

A Resilience Roadmap For Bush Kids

SITUATION

- 2019 monsoon trough flood disaster** in north QLD
- Flooding 700 km long** 70 km wide
- 39 LGAs** 292,000+ people
- 1 in 3 people** experienced hardship
- 1 in 5 people** received psychological first aid
- 55+ schools** closed and education disrupted
- Half a million livestock** perished
- 50% of QLD** already in drought
- Total impact \$5.68 billion**
- Health, wellbeing and community impacts \$2.25 billion**

“Mental health issues are anticipated to be the largest impact from the Monsoon Trough event. This is a product of the large number of people affected by the disaster, the long term nature of this impact, and the fact that many in the region are already dealing with the psychological impacts of other recent natural disasters.”

(The Social and Economic Cost of the North and Far North Queensland Monsoon Trough (2019). Queensland Reconstruction Authority June 2019.)

Desire to build kids and youth resilience for future adversities

STRATEGY

- Funding**
National Emergency Management Agency (NEMA) funded kids resilience and other focus areas
Funds allocated through QRIDA, NQPHN and WQPHN
- Consultation**
Conversations with remote communities around resilience
- Bush Framework**
Contextualised Benevolent Society Resilience Framework and other evidence for bush communities
- Relationships**
Utilised existing school and community relationships, and developed new relationships where needed
- Baseline Data**
Primary: Rumbles Quest - developed by Griffith University
Secondary: DAP Developmental Assets Profile
- Curriculum**
Developed bush relevant curriculum using adapted resilience framework and baseline data
- Delivery**
Delivered face-to-face and online over 18 months to consolidate learning

DELIVERABLES

Bush Framework

- 6 domains
- 3 protective factors

I CAN SOLVE PROBLEMS AND PROACTIVELY NAVIGATE MY EMOTIONS

I AM A PERSON WHO KNOWS MYSELF WELL AND IS CONSIDERATE OF OTHERS

I HAVE PEOPLE WHO LOVE ME AND HELP ME

I GROWTH Embracing challenges and new opportunities

SECURE BASE Establishing supportive and trusted people and places

FRIENDSHIPS Creating connection and belonging

POSITIVE VALUES Forming a positive sense of identity and living by a strong set of values

SOCIAL COMPETENCE Confidently navigating meaningful interactions and having a positive attitude towards others

SKILLS AND INTEREST Exploring and using strengths

Delivery

- 11 schools in 5 LGAs in NW QLD
- 343 kids aged 6-12
- 92 youth aged 13-17 + parents and carers
- 87 face-to-face student workshops
- 21 face-to-face parent and carer workshops
- 18 parent and carer webinars

Curriculum

- primary kids
- secondary youth
- parents and carers

- 18 videos
- 3 activity sheets
- 9 workshop plans
- 18 webinar topics

watch sample video

watch sample webinar

“I enjoyed the workshop, it really changed how I thought about things! It's helped me think about my hopes and plans after school. (Year 11 student)”

INTERIM OUTCOMES

- Baseline data gave schools and communities access to powerful information for wellbeing conversations and strategies.
- “It's great to see the kids engaging with the concepts. (Teacher)”
- “Thank you so much for providing the amazing webinar. (Parent)”

CHALLENGES

- Top down funding created some challenges for **community buy-in**
- Lack of time for **comprehensive consultation** at project start
- Time and resources required to develop and deliver **bush relevant program**
- Accessing a **youth baseline data tool** for Australian context
- Securing **consent from parents** for youth baseline data gathering
- Engagement lower than expected at **parent workshops and online forums**

NEXT STEPS

- Complete **project rollout** by August 2023.
- Collect **post data**. Provide schools and communities with trend information and opportunities for action.
- Develop **Training of Trainers materials**. Make project accessible to other rural and remote communities.
- Seek funding to further **grow capacity** of parents, carers, schools, community groups, govies and home tutors to build resilience in kids and youth.
- Continue **innovating** effective ways to engage this audience.