

## Supplementary material figure S1: Workshop outline-day 1



**APPRISE**  
AUSTRALIAN PARTNERSHIP FOR  
PREPAREDNESS RESEARCH ON  
INFECTIOUS DISEASE EMERGENCIES

### WORKSHOP PROGRAM



Thursday 14<sup>th</sup> & Friday 15<sup>th</sup> October 2021

## Developing a culturally responsive trauma-informed public health emergency response framework for First Nations families and communities during COVID-19

### Day 1: Thursday 14<sup>th</sup> October 2021

Informal coffee and chat from 9.45am – Set up zoom background of favourite or Country (and add mob/Country you are on in zoom name)

and 'Aboriginal relaxation' music: <https://open.spotify.com/playlist/4qjE0iinVDeT1a519nBBSU#login>

10:00	<b>START</b>	<ul style="list-style-type: none"> <li>Acknowledgement to Country</li> <li>Cultural grounding exercise (Dr Caroline Atkinson) <a href="https://www.youtube.com/watch?v=tow2fR_ezL8">https://www.youtube.com/watch?v=tow2fR_ezL8</a> (Dadirri 3 mins)</li> </ul>	Dr Michelle Kennedy (facilitator) Sharing what doing that is fun or gives joy during pandemic/ share screensaver content
10.20 (20 mins)	<b>Introduction, aims of the project, and purpose of the day</b>	<ul style="list-style-type: none"> <li>Why a First Nations trauma-informed public health emergency response framework?</li> </ul> <p>Discussion - 10 mins</p>	Dr Carlie Atkinson
10.40 (10 mins)	<b>Creating our safe space and getting to know each other</b>	<ul style="list-style-type: none"> <li>Ice breaker</li> </ul> <p>Introductions to the group and reflect on why they are here</p>	Prof Cath Chamberlain
10.50 (10 mins each)	<ul style="list-style-type: none"> <li>Community experiences of COVID-19 (Dr Mark Wenitong, Lowitja Institute)</li> <li>Stolen generation experiences (Ms Jo Thitchener, Healing Foundation)</li> </ul>		
11.10-11.30	<b>MORNING TEA</b>	<p><b>Stretching video:</b> "2 min stretching routine at the office" PhilaMassages 2013: <a href="https://www.youtube.com/watch?v=TCIEB_ahzc8">https://www.youtube.com/watch?v=TCIEB_ahzc8</a></p>	
11.30 (10 mins each)	<b>Sharing and understanding First Nations communities' experiences of COVID-19</b>	<ul style="list-style-type: none"> <li>Perspectives of adolescents in Western Sydney (Dr Simon Graham)</li> <li>Experiences of COVID-19 in Victoria (Ms Kasia Wojcik and Dr Jane Goller)</li> <li>Parents' experiences (Dr Michelle Kennedy)</li> <li>Summary of parent experience data (Dr Christina Heris and Dr Shannon Bennetts)</li> </ul>	Summary written up by graphic facilitator to share
12.10 (30 mins)	<b>Break out room group discussions 1: experiences</b>	<ul style="list-style-type: none"> <li>Experiences of group – reflect on what they have heard and key issues that <b>may not</b> have been covered.</li> </ul>	Breakdown name for each team Notes to share
12.40 (1 hour)	<b>LUNCH</b>	<p>And <a href="https://www.youtube.com/watch?v=tAUF7aqjBWE">https://www.youtube.com/watch?v=tAUF7aqjBWE</a> (6 mins, Yoga at your desk with Adrienne) (Update pics with Rhys)</p>	
1.40pm (30 mins)	<b>1: framework components (continued)</b>	<ul style="list-style-type: none"> <li>Summary of key issues identified</li> <li>What are the key features of a culturally-responsive trauma-informed public health emergency framework? Goals, enablers etc.</li> </ul>	Break out rooms 5-6 people
2.10	<b>Sharing and collating frameworks components</b>	<ul style="list-style-type: none"> <li>And ranking (poll everywhere/cahoots)</li> </ul>	Collate into diagram
2.50	<b>Reflections on the day (including with Rhys)</b>		
3.00	<b>THANK YOU AND CLOSE</b>	<p><b>Mini Meditation:</b> desk break - Classic Flow - ABC Radio (4 mins)</p>	

## Supplementary material figure S2: Workshop outline-day 2

### WORKSHOP PROGRAM

#### Day 2: Friday 15<sup>th</sup> October 2021

Registration and coffee from 8.45am (and sharing Rhys' summary picture)

Music: RN's Nature Track <https://www.abc.net.au/radionational/programs/nature-track/gippsland-rainforest-lyrebird-morning/13481746>

9.00	<b>START</b>	Acknowledgement to country	Dr Michelle Kennedy
9.05	Visual recap of previous day (Rhys) and plan for today (Cath)		Rhys/Cath Chamberlain
9.10	Findings from a systematic review of trauma-informed public health emergency frameworks <ul style="list-style-type: none"> <li>▪ Presentation of Systematic Review findings</li> <li>▪ Overview of HPNF conceptual framework and domains</li> </ul>		Dr Christina Heris
9.40	Discussion about domains from systematic review cover the issues identified yesterday and whether we need to add additional domains		Break out rooms
10.00	Share findings of break out rooms and new things to add to conceptual framework ideas		
10.30	<b>MORNING TEA</b> <a href="https://www.abc.net.au/radio/programs/classicflow/mini-meditation-muscle-relaxation/10701664">https://www.abc.net.au/radio/programs/classicflow/mini-meditation-muscle-relaxation/10701664</a> 4min		
10.50	Overview of framework domains and shaping into conceptual framework <b>Visual recap by Rhys and Cath</b>		
11.40	Next steps – cultural grounding exercise and self-care tips (including Karabena self-care course <a href="https://courses.karabenacoaching.com">https://courses.karabenacoaching.com</a> )		Carle and Michelle
11.50	<b>THANK YOU, EVALUATION link, AND CLOSE</b> <a href="https://redcap.link/lv808k9b">https://redcap.link/lv808k9b</a>		

#### 12.00-12.45 pm Optional Wayapa Yoga with Lee Couch

#### Thank you for attending the APPRISE Workshop.

We hope you've had the opportunity to share and learn in this co-design process. It is important to look after yourself when working in trauma, so we encourage you to spend some time after this workshop in ways that are meaningful to you, for your own self-care. This might include spending time; with family, sitting and playing with children, or watching children playing; in nature, breathing in, taking off your shoes and physically grounding yourself in the dirt or sand; preparing healthy food and drinking lots of water; as well as all the different ways we move our bodies through caring, work, housework, and exercise.

**Support available at APPRISE Workshop**