



**TheMHS Conference** | Building Healthy Communities:  
27-30 August 2019 - Brisbane | *Stories of Resilience and Hope*

## Aboriginal and Torres Strait Islander Peoples Forum

Tuesday, 27 August 2019

Aboriginal and Torres Strait Islander communities and cultures have shown remarkable resilience: surviving and flourishing despite more than 200 years of the depredations of colonization. What better way to illustrate this resilience and optimism within our vibrant communities than with a forum highlighting the many ways in which Aboriginal and Torres Strait Islander communities are negotiating the challenges thrown at them by today's Australia whilst building a resilient future?

Today's mix of presentation and workshops organised by Richmond Fellowship Queensland's Indigenous Services team showcases a range of community action and ideas, exemplifying the positive impact that Aboriginal and Torres Strait islander leadership has in maintaining resilience and providing strengths focussed futures. The Forum is designed for everyone with an interest in the way Aboriginal and Torres Strait Islanders are negotiating service system and other challenges.

**Facilitator:** Kimina Andersen: Executive Manager Indigenous Services RFQ.

Kimina's heritage is Darnley Island in Torres Strait, Wuthathi Cape York and Wakka Wakka South Burnett.

9.00am	<p><b>Introduction to Country: Angelina Hurley [Traditional Custodian]</b></p> <p>Angelina Hurley is an Aboriginal woman from Brisbane, as is from the Jagera, Gooreng Gooreng, Mununjali, Birriah, and Kamilaroi nations. Daughter of renowned Brisbane Aboriginal artist Ron Hurley, her career spans Indigenous Arts, Education and Community Cultural Development. As an emerging writer her debut was her short film 'Aunty Maggie and the Womba Wakgun' produced by Screen Australia's Short Black series in 2009. In 2011 she was awarded the Australian-American Fulbright Commission's Indigenous Scholarship. She's presently working on her Doctoral studies at Griffith University. Angelina is also co-host of the popular radio show Wild Black Women with Dr Chelsea Bond on Brisbane's 98.9fms Let's Talk Program.</p>
9.30am	<p><b>Keynote Speaker: Professor Helen Milroy</b></p> <p>Helen Milroy is a descendant of the Palyku people of the Pilbara region of Western Australia but was born and educated in Perth. Currently Helen is a Consultant Child and Adolescent Psychiatrist, Professor at the University of Western Australia and Commissioner with the National Mental Health Commission. Helen has been on state and national mental health advisory committees and boards with a particular focus on Indigenous mental health as well as the wellbeing of children.</p>

	<p>From 2013 to 2017 Helen was a Commissioner for the Royal Commission into Institutional Responses to Child Sexual Abuse.</p> <p>Helen’s keynote will speak of the use of storytelling and the importance of indigenous storytelling for children. She will use a series of stories she has written with some background evidence around child development. She will include the story that was also given to her as her totem to outline this cultural aspect of development.</p>	
11.00am	Morning Tea	
11.30am - 12.30pm	Introduction to Courageous Conversations about Race	
	<p>The Institute for Courageous Conversation (iCCAR) was launched in 2016 in Aotearoa New Zealand. iCCAR exists to bring people together to explore the question: “In a context of ever-increasing racial and ethnic diversity, how can I contribute to a more racially equitable and inclusive society?”</p> <p>Today’s presentation introduces the concepts and invites the curious to look further in a concurrent workshop after lunch.</p> <p>Presenters:</p> <ul style="list-style-type: none"> <li>Richard Abednego Senior Project Officer; Aboriginal and Torres Strait Islander Health Unit, Metro North Health. Richard is a Torres Strait Islander man.</li> <li>Dr Matthew Farry: Director at Institute for Courageous Conversations about Race [South Pacific]</li> </ul>	
12.30 - 1.15pm	Lunch	
1.15 - 2.00pm	Dion Tatow, Regional Practice Leader Queensland Aboriginal and Torres Strait Islander Child Protection Peak [QATSICPP]	
	<p>Dion’s heritage is Aboriginal (Iman and Wadja) and South Sea Islander (Ambrym Island, Vanuatu)</p> <p>Dion will outline some of the exciting work being done in building the resilience of the Indigenous LBQTI community in Queensland</p>	
2.00 - 3.30pm	Concurrent Workshops	
	<p><b>Helen Milroy Workshop</b></p> <ul style="list-style-type: none"> <li>Self-care; including an understanding of compassion fatigue, vicarious traumatisation and burnout.</li> <li>A review of defence mechanisms and coping strategies, as well as cultural strategies.</li> <li>Discussion around professional and personal issues, roles and boundaries.</li> <li>Concluding with a holistic approach to wellbeing and healing journeys.</li> </ul>	<p><b>iCCAR Workshop</b></p> <p>Further developing on the ideas, insights and strategies canvassed in this morning’s presentation</p>
3.30 - 4.00pm	Afternoon Tea, Discussion and Farewell	
	Please join us in discussing the ideas of the day over a cuppa and a cake.	