

First 1000 Days Australia Summit: Program, Abstracts and Biographies

18–20 October 2017 Brisbane, Queensland

This three-day event brings together early life educators, community organisations, social workers, researchers, entrepreneurs, policy makers and others aligned with the First 1000 Days Australia model.



Supported by



Welcome to the First 1000 Days Australia Summit

It has taken more than three years to get to this point, and we are so delighted to have you join us for the inaugural First 1000 Days Australia Summit, showcasing all the very best that the program has to offer our families and our communities. It truly is a celebration and a unique opportunity to exchange ideas, discover innovative opportunities, network and grow the First 1000 Days Australia movement, together.

It is difficult to describe First 1000 Days Australia in a 30-second elevator pitch, so we are not even going to try. Rather, we will have four days to learn from each other, to hear stories of courage and of renewal, to rest in the company of Elders, to laugh and cry, and to celebrate each other's work, often done in difficult and isolated circumstances. We will cover the latest research and combine this with ancient wisdom, fun, festivities and respectful engagement with each other.

We will also have an opportunity to see the power of what can happen when we all work together in culturally safe ways to ensure the very foundations of life – from before children are conceived through to their second birthday – so we can set our children up with good health and wellbeing across their lifetime.

Each of the presenters, workshop facilitators, entrepreneurs, dancers, singers, storytellers, artists, professionals, academics, directors and collaborators will be given a chance to shine, to share and stimulate, to enthuse about and enjoy the company of other like-minded people who are similarly curious and hopeful about our future, and our contributions to Australia and beyond. This is a multidisciplinary program, designed by you, where we can engage with cross-cutting ideas over many topics, experience connection and gain insights.

We are grateful for the stewardship provided by our thought leaders and members of the First 1000 Days Australia Council, and to our funders and supporters, particularly the Queensland Department of Communities, Child Safety and Disability, which has sponsored our scholarships and supported our implementation in Queensland.

We welcome our international guests and are excited to hear about how First 1000 Days Australia is making a difference beyond our shores. We also welcome all our scholarship and award winners – congratulations! – and look forward to the IndigIdeas night supported by South East Queensland Indigenous Chamber of Commerce and led by Dean Foley, founder of Barayamal – Indigenous Entrepreneurs.

This will be a week to remember... many thanks to all of you for being a part of it.



Professor Kerry Arabena

*Executive Director, First 1000 Days Australia
Chair of Indigenous Health, The University of Melbourne*

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Location and Getting to the Summit

Riverside Receptions, 50 Oxlade Drive, New Farm, QLD 4005

Parking will be available onsite, and the venue is a 25-minute drive from Brisbane Airport, or a 15-minute drive from the city centre. The venue is also accessible via the City Cat river ferry, alight at New Farm Park ferry terminal, or by taking bus route 196 from the city.



About the First 1000 Days Australia Summit

The First 1000 Days Australia Summit is a three-day event that brings together early life educators, community organisations, social workers, researchers, entrepreneurs, policy makers and others aligned with the First 1000 Days Australia model.

Presentations focus on Indigenous-led and conceived, evidence-based interventions that address children's needs from pre-conception to two years of age, thereby laying the best foundation for their future health and wellbeing.

The Summit is organised around the following themes:

- Caring and Parenting
- Family Strengthening
- Nutrition
- Infant and Child Development
- Implementation and Translation
- Entrepreneurship and Governance.

Acknowledgments

First 1000 Days Australia would like to thank the following individuals and organisations, without whom this Summit would not have been possible:

Department of Communities, Child Safety and Disability, Queensland Government

The University of Melbourne

Australia Indonesia Centre

Save the Children Australia

Our Scholarship and Award sponsors

South East Queensland Indigenous Chamber of Commerce

Townsville Aboriginal and Islander Health Services

Universitas Indonesia

Institut Pertanian Bogor, Indonesia

Welcome Baby to Country Council

Queensland Children's Commissioner Office

Queensland Aboriginal and Torres Strait Islander Child Protection Peak

Family Matters campaign

Riverside Receptions

Svetlana Andrienko, Stuart Pettigrew Design

Alastair Harris, Magpie Media

Dean Foley, Barayamal – Indigenous Entrepreneurs

Gilimbaa

Joe Morgan

Mandy Nicholson, Tharangalk Art

Tom Sparrey, Webtribe

Jane Yule, Brevity Comms

And, above all, our amazing staff at the Indigenous Health Equity Unit: Elle Mclachlan, Rebecca Ritte, Casey Phillips, Olivia Burr and Madelyne Hudson-Buhagiar

First 1000 Days Australia Award Program

The First 1000 Days Australia Award Program aims to build capacity in our partner organisations and within the regions where we work, both nationally and internationally, to support effective engagement with, and delivery of, First 1000 Days Australia related services, courses, research activities and entrepreneurial programs.

First 1000 Days Australia Awards are open to individuals, organisations and entrepreneurs who can further our goals and aspirations, drive change and contribute to the improved health and wellbeing of children, their families and communities. Priority will be given to Aboriginal and Torres Strait Islander applicants and/or to those who work in an Aboriginal and Torres Strait Islander organisation.

Workforce Development Awards

Supporting Aboriginal and Torres Strait Islander individuals and Elders and staff employed by partner organisations in funded sites to participate in First 1000 Days Australia workforce development education programs and showcasing events.

Entrepreneurial Awards

Supporting Aboriginal and Torres Strait Islander individuals, families and organisations to achieve financial independence by using our entrepreneurial skills and resources to grow wealth for the next generation.

For more information on our Awards, go to:

www.first1000daysaustralia.org.au/our-award-program



First 1000 Days Australia Council

Aunty Dianne Kerr	respected Elder of the Wurundjeri Tribe
Professor Kerry Arabena	Executive Director of First 1000 Days Australia, Chair of Indigenous Health, The University of Melbourne and descendant of the Meriam people of the Torres Strait
Dr Doseena Fergie	Lecturer in Indigenous Health and Culture at the Australian Catholic University, with Torres Strait ancestry from Mabuiag Island, Aboriginal heritage from Wuthathi country, Cape York, and Asian ancestry from Ambon in Indonesia
Ms Rose Gilby	Lecturer in the Faculty of Medicine, Nursing and Health Sciences, Monash University and Wiradjuri woman
Mr Andrew Jackamos	inaugural Commissioner for Aboriginal Children and Young People (Victoria) and Yorta Yorta man
Mr Sam Jeffries	Chairperson, National Centre for Cultural Competence, The University of Sydney and Mooraworri man
Ms Deborah Mellett	Aboriginal Community Health Coordinator, Mornington Peninsula Shire and Gurindji woman with family ties to the Jawoyn people in the Northern Territory
Adjunct Professor Phillip Mills OAM	Kulkulgul Tribal Leader of the Nailgul Clan in the Torres Straits, and Adjunct Professor, James Cook University
Ms Lisa Thorpe	CEO, Bubup Wilam for Early Learning Aboriginal Child and Family Centre and Gunditjmara/ Gunnai woman

First 1000 Days Australia Research Advisory Committee

Professor Kerry Arabena	Executive Director of First 1000 Days Australia, Chair of Indigenous Health, The University of Melbourne
Professor Alex Brown	South Australian Health and Medical Research Institute
Associate Professor Jeff Craig	Murdoch Childrens Research Institute (MCRI) and Honorary Associate Professor within Department of Paediatrics, The University of Melbourne
Professor Len Harrison	NHMRC Senior Principal Research Fellow / Consultant Immunologist, Royal Melbourne Hospital
Professor Stuart Kinner	NHMRC Senior Research Fellow, Griffiths Criminology Institute and Menzies Health Institute Queensland
Dr Ray Lovett	NHMRC Research Fellow / Program Leader, National Centre for Epidemiology and Population Health, Australian National University
Professor Jan Nicholson	La Trobe University
Professor Terry Nolan	Head, Melbourne School of Population and Global Health / Associate Dean, Faculty of Medicine, Dentistry and Health Sciences, The University of Melbourne
Dr Therese Riley	Senior Research Fellow, Australian Prevention Partnership Centre
Dr Rebecca Ritte	Indigenous Health Equity Unit, The University of Melbourne

Day 1: Wednesday 18 October 2017

Registration Riverside Receptions	9.00–10.00am
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Welcome to Country	10:00–10:15am
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Ms Maroochy Barambah

Maroochy is of Turrbul/Dippil ancestry and was born on Queensland's Cherbourg Aboriginal Reserve. She is the Songwoman and Law-woman of the Turrbal People – the Traditional Owners of Brisbane – and is performing the Welcome to Country for First 1000 Days Australia Summit participants.

