigenous Racism in Ontario’s Health Systems Dakota Recollet, Indigenous Primary Health Care Council	The Success Story for Indigenous Cultural Wellbeing Bettina Danganbarr, Galiwinku Womens Space Aboriginal Corporation	Culturally Embedded Narratives: Exploring the Impact of Pūrākau Integration on Language Development and Cultural Identity Jennifer Smith, Amy Scott & Kay-Lee Jones, University of Canterbury	Workshop To Be Announced
3:05 PM - 3:25 PM	Understanding Barriers to Healthcare in Aotearoa Through Wāhi Kōrero Angelique Reweti, Massey University	Bridging Pacific Leadership Frameworks into New Zealand’s Western Operating Models: Empowering Pacific People to Thrive in Organisational Environments Lynette Reed, Hybridges & Auckland Council	He Anga Onamata, He Aronga Anamata -one small native school’s journey towards wellbeing and resislience Bronwyn Te Koeti, Arowhenua Maori School	Yarning on Country: how First Nations relationality underpins flexible schooling options Mes Mitchelhill, Pavilion School
3:25 PM - 3:55 PM	AFTERNOON TEA WITH EXHIBITORS			





3:25 PM - 3:55 PM

POSTER PRESENTATIONS - CONFERENCE FOYER

Self-determination in practice: 25 years of the Graduate Diploma of Indigenous Health Promotion at The University of Sydney
Candace Angelo

A culturally tailored coaching service for Victorian Aboriginal renters of social housing
Alison Brown - University Of Melbourne

Empowering grassroots innovation for community wellbeing
Nidhi Trivedi - Nidhi Perception Pty Ltd

Indigenous Peoples' Wellness and Self-Determination: A Scoping Review
Samara Wessel - University Of Calgary

Technological Aid for Our Whanau's Mental Wellbeing
Teeha Emmanuel - Te Awhi Whanau

Movement, Meditation and Mindfulness is "Maskikiy" (Medicine) Healing from Trauma by Movement
Beverly Swampy - Heal.balance.create

Reweti Whānau Hui: A model for whānau-led wellbeing
Angelique Reweti - Massey University

He Anga Onamata, He Aronga Anamata -one small native school's journey towards wellbeing and resilience
Bronwyn Te Koeti - Arowhenua Maori School

Decolonising Facilitation, Cultivating Safety, and Belonging
Danielle Cameron and Dr Emma Webster - Blackbirds Culture and Black Ochre Consultancy

Join us for these inspiring Keynote Presentations

3:55 PM - 4:15 PM

Narrative as Rongoā: Indigenous Women's Storytelling and Its Role in Healing Intergenerational Trauma
 Qiane Matata-Sipu, Founder, Director, QIANE+co, NUKU

4:20 PM - 4:50 PM

Lived Experience and Indigenous Pasts: A Flourishing Future Without Prisons
 Awatea Mita, Justice Advocate

4:55 PM - 5:25 PM

Stories Teach. Stories Heal. Stories are our Law. Educaring Principles and Practices in Healing Generational Trauma
 Judy Atkinson PhD. AM, HPRT. CIHP , PhD Queensland University of Technology: AM - Order of Australia: Grad. HPRT Harvard Program for Refuge Trauma: Invited member: CIHP - College of Indigenous Healing Practitioners, PACFA (Psychotherapy & Counselling Federation of Australia)

5:25 PM - 5:35 PM

Culture Connect Welcome Speech
 Te Rau Ora

5:35 PM - 7:00 PM

Culture Connect - Sponsored by Te Rau Ora



Join us for good Kai, korero, drinks and entertainment!

Located on the forecourt of the conference venue

This is an included event for Full Registrations only. If you would like to purchase a Guest/Partner Ticket you may purchase separately for \$80.00 + GST



