



Healthy Development Adelaide  
A Research and Innovation Cluster in South Australia

## NEWSLETTER SUBMISSIONS

**GET YOUR RESEARCH,  
NEWS, PAPERS, MEDIA  
RELEASES,  
RECRUITMENT TRIALS,  
EVENTS OUT THERE!!**

*Submissions by end  
July for our next  
issue out in August*

**Social Media  
submissions  
(TWITTER, FB AND  
LINKEDIN):**

*Submissions open  
anytime*

**Submissions must align  
with HDA:**

We aim to promote, facilitate and enable multidisciplinary research to advance understanding of healthy development, ensuring the physical, psychological and social health of infants, children and adolescents.

## OUR PARTNERS

### PLATINUM



### GOLD



**University of  
South Australia**



**Flinders  
University**

### SILVER



**Government of South Australia**  
Department for Education



**Government of  
South Australia**

Women's and Children's Health Network



Women and Kids



**Wellbeing SA**



**Government of South Australia**  
Department for Child Protection

### BRONZE



## SA SCIENTIST OF THE YEAR TO LEAD SAHMRI



**Congratulations to Professor Maria Makrides, HDA Member and HDA Steering Group Member, Head of our partner SAHMRI Women and Kids.**

SAHMRI is proud to announce that Professor Maria Makrides has been appointed to lead the institute as its next Executive Director.

Professor Makrides will take over from the institute's inaugural ED Professor Steve Wesselingh later this year, having been the leader of the SAHMRI Women and Kids Theme for the past decade and serving as the institute's Deputy Director since 2018.

"I am deeply honoured by this appointment and feel a great sense of responsibility to steer South Australia's sole independent health and medical research institute as we continue to innovate in pursuit of ways to improve health and wellbeing for everyone," she said.

Professor Makrides is an internationally acclaimed clinical nutritionist who has earned a range of distinctions including her election as a Fellow of both the Australian Academy of Science and the Australian Academy of Health and Medical Science. In 2022 she was named South Australia's Scientist of the Year. She succeeds SAHMRI's inaugural Executive Director, Professor Steve Wesselingh, who announced in 2020 that his current term with SAHMRI would be his last.

"I have had the privilege of admiring Maria's outstanding talents as a researcher and a leader while we've worked in partnership over the past 10 years," Professor Wesselingh said. "I have no doubt that Maria is the perfect person to capitalise on the opportunities before SAHMRI, to continue forging its reputation as an institute of global renown."

The Chair of SAHMRI's Board, the Hon. Hieu Van Le AC, congratulated Professor Makrides, saying she will bring ideas, experience and skills that will build on Professor Wesselingh's legacy.

"The search for our next Executive Director, alongside international recruitment specialists Odgers Berndtson, began in earnest in the latter stages of last year," he said. "We were extremely impressed by the calibre of candidates who applied from across Australia and beyond."

"After an exhaustive process, it was the unanimous view of the selection panel and our Board that Maria has all of the qualities essential to continue SAHMRI's evolution. Her breadth of research and leadership experience is highlighted by the work she has guided that is delivering the world-first 'test-and-treat' program that's identifying women with low omega-3 status who require supplementation to reduce their risk of preterm birth. She also brings to the role invaluable knowledge of the local, national and international research landscape and a diverse network of strong professional relationships."

## UPCOMING HDA EVENTS

Please join us for the **Healthy Development Adelaide (HDA)** and **Australian Association for Infant Mental Health SA branch (AAIMH)** forum on **Bonding Before Birth**.

Wednesday 14 June, 5.30-8.30pm at The Braggs, G60 lecture theatre, Braggs Building, Victoria Drive, Adelaide, University of Adelaide.

As Infant Mental Health Awareness Week approaches (12-18 June) we focus on infant mental health as an often overlooked and misunderstood subject. This forum provides an opportunity to discuss the importance of babies' mental health as well as some of the issues that affect it.

### Why Bonding Before Birth?

Research shows that the experiences and relationships we have in the earliest years of our lives, including before birth, impact on the development of our brains. Stress and adversity experienced during pregnancy can have a negative impact on babies' physical and mental health as they grow, but this doesn't have to be the case. The services in place to support mothers, birthing people, partners and families in pregnancy can make a huge difference. Our hope is that this year's Infant Mental Health Awareness Week will increase awareness of the importance of bonding before birth, and build support for the services which we know can help.

### OUR SPEAKERS

**Valerie Aylesbury**, Perinatal Infant Mental Health Clinician, Child and Family Health, Women's and Children's Health Network on **AAIMH SA Branch - Benefits of Membership**.

**Heather Warne**, Mental Health Occupational Therapist and Psychotherapist, Private Practice on **Who am I to you in your heart and mind?**

**Dr Ros Powrie**, Senior Consultant Psychiatrist, Perinatal and Infant Mental Health Liaison Team, Women's and Children's Hospital, Women's and Children's Health Network on **Clinical issues for pregnant mothers who are challenged to "hold their infant in mind"**.

**Dr Anthia Rallis**, Specialist Obstetrician and Gynaecologist, Private Practice / Visiting Medical Specialist, Women's and Children's Hospital, Women's and Children's Health Network on **How does pregnancy itself affect bonding with your baby**.

**Amy Schwarz**, Midwife, Women's and Children's Health Network / Community Midwife, Southern Adelaide Local Health Network on **Issues that can impact our babies in our hearts and minds: working with vulnerable families**.

**Angkuna Connelly**, Aboriginal Cultural Lead / Aboriginal Cultural Child and Family Support Consultant, Child and Family Health Service, Women's and Children's Health Network on **Sit down and Yarn**.

**Dr Alyssa Sawyer**, Senior Lecturer and Clinical Psychologist, School of Psychology, University of Adelaide and **Vanessa Richardson**, Clinical Services Manager, Child Protection Services, Women's and Children's Health Network on **New Parents New Technology (NTNP)**.

### OUR CHAIR

**A/Professor Zohra Lassi** (HDA Co-Convenor), Robinson Research Institute and School of Public Health, University of Adelaide.

### Other event information:

*Everyone is welcome to attend including the general community. There will be a panel discussion and time for questions from the audience after the presentations. We will conclude with networking and light refreshments from 7.30pm.*

Please share far and wide...

Register on Eventbrite: <https://www.eventbrite.com.au/e/639081609297>



## UPCOMING HDA EVENTS

Please join us for the Healthy Development Adelaide (HDA) and Women's and Children's Hospital Grand Round to be presented by **A/Professor Ivanka Prichard** on **Body image and motherhood: Implications for practice**.

Motherhood can be a time of increased vulnerability to body image concerns. A/Professor Ivanka Prichard will cover what we know about body image during pregnancy and postpartum, role modelling positive body image to children, interventions to improve body image among new mums, and how health professionals can support positive body image.



### OUR SPEAKER

A/Professor Ivanka Prichard is the Academic Lead in Health Sciences, Deputy Director of the SHAPE Research Centre and a Caring Futures Institute researcher at Flinders University with over 90 peer-reviewed publications.

She has a PhD in Psychology and 20 years of experience in the field of body image across the lifespan. Her work with mothers focuses on developing evidence-based resources to promote positive body image, health behaviour and wellbeing and to share these with the community.

### OUR CHAIR

Rachael Yates (HDA Ambassador), Executive Director of Nursing and Midwifery, Women's and Children's Health Network.

