



BCYR Message Stick

August 2019



Kaya All!

It has been a busy year at Ngangk Yira for the BCYR team as we enter the season of Djilba in all its glory. Whilst the starting date for the BCYR pilot rollout has been extended, we have made lots of great progress since our last update. We are very excited about this and are keen to share our news.

The need for this trauma informed approach to a 'new age' of mental health and wellbeing assessment and management continues to raise interest from a variety of sectors across the state and nationally.

BETA TESTING the BCYR WOMEN's and MEN's RUBRIC

Our IT partners, Utility Creative, and the BCYR team completed the beta-testing the rubric with 16 new Aboriginal mothers and fathers. Midwives and child health nurses facilitated the rubrics with each parent. Everyone then, in smaller groups, gave valuable feedback. This ensured that both rubrics are relevant, culturally safe and are heading in the right direction. Comments from women like 'I felt like I had control over the assessment' were very encouraging. Further amendments were then made to the skip logic, images and content.



The voice overs for each slide have also been extended to guide both the practitioner and the parent through the 'yarning style' approach to 'gathering the story'. The importance of Aboriginal community involvement and consultation throughout all stages of development of BCYR is ensuring that the rubric will be a powerful tool to improve the social and emotional wellbeing of Aboriginal women in the perinatal period.

The touch screen images automate a written assessment for the practitioner's client's file. The addition of free text on each slide, now increases the quality of the parent's 'story'. The addition of dropdown information icon for the practitioner also provides prompts for their culturally safe inquiry and mitigates the need for a hard copy manual.



PILOT SITES



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Whilst many additional sites have requested to participate in the BCYR pilot, limited funds have necessitated keeping the rollout localized to the Perth and Outer metro regions. To ensure accurate assessment of feasibility and acceptability of BCYR, care has been taken to include a variety of services with varied health management systems including government, non-government, community and hospital-based services.



BCYR has commitment from the following sites: Fiona Stanley Hospital, Armadale Hospital-Boodjari Yorgas Maternity Group Practice, Midland St John of God Public Hospital-Moort Boodjari Mia, NGALA Family Services, Women's Health and Family Services Northbridge, Child and Adolescent Health Team and GPs down south. All sites are committed to being part of the roll out. HREC (ethics) approval has been secured from all the above sites, from Murdoch University and Western Australian Aboriginal Health Ethics Committee.

BCYR PRACTITIONER TRAINING

On the 29th and 30th June 2019, the BCYR Team delivered the second phase of the Practitioner Training at Ngangk Yira – The Research Centre for Aboriginal Health and Social Equity at Murdoch University. This phase was the face to face training, of the three-part learning program for all practitioners wishing to use BCYR. The first phase of the training is the on-line eLearning modules. The final third phase is the moderated



self-reflective practice following the implementation of 2-4 assessment rounds of BCYR with clients. The BCYR training covers working with people experiencing complex trauma, intergenerational trauma,

past policies and practices, racism and the use of yarning to 'gather the story'.



The online Center of Perinatal Excellence (COPE) "Basic Skills in Perinatal Mental Health' training as a prerequisite to commencing BCYR, if the EPDS training has not been completed within the previous 5 years.

The participants included Aboriginal Health Workers GPs, Midwives, Child Health Nurses and Social Workers from the afore mentioned sites. Participants had the opportunity to practice navigation through the BCYR rubric, familiarizing themselves with using the BCYR website and the rubrics as they role-played some case scenarios. Feedback on the all elements of the BCYR process extremely positive.



A valued highlight for all was the dialogue between the Nyoongar elder Rosemary Walley (pictured left) and the participants across both days of the training. Rose shared her own stories about past Government policies and how they directly impacted on her and on her family. She contextualized the continuing effects of colonisation on Aboriginal people today.

Incorporating a Trauma Informed Approach to Care



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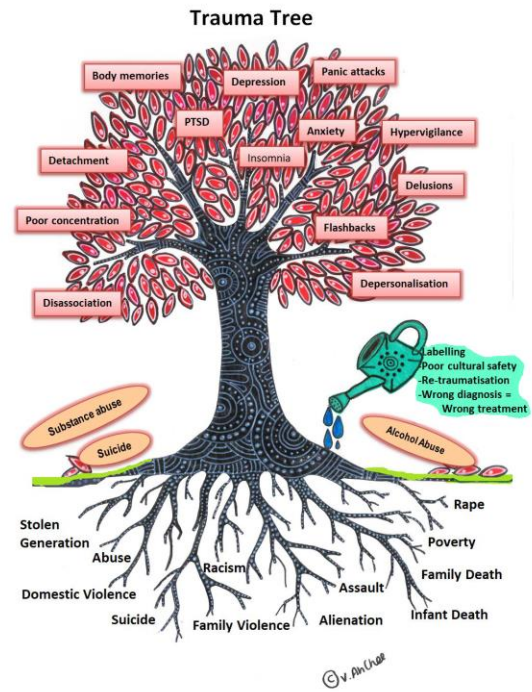


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Within the face to face practitioner training, Rose shared stories of how already vulnerable Aboriginal women and their families are being retraumatized when accessing health care because a lack of understanding and empathy from non-Aboriginal health professionals. This visual aid of a 'Trauma Tree', shows the impact of culturally unsafe health care on Aboriginal people. To briefly explain this, the roots of the tree represents circumstances many Aboriginal people are born into as a result of past government policies and practices, racism and intergenerational trauma. The watering can is used to demonstrate how health professionals can inadvertently retraumatize Aboriginal people, contributing to the issues shown both in the roots and the leaves of the trees such as depression, anxiety and PTSD. The fallen leaves demonstrate the effects of this cycle, including substance abuse and suicide. To be able to deliver culturally safe health care ensures Aboriginal people will access health care when they need it. BCYR will be a valuable resource for health care professionals to identify Aboriginal women who are vulnerable to poor social and emotional well-being when they are pregnant and then try to minimize the flow on effect for mother, child and family.