PROGRAM

Tuesday 22 October, 2024

8:00 AM - 8:30 AM	<p align="center">REGISTRATION OPEN Welcome back! The coffee is brewing, and FREE! Thanks to Te Awhi, our Coffee Cart sponsor</p> <p align="center">TE AWHI</p>			
Conference Opening Keynote Session				
8:30 AM - 8:40 AM	Welcome & Housekeeping			
8:40 AM - 9:10 AM	<p>Empowering Communities: Le Va LifeKeepers' Culturally Responsive Approach to Suicide Prevention in Aotearoa Tiana Watkins, Senior Manager Le Va</p>			
9:15 AM - 9:45 AM	<p>Uplifting Cultural Capability Prof. Jennifer Barrett, Pro Vice-Chancellor Indigenous (Academic), Indigenous Strategy and Services portfolio, University of Sydney</p>			
9:50 AM - 10:20 AM	<p>Makavalu - Ancestral Intelligence: Seeing the same symptoms differently Dr Karlo Mila, Founder and Creator, Mana Moana</p>			
10:20 AM - 10:55 AM	<p align="center">MORNING TEA WITH EXHIBITORS Coffee Cart sponsored by</p> <p align="center">TE AWHI</p>			
	Room 1 - In-Person & Online	Room 2 - In-Person Only	Room 3 - In-Person Only	Room 4 - In-Person Only
	Equitable Access and Cultural Inclusiveness for Diverse Populations	Cultural Resilience and Identity Preservation	Racism in Health and Decolonisation of the System	Workshop 3
10:55 AM - 11:15 AM	<p>Self-Determination - Yaanadhan Manamith Yirramboi, Cultural Leadership Melissa Harrison, Court Services Victoria</p>	<p>Empowering Indigenous Youth: Recognising Success and Supporting Mental Health Cassandra Blume & Grant Cameron, NCIE</p>	<p>Nōku te Ao Education Wānanga - Reducing Prejudice and Discrimination Towards Māori with Lived Experience Codey Bell & Gloria Sheridan, Te Kete Pounamu & Te Rau Ora</p>	<p>"Loog Afdaimbud Dem Propuwai" by Teaching Community Hands-On Trauma Informed Care Dr Deeta Kimber, Tracking Better</p>
11:20 AM - 11:40 AM	<p>There Was No Love, I Can Tell" Samoans Experience of MH Care in Aotearoa, NZ Dr Taavale Ioana Mulipola, Auckland University Of Technology</p>	<p>He Waewae Taumaha, He Kiri Mākū! Drawing Parallels Between Physical Preparedness in Battle and the Resilience Needed to Navigate Contemporary Challenges Faced by Indigenous Communities Koianake Sharples, Toi Tangata</p>	<p>Presentation To Be Announced</p>	<p>Workshop 3 Continued</p>
11:45 AM - 12:05 PM	<p>Exploring Experiences of First Nations People Who Were Involved with Child Protection in Victoria Kaitlyn McVicar, Monash University</p>	<p>TE KETE RONGOMAU Reclaiming Power, Will and Preferences Johnnie Potiki, Te Whatu Ora/Health NZ Southern</p>	<p>Kai Security - Reconceptualising Food Security in Aotearoa Dr Madeline Shelling, Ihi Research</p>	<p>Workshop 3 Continued</p>

