

Glossary

1967 Commonwealth Referendum – Often thought of as the beginning of national reconciliation. This referendum changed the Commonwealth Constitution to recognise Indigenous people in Commonwealth laws and in the national census.

Aboriginal – A person of Aboriginal descent who identified as an Aboriginal and is accepted as such by the community in which he or she lives.

Aboriginal Culture – The culture of Indigenous Australians is the oldest continuing culture in the world thought to have gone back approximately 40,000–50,000 years.

Aboriginal family systems – Aboriginal and Torres Strait Islander peoples have a complex system of family relations, where each person knows their kin and their land.

Accessibility – Ability of people to obtain health care at the right place and right time irrespective of income, physical location and cultural background.

Antenatal depression – Depression experienced during pregnancy. Australian research indicates that antenatal depression is experienced by up to one-in-ten women (9 per cent) (*beyondblue*, 2011).

Anxiety disorders in the perinatal period – There are a number of different types of anxiety disorders:

Panic disorder - frequent attacks of intense feelings of anxiety that seem like they cannot be brought under control;

Social phobia - intense fear of criticism, being embarrassed or humiliated;

Generalised anxiety disorder - feeling anxious about a wide variety of things on most days over a long period of time;

Specific phobia - fearful feelings about a particular object or situation;

Obsessive compulsive disorder - ongoing unwanted/intrusive thoughts and fears that cause anxiety (obsessions) and a need to carry out certain rituals in order to feel less anxious (compulsions);

Post-traumatic stress disorder (*beyondblue*, 2011).

Appropriateness – Care, intervention or action provided is relevant to the client's needs and based on established standards.

Arnhem Land – Located in the Northern Territory.

Assimilation – Cultural assimilation is the process by which a minority group's language and culture are lost under pressure to adopt those of a dominant cultural group.

Attachment Theory – An explanatory conceptual framework of human development that prioritises the developmental imperative of an infant forming an enduring emotional tie to a special person, characterised by a tendency to seek and maintain closeness with that person.

AUDIT-C – A three question screening test for problem drinking which can be used in a doctor's office. It was derived from the Alcohol Use Disorders Identification Test' (AUDIT) which is a simple 10 question test developed by the World Health Organisation to determine if a person's alcohol consumption may be harmful.

Baby blues – Develops within 3–10 days after birth. It affects an estimated 80 per cent of postnatal women. Women feel emotional and teary, anxious, tense and exhausted. They may have difficulty sleeping. It is a self-limiting condition that resolves within 1–2 weeks especially when support and understanding are given (*beyondblue*, 2011).

Bereavement overload – Refers to circumstances in which a grieving individual confronts multiple losses simultaneously or in rapid succession, such that one loss cannot be accommodated before another occurs.

Biopsychological – An approach that focuses on, and prioritises, the biological foundations of behaviour, emotions and mental processes.

Biotechnology – The use of micro-organisms or biological substances to manufacture a product or run a process, including the use of biotechnical methods to modify the genetic material of living cells so they will produce new substances or perform new functions.

Bringing Them Home Report – National Inquiry into the Separation of Aboriginal and Torres Strait Islander Children from their Families, 1997.

Buddy system – An arrangement in which persons are paired, as for mutual safety or assistance.

Capability – An individual's or service's capacity to provide a health service based on skills and knowledge.

Carer – A carer/caregiver is generally 'a person' who provides unpaid care for another who requires help with everyday tasks because of disability, frailty, chronic illness including mental health.

Central Australian Rural Practitioners' Association (CARPA) Manual – Developed to support medical practice in remote and rural communities in Central Australia by providing protocols for the management of commonly encountered conditions.

Central Australia – Geographical area in Australia, comprised of desert land and incorporating various states.

Close the Gap Campaign – The campaign to achieve Aboriginal health equity by 2030, to close the health and life expectancy gap between Aboriginal and Torres Strait Islander peoples and non-Aboriginal Australians within a generation.

Colonisation – Happens when one nation establishes a colony in another land, and then extends its political, economic, and cultural control over that land and the people living in it.

Community – In Aboriginal culture, a community is first and foremost about country, (extended) family ties, and shared experience. Community is about inter-relatedness and belongingness, and is central to Aboriginality. An Aboriginal person may belong to more than one community – for example, where they come from, where their family is, and where they live or work.

Community control – Is the local community having control of issues that directly affect their community. Implicit in this definition is the clear statement that Aboriginal people must determine and control the pace, shape, and manner of change and decision making at [all] levels.

