



Art work used throughout Karrikin was designed by Chloe Bond - Chloe is a talented young artist and a descendant of both Aboriginal and Torres Strait Islander people.

Karrikin is derived from the Noongar language word for smoke – 'karrik'. Karrikin is a family of compounds in bushfire smoke that stimulates seed germination in many plants. The author considers Karrikin to be a symbolic representation of the knowledge underpinning the Social and Emotional Wellbeing framework – in that factors within Aboriginal and Torres Strait Islander culture foster growth and resiliency.

Permission has been sought by headspace Townsville, and granted by the Noongar Land Council to use the title 'Karrikin'.

*"Karrikin is a comprehensive training package for Aboriginal and Torres Strait Islander youth mental health"*

**Samantha Wild**  
headspace National  
Aboriginal & Torres Strait Islander Project Manager

*"Educational attainment increases with cultural attachment, such that those with strong and moderate attachment have typically completed about one-third of a year more education than those with minimal attachment."*

Source: Culture and Wellbeing: The Case of Indigenous Australians Alfred Michael Dockery (2009).

If you would like further information or to request a copy of the delivery guide please contact:



NORTHERN AUSTRALIA PRIMARY HEALTH LIMITED

A healthier future for all Australians

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# Karrikin

## Fostering Growth and Resilience



## A Comprehensive Social and Emotional Wellbeing Training Program

Integrating the knowledge, harmony, and strengths within traditional Aboriginal and Torres Strait Islander cultures.



## Connect

Karrikin is a culturally competent, educational, Social and Emotional Wellbeing training program, that can be delivered to a diverse range of student and adult learners:

1. Within an educational setting
2. Aboriginal and Torres Strait Islander youth at risk of disengaging, or have disengaged from education
3. Aboriginal and Torres Strait Islander Health Workers
4. Primary Health Workers
5. Education staff.

Karrikin recognises the need for students to be able to cultivate and embrace their cultural identity throughout their academic achievements. It is a distinct program that fosters and promotes students to become bi-cultural; without forgoing connection to their traditional culture.



## Engage

### Learning Objectives:

1. Develop a greater understanding of Aboriginal and Torres Strait Islander - Resilience, Empowerment, and Cultural Recognition
2. Have an awareness and understanding of what constitutes social and emotional wellbeing, including mental health
3. Identify signs and symptoms of mental illness
4. Be able to relate the learning objectives to their communities
5. Develop an understanding of how to implement the Social and Emotional Wellbeing framework into practice.

This program equips students to provide support related to social and emotional wellbeing and does not infer that they are qualified counsellors.

*"This unit has really brought our students together. You can see that at some point, each student has been affected by mental health, and through this forum, they have been able to trust each other just that little bit more. There is a sense of solidarity in the class that was not there before. LOVE IT!"*

VET Co-ordinator Mount St Bernard's



## Walk With

Karrikin is informed by the Aboriginal and Torres Strait Islander approach to health - encompassing mental, physical, cultural, and spiritual health. Karrikin aims to provide a holistic understanding of Social and Emotional Wellbeing. This approach informs best practice to effectively deliver support that may be applied within an educational or health-care setting.

Delivery of the program can be adapted to suit the diverse needs of students, schools, and organisations. In addition to the specific learning objectives students may benefit from the following outcomes:

- Academic qualification QCE Preparatory One Credit
- Increased social and emotional wellbeing/ mental health literacy
- Improved help-seeking behaviours
- Reduction in attitudes of stigma towards mental illness and distress
- Increased cultural connectedness
- Transition to tertiary level education