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	Room 1 - In-Person & Online	Room 2 - In-Person Only	Room 3 - In-Person Only	Room 4 - In-Person Only
	Equitable Access and Cultural Inclusiveness for Diverse Populations Chair:	Cultural Resilience and Identity Preservation Chair: Kerri Butler	Racism in Health and Decolonisation of the System Chair:	Workshop 3
12:10 PM - 12:30 PM	Presentation To Be Announced	Growing the Puna: Fostering Pathways for Taurira Māori in the Māori Health Sector Chelsea Cunningham, Toi Tangata	Amplifying the Voices of Aboriginal Children in Care to Support Meaningful Action Bradley Burns, Western Sydney University	Working Together: How four Aboriginal leadership groups plan to shift power and strengthen community development Prof Janya McCalman & Ruth Fagan, CQU, Jawun Research Centre
12:30 PM - 1:30 PM	LUNCH WITH EXHIBITORS			
	Room 1 - In-Person & Online	Room 2 - In-Person Only	Room 3 - In-Person Only	Room 4 - In-Person Only
	Open Topic	Empowering Grassroots Innovation for Community Wellbeing	Cultural Resilience and Identity Preservation Part 2	Workshop 4
1:30 PM - 1:50 PM	Culturally Grounded Palliative Care - Promoting Wellbeing and Healing at End of Life Cindy Paardekooper, First Nations Palliative Care Alliance; & Eliza Munro, Ngiyani Wandabaa	Tipu Ora Tiaki Whanau - Wellchild Tamariki Ora Enhanced Support Programme Segina Te Ahuahu, Manaaki Ora Trust	Exploring Māori and Non-Māori Mental Health Nurses' Perception of Te Whare Tapa Whā Samantha Teinakore, Waikato University	The Evolution of Indigenous Wellness Don Burnstick, Burnstick Promotions
1:55 PM - 2:15 PM	Changing the Narrative: Lateral Empowerment Lateesha Jeffrey, Wave of Change Consultancy	Mental Health First Aid, Empowering First Nations Mob to Deliver Courses in Community and Workplaces Lynette Anderson, Mental Health First Aid International	It Takes a Kaika to Rejuvenate Maternity Practices - A Kāi Tahu Journey of Reclamation Dr Kelly Tikao, University Of Otago	Workshop 4 Continued
2:20 PM - 2:40 PM	Enhancing Indigenous Well-being through Biophilic Design: A Focus on Māori Health in the Built Environment Jessica Aroha Fonima Hulme & Ben Nielsen, Jasmex	Healing Family Violence Through Social and Emotional Wellbeing Clinton Bennell, Nunga Mi:Minar	Identity Equals Wellbeing, One That You Cannot Prescribe in the Form of a Pill Jimika-ley Titoko, Te Awhi Whānau	Workshop 4 Continued
2:45 PM - 3:05 PM	Indigenous Elder-Guided Relationship and Community Repair After Youth Sexual Violence: A Churchill Fellowship Lauren French, Body Safety Australia	"Dietitians don't ask the right questions": Māori Experiences of Nutrition in the Public Health System Dr Lynley Uerata, Te Whatu Ora Waikato	From Compulsory Treatment to Commissioner: A Lived Experience Perspective on Mental Illness and Resilience Maggie Toko, Mental Health & Wellbeing Commission	Seasons for Life: Keeping Spirit Strong, Supporting Aboriginal and Torres Strait Islander families following loss Eliza Munro & Keeva Mostyn, MacKillop Seasons
3:05 PM - 3:35 PM	AFTERNOON TEA WITH EXHIBITORS			



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Closing Keynote Session	
3:35 PM - 4:05 PM	<p>"Chur! All Good, Bro?" A kaupapa Māori framework created to support Tāne Māori on their journey towards a space of Mauri Ora!</p> <p>Mohi Allen, Kaiwhakarite - Māori Engagement Specialist at the Mental Health Foundation NZ</p> <p>Thomas Strickland, Māori Engagement Manager at Te Whatu Ora</p> <p>Wharepaoro Christie, Māori Engagement Manager at the Mental Health Foundation NZ</p>
4:10 PM - 4:40 PM	<p>Ka pari te tai, ka timu te tai, ka ngaro te tohu i haea. Engari ka mau tonu te wairua. Finding our places in the story.</p> <p>Dr Hinemoa Elder, Child and Adolescent Psychiatrist, Te Whatu Ora</p>
4:45 PM - 5:00 PM	Conference Closing



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.



Kōrero mai mō te rongoa Māori e pā ana ki tō whara

Talk to us about rongoa Māori for your injury

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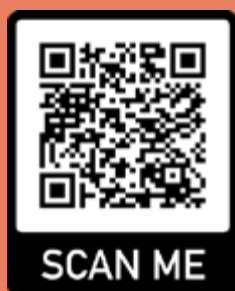
He Kaupare. He Manaaki.
He Whakaora.
[prevention. care. recovery.](https://acc.co.nz)



WE'D LOVE YOUR FEEDBACK

We'd love your feedback about the conference.

Please scan the QR code at the conference to complete our short conference survey.



WIN

As a THANK YOU for completing this survey by Friday 25 October 2024, you'll go into the draw to win an in-person registration plus one night's accommodation to the **2025 Indigenous Wellbeing Conference**



COMPETITION

GET SOCIAL WITH US!

Use **#IWC24** throughout social media to enter the draw to win one of two prizes:

In-person registration to to IWC25 or
In-person registration to any ANZMHA
conference!