Community obligations – Responsibilities and obligations to attend funerals, to participate in community meetings, functions and various committees. Individual family members and group members are expected to participate at various levels in order to ensure that family representation, roles and responsibilities are being met and carried out. These obligations range from limited contact (such as for family members who have just met or who have been recently introduced to the community) through to intense everyday contact.

Comorbidity – The co-occurrence of more than one disease or disorder in an individual.

Continuity – Ability to provide uninterrupted, coordinated care or service across programs, practitioners, organisations and levels over time.

- Council of Australian Governments (COAG)** – The peak intergovernmental forum in Australia. Members consist of the Prime Minister, State and Territory Premiers and Chief Ministers and the President of the Australian Local Government Association. COAG is currently pursuing a reform agenda aimed at improving economic and social participation, strengthening the national economy, creating a more sustainable and liveable Australia, delivering better health services and closing the gap in Indigenous disadvantage.
- Country** – Signifies the strong connection and ongoing life responsibilities to the land where a person is born or where their ancestors were born. The connection is spiritual and physical: spiritual recognition from the land (ancestors) and spiritual recognition from the person including physical safeguarding of the land.
- Craniometrists, anthropometrists and psychometrists** –
Craniometrics is the comparative study of skull measurements to determine its characteristics as related to sex, race, or body type;
Anthropometrics is the comparative study of human body measurements for anthropological classification and comparison;
Psychometrics is the comparative measurement or assessment of individual differences in abilities, aptitudes, attitudes, behaviour, intelligence, and other attributes.
- Critical Reflective Framework for Analysis** – A guided process to aid analysis and increase the potential for positive outcomes.
- Critically reflexive approach** – Paying critical attention to the values, norms and conventions that inform practice and action, so as to engage in a process of continuous learning.
- Culture** – Refers to social patterns of acting and thinking and feeling. Culture is the total way of life of a people.
- Cultural adaptation** – Refers to the shift of one group's culture to align with another, such as when Indigenous cultures change to become co-opted into the dominant non-Indigenous culture.
- Cultural competence** – A commitment to engage respectfully with people from other cultures. Encompasses and extends elements of cultural respect, cultural awareness, cultural security and cultural safety. A set of congruent behaviours, attitudes and policies that come together in a system, agency or among professionals and enable that system, agency or those professionals to work effectively in cross-cultural situations. The ability to identify and challenge one's own cultural assumptions, one's values and beliefs.
- Cultural dislocation** – Refers to the removal, loss or inability of an individual to connect with their traditional culture or heritage.
- Cultural equivalence of a tool of assessment** – A psychological assessment tool's performance with people who belong to a different cultural group from those with whom the tool was originally assessed (Esler et al 2008).
- Cultural practice** – Generally refers to the manifestation of a culture or sub-culture, initially in regard to the traditional and customary practices of a particular ethnic or other cultural group.
- Cultural resistance** – The tactical opposition by one group of the dominant culture in society.
- Cultural respect** – The recognition, protection and continued advancement of the inherent rights, cultures and traditions of Aboriginal people.
- Cultural safety** – An environment that is safe for people: where there is no assault, challenge or denial of their identity, of who they are and what they need.
- Cultural security** – Is a commitment from mainstream culture and services to respect the cultural rights and heritage of Aboriginal people.

Culturally appropriate – An approach to policy, intervention, service-delivery, and intergroup interaction that is based on the positive acceptance of the cultural values and expectations of Aboriginal people.

Culturally responsive – Refers to the ability to take a person's culture and help that person infuse it into another culture, making it uniquely one.

Culture – Refers both to patterns of acting and behaviour, and patterns of thought and feeling. Put simply, culture is the total way of life of a people.

Culture bound syndromes – Are generally limited to specific societies or culture area and are localized, folk, diagnostic categories that frame coherent meanings for certain repetitive, patterned, and troubling sets of experiences and observations.

Darwinism – A theory of biological evolution claiming that new species arise and develop through the natural selection of those with characteristics that make them most fit to survive particular environmental conditions.

De facto – A Latin expression that means 'concerning fact.'

De jure – An expression that means 'concerning law.'

Decolonisation – The undoing of colonialism, the unequal relation of polities, whereby one people or nation establishes and maintains dependent Territory over another.

Denigrating – Attacking the character or reputation of, or denying the importance of, someone or something.