This event will be held in person on Wednesday 28 June, 12.30-1.30pm, Queen Victoria Building, lecture theatre, level 1, Women's and Children's Hospital, North Adelaide and live streamed online via MS Teams.

This event is free and open to everyone to attend from researchers, clinicians, students, government and the community.

Please share far and wide... Register here: <https://www.eventbrite.com.au/e/647704590867>



## HDA PARTNER EVENT NOVITA

**EVOLVE: Shape The Future Of Therapy - Conference**

**Friday 30 June, 9.00-4pm  
Adelaide Convention Centre**

**Evolve will bring together experts and enthusiasts from around the world to share their knowledge and insights on the evolution of therapy.**

Hosted by Novita, the Evolve conference will provide you with the latest thinking and research in disability and therapy-related topics, including the keynote sessions on "Lifting Voices and Embracing Diversity" and "Partnerships in Practice", presented by Autism Level Up!

You will also be able to choose to hear from session presenters covering the topics of: SCERTS in practice; Assistive technology; Research; Neurodivergent affirming practice; Adult neuromotor disability; and Communication.

Full details and to register: <https://www.eventbrite.com/e/evolve-shape-the-future-of-therapy-conference-tickets-591979796507>

# HDA TRAVEL AND DEVELOPMENT GRANT REPORT

**Catherine Dimasi, University of South Australia**

The Society for Reproductive Investigation (SRI) was a large international conference that normally holds meetings in the US but in an attempt at internationalisation, the 2023 meeting was held in Brisbane. The society has a focus on advancing reproductive and women's health care through (1) outstanding basic, translational, and clinical science, (2) training and mentoring future generations of investigators, (3) advocacy targeting funding agencies, policy makers, donors and the community and, (4) promoting women's health globally. This conference held many opportunities for networking and career development. I gained a vast amount of knowledge, mentoring and confidence from attending the conference.

The first day held concurrent satellite meetings, I attended the fetal physiology satellite as this was the most relevant to my work. It was a great way to hear about ground-breaking research from world leaders in their respective areas and a good opportunity to meet and speak with them further. In the following days, I also gave my poster presentation, which was well received by my assessors. I had both senior and in-training (student) members come up to my poster and discuss the results, outcomes, future directions and tips about improving the study. Their advice will be invaluable. In addition to the many oral presentations I attended, I also went to the two president's distinguished lectures, a hot topics plenary session, and a learning symposia. During these I was able to catch up with old supervisors and lab members and through them meet new researchers. I also benefited from attending 'Connection corners'. This event was targeted towards students and ECRs, where in an informal /casual setting, we could talk to senior members of SRI and receive mentoring and advice across a wide variety of topics.

Overall, attending the meeting has benefited me greatly and I thank HDA for giving me the opportunity to travel and be apart of the conference.

## Trying for a baby? What you need to know about a vital part of your womb (and how to look after it)

*The Conversation, 31 May*

*Authors - HDA Members*



**Louise Hull:** Professor and Endometriosis Group Leader, The Robinson Research Institute, University of Adelaide and **Sarah Robertson:** Professor and Director, Robinson Research Institute, University of Adelaide.

Human reproduction is completely dependent on the healthy function of an underestimated but vital organ: the endometrium. This is the spongy tissue that lines the inner surface of the womb. In the first half of the menstrual cycle, a healthy endometrium expands in response to the estrogen produced by a growing egg. The endometrium is then shed each month during menstruation. Or, in the case of pregnancy, the endometrium accepts and nurtures the embryo.

So you're trying to get pregnant. What happens?

Read the full article here <https://theconversation.com/au/health>

# HDA TRAVEL AND DEVELOPMENT GRANT REPORT

Dr Sarah Wallwork, University of South Australia



**Let's talk about pain!**  
Shared picture-book reading as an opportunity for children to learn about pain

**BACKGROUND**  
Children's beliefs about pain and injury are shaped from early childhood and may be guided by social, cultural, and environmental contexts. Young children (aged 2-7 years) are frequently exposed to children's literature at home and in the educational setting [1]. Shared reading provides the opportunity for discussion between the child and the reader to make meaning of narrative events/characters [2]. It is unclear whether shared-reading engages interactions about pain and/or injury.

**AIM:** To investigate the interaction between the caregiver, child, and picture-book during shared-reading, where the narrative of the book depicts pain/injury content.

**METHODS** A qualitative descriptive study  
20 parents/guardians were recruited from public libraries across Adelaide, Australia.  
Parents/guardians were video recorded reading 2-3 books with their child(ren), where each book contained depictions of pain/injury.

**8** MALE caregivers (dads, granddads)  
**12** FEMALE caregivers (mums, grandmothers, aunts)  
**27** Children participated (ages 2-7 years)  
Participants were naïve to the pain/injury related aims of the study.  
Picture books underwent structural narrative analysis (written text and illustrations).  
Analysed alongside interactions (verbal + non-verbal) using reflexive thematic analysis.

**RESULTS**  
**OVER-ARCHING THEME**  
Shared-reading provides an opportunity for children to learn about pain and injury

**SUB-THEMES**  
1. Narrative affordances can provide opportunities to discuss the meaning of pain and injury  
• Cause of pain/injury  
• Actions to reduce pain and promote recovery  
2. Connecting to the narrative through relating to real-life experiences  
3. Depictions of pain/injury can be humorous  
4. Book sharing can prompt sympathy and emotional attunement towards characters depicted as experiencing pain/injury

**CONCLUSIONS**  
Shared picture-book reading provides an opportunity for children to learn about pain, injury, and recovery through reader-child dialogues and interactions. Interactions are guided by the affordances presented within the picture-books.

**Authors:** Sarah Wallwork, University of South Australia, Australia; Melanie Noel, University of Calgary, Canada; Sue Nichols, University of Calgary, Canada; Tony Madden, University of South Australia, Australia; Lorimer Moseley, University of South Australia, Australia; Joletha Belton, University of Colorado, USA; Chad Shenk, Pennsylvania State University, USA; Keith Meldrum, University of Victoria, Canada; Alex Neville, Stanford University, USA.

**contact:** sarah.wallwork@unisa.edu.au

In May, HDA supported my travel to Banff, Canada, to attend the Canadian Pain Society Annual Scientific Meeting and then to Calgary to spend some time with the PEAK research lab at the University of Calgary. It proved a wonderful opportunity to share my own research and learn, meet, and network with other researchers in the field of paediatric pain.

Canada is a 'hub' for paediatric pain research. They are first country to introduce a Paediatric Pain Management Standard, host a Pain in Child Health (PICH) network for paediatric pain research trainees, and have a number of high-profile paediatric pain research labs across the country. They are also world-leading when it comes to involving people with lived experience of pain in their research as patient-partners.

In the two days preceding the conference, I was invited to attend the PEAK lab 'retreat'

which was hosted by Professor Melanie Noel in Banff. Here I met all the trainees in Mel's research lab, as well as ex-trainee Dr Alex Neville (now post-doctoral researcher at Stanford University, US), Professor Chad Shenk (Pennsylvania State University, US) and world-renowned pain advocates for lived experience of pain Joletha Belton (Colorado, US) and Keith Meldrum (Victoria, Canada). We discussed our research, got to know each other (via bowling and dinner), and had a 'fire-side chat' where Joletha and Keith talked about their experience of being involved in research as people with lived experience of pain. This pre-conference retreat was a wonderful way for me to meet other researchers and trainees before attending the conference (which can often be quite overwhelming!).