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WISPC
2026
Aotearoa NZ



TE RAU ORA

*We welcome you to
Aotearoa New Zealand
Nau mai Haere mai*

Kirikiriōra (Hamilton) 3rd – 5th of September

www.terauora.com/WISPC2026

email: wispc2026@terauora.com

EXHIBITION FLOOR PLAN



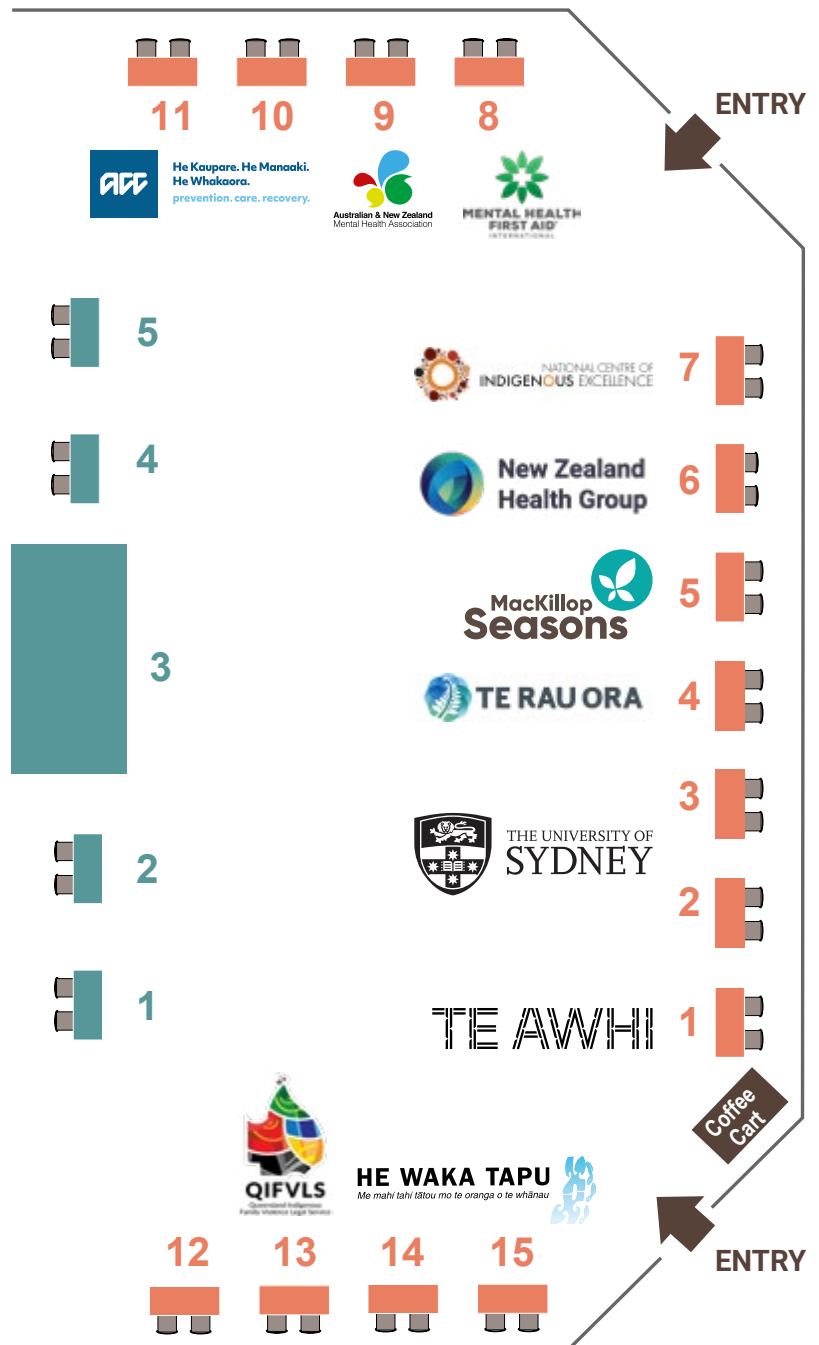
Exhibition Hours

Monday 21 October 7:30am – 5:30pm

Tuesday 22 October 8:00am – 3:30pm

Exhibitor List

- 1 Te Awahi Whanau Charitable Trust
- 2 University of Sydney
- 3 University of Sydney
- 4 Te Rau Ora
- 5 MacKillop Seasons
- 6 New Zealand Health Group
- 7 National Centre for Indigenous Excellence
- 8 Mental Health First Aid International
- 9 Australian & New Zealand Mental Health Association
- 10 Accident Compensation Corporation (ACC)
- 11 Accident Compensation Corporation (ACC)
- 12 Dr Diana & Mr Mark Kopua, Te Kurahuna
- 13 Queensland Indigenous Family Violence Legal Service
- 14 He Waka Tapu
- 15 He Waka Tapu



Stall Holders

- 1 Hā Habit
- 2 Habitat Health
- 3 Māori By Design
- 4 Louise Thompson
- 5 Shelley Bell



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CONFERENCE HOST



The Australian & New Zealand Mental Health Association

The Australian & New Zealand Mental Health Association is a non-government, non-for-profit association for all mental health professionals, workers, volunteers, carers and advocates.

