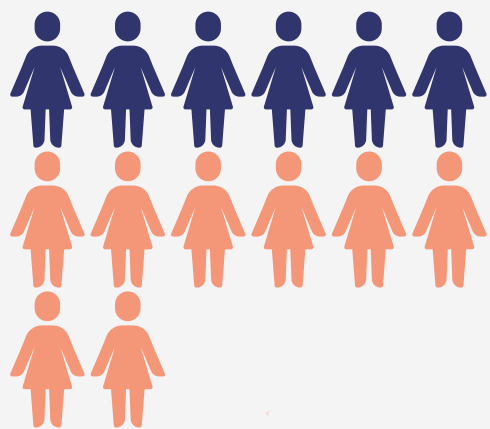


Baby Coming You Ready?

A strength-based wrap-around program to enhance social and emotional wellbeing and maternal and infant outcomes for Aboriginal and Torre Strait Islander parents.

CO-DESIGNED

By Aboriginal communities from 14 different Clans/Nations, Elders and Senior Aboriginal women and men. Alongside Aboriginal and non-Aboriginal practitioners midwives/nurses, mental health clinicians and researchers.



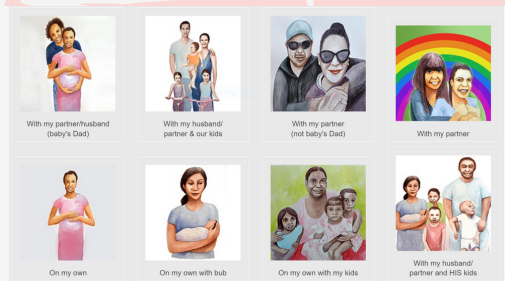
BCYR TO REPLACE ROUTINE SCREENING

BCYR is a strengths-based alternative to screening mental health outcomes, family and domestic violence, smoking, alcohol and other drugs; but BCYR it is designed to improve outcomes.



BCYR Rubric

BCYR is a culturally-safe empowering program. It gives a mother control over her care and guides practitioner best practice.



Sensitive Images and Voice overs

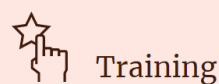
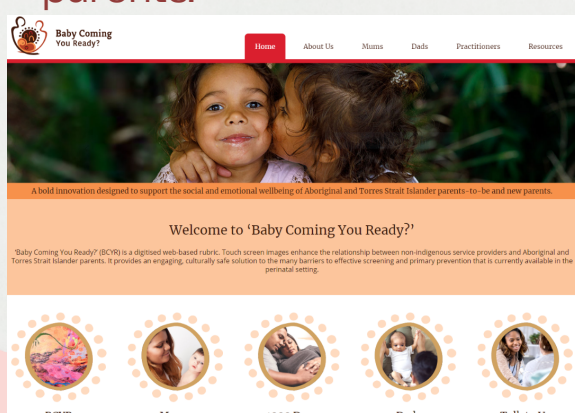
Aboriginal voice-overs guide users through a relaxed reflective 'yarn'. Touch screen images support women to select images that impact health and wellbeing and open the space for honest sharing and exchanging.

BCYR is a Therapeutic, practical and Innovative Solution

Overcoming the many evidence-based screening and assessment barriers experienced by both practitioners and Aboriginal and Torre Strait Islander Families.

BCYR WEBSITE

Interactive Referral and Resources pathway for practitioners. Ages and stages short films for parents.



Welcome to the *Baby Coming You Ready* practitioner training.

BCYR Practitioner e-Learning

Culturally secure e-learning with trauma informed practice embedded and motivational interviewing.

Baby Coming You Ready?

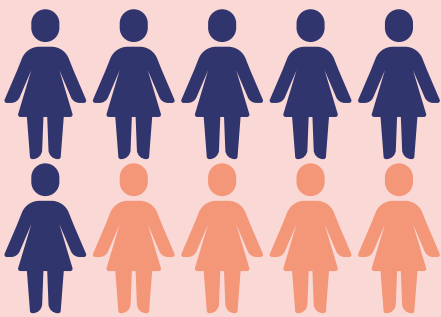
PILOT ROLL OUT

Site-by-site Implementation commenced September 2021 and concludes December 2022.

6

BCYR rollout locations

BCYR rubric is being piloted in Western Australia, 4 sites in the Wheatbelt and 3 sites in Perth and the outer metropolitan area. This will be followed by a state-wide trial.



