

# JUMBUNNA SESSIONS

Supporting Aboriginal Maternal,  
Child and Family Health

## SUPPORTING ABORIGINAL PARENTS AND FAMILIES WHO USE SUBSTANCES AND ALCOHOL

WEDNESDAY, 14 JULY 2021, 1:00PM - 2:00PM (AEST)

The fourth Jumbunna session for 2020 - 2021 will explore how to support families experiencing alcohol or substance use. Jumbunna sessions focus on the physical, cognitive, social, emotional health and wellbeing of Aboriginal children, families and communities, which is underpinned by the First 2000 Days Framework (NSW Health, 2019).

The webcast will highlight motivating and preventable conversations that utilise a strength-based approach which places culture at the centre as a protective factor. The presentations will explore Aboriginal specific resources available along with methods on how to support families to respectfully navigate early interventions.

In addition, the webcast will acknowledge and address the interrelated risk factors which pose a correlation between substance and alcohol use when working with families.

To support parents and families we need to foster stronger connections to identity, culture and country. In order to build a strong mind, body and spirit for parents and communities there is a need to highlight and nurture a sense of self-esteem and build on a family's own resilience capabilities.

### LEARNING OUTCOMES

- Recognise the importance of engaging, assessing and supporting parents who may use harmful substance and/or consume alcohol.
- Understand when and know how to manage referrals to child protection and early intervention services to support a safe family environment.
- Be able to respond to a parent/family who may use substances and/or alcohol in a culturally sensitive, non-judgemental and strength-based manner.
- Understand the significance and the importance of preventing Fetal Alcohol Spectrum Disorder (FASD) in Aboriginal communities.

### SPEAKERS

- **Professor Kate Conigrave** - Addiction Medicine Specialist, Indigenous Health and Specialist and Public Health Physician at Royal Prince Alfred (RPA) Hospital. Kate is the joint head of the Centre for Research Excellence in Indigenous Health and Alcohol at the University of Sydney.
- **Marilyn Richardson** - Aboriginal MERIT clinician in Drug Health Services at RPA and Canterbury Hospitals.
- **Peter Rogers** - Program Manager, Prevention and Harm Minimisation, Centre for Alcohol and other Drugs, NSW Ministry of Health.

### THE JUMBUNNA SESSIONS ARE FOR YOU IF:

You work with Aboriginal families and communities or are interested in learning more about supporting positive health outcomes for Aboriginal families and communities.

### WHEN & WHERE?

Wednesday, 14 July 2021, 1:00PM - 2:00PM (AEST)

Join us from anywhere! No fees, no travel.

Our Jumbunna Sessions are delivered via webcast with facilitated question and answer time.

### REGISTRATION

Click or scan QR code to register



### ENQUIRIES

Suzanne Kelpsa  
[HETI-TSUadmin@health.nsw.gov.au](mailto:HETI-TSUadmin@health.nsw.gov.au)  
or 0467 965 600



**MORE INFORMATION**  
[heti.nsw.gov.au/tsu](https://heti.nsw.gov.au/tsu)

© Health Education Training Institute (HETI)

