Gayaa Dhuwi (Proud Spirit) Declaration
Origins and Support

National Mental Health Commission

Mental Health Commission of New South Wales

Queensland Mental Health Commission

Western Australian Mental Health Commission
Vision of the Whararētā Group

“the negative effects of colonisation on mental health are reversed, and Indigenous peoples have renewed pride in their culture and their ability to succeed in wider society, and have visibility as contributing members in their countries.”
NATSILMH members

• Professor Pat Dudgeon - Commissioner, National Mental Health Commission; and Co-chair of the Aboriginal and Torres Strait Islander Mental Health Advisory Group (ATSIMHSPAG). WA

• Mr Tom Brideson, Mental Health Commission of New South Wales, Community Advisory Council; ATSIMHSPAG member. NSW

• Ms Sandy Gillies, Queensland Aboriginal and Islander Health Council. QLD

• Professor Tom Calma AO, Co-chair of the ATSIMHSPAG, National Coordinator Tackling Indigenous Smoking, Chancellor of the University of Canberra, Co-chair of Reconciliation Australia and an Ambassador for Suicide Prevention Australia. ACT

• Dr Robyn Shields, Mental Health Commission of New South Wales, Deputy Mental Health Commissioner. NSW

• National Aboriginal Community Controlled Health Organisation
NATSILMH Members continued

• Professor Gracelyn Smallwood, Queensland Mental Health Commission’s Mental Health and Drug Advisory Council QLD

• Ms Vicki Hovane, Prime Minister’s Advisory Council on Reducing Violence Against Women WA

• Ms Adele Cox, Australian Suicide Prevention Advisory Council

• Mr Richard Weston, CEO of the National Aboriginal and Torres Strait Islander Healing Foundation ACT

• Mr Cliff Collard, Western Australian Government Mental Health Commission WA
Process of Adapting the Wharerātā Declaration

- Development of a discussion paper and early draft
- Circulation among the mental health commissions
- Submission process – key stakeholders
- Workshop hosted by the Queensland Mental Health Commission
- Feedback from the Wharerātā Group
Name and Meaning
Gayaa Dhuwi (Proud Spirit)

The process of community ownership of *Gayaa Dhuwi* (Proud Spirit)

– Pat Delaney (nee Swan)
– Ways Forward Report, 1995
– Dharriwaa Elders Group to honour the late Mr George Rose OAM
– Yuwaalaraay and Gamilaraay Languages
Theme 1

Aboriginal and Torres Strait Islander concepts of social and emotional wellbeing, mental health and healing should be recognised across all parts of the Australian mental health system, and in some circumstances support specialised areas of practice.
Theme 2

Aboriginal and Torres Strait Islander concepts of social and emotional wellbeing, mental health and healing combined with clinical perspectives will make the greatest contribution to the achievement of the highest attainable standard of mental health and suicide prevention outcomes for Aboriginal and Torres Strait Islander peoples.
Theme 3

Aboriginal and Torres Strait Islander values-based social and emotional wellbeing and mental health outcome measures in combination with clinical outcome measures should guide the assessment of mental health and suicide prevention services and programs for Aboriginal and Torres Strait Islander peoples.
Theme 4

Aboriginal and Torres Strait Islander presence and leadership is required across all parts of the Australian mental health system for it to adapt to, and to be accountable to, Aboriginal and Torres Strait Islander peoples for the achievement of the highest attainable standard of mental health and suicide prevention outcomes.
Theme 5

Aboriginal and Torres Strait Islander leaders should be supported and valued to be visible and influential across all parts of the Australian mental health system.
Calls to Action 1 and 2

• For all Australian governments in a bipartisan approach, and in particular their health and mental health departments, to formally adopt and commit to supporting the *Gayaa Dhuwi (Proud Spirit) Declaration* by the 30th of June 2016.

• For all Australian governments, and in particular their health and mental health departments, to work with Aboriginal and Torres Strait Islander leaders in mental health and related areas to develop an implementation component of the *Gayaa Dhuwi (Proud Spirit) Declaration* by the 30th of June 2017.
Calls to Action 3 and 4

• For all mental health professionals and professional associations, and educational institutions and standard-setting bodies that work in mental health (and also those in areas related to mental health, particularly suicide prevention) to formally adopt and commit to supporting the *Gayaa Dhuwi (Proud Spirit) Declaration* by the 30th of June 2016.

• For all mental health professional associations, educational institutions and standard-setting bodies that work in mental health (and also those in areas related to mental health, particularly suicide prevention) to work with Aboriginal and Torres Strait Islander leaders in mental health and related areas to develop an implementation component of the *Gayaa Dhuwi (Proud Spirit) Declaration* by the 30th of June 2017.
Call to Action - Key elements of implementation components

• Building access to cultural healers and cultural healing

• Supporting the development of Aboriginal and Torres Strait Islander values-based social and emotional wellbeing and mental health outcome measures

• Aboriginal and Torres Strait Islander people are trained, employed, empowered and valued to work (and, where appropriate, lead) across all parts of the Australian mental health system

• Developing, and resourcing the implementation of, policies to ensure the Australian mental health system supports Aboriginal and Torres Strait Islander leaders to practice culturally informed concepts of leadership
Pledge support

Pledging your organisation's or personal support for the Gayaa Dhuwi (Proud Spirit) Declaration is a first step in supporting Aboriginal and Torres Strait Islander leadership in appropriate parts of the mental health system to improve our mental health and reduce suicide.

Follow the links on the main page of our website:

www.natsilmh.org.au
Thank you

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