

Queeroboree

P R E S E N T S

Breaking the Silence:
Improving inclusive practice for Aboriginal &
Torres Strait Islander LGBTIQ+SB People

Black Rainbow


mhpn
Mental Health Professionals' Network

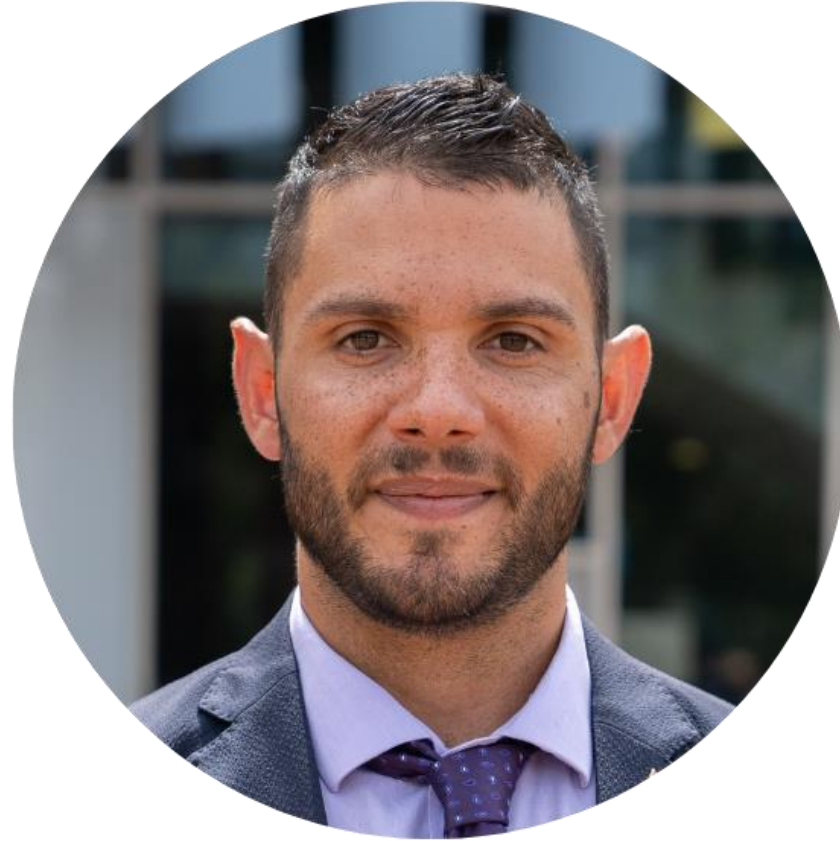
This webinar

Is the result of a unique partnership between Black Rainbow and the Mental Health Professionals' Network. This is the second webinar of the Queeroboree series produced under this partnership exploring how practitioners can better support the mental health and social and emotional wellbeing needs of the Aboriginal and Torres Strait Islander LGBTIQ+SB community.

This webinar will discuss the “Breaking the Silence” research project’s findings, with a particular focus on how practitioners can be more inclusive when working with Aboriginal and Torres Strait Islander LGBTIQ+SB people.

Today's panel

Chat Room



Prof. Braden Hill (He/Him)
Deputy Vice Chancellor (Students,
Equity and Indigenous)



Dr. Bep Uink (She/Her)
Senior Research Fellow
Psychologist



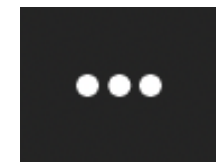
Dameyon Bonson (He/Him)
Black Rainbow



Facilitator:
Prof. Damien Riggs (He/Him)
Psychotherapist

Webinar platform

To interact with the webinar platform and to access resources, select the following options:



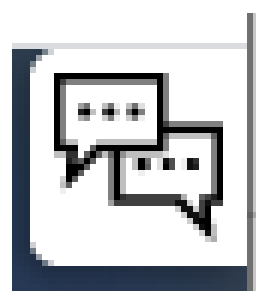
Options: Click on this button to access Web-player features such as 'Info' and 'Ask a Question'.



Information: To access presentation information, resources and webcast support, click on this icon located in the lower right corner of your screen.



Ask a question: To ask the speakers a question, click on the speech bubble icon in the lower right corner of your screen.



Chat: To open the audience chat box, click on this icon located in the top right hand side corner of your screen.