73

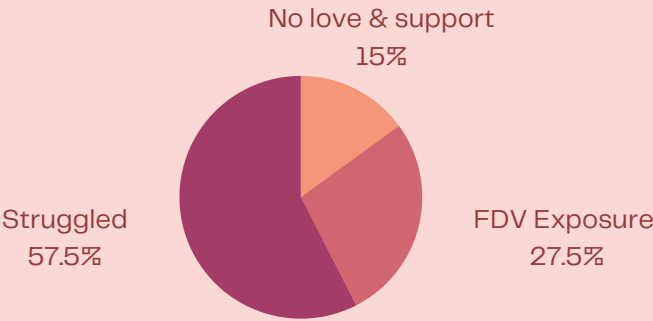
COMPLETED BCYR RUBRICS

Between SEPT 2021–APRIL 2022

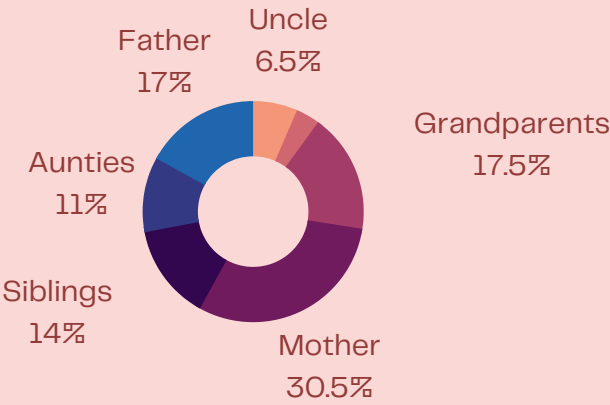
INTERIM DATA GENERATED VIA BCYR

Emerging data confirms the resilience and self-reliance of Aboriginal and Torre Strait Islander women, despite multiple life challenges. Multiple cumulative stressors and resultant distress appears to be mitigated by their strong protective factors.

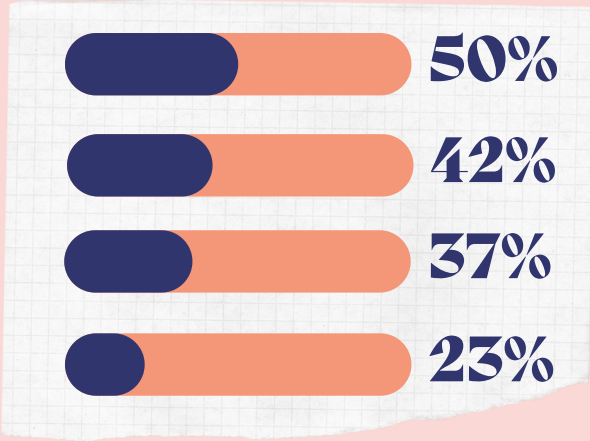
CHILDHOOD EXPERIENCES (N=73)



WHO GREW YOU UP? (N=73)



Protective Factors (N=73)



CHILDHOOD love and support

Current Supportive Mother or Grandmother

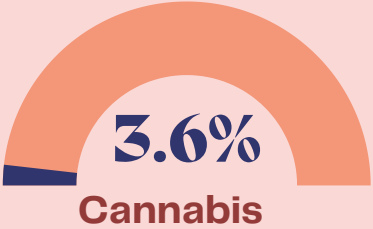
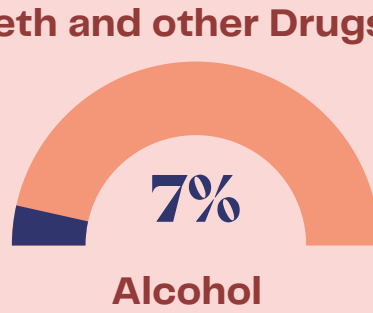
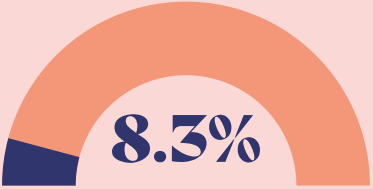
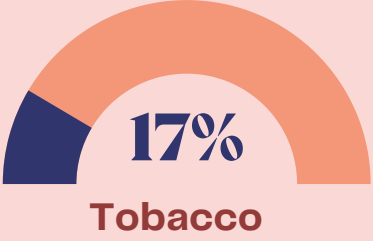
Supportive Partner

CHILDHOOD Strong supportive Mother

7 SAFETY PLANS

Were generated as a result of women completing the BCYR rubric. Two resulted from suicidal ideation and five from domestic violence.

Tobacco and other drugs (N=73)



MUM'S FEEDBACK

"I felt powerful in the fact I could do it by myself and I had someone there to support me [sic]. I've never had that before in my other pregnancies"