

SESSION 1

Destruction as conservation James Nguyen, artist and filmmaker Victoria Pham, composer, archaeologist and artist

The care of ancient instruments and music traditions are split between the West ... and the rest. National orchestras, concert halls, and opera houses the world over invest in keeping alive western classical traditions whilst non-western music is generally relegated to a preservation care model that keeps our instruments silent in ethnographic museums and private collections. Care has the potential to uphold and enact cultural segregation. Care can be differentially deployed to sound one cultural practice only to keep other cultural traditions silent. The work that James Nguyen and Victoria Pham have done to reMatriate the sound culture of the ancient Đông Sơn drum has flowed through a multitude of collaborators, digital technologies, communities, organisations and unexpected compromises. We continue to blur the ultimately destructive care models of the orchestra and the museum in preserving objects. The anecdotes shared in this presentation will reconsider care as a non-radical way to navigate the ethics of the traditional conservation model, consent, risk taking and cultural destruction when working with each other, and with the Vietnamese diaspora.

Valuing artists and arts practice Jo Caust, Principal Fellow (Hon), School of Culture and Communication

Australian society values money, overt displays of wealth and social status as indicators of worldly achievement. Wealthy individuals have access to power and influence and are feted. These individuals may be quite flawed human beings, yet their personal traits are ignored, because of their wealth and status. Artists by contrast are usually quite poor, have limited worldly goods and are treated as naughty children. The pandemic experience illustrated how little artists are valued by governments and the media. Artists are often on the edge of society, are seen as not respectable or having any social value. How can we change how Australia sees artists, so that they are regarded as important members of society, respected, and cared for? This presentation will explore options for how we can change national cultural paradigms to bring artists 'in from the cold'.

Arts and health: an Arts Gen approach to care

Tania Cañas, Artistic lead and co-Director, Arts Gen; Coordinator and Lecturer, Performance and Community Engagement, Victorian College of the Arts & Priya Pavri, independent curator and co-Director, Arts Gen

Tania and Priya unpack linear and homogenous concepts of community and care, by looking at 'care' as a negation and process, in the context of arts and health. They look to address creative practices as care practices, and unpack what care looks and feels like indifferent settings - from within the project to in and around the institution. The conversation will weave in examples of work from Arts Gen. Arts Gen, led by Tania and Priya, is an art studio within cohealth that aims to address the social and cultural determinants of health, including ongoing colonisation, racism and other forms of structural discrimination that have direct negative impacts on wellbeing.

SESSION 2 SPACES OF CARE

Replanting the Birthing Trees – recreating sacred places for Aboriginal and Torres Strait Islander babies to be born Cath Chamberlain, Professor of Indigenous Health, Melbourne School of Population and Global

Birthing trees have been used by women for many millennia across many, but not all, Aboriginal and Torres Strait Islander communities – they represent a sacred place, where women and babies go to seek a sense of safety and shelter, and be cared for during the important time of birth. In this presentation, Professor Chamberlain will talk about a recently funded Aboriginal and Torres Strait Islander led project, Replanting the Birthing Trees, which aims to transform compounding cycles of intergenerational trauma and harm to positively reinforcing cycles of intergenerational nurturing and recovery for Aboriginal and Torres Strait Islander parents and babies. We will achieve this by combining Aboriginal and Torres Strait Islander ways of knowing, being and doing (including use of visual and creative expertise) with rigorous Aboriginal and Torres Strait Islander-led participatory co-design, research and practice evidence (Garma) to implement and evaluate community-led, holistic care, to recreate sacred places.

From the everyday to the institution: questions of care in the life of food insecure university students. Sara Guest, Associate Lecturer in Geography, Geography, Earth and Atmospheric Sciences

The COVID-19 pandemic shed light on a common yet invisible dimension of the university student experience: food insecurity. This talk explores the importance of care in the experiences of students struggling to afford and regularly access nutritious and culturally appropriate foods during Melbourne's lockdowns. Food insecure students engaged in different forms of care within their daily struggle for survival, from the self-care of alleviating hunger in one's body and mind to the informal community networks of food sharing that emerged in the absence of caring institutional and state responses. The unmet food needs of university students during the pandemic raise valuable questions about the nature of the relationship between students and their educational institution and the responsibilities and obligations within it. A caring institution is one that cares for all parts of the student experience, not just the degree

Russian dolls and epistemic crypts: Reflections of a trauma survivor about violence in psychiatric 'care'. Indigo Daya, Survivor activist, artist and academic

Note to audience: This talk will discuss lived experiences of trauma including child sexual abuse, rape and forced psychiatric treatment, in order to highlight issues of injustice that are often unseen by the larger community.

