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State Wide Aboriginal Men's Service Aboriginal Men's Healing and Behaviour Change Addressing Family Violence

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BARD Strong Spirit

HealingFoundation





Understanding trauma and its impacts on Aboriginal and Torres Strait Islander Communities





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Intergenerational Trauma

Intergenerational trauma for Aboriginal and Torres Strait Islander people is a form of historical trauma that is transmitted across generations.

It is the trauma that is transferred from the first generation of survivors that directly experienced or witnessed traumatic events to the second and further generations

- Atkinson, Nelson & Atkinson 2010



Trans-generational Trauma

Trans-generational trauma is created when layers upon layers of trauma are experienced by individuals, or collectively by a community.

It is when trauma is experienced repeatedly, so negative behaviours begin to manifest because there is no opportunity to engage in a healing process.

- 'What's up with my Mob' resource

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Ongoing Impacts of historical trauma

Out of home care Incarceration **Family Violence** Housing Suicide rates Low life expectancy **Mental health**

- Health related concerns
- Education
- Employment
- Issues with service access

Australian Institute on Health and Welfare Indigenous Observatory Health & Welfare Report 2015

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Cultural approaches & healing

The journey of healing is one that enables people to be restored to wellbeing and wholeness.

Healing means to be or make whole. To put together the broken or damaged bits so that one can feel good again and be more resilient in future .

Healing often is painful as a process but results in learning more about myself and what I need to be well in myself.

(Aboriginal and Torres Strait Islander Healing Foundation 2010:9)

Strong Spirit

C.E

Healing our Aboriginal men

Dardi Munwurro has been delivering Aboriginal Men's healing and behaviour change programs across Victoria over the past 19 years. The focus of our approach is to break the cycle of family violence by challenging and supporting Aboriginal men to heal their spirit, recognise intergenerational trauma, understand cycles of violence, commit to behaviour change, and develop a vision for their lives.

Over 2000 Aboriginal men have taken part in Dardi Munwurro's programs, and external evaluations consistently show that our programs are effective at helping men to heal and change.

REPART Spirit

Dardi Munwurro Men's Community Programs

Our Healing and Behaviour Change Program was established in 2000 and is targeted at Aboriginal men, living in community

Dardi Munwurro Journey's program

Dardi Munwurro currently delivers the Journey's Program for vulnerable Aboriginal young people (aged 10 to 18 years) living in the northern and western suburbs of Melbourne.

Dardi Munwurro Ngarra Jarranounith Place

Ngarra Jarranounith Place is a residential healing and behaviour change program for Aboriginal men who use or have been convicted of family violence. The program in partnership with the Department of Justice and Regulation, the Collingwood Football Club and the Melbourne Storm.

Dardi Munwurro Innovations and Leadership Program

This program works with young men 18 -25yrs to keep them out of the justice system through mentoring providing programs. We have purchased a food van and we will include some of these young men to develop a food van in actually developing and fitting it out as well as we train the young men in barista and food handling and hospitality. *Dardi Munwurro Prison Program*

Since 2012 Dardi Munwurro has run group based Healing and Behaviour Change Programs for Aboriginal Men in the majority of Victorian prisons

Dardi Munwurro Diploma Family Violence

In 2019, Dardi Munwurro in partnership with RMIT and the Healing Foundation is delivering a Diploma in Aboriginal Family Violence.

Dardi Munwurro Victorian Aboriginal Men's Gathering

Dardi Munwurro in conjunction with Family Safety Victoria, the Collingwood Football Club, the Melbourne Storm and other partners,