Opening Address	10:15–10:30am
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Mr Michael Hogan

Director-General, Department of Communities, Child Safety and Disability, Queensland Government

Michael was appointed as Director-General in March 2014, prior to which he had been Deputy Director-General, Strategic Policy and Programs in the department. He has held the positions of Deputy Director-General, Disability Services; Assistant Director-General, Office for Aboriginal and Torres Strait Islander Partnerships; and Assistant Director-General, Strategic Policy and Evaluation, in the former Department of Communities.

First 1000 Days Australia Council Members' Address	10:30–11:00am
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Spiritual ecology, sovereignty and the First 1000 Days

Adjunct Professor Phillip Mills OAM

Adjunct Professor, James Cook University

Key message

Aboriginal and Torres Strait Islander spirituality, ecological thinking and rejecting 'white privilege' protective factors

Abstract

Torres Strait Islander worldviews posit holism, interconnectedness and spirituality as central to Islander ways of life. This view has been disrupted by mono-cultured thinking and action, which has sought to eradicate knowledge systems that recognise all life. This aggressive assault has existed since Terra Nullius and continued through acts of colonisation including exclusion, confinement to reserve Islands, and denial of human rights. Such a process could not recognise our First Nations philosophic traditions.

Instead, there is privileging of a way of thinking that denigrates the full expression and contribution of ecology and spirituality to our health and wellbeing, and replaces these with knowledge that separates us all from Earth's living systems, challenges our morality and places us in a hierarchy that has seen us relegated to the lowest of the low in Australian society. The privileging of mono-cultured ways of being, doing and belonging denies recognition of our contribution to modern Australian society.

First 1000 Days Australia provides a window of opportunity, before children are conceived, to also give birth to sovereignty through rites of passage that detail our right to take our place in our own and in Australian society. In this presentation, I will focus on the opportunity to use the First 1000 Days to ensure that all children are born free from political, national sanctioning, and to reclaim our lives – as evidenced by a lengthening of our lives, a lowering of our death rate and reclamation of our knowledge systems to promote the health and wellbeing of the ecological integrity of the systems for which we are a part.

Biography

Phillip is the Kulkulgul Tribal Leader of the Nailgul Clan in the Torres Straits, and an Adjunct Professor at James Cook University. He has authored and co-authored award-winning scientific research papers, major reports and strategies for chronic disease management in Aboriginal and Torres Strait Islander communities.

Phillip has worked with various government departments and industry leaders to deliver policy reform, capacity building projects and improved system design to rural and remote communities. Awarded an Order of Australia Medal, he specialises in change management, community-driven policy development and facilitating cross-sector consultation and mediation processes with Aboriginal and Torres Strait Islander communities. Recently he was involved in the reform of non-government health services in North Queensland.

Three important questions to answer

Dr Doseena Fergie

Lecturer in Indigenous Health and Culture, Australian Catholic University

Key message

Service providers who work in collaboration with Aboriginal and Torres Strait Islander families must be able to hear and understand the answers to three important questions if they are to be effective carers.

Abstract

Having recently returned from a Churchill Fellowship Study Tour around the world in 80 days (minus one), Doseena was dismayed at noticing how deficit statistics have been used to stereotype Aboriginal and Torres Strait Islander peoples. In this presentation she looks at how First Peoples throughout the world heal and strengthen their cultural identity and sense of belonging. Using snippets from her recent journey, Doseena frames the presentation around three questions that all Indigenous peoples would ask of themselves. The message for service providers who work in collaboration with Aboriginal and Torres Strait Islander families is that they must hear and understand the answers to these questions if they are to be effective carers.

Biography

A recognised Aboriginal and Torres Strait Islander Elder, Doseena is a Lecturer specialising in Indigenous Health and Culture and an Early Career Researcher at the Australian Catholic University in Melbourne. She is also a registered nurse, midwife and maternal and child health nurse, with a PhD on Women's Business. Her thesis explored the postnatal depression experienced by Aboriginal women residing in Victoria.

Born and raised on Thursday Island, Doseena's Torres Strait ancestry comes from Mabuiag Island, her Aboriginal heritage from Wuthathi country, Cape York, and her Asian ancestry from Ambon in Indonesia. She has lived in Victoria for the past 20 years with her family.

Doseena is a founding member of the Healesville Indigenous Community Services Association, Mullum Mullum Indigenous Gathering Place and Boorndawan Wilam Healing Service in the Eastern Metropolitan Region. In 2016 she was inducted into the Victorian Women's Hall of Fame, and in 2017 was voted Citizen of the Year by the Yarra Ranges Council for her work in Indigenous health. Doseena is the inaugural Fellow of CATSINaM (the Congress of Aboriginal and Torres Strait Island Indigenous Nurses and Midwives) and has just returned from a three month round the world study tour as a Churchill Fellow.

Session 1: Plenary

11:00am–12:30pm

The first 1172 days of First 1000 Days Australia

Professor Kerry Arabena

Executive Director of First 1000 Days Australia and Chair of Indigenous Health, The University of Melbourne

Key message

The journey of First 1000 Days Australia highlights what is possible through entrepreneurial thinking and action in developing outcomes for families from a child's conception to their second birthday.

Abstract

First 1000 Days Australia started in 2014 through the University of Melbourne's School of Population and Global Health, and the program now spans Australia, Indonesia and Norway. Conceived of and led by Aboriginal and Torres Strait Islander people, First 1000 Days Australia has established many firsts in community engagement, empowerment, advocacy, science and community-driven research. Key elements of the program have grown to encompass community and workforce capacity building, discourse analysis, entrepreneurial activity, and regional integration and enhancement.

The preconception focus was designed by the First 1000 Days Australia Council to highlight culture as the protective factor for families. Using this framework, it now provides high-level advice to a partnership between Save the Children Australia and the University of Melbourne. Funded by small project grants in 2016, the journey of First 1000 Days Australia highlights what is possible through entrepreneurial thinking and action in developing outcomes for families from conception to a child's second birthday. It shows what is possible when we are supported to create a uniquely Australian response to the complex circumstances that impact upon families within our own communities.

Day 1: Wednesday 18 October 2017

Biography

Kerry is the Chair of Indigenous Health and Director of the Indigenous Health Equity Unit at the University of Melbourne. A descendant of the Meriam people of the Torres Strait, she has a Doctorate in Human Ecology and an extensive background in public health, administration, community development and research.

Kerry's work has made significant contributions across many States and Territories in areas such as gender issues, social justice, human rights, access and equity, service provision, harm minimisation, and citizenship rights and responsibilities.

Kerry is leading the development of the First 1000 Days Australia initiative and is Chair of the Council and Co-Chair of the Research Advisory Committee.

The first 1000 days and the second chance

Ms Cheryl Vardon

Chief Executive and Principal Commissioner, Queensland Family and Child Commission

Abstract

This presentation will bring people up to date with the work of the Queensland Family and Child Commission in keeping children safe and well, reflecting on the challenges, the journey so far and what remains to be done. It will discuss the Commission's focus on the needs and perspectives of Aboriginal and Torres Strait Islander children and young people and how it sets about fulfilling that purpose.

Cheryl will review what we know and don't know about the first 1,000 days of children growing up in Queensland today. As a collective, with committed partners and communities, we know a lot more now than we ever have before about the importance of the first 1,000 days of children's lives. Using this knowledge to share information, take action, strengthen families and always persist is our shared purpose to bring about lasting change.

Cheryl will also tell from her own experience stories of the first 1,000 days of some of the children and families she has worked with and supported during her career, some of the key activities she has observed which establish resilience and a robust sense of personal worth in young people, and leave a message of hope about the second chance in adolescence.