Through a selection of educational materials, annual events and continued development opportunities, we aim to support the personal and professional wellbeing of every individual active in mental health and wellbeing.

 membership@anzmh.asn.au

 anzmh.asn.au

PLATINUM



University of Sydney

As Australia's first university – founded in 1850 – the University of Sydney has a proud history of global leadership in education and research and inspiring people from all backgrounds to contribute to positive real-world change. We're a world-renowned teaching and research institution – our research combines the expertise and talents of scholars from many disciplines.

At the centre is our continuing commitment to building on the First Nations knowledge of these lands – we have work to do, and that work must be in culturally responsive ways. The University's Indigenous Strategy One Sydney, Many People expresses our whole-of-University commitment to celebrate and respect this increasing voice and the influence Aboriginal and Torres Strait Islander culture, knowledge, and people have on our campuses.

 +61 8627 1444

 sydney.edu.au

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TE ORANGA



**He Kaupare. He Manaaki.
He Whakaora.**
prevention. care. recovery.

Accident Compensation Corporation - ACC

ACC helps prevent injuries and gets New Zealanders and visitors back to everyday life if they've had an accident.

Our vision is to create a unique partnership with every New Zealander, improving their quality of life by minimising the incidence and impact of injury. We touch the lives of many New Zealanders. The health, rehabilitation and service providers who help people who are injured, the businesses, vehicle owners and workers who contribute to the Scheme, and any New Zealander or visitor to New Zealand who's injured in an accident.

Our role is to make sure that all these groups' needs are met, making sure our clients get the right care at the right time, while keeping levies fair and stable. The Accident Compensation Act 2001 sets out how we run.

 acc.co.nz

HAUORA

HE WAKA TAPU

Me mahi tahi tātou mo te oranga o te whānau



He Waka Tapu

He Waka Tapu is a kaupapa Māori organisation located in Ōtautahi (Christchurch), Hakatere (Ashburton) and Wharekauri (Chatham Islands). We use tikanga Māori to help people identify what they really want out of life, working closely with our community, other service providers and government agencies to meet the needs of whānau.

Through collaborations with funders and stakeholders, He Waka Tapu provides personalized health consultations, community health initiatives, mental health crisis intervention, addiction support services, reintegration programs, family violence prevention, and educational offerings to promote holistic well-being in our communities. We also operate Te Aranga Health, a cost-effective General Practice, Tinana Community Gym, and various other community initiatives and partnerships including the recently completed Ahikā affordable housing development.

 0800 439 252

 hewakatapu.org.au

As an association that is a leader in mental health, we stand beside our First Nations people in both Australia and Aotearoa to empower their people and communities to improve their wellbeing. We support our Aboriginal and Torres Strait Islander people in Australia and Māori in Aotearoa and acknowledge the beauty, strength and uniqueness in their people and cultures. We celebrate their diversity and acknowledge that we work, walk and talk on your lands and we thank and pay yindyamarra/whakaute/respect to your ancestors, Elders and people. Our association will work to continue to amplify voices and empower communities to improve the mental health within First Nations people in both countries.

BARISTA CART

TE AWHI

Te Awhi Whanau Charitable Trust

Established in 1994, Te Awhi is a kaupapa Māori provider specialising in Mental Health and Addiction services in the Waikato (Hamilton) and Te Tai Tokerau (Whangārei) regions.

We aim for innovative interventions that empower Tū Whānau and their whānau in new ways, to live ordinary lives in communities of their choice, as whānau are their own greatest resource, they just need belief.

☎ 02 768 77125

✉ laurie.hakiwai@tawct.org.nz

🌐 teawhi.org.nz

CULTURE CONNECT

TE RAU ORA

Te Rau Ora

Te Rau Ora is a national centre for Māori health and wellbeing in Aotearoa, New Zealand. Established in 2002 by Sir Professor Mason Durie and Dame Tariana Turia, it rebranded from Te Rau Matatini in 2019 to reflect its broader focus. The organisation envisions thriving, self-determined whānau and is dedicated to building a future Māori workforce to lead health service delivery. Through leadership, education, research, and innovation, Te Rau Ora aims to enhance Māori health outcomes. We will also proudly host the World Indigenous Suicide Prevention Conference (WISPC) 2026 from 3rd to 5th September in Kirikiriroa Hamilton, New Zealand.