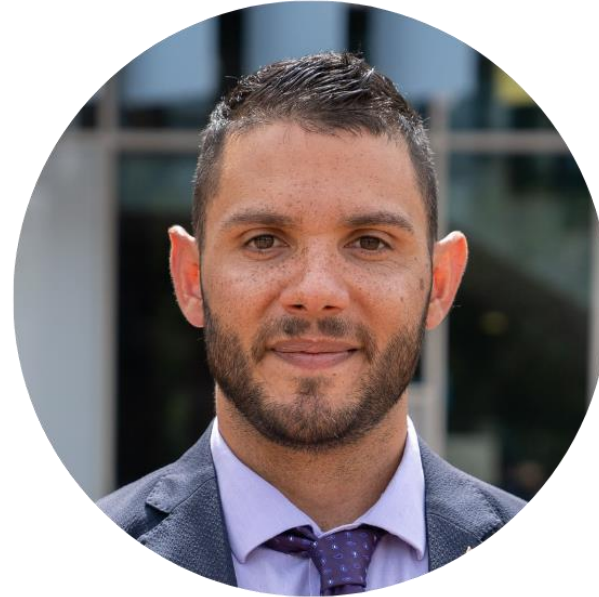


Help: Should you need any technical assistance throughout the webinar, please click 'Live Webcast Support' under the 'Info' tab.

Learning Outcomes

- Outline the major findings from the “Breaking the Silence” research project.
- Identify tips and strategies for how health services, and community and educational organisations can be more inclusive when working with Aboriginal and Torres Strait Islander LGBTIQ+SB people.
- Improve understanding of why Aboriginal and Torres Strait Islander LGBTIQ+SB people may not feel fully accepted by Aboriginal and Torres Strait Islander and LGBTIQ+SB communities.

Meet the team



Prof. Braden Hill
Edith Cowan University



Dr. Bep Uink
Murdoch University



Prof. Jenny Dodd
Edith Cowan University



Dameyon Bonson
Black Rainbow



Sian Bennett
Edith Cowan University



Dr. Anne-Marie Eades
Curtin University

Methodology – how did we do the research?

CREATE/DESIGN

To help shape the project, the research team spoke with:

- Aboriginal and Torres Strait Islander Elders
- Aboriginal and Torres Strait Islander LGBTIQ+SB people
- LGBTIQ+SB advocates
- LGBTIQ+SB service providers
- Aboriginal and Torres Strait Islander service providers

PARTNERED

Partnered with key organisations who work closely with the Aboriginal and Torres Strait Islander LGBTIQ+SB community:

- Wungening Aboriginal Corporation
- Sexual Health Quarters
- Yorgum Aboriginal Counselling Service
- Moorditj Koort Health and Family Services
- University Indigenous centres (ECU, Murdoch, UWA)

Background – how did we do the research?

ORGANISATIONS

5 Focus Groups with **49** participants

Unstructured Interviews with **5** individual staff members

Survey of **206** staff from WA Health and Education service providers

COMMUNITY

Online survey for the Aboriginal and Torres Strait Islander LGBTIQ+SB community living in Western Australia.

Received **63** eligible responses from members of the Aboriginal and Torres Strait Islander LGBTIQ+SB community.