The conference itself was fantastic. I presented my poster on day-two of the conference, titled "Shared picture-book reading as an opportunity for children to learn about pain". I had several people come up to my poster to chat about my research - which included some engaging and thought-provoking conversations. There were some outstanding presentations at the conference. One thing that really struck me with several of the presentations was how well they involved people with lived experience as a part of the conference. For example, one of the topical sessions was hosted by a person with lived experience, and another topical session was centred around a person's lived experience story and researchers presented their work throughout the story and related it to this person's journey with pain. These were some of the best and most grounded presentations I have seen at a conference.

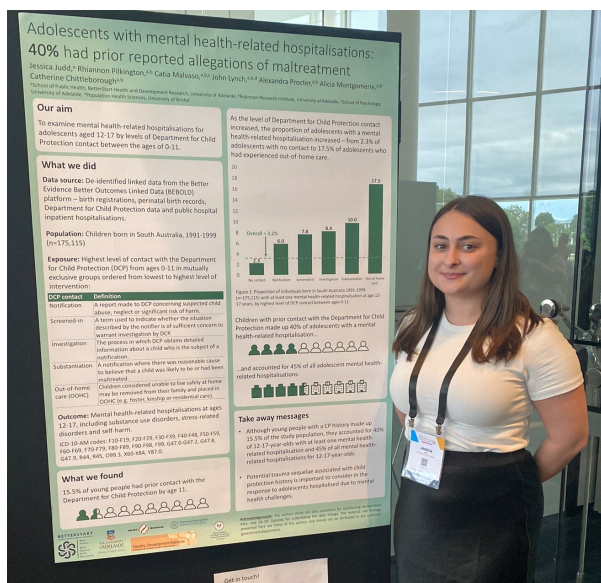
After the conference I spent four days in the PEAK research lab at the University of Calgary. Here, I saw the lab space that they use for their research projects and met with several trainees in the lab. We discussed projects and potential collaborations between our works (and my students' work). I also spent considerable time with Professor Melanie Noel where we discussed current projects we are working on, as well as some future directions, including plans to apply for grant funding. This lab visit really helped to solidify our collaborative projects and I look forward to maintaining these connections into the future.

Overall, this was a fantastic trip where I learned a lot, established connections and collaborations, and was able to share and promote my research to others in the field.



# HDA TRAVEL AND DEVELOPMENT GRANT REPORT

Jessica Judd, HDA Scholar, University of Adelaide



In March, I attended the Child & Adolescent Mental Health Conference in the Gold Coast where I presented my research on adolescent mental health-related hospitalisations for children with prior reported allegations of maltreatment.

The conference began with a Keynote pan-shop on 'Online Challenges and Issues' related to child and adolescent mental health. A pan-shop is a panel combined with a workshop. Halfway through the panel session, we had an opportunity to introduce ourselves to everyone at our tables and discuss the topic. Afterwards there was an opportunity to address any questions to the panel that our group came up with during the workshop. There was another Keynote pan-shop to end the conference on 'How we define "Early", what is working, what is missing?'. I found this to be a particularly interesting pan-shop as there was discussion about how 'early intervention' can have different meanings for different groups of children and young people.

One of the huge takeaways for me was listening to lived experience, particularly from those working very closely with young people such as youth mentors and from Willow Ashcroft, a young person who presented about her struggles with mental health, loss of a loved one and her progress alongside her therapist, Alicia Pont. Hearing directly from a young person at a conference all about the wellbeing of children and adolescents was so important to me.

Another key learning opportunity for me was hearing about Aboriginal wellbeing and mental health care from speakers such as Dr Cammi Murrup-Stewart and Michelle Rogers. During Michelle's presentation, we heard from Baily Barlow (Bud) a Lead Aboriginal Youth Mentor where he spoke about the importance of creating a connection with the young person and creating safe spaces for young people to speak freely. Dr Cammi Murrup-Stewart spoke about her research on building a sense of belonging and supporting strong identities for urban Aboriginal youth.

The Networking Night on the first day of the conference was invaluable to me and I'm sure other Early Career Researchers. This night started with food and drinks and was an opportunity to network with presenters and other attendees. This was also the opportunity for poster presenters to stand by their poster and answer any questions and present their work to those at the session. My poster was well received, and many attendees were keen to know the next steps of my PhD. Although I spent most of the night at my own poster, I also took this as an opportunity to explore other posters on display and meet other presenters.

I am very appreciative for the support of Healthy Development Adelaide in providing travel funds to help me attend this conference. I am incredibly grateful to have been able to hear people share their experiences working with young people and all of the valuable research that is being conducted to improve mental health outcomes for children and adolescents.



## HDA Member News

Congratulations to **Dr Hayley Leake** (pictured right) from the University of South Australia for receiving the Ruth Grant Prize for dedication to physiotherapy research.

Hayley is a Physiotherapist and Research Fellow within the Body in Mind research group at IIMPACT in Health, University of South Australia.

## RECENT HDA EVENTS

**HDA Women's Excellence in Research Award presentation** by this year's awardee **A/Professor Melissa O'Donnell** on *Preventing and responding to child abuse and neglect: evidence for targeted support*. Chaired by **Professor Carol Maher** (HDA Co-Convenor), Professor of Population and Digital Health, Medical Research Future Fund Investigator / Deputy Director of the Alliance for Research in Exercise, Nutrition and Activity (ARENA), University of South Australia.



A/Professor Melissa O'Donnell, Deputy Director Research, Australian Centre for Child Protection, University of South Australia is internationally recognised for her leading research in the area of child maltreatment and vulnerable children and families, bringing new approaches for applying population-based linked administrative data to contribute new knowledge and evidence. Her partnered research on children and young people involved in child protection and out-of-home care has been instrumental in improving outcomes for children, young people and their families.

Pictured l to r: Carol Maher and Melissa O'Donnell with her award.

HDA forum on **Closing the Gap: Data Sovereignty, Ownership and Sharing**. This forum was held in conjunction with our partner organisation the Department of Human Services. The forum was chaired by **Professor Carol Maher** (HDA Co-Convenor), Professor of Population and Digital Health, Medical Research Future Fund Investigator / Deputy Director of the Alliance for Research in Exercise, Nutrition and Activity (ARENA), University of South Australia.

Our speakers included **Peter Worthington-Eyre**, Chief Data Officer / Executive Director, Office for Data Analytics, Department of the Premier and Cabinet on *Data for communities by communities*; **Kim Morey**, co-lead, Wardliparingga Aboriginal Health Equity Theme and **Courtney Theseira**, South Australian Health and Medical Research Institute (SAHMRI) on *Indigenous Data Sovereignty – why its required for Closing the Gap*; **A/Professor Courtney Ryder**, Discipline Lead, Injury Studies, College of Medicine and Public Health, Flinders University on *In Action – Registry Data, Survey Design and Indigenous Methodologies*; and **Jessie Sleep**, Chief Executive, Far West Community Partnerships on *Implementing Data Sovereignty on the ground - a grass roots case study*.



Pictured l to r: Courtney Theseira, Peter Worthington-Eyre, Courtney Ryder, Carol Maher.