In closing, Cheryl will raise ideas about the future work of the QFCC including hearing direct stories from children across Queensland about their hopes, dreams and ambitions which will bring a sharp focus to our joint responsibilities for all children and young people.

Biography

Cheryl has a distinguished career in education, community and children's services. She has held many board and university council positions and statutory roles on tribunals and commissions including the Social Security Appeals Tribunal and the Commonwealth Safety and Rehabilitation Compensation Commission.

Cheryl is a Fellow of the Australian Institute of Management and a Fellow of the Australian College of Education, and was a Vice Principal of the University of Melbourne and an Adjunct Professor at the University of Canberra. She is a previous Director General of Education for Western Australia and a former Chief Executive of the Australian Capital Territory Department of Education and Community Services.

In 2004, while Commissioner for Public Administration in the ACT, Cheryl led a review of child protection services – 'The Territory as Parent' and 'The Territories' Children' (the 'Vardon Report') – which established an ACT Children's Commissioner. Cheryl has also worked for the corporate and not-for-profit sectors as well as leading her own successful consulting and mentoring business.

How to use the First 1000 Days to build self-determining leaders: The Bubup Wilam model of early years leadership, health and wellbeing

Ms Lisa Thorpe

Chief Executive Officer, Bubup Wilam for Early Learning Aboriginal Child and Family Centre

Abstract

Aboriginal and Torres Strait Islander children are already cultural leaders and actors, able to shape and transform their own, and their family's, experiences of thriving both in our own and in the wider Australian society. The Bubup Wilam model supports Aboriginal and Torres Strait Islander children to thrive not by teaching culture – but rather by supporting and creating opportunities for them to co-create environments and systems of care that nurture culture as an experience, an aspiration, an identity and a way of communicating about how to be respectfully engaged with the world.

Since Bubup Wilam opened in 2012, a cultural model of early years has been evolving, one which is focused on supporting children's leadership and capacities through safe spaces, child-led practice, engaging community members and operating in a culture of expectations for excellence. This presentation will highlight the key elements of cultural ways of knowing, being and doing that both use and generate knowledge, theory and practice to empower practitioners, children and families to break cycles of trauma and to thrive.

Biography

Lisa, a Gunditjmara/Gunnai woman from Victoria, has lived in Melbourne's Thomastown for 30 years and has four children and four grandchildren. As CEO of Bubup Wilam, Lisa has been integral to its inception and development and to ensuring the right to self-determination for Aboriginal children and their families.

For most of her working life, Lisa has been employed in Aboriginal community-based and community controlled organisations. She has managed and worked on many programs that have directly contributed to the provision of services for Aboriginal people.

Lisa has a Master in Public Health from Deakin University where she worked as an Associate Professor with the Institute of Koorie Education for seven years. She is a strong advocate for her people and works tirelessly to ensure Bubup Wilam's rights to self-determination are met.

Session 2: Plenary

1.30–2.00pm

A vision for community-led and collaborative support in the First 1000 Days

Dr Jackie Huggins

Co-Chair of the National Congress of Australia's First Peoples

Abstract

This keynote presentation emphasises the importance of a community-led, collaborative approach to enable Aboriginal and Torres Strait Islander children to thrive within the First 1000 Days. One of the objectives of the National Congress of Australia's First Peoples is to campaign for meaningful government action and reform in partnership with Aboriginal and Torres Strait Islander communities. Many of the challenges faced by parents and children in the First 1000 Days are complex and intrinsically connected, and therefore require holistic and comprehensive solutions.

The National Congress presents the Redfern Statement as a national advocacy platform and tool to address some of the problems facing Aboriginal and Torres Strait Islander children and families within a culturally appropriate and community-led framework.

Biography

Jackie has been awarded for her work in reconciliation, social justice, women's studies and literacy, in a career that has spanned more than four decades.

Her previous Boards and Commissions have included Co-Commissioner for the Inquiry Into the Separation of Aboriginal and Torres Strait Islander Children From Their Families, Australian Institute of Aboriginal and Torres Strait Islander Studies, Council for Aboriginal Reconciliation, Co-Chair Reconciliation Australia and the Telstra Foundation.

Life matters now

Mrs Deb Pattrick

Co-Director/Midwife/Child Health Nurse, Youth & Family Education Resources

Ms Tracy Smith

Co-Director/Midwife, Youth & Family Education Resources

Key message

Preconception sharing and education is vital for our future generations. Young people are our change agents to make a difference in health outcomes for Aboriginal and Torres Strait Islander children's health and wellbeing now for generations to come. Elders, health and education sectors working together changes lives.

Abstract

Many women and their families in remote Australian regions experience inequality fear and neglect, which has culminated in poor health outcomes for Aboriginal and Torres Strait Islander mothers, newborns and children. According to the Australian Institute of Health and Welfare, in 2014 babies born to Australian Aboriginal and Torres Strait Islander mothers were almost twice as likely to be of low birth weight (less than 2500 grams) than those born to non-Indigenous mothers. Low birth weight can increase the risk of a child developing often preventable health problems throughout their lives.

Outreach by strong Aboriginal women and midwives into local schools is a community-based approach that gives future parents information to make smarter and healthier choices along their journey to parenthood. This presentation will focus on a remote location in the Northern Territory where strong women Elders, community workers and midwives come together regularly as part of a wider community initiative to improve education, information reach and maternal and newborn outcomes to high-need Aboriginal pre-conceptual teenagers/young parents. The Core of Life program collaborative approach to training and delivery ensures that each group has a shared investment in building healthier future generations.

Presenters will share the outcomes of locally driven pregnancy and parenting education for young people, such as increasing their knowledge of the common first signs of pregnancy and encouraging earlier first trimester clinic attendance. Evidence will include knowledge and awareness about the importance of healthy lifestyle choices and how these affect the growth and development of the unborn child and of their health throughout the lifespan.

Evidenced-based action | Empowering and strengthening Aboriginal families through the delivery of Functional Family Therapy – Child Welfare®

Ms Dee Ann Brown

Child and Family Services Manager, OzChild

Ms Sally Capper

Evidence Based Manager, OzChild

Key message

OzChild recently introduced two evidenced-based models into the Victorian Child and Family Services context. SafeCare® aims to prevent children from entering or remaining in out-of-home care by addressing behaviour that can lead to child abuse and neglect. Functional Family Therapy – Child Welfare (FFT-CW)® is a short-term, evidenced-based family therapy model that aims to address risk issues and relational problems within the family that can lead to a child or young person entering out-of-home care. This presentation will provide a brief overview of both models and share the outcomes of a recent evaluation.

Abstract

OzChild acknowledges the overwhelming grief, suffering and hurt that flows through generations of Aboriginal and Torres Strait Islander communities. We are actively on a journey of strengthening our cultural competence so that we can respond to Aboriginal and Torres Strait Islander peoples with culturally respectful practices, responses and solutions. Working alongside Aboriginal and Torres Strait Islander communities, our commitment is to deliver evidenced-based services that keep children and young people safe and strengthen families and communities.

OzChild introduced two evidenced-based models into the Victorian Child and Family Services context in 2016. SafeCare®, a structured parenting program that works with families with children from birth to the age of five, aims to prevent children from entering or remaining in out-of-home care by addressing behaviour that can lead to child abuse and neglect. FFT-CW®, now also delivered in NSW, is a short-term evidenced-based family therapy model that aims to address risk issues and relational problems within the family that can lead to a child or young person entering out-of-home care.

This presentation will provide a brief overview of both models and share the outcomes of a recent evaluation, including: that the program has been implemented as intended and resulted in positive outcomes for children, young people and their families

the learnings from the implementation of these models in the Australian context and what adaptations (if any) were required to fit the context

an overview of any barriers and facilitators of implementation

the next steps for OzChild in relation to seeking outcomes for Aboriginal children, youth and families through the delivery of evidence-based practice.

Wondering from the womb: Antenatal yarning in midwifery

Miss Kathy Crouch

Lead Practitioner, Early Years Service, Mallee District Aboriginal Service, Mildura, Victoria

Key messages

Using curiosity and wonder from an unborn child's perspective to increase reflection and learning in parents for better bonding. How health care professionals working within the first 1000 days can build their skills through participating in culturally respectful antenatal yarning sessions.

