

Cultural safety in mental healthcare

Kaya,

Thank you for contributing to Phase One (the co-design phase) of our research project, *Building a Culturally Safe Mental Health System for Aboriginal and Torres Strait Islander Young People*. Your input has been invaluable, and we're excited to share what we've learned so far. We're sharing a summary of these yarns to check if we've accurately captured your feedback, outline the next steps for Phase Two, and invite any additional input you might have.



Dabakan Kooliny, Valerie Ah Chee

Phase One Highlights

We engaged with 33 Aboriginal community members, including:



Participants described the yarning process as positive and meaningful.

Your contributions helped shape the design of Phase Two, ensuring it will be conducted in a culturally safe and meaningful way.

Cultural Safety in Mental Health Services

Participants emphasised the need for significant improvements in mainstream mental health services to make them culturally safe. Key recommendations included:



Displaying Aboriginal flags, acknowledgement plaques, elements of country and culturally relevant artwork.



Using holistic and culturally significant methods such as storytelling, art, connection to Country, and engaging Aboriginal healers.



Addressing language barriers, including code-switching challenges.



Incorporating Aboriginal kinship systems, child rearing practices, and addressing intergenerational trauma.



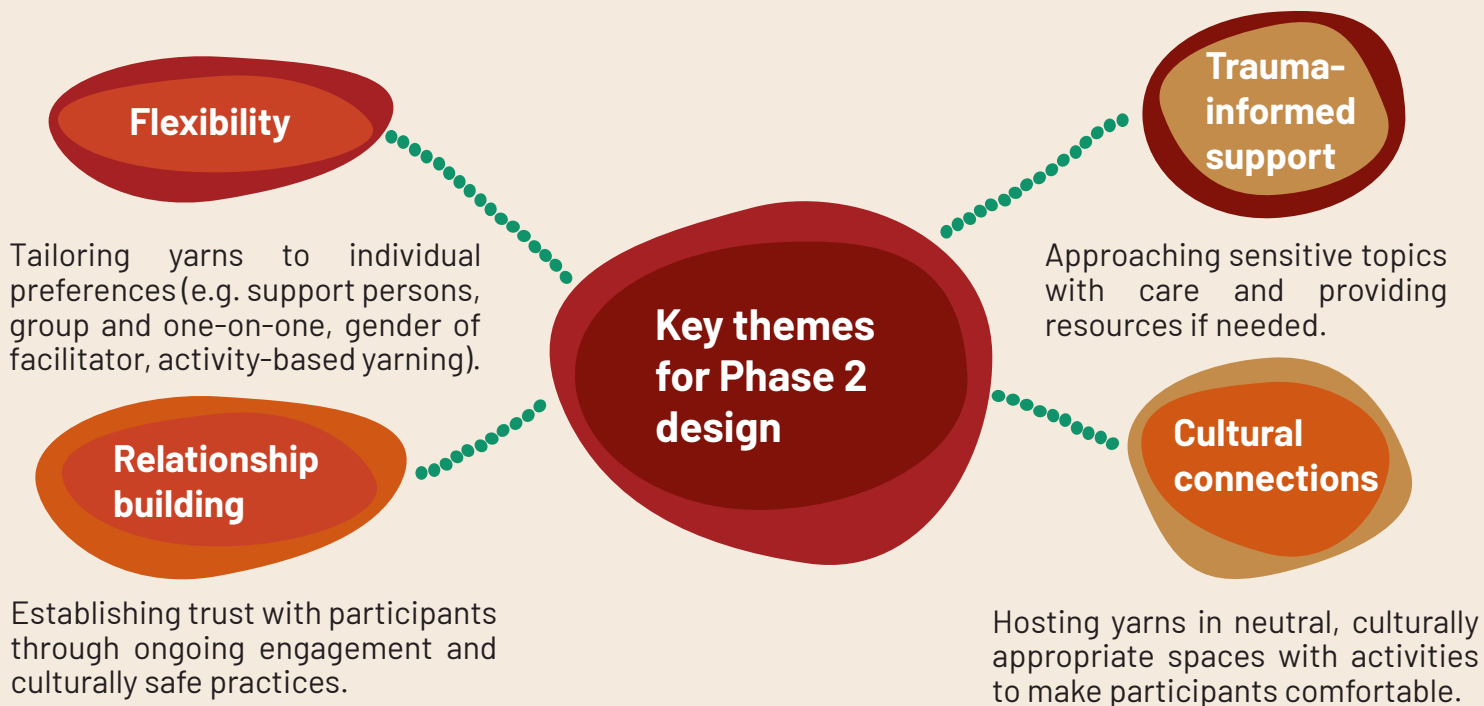
Actively involving families and Aboriginal staff in the mental health process.



Building trust with Aboriginal communities and addressing fears of engaging with government agencies.

Shaping Phase Two

Phase Two will begin in early 2025. We plan to yarn with Aboriginal young people, their parents/ carers, and Aboriginal mental health professionals, to explore experiences with mainstream mental health services and identify ways to improve cultural safety.



Questions for Phase Two

We'll ask participants to reflect on their mental health journeys, including:



Next steps

We are committed to continuing this work in partnership with Aboriginal communities, ensuring your voice guides this project. If you have any additional feedback or feel we missed any of your input, please let us know.

Thank you again for your contributions. Your insights are shaping a better, culturally safe mental health system for Aboriginal and Torres Strait Islander young people.