Pictured l to r: Kim Morey, Jessie Sleep (virtual speakers)



## HDA PARTNER NEWS

### DEPARTMENT FOR CHILD PROTECTION

#### 2023 SA Child Protection Awards

The awards celebrate the outstanding achievements of children and young people, carers, volunteers, staff and organisations from across the child protection sector.

The South Australian Child Protection Awards will recognise the broad range of contributions made across the child protection sector to improve the lives of families, children and young people.



SOUTH AUSTRALIAN  
CHILD PROTECTION  
AWARDS 2023

Nominations  
close 9 June

[childprotection.sa.gov.au/awards](https://childprotection.sa.gov.au/awards)



Government of South Australia  
Department for Child Protection

NAPCAN

Delivered by the Department for Child Protection (DCP) in partnership with the National Association for Prevention of Child Abuse and Neglect (NAPCAN) the event will be held during National Child Protection Week, on Friday 8 September 2023 in the William Magarey Room, Adelaide Oval.

There are 9 categories.

Nominations will close on Friday 9 June at 11.59pm.

For the full details go to  
<https://www.childprotection.sa.gov.au/child-protection-initiatives/sa-child-protection-awards>

## HDA PARTNER NEWS

### DEPARTMENT FOR EDUCATION

The **Public Education Awards** showcase excellence and equity in the public education system, recognising the achievements of our people from across the state.

#### Who can enter the awards

The awards are open to all Department for Education employees.



There are 11 award categories. All awards are open to teams or individuals. Any Department for Education employee can nominate: themselves, their team, another individual, another team, a project, a program.

There are 11 categories in the Public Education Awards. The categories are open to all employees or teams working within the Department for Education.

The individual or people involved must have given consent for the nomination.

Organisational Development Team:

**Phone: 8463 4985**

**Email: [PublicEducationAwards@sa.gov.au](mailto:PublicEducationAwards@sa.gov.au)**

Nominations close Friday 30 June 2023.

For the full details go to <https://www.education.sa.gov.au/working-us/teacher-initiatives/public-education-awards>

## HDA PARTNER NEWS DEPARTMENT FOR CHILD PROTECTION



### Experts offer guidance on child protection reform

Setting a 20 year vision for Improvements across the child protection and family support system and convening a child protection summit are among the goals for the new Child Protection Expert Group.

The 15-member group recently held its inaugural meeting, discussing goals to improve support and outcomes for some of the state's most vulnerable children and young people and their families. The group, chaired by Professor Leah Bromfield of the University of South Australia's Australian Centre for Child Protection, was formed in response to reports handed down last year by former Police Commissioner Mal Hyde and child protection expert Kate Alexander.

Members include leaders of non-government and Aboriginal Community Controlled Organisations as well as academic and clinical specialists. One of the group's priorities is to advise on a planned child protection summit, bringing together stakeholders from across the sector to share knowledge and generate new ideas. Members were also asked to provide robust advice on the development of a new 20-year vision for child protection in South Australia. Both initiatives will bring about fresh perspectives on meeting the needs of children, young people and families impacted by interconnected issues such as poverty, mental ill-health, domestic and family violence and substance abuse.

The Expert Group, which will meet up to six times a year, has also been tasked with improving child protection response models and quality of practice, enhancing therapeutic responses and targeted interventions and improving out of home care support for young people. It has been asked to immediately consider the issues of neglect and cumulative harm as well as how child deaths are examined and systems improved.

#### **Quotes attributable to Minister for Child Protection Katrine Hildyard:**

I am grateful to the esteemed members of the Expert Group who bring a wealth of wisdom and experience and who are getting on with the task, immediately diving into the complex issues that we see across our child protection system.

In order to build a more robust child protection system for the future we need to bring together community, multiple government agencies and the broader sector to help ensure South Australian children and families receive appropriate support.

Our Government is expecting strong feedback and advice from this group as we continue our work to re-shape child protection in SA.

#### **Quotes attributable to Professor Leah Bromfield, Child Protection Expert Group Chair**

Our child protection system was not designed to respond to the scale of demand that it's currently facing, as one in three South Australian children are now reported before they turn 18.

Rather than asking how we can reform our current systems, the group have been granted the opportunity to start with a blank page and to ask, 'What system would we design for protecting children?'

In asking the question differently, South Australia has an opportunity to once more be a leader in child protection and determine what's working well and what we should let go of into the future.

## HDA PARTNER NEWS WELLBEING SA

### Healthy Food Environments Hub

Wellbeing SA's Healthy Food Environments Hub supports government and non-government organisations to create healthy food environments that encourage healthy food choices. The goal is to make the healthy option the easiest option for South Australians.



#### Wellbeing SA food and drink classification guides

Wellbeing SA has developed a food and drink classification guide to support the Right Bite Food and Drink Supply Standards by categorising foods and drinks as green, amber and red based on their nutritional value.

#### FoodChecker

FoodChecker is a free online tool which helps staff and volunteers within South Australian organisations to find out if the foods and drinks they supply meet setting specific policies, such as the Right Bite Food and Drink Supply Standards.

#### Healthy food environments in schools

When children and young people consume delicious healthy food and drinks they learn better, focus better, and are more likely to grow and develop to their full potential.

The nutrition related standards within the Department for Education's Right Bite Food and Drink Supply Standards for South Australian Schools recommend that schools supply and sell healthy foods and drinks in all situations where food and drink is provided. The nutrition related standards use the traffic light colours to classify foods and drinks.

For further information go here:

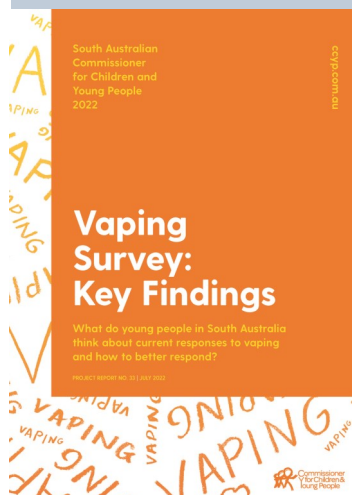
<https://www.wellbeingsa.sa.gov.au/our-work/healthy-places-people/healthy-food-nutrition/healthy-food-environments-hub>

Would you like to be involved in creating an environment that supports South Australians to eat well? Please email us, we welcome working with you to achieve this goal at

[WellbeingSA.HealthyFood@sa.gov.au](mailto:WellbeingSA.HealthyFood@sa.gov.au)

## VAPING IMPACT ON YOUNG PEOPLE

Working with South Australian Commissioner for Children and Young People, Helen Connolly ARACY has conducted conversations about the impact of vaping on young people.



Through a webinar consultation a wide range of organisations and individuals participated and contributed to the robust discussion which centred around findings from the South Australian Children's Commissioner's recent research paper **Vaping Survey: Key Findings What do young people in South Australia think about current responses to vaping and how to better respond?**

The roundtable used the report as a basis to consider the issues on a national scale and looked at what could be done to support young people to either quit or not take up vaping, as well as discussion surrounding school based policies and interventions. ARACY will be presenting the outcomes and recommendations to the Health and Education Departments at a federal and state level.

<https://www.ccyp.com.au/ccyp-reports>



## HDA MEMBER PROFILE - DR DAO HUYNH

### ROBINSON RESEARCH INSTITUTE, UNIVERSITY OF ADELAIDE



Dao Huynh was awarded her PhD in the FOODplus Research Centre, University of Adelaide in 2015. Her PhD project was to investigate the impact of current and perinatal iodine nutrition status/thyroid hormone status on body composition and insulin sensitivity of children at 5 years of age.