Deconstructivist – A person who deconstructs the values, assumptions and theories of each discipline. This allows them to gatekeep their power and authority and lock others out.

Discourse – Written or spoken communication or accepted language used in a given field or culture, such as legal discourse, religious discourse, etc. Discourse is closely linked to the power and authority to define reality itself, so we speak of dominant and non-dominant discourses.

Disease Model – Prioritises biological, neurological and genetic causes as explanatory factors of health and ill-health.

Dissociative Fugue – A rare psychiatric disorder characterised by reversible amnesia for personal identity, including the memories, personality and other identifying characteristics of individuality.

Dreaming – A set of beliefs of spirituality that relate to an individual or group. It is a complex network of knowledge, faith and practices that informs all spiritual and physical aspects of life. These ancestral spirits created the earth and distinctive natural features of the country.

Dreamtime – The creation time when the Ancestral Beings moved across the land and created life: animals, plants, the landscape and all that we know now. They also created the mystical bond between humans, the environment and spirituality: the relationships between groups and individuals to the land, the animals and other people. At the end of their journeys, they became part of the landscape.

DSM-IV-TR – The standard classification of mental disorders used by mental health professionals in the United States. TR relates to a 'text revision' done on the manual in the year 2000.

DSM-5 – (Formerly known as DSM-V.) The fifth edition of the American Psychiatric Association's (APA) Diagnostic and Statistical Manual of Mental Disorders. It supersedes DSM IV.

Dysfunctional community syndrome – Comprises categories to describe more complex and larger scale forms of family violence.

Eastern Arnhem Land – Eastern area of Arnhem Land located in the Northern Territory.

Edinburgh Postnatal Depression Scale (EPDS) – A symptom-based screening measure utilising a self-report questionnaire with ten questions pertaining to feelings of wellbeing in the preceding seven days. It is a useful screening tool in the antenatal and postnatal detection and monitoring of depression and anxiety.

- Educaring Model** – An educaring approach to healing generational trauma in Aboriginal Australia. Where there is hurt there has to be a healing. In healing, people’s trauma stories become the centerpiece for social action, where the storyteller is the teacher and the listener is the student (or learner).
- Effectiveness** – Care, intervention or action achieves desired outcome in an appropriate time frame.
- Efficiency** – Achieving desired results with the most cost-effective use of resources.
- Emotional and social wellbeing** – The holistic concept of mental health recognised by Aboriginal and Torres Strait Islander peoples. ‘Health does not just mean the physical wellbeing of the individual but refers to the social, emotional and cultural wellbeing of the whole community. This is a whole-of-life view and includes the cyclical concept of life–death–life. Health care services should strive to achieve the state where every individual can achieve their full potential as human beings and thus bring about the total wellbeing of their communities.’
- Empowerment** – Refers to increasing the spiritual, political, social, educational, gender, or economic strength of individuals and communities.
- Ethnocentric** – Belief in the inherent superiority or taken-for-granted normality of one’s own ethnic group or culture.
- Ethnography** – A qualitative research method aimed to learn and understand cultural phenomena which reflects the knowledge and system of meaning guiding the life of a cultural group.
- Extreme traumatic stressor** – Under the American Psychiatric Association classification, a stressor must be assessed as extreme to qualify an individual for a diagnosis of Post-Traumatic Stress Disorder (PTSD) or Acute Stress Disorder (ASD), but can be of lesser severity for a diagnosis of Adjustment Disorder (AD).
- Forced removal** – From 1909 to 1969, Australian government authorities assumed legal guardianship of all Indigenous children and removed large numbers of children from their families in order to ‘assimilate’ the children into European society and culture.
- Genomics** – The study of gene sequences and their structural and regulatory functions.
- Genotypical** – The genetic makeup of a cell, an organism, or an individual (i.e. the specific allele makeup of the individual) usually with reference to a specific character under consideration.
- Health** – A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.
- Hegemony** – The domination of society by one group through the subtle and indirect control of patterns of social values and behaviours rather than through the use of overt force.
- Homeland** – Tracts of traditional land where Aboriginal clans lived before they were moved off and forced to live in white-controlled missions.
- Indigenous Community Management and Development (ICMD)** – Provides the skills and knowledge to make a positive impact in communities. Explore ways to implement effective, culturally appropriate change in Indigenous service organisations and communities.
- Indigenous disadvantage** – Specific to the areas of health, housing, employment, justice and remote communities.
- Institutionalised** – Established as a value, convention or norm within the operations of social institutions.
- Institutionalised racism** – Refers to the ways in which racist beliefs or values have been built into the operations of social institutions in such a way as to discriminate against, control and oppress various minority groups.
- Julalikari Council** – An Aboriginal community service organisation governed by Julalikari Council, an elected body representing the whole Aboriginal community of Tennant Creek.