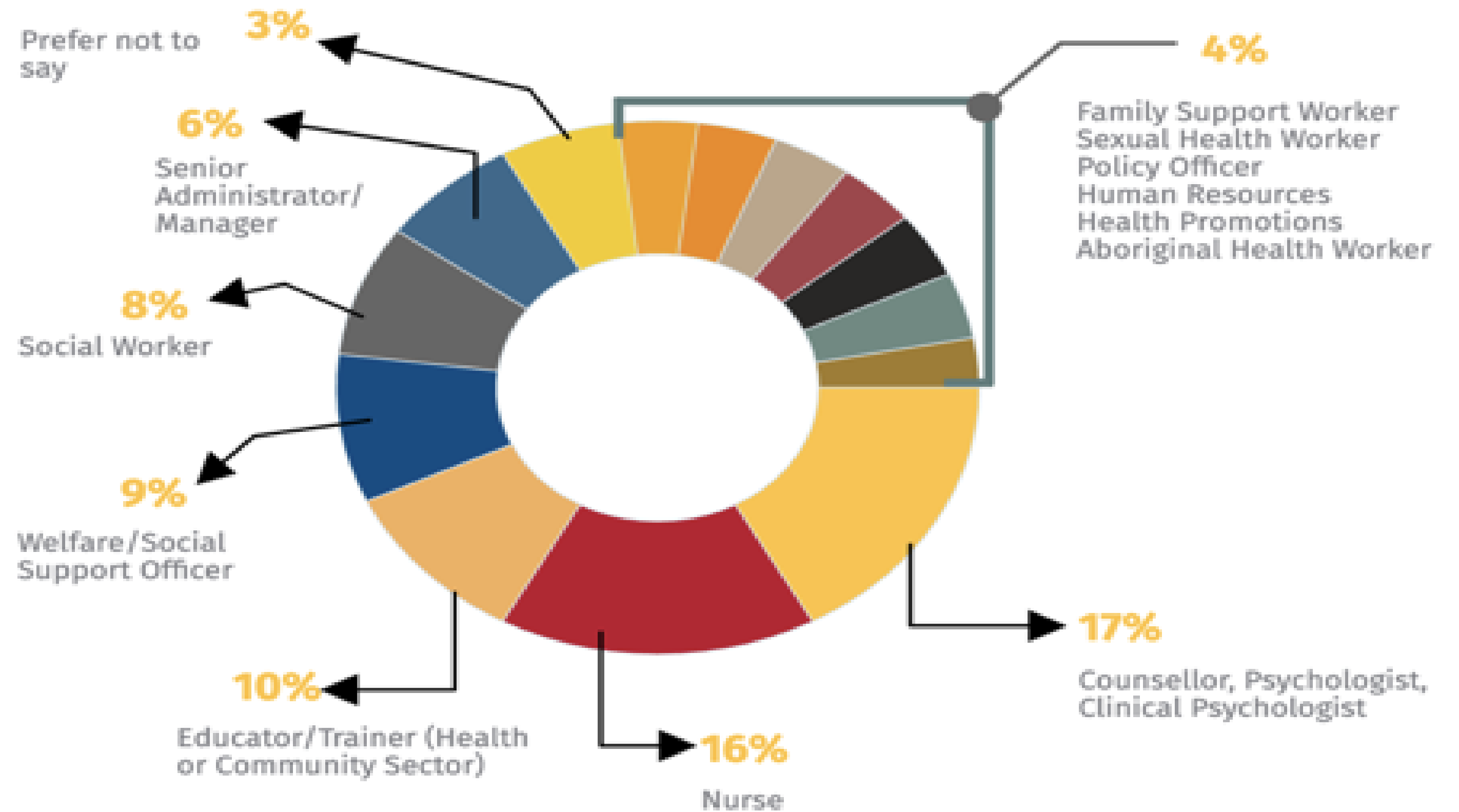
Phase 1: Organisations

Research with staff in organisations servicing the Aboriginal and Torres Strait
Islander LGBTIQ+SB Community

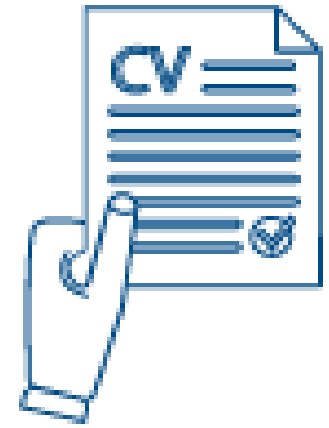
Survey of Organisations

Who responded to
our survey of the
health and education
organisations in WA?

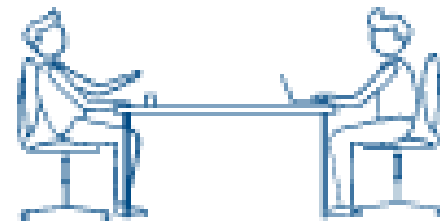
Roles of Respondents



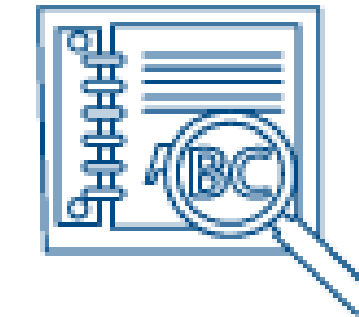
Key Findings (From organisations and staff)



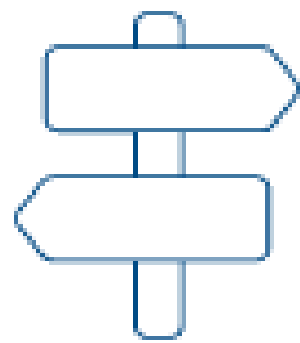
Employing and retaining A&TSI LGBTIQ+ people is key along with ensuring a team-based approach to working with A&TSI/LGBTIQ+ clients



Courageous conversations needed with **Boards and Executives** about Indigenous/LGBTIQ+ (major enablers/major impediments)



Mandatory **professional development** for all staff is required at all levels particularly on appropriate terminology



Visible signs, symbols and flags (both Indigenous and Pride) seem small but are important



There are very few clearly understood or safe **referral pathways** for trans and gender diverse people

What did organisations tell us was needed?



