



# Curtin University

PUBLIC SEMINAR

# BUILDING MENTAL WEALTH THROUGH INNOVATION: THE INDIGENOUS WAY FORWARD

Staff, students and members of the public are warmly invited to attend our **free** seminar.

We are fortunate to have Professor Sandra Eades as the keynote presenter for this event. There will also be a number of presentations from other researchers in the field of Indigenous mental health.

**Date:** Friday 6 December 2013

**Time:** 9:00am to 5:00pm (registration desk opens at 8:30am)

**Venue:** Tim Winton Lecture Theatre  
Building 213, Room 104  
Curtin University  
Kent St, Bentley, WA

Lunch, morning and afternoon tea will be provided.

**RSVP:** Register to attend at [buildingmentalwealth2013.eventbrite.com.au](http://buildingmentalwealth2013.eventbrite.com.au)

by Monday December 2, 2013.

Also see [healthsciences.curtin.edu.au/building-mental-wealth.cfm](http://healthsciences.curtin.edu.au/building-mental-wealth.cfm)

Please note that there are limited places available for this seminar. We recommend that you register as soon as possible to secure your place.

## KEYNOTE SPEAKER

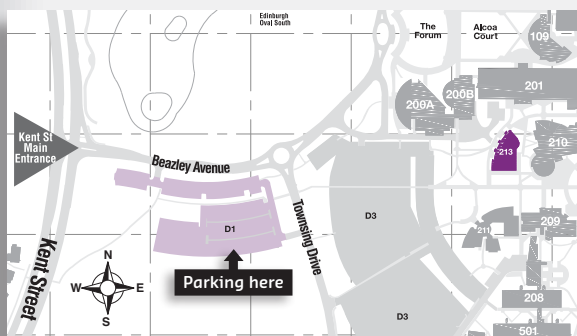
**Professor Sandra Eades**

**'Building mental wealth – like all wealth, needs to start early and accumulate over the long term'**



**Professor Sandra Eades** is a medical epidemiologist and a Professor of Public Health at the University of Sydney with key expertise in Indigenous health. She completed her undergraduate medical training at the University of Newcastle and her PhD in epidemiology

at the Institute for Child Health Research, Perth. Professor Eades' PhD examined causal pathways to poor birth outcomes and significant illness in the first year of life among urban Aboriginal infants.





# OTHER PRESENTERS

**Presentations from other researchers working in the field of Indigenous mental health include:**

**Darren Garvey**

Negotiating the 'contested arena' of Indigenous mental health: a causal layered analysis of the arena and the responses to it of clients, professionals and students.

**Angela Durey**

Improving Aboriginal mental wealth through an innovative intercultural leadership program for health science educators.

**Caris Jalla**

Aboriginality and disability in WA today.

**George Hayden**

An Aboriginal perspective of attention deficit hyperactivity disorder.

**Michelle DiGiacomo**

Engagement, trust, and collaboration: critical elements in engaging Aboriginal communities.

**Lydia Timms**

Literacy skills of Australian Indigenous school children with and without otitis media and hearing loss.

**Julia Anwar McHenry**

Changing tack: positive Indigenous mental health promotion.

**Michelle Webb**

If you're Kaarty and you know it, clap your hands.

Mental wellbeing and Aboriginal youth: an examination of the attitudes and beliefs of 18-25 year olds residing in Perth WA.

# FREE WORKSHOPS

Staff, students and members of the public are warmly invited to attend a **free** workshop day as part of our two-day Seminar event (see [buildingmentalwealth2013.eventbrite.com.au](http://buildingmentalwealth2013.eventbrite.com.au))

We are fortunate to have Tammy Solonec, a Director of the National Congress of Australia's First Peoples, and Pat Dudgeon, Professor at the School of Indigenous Studies (University of Western Australia), as workshop presenters.

**Date:** Thursday 5 December 2013

**Venue:** Centre for Aboriginal Studies  
Building 211, Room 222/223  
Curtin University  
Kent St, Bentley, WA

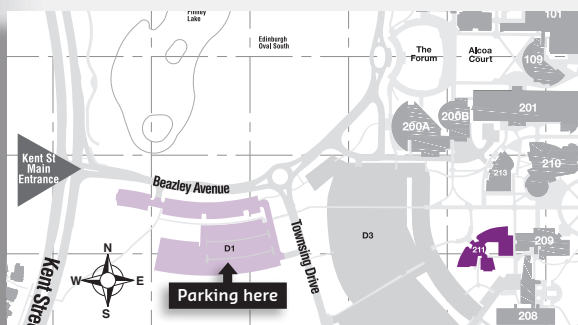
Light refreshments provided.

**RSVP:** Register the workshops you wish to attend at [workshopsbmw2013.eventbrite.com](http://workshopsbmw2013.eventbrite.com)

by Monday December 2, 2013.

Also see [healthsciences.curtin.edu.au/building-mental-wealth.cfm](http://healthsciences.curtin.edu.au/building-mental-wealth.cfm)

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## MORNING WORKSHOP

9:00am-12.00pm

Morning tea provided

Tammy Solonec



**“Telling my story – overcoming anxiety and depression through spirituality, self-love and cognitive therapy”**

In this interactive workshop Tammy will share her story with participants and reveal

how she has been able to overcome her depression and anxiety using spirituality, self-love and cognitive therapy to become the successful leader she is today.

Tammy is a Nyikina woman from Derby in the Kimberley of Western Australia and mother of two children. She is currently a Director of the National Congress of Australia's First Peoples, the Secretary of NAIDOC Perth and a member of the National NAIDOC Committee and the WA Aboriginal Lawyers Committee.

## AFTERNOON WORKSHOP

1:00pm-4:00pm

Afternoon tea provided

Professor Pat Dudgeon



This presentation/workshop is based from the work undertaken by the Australian Indigenous Psychologists Association where a model of social and emotional wellbeing was developed and endorsed in three gatherings of Indigenous social emotional wellbeing

professionals across the country.

Professor Pat Dudgeon is from the Bardi people of the Kimberley in Western Australia. She is a Professor at the School of Indigenous Studies, University of Western Australia. She is a psychologist and is well known for her significant involvement in psychology and Indigenous issues, and for her leadership in Indigenous higher education.

Make tomorrow better.

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