

Case Study: Cultural Healing Models of Care

This project is part of the larger Cultural Audit project Karabena is undertaking with St Vincent's Hospital Melbourne to actively improve health and wellbeing outcomes for Aboriginal and Torres Strait Islander staff, patients and their families by improving the cultural safety of the hospital.

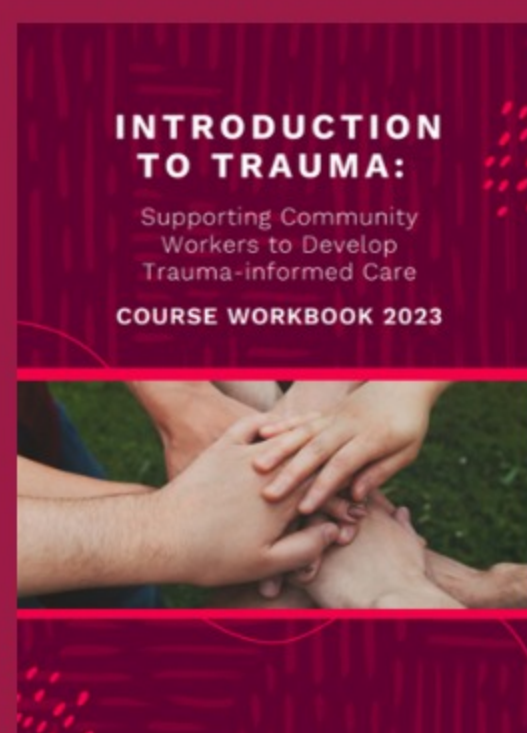


Karabena Consulting

Developing and implementing cultural healing models of care is a key recommendation from a policy and procedural review we conducted in 2021.

The key aim of the project was to optimise health and wellbeing outcomes for Aboriginal and Torres Strait Islander patients, families, carers and staff by investigating and making recommendations on the implementation of cultural healing programs at St Vincent's.

[Read more](#)



Introduction to Trauma course now live

Building on our Traumatology Talks publication, we have created a short online course called 'Introduction to Trauma'. The course is designed to support community workers to develop trauma-informed care. There you can learn the basics of trauma, what it looks like, and how it impacts peoples' day-to-day lives.

In particular the course focuses on trauma in First Nations Australians, with the trauma of colonisation still having ongoing ripple effects.

There is a strong need for trauma-informed care to better understand a patient's life experiences in order to deliver effective care. Trauma-informed care has the potential to improve patient engagement, treatment adherence, health outcomes, and provider and staff wellness.

It is important when practicing trauma-informed care to understand the cultural determinants of health and wellbeing in Indigenous Australians, including care for Country, knowledge and beliefs, Indigenous languages, self-determination, kinship and relationships, and cultural aspirations.

We invite you to take the online course [here](#).

Welcome David

We are excited to introduce our newest team member, David Reid! David is a descendent of the Awabakal people from the Lake Macquarie region, and a proud father to two children. He brings his curiosity and passion for First Nations programs and initiatives to the role. As Senior Consultant Associate, he leads day-to-day project management, collection and analysis of data, culturally-safe consultations, and the development of project outputs.



David holds a Bachelor of Arts majoring in History, Literature and Linguistics, and a Post Graduate Diploma of Education. In his fourteen years in the state education system, he held many leadership roles such as Leading Teacher and Pathways Leader, and an important part of the lives of young people from early adolescence to their final years of school.

David is effective at fostering relationships with all key stakeholders and community members through stakeholder engagement and communication skills. He has a strong ability to connect with and mentor people from a myriad of backgrounds, and deep empathy for all walks of life.

He is an avid reader of literature, and enjoys playing guitar, staying active, and exploring nature with his family.

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