Kessler-10 Scale (K10) – Widely recommended as a simple measure of psychological distress and as a means to monitor progress following treatment for common mental health disorders such as anxiety and depression.

Kimberley English – Modified English that incorporates a mix of local Aboriginal languages and English.

Kimberley Mum’s Mood Scale (KMMS) – An alternative to the Edinburgh Postnatal Depression Scale (EPDS) and screens for depression and anxiety. It has been collaboratively developed by health care providers and over 100 Aboriginal women from eight language groups throughout the Kimberley.

Kinship – The system of law governing social interaction, particularly marriage, in traditional Aboriginal culture. It is an integral part of the culture for Aboriginal groups across Australia.

Leadership – Advancing the interests of Aboriginal communities through ACCHOs and their collective knowledge of the communities they are accountable to in order to ensure their involvement in decision making and public debate.

Life Skills Profile – Assessment tool for measuring life skills.

Life stressors – Situations that are experienced as a perceived threat to one’s wellbeing or position in life.

Mabo and others vs. the state of Queensland – A significant court case decided in the High Court of Australia on 8 December 1988. It found that the Queensland Coast Islands Declaratory Act, which attempted to retrospectively abolish native title rights, was not valid according to the Racial Discrimination Act 1975.

Malignant grief – A process of irresolvable, collective and cumulative grief that affects Indigenous individuals and communities.

Mental health – A state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

Mental illness – Refers to anxiety-related disorders, depression, personality disorders, and psychosis.

National Health Survey – Conducted by, and results available at, the Australian Bureau of Statistics. Indicates the health status of the nation.

National Practice Standards for the Mental Health Workforce (2013) – Contains the twelve practice standards for those who work in mental health services within the professions of psychiatry, nursing, social work, psychology and occupational therapy.

Native title – The rights and interests that are possessed under the traditional laws and customs of Aboriginal and Torres Strait Islander peoples and that are recognised by common law.

Northern Territory Intervention – A consequence of the *Northern Territory National Emergency Response Act 2007*, a legislative response from the Federal Government to the Northern Territory Government’s Inquiry into the Protection of Aboriginal Children from Sexual Abuse, or *Little Children are Sacred* report. The legislation received bipartisan support in the Commonwealth parliament.

Oppression – (O)ppression is maintained and propagated through overt or material violence (i.e. physical coercion and terror, denial of rights and resources, restriction of mobility, etc.) and by subtle or ideological violence (i.e. institutionally codified racism, sexism, classism, heterosexism, and related practices). Physical and ideological violence act in mutually reinforcing patterns such that physical violence establishes social domination and ideological violence legitimises and normalizes oppressive social relationships and material inequity.

Otitis media – Inflammation of the middle ear, or middle ear infection, is very uncommon in First World countries and is best regarded as a disease of poverty. The associated hearing loss has a life-long impact, as it occurs during speech and language development and the early school years.