Cycles in men's life

Youth

Walk of Life Developing Healthy Emotions

Child

Leaving A Legacy

Elder

Adult

Develop Mental Awareness

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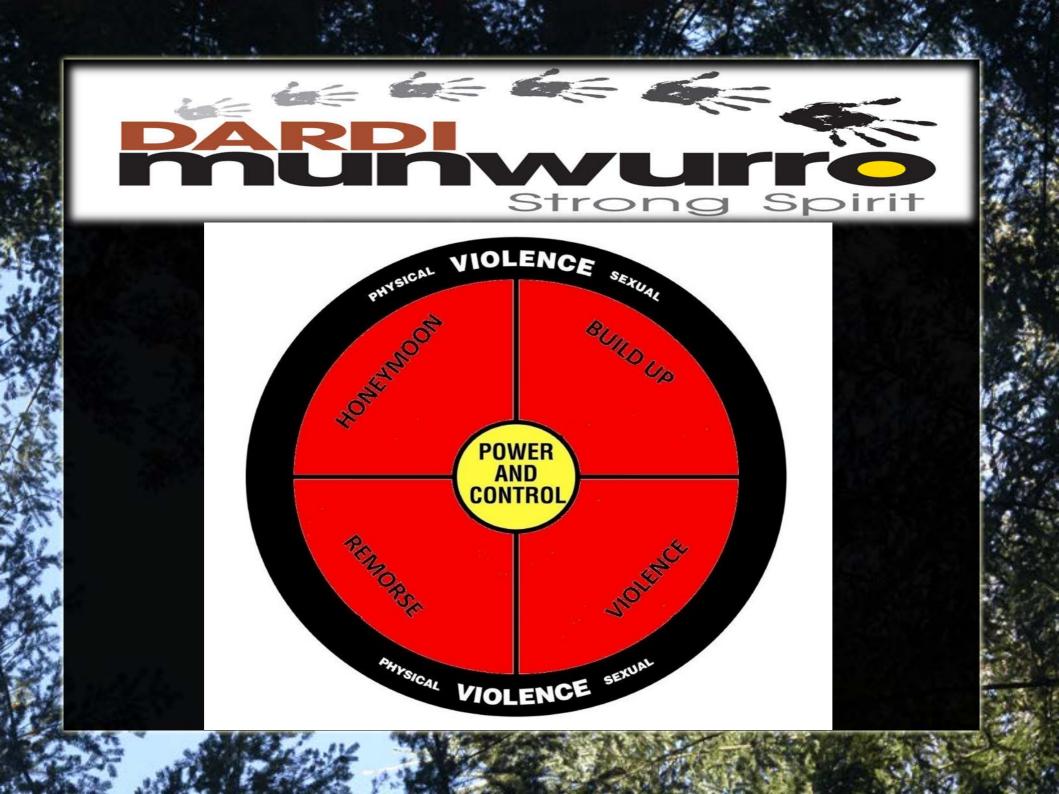
Finding Balance in a Man's Life Who Am I as a Man (P.I.E.S List)

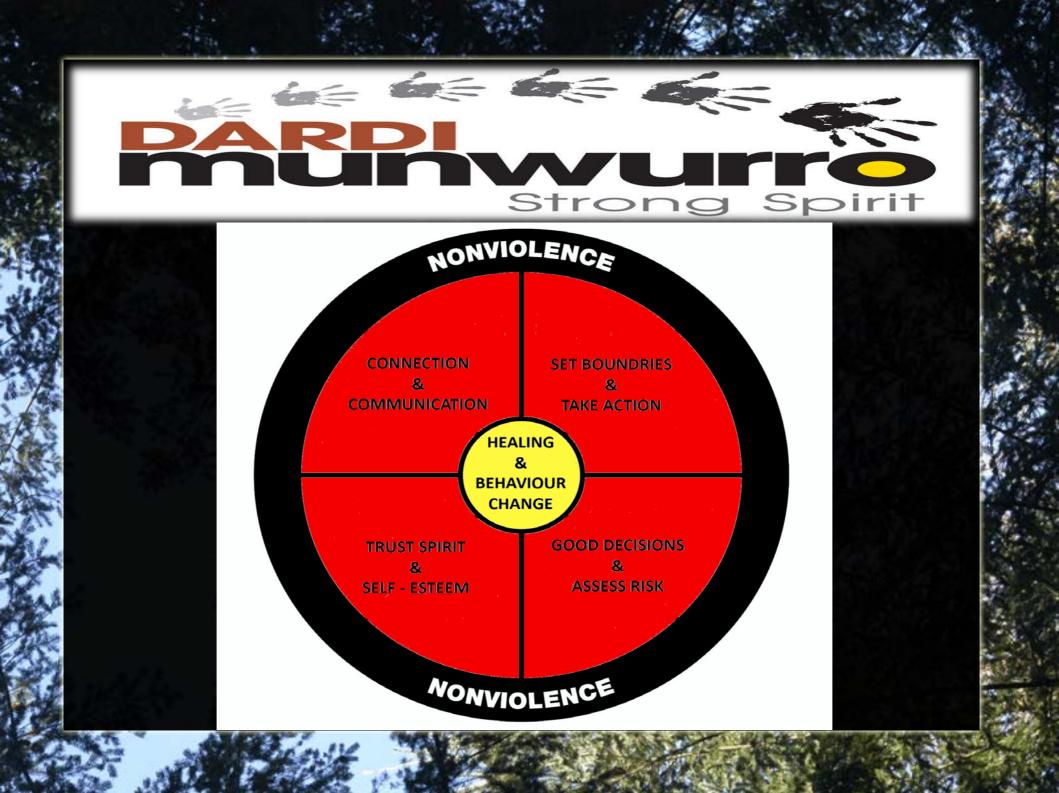
Physical Here and Now, feet on the ground, motivated to take action setting boundaries.