As a society we like to think scary old psychiatric asylums are historical artefacts, yet for Indigo Daya, and thousands like her, mental health services are not places of asylum, respite or care. They remain sources of fear and trauma, places of violence and oppression, part of the carceral state. Indigo speaks from the position of activist, academic, psychiatric survivor and survivor of child abuse and sexual violence. Drawing on her recent paper, Russian dolls and epistemic crypts, Indigo considers how psychiatric hospital units act as Russian Matryoshka dolls, where, as enclosed spaces and freedoms become smaller, so too does our humanity and hope. Indigo reflects on ways psychiatric diagnoses may be seen as individualizing the impacts of social justice issues such as trauma, violence, hate, inequity and climate crisis. This can be a hidden form of epistemic injustice, where the inherent meanings of distress, from real-life contexts, can become locked inside 'epistemic crypts'.

SESSION 3 SYSTEMS OF CARE

Inclusive LGBTIQA+ mental health care: The need for caring partnerships Nicholas Hill, McKenzie Fellow, School of Political and Social Sciences Mr Manu Kailom, Asylum seeker, community development worker and advocate

Significant inequalities exist between the mental health of LGBTIQA+ communities and the general population. When accessing support, LGBTIQA+ people often report feeling invisible within mental health services and encountering discriminatory responses. These experiences can mean that LGBTIQA+ feel vulnerable when seeking formal supports and may choose to conceal their sexuality and / or gender identity. To improve health and social care responses, researchers, policy makers, and service providers are seeking to partner with LGBTIQA+ community organisations and representatives. Partnerships can improve visibility, reduce vulnerabilities within services and policy, and promote better outcomes for LGBTIQA+ people. In this presentation, Nicholas Hill and Manu Kailom will explore the value of communityengaged research and the challenges of developing caring partnerships in research, policy development and service design. To ensure the breadth of experiences and diversity within LGBTIQA+ communities, they highlight the need for careful attention to intersectionality within the formation of partnerships.

Young carers: unknown and unrecognised Tania King, Senior Research Fellow in Social Epidemiology, Melbourne School of Population and Global Health

Young carers are young people aged under 18 years who provide informal (unpaid) care and support to someone with a disability, a physical or mental illness, a substance dependency, or who is aged. Young carers are one of the most unrecognised groups in Australian society. Their invisibility can be attributed to a complex set of reasons and has important implications for the delivery of support. While young carers are likely to experience enduring effects of their caring role across many life domains, little is known about the health impacts of young caring. In this presentation, new evidence of the mental health impacts of young caring will be explored, with consideration of the implications for young carers in terms of the COVID-19 pandemic.

Connection, care and the natural world

Kathryn Williams, Prof (Environmental Psychology) Ecosystem and Forest Sciences

In this presentation, Professor Williams will explore two 'dilemmas of care' for the living systems on which we depend. On the one hand, there is alarm regarding the anxiety that many people experience in the face of ecological crises – a form of care that has sometimes been characterised as excessive or paralysing. Alongside are warnings about loss of opportunities for people to experience the natural world and how this driving a lack of care for nature. Professor Williams will discuss these dilemmas from the perspective of environmental psychology, considering how human experiences of 'connection with nature' - including through story and contemplative practices - can provide pathways to care and action.