Currently, Dao is a senior research officer and biospecimen manager for Environmental Determinants of Islet Autoimmunity (ENDIA) study in the Robinson Research Institute, University of Adelaide. She is also leading the ENDIA quality control working group consisting of researchers and research officers at all ENDIA sites, who are interested in performing quality controls to protect sample's quality and integrity during sample collection, processing, storage and biobanking.

ENDIA is the largest and first pregnancy birth cohort study in the world to investigate the interaction between genes and the environment towards their impact on the development of islet autoimmunity in children.

Therefore, Dao's research interest is the role of environmental factors such as hormones, fatty acids, and environmental endocrine disruption chemicals on the onset of islet autoimmunity and type 1 diabetes in young children. In her current role, she is grateful to have the opportunity to expand knowledge, expertise, and collaborations to find out potential factors that trigger or delay the development of islet autoimmunity.

## BECOME A HDA MEMBER TODAY ...

Join us in fostering South Australian multidisciplinary research, policy and practice at basic, clinical, social and population levels to enhance the healthy development and wellbeing of Australia's future generations.

HDA membership is open to researchers, PhD students and professionals working in areas relevant to HDA's research.

### Membership benefits

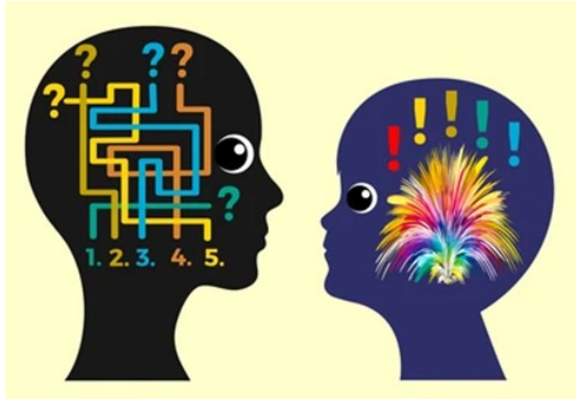
- Access to travel grants (PhD students and early career researchers)
- Access to PhD scholarships
- Eligibility to apply for HDA awards
- Free HDA event attendance certificates towards your continuing professional development points
- Build relationships with people working in areas relevant to the health and development of young children and adolescents
- Contribute your knowledge and expertise to make a difference
- Support HDA into the future

1 year (2023) for \$20 or 3 years (to 31 Dec 2025) for \$50 (excluding GST).

<https://health.adelaide.edu.au/healthy-development-adelaide/get-involved>

# PSYCHOLOGY STUDY - PARTICIPANTS NEEDED!

## LOGIC KIDS VS LOGIC ADULTS



### Logic Kids vs Logic Adults - Characterising the cognitive processes that drive reasoning development

We are looking for children aged 10-12 years to participate. A parent is very welcome to participate too at the same time (but not compulsory)! The study aims to investigate how people reason - that is, how they draw conclusions from information.

This study will be held at Adelaide Develop Well Lab at the University of Adelaide (Hughes Building, North Terrace, Adelaide).

Participants will complete a computer-based reasoning task (approx. 30 minutes; bookings are 45 minutes). Participants will be asked to consider some reasoning problems in which they need to use the information provided to make judgments about different conclusions. A fun logic training module is included in the study.

Each participant will receive a \$20 electronic gift card (e.g., if a parent and child both participate, the total received is \$40). Child participants will also receive a Certificate of Attendance and a small gift.

Eligibility requirements: Your child and you are eligible to participate in this study if you both:

- are aged 10 - 12 years (child) or over 18 years (parent)
- speak English fluently
- with no known intellectual disabilities
- have normal or corrected-to-normal vision.

For further information, or if you would like to participate, please make a booking here:

[https://adelaideunisop.syd1.qualtrics.com/jfe/form/SV\\_9zfcYSks9tCwcBg](https://adelaideunisop.syd1.qualtrics.com/jfe/form/SV_9zfcYSks9tCwcBg)

or email the research team directly: [reasoning.decisions.lab@gmail.com](mailto:reasoning.decisions.lab@gmail.com)

## Parents Invited!

### Experiences of parenting with a person who has a diagnosis of Borderline Personality Disorder

Are you currently sharing the parenting role of a child/ren aged 0-5yrs with someone who has a diagnosis of Borderline Personality Disorder (BPD)?

We are interested in hearing about your experiences of parenting, support needs and preferences, and wellbeing. You are invited to participate in an interview via zoom (or face-to-face or telephone), at a time suitable to you.



You are eligible to participate if:

- You have a child/ren aged 0-5 years
- You share the parenting role (e.g., as a wife, husband, de facto partner, separated but co-parenting) with someone who has a diagnosis of BPD
- You are over the age of 18
- You live in Australia
- You speak fluent English

This research has been approved by The University of Adelaide Human Research Ethics Committee (HREC), HREC-2023-042.

For more information please contact:

Dr Alyssa Sawyer: [alyssa.sawyer@adelaide.edu.au](mailto:alyssa.sawyer@adelaide.edu.au)

Dr Melissa Oxlad: [melissa.oxlad@adelaide.edu.au](mailto:melissa.oxlad@adelaide.edu.au)

Dr Dianna Bartsch: [dianna.bartsch@sa.gov.au](mailto:dianna.bartsch@sa.gov.au)

Ms Claire Pascoe: [claire.pascoe@student.adelaide.edu.au](mailto:claire.pascoe@student.adelaide.edu.au)

## ARE YOU A SERVICE PROVIDER? TAKE THIS SURVEY!

This project is funded by the Channel 7 Children's Research Foundation and conducted in partnership with the South Australian Refugee Health Service, the Federation of Ethnic Communities' Councils of Australia (FECCA), Can:do 4 Kids and Novita SA, and in collaboration with other key migrant, refugee and disability organisations (Disability Advocacy & Complaints Service of South Australia Inc (DACSSA), National Ethnic Disability Alliance (NEDA), Multicultural Communities Council of SA, Australian Refugee Association Inc, Refugee Council of Australia).

### Growing up well in Australia: Supporting mental health and wellbeing for children with disability from migrant and refugee backgrounds

Are you a service provider in any of the following sectors?

- disability
- migrant and refugee settlement
- child/youth
- mental health
- education
- community

If yes, please take our survey

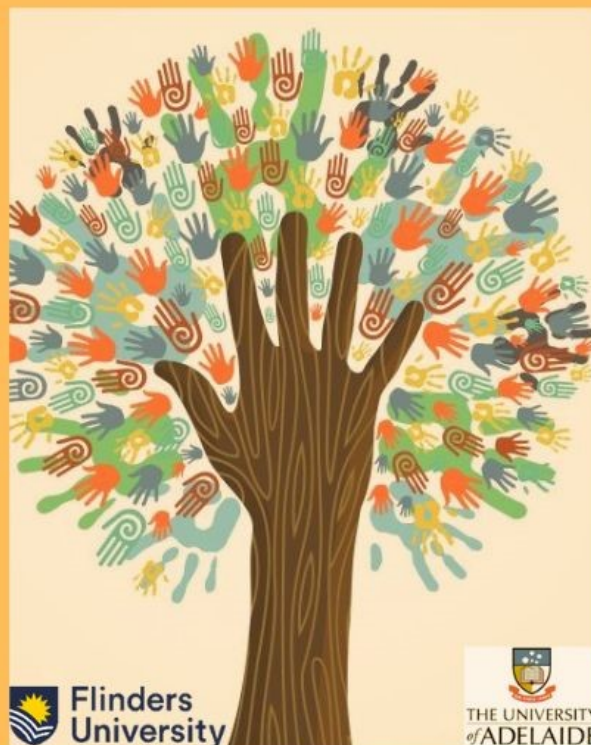
Our study is exploring the perspectives of service providers across sectors about their experiences working with young people with disability from migrant and refugee backgrounds.

