



FIRST
1000
DAYS
AUSTRALIA™

Short Course Introduction to First 1000 Days Australia

Course overview

This two-day short course presents the overall objectives of First 1000 Days Australia, which aims to provide a coordinated, comprehensive intervention addressing the needs of Aboriginal and Torres Strait Islander children from pre-conception to two years of age, thereby laying the foundation for their future health and wellbeing.

Through a mix of presentations, group work and case studies, the course will explore how the First 1000 Days Australia Model can be established and implemented across different Aboriginal and Torres Strait Islander communities Australia-wide in partnership with the University of Melbourne and Aboriginal Community Controlled Health Organisations.



Disclaimer

Registrations close Tuesday 30 July 2018.

Course details

Date	Monday 6 August and Tuesday 7 August 2018
Time	8.30am–5pm
Location	Woodward Centre University of Melbourne
Cost	\$800 per person for the full two-day course <i>Includes lunch, and morning and afternoon teas</i>
Scholarships	Scholarships available for Aboriginal and Torres Strait Islander people working in community organisations. To apply fill out an Expression of Interest at www.first1000days.org.au .

Registration and enquiries

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Course details

On **Day 1** we will provide background information on the international context for the First 1000 Days and a comprehensive understanding of the novel approach of the Australian Model of the First 1000 Days intervention cohort study.

On **Day 2** we will present an overview of the Australian evidence base for the First 1000 Days and a practical guide to establishing First 1000 Days Australia in organisations and institutions. The application of interventions, data and evidence considerations, and key deliverables for this process for organisations in your area will also be explored, and opportunities and challenges discussed.

Course participants

People in government, the not-for-profit sector and community agencies, research students and academics who work with Aboriginal and/or Torres Strait Islander people or have an interest in Indigenous health.

Course outcomes

This course will provide participants with an understanding of:

- What First 1000 Days Australia is, its governance structure, implementation processes and research aims
- Methods of data collection, analysis and translation that will improve service engagement and responses to the aspirations of Indigenous peoples
- How Indigenous health and wellbeing is currently framed within their organisation and how it can be reframed into a holistic Indigenous-led, strengths-based approach to housing, education, health, entrepreneurship, relationships and parenting
- How their organisation can play an active role and become involved with First 1000 Days Australia.

Course presenters

Professor Kerry Arabena

Director, Indigenous Health Equity Unit

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

Dr Rebecca Ritte

Research Fellow, Indigenous Health Equity Unit

Rebecca is an epidemiological Research Fellow at the University of Melbourne. She has a Doctorate in Cancer Epidemiology and more than six years experience focusing on chronic disease outcomes and child mortality for Aboriginal and Torres Strait Islander peoples.

Dr Wendy Bunston

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

Wendy is a vibrant and passionate speaker who runs training & consultancy and is an associate teacher at La Trobe University. She previously managed the multi-award winning Addressing Family Violence Programs in the Integrated Mental Health Program of Melbourne's Royal Children's Hospital for 16 years, as well as working as a senior clinician and consultant family therapist. Wendy specialises in working with infants, children and their parents who have been impacted by family violence, and provides clinical supervision and training to multiple early childhood services across Melbourne. She recently completed her PhD on 'How Refuges Provides "Refuge" to Infants', and is the author of multiple international articles, chapters and books regarding infants, children, family violence and relational trauma.

Other presenters will be announced closer to course commencement.

First 1000 Days Australia

Indigenous Health Equity Unit

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W www.first1000daysaustralia.org.au

