

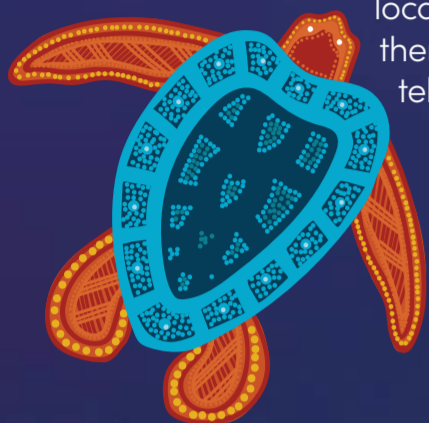
Leading healing our way

QUEENSLAND HEALING STRATEGY

Dreaming big

The Queensland Healing Strategy brings together the wisdom, experiences, hopes and solutions for healing of Aboriginal and Torres Strait Islander people, communities and organisations from across Queensland.

We heard from over 400 Aboriginal and Torres Strait Islander Queenslanders from 80 different cultural groups and over 50 locations who had their say, shared what healing means for them, what keeps their spirit strong, dared to dream big and tell us which way now.



Keeping spirit strong

Healing trauma directly addresses the source of social and emotional wellbeing issues faced by Aboriginal and Torres Strait Islander communities in Queensland today, supporting communities to understand the impact their experiences have had and to create and lead sustainable change.

The evidence shows Aboriginal and Torres Strait Islander led healing approaches effectively address trauma, improve wellbeing outcomes and deliver cost benefits.

Heal through culture

"Our cultural knowledge was not taken but it was suppressed. We still hold it – it just needs to be restored. We sit and listen to Elders, family and Country. We trust each other and share the worry we carry."

St George Elders and Goondir Yarning Circle

Tell the truth

"Truth being denied, not listened to or respected is one of the great challenges of healing."

Brisbane online submission

Stop the trauma

"These actions have been done too many times. They have to stop – and have to stop now."

Cherbourg Doms Yarning Circle

Communities decide

"We should own our own healing. Give us proper self-determination – not a place where they can override it."

Gold Coast community members

Walk alongside

"We Elders know the westernised world needs to understand our way of doing things."

Masig Island Healing Forum

The priorities are

- Establishing a formal truth telling process
- Making truth telling safe for all
- Gathering, sharing and teaching stories and evidence

- Eliminating racism and trauma
- Making systems culturally safe and accountable
- Investing in community-led healing through culture
- Building trauma aware healing informed workforces

- Recognising the primacy of culture and its essential role in healing
- Enabling more than 60,000 years of cultural to be at the centre of healing

- Investing in community capacity
- Handing over decision making to Aboriginal and Torres Strait Islander communities

- Promoting trauma aware healing informed approaches
- Celebrating Aboriginal and Torres Strait Islander culture, strength and resilience
- Measuring success through culturally relevant wellbeing measures

The impact will be

We have a shared understanding of history and wrongs are righted

"Aboriginal people working their way through and dealing with past and present trauma lays the groundwork for healing through true reconciliation."

Townsville online submission

Systems and services are trauma aware and healing informed

"The biggest priority for our community is to heal the spirit of those who continue to suffer intergenerational trauma, within a holistic model of health and wellbeing whole-of-person care."

Indigenous Wellbeing Centre, Bundaberg

The elements of our culture which keep us safe and well are restored

"Healthy community with connectedness to Country, family and spirit."

Mitchell online submission

Aboriginal and Torres Strait Islander communities are in charge of our own healing

"The most important change that needs to happen is help our community heal is for us to be the determiners of our future, for our communities, for our families, for ourselves."

Brisbane online submission

Shared responsibility and accountability for healing actions and outcomes defined by community

"Mainstream community accepting, appreciating and respecting the history of our Country."

Mackay online submission

In a healed Queensland...

- all Aboriginal and Torres Strait Islander people have unwavering strength of identity, connection and strong spirit
- all Queenslanders know the truth about Aboriginal and Torres Strait Islander peoples' stories of survival, resilience and excellence
- Aboriginal and Torres Strait Islander knowledge, self-determination, cultural processes and protocols show the way forward
- Queensland is positioned for positive and sustainable social and economic change.



Read more about the Queensland Healing Strategy, or to download the following reports: healingfoundation.org.au/queensland-healing-strategy



Leading healing our way outlines the strategy and implementation priorities



Keeping spirit strong shares the research and co-design process for developing the strategy



Dreaming big reflects the voices we heard and yarning process used to develop the research and co-design report and the strategy