Updated resources and information

For professionals working with trans and gender diverse people
For parents of Aboriginal and Torres Strait Islander LGBTIQ+SB children
For young people who are Aboriginal and Torres Strait Islander LGBTIQ+SB
For Aboriginal and Torres Strait Islander LGBTIQ+SB people about where they can access safe and inclusive support
Good/best practice guidelines in providing care to Aboriginal and Torres Strait Islander LGBTIQ+SB people.



More inclusive data collection

Better and more inclusive client intake demographics that include ability for people to identify as part of the LGBTIQ+SB community should they choose to enable a 'person-centred' approach to care



Policies that empower inclusion

Flexible organisational policies that enable responses to LGBTIQ+SB clients across all areas of the organisation



Greater representation and visibility

More visible representations of Aboriginal and Torres Strait Islander LGBTIQ+SB in a range of media

Phase 2: Community

Survey of the Aboriginal and Torres Strait Islander LGBTIQ+SB Community in
Western Australia

COMMUNITY SURVEY

Who responded to our community survey?

44%

Female-Identifying

19%

Indicated that their gender was different to that assigned at birth

28%

Male-Identifying

15%

Multiple identifiers or non-binary e.g. bi-gender, no gender, pangender

Less than 2% identified as trans or BB/SG

Majority lived in metro area and were under 30 years

FINDING SUPPORT

Where do participants seek support?



INFORMAL SUPPORT

58%

Within families, **mothers and siblings** were the people most likely to be turned to for support

69%

Seek support from their **LGBTIQ+ friends**

59.7%

Seek support from their **non-LGBTIQ+ friends**



FORMAL SUPPORT

60%

Identified **GPs, psychologist and clinical psychologists** as major supports

50%

Stated they would use an **Indigenous LGBTIQ+ counsellor** if available

50%

Presented at an **Emergency Department** in the past 12 months

66.1%

Used at least **one online service for emotional support or information** about LGBTIQ+ issues (satisfaction with these services was generally low)

