

## **New resources to explain Intergenerational Trauma**

The Healing Foundation has released new educational resources today which explain where Intergenerational Trauma comes from and how it is impacting on Aboriginal and Torres Strait Islander communities.

The animation video, timeline, factsheet and other supporting tools will be available to schools, youth workers, practitioners and other people working with Aboriginal and Torres Strait Islander people.

The launch of the resources coincides with a Youth Webinar which is bringing together hundreds of young leaders from around Australia to talk about the best ways of healing trauma and reducing common symptoms like suicide, substance abuse and family violence.

Michael Galluzzo, who coordinates The Healing Foundation's National Youth Healing Reference Group, says Intergenerational Trauma is an underlying cause of many of today's social and health issues, adding to a growing cycle of disadvantage for Aboriginal and Torres Strait Islander people.

He said new research, which will be released next month, will confirm a link between a critical cause of trauma - the forced removal of tens of thousands of children from their families - and many health and wellbeing factors.

For example, the report shows that the descendants of the Stolen Generations are almost twice as likely to have experienced violence and 1.3 times more likely to report poor mental health than other Aboriginal and Torres Strait Islander people who are already at a disadvantage in Australia.

"We need to get serious about tackling Intergenerational Trauma which is why The Healing Foundation has been calling for a national strategy to provide guidance to policy makers and service providers," said Mr Galluzzo.

"But the first step is making sure that everyone understands its existence and its insidious effect.

"Those providing services to Aboriginal and Torres Strait Islander people may have observed the symptoms for years, but not necessarily realised that these negative behaviours come from Intergenerational Trauma.

"When we know where problems come from, we are much better equipped to find the right solutions," said Mr Galluzzo.

"We hope to see people across Australia making use of the educational tools, which includes a timeline of events relating to trauma and healing."

The resources are now available on the Healing Foundation website and a recording of today's Youth Webinar will be uploaded soon.

Webinar speakers include Professor Helen Milroy, a leader in Indigenous mental health and trauma; young advocates Tonii Skeen and Karlie Stewart; and Joel Wenitong, a community mentor and member of The Last Kinection.



# Media Release

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They will be talking about their first hand experiences with trauma and healing programs in communities and working with Webinar participants to develop new ideas for engaging youth and supporting them to heal.

The Webinar is being hosted from the Queensland State Library in Brisbane. Live forums will also be held in Darwin, Canberra and Sydney.

**New Resources** – <http://healingfoundation.org.au/children-and-young-people/3573-2/>

**Webinar Link** - <http://bit.ly/HF-youthwebinar>

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*The Healing Foundation is a national Aboriginal and Torres Strait Islander organisation that partners with communities to heal trauma caused by the widespread and deliberate disruption of populations, cultures and languages over more than 200 years. This includes specific actions like the forced removal of children from their families.*

