

Leading healing our way

Queensland Aboriginal and Torres Strait Islander Healing Strategy 2020–2040

July 2020





HealingFoundation

Strong Spirit • Strong Culture • Strong People

ACKNOWLEDGEMENTS

We acknowledge and honour all Aboriginal and Torres Strait Islander people who have come before us, especially the Stolen Generations survivors, who did all they could to preserve their language, culture, kinship and connection to country.

We stand on the foundations they built and honour their knowledge and strength which remain relevant in Queensland today.

We thank the more than 400 Aboriginal and Torres Strait Islander people from across Queensland who shared their hopes for a changed and healed future. We also thank the consultants and knowledge holders who led the co-design process, and Barry 'RAINMAN' Boland for the artwork which visually pulls together the voices of healing expressed throughout this strategy.

ABOUT THIS STRATEGY

The Queensland Healing Strategy has arisen from *Our Way: A generational strategy for Aboriginal and Torres Strait Islander children and families 2017-37*. It is a key action under the *Changing Tracks Action Plan 2020-2022*. It also supports *Shifting minds: Queensland Mental Health, Alcohol and Other Drugs Strategic Plan 2018-2023* which identifies a strategic priority to renew, strengthen and integrate cross-sectoral approaches to social and emotional wellbeing, including adopting healing informed approaches.

We acknowledge the oversight and guidance of the Queensland First Children and Families Board.

Leading healing our way was developed by The Healing Foundation, a national Aboriginal and Torres Strait Islander organisation that partners with communities to address the ongoing trauma caused by colonisation, racism and actions like the forced removal of children from their families.

The strategy links research and knowledge about Aboriginal and Torres Strait Islander wellbeing and trauma, with the results of yarning about healing with Aboriginal and Torres Strait Islander people across Queensland.

Implementation now rests with the Queensland Government in partnership with communities, guided by the actions set out under the 'Communities decide' section.

TRADITIONAL OWNERS

The Healing Foundation acknowledges the Traditional Owners of the lands on which we live and work. We also pay our respects to the Elders and Stolen Generations survivors. We recognise the intergenerational trauma that remains and our commitment to build an Australia that can heal. We acknowledge all who will carry the healing spirit into the future.



**Queensland
Government**



**Queensland
Mental Health
Commission**

The Healing Foundation was commissioned by the Queensland Government and Queensland Mental Health Commission to develop the Queensland Healing Strategy and Implementation Plan.

Contents

What is...	1
Dreaming big	2
Restoring wellbeing through healing	3
In a healed Queensland	5
Priorities for action	7
Tell the truth	9
Stop the trauma	12
Heal through culture	15
Communities decide	17
Walk alongside	20

What is...

Healing

Healing enables people to address distress, overcome trauma and restore wellbeing. Ways to support healing include reconnecting with culture, strengthening identity, restoring safe and enduring relationships and supporting communities to understand the impact that their experiences have had on their behaviour and create change.

Healing occurs at a community, family and individual level. Healing continues throughout a person's lifetime and across generations.

Trauma

Trauma affects the way people think and act and overwhelms their ability to cope and engage. It can affect a person for many decades and in many different ways. Common symptoms include fear and anxiety, difficulty with relationships, impulsive behaviour, feeling sad and hopeless, tired and confused.

Research has shown that people are not only affected by traumatic events they directly experience. Witnessing or hearing about trauma from a family or community member can also have an impact.


Unresolved trauma contributes to many of the social and health problems affecting Aboriginal and Torres Strait Islander communities. If people do not have the opportunity to heal, they may act out their pain in negative ways including physical or emotional violence, abuse or addiction.

Intergenerational trauma

If people don't have the opportunity to heal from trauma, they may unknowingly pass it on to others through their behaviour. Their children may experience difficulties with attachment, disconnection from their extended families and culture and high levels of stress from family and community members who are dealing with the impacts of trauma. This can create developmental issues for children, who are particularly susceptible to distress at a young age. This creates a cycle of trauma, where the impact is passed from one generation to the next.