Abstract

The wonders of unborn children can be powerful narratives for supporting bonding and care in families. Using nine beautifully crafted yarns, written from an unborn child's perspective and sharing metaphor and symbolism rich in Aboriginal wisdom, this paper explores the bonding experiences of parents and their babies in the antenatal period. Drawn from two different case studies, it describes parental reflections about their hopes, fears and histories in response to antenatal narratives. The learning gained through participating in antenatal yarning is shared, not just from the parents' perspective but also from that of the supporting midwife.

Preliminary qualitative data indicate that both professionals and parents can have enriched shared experiences in the antenatal period using reflections from the 'Wondering from the womb' narratives. Confidence and self-awareness can be increased and patterns of parental influence can be explored safely and with limited judgment or perceived criticism.

The paper shares considerations for expanding the influence of antenatal yarning as a bonding and relational safety strategy for parents and their babies within Aboriginal communities. It also looks at the possibilities for enhancing training and development for health care and family support professionals, which has been proposed as an additional future direction for antenatal yarning.

More than a Landlord: A cross-sectional pilot study of Aboriginal and Torres Strait Islander health and housing needs

Dr Rebecca Ritte

Research Fellow, Indigenous Health Equity Unit, The University of Melbourne

Ms Madelyne Hudson-Buhagiar

Research Assistant, Indigenous Health Equity Unit, The University of Melbourne

Key message

A key challenge to improving outcomes and closing the gap for Victorian Aboriginal people is ensuring service delivery is effective. As a result of the More than a Landlord pilot survey, Aboriginal Housing Victoria (AHV) is trialling life coaching as the basis for a holistic household/family-centred approach to coordinate services to address families' needs and aspirations.

Abstract

In Victoria, between 11,000 and 16,000 Aboriginal and Torres Strait Islander people reside in social housing, any living with multiple and complex needs. The More than Just a Landlord pilot project uses social housing as an access point for engaging with Aboriginal and Torres Strait Islander families. To inform local planning and services that were appropriate to the short-, mid- and long-term aspirations and needs of AHV families, a household cross-sectional pilot study was conducted among Aboriginal and Torres Strait Islander AHV tenants. AHV tenants were trained to become peer researchers to administer a household and individual aspiration surveys among AHV tenants.

Forty-one households from 80 (51.3%) with current AHV tenancies were recruited by the peer researchers from an urban region in the outer northern suburbs of Melbourne. Forty households completed a household aspiration survey and 64 individuals participated in the individual aspiration survey (1.6 per household). Overcrowding (1.1 people per bedroom) and changes to housing requirements (growing families and ageing families) were identified.

Being happy was the main aspiration of the majority of participants. Among younger participants (14–24 years) having a family was the second most identified aspiration (37.5%), while older participants identified being healthy as their main aspiration (86.7%). As a result of the More than a Landlord pilot survey, AHV is now trialling life coaching as the basis for a holistic household/family-centred approach to coordinate services to address families' needs and aspirations.

Non-presenting authors

Mr Alex Splitt

Senior Policy Officer, Aboriginal Housing Victoria

Ms Deborah Connell

Senior Policy Officer, Aboriginal Housing Victoria

Ms Jo Thitchener

Project Officer, Aboriginal Housing Victoria

Ms Elle McLachlan

Research Assistant, Indigenous Health Equity Unit, The University of Melbourne

Dr Ritsuko Kokuma

Senior Research Fellow, Centre for Mental Health, The University of Melbourne

Dr Georgina Sutherland

Centre for Mental Health, The University of Melbourne

Mr Darren Smith

Chief Executive Officer, Aboriginal Housing Victoria

Professor Kerry Arabena

Executive Director of First 1000 Days Australia and Chair of Indigenous Health, The University of Melbourne

Advice to action: A culturally acceptable strategy to promote safe sleep environments for Aboriginal and Torres Strait Islander communities

Professor Jeanine Young

Professor of Nursing, School of Nursing, Midwifery and Paramedicine, University of the Sunshine Coast

Key messages

- 1) This is the first evaluation of a safe sleep enabler program in Australia
- 2) The Pēpi-Pod Program was culturally accepted and used appropriately by Queensland Aboriginal and Torres Strait Islander families and reduced Sudden Unexpected Death in Infancy (SUDI) risk in the context of co-sleeping
- 3) This translational research program moved safe sleep advice to safe sleep action through engaging, enabling and empowering vulnerable families in providing a safe sleep environment for their baby. Program principles are applicable to mainstream services caring for vulnerable families.

SUDI is experienced by Aboriginal and Torres Strait Islander babies three to four times more than non-Indigenous babies. A considerable proportion of these deaths are associated with unsafe sleeping practices, particularly co-sleeping with a parent who smokes. This study aimed to determine the acceptability, feasibility and safety of a portable infant sleep space embedded within safe sleep health promotion among Queensland Aboriginal and Torres Strait Islander families.

The Pēpi-pod Program, comprising a safe sleep enabler, safe sleeping parent education and safety briefing, and family commitment to share safe sleeping messages in social networks was delivered to Aboriginal and Torres Strait Islander families with identified SUDI risks, recruited through maternal and child health services (n=13 services, 27 communities) across metropolitan, regional and rural/remote areas. Parent questionnaires were administered face-to-face or by telephone within two weeks of receiving the Pēpi-pod, then monthly thereafter until pod use ceased.

A total of 304 families meeting eligibility criteria have completed data collection. All families recruited had identified SUDI risk factors; 80% had ≥ 2 known risk factors. Pēpi-pod acceptability was supported by parent responses that related to three key themes: safety, convenience and portability. Safe sleeping awareness has been raised within families and community networks. Health worker feedback relating to program implementation indicated that the program was feasible, accessible, flexible, sustainable, and built local workforce capacity with integration into current service models.

Innovative strategies that allow for co-sleeping benefits, respect cultural norms and infant care practices, while also enabling safe sleep environments are needed to reduce the incidence of SUDI.

Non-presenting authors

Ms Karen Watson

University of the Sunshine Coast

Ms Stephanie Cowan

Change for our Children Ltd

Ms Leanne Craigie

Children's Health Queensland Hospital and Health Service

Session 4: Plenary

3:30–5:00pm

Valuing our young men: The first 1000 days and generations beyond

Mr Romlie Mokak

Chief Executive, The Lowitja Institute

Key message

The wellbeing of young Aboriginal and Torres Strait Islander men has traditionally been forgotten in the research domain. However, it is an important area of research as it not only significantly impacts the men in question, but would also have a flow-on effect to the wellbeing of the family and community.

Day 1: Wednesday 18 October 2017

Abstract

While the evidence base of data about Indigenous social and emotional wellbeing has increased over the last decade, there remains an 'urgent need for more research focussed on protective factors as well as risk factors (Haswell, Blignaut, Fitzpatrick & Jackson-Pulver 2013). The wellbeing of young Aboriginal and Torres Strait Islander men is connected to intergenerational experiences, the notions of fatherhood, identity, culture, kinship and family connections. This has benefits for a child's first 1000 days and beyond.

The Lowitja Institute has prioritised this work, entrusting a group of men across generations to design and deliver on this important agenda with us.

Biography

Romlie Mokak is a Djugun man and a member of the Yawuru people. He has been the Chief Executive Officer of the Lowitja Institute, Australia's national institute for Aboriginal and Torres Strait Islander health research since 2014. Under his leadership, the Institute is transforming into a leading research and policy impact organisation in Australia, while extending its global networks and partnerships.

Prior to this, Romlie was CEO of the Australian Indigenous Doctors' Association for almost a decade. Earlier roles included Director, Substance Use, and Manager of the National Eye Health Program, for the Australian Government's Office for Aboriginal and Torres Strait Islander Health. He was the first Aboriginal policy officer in the NSW Government's Ageing and Disability Department.

Romlie has chaired and has been a member for a range of policy, research and evaluation bodies at the national and State government levels. He is the immediate past Chair for the National Health Leadership Forum, the collective of national Aboriginal and Torres Strait Islander health and wellbeing organisations. Romlie holds a Bachelor of Social Science and Postgraduate Diploma in Special Education.