- Partnership** – Cooperation to ensure that the expertise and experience of the ACCHS sector is brought to health care processes. This expertise comprises knowledge of Aboriginal culture and health care, and clinical service provision of the AHMRC's constituent services.
- Paternal perinatal depression** – Fathers are not immune. Paternal depression rate is estimated at 6 per cent, the rate being higher if the mother is depressed. A non-depressed father has a protective effect on the children of a depressed mother.
- Perinatal mental health** – Encompassing the emotional wellbeing of parents and infants, the Western Australian State Perinatal Reference Group (2003) defines perinatal mental health as 'the emotional and psychological wellbeing of women, encompassing the influence on infant, partner and family, and commencing from preconception through pregnancy and up to 36 months post-partum'.
- Perinatal period** – From conception to the end of the first year after the baby is born.
- Personality Disorder** – Refers to a class of maladaptive personality traits, that is, enduring patterns of behaviour, cognitions and inner experience that are exhibited across many contexts and deviate markedly from those accepted by the individual's culture.
- Phenotypical** – The composite of an organism's observable characteristics or traits: such as its morphology, development, biochemical or physiological properties, phenology, behaviour and the products of behaviour.
- Piagetian** – Of, relating to, or dealing with Jean Piaget or his writings, theories, or methods especially with respect to child development.
- Positive wellbeing** – Is about being calm and peaceful, happy, full of life and having a lot of energy.
- Postnatal Depression** – Defined as five or more symptoms occurring during pregnancy or during the postnatal period (from birth of infant and up to one year afterwards). Symptoms of depression include: persistent low mood, loss of interest or pleasure in activities, significant change in weight or appetite, markedly increased or decreased sleep, psychomotor agitation or retardation, fatigue or loss of energy, feeling worthless or guilty, loss of concentration, recurrent thoughts of death, self-harm or suicide (KAMSC, 2010).
- Postnatal Psychosis** – Manifesting as hallucinations, thought disturbances, paranoia and delusions, it affects 1 in 500 postnatal women within the first week of childbirth. It is a medical emergency.
- Post-Traumatic Stress Disorder** – A severe condition that may develop after a person is exposed to one or more traumatic events, such as sexual assault, serious injury or the threat of death.
- Prejudice** – A preconceived judgment or opinion formed without knowledge or reason; generally unfavourable.
- Primal health** – The basic state of health built at the time when the baby is closely dependent on its mother, first in the uterus, then during childbirth, and then during the period of breastfeeding (the primal period). Everything that happens during this primal period, or period of dependence on the mother, has an influence on the basic state of health of the infant (Odent, 2002).
- Prime Minister Kevin Rudd's 2008 apology** – A speech on behalf of the Australian people apologising to Aboriginals.
- Principle** – A principle is defined as a general, basic maxim; a fundamental truth; a generally accepted rule or procedure or ... a rule or belief governing one's behaviour.
- Protective factors** – Factors in a person's life that promote mental health and wellbeing.
- Psychological determinism** – A conceptual view that events are fundamentally caused by explanatory factors that are psychological in nature.

Queensland test (Q Test) – Developed by McElwain and Kearney (1971). This is a test of general cognitive ability. It relies heavily on non-verbal communication skills with specific non-verbal instructions that require test-takers to use problem-solving skills by manipulating physical objects.

Racism – Refers to pervasive and systematic assumptions of the inherent superiority of certain groups, and inferiority of others based on cultural differences in values, norms and behaviours. Those who are assumed to be inferior are treated differently and less favourably in multiple ways. Racism reflects and is perpetuated by deeply rooted historical, social, cultural and power or authority inequalities in society. Racism is oppressive because it involves the systematic use of power or authority to treat others unjustly. It creates an atmosphere in which a group finds itself in a devalued position.

Recidivism – The act of a person repeating an undesirable behaviour after they have either experienced negative consequences of that behaviour, or have been treated or trained to extinguish that behaviour.

Reconciliation – The bringing together of Aboriginal and Torres Strait Islander and non-Aboriginal Australians through unity and respect, and valuing justice and equity for all Australians.

Responsiveness – The service provides respect for all persons and is client orientated. It includes respect for dignity, cultural diversity, confidentiality, participation in choices, promptness, quality of amenities, access to social support networks, and choice of provider.

Risk factors – Factors in an individual's life that, either directly or indirectly, affect their social and emotional wellbeing.

Rural and remote communities – Based on population numbers and an index of remoteness.

Safety – The avoidance or reduction to acceptable limits of actual or potential harm from health care management or the environment in which health care is delivered.

Second generation clients – The children of Aboriginal and Torres Strait Islander peoples who had been separated from their families as a child, as a result of past governments' removal policies and practices, including institutionalisation and adoption or foster care.

Self-determination – The ability of Aboriginal peoples to freely determine their own political, economic, social and cultural development as an essential approach to overcoming Indigenous disadvantage.

Sensory deprivation – The deliberate reduction or removal of stimuli from one or more of the senses.

Shame – A feeling of embarrassment, frustration and helplessness that Aboriginal people cannot do anything about, or which makes them feel 'small' in the eyes of others, or experienced when other Aboriginal people make them aware that they are wrong in their attitudes, actions or treatment of others.

Six-generation traumagram – The presence of unacknowledged or unresolved trauma in previous generations was linked to dysfunction in later generations of an extended family.

Social and economic disadvantage – Generally speaking, an individual suffers from 'disadvantage' when, for whatever reason, he or she is not able to access the range of social services/institutions that can be accessed by the majority of the population.

Social and emotional wellbeing (SEWB) – Recognises the importance of connection to land, culture, spirituality, ancestry, family and community, and how these affect the individual.

