Elder governed Indigenous Cultural Practices enhance mental health and wellbeing for clinically referred First Nations young people

Al Vance and Jo Winther (on behalf of the team)
University of Melbourne Royal Children’s Hospital
- Elder governed
- Country responds
- Content
- unique
- Form
- generalisable
8 hours
6 sessions
Western health care continues
Unwell young People respond
Different Country speaks different ways
What is revealed

Is worked on at home
At end therapy

Message stick created

Key themes with young person/guardian
Case presentation:

About L
The importance of place, space and connection
Personal theme’s during therapy for L
Relationships and trust
Cultural theme’s during therapy
Connection to land
Connection to nature and animals
Connection to ancestors, culture and identity
L’s journey with resting places

Animals in the paddocks and the paths between

Willy wag tails and the links to the ancestors

4 women sitting: L, Jo, Grandmother and ?

The calming view of the mountains, connecting with nature, the land and animals

Animal tracks

Horse shoes

TRUTH, RIGHTS, RESPONSE.
Outcomes
For our published papers contact

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