Stories babies have told me

Dr Wendy Bunston

Senior Clinical Social Worker, Family Therapist and Infant Mental Health Practitioner

Key message

This presentation explores the healing properties of infant observation work for the baby, for the parent and for the observer.

Abstract

We learn about others by watching them. And what we do is often more powerful than what we say. A long-established teaching method in coming to know about how to work with babies is known as 'infant observation'.

However, watching traumatised babies is confronting work, so we may often choose to avoid seeing the baby. Even within the discipline of infant observation trainees are encouraged to start with observing the so-called 'normal', rather than beginning with a potentially 'disturbed' baby. Not truly seeing the infant who is traumatised keeps us safe from sharing their feelings of powerlessness, distress and anguish. This makes them invisible and risks leaving them alone with catastrophic feelings way too difficult for them to manage.

This presentation looks at the stories babies have told me about their trauma. Importantly, it also explains the healing properties of infant observation work for the infant, the parent, and for the observer.

Biography

Wendy is a vibrant and passionate speaker who runs wb training and consultancy and is an associate teacher at La Trobe University. She previously managed the multi-award winning Addressing Family Violence (AFV) programs in the Integrated Mental Health Program of Victoria's Royal Children's Hospital for 16 years, as well as working as a senior clinician and consultant family therapist. The AFV programs developed specialist group work interventions for children and their families.

Wendy recently completed her PhD looking at 'How refuge provides "refuge" to Infants: Exploring the ways in which 'refuge' is provided to, and experienced by, infants entering crisis accommodation with their mothers after fleeing family violence'. She specialises in working with infants, children and their parents impacted by family violence, and provides clinical supervision and training to multiple early childhood services across Melbourne.

Wendy has a Master's degree in Family Therapy and postgraduate qualifications in Organisational Dynamics and Infant Mental Health. A prolific author, her latest book, *Helping Babies and Children Aged 0-6 to Heal after Family Violence*, was released in June 2017.

Day 2: Thursday 19 October 2017

Traditional-themed Acknowledgment Performance

9.00–9.15am

Dancers from Brisbane's Aboriginal Centre for Performing Arts

Session 1: International First 1000 Days

9.15–10.30am

Making the 'first 1000 days' happen: Some thoughts

Dr Johan Morreau

Child Health Medical Specialist

Key message

'Ma te huruhuru, ka rere te manu'

Give a bird feathers and the bird will fly

Abstract

The first 1000 days, as discussed in my recent TED talk, defines both a range of challenges, as well as the critical importance of healthy parent-child attachment as a major determinant of long-term health and wellbeing, and for resolving inequity.

This presentation will enlarge on aspects of the TED talk, and will highlight the importance of aspiration and speaking one's own language(s), 'working with', rather than 'doing to', our 'needing to be valued' families, as well as the critical need to make it as easy as possible for healthy parent-child attachment to occur. It will also emphasise the provision of services that support a lifecourse, or 'conception to early childhood', focus for our health and social services. And it will reflect on the fact that this is a new journey for some of us and there will be much more to learn – 'start somewhere and go everywhere'.

The presentation will also provide some insight into recent New Zealand-based developments that have the potential to inform.

Biography

Johan has been a child health medical specialist (paediatrician) in Rotorua, New Zealand since 1983, and is married to Karen, with three adult children and (so far) four grandchildren. He was the co-author of the original Tamariki ora document that formed the background for a range of well child health developments in New Zealand.

Johan was the Chief Medical Officer for the Lakes District Health Board for 11 years and has held a range of senior medical leadership roles both nationally and locally. This experience enabled an understanding of the direct linkage between government policy, culture and the focus of services being delivered, and the relationship of these to what is happening to children and young people in New Zealand.

He decided five years ago to return to full-time clinical practice and to contribute as much as he could to shifting New Zealand's worsening child health 'picture'. Reversing health inequity, the very worrying direction of child poverty and the increasing lack of 'infant attachment' in New Zealand is, therefore, a priority. His 'First 1000 days' TED talk emphasises this and reflects his interest in Maori child health.

The Lancet's work in early childhood

Dr Selina Lo

Senior Editor, The Lancet

Abstract

The Lancet has now published three series of papers on early child development. The most recent – 2016 *Lancet* Early Childhood Development Series – highlights early childhood development at a time when it has been universally endorsed in the 2030 Sustainable Development Goals. The series considers new scientific evidence for interventions, building on the findings and recommendations of previous *Lancet* series on child development (2007, 2011), and proposes pathways for implementation of early childhood development at scale.

The series emphasises 'nurturing care', especially of children below three years of age, and multi-sectoral interventions starting with health, which can have wide reach to families and young children through health and nutrition. The presentation will look at the work of the journal in global health focusing on children and early child development.

Day 2: Thursday 19 October 2017

Biography

Selina is a senior editor for *The Lancet* responsible for commissioning global health content, and peer-review editor for child and adolescent health based out of the London and Beijing offices. She was the handling editor for such Lancet series as child health equity, early child development and planetary health.

Previously, Selina was the medical director for the Access to Essential Medicines Campaign for MSF Doctors without Borders, based in Geneva, and worked for the Clinton Foundation seconded as advisor to the national HIV AIDS treatment and care department China CDC. From 1996–2005, she led health projects together with communities in vulnerability and displacement in Afghanistan, Burma, Bangladesh, China and Thailand.

Originally from Melbourne, Selina has worked in Australia as a GP in sexual health, and holds degrees in tropical medicine and in public and international law. She is committed to advancing intergenerational equity for all people and planet.

Session 2A: Family and Disability Workshop

11:00am–12:30pm

Families and disability

Ms Jody Barney

Aboriginal Disability Cultural Safety Consultant

Abstract

Are you a parent with a lived experience of disability? Or are you a parent of a child with a disability? Do you support community members with disabilities to be the best parents they can be? Do you have questions, concerns, options, decisions, facts, figures, practice, and theory about what you do?

Here's a thought – by developing more support, understanding, awareness, rights, access, respect, belonging and inclusion practices to assist you this workshop will give you a journey through the HOW, WHO, WHERE, WHEN, WHAT and WHY. Come and unpack and redesign the way you engage, support and guide Aboriginal and Torres Strait Islander families with disabilities through First 1000 Days Australia.

Biography

Jody is a Murri–South Sea Islander woman from Urangan (near Hervey Bay) with kinship to central Birri-Gubba mob and the Gurangi people of Barcaldine. For the past 25 years, Jody has been in Victoria where she has developed strong connections with many communities through her extensive work as an Aboriginal Disability Cultural Safety consultant. Jody's connection and work with Aboriginal and Torres Strait Islanders with disabilities has seen her involved in 170 communities across Australia, growing the voices of people with disabilities and special needs.

Jody was the first deaf Aboriginal woman to present at local, State, national and international levels on the empowerment of Aboriginal and Torres Strait Islander people with disabilities and has been a representative on advisory boards at these levels. She utilised her strong leadership and management qualifications and experience to assist the National Disability Insurance Agency on 'Getting it Right' to improve people with disabilities' access to, and knowledge of, the Barwon trial site. Jody is also the only Aboriginal cultural forensic communicologist in Native Aboriginal sign languages across four States and the Northern Territory.

Jody is currently undertaking her Honours at Charles Sturt University on Aboriginal disabilities entrepreneurship and industry reform within the National Disability Insurance Scheme.

Torbangun: The Indonesian traditional cuisine to support mothers' exclusive breast-feeding practice**Professor Rizal Damanik***Professor of Nutrition, Institut Pertanian Bogor, Indonesia***Abstract**

This presentation focuses on the impacts of maternal and child nutrition on health and wellbeing in Indonesia and implications for the life-course. It aims to explore how a multi-institutional Australian and Indonesian collaboration could strengthen the First 1000 Days model to prevent non-communicable diseases (NCDs) in tribal and Indigenous communities of Indonesia. Addressing the primary prevention of NCDs risks is especially challenging in vulnerable families, who have the most to gain from such interventions due to the disproportionately high burden of NCDs.

