



5th SNAICC National Conference

For Our Children: Living and Learning Together

4 – 6 June 2013, Cairns

TEMPLATE for CONFERENCE PROCEEDINGS - SUMMARY FROM PRESENTERS

Session Number	14
Presentation Title	Brutha's Day Out
Abstract /Summary of Presentation (1/2 to 1 page) <ul style="list-style-type: none"> • objectives • main ideas, topics and findings • evidence? • Outcomes? 	<p>Brutha's Day Out.</p> <p>The aim of the Brutha's Day Out (BDO) program is to build stronger connections between Aboriginal men by their participation in cultural activities, which build self-esteem and strengthen the role of Aboriginal men in relation to each other, their family and community.</p> <p>The BDO covers a wide range of topics of great importance to Aboriginal men, including respectful relationships, youth health and wellbeing, and care for country.</p> <p>BDO also:</p> <ul style="list-style-type: none"> • Provides an informal, interactive and culturally safe and confidential space for Aboriginal men to meet • Builds stronger connections between Aboriginal men by their participation in cultural activities that strengthen self-esteem, resilience and help-seeking behaviours • Strengthens the role of Aboriginal men in relation to family and community • Empowers the men by providing opportunities for them to utilize their own expertise and cultural knowledge • Encourages men to work together on social issues affecting Aboriginal men and their families and communities such as health, violence, parenting, mentoring, unemployment, drug and alcohol, self-esteem and self-identity • Provides Aboriginal men with information and access to referral pathways. <p>An evaluation of the BDO (in its final stages) and other research findings appear to substantiate the need to offer more traditional ways of healing for Aboriginal men. This should be supported to occur in an environment that is conducive for them to explore their identity, gain knowledge about their culture and find their place; within their family, community and kinship networks.</p> <p>Yarning and Healing Circles proved to be powerful activities for the men to develop the Story and strengthen the connection between themselves and their wider community. The feedback indicates that through programs that are culturally appropriate it is possible to address the cycle of demoralisation and address issues pertaining to health, spirituality, identity, abuse, family violence, shame and identity, and to foster reconnection.</p>
References if applicable	
Presenter Contact Details (email address and telephone number)	<p>Jo Fox – jo@rav.org.au Ph: 03 85732269</p> <p>Shaun Braybrook – shaun.braybrook@justice.vic.gov.au Ph: 5188 0000</p>