In Australia, the evidence clearly shows that intergenerational trauma affects the children, grandchildren and future generations of the Stolen Generations.

Stolen Generations survivors, and others who experience trauma, might also pass on the impacts of institutionalisation, finding it difficult to know how to nurture their children because they were denied the opportunity to be nurtured themselves.



“We need to be able to make sense and meaning of the things that have happened to us and the events that have shaped us. Once this is achieved, we can overcome anything, and we can work towards being socially, economically, and environmentally independent.”

Virtual Yarning Circle participant

“Healing is not just a strategy, but it's also a process that enables Aboriginal and Torres Strait Islander people to overcome trauma, decide the story for the future, bring about long term generational change and restore wellbeing.”

**Professor Steve Larkin,
Chair of The Healing Foundation**

Dreaming big

Leading healing our way brings together the wisdom, experiences, hopes and solutions for healing of Aboriginal and Torres Strait Islander people, communities and organisations from across Queensland. It sets out five clear priorities that reflect these voices:

- tell the truth
- stop the trauma
- heal through culture
- communities decide
- walk alongside.

These priorities are backed up by the body of research and knowledge about Aboriginal and Torres Strait Islander wellbeing, trauma and healing.

All Queenslanders have a role to play in strengthening wellbeing and preventing new trauma: in respecting Aboriginal and Torres Strait Islander cultural authority, in acknowledging the state's shared history and in stamping out racism.

Leading healing our way outlines how government, partners and the community can support, enable and resource Aboriginal and Torres Strait Islander people to be the custodians of healing. It is a roadmap for healing in Queensland that:

- recognises the importance of Aboriginal and Torres Strait Islander cultural authority and leadership in healing
- commits to the systemic changes needed for healing that will bring about generational change and restore wellbeing to Aboriginal and Torres Strait Islander people across Queensland
- establishes pathways and priorities for changes needed to heal the collective and intergenerational trauma experienced by Aboriginal and Torres Strait Islander Queenslanders.



Aboriginal and Torres Strait Islander Queenslanders are ready to assume leadership for healing.

This document has arisen from *Our Way: A generational strategy for Aboriginal and Torres Strait Islander children and families 2017-37*, which acknowledges that we need to work differently to realise the potential and promise of Queensland's Aboriginal and Torres Strait Islander children and families. It also supports *Shifting minds: Queensland Mental Health, Alcohol and Other Drugs Strategic Plan 2018-2023* which identifies a strategic priority to renew, strengthen and integrate cross-sectoral approaches to social and emotional wellbeing including adopting healing informed approaches.

Leading healing our way is underpinned by the evidence presented in the research and co-design report *Keeping spirit strong*. The voices of Aboriginal and Torres Strait Islander people are published in *Dreaming big*. This records the contributions of over 400 people through yarning circles, interviews, forums and online survey. Yarning circles were held in Cairns, Gold Coast, Inala, Rockhampton, St George and Yarrabah with Elders, young people, families, community organisations, healers and Stolen Generations survivors.

Restoring wellbeing through healing

“Healing is addressing the trauma that has manifested in our families and individuals so that we can reach our full potential and self-determine our futures with pride and confidence.”

Mackay online submission



One of the tools that will be used to measure the progress of this strategy is the *Wellbeing Outcomes Framework*, which has been developed for *Our Way*.

The *Queensland Human Rights Act 2019 (s28)* recognises that Aboriginal and Torres Strait Islander people in Queensland hold distinct cultural rights including rights to practice beliefs and teachings, use languages, protect and develop kinship ties, and maintain relationships with the lands, seas and waterways.

These rights are integral to wellbeing and cultural authority.

The story of Aboriginal and Torres Strait Islander communities, people and nations starts a long time ago, more than 60,000 years in fact. Culture and law thrived. Land, waters and kin were cared for. Aboriginal and Torres Strait Islander people ate food that kept everyone healthy. Families and children were happy and healthy with strong minds and strong hearts because they were where they belonged.