*Even if you do not work closely with this group, we are still keen to hear your views.*

The survey will take about 15 minutes and is confidential.



<https://www.surveymonkey.com/r/HMKGW77>



Flinders University

THE UNIVERSITY of ADELAIDE



You can call or text Moira Walsh for more info on 0484 308 061 or email [moira.walsh@flinders.edu.au](mailto:moira.walsh@flinders.edu.au).

The project has been approved by Flinders University's Human Research Ethics Committee (Project ID 4147).

South Australian  
Commissioner  
for Children and  
Young People  
2023

ccyp.com.au

### Best Interests

Listening to children and young people's experiences within the child protection system

PROJECT REPORT NO. 31 | MAY 2023

"I can have my own say in things like my decisions and I can share my views."

"After dancing, we started about money and everything about everything that's happening in the house."



## SA Commissioner for Children and Young People

### May 2023 - Best Interests (Report)

A report examining the experiences of South Australian children and young people who have had contact with the state child protection system and what they say needs to be done to improve it.

<https://www.ccyp.com.au/ccyp-reports>



# World-first childhood diabetes study extended

**Media Release - 4 April, University of Adelaide**

JDRF Australia and funding partner The Leona M. and Harry B. Helmsley Charitable Trust (Helmsley) have announced a combined additional \$12 million towards the continuation of the Environmental Determinants of Islet Autoimmunity (ENDIA) study.

The ENDIA study, led by Professor Jennifer Couper from the University of Adelaide, the Robinson Research Institute and the Women's and Children's Hospital, is the world's first and largest study to identify how genetics and the environment interact from pregnancy through early childhood to drive or protect against the development of type 1 diabetes, a life-long autoimmune condition that destroys the body's cells that make insulin.

Over the last 10 years, almost 1,500 Australian children with an immediate family member living with type 1 diabetes have been recruited to the ENDIA study and followed from the pregnancy into childhood to investigate why some children develop type 1 diabetes, while others do not.

The first stages of type 1 diabetes can be detected in the first few years of life, so interventions to prevent type 1 diabetes need to begin early, perhaps even before birth.

"Professor Couper's research into the prevention of type 1 diabetes is expected to have a major positive impact for people across Australia," said Professor Anton Middelberg, Deputy Vice-Chancellor and Vice-President (Research), the University of Adelaide.

"The University of Adelaide prides itself on being a magnet for attracting and retaining talent who together produce world-leading research that solves real-world problems."

Professor Couper, ENDIA Principal Investigator, Head of the Discipline of Paediatrics at the University of Adelaide and Paediatric Endocrinologist at the Women's and Children's Hospital, said that the study's over-arching purpose is to develop treatments to prevent childhood type 1 diabetes.

"ENDIA has brought together expertise in Australia to provide the best chance of discovering what drives type 1 diabetes in early life," said Professor Couper.

"Recently, our funders have extended invitations for researchers world-wide to access ENDIA data and samples, creating exciting opportunities for collaboration.

"Additionally, ENDIA is committed to improving the health and wellbeing of expectant mothers with type 1 diabetes, and their babies."

The study has also provided immediate benefits to 21 children who have been diagnosed early with type 1 diabetes through the study, as well as a further 189 children who have been identified to be at heightened risk.

Early diagnosis - identifying those with early signs of disease before symptom onset - can help prevent complications often seen at childhood type 1 diabetes onset like severe diabetic ketoacidosis (DKA), a life-threatening diabetes complication where the body produces excess blood acids (ketones), that occurs when there isn't enough insulin in the body.

Many factors such as viral infections, bacteria in the gut, the immune system, nutrition, and more, can interact with our genes to make some children more likely to develop type 1 diabetes. ENDIA aims to understand how these interactions influence the progression of the condition.

JDRF Chief Scientific Officer, Dr Dorota Pawlak, said that ENDIA has been instrumental in positioning Australia as a global leader for type 1 diabetes prevention.

"ENDIA was the first study of its kind in the world and is increasingly recognised as the gold standard for understanding how gestational and early life exposures influence the onset of type 1 diabetes," said Dr Pawlak.

"These advancements have been made possible thanks to funding from the Government and the generosity from Helmsley."

The \$12 million investment builds on eight years of partnership, with a total commitment to date of \$40 million to ENDIA: \$13 million from the T1DCRN, and \$27 million from Helmsley.

Dr Anne Koralova, Program Officer at The Leona M. and Harry B. Helmsley Charitable Trust, said that ENDIA represents the research progress made possible through longstanding collaboration:

"At Helmsley, we are committed to building a future where we can identify those at risk for type 1 diabetes and provide interventions to prevent disease development in the first place," said Dr Koralova.

"That's why we are invested in ENDIA — their research holds great promise to make that future a reality."

## Young girls more difficult to diagnose with autism

Media Release - 19 May, Flinders University



Girls with autism tend to be diagnosed later than boys, largely because they can present with different characteristics than those classically related to autism. This means that they may not receive the supports they need.

Researchers at Flinders University have found that under-detection of autism in girls may be partly driven by differences in the way they typically present compared to boys. In addition, clinicians have a restricted conceptualisation of how autism can be expressed, often using tools designed around a male presentation.

“Tools currently being used to measure ASD (Autism Spectrum Disorder) traits are based on research based on male participants, meaning that they are not sensitive to how girls present,” says lead researcher Dr Joanna Tsirgiotis, from the College of Education, Psychology and Social Work at Flinders University.

“We need to better understand the unique challenges of girls so that we can improve our diagnostic assessment processes, ensuring they are appropriate for them.”

Dr Tsirgiotis says the research demonstrated that autistic females may have less obviously unusual intense interests and fewer repetitive behaviours, and are often highly socially motivated and eager for friendships, unlike what is often assumed about children with autism.

In addition, females often had better imaginative and social mimicry skills which may allow them to copy the behaviours of others and therefore camouflage their difficulties, resulting in diagnosis being overlooked.

“This is important because without a diagnosis, they likely will not receive the support that they may need,” says Dr Tsirgiotis.

To investigate specific behaviours in which differences lie, the Flinders researchers analysed profiles of 777 children using two commonly used di-

agnostic tools measuring ASD traits. This provided insight into how ASD presentations may differ between diagnosed male and female children.

They found that differences between boys and girls identified in this study, both in symptom type and severity, may render the female presentation of ASD less recognisable to referrers, such as parents and teachers, and clinicians tasked with assessment.

“Girls tend to engage in less obviously neurodivergent behaviour and this can add murkiness to the diagnostic picture. If we don’t have a clear idea of ASD in girls, their characteristics can be misinterpreted as anxiety, quirkiness or even as ‘normal’ behaviour,” says Dr Tsirgiotis.