Intellectual Possibilities, ideas, perspective, the unknown assessing the risk.

Emotional Connection, making friends, having a safe community.

Spiritual Big Picture, culture, wisdom, nurturing your heart blessing others.





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Boy Psychology

• Wants to be seen

- Power is for me selfish
- Centre of the universe
- I'll live forever I'm immortal
- Ruled by emotions
- Hides in a fantasy world
- No responsibility for emotions
- Little or no personal power
- Quick to judge others
- Wants a mother not a partner
- He is a victim

Man Psychology

- Has purpose in his life
- Power is for sharing
- I am part of the universe
- I am mortal
- Feels and Understands his Emotions
- Willing to live with Open Heart
- Full responsible for Emotions, Behaviours
- Can receive Praise has High Self-Esteem
- Thoughtful and Reflective
- Seek healthy Relationship with Women
- He is Accountable

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When Men Are Not Travelling Well.

- **O** Don't tell the truth, not in integrity.
- O Not accountable, no responsibility.
- Won't show up, can't be present.
- Blame others, stays a victim.
- O No future, stuck in the past.

This Is The Immature Man

Goes Missing

Has Low self-esteem

Rigid *Controlling* Manipulates Shame Disconnected Addiction

Undisciplined Abusive

Violent







Men Identifying Violence In Their Life

VIOLENCE 3

- -ANGER
- ABUSE
- AGGRESIVENESS
- FRUSTRATION.
- LACK OF SECOMMUNICATION STRE
- PHYSICAL, EMOTIONAL, SPIRITUAL, MENTAL.
- VERBAL (ABUSE)
- RACISM (LEAD UP)
- ARGUEMENTIVE.
- FAMILY BREAKDOWN (LACK OF SUPPORT, - ALCOHOL + DRUGS. TRUE.

New Strategy for Living

Learning about our Basic Emotions and Healing Trauma

Fear

Shame

Joy

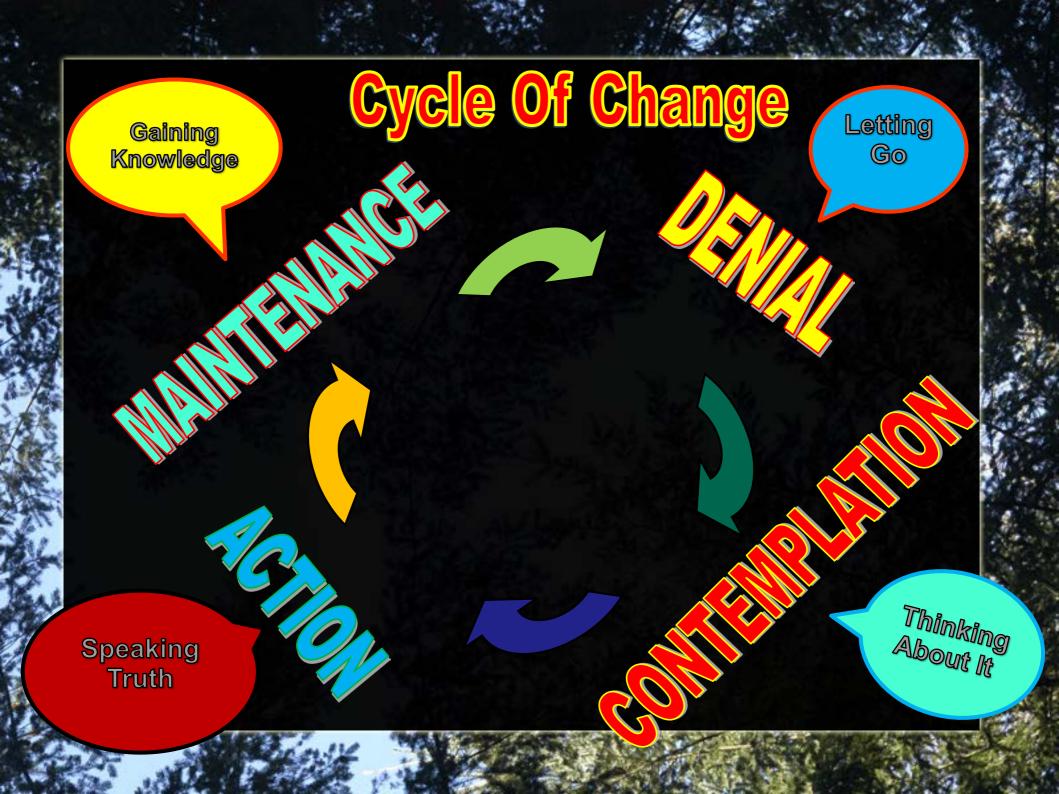
Unpacking issues Expressing them Experiencing them Knowing them