In Queensland, as in other parts of Australia, cultural knowledge was not extinguished, but it was suppressed. It survives as the foundation of strong identity and connection and the source of resilience for all Aboriginal and Torres Strait Islander people.

There is robust evidence for the effects of intergenerational trauma in a number of key indicators of wellbeing in contemporary Aboriginal and Torres Strait Islander life. These are strongly linked to the experience of unresolved intergenerational trauma, such as the high and rising number of children removed from their families, the incarceration of young people, and family violence. Direct and systemic racism are ongoing, contemporary drivers of trauma.

Policy responses to Aboriginal and Torres Strait Islander disadvantage have too often been focused on responding to the symptoms of trauma, rather than prioritising healing to address the cause.

Importantly, there is clear evidence that programs designed to tackle trauma – at its root causes, not its symptoms – through culturally based practices greatly benefit participants and also provide substantial benefits for governments. These include better returns on investments across education, health, justice and family wellbeing.

Healing enables people to address distress, overcome trauma and restore wellbeing. It occurs at a community, family and individual level and continues throughout a person's lifetime and across generations.

The most fundamental understanding is that Aboriginal and Torres Strait Islander people must dream big and decide. Healing means communities, families and individuals are enabled to create change. Every community in Queensland is different, with different sizes, populations and historical and contemporary contexts. Communities will move through healing journeys at the right time and pace for them. Local community decisions and leadership will determine the timing and extent of support, investment and action needed from government and other services.

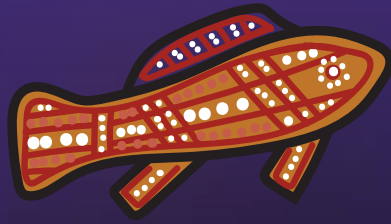
In a healed Queensland...

all Aboriginal and Torres Strait Islander people have unwavering strength of identity, connection and strong spirit

all Queenslanders know the truth about Aboriginal and Torres Strait Islander peoples' stories of survival, resilience and excellence



Aboriginal and Torres Strait Islander self-determination, cultural processes and protocols and knowledges show the way



Aboriginal and Torres Strait Islander people and the wider population have a clear path to reconciliation



Queensland is positioned for positive and sustainable social and economic change.

Priorities for action



Tell the truth

"Truth being denied, not listened to or respected is one of the great challenges of healing."

Brisbane online submission



Stop the trauma

"These actions have been done too many times. They have to stop – and have to stop now."

Cherbourg Domos Yarning Circle



- Establishing a formal truth telling process
- Making truth telling safe for all
- Gathering, sharing and teaching stories and evidence



- Eliminating racism and trauma
- Making systems culturally safe and accountable
- Investing in community-led healing through culture
- Building trauma aware healing informed workforces



We have a shared understanding of history and wrongs are righted

"Aboriginal people working their way through and dealing with past and present trauma lays the groundwork for healing through true reconciliation."

Townsville online submission



Systems and services are trauma aware and healing informed

"The biggest priority for our community is to heal the spirit of those who continue to suffer intergenerational trauma, within a holistic model of health and wellbeing whole-of-person care."

Indigenous Wellbeing Centre, Bundaberg

Leading healing our way

Heal through culture



“Our cultural knowledge was not taken but it was suppressed. We still hold it – it just needs to be restored. We sit and listen to Elders, family and Country. We trust each other and share the worry we carry.”

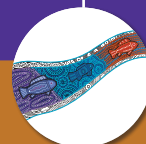
**St George Elders and
Goondir Yarning Circle**



Communities decide

“We should own our own healing. Give us proper self-determination – not a place where they can override it.”

**Gold Coast community
members**



Walk alongside

“We Elders know the westernised world needs to understand our way of doing things.”

**Masig Island
Healing Forum**

The priorities are

- Recognising the primacy of culture and its essential role in healing
- Enabling more than 60,000 years of culture to be at the centre of healing



- Investing in community capacity
- Handing over decision making to Aboriginal and Torres Strait Islander communities



- Promoting trauma aware healing informed approaches
- Celebrating Aboriginal and Torres Strait Islander culture, strength and resilience
- Measuring success through culturally relevant wellbeing measures

The impact will be

The elements of our culture which keep us safe and well are restored

“Healthy community with connectedness to Country, family and spirit.”