If the female presentation is less recognisable, ASD diagnosis may be delayed or overlooked entirely. In another study, the Flinders University researchers looked at clinical judgement and decision making, finding that diagnosticians may be much less confident in autism assessment for girls – and they interpret ASD behaviours differently depending on the child’s sex.

“Diagnosticians find it harder to assess girls because their difficulties are often more subtle in social environments, and they lack trust in our current assessment tools and criteria which are less than ideal in reflecting girls’ experience of ASD,” says Dr Tsirgiotis.

The researchers suggest that timely ASD diagnosis requires greater understanding of the unique challenges faced by autistic girls, and that assessing practitioners are aware of more subtle or alternate expressions of neurodiversity, adapting their assessment to what we are learning about autism in girls.

“In these studies, we identified several areas in which females may be more likely to present as typically developing, which may further compound under-detection and mean that the broader constellation of ASD difficulties is overlooked,” says Flinders University’s Professor Robyn Young, a co-author of the research. It is therefore critical that diagnosticians, referring clinicians and teachers are educated in these differences so that females’ ASD may be detected in a timely manner.”

The research – “Sex/Gender Differences in CARS2 and GARS-3 Item Scores: Evidence of Phenotypic Differences Between Males and Females with ASD” by Joanna Tsirgiotis, Robyn Young and Nathan Weber ([doi: 10.1007/s10803-021-05286-0](https://doi.org/10.1007/s10803-021-05286-0)), and “A mixed-methods investigation of diagnostician gender expectancy bias and challenges in assessing females for autism spectrum disorder” by Joanna Tsirgiotis, Robyn Young and Nathan Weber ([doi: 10.1007/s10803-021-05300-5](https://doi.org/10.1007/s10803-021-05300-5)) – has been published by the Journal of Autism and Developmental Disorders.

# The Mediterranean Diet: Good for your health and your hip pocket

Media Release - 24 May, University of South Australia



We've heard it time and time again – the Mediterranean diet is great for our health. But despite the significant health benefits of this eating plan, a common deterrent is often the expected costs, especially when budgets are tight.

Now, new research from the University of South Australia shows that the Mediterranean diet is not only good for your health but also for your weekly budget, saving a family of four \$28 per week (or \$1456 per year) compared to the typical Western diet.

The study compared the nutrition profile and weekly costs of three food baskets based on: the typical Australian western diet, the Mediterranean diet, and the Australian Guide to Healthy Eating (AGHE).

It found that the Mediterranean diet and the Australian Guide to Healthy Eating met recommendations for food groups, macronutrient distribution and key micronutrients associated with good health, but the typical Australian diet significantly lacked fibre, zinc, potassium, calcium, magnesium, vitamin E and vitamin B6, and had double the recommended salt intake.

The Mediterranean diet cost \$78 per week for a single person household, \$135 for a household of two, \$211 for a family of three, and \$285 for a family of four.

UniSA researcher and PhD candidate Ella Bracci says the research shows that a Mediterranean diet can be a viable and healthy option for cost-conscious families.

"Diet is one of the leading modifiable risks factors for chronic disease. Yet a significant number of Australians are still not consuming a balanced healthy diet," Bracci says.

"Australians tend to eat a fair amount of food that's

high in fat, salt, and sugar, which reflects the Western diet. Unfortunately, this is also contributing to increased rates of type two diabetes, heart disease, obesity, and osteoporosis.

"To help combat unhealthy food choices, global agencies are increasingly endorsing plant-based diets such as the Mediterranean diet as their preferred guide to healthy eating. The challenge, however, has been for people to adopt these in Australia and one of the greatest barriers is perceived cost.

"The Mediterranean diet encourages eating fruits and veggies, whole grains, nuts, extra virgin olive oil, seeds and seafood, and there is a view that these foods are more expensive. And with cost of living being so high in Australia, it's no surprise that people are being careful about where their hard-earned dollars go.

"This research shows how a Mediterranean diet can be a cost-effective option, letting people prioritise both their health and their hip pocket."

The Australian Guide to Healthy Eating recommends that a balanced, healthy diet comprises five food groups: fruit, vegetables and legumes, breads and cereals, dairy foods, and meat (and alternatives).

Only 8% of Australians eat the recommended 375g of vegetables per day, with the average Australian consuming up to 35% of their daily energy from foods high in salt, added sugars and unhealthy fat.

UniSA's Associate Professor Karen Murphy says healthy food shopping is more affordable than some may expect.

"Eating a balanced healthy diet doesn't have to break the bank, but eating unhealthy food can damage your body," Assoc Prof Murphy says.

"Whether you prefer to follow the Australian Guidelines for Healthy Eating or the Mediterranean diet, both provide the necessary nutrients and energy, but as this study shows, the Mediterranean diet is generally less expensive.

"As with anything, shopping around, looking out for specials and mark-downs, purchasing in season, or stocking up on frozen, dried, and canned produce, can help reduce the costs of your weekly grocery shop. As can choosing home-brand or non-premium products.

"A \$28 dollar saving may not seem like much a week, but over a year this is nearly \$1500, which can make all the difference to your budget when times are tough."



## We need to hear from you!

### How can we improve childhood development outcomes



How can we change the way we think about Early Childhood Development in Australia?

The Telethon Kids Institute is working in partnership with the Early Years Catalyst to undertake a Deep Dive into *Mental Models Shaping Early Childhood Development Outcomes in Australia*.

As part of the project, Telethon Kids would like to hear from parents, caregivers and members of the public to share their ideas and be a part of the conversation.

We're inviting:

- Parents or caregivers of young children (0-8-years)
- People working in early childhood development
- Members of the public with an interest in early childhood development

**To share your ideas** on how we can improve childhood development outcomes by changing the way society thinks about issues that affect Australian families.

#### What's involved?

Join us online for a 1:1 or group discussion.

To express your interest please follow the link or scan the QR code  
**[bit.ly/43FaREu](https://bit.ly/43FaREu)**



If you have any questions, email Gabriella at [gabriella.wells@telethonkids.org.au](mailto:gabriella.wells@telethonkids.org.au)

#### What is 'early intervention' for infants with signs of autism? And how valuable could it be?

*The Conversation, 23 May*

Most early support programs for autistic children (also called "early interventions") are provided after diagnosis. But long waiting times can leave families feeling stressed that they are "missing out" on critical opportunities to support their child. With last week's government announcement of A\$22 million for two new pilot programs, support for babies and their parents is set to become more available – and potentially ease demand for National Disability Insurance Scheme (NDIS) supports.

#### Around half of kids getting neurodevelopmental assessment show signs of mental distress. We can support them better

*The Conversation, 23 May*

Neurodevelopmental conditions, including autism and attention deficit hyperactivity disorder (ADHD), affect one in ten people. While the primary focus is often on these diagnoses, worrying research shows people with neurodevelopmental conditions are at a much higher risk of experiencing serious mental health concerns. They may also find it particularly challenging to access mental health support.