Sadness

Anger







This Is The Mature Man At His Best

Presence

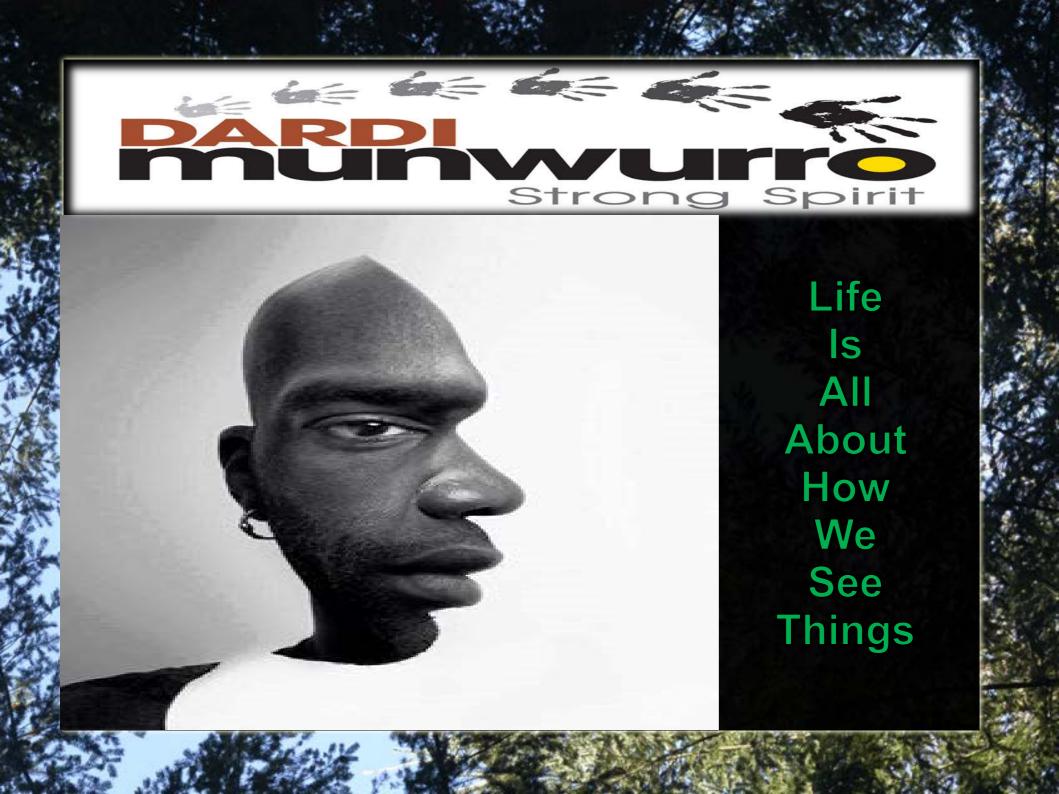
Knowledge

Purpose

Analysing Clear Thinking Creative Compassion Connection Emotions

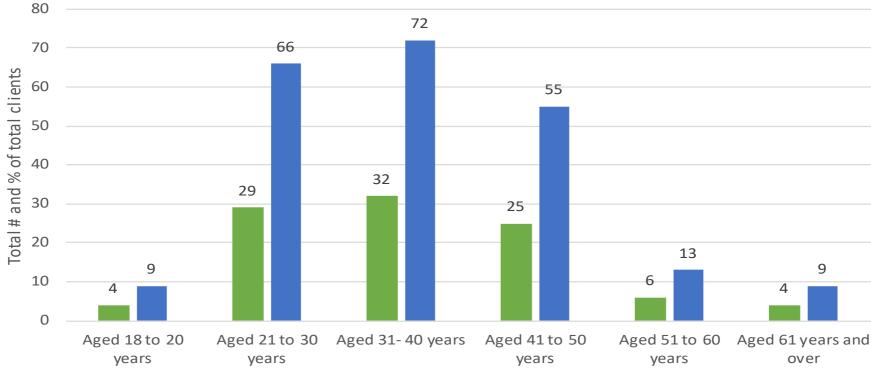
Discipline Action

Boundaries





Dardi Munwurro Active Clients Aged 18 years and over as at 7th November 2019 (total number [blue] and precentage [green] of total clients) n=224



Age Group

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Men's Gatherings and addressing family violence in the community

Dardi Munwurro in conjunction with Family Safety Victoria, the Collingwood Football Club, the Melbourne Storm and other partners, deliver the annual Victorian Aboriginal Men's Gathering in Melbourne.

Aboriginal men from across Victoria and interstate come together at the Gathering to engage in conversations and problem solving around key issues that are impacting on the Aboriginal community, including family violence.



BUILDING STRONGER MEN AND SAFER COMMUNITIES



