

Decolonising mental health when working with Aboriginal and Torres Strait Islander children and families



Professor Pat Dudgeon
Psychologist,
WA

Pat Dudgeon is from the Bardi people in

Western Australia. She is a psychologist and professor at the Poche Centre for Aboriginal Health and the School of Indigenous Studies at the University of Western Australia (UWA). Her area of research includes Indigenous social and emotional wellbeing and suicide prevention.

She is the Director of the *Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention* at UWA. She is also the lead chief investigator of a national research project, *Transforming Indigenous Mental Health and Wellbeing* that aims to develop approaches to Indigenous mental health services that promote cultural values and strengths as well as empowering users.

She has many publications in Indigenous mental health, in particular, the *Working Together Aboriginal and Torres Strait Islander Mental Health and Wellbeing Principals and Practice 2014*.



Tileah Drahm-Butler
Social Worker,
Qld

Tileah Drahm-Butler is a Kullilli & Yidinji woman, and with Respect to Darumbal.

Tileah has over 20 years of experience working across Indigenous Health and Social and Emotional wellbeing, including the past eight years working as an Emergency Department Social Worker at the Cairns Hospital.

Tileah is on the Dulwich Centre International Teaching Faculty where she leads the teaching of Narrative Therapy and Community Work through an Aboriginal lens and is a Dulwich Centre Co-Chair of Feminisms, Intersectionality and Narrative Practice.

She is currently undertaking a PhD through the University of Melbourne which intends on transforming the Cairns Emergency Department to a place of cultural safety, bringing together her passion for Aboriginal Narrative practice, community work and Emergency care.



Shirley Young
**Aboriginal Social
Worker, SA**

Shirley Young is an
Aboriginal woman
descending from the

Nukunu people in South Australia.

She is the proud mother of two children and the Director of Two Worlds Consultancy and co-director of Endless Eden.

Shirley has completed a Bachelor of Social Work-Honours, Diploma of Narrative Approaches in Counselling and a variety of formal and industry specific training.

She has worked in various Public Service organisations over a span of 24 years in portfolios such as Health, Child Protection and Child and Adolescent Mental Health.



Facilitator:
Dana Shen
**Aboriginal Cultural
Consultant, SA**

Dana is Aboriginal /

Chinese and a descendant of the Ngarrindjeri people in South Australia and has a passion for working with Aboriginal people and communities.

Dana has over 20 years' experience working across the public and not-for-profit sectors in the areas of health, families and child protection. She commenced her career as a Youth Community Development Officer in both the Adelaide Hills and the Murray Lands. In this role she worked with young people, many of whom were at risk, in order to create better environments for young people in their communities. Dana went on to work in a number of senior roles with the SA public sector in which she had responsibility for program management, service delivery, policy development and strategic planning and worked with The Australian Centre for Social Innovation (TACSI) where she held the role of Principal, Social Services, Systems & Aboriginal Policy and Director of the Family by Family program.

Dana's current work includes supporting organisations to plan for the future and improve service delivery.

In addition, Dana recently completed a two-year mindfulness meditation teacher's course with Jack Kornfield and Tara Brach and is committed to making this accessible to organisations and communities in South Australia and bringing a strong First Nations and Ngarrindjeri lens to mindfulness practice.