JACK BULMAN CEO MIBBINBAH

USING SAFE SPACES TO ADDRESS ANGER ISSUES

Empowering our Men
• Mibbinbah Limited is an Aboriginal and Torres Strait Islander health promotion charity. Our core focus is to create safe cultural spaces to build capacity and to empower Aboriginal males and their communities across Australia.

• Mibbinbah host a range of programs annually, including camps and workshops that provide vital opportunities for Aboriginal males and their friends to connect to culture and community. Mibbinbah has developed strong partnerships with key organisations including The Lowitja Institute beyondblue (since 2007) Andrology Australia, The Prostate Cancer Foundation of Australia & La Trobe University to name a few.
• **What is anger?**

  Anger is an emotion that can range from mild annoyance to intense rage. When we get angry, our heart rate and blood pressure rise and stress hormones are released. This can cause us to shake, become hot and sweaty and feel out of control.

• **Why do we get angry?**

  Anger is often associated with frustration. Anger is usually linked with other negative emotions or is a response to them. We may be feeling hurt, frightened, disappointed, worried, embarrassed or frustrated, but may express these sorts of feelings as anger. Anger can also result from misunderstandings or poor communication between people.

• **When is anger a problem?**

  Anger becomes a problem when it creates trouble for us with other people, our work, health, day-to-day living or the law. Anger is also a problem when other people around us are frightened, hurt or feel they cannot talk to us or disagree with us in case we become angry. [http://www.psychology.org.au](http://www.psychology.org.au)
• Some of the things that might make us angry as Aboriginal and Torres Strait Islander males:
  
  • Alcohol
  • Drugs
  • Money problems
  • Identity
  • Racism
  • Relationships
  • Loss, Grief and Trans Generational Trauma
What I do when I feel really angry ...
• Some tools for taming anger

• Knowing that no one can make you angry
  • Know what triggers your anger
  • Have a place to go to cool down
    • Having someone to yarn to
    • Healing programs/support
  • Seek professional help
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BE THE BEST YOU CAN BE
THE MAD BASTARDS GUIDE
• Mibbinbah ‘Be The Best You Can Be’ Program

Be The Best You Can Be is an award winning outreach program that builds on the success of ‘Mad Bastards’ – the movie.

• Groups are able to identify strategies for supporting others at various stages of their journeys.
• Within safe spaces people can hear they each are a part of the solution rather than the problem of poor health and wellbeing.
• Referrals to appropriate sources of follow up care, including local GPs, counselors and health care services are another important aspect of the program.
• Facilitators are encouraged to source local contacts to have on hand during and after the program.
• There is also an ‘action steps phase of the program that works on local issues and attempts to solve them using existing resources.
• Some other programs

• Indigenous Men Managing Anger and Substance Use (IMMASU)
  www.healthinfonet.ecu.edu.au/key-resources/programs-projects?pid=939

• Red Dust Healing
  • https://www.thereddust.com/about-the-program

• Gamarada
  • http://www.gamarada.org.au/program/index.html

• Dardi Munwurro Strong Spirit Men's Behaviour Change Program