

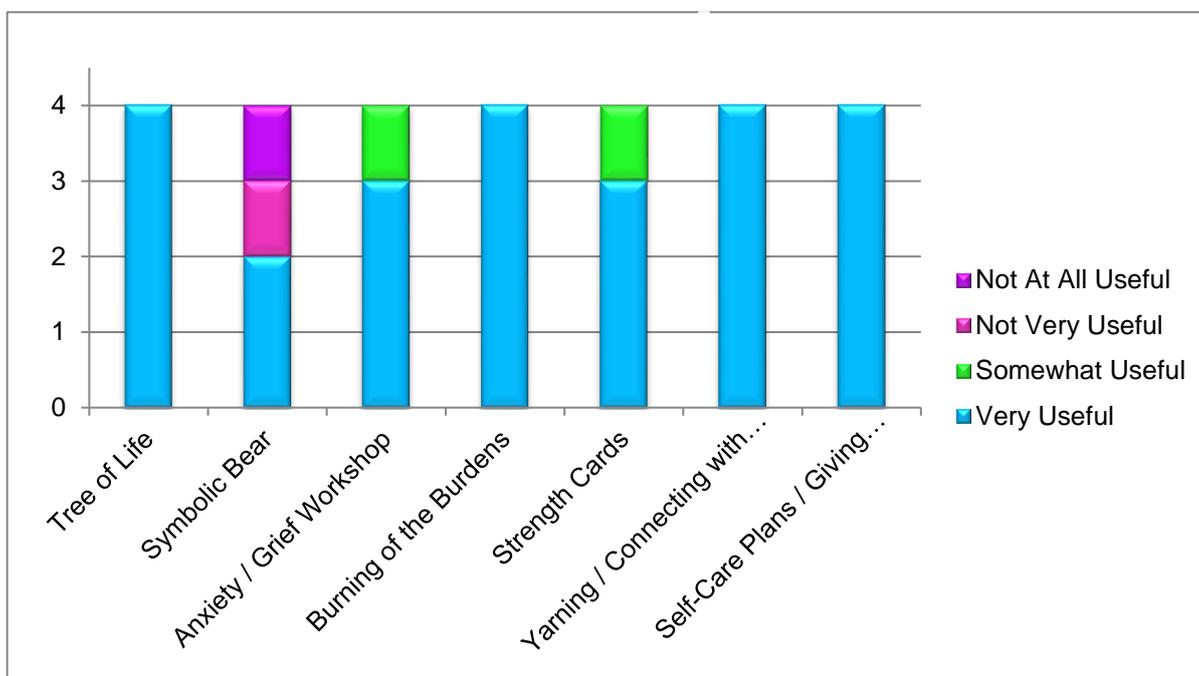
<b>PIR Agency:</b>	Institute of Urban Indigenous Health
<b>Date:</b>	17/12/2014 – 31/08/2015
<b>Key issue(s)</b>	Appropriate cultural support of Grief, loss and Trauma for Aboriginal and Torres Strait Islander Consumers
<b>Main Objective(s)</b>	The 'Healing Group' was to support Aboriginal and Torres Strait Islander women in a culturally appropriate manner that suffer severe and persistent mental health which is being primarily effected by loss and grief of their own child.
<b>Summary of Impact or Result</b>	<ul style="list-style-type: none"> <li>• Provide a safe space for Aboriginal and Torres Strait Islander women to discuss the loss and grief of children</li> <li>• Provide support and tools to manage the process in a culturally sensitive manner and in turn have a positive impact on their mental health that will compliment current therapeutic interventions</li> <li>• Create a support network for participants</li> </ul>
<b>Context</b>	<p>The 'Healing Group'. Was a program introduced as a response to an identified gap in services within the Brisbane North region, for Aboriginal and Torres Strait Islander women who have experienced the loss and grief of their own child/children through death.</p>
<b>Stakeholders/Partnerships</b>	<i>IUIH Indigenous mental health workers at Redcliffe/ Caboolture, Prince Charles and the Royal Brisbane Hospitals.</i>
<b>Project Management</b>	<p>The project was managed in partnership with IUIH Social Health Team. The Team Leader Layla Scott and SSF as well as project leader SF Kim Walker.</p> <p>Identified issues included culturally appropriate ceremonies that where significant yet contemporary and not connected any one Tribe or Clan. SSF gave cultural guidance and adapted ceremonies that would be relevant for the grief and loss process followed by ongoing discussions on the process with the Social Health Team as delivered all activities as well as provided emotional support through counselling throughout the event.</p> <p>Arrangements were made for pre and post debrief for both counsellors and clients.</p> <p>All other planning such as accommodation, food transport and resources were managed by the project leader.</p> <p>The social health team did identify that the issue of preparing food for consumers and themselves was time consuming and other options as having meals prepared for them may had been a better option.</p>
<b>Description of Activities</b>	<p>The original proposal detailed the following as projected outcomes:</p> <ul style="list-style-type: none"> <li>• <i>Provide a safe space for Aboriginal and Torres Strait Islander women to discuss the loss and grief of children</i></li> <li>• <i>Provide support and tools to manage the process in a culturally sensitive manner and in</i></li> </ul>

turn have a positive impact on their mental health that will compliment current therapeutic interventions

- Create a support network for participants
- Gain qualitative data to support additional 'Healing Group' camps within the community
- Build knowledge of facilitators involved for best practice
- Address a current gap in service
- Following the camp it is expected that the group participants will form a support network which can be supported by the Social Health Team
- Facilitating and supporting through the grief and loss process may reduce hospital admission directly relating from triggers
- Encourage help seeking behaviour and breakdown barriers to accessing services

Activity outcomes:

### Have Your Say' – Activity Evaluation Survey



Project Impact

The group has since met with each other and are in the initial stages of formalising a support group with the assistance of PiR UIIH and the UIIH Social Health Team. Although all aspects of the program and group are in the early stages the potential and sustainability is promising.

Lessons Learned

Overall the 'Have Your Say' feedback survey given on the formal activities of the Healing Group. All feedback has given invaluable learnings and tabled in the preliminary discussions regarding the potential of a subsequent group. The use of identified data has provided a level of evaluation crucial to exploring possible differences in feedback. It is therefore suggested that the observable differences with activities such as Symbolic Bears is related to the age of the child/children at the time of passing, with the mothers of older children being less connected to the activity. The other two areas of difference can be attributed to the age, resilience level and stage of loss and grief, with older participants being able to manage anxiety more effectively.

The critical components included the service being provided for

Aboriginal women and that key partnership with UIIH gave way to a clear and distinct culturally

safe environment for the recovery process to take place.

Appendices

Please all information gathered came from the Proposal plan and resources produced by the SF lead project.