James Nguyen, artist and filmmaker

James Nguyen is an Australian artist and filmmaker based in Melbourne. He has been commissioned by institutions such as the Australian War Memorial, the Museum of Contemporary Art for The National: New Australian Art 2019, and others. A past recipient of the Maddocks Art Prize and the Anne & Gordon Samstag International Visual Arts Scholarship, James has had the opportunity to develop projects and work collaboratively on experimental documentary, research and curatorial exchanges in New York City, Europe and the Asia Pacific. IG @jamesnguyens www.jamesnguyens.com

Victoria Pham, composer, archaeologist and artist

Victoria Pham is an Australian composer, archaeologist and artist based between Sydney, Paris and London, and is currently a PhD candidate at the University of Cambridge. She has been commissioned by institutions such as the Art Gallery of New South Wales, Melbourne Symphony Orchestra, Sydney Opera House and Maitland Regional Art Gallery and has featured in and produced segments of festivals from VIVID to Newcastle Writers Festival. She is the co-artistic director of sound-art collective Sonant Bodies and an archaeologist specialising in archaeoacoustics. IG @victoriaavpham www.victoriaavpham.com



Jo Caust, Principal Fellow (Hon), School of Culture and Communication

Associate Professor Josephine Caust PhD is Principal Fellow (Hon) at the University of Melbourne. She has published several books and monographs including Governments and the Arts in Australia (Routledge forthcoming 2023), Arts, Culture, Country (Currency Press 2022), Arts Leadership in Contemporary Contexts (Routledge 2018), Arts and Cultural Leadership in Asia (Routledge 2015) and Arts Leadership: International Case Studies (Tilde University Press 2013). She is also the author of numerous journal articles, book chapters and online commentary about the arts. Dr Caust previously worked in the arts sector as a theatre practitioner, manager, consultant, and senior



Tania Cañas, Artistic lead at Arts Gen and Coordinator and Lecturer Performance and Community Engagement lecturer, Victorian College of the Arts

Dr. Tania Cañas is an artist-researcher based on unceded Kulin Territory. Her work looks at socially engaged and community-led creative practices as sites of collaboration, modalities of resistance, as well as ways to rethink processes and recast institutions. She is the artistic lead at Arts Gen, a community arts and health organization, and the Coordinator and Lecturer, Performance and Community Engagement at the Victorian College of the Arts, University of Melbourne. www.taniacanas.com



Priya Pavri, independent curator and co-Director, Arts Gen

Priya Pavri is an independent curator currently based on the unceded land of the Kulin Nations. She has a history of growing community projects and organisations through unique and creative endeavours and is committed to seeking alternative models of working with community that challenge existing leadership and governance structures. Informed by a background in Law and Arts, she has led community projects in the not- for- profit and government sector in urban and remote Australia, the Middle East and Asia Pacific. Priya is currently co-director of Arts Gen and board member of Bus Projects and ActNow Theatre.

Cath Chamberlain, Professor of Indigenous Health, Melbourne School of Population and Global Health

Professor Catherine Chamberlain is a Palawa woman of the Trawlwoolway clan (Tasmania), NHMRC Fellow and Professor of Indigenous Health at the Indigenous Health Equity Unit, The University of Melbourne. A Registered Midwife and Public Health researcher, her research aims to identify perinatal opportunities to improve health equity across the life course. She is currently Principal Investigator for large multi-disciplinary projects, including Healing the past by nurturing the future, which aims to co-design support for Aboriginal and Torres Strait Islander parents experiencing complex trauma; and Replanting the Birthing Trees, which aims to transform compounding cycles of intergenerational trauma and harm.



Sara Guest, Associate Lecturer in Geography, Geography, Earth and Atmospheric Sciences

Sara Guest is a Geography PhD candidate at the University of Melbourne. Her work explores the everyday experiences of food insecure university students in Melbourne through the lens of inequality and difference. She's also part of a research team that's thinking more broadly about the relationship between food, institutions, and higher education. Outside of studies, Sara is a member of the student led Just Food Collective and a keen supporter of the Right to Food movement.