The First 1000 Days of Life in Indonesia is conceptualised within the National Movement of Scaling-Up Nutrition (SUN) through the First 1000D Movement (Gerakan Nasional Percepatan Perbaikan Gizi dalam Rangka 1000 Hari Pertama Kehidupan or 'Gerakan 1000 HPK'). There are, however, possibilities for the First 1000 Days Australia model to expand to improve early life prevention strategies for NCDs through improving access to comprehensive primary health services, increasing early years and antenatal engagement, and building strong family environments by addressing drug and alcohol misuse, family empowerment and parental education, family nutrition, early life literacy, justice and child safety.

Development of a short-item diet quality questionnaire for Aboriginal and Torres Strait Islander mothers and their young children**Dr Emma Tonkin***Research Fellow, Nutrition Program/Wellbeing and Preventable Chronic Disease, Menzies School of Health Research***Key message**

A short-item diet quality tool has been developed with community members to assess the dietary quality of very young children in a remote Aboriginal and Torres Strait Islander community setting.

Abstract

Data reliability and compliance issues common in dietary assessment are exacerbated when working with Aboriginal and Torres Strait Islander Australians living remotely due to existing tools using inappropriate language, being resource intensive, and not incorporating culturally diverse foods and serving methods. The aim of this research was to develop a short-item diet quality questionnaire in collaboration with community members to assess the dietary quality of very young children in a remote Aboriginal and Torres Strait Islander community setting.

The 14-item Mediterranean Diet Adherence Score was used as a base for the short-item diet quality questionnaire, modified for relevance to the Aboriginal and Torres Strait Islander Australian population, and pilot tested with 20 mothers. The questionnaire was then revised with the help of a senior community leader, and tested for face validity and reliability with a convenience sample of 10 Aboriginal and Torres Strait Islander women. The test-re-test reliability was analysed (Kappa).

Mothers responded on behalf of children (aged 18 to 54 months) and the questionnaire took an average time of 12.05±2.5 minutes to complete. The readability and clarity of the items were well accepted by mothers, and the analysis showed good to very good agreement between participant responses for 20 of the 24 items tested (0.63–0.88).

This short-item dietary questionnaire can be used as an appropriate alternative for complex dietary tools when working with Aboriginal and Torres Strait Islander Australians in remote settings. The questionnaire can be applied efficiently across a large sample to provide an assessment of dietary quality and identify dietary patterns in a range of age groups, including children <2 years old.

Day 2: Thursday 19 October 2017

Non-presenting authors

Dr Athira Rohit

Senior Research Officer, Nutrition Program/Wellbeing and Preventable Chronic Disease, Menzies School of Health Research

Professor Kerin O'Dea

Honorary Professor, Melbourne School of Population and Global Health, The University of Melbourne

Dr Lawurrpa Maypilama

Principal Research Fellow, Research Centre for Health and Wellbeing, Charles Darwin University

Associate Professor Louise Maple-Brown

Principal Research Fellow, Nutrition Program/Wellbeing and Preventable Chronic Disease, Menzies School of Health Research

Associate Professor Julie Brimblecombe

Principal Research Fellow, Nutrition Program/Wellbeing and Preventable Chronic Disease, Menzies School of Health Research

The Yolngu Child Health Project – New approaches to improve nutrition and gut health in remote Australian Aboriginal communities

Dr Sarah Hanieh

Research Fellow, Menzies School of Health Research

Key message

Australian Aboriginal children in remote communities frequently suffer from adverse nutritional outcomes including high rates of stunting and wasting. Undernutrition during a child's first 1000 days has consequences for optimal health in later life and can lead to an intergenerational cycle of reduced economic opportunity, poverty and inequity.

Abstract

In response to the paucity of information on the factors associated with child undernutrition in remote Australian Aboriginal settings, we recently conducted a needs analysis in a North East Arnhem land community that identified high community concern around poor nutrition and gastro-intestinal infections. In conjunction with local community organisations we are conducting a survey, of all children two years of age and under, consisting of a) socio-demographic questionnaire and dietary assessment; b) anthropometric measurements; c) documentation of gut pathogens (including bacteria, parasites and viruses) and systemic inflammation; and d) review of health records and antenatal information.

The presentation will discuss our preliminary data on the prevalence of stunting, wasting and underweight and significant factors associated with child undernutrition in this remote community. The hypothesis is that dietary patterns, intestinal parasitic infections and the microbiome profile are critical early life determinants of a child's nutritional outcomes in this setting. Findings will be used to develop a coordinated and sustainable multidisciplinary program to address undernutrition and growth faltering in children in this community that may be generalisable to other Australian Aboriginal or Torres Strait Islander communities.

Non-presenting authors

B. A. Biggs,¹ T. Kearns,² J. Shield,¹ J. Gatti,³ W. Page,³ M. Cock,¹ J. Page,¹ S. Braat,¹ R. Gundjarranbuy,⁴ Y. Dhamarrandji,² R. Dhurrkay,² J. Kraayenhof,⁵ N. Ryan,¹ S. Mahanti¹ and J. Brimblecombe²

1. Doherty Institute, The University of Melbourne 2. Menzies School of Health Research 3. Miwatj Health Aboriginal Corporation

4. Yalu Marnggithinyaraw Indigenous Corporation 5. Marthakal Homelands Health Service

What the microbiome can tell us about family health and wellbeing**Professor Kerry Arabena***Executive Director of First 1000 Days Australia and Chair of Indigenous Health, The University of Melbourne***Key message**

The importance of the neuro and molecular decolonisation components of the First 1000 Days Australia program.

Abstract

The conceptual framework for First 1000 Days Australia takes an intergenerational life-course approach to Indigenous children's development. Governed by a Research Advisory Committee, First 1000 Days Australia posits that the bioscience tools of microbiome and epigenetics, when combined with environmental and policy contexts, are key narration tools for describing, and responding to, the intergenerational impacts on the health and wellbeing of Aboriginal and Torres Strait Islander families.

This presentation will focus on the importance of neuro and molecular decolonisation components of the First 1000 Days Australia program. It will focus on the benefits of traditional mindfulness practices, promoting a return to ancestral eating habits and lifestyles, and the importance of the ecological determinants of health for our peoples' wellbeing. In addition, the 'strong science' focus of this element of First 1000 Days Australia aims to improve cross-generational Indigenous peoples' health equity by facilitating the transition from 'consumers' to 'creators' of bioscience advancements.

Also significant has been the bringing together of key bioscience research institutes to work with Aboriginal and Torres Strait Islander peoples to determine the most effective and efficient ways of engaging with communities across Australia. This partnership group will extend the impact of research findings into bioscience institutional policy and practice, by maximising on its direct impact with families and within research institutes across Australia.

Biography

Kerry is the Chair of Indigenous Health and Director of the Indigenous Health Equity Unit at the University of Melbourne. A descendant of the Meriam people of the Torres Strait, she has a Doctorate in Human Ecology and an extensive background in public health, administration, community development and research.

Kerry's work has made significant contributions across many States and Territories in areas such as gender issues, social justice, human rights, access and equity, service provision, harm minimisation, and citizenship rights and responsibilities.

Kerry is leading the development of the First 1000 Days Australia initiative and is Chair of the Council and Co-Chair of the Research Advisory Committee.

More than a Landlord pilot study: Life-coaching for Aboriginal families**Ms Samantha French***Life Coach, Aboriginal Housing Victoria***Ms Lucinda Jackson***Peer Researcher, Aboriginal Housing Victoria***Ms Sharyn Lovett***Peer Researcher, Aboriginal Housing Victoria***Ms Alisha Warden***Peer Researcher, Aboriginal Housing Victoria*

Abstract

The More than a Landlord study is a cross-sectional pilot study for a household-level survey developed in partnership with Aboriginal Housing Victoria (AHV) for clients living in Aboriginal housing in an urban community in Victoria. Peer researchers were the primary conduit for active recruitment into the household-level survey and were recruited from present tenants of AHV residing in the local community in and outside of Melbourne's City of Whittlesea. The peer researchers played a key role in supporting access, engaging tenants and enabling the project to have further reach in the community. Peer researchers were trained and employed by the University of Melbourne and AHV to organise and conduct interviews.

Using responses from the survey, AHV has implemented a Life Coach program as the basis for a holistic household/family-centred approach to coordination services. Life Coaches work with tenants and household members to develop basic skills and draw in the necessary resources and supports needed to provide opportunities for tenants to build self-efficacy.

