



Beyond Bushfires Recovery Matters webinar series

# Supporting recovery for children, families and schools

Exploring the 10 Years Beyond Bushfires Report

📅 20 October, 2021   ⌚ 2pm AEDT   📍 [aidr.org.au/events](https://aidr.org.au/events)

## SPEAKERS

Professor Lisa Gibbs, University of Melbourne  
Jane Nursey, Phoenix Australia  
Bron Sparkes, Survivor of the 2009 Black Saturday

## HOST

Andrew Coghlan, Australian Red Cross

Beyond Bushfires Recovery Matters webinar series

# Welcome

Andrew Coghlan

Head of Emergency Services, Australian Red Cross

## FUNDING PARTNERS



## PARTNER ORGANISATIONS



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# Acknowledgement of Country

AIDR acknowledges the Traditional Custodians of the various lands on which you all join us from today and the Aboriginal and Torres Strait Islander people participating in this event.

We pay our respects to Elders past, present and emerging and celebrate the diversity of Aboriginal peoples and their ongoing cultures and connections to the lands and waters across Australia.

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# Housekeeping

- Today's event will be recorded and made available after the event.
- Please enter questions for our speakers in the Q&A function, not the chat box.
- Please use the chat box to share any thoughts or reflections during the presentation – remember to select 'all panellists and attendees' to ensure everyone can read your message.
- Please be respectful to each other when posting your comments or questions.

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The topic of today's webinar may be sensitive for some people. Some services to access support will be posted in the chat.

- Lifeline: <https://www.lifeline.org.au/>
- Beyond Blue: <https://www.beyondblue.org.au/>

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### Professor Lisa Gibbs

Director, Child & Community Wellbeing Unit, University of Melbourne

### Jane Nursey

Director of Clinical Services, Centre for Posttraumatic Mental Health, Phoenix Australia, University of Melbourne

### Bron Sparkes

Mother and wife and 2009 Black Saturday survivor and Director, National Disaster Recovery Policy and Frameworks, National Recovery and Resilience Agency

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### Bron Sparkes

Mother and wife and 2009 Black Saturday survivor and Director, National Disaster Recovery Policy and Frameworks, National Recovery and Resilience Agency

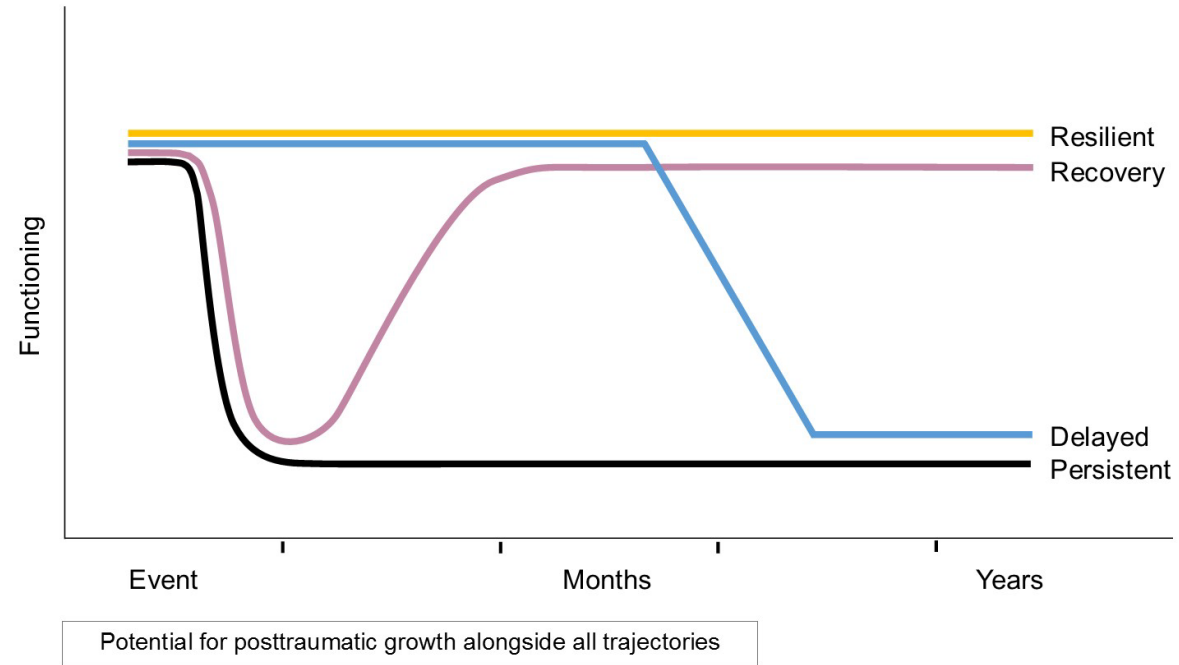
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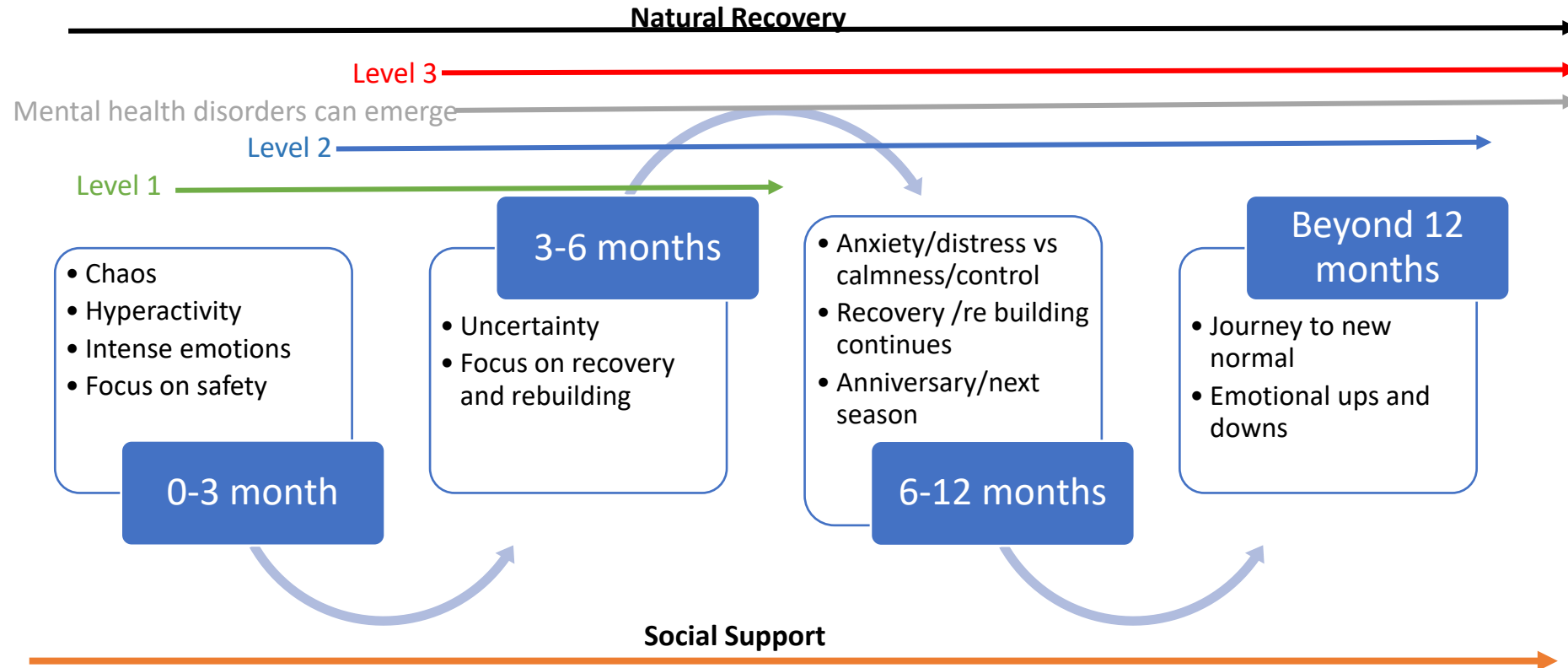