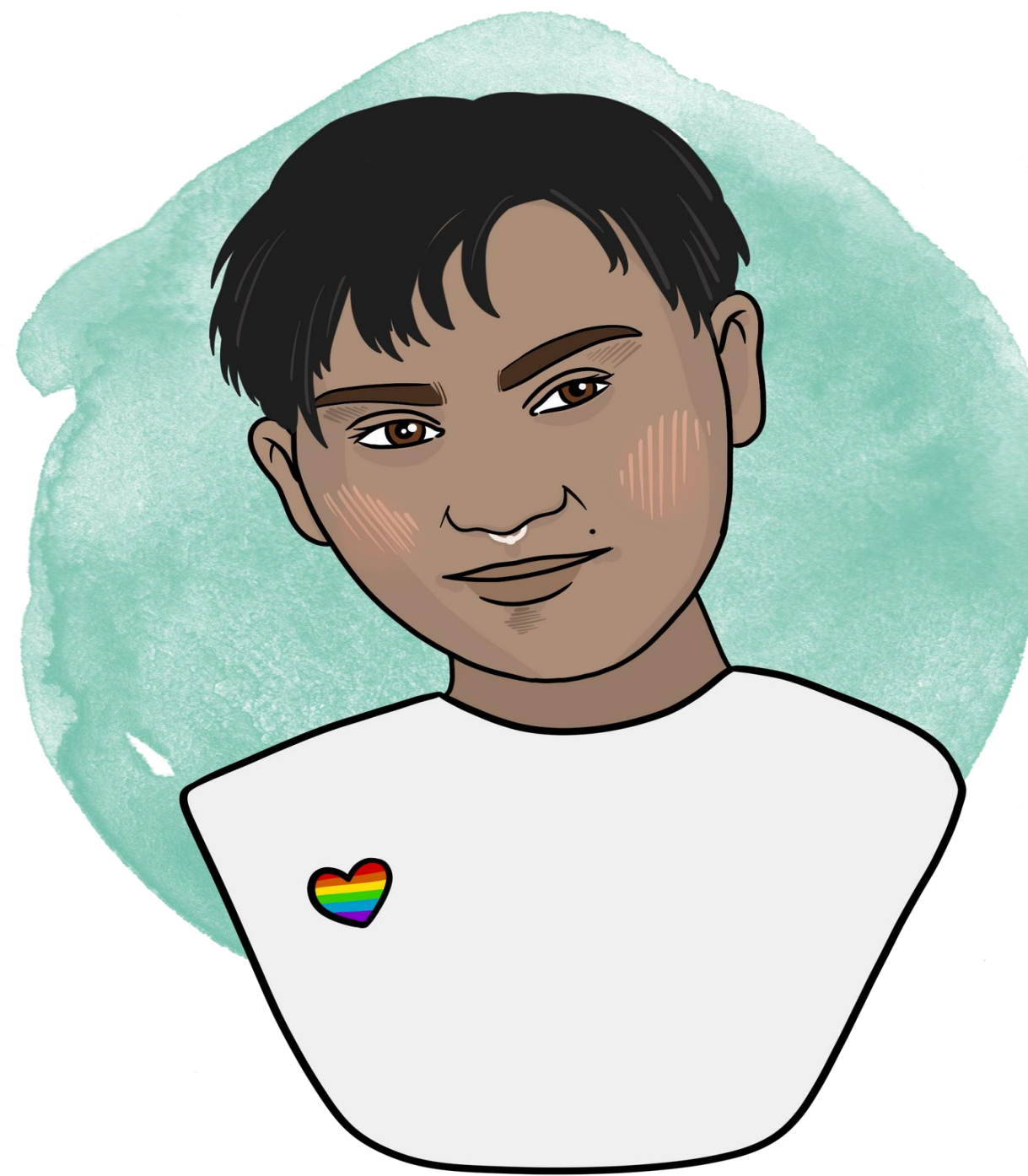
COMMUNITY SURVEY FINDINGS

Discrimination

73% experienced discrimination based on their gender or sexual identities in the past 12 months going about their everyday life

12% were victims of crimes of physical assault

50% were ignored or teased because of their gender or sexual identity



30% were followed/stalked

38% were outed by others

12.7% experienced homelessness or housing security

In qualitative commentary **42 participants** (more than half), stated that it was **discrimination on the basis of race that they experienced most**

COMMUNITY SURVEY FINDINGS

Safety and Wellbeing

Growth Empowerment Measure

The findings suggested **that levels of wellbeing were moderate**, although not high among the sample.

Average score was **3.65/5**

- Comfort in being asked about LGBTIQ+ identity by a health providers was associated with significantly higher wellbeing
- Heterosexism and transphobia from Aboriginal and Torres Strait Islander communities was associated with significantly lower wellbeing



COMMUNITY SURVEY FINDINGS

Connection to LGBTIQ+ Communities

Less than half (45.2%) of participants stated they either somewhat or strongly agreed that they felt a sense of belonging to wider LGBTIQ+ community

40% experienced some form of **microaggression** from non-Indigenous people in the past 12 months

62.9% felt **burdened** with the need to educate non-Indigenous LGBTIQ+ people about Indigenous or cultural issues