Read the full articles at <https://theconversation.com/au/health>

## First Nations Conferences



**13th National First Nations Women Empowerment**

**16th National Indigenous SAY NO to Domestic & Family Violence**

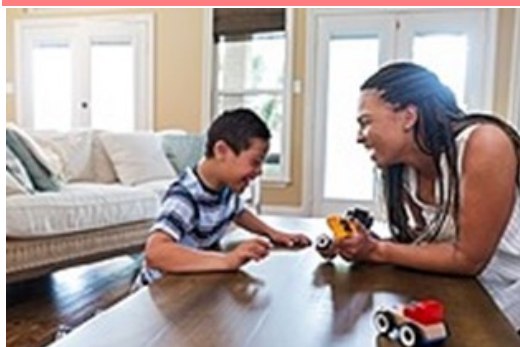
**13th National First Nations Men's Wellbeing**

**December 11-13, 2023  
Hilton Hotel CAIRNS QLD**

The upcoming 2023 First Nations Conferences will explore the great strides in Indigenous communities of closing the gap in Indigenous Men's & Women's health and wellbeing through innovative partnerships with NGOs, government departments and community-controlled organisations. Furthermore, as we embark on this year's theme for Domestic & Family Violence prevention month: *'It's in our control to end coercive control'*, ICS aims to continually raise community awareness and highlight a clear message that domestic violence is no longer tolerated in our homes, families and communities.

For more info, visit the conference website at [www.icsconferences.org](http://www.icsconferences.org) or contact [adminics@iinet.net.au](mailto:adminics@iinet.net.au).

## AIFS Webinar: Behaviour support for children with disability Working alongside parents



**Behaviour support for children with disability: working alongside parents**

**Wednesday 7 June, 12:30 PM - 1:30 PM ACST**

**Presenters: Cat Strawa, Cat Lancaster and Emily Batey.  
Facilitated by Dr Jade McEwen.**

This webinar will explore how professionals can work alongside parents who have a child with disability who requires support to regulate their emotions or who communicates through behaviour.

This webinar will help you:

- Develop an understanding of how behaviour can be a form of communication for children with disability
- Explore approaches and supports to help both parents and children identify and respond to nonverbal communication
- Develop insight into parent experiences of providing care to a child with disability.

Register here <https://register.gotowebinar.com/register/3806335963372920924>

**SNAICC'23 – the 10th SNAICC National Conference** will give delegates a safe space to learn, share and network about early childhood education and care, and child protection issues that impact Aboriginal and Torres Strait Islander people.

SNAICC'23 will feature over 102 concurrent sessions across three streams:

**CHILDREN & FAMILIES**

**CHILD PROTECTION**

**EARLY LEARNING & DEVELOPMENT**

Early bird registration close 30 June.

**5-7 September, Darwin Convention Centre, Darwin**

Further info and program at <https://www.snaicc.org.au/conference>

## Healthy Communities Seminar Climate Change and Maternal Health

Healthy Communities Seminar - Climate Change and Maternal Health  
Professor Matthew Chersich, University of the Witwatersrand, South Africa



Matthew Chersich is an experienced medical doctor and epidemiologist who has conducted research in maternal health, HIV prevention, and climate change and health in Africa. He has contributed significantly to global health policy, working on 14 WHO guidelines or monologues in various capacities. He is widely respected for his expertise in these areas and has been invited by organizations and institutions worldwide to share his insights. Matthew has also contributed to the Africa chapter of the 6th Intergovernmental Panel on Climate Change report, bringing his knowledge in climate change and health, HIV prevention, and reproductive health, and advancing these fields.

Matthew will describe the principal pathways linking climate change and health, with a focus on the impacts of extreme heat exposure on maternal and neonatal health. By summarising the latest research findings, he will discuss the main impacts of heat exposure on pregnant and parturient women, as well as on the foetus. Additionally, he will explore possible interventions to reduce the adverse effects of heat exposure.

**Wednesday 21 June, 3:30 pm** via Microsoft Teams.  
further information: [fhmri@flinders.edu.au](mailto:fhmri@flinders.edu.au)

## AIFS and Emerging Minds Webinar: Supporting culturally and linguistically diverse children and families who experience racism



**Supporting culturally and linguistically diverse children and families who experience racism**

**Wednesday 14 June, 12:30 PM - 1:30 PM ACST**

**Presenters: Dr Mandy Truong, Julie Ngwabi and Wei Gao.  
Facilitated by Amanda Kemperman.**

This webinar will explore impact of racism on children and families in Australia and provide guidance for practitioners.

This webinar will increase awareness of the effects of racism on child and family mental and emotional health and relationships; identify the support that parents from a CALD background need to support their child's mental health and wellbeing; and provide guidance on how practitioners can discuss and address racism.

Register here <https://register.gotowebinar.com/register/7543048220801260383>

## National Workforce Survey for Parent, Family and Child Mental Health 2020-21 - Key Findings Webinar

**Wednesday 5th July | 12:30PM | AEST**

Between December 2020 and March 2021, we asked health, social and community service workers in Australia how they viewed their capabilities in regard to understanding and responding to child mental health. We invite you to join us for a webinar where we will share what we have learned from the 1,518 workers who took part in the inaugural survey and explore what these findings might mean for professions, sectors, agencies, regions and practitioners interested in supporting their workforce groups to build capacity and better support children and families.

For more information on the survey, or to register your interest in helping to distribute the next iteration of the survey in 2023, contact [marshc@emergingminds.com.au](mailto:marshc@emergingminds.com.au).

Register here

<https://forms.zohopublic.com.au/emergingminds/form/>

[NationalWorkforceSurveyforParentFamilyandChildMent/formperma/dHwW7Yd6iXA8KcaluBsNsTw6wuX-Zn3WGcph7V\\_J00Y](https://forms.zohopublic.com.au/emergingminds/form/NationalWorkforceSurveyforParentFamilyandChildMent/formperma/dHwW7Yd6iXA8KcaluBsNsTw6wuX-Zn3WGcph7V_J00Y)



## Royal Commission into Early Childhood Education & Care



## Royal Commission into Early Childhood Education & Care

The Royal Commission held its final round of public hearings last week, focusing on how early childhood education and care can support families and children in their first 1000 days, and workforce challenges in early childhood education and care.

If you missed the hearings you can see them on our website and read more about the witnesses.

Catch up on the final round of hearings here

<https://www.royalcommissionecce.sa.gov.au/public-hearings/public-hearings-may>

### Conference: 3rd International Indigenous Health and Wellbeing Conference 14-16 June 2023

Lowitja Institute's International Indigenous Health and Wellbeing Conference is a biennial event attracting a global audience committed to sharing knowledge for the health and wellbeing of indigenous peoples and communities. The conference is a space for sharing innovative ideas and transformational research grounded in our ways of knowing, being and doing.

<https://www.lowitjaconference.org.au/>

### Conference: National Child Protection Forum 2023 20 - 23 June 2023

Third Sector's 6th National Child Protection Forum, to be held in Brisbane between 20 -23 June, will focus on supporting and empowering children to have a voice in the delivery of services. The forum aims to accelerate the implementation of existing commitments made to children and advocate discussion between government, community services, legal and justice systems to provide strong policy and implementation of service delivery on protecting Australia's children.

<https://childprotectionforum.co/>



## South Australian Council on Intellectual Disability Leading Through Inclusion Conference 2023

**8 & 9 June, Hilton Hotel, Adelaide**

The Leading Through Inclusion Conference is one of the ways SACID creates a community inclusive of people with intellectual disability.

The conference also showcases the ways that organisations can build their capacity to be more inclusive and connect them to leaders in inclusive practice. These leaders will share their knowledge and expertise through a range of workshops and presentations at the Conference for organisations who want to improve their own practices!

Full details here <https://sacid.org.au/2023-conference/#HumanServicesSA>