# Common trajectories after trauma





# Recovery journey



# Stepped Care Model of Recovery



# 5 essential elements of support following a mass trauma event (Hobfoll et al 2017)



**A sense of safety**



**Calming**



**A sense of self-  
and community  
efficacy**



**Connectedness**



**Hope**

# Youth as contributors



# USEFUL RESOURCES

## Child and family recovery resources –

- <https://www.redcross.org.au/get-help/emergencies/resources-about-disasters/resources-for-parents#recover>
- <https://www.redcross.org.au/getmedia/83e409b3-27db-4902-9f05-7dfdb2aee9b8/Helping-Children-and-Young-People-Cope-with-Crisis-2020.pdf.aspx>
- <https://www.redcross.org.au/getmedia/bd0dacb7-f46b-45c8-8031-d045d0c1ee29/19060-RED-Crisis-Parents-Booklet-D10-Web.pdf.aspx>

## Tip Sheets –

- <https://www.phoenixaustralia.org/bushfires/>
- <https://www.artshealthnetwork.com.au/advice-for-principals-and-teachers/>

## Schools –

- [https://mspgh.unimelb.edu.au/\\_data/assets/pdf\\_file/0019/3525022/Appraise-report\\_combined.pdf](https://mspgh.unimelb.edu.au/_data/assets/pdf_file/0019/3525022/Appraise-report_combined.pdf)

## Videos –

- <https://www.recoveryonline.org.au/trauma-toolkit>
- <https://www.recoveryonline.org.au/managing-emotions>

## Research findings –

- [www.beyondbushfires.org.au](http://www.beyondbushfires.org.au)

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## Q & A session

Don't forget to enter your questions into the Q&A box.

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Australian Government  
National Recovery and Resilience Agency



# 2021 DRANZSEN Teachers Forum

## **When**

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Wednesday 27 October  
4.00–5.30pm (AEDT)  
Online via Zoom

## **Cost**

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FREE

## **Register**

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[AIDR.ORG.AU/EVENTS](https://aidr.org.au/events)

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## Event concludes

View the 10 Years Beyond Bushfires report at  
[www.beyondbushfires.org.au](http://www.beyondbushfires.org.au)

### Mental health support

Lifeline: 13 11 14

Beyond Blue: 1300 224 636

[www.beyondblue.org.au](http://www.beyondblue.org.au)

Further resources:  
[knowledge.aidr.org.au/recovery](http://knowledge.aidr.org.au/recovery)

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