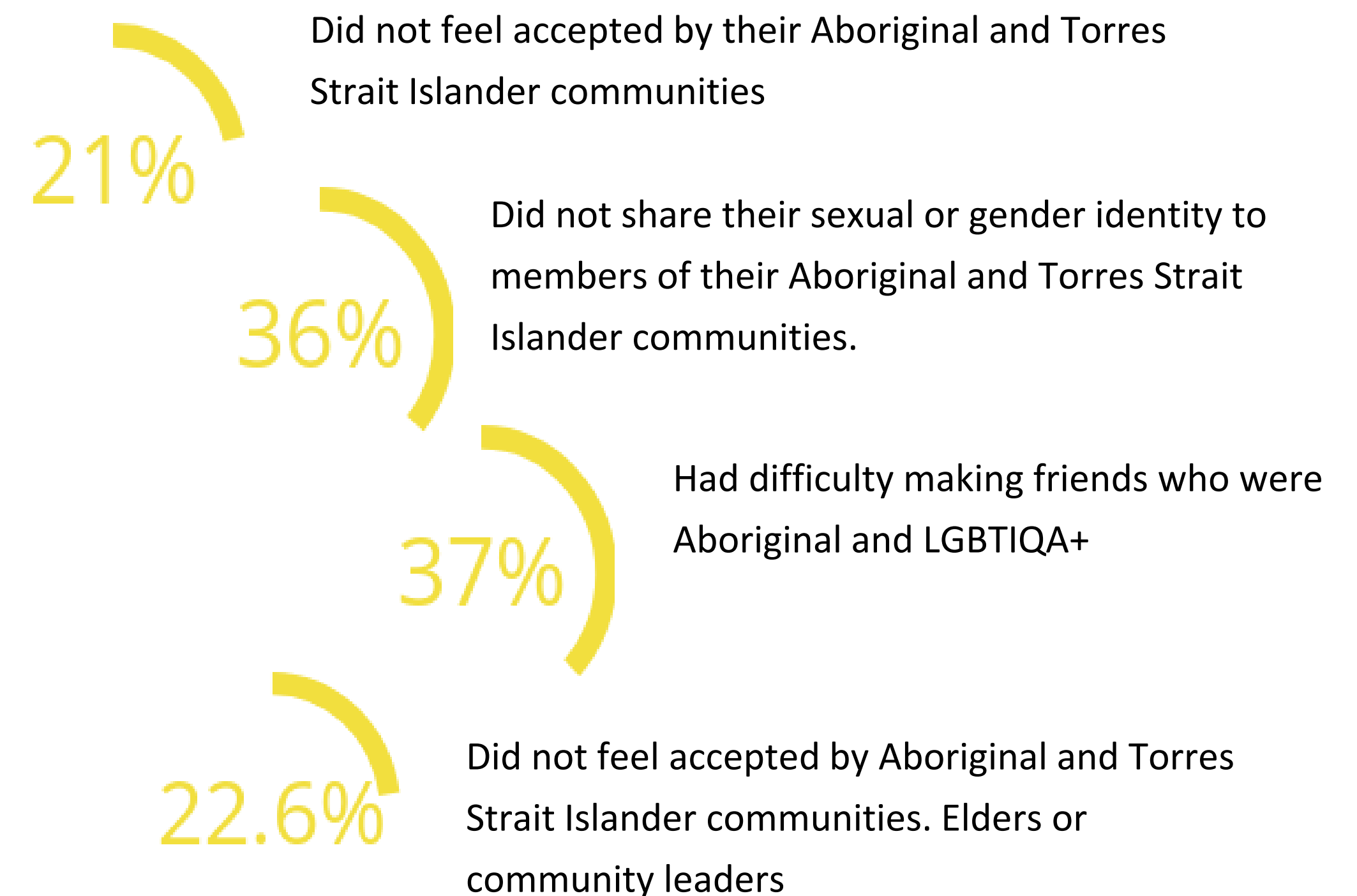
51.6% had experienced being **the 'token' Aboriginal person** in groups or organisations

COMMUNITY SURVEY FINDINGS

Connection to Aboriginal and Torres Strait Islander Communities

A majority of participants feared some form of in-group discrimination because of their sexual or gender identity from their Aboriginal and Torres Strait Islander community

A third felt 'invisible' within their community



BEST THINGS ABOUT BEING INDIGENOUS AND LGBTQA+

Ability to **change hearts and minds** in family and community and
broader society

Opportunity **to inspire and mentor** other Indigenous/Queer people -
particularly those within family and community

Being able to **live and work in multiple worlds**



ELDERS YARNING



A key message from the Elders was the importance of education. They were deeply interested in learning more to advocate for greater LGBTIQ+SB inclusion in their families and communities.

The yarning group stated often that 'moort' or family is important and that Aboriginal people who are also LGBTIQ+SB are an integral part of this.

“

There needs to be **education** with the wider [community] and within the Aboriginal community.

Life is a revolving door, life changes. So why do my community stay behind the door (and) not change with our young community? **Do not condemn our LGBTIQ+ mob they are our moort** [family]. Community needs to change, change their views, change their ways, to help overcome the hate and racism against our Aboriginal LGBTIQ+SB community.

All Noongar families **should accept ALL children** in our community.

Their families need to accept the children who are part of the **LGBTIQ+ community** and remember they **ARE family**.

”

