



**Baby Coming
You Ready?**

The 'Baby Coming - You Ready?'

is an innovative culturally secure assessment & approach to supporting the social & emotional wellbeing of Aboriginal mothers & fathers before & after baby comes. It has been designed to replace the Edinburgh Postnatal Depression Scale (EPDS) - current national recommended practice. There is no evidence that the EPDS is effective for use with Aboriginal or Torres Strait Islander mothers.



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'Baby Coming - You Ready?' **Newsletter**

January – June 2017

Welcome to the first newsletter for 2017.

These regular newsletters will provide an opportunity for the Research Working Party to communicate with and update our many collaborators regarding the progress of the 'Baby Coming – You Ready?' throughout the pilot project.



The "Baby Coming – You Ready?" Pilot Research Working Party from left to right: Prof Rhonda Marriott, Jade Maddox, Wen Chan, Jayne Kotz, Megan Cromarty.

'Baby Coming – You Ready?' is an evidence based culturally-secure rubric** that uses a therapeutic assessment framework in which client and clinician engage in joint reflection on multiple issues in plain language. It encourages open engagement and self-evaluation, while fostering understanding for both users.

Visual prompts on iPads will guide clinicians through specified domains of inquiry. Secure web-based technology with back-end data system capabilities will link clinicians' information with key health management systems such as Communicare, MMEx, STORK and CDIS, enhancing client engagement and reducing reporting-time.

The three year 'Baby Coming - You Ready?' pilot project commenced in 2017.

The developmental phase of the 'Baby Coming - You Ready?' rubric and recommended supporting assets is being undertaken during 2017 through until early 2018. This includes the digitisation of the web based assessment rubric, development three phased clinicians training, the website and an engagement and educational Vimeo for dads.

**** Rubric:** a process of assessment that is shared between client and clinician, that integrates both process and outcome indicators, and whose purpose is to bring clarity to complex situations through integrated consideration of multiple features. This encourages self-evaluation and reflection and fosters understanding for both users.

The Men's and Women's Aboriginal Advisory Groups

The first 6 months of 2017 has seen the establishment and/or re-commitment from the members 'Baby Coming – You Ready?' men's and women's Aboriginal Advisory Groups and the Elders Cultural Safety Group.



Some of the 9 members of the Men's Aboriginal Advisory Group from left to right: Ian Gentle, Dave Pigram, Danny Ford, Des Blurton, Mark Griffin



Some of the 14 members of the Womens Aboriginal Advisory Group from left to right: Deb Williams, Delys Dick, Melanie Robinson, Jayne Kotz, Christine Parry, Gayle Yarna, Alison Gibson, Avril Scott, Cecilia Heindrtiz

Their continued commitment dedication and hard work are key to the success of the ongoing cultural safety, relevance and community ownership that was established during Kalyakool Moort.

The Lead Research Group

The Lead Research group continues to meet to ensure a successful relevant and highly translational evaluation criteria are developed for the pilot evaluation.



Some of the 17 members of the Lead research Group from left to right: Jayne Kotz, Elaine Bennett, Leanda Verrier, Mel Robinson, Lea Davidson, Meg Cromarty, Denese Griffin, Ian Gentle, David Stanley, Elain Bennett, Raffi Salvo, Melanie Samuels, Leanda Verrier, Jayne Kotz, and Glenn Pearson



Aboriginal Elders Cultural Safety Group

This group 10 committed Elders was established based on wider community nomination during the Kalyakool Moort research. They have been and remain committed to overseeing the cultural safety of every step of the research developmental and pilot project. Without their continued wisdom, generosity of spirit, intelligence and candour 'Baby Coming – You Ready?' would not be positioned as strongly as it is within the wider community.



The Harlem Globetrotters and 'Baby Coming - You Ready?'

Collaborations that have developed through 'Kalyakool Moort' and 'Baby Coming – You Ready?' research have led to connections being made with the Harlem Globetrotters 2017 Australian Tour. As a result 60 young local Aboriginal children have been invited to join the Globetrotters on court during their 2017 tour in Perth. Aboriginal children with connections to the research are being bused down from the Mid-West, South West and Perth and Outer Metro. This will be an empowering event that will be treasured for a lifetime by many families.

Background

“Kalyakool Moort – Always Family” research

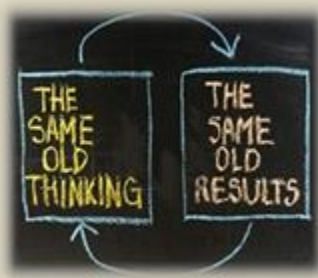
This research project was a PhD undertaken by Jayne Kotz from July 2013 to November 2016 through Murdoch University. See website alwaysfamily.weebly.com.

This highly collaborative community participatory action research explored the barriers and enablers to perinatal mental health screening and the strengthening and enabling factors for protective parenting by Aboriginal mothers and fathers.



132 people provided valuable data to this research. 26 Aboriginal parents participated in the in-depth yarning sessions and 22 professionals were interviewed. A further 61 individuals participated in 10 workshops and focus groups.

An overview of Kalyakool Moort findings:



No supportive evidence that current practice which is routine use with the Edinburgh Postnatal Depression Scale - EPDS- is accurate among Aboriginal women/mothers. The EPDS is *significantly* positively biased. The EPDS is neither effective nor culturally safe.

A culturally safe appropriate replacement has been developed by researchers and Aboriginal community based on research outcomes from Kalyakool Moort and current literature.

The future for perinatal mental health and wellbeing screening

'Baby Coming – You Ready?' is a web-based interactive, digital app will do much more than screen for perinatal depression. The visual images portray emotions, circumstances and events, both positive and challenging, that a mother (or father-to-be) may be experiencing.



Examples of some images depicting strengthening protective factors and some worrying life events.



The rubric's images guide both the clinician and the parent-to-be through specific domains of inquiry in a relaxed, fun and engaging manner. Using strength-based inquiry, the parent engages in an individualized

exploration of her/his own social and emotional wellbeing. As images are selected they automatically populate the parent's own visual story, capturing protective and strengthening aspects in her/his world, and identifying anything that might be making life stressful.

Aboriginal people are deeply resilient.

However accumulative stressors take their toll, particularly during pregnancy.

So the rubric has been designed to assess and create a visual portrayal of the degree of distress the parent-to-be may be experiencing as a result of mounting stressors.

This helps to make sense of and motivate what follows: the jointly developed and personalized management plan that continues throughout the pregnancy and beyond. As images were selected, they automatically populate the basic framework for an emerging personalized management plan using strengths that can be built on and problems have been identified.

The most pressing problems are addressed using SMART** goals and are follow-up during the pregnancy as the 'Baby Coming-You Ready?' journey continues.

** **SMART** goals: **S**pecific, **M**easurable/Motivational, **A**chievable/Agreed upon, **R**ealistic, **T**ime-framed.

Finally and importantly, it provides a framework to connect the mother/father-to-be to a strong local 'champion' within the Aboriginal community who will be engaged to support the parent in achieving her/his goals and 'walk along-side' as she/he grows in the parenting journey.

Once the management plan is completed the health professional will receive an automatically interpreted summary into her clinical file, while the parent (if desired) will receive the personalized, password protected plan their mobile device. Highly secure technology is utilised for this purpose through one of our key project partners: the Center of Perinatal Excellence (COPE)

This Pilot research project is being supported through the generous funding provided by the Ian Potter Foundation and the Department of Health Office of Nursing and Midwifery.



In-kind support is being generously provided by Murdoch University, Centre of perinatal Excellence and Telethon Kids Institute.



Further funding is currently being sought