The Life Coaches assist with goal setting, empowering and motivating tenants to sustain focus, and work closely with, but independent from, tenancy managers. A total of 15 households (42.9%) from 41 households with current AHV tenancies indicated they would like to know more about the Life Skills program and potentially be involved in the Life Coaching program from AHV. This presentation will report on the progress of this program.

Session 4B: Infant and Child Development / Implementation and Translation

2:00–3:00pm

Development of a national trial in three phases: SISTAQUIT (Supporting Indigenous Smokers to Assist Quitting), a cRCT

Miss Sarah Perkes

PhD student, School of Medicine and Public Health, University of Newcastle

Key message

Pregnancy is an important window of opportunity to quit smoking. Community-tested, evidence-based interventions may improve the quit rates of Indigenous women and protect the health of their babies

Abstract

Aboriginal and Torres Strait Islander women are 3.6 times as likely to smoke during pregnancy compared to non-Indigenous women. Smoking during pregnancy has life-long health consequences for both mum and baby. Pregnancy provides a window of opportunity to assist women to quit. The SISTAQUIT trial aims to assess the efficacy of a multi-component culturally competent smoking cessation intervention to improve 1) quit rates during pregnancy, 2) perinatal health and 3) baby outcomes.

In development since 2015, the SISTAQUIT cRCT uses community-based participatory research and a phased approach. In Phase I, culturally appropriate materials were pre-tested in three States; in Phase II the intervention was piloted in six services across three States using a step-wedge design. The intervention comprises webinar training for health providers on providing culturally appropriate smoking cessation counselling which includes Nicotine Replacement Therapy. The cRCT will start in early 2018 across 30 Aboriginal Medical Services (AMSs) in five States. Half the AMSs will be randomised into the intervention group, and the other 15 into the control group, which will receive the intervention after the study.

An overview of how Phase I and II have informed the implementation of the cRCT will be presented, as well as our recruitment strategies, and the consultation process undertaken to date regarding the babies' outcomes. We are currently recruiting AMSs for the SISTAQUIT cRCT from NSW, Queensland, WA, NT and SA. This rigorously developed trial will help determine whether training health providers and multi-level support will assist pregnant Indigenous women to quit smoking.

* The term Indigenous will be used to refer to both Aboriginal and Torres Strait Islander peoples in Australia, but with recognition and respect of the autonomy of the two peoples.

Non-presenting authors

Dr Yael Bar-Zeev

Chief Investigator, School of Medicine and Public Health, University of Newcastle

Professor Billie Bonevski

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Associate Professor Maree Gruppetta

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Professor Joerg Mattes

Chief Investigator, School of Medicine and Public Health, University of Newcastle

Professor Gillian Gould

Chief Investigator, School of Medicine and Public Health, University of Newcastle

Translating the success of Mallee District Aboriginal Services Early Years model

Ms Kate Glenie

LMARG Early Years Project Worker, Mallee District Aboriginal Services

Ms Tina Thompson

Best Start Facilitator, Njernda Aboriginal Corporation

Key message

Replicating a successful Early Years model: opportunities and challenges

Sharing and learning together: the benefits of a regional consortium

Local adaptation: implementation in new settings

Abstract

The Loddon Mallee Aboriginal Reference Group (LMARG) is a consortium of Aboriginal Community Controlled Organisations (ACCOs) in Victoria working together to implement the successful Early Years model developed by Mallee District Aboriginal Services (MDAS). Members are working together to replicate the model at MDAS Swan Hill, Bendigo and District Aboriginal Cooperative, Njernda Aboriginal Corporation, and Mungabareena Aboriginal Corporation.

The presentation will explore the challenges of translating success and the ways ACCOs have responded in different locations. The panel will present the various stages in the pathway to implementing the model fully, including developing high-level strategies, forming Early Years teams, and integrating existing services in new ways. It will also highlight the importance of local leadership and shared training programs, and identify the gaps in the Early Years service system that are particularly challenging.

The presentation will be followed by a Q and A session, in which there will be an opportunity to explore the potential of the First 1000 days for existing Early Years models and programs.

Session 5: Plenary

3:30–4:00pm

How Indigenous entrepreneurship can deliver positive change

Mr Dean Foley

Barayamal – Indigenous Entrepreneurs

Abstract

Indigenous businesses are the high growth employment generation and solution to close the disadvantage gap between Indigenous and non-Indigenous Australians. The more opportunities and jobs created in communities generally means happier families and less crime. In this presentation, Dean explores how Indigenous entrepreneurship can deliver positive change in Aboriginal and Torres Strait Islander communities.

Biography

Dean served for five years in the Royal Australian Air Force before founding Australia’s Indigenous Business Accelerator, Barayamal – now known as a world leader in Indigenous Entrepreneurship. An action-oriented entrepreneur, Microsoft RAP Advisory Board Member and proud Kamilaroi Man, Dean grew up within the Aboriginal community in Gunnedah, NSW.

Day 2: Thursday 19 October 2017

Session 6A: Welcome Baby to Country

4:00–5:00pm

Welcome Baby to Country Workshop

In this workshop, Aunty Janine Wilson and Rose Gilby will share their knowledge and experience of the Mildura Welcome Baby to Country Ceremony. This ceremony provides a sense of connection and belonging for mothers, fathers and extended family members and children, and acknowledges and welcomes young infants and children to Country. Created through collaboration between Traditional Owners, staff from Monash Rural Health's Medicine, Nursing and Health Sciences, and the Mildura Arts Centre, the ceremony has been informed both by local community knowledge around how to create authentic and meaningful ritual, and by the concept of re-emerging and re-imagining cultural content for local families.

Biographies

Aunty Janine Wilson

Latji Latji Elder

Aunty Janine always makes time to honour her role as a community Elder of the Latji Latji peoples and regularly performs the Welcome to Country at public events. She has been a strong advocate against family violence in the Aboriginal community and advocated at a local, regional and State level to bring about change in relation to the impact of family violence on women and children.

Aunty Janine has been a representative on several committees related to family violence in the Mildura area, including the Integrated Family Violence Committee, the Local and Regional Aboriginal Justice Advisory Committees, the Mildura Rural City Council Safety Committee, the Koori Family Violence Police Protocols, and the Meminar Ngangg Gimba Project Control Group. She is also a member of the Mildura Rural City Council's Aboriginal Advisory Committee, Reconciliation Action Plan Committee and Cultural Awareness Committee, and an Elder on the Koori Courts Mildura.

Ms Rose Gilby

Lecturer, Faculty of Medicine, Nursing and Health Sciences, Monash University

Rose Gilby is a Wiradjuri woman and has been working as a Lecturer in the Faculty of Medicine, Nursing and Health Sciences at Monash University since 2006. She has a background in health education and direct clinical services and is a member of the Cultural Educators and Cultural Mentors Network. In this capacity Rose undertakes the important role of guiding registrars, junior doctors and health care and other staff to feel safe, comfortable and confident in the way they work and interact with Aboriginal and Torres Strait Islander people and their communities.

Rose is also a key member of the team responsible for organising the 'Welcome Baby to Country Ceremony', ensuring the continuation of old traditions in a contemporary way for families and community in Mildura and the surrounding areas.

Session 6B: Ambassadors Workshop

4:00–5:00pm

Ms Casey Phillips

Executive Assistant and Project Support, Indigenous Health Equity Unit, The University of Melbourne

First 1000 Days Australia has a number of spaces available for community Ambassadors – people who will champion the holistic approach of the First 1000 Days Australia model and the power of Aboriginal and Torres Strait Islander people leading this work in Australia. This session will be used to consult with people about the roles and expectations that might be attributed to Ambassadors, the recruitment process, the resources they require and their roles and responsibilities in creating a wider understanding of the work and the opportunities that are part of First 1000 Days Australia.

We also want to celebrate the achievements of our First 1000 Days Australia Ambassadors and their unique connections between the rich history of the oldest living cultures in Australia, our current students and partnership groups, and the wider Aboriginal and Torres Strait Islander and Australian community.

Day 3: Friday 20 October 2017

Session 1: Plenary

9.00–10.30am

First 1000 Days approach to Aboriginal Early Years in Frankston and the Mornington Peninsula: A Koolin Balit Initiative – Champions only need apply!