IMPLICATIONS FOR PRACTICE

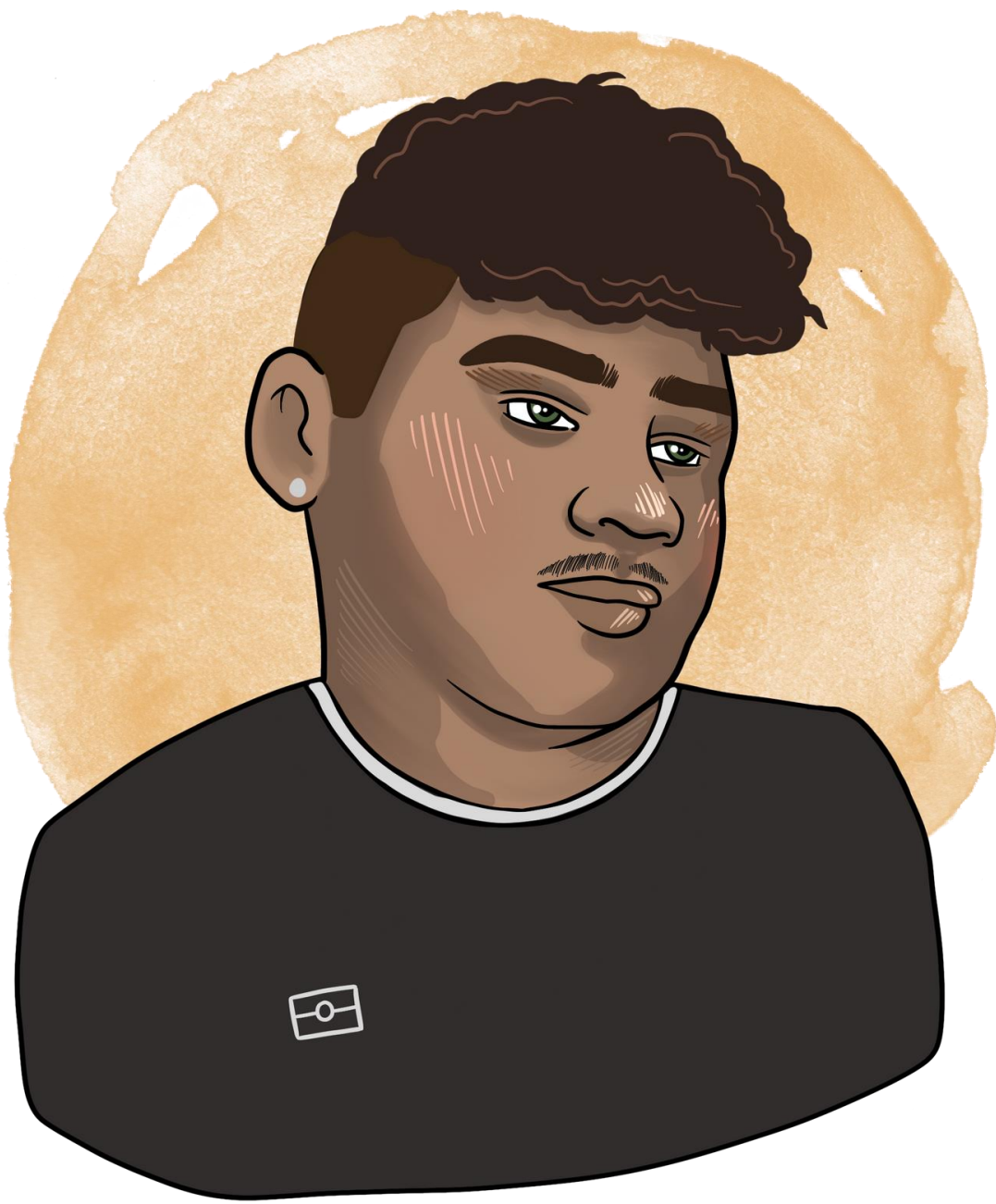
Important to **understand** the ways **multiple and intersecting identities** present health, wellbeing and help-seeking behaviours in ways that can be challenging but also empowering.

Aboriginal and Torres Strait Islander/Queer mob are your clients, you just may not know it. **Practice as if they are present.**

Understand realities of everyday discrimination and racism - know how to talk about this with clients/patients - this means understanding it beyond the inter-personal.

Do not assume Indigenous community resistance to Queer inclusion, this is context and community specific.

Not all mob feel part of their communities - **know who those supports are to help** create empower networks.



Ask a question

To ask the speakers a question, click on the three dots and then 'Ask a Question' in the lower right corner of your screen.

