

## Young leaders helping to heal Intergenerational Trauma

Young leaders from Aboriginal and Torres Strait Islander communities will amass next week to work out the best ways to heal and stop the spread of Intergenerational Trauma.

Hosted from the State Library of Queensland, the Youth Webinar will use inclusive digital technology to bring together community organisations, students, teachers, leaders and trauma experts for a nation-wide gathering of minds.

“It’s a great opportunity to get a young perspective on one of the most important issues facing Aboriginal and Torres Strait Island communities today,” said The Healing Foundation CEO Richard Weston.

“It’s their future that’s being affected and so it’s important that they become part of the conversation and the solutions for the future.

“We are lucky to have some really strong young leaders in our communities, who already act as role models for others, and I think their stories will be valuable to communities and practitioners working with youth.”

Mr Weston said new research being collated by the Australian Institute of Health and Welfare shows a direct link between forcibly removing children from their homes and critical social and health issues like poor mental health and substance abuse.

For example, 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 Island people who are already at a disadvantage.

“Trauma has built up over 230 years, as the result of actions like the forced removal of children, as well as frontier violence, massacres and disruption from homelands,” said Mr Weston.

“Because we haven’t been able to heal, we see the impacts passing onto future generations and driving economic and social disadvantage.

“We’ll need a long-term approach to stop the cycle, and the results of this Webinar will contribute to our goal of seeing an Intergenerational Trauma Strategy introduced across Australia.”

The Webinar will involve insights from renowned child and adolescent psychiatrist Helen Milroy and three young participants who will talk about their thoughts for building strong young identities and creating positive change.

Joel Wenitong, a member of Australian hip-hop group The Last Kinection, will examine the importance of giving young people a voice through culture and how he has incorporated culture into his music.

“We see the symptoms of Intergenerational Trauma in our communities every day, including broken relationships, gambling, violence and suicide.

“Strong cultural connection is important to people’s wellbeing and so we need to keep finding ways to strengthen that connection and build pride in who we are, because there’s a lot to be proud about,” said Dr Wenitong.



# Media Release

19 July 2018

“Everyone has a role to play in this and so I encourage people to link into the [Youth Webinar](#) and contribute their ideas or add to the conversation with questions.”

As part of the Webinar, The Healing Foundation will also launch some new educational resources to explain where Intergenerational Trauma comes from and how it impacts on new generations.

## Webinar Facts:

**What:** *Our Healing Our Future: shaping strategies webinar*

**When:** 24 July, 10.30am – 12:00 pm.

**Where:** Brisbane - State Library of Queensland, Cultural Precinct, Stanley Pl, South Brisbane

Canberra - The National Portrait Gallery, Kind Edward Terrace, Parkes, ACT.

Darwin - Darwin Innovation Hub, Level 1, Paspalis Centrepoint, 48-50 Smith Street Mall

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

**Media contact:** Jane O’Brien - 0499 877 441 or [jane@healingfoundation.org.au](mailto:jane@healingfoundation.org.au)

*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.*