Ms Deb Mellett

Aboriginal Community Health Coordinator, Mornington Peninsula Shire

Key message

The First 1000 Days Australia model provides programs and services with a consistent, integrated and collaborative approach to ensure that Aboriginal health and wellbeing is addressed throughout the life-course, and that families experience cultural continuity of care.

Abstract

The Victorian Aboriginal population experiences higher rates of child and perinatal mortality. Currently, the Frankston Mornington Peninsula (FMP) catchment has a fragmented approach to program and service delivery to address the needs of its Aboriginal families experiencing vulnerability. By implementing the First 1000 Days Australia model in FMP, we aim to provide a coordinated and comprehensive approach to addressing the social determinants of health in Aboriginal families, and to enabling Aboriginal children to develop and flourish on a par with non-Aboriginal children.

This presentation will demonstrate how sectoral collaboration and community-led decision making can establish strong linkage pathways and coordination mechanisms between all of FMP's health and wellbeing initiatives for Aboriginal children and their families.

Biography

Deb is a Gurindji woman who also has family ties to the Jawoyn people in the Northern Territory. She has worked in Aboriginal employment and training for more than 25 years, during which time she managed an Employment Service Office and provided specialist advice on employment strategies and training for Aboriginal people.

Deb has been instrumental in establishing Willum Warrain Aboriginal Association on the Mornington Peninsula, and is passionate about improving the outcomes of Aboriginal families and children in their early years. She is also an Aboriginal Ambassador for BreastScreen Australia, a volunteer Community Liaison Officer for Breast Cancer Network Australia, and an active member on the First 1000 Days Australia Council.

In addition, Deb is a member of Aboriginal Health Alliance, Koolin Balit Southern Metro Region Aboriginal Health Committee, Best Start Committee, Peninsula Health Aboriginal Community Action Group, Frankston Child and Family Committee, and the Local Aboriginal Network.

Influencing transformation through cultural responsiveness

Ms Donna Murray

Chief Executive Officer, Indigenous Allied Health Australia

Key message

Culture is a strength that is central to health and wellbeing, and holistic care is about the person, family and community. Allied health professions have the potential to be agents for transformation, and systems need to recognise our leadership.

Abstract

The vision of Indigenous Allied Health Australia (IAHA) is that 'All Aboriginal and Torres Strait Islander people, and future generations are healthy, strong, thriving and self-determined'. For more than 65,000 years we have developed and passed knowledge across generations. Our culture is that knowledge. It is the wealth underpinning our strength and ability to survive, adapt and lead.

In 2016, Prime Minister Malcolm Turnbull quoted Professor Chris Sarra when he acknowledged that, to make a positive difference in Aboriginal and Torres Strait Islander people's lives, governments needed to 'Do things with us, not to us'. The same sentiment underpins the 2016 Redfern Statement, signed by IAHA and many other Aboriginal and Torres Strait Islander national bodies, and the theme 'We have the solutions'.

Day 3: Friday 20 October 2017

Allied and other health professionals must take a similar approach when working with Aboriginal and Torres Strait Islander individuals, families and communities: working with not 'on' us, and collaborating to promote health and wellbeing as a whole. This means doing things differently, and respecting the intrinsic value of culture in strengthening, healing and ongoing care. Allied health professionals must promote innovation and transformation in a) how people engage in their health care, and b) how systems are reconfigured to treat the person, not the illness, and to leverage culture-based strengths that bolster health and wellbeing.

Improving health outcomes for Aboriginal and Torres Strait Islander people means transforming both the practitioner and the system. In practical terms it may mean changing how assessments are done, recognising the truths of history and trauma, calling out deficit-based approaches and responding to the impact of these on how both practitioners and systems approach Aboriginal and Torres Strait Islander people and their care. Cultural responsiveness – respect for centrality of culture, self-awareness, proactivity, inclusive engagement, leadership, and responsibility and accountability – is essential. We need to know not only what it is, but how to embed it in everyday practice.

Biography

A descendant of the Wiradjuri nation of the Murrumbidgee River and of the Wonnarua nation of the Hunter Valley, NSW, Donna is the CEO of Indigenous Allied Health Australia, a national Aboriginal and Torres Strait Islander allied health organisation. She holds a Graduate Certificate in Indigenous Governance through the University of Arizona and has extensive experience in Aboriginal and Torres Strait Islander affairs, particularly in leadership and governance, management, education, health and community development.

Donna has worked at the national, State and local levels in both government and community organisations. She holds an honorary position at the University of Technology Sydney's Faculty of Health, is a member of Charles Sturt University's Graduate Certificate in Wiradjuri Language, Culture and Heritage Governance Committee and an active member of the Wiradjuri Nation Building community.

Moving the workforce: The First 1000 Days

Dr Kathy Anderson

CEO, Townsville Aboriginal and Islander Health Services

Key message

The First 1000 Days is an aspirational movement. It offers a framework for fostering resilience, leadership and innovation in Aboriginal and Torres Strait Islander families, and in our workforce.

Abstract

The focus on the First 1000 Days brings with it particular ways of talking about Aboriginal and Torres Strait Islander families and their strengths; it offers ways to focus the conversation on how we can do things better. But how do we move the workforce so that we don't just talk about the First 1000 Days, but rather we embed it into our practice and our ways of working.

The Townsville Aboriginal and Islander Health Services' (TAIHS) initial engagement with First 1000 Days Australia has been via a small team of family wellbeing, maternal and child health and corporate staff, through whom we've started to see changes in practice: more collaboration between maternal and child health and family wellbeing, a greater focus on nutrition in maternal and child health and on early childhood in family wellbeing, and shifts in the conversation around families and parenting.

But such positive change is occurring within a broader context that is not always positive. Organisations that rely on government funding must adapt to change, and we've had health, child safety and youth reforms. But the people who make up the organisation – who ultimately are the organisation – aren't always enthusiastic about change. Change also incites fear, anger, resistance, suspicion and disinterest.

Ultimately, the challenge is to promote the message that this movement is worthwhile – that the aspiration is worth the effort. Those directly involved have seen the benefits and become advocates, but if ambassadors for change aren't properly resourced, we're just giving them a burden. For TAIHS, the challenge going forward is to involve our broader workforce in the conversation, and create more ambassadors for change. Because this is not just a model for family wellbeing, or for maternal and child health. This impacts all of us, and how we do our business.

In a community controlled organisation, we rely on our staff to be our community ambassadors. Our workforce is our greatest asset, but the capacity of our workforce is also our greatest challenge. This presentation looks at how we build the capacity – and resilience – of our workforce, to support this movement. It may take 1000 Days.

Biography

With more than 20 years experience working with Aboriginal and Torres Strait Islander people, communities and organisations, across university, community-controlled, and government sectors, Kathy has been CEO of Townsville Aboriginal and Islander Health Services since 2011. In this role she provides financial, strategic and operational leadership within the community controlled sector. Kathy has a BA (Hons), Graduate Certificates in Education and in Business, a MA and a PhD.

Session 2: Workforce Workshop

11:00am–12:00pm

Starting out: First 1000 Days Australia in Townsville

Ms Rell Semmens

Family Wellbeing Manager, Townsville Aboriginal and Islander Health Services

Ms Heather Lee

Integrated Services Manager Maternal & Child Health (Townsville & Palm Island) and Registered Midwife

Ms Rhonda Cole

Senior Wellbeing Worker, Townsville Aboriginal and Islander Health Services

Ms Rowena Brown

Wellbeing Worker, Townsville Aboriginal and Islander Health Services

The Townsville Aboriginal and Islander Health Services TAIHS employs around 230 staff across its primary health and community service programs, which include accommodation services, child safety, family support and youth programs. It is a multidisciplinary workforce with a high proportion (76%) of Aboriginal and Torres Strait Islander people. This workshop will focus on TAIHS's maternal and child health program, and the ideas, opportunities and challenges presented by its work with First 1000 Days Australia.

Launch: Charter

12:00–12:30pm

Launch of Children before they Are Conceived Charter





First 1000 Days Australia
www.first1000daysaustralia.org.au

Original artwork: Mandy Nicholson