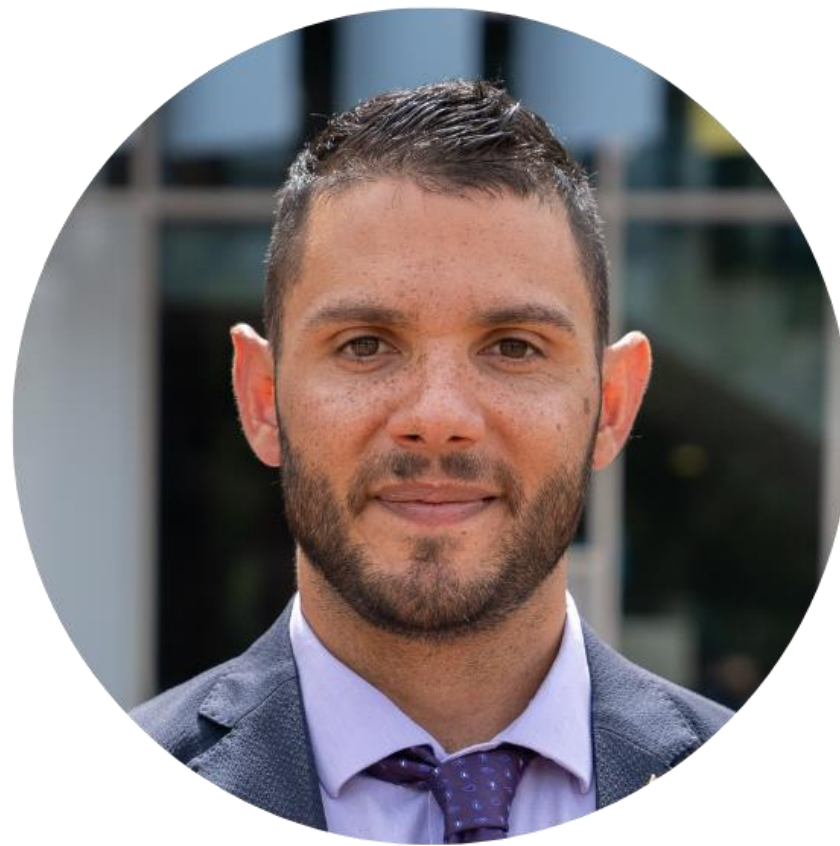
1.



2.

 Ask a Question

Q&A



Prof. Braden Hill (He/Him)
Deputy Vice Chancellor (Students,
Equity and Indigenous)



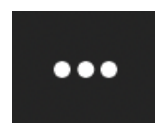
Dr. Bep Uink (She/Her)
Psychologist



Dameyon Bonson (He/Him)
Black Rainbow



Facilitator:
Prof. Damien Riggs (He/Him)
Psychotherapist



 Ask a Question

Ask a question: To ask the speakers a question, click on the three dots and then 'Ask a Question' in the lower right corner of your screen.

Recommended Resources

For access to resources recommended by the panel, click on the three dots in the bottom right-hand corner of the video player and then ‘Info’ and then Supporting Resources.

1.



2.



Info

3.

Supporting Resources

Thank you for your participation

- Please ensure you complete the feedback survey before you log out.
- Your Statement of Attendance will be emailed within four weeks.
- You will receive an email with a link to the recording and resources associated with this webinar in the next few weeks.

Please share your valuable feedback by
[clicking the banner above](#)

OR

Scan the QR Code



Upcoming webinars

- *It's never too late to diagnose ADHD, 7th November at 7.15 pm AEDT*
- *Emerging Minds: Supporting social and emotional wellbeing of children with higher weight, 17th November at 7.15 pm AEDT*
- *PHN Series: Non-medical supports and programs for older Australians, 6th December at 7.15 pm AEDT*

Please share your valuable feedback by
[clicking the banner above](#)

OR

Scan the QR Code



MHPN Online programs

Podcasts – latest release

A Conversation About Digital Well-Being and Young People's Mental Health
featuring Dr Lyn O'Grady and Jocelyn Brewer – Available now on MHPN
Presents via our website, Spotify & Apple Podcasts.

Listen to the latest episodes of MHPN's other podcast shows and series
including *Eating Disorders: Beyond the Unknown*.

Sign up through our portal on the MHPN website to ensure notification of
upcoming webinars, podcasts and network activity.

Please share your valuable feedback by
[clicking the banner above](#)

OR

Scan the QR Code



MHPN Network

MHPN supports over 350 networks across the country where mental health practitioners meet either in person or online to discuss issues of local importance.

Visit www.mhpn.org.au to join your local network.

Interested in starting a new network? Email: networks@mhpn.org.au and we will step you through the process, including explaining how we can provide advice, administration and other support.

Please share your valuable feedback by
[clicking the banner above](#)

OR

Scan the QR Code





Breaking the Silence

Improving inclusive practice for Aboriginal &
Torres Strait Islander LGBTIQ+SB People

THANK YOU FOR PARTICIPATING

Please share your valuable feedback by [clicking the banner above](#)

OR

Type

surveymonkey.com/r/breaksilence

into your internet browser

Black Rainbow

Scan the QR Code