**Mitchell online
submission**



Aboriginal and Torres Strait Islander communities are in charge of our own healing

“The most important change that needs to happen is help our community heal is for us to be the determiners of our future, for our communities, for our families, for ourselves.”

**Brisbane online
submission**



Shared responsibility and accountability for healing actions and outcomes defined by community

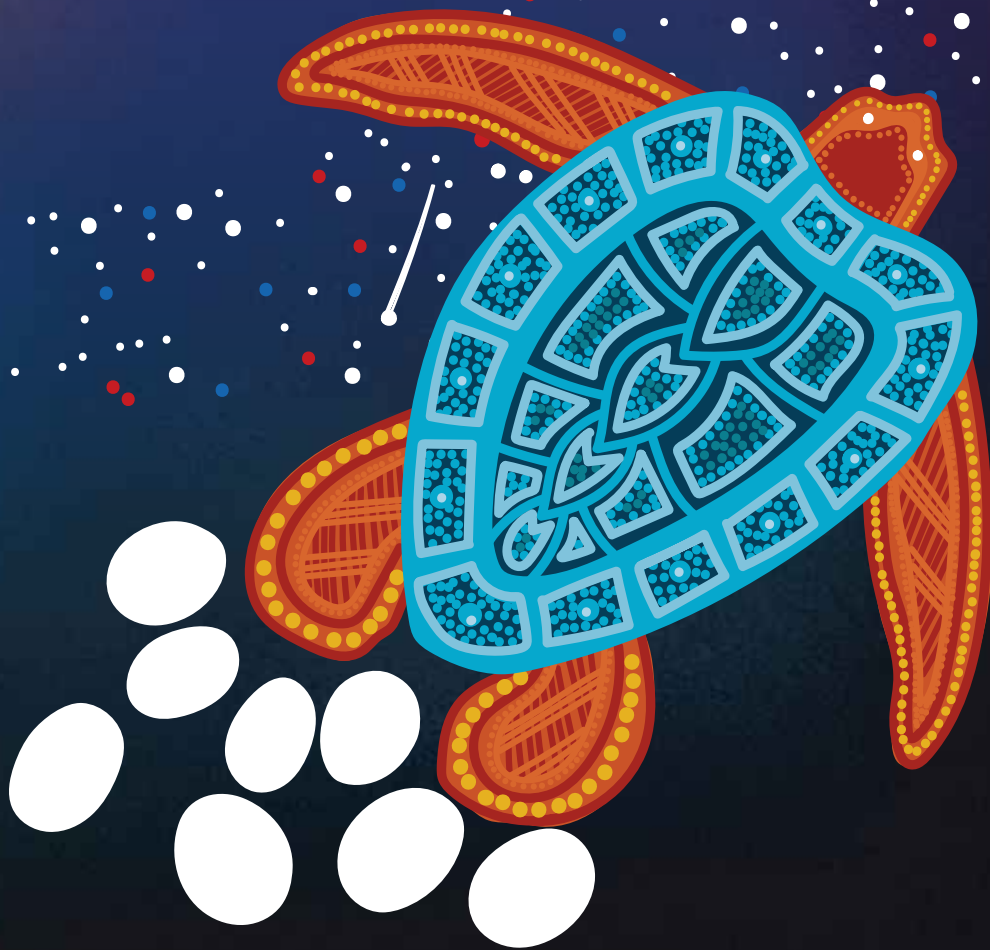
“Mainstream community accepting, appreciating and respecting the history of our Country.”

**Mackay online
submission**

Tell the truth

“Truth being denied, not listened to or respected is one of the great challenges of healing.”