“To us, health is about so much more than simply not being sick. It’s about getting a balance between physical, mental, emotional, cultural and spiritual health. Health and healing are interwoven”

The Journey of Wellbeing

As part of the BCYR Practitioner Training, a short yet powerful animation has been developed to enhance cultural awareness and culturally safe practices. This captures the impacts and journey towards healing experienced by Aboriginal and Torres Strait Islander people since colonisation through until the present day. It captures their strength and resilience as they journey towards recovery after years of oppression. Finally, it implores non-Aboriginal people to join them on this collaborative healing journey rather than taking over to ‘fix’ the problems associated with past policies. Like the digitized BCYR rubrics, it has been developed in response to results emerging from the Kalyakool Moort research.



THE WEBSITE AND eLEARNING



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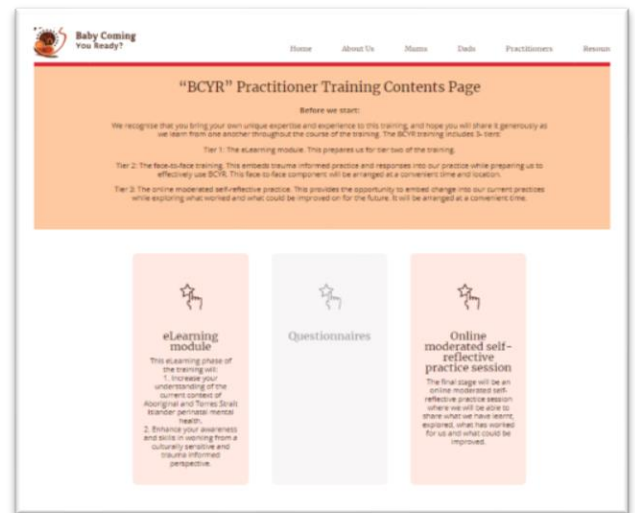
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The BCYR website is a resource for Aboriginal mums and dads to use throughout their pregnancy, birth and first days as new parents. The information for mums and dads is designed to ‘de-clinicalise’ pregnancy and birth issues, to empower and assist them to navigate the health care system and to make informed choices in pregnancy and birth. It will also support practitioners in the clinical setting to supplement their provision of perinatal education for Aboriginal mothers-to-be with visual and informative information that parents ‘take

home’ on their mobile devices. The *Home Page* contains a link to a *forum for mums* to chat online with each other, sharing tips and concerns and providing peer support. The *Practitioner Tab* provides access to the eLearning modules. It also provides access to an online forum, allowing for direct comments on aspects of the BCYR process, resources and updates on referral pathways ect.. The *Resources Tab* provides interactive access to culturally safe and resources and referral



services relevant to the perinatal years. This will assist practitioners in the clinical setting to provide immediate and relevant support for parents in their care. It will also allow parents to access support themselves from their own mobiles or iPads.

Ngangk Yira and Murdoch University welcomes new BCYR team members

There have been a few changes in the valued BCYR Team members this year. We welcome Valerie Ah Chee, Kaleisha Pilkington and Mandy Wilkes, three widely respected and diversely experienced Aboriginal women, mothers and health and community workers.



Valerie Ah Chee
Senior Project Officer
Research Assistant
Registered Midwife



Kaleisha Pilkington
Project Officer
Research Assistant
Nursing and Midwifery Student



Mandy Wilkes
Project Officer
Research Assistant



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We say goodbye to Gail Gibson, Wen Chan, Gabrielle Walker and Naomi Rumble. These amazing women have all contributed to the development of BCYR. A huge thank you for all they have done to support the development of the BCYR process as we work together to improve social and emotional outcomes for Aboriginal mums. We wish them all the best as they follow their journey into new and exciting career pathways.

OUR BCYR SUPPORTERS

Without the financial support of the Ian Potter Foundation, the State Government Office of Nurse and Midwifery, the Federal Department of Health, Lotterywest and the Western Australian Primary Health Alliance (WAPHA), BCYR would still be a dream. Thank you for supporting us in this dream!



Pictured to the left: the Hon. Ken Wyatt MP and Michelle DiLello the Development Officer from Murdoch University. To the right: Jayne Kotz, Yaz Mubarakai (on behalf of Premier Mark McGowan), Professor Rhonda



Marriott and the Murdoch University VC Eeva Leinonen.

BCYR has long been a vision of the Aboriginal community, health care providers and researchers in the Aboriginal maternal and child space. However, it requires the ongoing commitment of state and federal bodies to realise its potential in closing the gap on the health and wellbeing inequities experienced by so many Aboriginal and Torres Strait Islander families today.



FINAL WORDS

The journey of BCYR has been a rollercoaster, with many ups and downs. However the commitment to and motivation behind BCYR has remained the same! Our commitment remains unwavering to improve the social and emotional health and wellbeing of Aboriginal and Torres Strait Islander women, infants and families, and to empower Aboriginal and Torres Strait Islander women to be active in the decision making around the care they receive.



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.....and to finish with some words of Aboriginal wisdom to maintain optimism in the face of adversity:

“Keep your eyes on the sun and you will not see the shadows.” Unknown



For more information, comments or inquiries

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