Indigo Daya, Survivor activist, artist and academic



Indigo Daya is a mad survivor activist, artist and academic. She draws on her lived experience of madness, child abuse, years of coercive psychiatric admissions, and eventually healing outside mainstream services. Indigo has worked with the survivor community and mental health system for over seventeen years, including senior roles in advocacy, public policy, reform, education and peer-delivered programs. She's passionate about reconceptualising 'mental illness' as a meaningful response to being human in a world filled with trauma, inequity, hate, violence, injustice and climate crisis, and working towards a future where anti-oppressive, creative and nonpathologising approaches can enable collective healing. TW @indigodaya IG @indigo.mad.art www.indigodaya.com



Nicholas Hill, McKenzie Fellow, School of Political and Social Sciences

Dr Nicholas Hill is a McKenzie Fellow in the School of Social and Political Sciences, Faculty of Arts. He specialises in LGBTIQA+ mental health research conducted in partnership with community organisations and representatives. Nicholas is currently working on Improving LGBTIQA+ Mental Health: Co-creating Inclusive Health and Social Care project.



Manu Kailom, asylum seeker, community development worker and advocate

Manu Kailom (he/they) is an asylum seeker and a community development worker and advocate for LGBTQIA+ Refugee and Asylum Seekers. They are the Peer Support and Community Development Officer with Three for All Foundation, a not-for-profit International Development Organisation working with LGBTQIA+ refugee populations internationally as well as in Australia.

Tania King, Senior Research Fellow in Social Epidemiology, Melbourne School of Population and Global Health

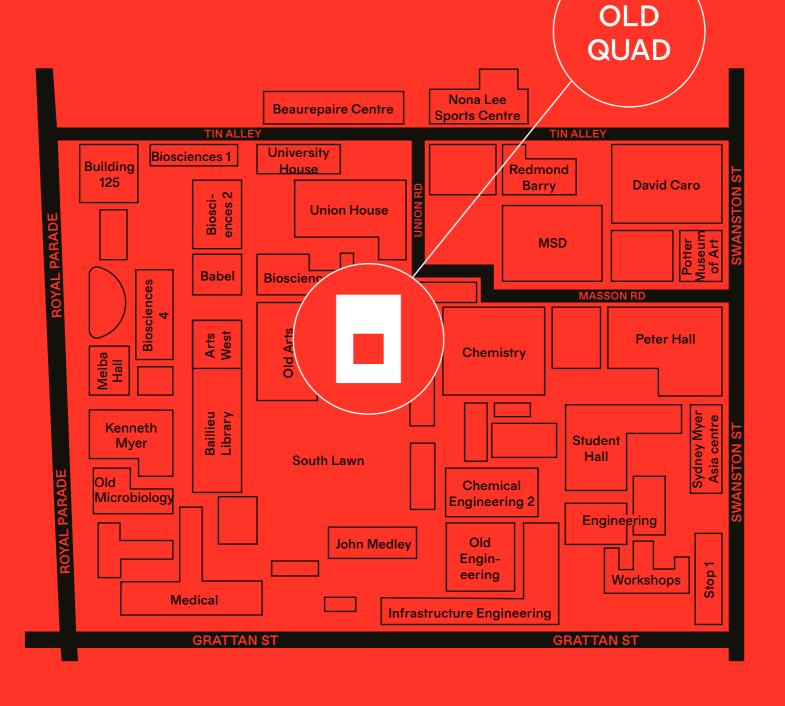
Dr Tania King is a social epidemiologist who uses causally focussed quantitative social science methods to understand social and structural determinants of health inequities across the life-course. Specific focusses of her work include: 1) gender equality and norms as determinants of health outcomes; 2) the distribution of caring and paid work across society; 3) mental health and suicide. Tania currently holds a University of Melbourne Dame Kate Campbell Fellowship and an Australian Research Council Discovery Early Career Researcher Award focussed on the lives and trajectories of carers. TW @TaniaLKing



Kathryn Williams, Prof (Environmental Psychology) Ecosystem and Forest Sciences

Kathryn Williams is Professor of Environmental Psychology in the School of Ecosystem and Forest Sciences at the University of Melbourne. She enjoys exploring how people feel, think and act toward plants, animals and the places we live in – and what this means for conservation and well-being. She explores this in the context of forests, bushfire and the nature of our cities. TW @kathjhw

INTERDISCIPLINARY FORUM



Upstairs at Old Quad (Building 150), Parkville Campus