Brisbane online submission



The lack of a shared understanding about the truth of our history is a source of intergenerational trauma for many Aboriginal and Torres Strait Islander people. It is a fundamental roadblock to healing. More than 85 percent of Australians believe it is important to learn about our shared history, including the occurrence of mass killings, incarceration, forced removal of children from families, from land and restriction of movement. The time for telling, sharing, discussing and understanding Australia's true history is now.

The journey will begin by:

- making a formal commitment across Queensland to truth telling and healing
- co-designing a formal truth telling process with communities
- gathering, sharing and teaching Aboriginal and Torres Strait Islander peoples' stories of survival, resilience and excellence
- providing local communities with the support required to lead and own truth telling solutions
- making truth telling safe by resourcing trauma aware, healing informed services to support Aboriginal and Torres Strait Islander people and communities
- harnessing reputable historical and contemporary resources
- creating opportunities to share the truth about Aboriginal and Torres Strait Islander peoples' strength in culture.

The next steps will be:

- establishing a formal truth telling process
- ensuring the history and impact of colonisation is taught from the perspective of Aboriginal and Torres Strait Islander people at all levels of education
- establishing places of learning and truth telling
- encouraging continuous learning through specific focus on local aspects of history.

We will know this is being done when:

- 🌀 Queensland demonstrates a commitment to ongoing healing
- 🌀 the history and impact of colonisation is taught from the perspective of Aboriginal and Torres Strait Islander people at all levels of education for the benefit of all Queenslanders
- 🌀 the experiences of Stolen Generations survivors are heard and validated through a formal truth telling process
- 🌀 continuous learning occurs through specific focus on local aspects of history.



Which will lead to:

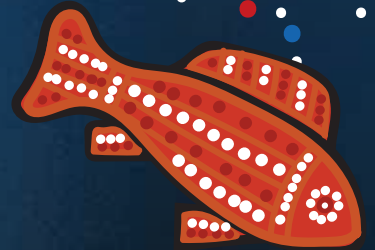
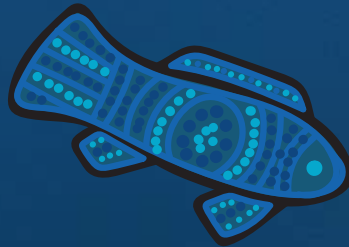
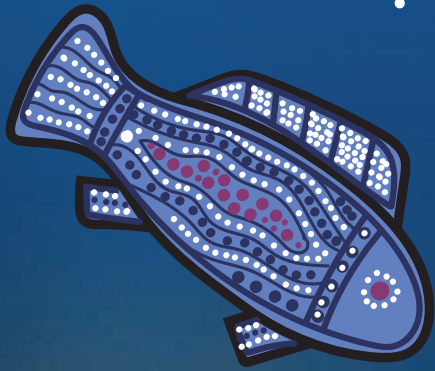
- 🌀 the removal of trauma as a barrier to healing
- 🌀 Aboriginal and Torres Strait Islander people knowing how to manage their trauma and beginning to heal
- 🌀 Aboriginal and Torres Strait Islander people not experiencing systemic racism
- 🌀 the shame and stigma of trauma no longer inhibiting healing
- 🌀 Government services and systems acting on the truth to stop trauma.

Beginnings and beacons

A class action on behalf of an estimated 10,000 Queensland Aboriginal and Torres Strait Islander workers who had their wages stolen under the 'Protection Acts' was settled in July 2019. For more than thirty years, wages were given to the state rather than being paid to workers. In announcing the settlement, Queensland ministers recognised the legacy and impact of control policies on Aboriginal and Torres Strait Islander Queenslanders and committed to 'righting historic wrongs'.

"Aboriginal people working their way through and dealing with past and present trauma lays the groundwork for healing through true reconciliation."

Townsville online submission



Stop the trauma

“These actions have been done too many times. They have to stop – and have to stop now.”

Cherbourg Domos Yarning Circle

Healing enables people to address distress, overcome trauma and restore wellbeing. Unresolved trauma contributes to many of the social and health problems affecting Aboriginal and Torres Strait Islander communities. The trauma burden impacts collectively across and within communities and families and is transmitted through generations. Discrimination against Aboriginal and Torres Strait Islander people based on race is a contemporary source of trauma. This occurs across all aspects of life including interactions with services.

