



NATIONAL CENTRE FOR
**FARMER
HEALTH**

From Inside the Farm Gate: Innovative engagement in building rural health and wellbeing

Dr Alison Kennedy & Prof Susan Brumby

Acknowledgement to photographer Samantha Kaspers

Outline

- What is digital storytelling?
- Benefits for the storyteller
- Benefits for those viewing the stories
- Example stories
- Where to from here



From Inside the Farm Gate

Phase 1: 2 Workshops – Victorian rural women who had managed tough times



Digital storytelling to communicate personal stories

- What is a digital story?
- Why do we tell them?
 - Creating & sharing knowledge
 - Captures defining moments & turning points in life



Brumby, S., Eversole, R., Scholfield, K., Watt, L. (2007). Rural youth and multimedia - An interagency approach Youth Studies Australia, 26, 29-36.

Karrinjeet's story...

Benefits for the storyteller

- Personal reflection
- Identify coping strategies
- Peer learning
- Increased social connectedness

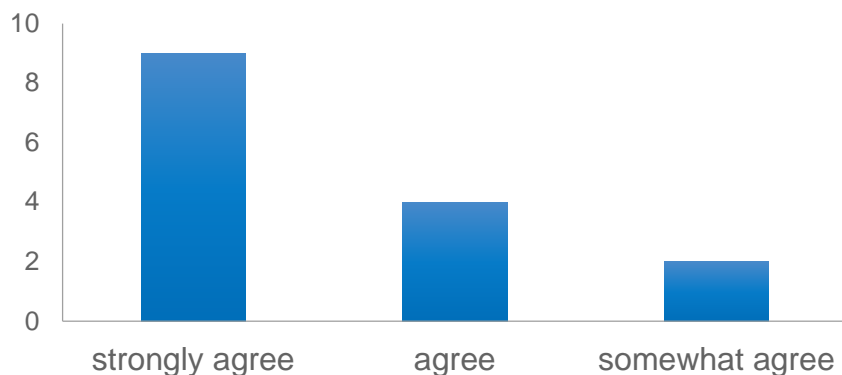


De Vecchi, N., Kenny, A., Dickson-Swift, V., & Kidd, S. (2016). How digital storytelling is used in mental health: A scoping review. *International Journal of Mental Health Nursing*, 25(3), 183-193.

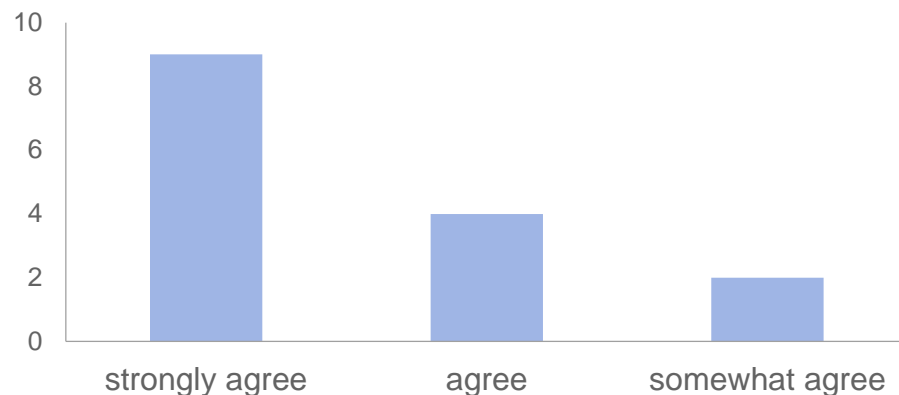
Kennedy, A., & Brumby, S. (2016). *Narrating the lived experience of suicide: reducing stigma through digital storytelling*. Paper presented at the National Suicide Prevention Conference, Canberra.