Social and emotional wellbeing counsellor – A counsellor, funded by DoHA, that provides counselling, health promotion and early intervention services to promote social and emotional wellbeing amongst Aboriginal Australians, prioritising people from the Stolen Generations.

Social contagion – Information, ideas and behaviours that spread through networks of people, similar to an infectious disease.

Social Darwinism – A popular school of thought in the early part of the 19th century which misapplies principles of Darwinian evolutionary biology to social groups to suggest that dominant groups in society are dominant because of the 'survival of the fittest'.

- Social determinants** – Conditions in which people are born, grow, live, work and age, including the health system.
- Social determinants of health** – Those factors such as education, employment, income and housing which contribute to an individual's health and wellbeing status.
- Social exclusion** – Refers to processes in which individuals and entire communities of people are systematically blocked from rights, opportunities and resources (e.g. housing, employment, health care, civic engagement, democratic participation and due process) that are normally available to members of society and which are key to social integration.
- Social health team** – Team of people working together to provide best practice.
- Social inclusion agenda** – An approach for addressing social disadvantage and alleviating poverty in Australia.
- Social indicator** – Forms of evidence that help assessment of present position and future directions.
- Social inequality** – Refers to a situation in which individual groups in a society do not have equal social status, including voting rights, freedom of speech and access to education, health care, quality housing, transport and other social goods and services.
- Social learning theory** – Theory, developed by Albert Bandura, of how people learn new behaviour through observational learning and through modelling processes.
- Somatic effects** – Effects of radiation that are limited to the exposed person, as distinguished from genetic effects, which may also affect subsequent generations.
- Somatic symptoms** – Physical symptoms.
- Sorcery** – Secret and sacred practices.
- Sorry** – A most important word as it has great meaning in Aboriginal and Torres Strait Islander communities. It means having empathy and compassion and understanding.
- Sorry business** – Similar to bereavement, it is a very important part of Aboriginal culture. Funerals can involve entire communities, and the expression of grief can include self-injury.
- Sorry Day** – An Australia-wide observance held on May 26 each year. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities.
- Sorry Time** – The time it takes for everyone to arrive to pay their respects when someone has passed away. Communities 'cry together' for the lost loved one.
- Spiritual Sickness** – Symptoms of mental illness understood within Aboriginal communities as part of a person's spirit or personality, and not conceptualised as a form of treatable mental illness.
- Stolen Generation** – An Aboriginal and Torres Strait Islander person who was forcibly removed from the family as a child as a result of past governments' removal policies and practices, including institutionalisation, adoption and foster care—and their direct descendants.
- Story Telling Project** – Works on the concept of improving mental health through strength in spiritual, physical, family, work, social, mental and emotional components of the life of the person affected.
- Sustainability** – System or organisational capacity to provide infrastructure such as workforce, facilities, and equipment, and be innovative and respond to emerging needs.
- Systemic discrimination** – Patterns of behaviour, policies or practices that are part of the structures of an organisation and governments which create or perpetuate disadvantage for persons.

Terra nullius – Literally meaning ‘land belonging to no-one’. This is a legal principle resorted to by British colonialists to justify taking Aboriginal land without recognition or recompense. The fiction of terra nullius was overturned by the High Court’s Mabo judgement in 1992.

Third generation clients – The grandchildren of Aboriginal and Torres Strait Islander peoples who had been separated from their families as a child, as a result of past governments’ removal policies and practices, including institutionalisation and adoption or foster care.

Top End – The Top End of Northern Australia covers roughly 400,000 square kilometres south of the northern coast, from the Northern Territory capital of Darwin across to Arnhem Land and the Gulf of Carpentaria to the east, and to the Indian Ocean to the west.

Torres Strait Islander – A Torres Strait Islander or a Torres Strait Islander person is a person/ descendant from the Torres Strait Islands which are located to the north of mainland Australia.

Transgenerational loss and trauma – The impacts of loss and trauma on generations after generations in families, often referred to when describing the long term effects of colonisation.

Traumatic stressor – A commonly used term describing reactive anxiety and depression.

Validity – The extent to which a test or assessment measures what it was designed to measure.

Whiteness studies – An interdisciplinary arena of academic inquiry focused on the cultural, historical, and sociological aspects of people identified as white, and the social construction of whiteness as an ideology tied to social status.

Wholistic health – Aboriginal health is not just the physical well-being of an individual but the social, emotional and cultural wellbeing of the whole community in which each individual is able to achieve their full potential as a human being.