For government investments in closing the gap to succeed, historical and contemporary trauma must be addressed as a root cause of disadvantage across a broad spectrum of social and economic outcomes, instead of treating its symptoms such as health impacts and over-representation in the justice system. This will require systemic changes to policy, legislation, service systems and the way trauma is recognised and addressed.

The journey will begin by:

- reassessing and/or building on existing policy commitments across government agencies that support trauma aware, healing informed service models
- co-designing the tools to inform planning, design and the implementation of trauma aware, healing informed models centred on culture with Aboriginal and Torres Strait Islander communities and experts
- meeting the unique needs of Stolen Generations survivors through their contact with our services
- establishing or strengthening formal partnerships with trauma aware, healing informed specialists and organisations.

The next steps will be:

- ensuring accountability mechanisms are in place to identify and address contemporary institutional racism
- including a risk assessment in all government decision making processes to mitigate against creating trauma and/or re-traumatisation
- engaging Aboriginal and Torres Strait Islander people to assess all government departments, services and systems for trauma triggers and rectify these as required
- growing trauma aware, healing informed workforces through recruitment, induction and training.

We will know this is being done when:

- policy and practice recognises and acts on the prevalence of trauma and the ongoing systemic disadvantage faced by Aboriginal and Torres Strait Islander people
- healing is a recognised and valued skill across all workforces
- services are delivered in a trauma aware, healing informed way
- institutional racism is not tolerated and is managed through formal accountability frameworks
- the unique needs of Stolen Generations survivors are met by all services.



Which will lead to:

- all services being healing centred
- Aboriginal and Torres Strait Islander peoples' contact with service systems not traumatising or re-traumatising
- Aboriginal and Torres Strait Islander people being able to safely access all services as and when required
- Stolen Generations survivors aging in a healthy way
- intergenerational trauma being replaced by intergenerational healing
- young people growing up strong.


Beginnings and beacons

Link-Up (Queensland) has been supporting the healing journeys of Aboriginal and Torres Strait Islander people who have been separated from their families and cultures through forced removal, fostering, adoption and/or institutionalisation for more than 30 years. Link-Up caseworkers, counsellors and family history researchers deliver culturally sensitive and confidential research, reunion and cultural wellbeing services.

“The biggest priority for our community is to heal the spirit of those who continue to suffer intergenerational trauma within a holistic model of health and wellbeing whole-of-person care.”

Indigenous Wellbeing Centre, Bundaberg

Heal through culture



“Our cultural knowledge was not taken but it was suppressed. We still hold it – it just needs to be restored. We sit and listen to Elders, family and Country. We trust each other and share the worry we carry.”

**St George Elders and
Goondir Yarning Circle**

“Being able to go fishing with family. Young boys listening to stories from Elders and learning how to make artefacts.”

**Bidjara and Kara-Kara,
male child, online submission**

Recognising the primacy of culture and its essential role in healing drives each of the priority areas for action.

Culture is the story behind and within every Aboriginal and Torres Strait Islander person. Culture gives purpose, identity and connection, acting as a compass, guiding people through challenges while being safely anchored in life, lore, Country, family and spirit. Connection to spirituality, land and culture is an integral and unique component of Aboriginal and Torres Strait Islander concepts of wellbeing.

Engaging with culture is a critical element of Aboriginal and Torres Strait Islander life that works to effectively heal trauma.

Stronger connections to culture and Country build stronger individual and collective identities, a sense of self-esteem, resilience, and improved outcomes. Strong culture and strong family connections enable children to grow up strong: strong cultural identity and connections are key protective factors for Aboriginal and Torres Strait Islander children and young people.

The journey towards healing through culture must begin by Aboriginal and Torres Strait Islander people connecting and reconnecting with family, community, histories, and cultures. This connection will allow for the restoration of cultural practices, ceremony, language, art, and culture. An important element for this journey is ensuring people can access and connect with sites of significance.