☎ +64 2152 3067

✉ natasha.paku@terauora.com

🌐 terauora.com

MacKillop Seasons

MacKillop Seasons

MacKillop Season's evidence based First Nations programs provide a culturally informed approach to support the social and emotional wellbeing of Aboriginal and Torres Strait Islander children, young people and adults to keep Spirit strong and build resilience through the journey of grief, loss and change.

MacKillop Seasons collaborates with schools and communities, building the knowledge and capacity of professionals to deliver evidence-based change and loss programs in communities. Seasons for Life is a Federally funded initiative (Dept. Health and Aged Care 2022 – 2025) to support Australian high schools to understand and respond to grief, loss and change including those impacted by suicide loss.

☎ 1300 379 569

✉ info.seasons@mackillop.org.au

🌐 www.mackillopseasons.org.au

NATIONAL CENTRE OF INDIGENOUS EXCELLENCE

National Centre of Indigenous Excellence

The National Centre of Indigenous Excellence (NCIE) is a not for profit social enterprise building solid foundations and solid futures for Aboriginal and Torres Strait Islander people. The NCIE exists to create opportunity and build capacity for First Nations Peoples. Our main purpose is to serve and empower the Redfern and broader communities through health and wellbeing programs, access to career and education pathways and exposure to cultural immersions here onsite instilling a sense of pride in our culture. We are located on the land of the Gadigal people of the Eora Nation in Redfern, Sydney.

☎ 0405 039 510

✉ grant.cameron@ncie.org.au

🌐 ncie.org.au

EXHIBITORS



New Zealand Health Group

New Zealand Health Group

New Zealand Health Group (NZHG) is Aotearoa New Zealand's largest nationwide provider of home and community support services, disability support, rehabilitation, mental health and behavioural support, health staffing, workplace support, sector training, private care and medical alarms. Our team of over 10,000 carers, support workers, nurses, and other health professionals provide more than 100 specialist services across Aotearoa to tens of thousands of New Zealanders every day. With the purpose of achieving equitable wellbeing for everyone, NZHG works in collaboration with government, health authorities, local iwi, and communities to ensure people are supported with the care they need to live their best lives.

✉ culturalservices@nzhealthgroup.com
🌐 nzhealthgroup.com



**MENTAL HEALTH
FIRST AID[®]
INTERNATIONAL**

Mental Health First Aid International

Mental Health First Aid International is a global health promotion charity dedicated to providing evidence-based and evidence-informed education programs. Our mission is to increase mental health literacy, reduce stigma, and help individuals develop the skills needed to encourage people to seek professional help. Through this, we aim to broaden the support network available to people experiencing mental health problems.

We are leading a global movement dedicated to prevention and early intervention, striving to reduce the impact of psychological distress and mental health problems in individuals, families, communities, educational settings and workplaces.

☎ 0427 393 336
✉ amhfa@mhfa.com.au
🌐 mhfainternational.org



Queensland Indigenous Family Violence Legal Service

Our History

Queensland Indigenous Family Violence Legal Service (QIFVLS) Aboriginal Corporation was established in 2009. We were formed after recognising a gap in access to legal and well-being support services for Aboriginal and Torres Strait Islander victims and survivors of domestic violence, family violence and sexual assault.

Who We Are

We are the leading Queensland based Aboriginal-controlled organisation that provides family and well-being support and legal services. We provide holistic support to our clients and communities that have been affected by domestic and family violence.

We support Aboriginal and/ or Torres Strait Islander people and communities to live free from harm, to realise their potential and empower them to be self-determined.

Our Mission

To address domestic and family violence and sexual assault of women, children and men by providing free legal and well-being support services through casework and more broadly through community education, reform and advocacy. Ensuring services are reflective of the cultural values of each community.

☎ 1800 88 77 00
✉ ea-ceo@qifvls.com.au
🌐 qifvls.com.au

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SHOWCASE EXHIBITORS



THANK YOU TO OUR CONFERENCE LOGO DESIGNER

We'd like to thank this year's Indigenous Wellbeing Conference Logo Designer for her work in incorporating māori design principles into the 2024 logo. Thank you Chloë Reweti who is a local Art Director & Graphic Designer.