Benefits for the storyteller (n=13)

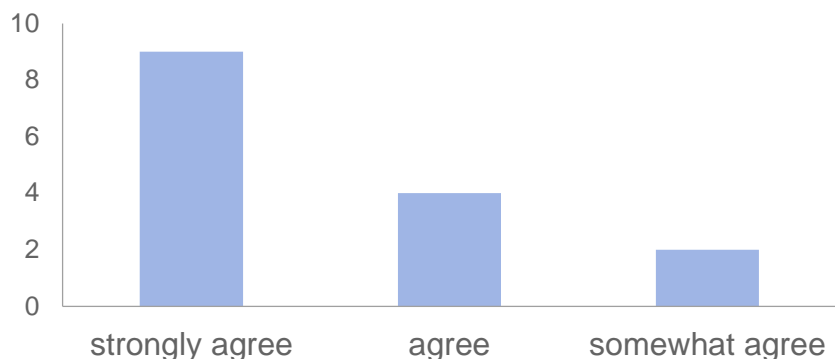
Sense of self-confidence and personal achievement



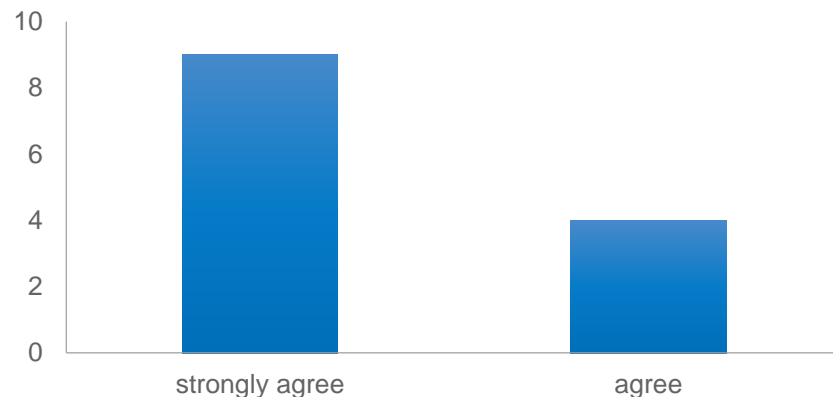
Time & opportunity to explore & express experiences



Increased confidence to speak about tough times



Felt safe and supported



“This has been an amazing process of sharing stories but also of sharing friendship and conquests over adversity. The support from staff and participants in the project has been exemplary and a joy to be part of. I think there is much to be gained by sharing this as an experience but I see great value to any one who will view the works outside of the participants group.”

2018 participant in NCFH ‘From Inside the Farm Gate’ DST

Jackie's story...

Phase 2: Dissemination of the digital stories

- Thriving Women Conference
- Women on Farms Gathering (plus vox-pop interviews)
- CWA presentations
- Community Presentations
- Farmer Health website (including survey link)
- Social media

Over 5000 people have viewed at least one
FITFG digital story

Benefits for the viewer

- Fostering understanding
- Promoting reflection and empathy
- Provide inspiration & education
- New knowledge to support my own & other's wellbeing

Lal, S., Donnelly, C., & Shin, J. (2015). Digital storytelling: an innovative tool for practice, education, and research. . Occupational Therapy and Health Care, 29(1), 54-62.

Lambert, J. (2013). Digital Storytelling: Capturing Lives, Creating Community. New York: Routledge.

Impressions from viewers...

You can't make assumptions about what's going on for somebody

The importance of getting community together

I remembered how I used to sing to make myself feel happier

Rely on their friends and neighbours

They make do with what they have got

What stood out was that they were able to come out and speak

It's important to listen and to give people the opportunity to tell their story

Impressions from viewers...

It is okay to reach out

You might have experiences in common that you didn't realise

People are willing to talk if you give them the space and ask the right questions

Have a plan of action

Adapted to circumstances beyond their control

So creative in the ways that they expressed these really complex emotions

Confronting your emotions and taking them on board and making them a part of who you are

Where to from here

- From Inside the Farm Gate
 - Viewing and evaluation
 - www.farmerhealth.org.au
- Young rural adults (18-34) digital storytelling workshop
 - 25-27 September
 - Places still available!

Thank you to our supporting partners



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Thank you

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