Cultural authority for healing rests with Aboriginal and Torres Strait Islander people. As a result, the actions relating to culture are woven into the other four priority areas.

Four elements of culture

(Knowledge shared with permission by Anthony Dewis at the Cairns virtual yarning circle)



The priorities are:

- recognising the primacy of culture and its essential role in healing
- enabling more than 60,000 years of culture to be at the centre of healing.

We will know this is being done when:

- Aboriginal and Torres Strait Islander peoples maintain access to strong connections with family, community and Aboriginal and Torres Strait Islander histories and cultures, both traditional and contemporary
- places and spaces for healing through culture are available to communities and healing support networks are established, led by Elders and cultural knowledge holders.

Which will lead to:

- widespread practice of healing-centred cultural knowledges that keep individuals and families safe and well
- the integration of clinical and cultural therapies offered to restore and support health and wellbeing.
- Queensland leading the way on recognising the primacy of connection to family and community, and upholding the right to cultural practices.

Beginnings and beacons

The healing program at the Murri School in Brisbane combines therapeutic intervention, service coordination, family case work, family camps, cultural and group activities, and (re)connection with educational and sporting activities. It brings together family support workers, psychologists, medical and allied health professionals and trauma aware, healing informed teachers to create a culturally appropriate, supportive environment for students and their families.

“Healthy community with connectedness to Country, family and spirit.”

Mitchell online submission

Communities decide

“We should own our own healing.
Give us proper self-determination
– not a place where they can
override it.”

Gold Coast Yarning Circle



Healing initiatives where design, implementation, and evaluation are determined by Aboriginal and Torres Strait Islander peoples are more likely to produce lasting, positive changes. Self-determination works because strategies, programs and policies will reflect the interests, values, vision and concerns of the people who will be affected by the strategy, and will focus on what they think is important. The journey to self-determination starts by empowering Aboriginal and Torres Strait Islander peoples to make decisions about the things that affect them directly, about their trauma and healing. Governments need to allow the community to lead solutions. This requires governments and other service providers to relinquish control and share decision-making power with Aboriginal and Torres Strait Islander peoples.

The journey will begin by:

- co-designing with Aboriginal and Torres Strait Islander communities the tools, frameworks and resources for communities to decide on and lead collective healing
- investing in community readiness and building collective community decision making and governance
- ensuring best practice healing forums are resourced and available for communities to safely build readiness for local ownership and decision making.

The next steps will be:

- establishing processes for agreement making and negotiation between Aboriginal and Torres Strait Islander communities and governments
- developing best practice healing strategies with Aboriginal and Torres Strait Islander communities and local service providers
- establishing Aboriginal and Torres Strait Islander local governance processes for all government funded or delivered services
- celebrating Aboriginal and Torres Strait Islander peoples' strength, resilience, culture, achievements and opportunities.

We will know this is being done when:

- success, strengths and aspirations are defined at a community level by Aboriginal and Torres Strait Islander peoples
- processes for agreement making and negotiation with Aboriginal and Torres Strait Islander peoples are in place
- Aboriginal and Torres Strait Islander peoples set standards and priorities for service delivery and quality improvement
- the central role of communities in decision making is recognised and valued by governments
- existing community strengths are built upon rather than applying one size fits all solutions.

Which will lead to:

- services, systems and resources aligning with community needs
- Aboriginal and Torres Strait Islander individuals and communities feeling empowered
- healing leadership at the political, organisational and community levels being informed by the evidence base about impacts of and best practice responses to intergenerational trauma.

Beginnings and beacons

Community and agencies participating in the lama Healing Forum (August 2018) strongly supported establishing a Council of Elders to provide cultural leadership as the key consultative body for mainstream stakeholders and services. The Council of Elders would restore leadership more broadly within the community and be a source of empowered decision making through the reinstatement of the traditional kinship system.

“The most important change that needs to happen to help our community heal is for us to be the determiners of our future, for our communities, for our families, for ourselves.”

