

SOCIAL AND EMOTIONAL WELLBEING SUPPORTS

Yoorrook acknowledges the importance of using the strengths, resilience and connectedness of First Peoples and communities to provide a safe, supportive and culturally appropriate forum for First Peoples to exercise their right to truth and justice with dignity and to demonstrate their cultural resilience and survival.

OUR APPROACH

Yoorrook's Social and Emotional Wellbeing supports reflect a holistic view of First Peoples' wellbeing, encompassing connection to family, kin, Country, culture, community and ancestors. We do this by:

- **Supporting self-determination:** We will support you to choose the supports, and healing and wellbeing approaches that you want to access and use. We will also prioritise healing and wellbeing approaches that are designed and delivered by First Peoples.
- **Embedding protective factors:** Connection to culture, family, community and Country are built into all approaches across Yoorrook. At your direction, we will support and build on your existing strengths and connections to keep you safe and strong.
- **Supporting healing and trauma recovery:** Our supports recognise the importance of traditional and contemporary healing and wellbeing approaches in recovery from trauma, grief and loss.
- **Ensuring culturally capable supports:** Our supports and processes embed cultural perspectives and respect the rights, views and expectations of you, your family, kin and community. Our team will work to ensure your supports are as integrated and seamless as possible.
- **Taking a person-centred approach:** Our supports are designed around your needs and expectations.

OUR TEAM

Yoorrook has a multidisciplinary community engagement and social and emotional wellbeing team, including trusted community members. Free and confidential counselling and wellbeing services are also available through First Peoples' Health and Wellbeing.

Our team members are available to:

- **Explain** the truth-telling process and the types of supports available to you.
- **Yarn** with you about your circumstances and connect you to the supports you want.
- Help you **prepare** for the truth-telling process and make sure your specific personal and cultural **needs** are met, so that you feel safe, supported and connected.
- **Provide information** and preparation to those that you have chosen to support you throughout the process, such as family, kin or a support worker.
- **Connect** you to any other materials and supports you want (either within or outside of Yoorrook) so that you feel strong and safe throughout your truth-telling journey.
- **Be available** for pre-truth-telling support, and debriefing following your truth-telling.
- **Share** with you culturally safe techniques to keep your mind and body connected during truth-telling (like mindfulness, grounding and movement).
- **Provide** more specific therapeutic engagement and supports (like free, confidential counselling) through First Peoples' Health and Wellbeing, or referrals to appropriate health professionals, if you want.

YOUR SUPPORTS

Supports, and healing and wellbeing approaches will be designed around your needs and expectations. Examples of some supports are:



Telling your truth on Country and/or with family and kin



Smoking & Traditional Healing Practices



Women's Circles & Men's Groups



Elders' Yarning Circles



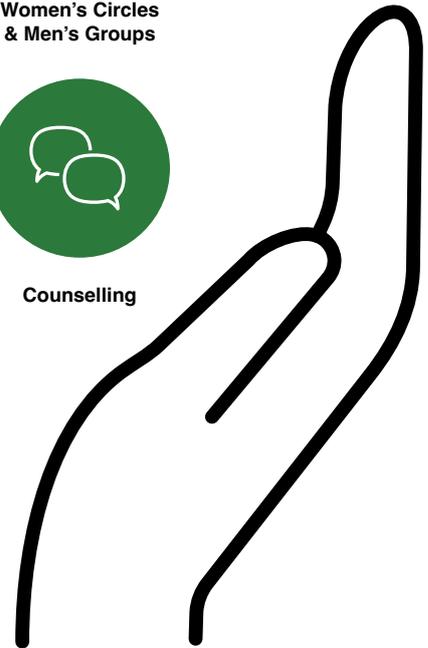
Art-Based Healing Practice



Counselling



Mindfulness & Meditation



YOUR JOURNEY

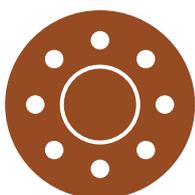


First Yarn

This is the first time you have contact with Yoorrook. We'll tell you a bit about Yoorrook's work and the different ways to record your truth.

We'll also direct you to the information you need to make an informed decision about whether you'd like to participate in Yoorrook's truth-telling process. This includes information about issues you need to be aware of and the supports available.

If you choose, we can arrange a time for a proper catch up.



Proper Catch Up

At the proper catch up, a member of our community engagement team will take you through the process for telling your truth and talk you through all the information you need to inform your participation.

We will work with you to identify any specific supports you might need, including cultural, family, community, legal, therapeutic and personal supports.

Self-determination is at the heart of Yoorrook's work. This means that it will be your choice about what connections and supports you need in place to tell your truth in a safe way.



Connecting your supports

Our community engagement and social and emotional wellbeing team will take the time to get the connections and supports you have chosen in place. It might include providing information to your existing supports (like family, or a support worker), or connecting you to supports outside of Yoorrook, like Lotjpa Independent Legal Service (a free, independent legal service), or the support of a counsellor through First Peoples' Health and Wellbeing.



Recording your truth

Once all of your connections and supports are in place, it is time to tell your truth. We will provide you with specific information about this process, depending on how you choose to tell your truth. Members from our social and emotional wellbeing team will be available to yarn before you tell your truth. They can help with techniques to keep your mind and body connected during the process.



Checking in (on the day)

Members from our social and emotional wellbeing team will check in on you and your support people after you have recorded your truth to debrief and make sure that you all feel safe, supported and connected.

If needed, we will work to connect you with any further supports you might need, including cultural, family, community, legal, therapeutic and personal supports.



Checking in (down the track)

For some people, telling your truth may have impacts over time.

With your consent, our social and emotional wellbeing team will continue to check in on you periodically and make sure you feel safe, supported and connected.

The team will continue to work with you to identify and connect you with any specific supports you might need, including cultural, family, community, legal, therapeutic and personal supports.

Yoorrook staff may also make contact for other reasons, like inviting you to a Yoorrook event.