Brisbane online submission

Walk alongside

“We Elders know the westernised world needs to understand our way of doing things.”

Masig Island Healing Forum



To ensure effective change takes place it is important for all Queenslanders to walk alongside Aboriginal and Torres Strait Islander people, in a spirit of collaboration. Traditional government approaches to trauma and healing need to be reconsidered and remodelled to reflect truth telling and to invest in the more than 60,000 years of cultural knowledge that is integral to effective healing solutions.

The journey to walk alongside Aboriginal and Torres Strait Islander peoples begins by really listening to, and building on, existing community strengths. With mutual respect, recognition and a willingness to speak the truth about shared history, together we will create an opportunity to move forward. Circumstances will be different in different places. Through continued shared commitment to reconciliation, all Queenslanders will be part of this journey.

The journey will begin by:

- locating where the Queensland Healing Strategy can be implemented in existing government mechanisms – not as an add-on
- defining and embedding best practice co-design into planning, design and delivery of policies, programs and services
- reviewing workforce capability against the Queensland Healing Strategy to identify priorities for workplace development.

The next steps will be:

- celebrating Aboriginal and Torres Strait Islander peoples' strength, resilience, culture, achievements and opportunities
- building the capacity and capability of the Aboriginal and Torres Strait Islander workforce across all services and systems
- measuring the success of *Leading healing our way* with Aboriginal and Torres Strait Islander communities.

We will know this is being done when:

- 🌀 Queensland Healing Strategy priorities inform all government policies, programs and services
- 🌀 resourcing and support for community-driven, healing centred initiatives is available
- 🌀 governments and service providers work in partnership with Aboriginal and Torres Strait Islander communities.

Which will lead to:

- 🌀 genuine co-design as a business as usual activity
- 🌀 Aboriginal and Torres Strait Islander Queenslanders feeling culturally safe and free from racism
- 🌀 all Queenslanders seeing and experiencing the value of a strong culture and history
- 🌀 a strong positive identity and pride in Aboriginal and Torres Strait Islander peoples' ongoing contribution to the building of Queensland's economy.

Beginnings and beacons

The Family Participation Program (FPP), which is run by Aboriginal and Torres Strait Islander community controlled organisations, administers the Aboriginal Family Led Decision Making process (AFLDM). The AFLDM process gives authority to parents, families and children to work together to solve problems and lead decision making in a culturally safe space. It facilitates shared decision making involving children, young people, parents and families to develop family based solutions that provide for the safe care and connection of children's voices and choices.

"Mainstream community accepting, appreciating and respecting the history of our Country."

Mackay online submission



Story of the painting

The artwork used throughout this report was created by Barry 'RAINMAN' Boland.

The painting is about the journey of "Healing Stream Healing Dream". It is a sister painting to the Queensland Healing Strategy for The Healing Foundation. The importance of this painting are the celestial elements such as the stars and also the spirit beings and our ancestors and how they guided and navigated Aboriginal and Torres Strait Islanders over the seas and the land and our Healing Dream.

The Emu in the sky, when standing straight up, means it is time for celebration and ceremony which is around June in the cooler months. In this healing place there is restoration for **Man Guwaybila Mars, Woman Murrdhi Gindamalaa Venus** and the planet for gender identity and LGBTQI multi-coloured society that is a part our world today.

The Rainbow Serpent a creator being hovering and watching over the dreams of people as they journey through their healing journey. Once they

have been restored, they can then make way to the egg that represents their future dream and purpose in life.

Healing Stream is when people journey upstream and find a place to rest and be reborn from the traumas and challenges of life in an ever-changing world. The black and white symbols represent the traditions and culture of our ancestors that embrace us and are our borders to protect us as we find a place to rest in the Healing Stream.

The sea turtle represents wisdom, resilience, strength and tradition as it always comes back to a place it is familiar with to lay her eggs so the next generation can be born to live and discover life in the big ocean, the big world.

This painting has a stereoscopic element that requires you to use 3D glasses to see within it other elements of the painting.



HealingFoundation

Strong Spirit • Strong Culture • Strong People