

Rev Dr Mel Baker, former Navy Chaplain



In the Navy & after the Navy shattered her foundation and confidence

From homelessness at 15 years of age after an abusive childhood to becoming a doctor of adult education in training and supporting adults through traumatic experiences; Mel Baker did it all.

Mel has had the opportunity to work in NSW Police Force, New Zealand Police and Royal Australian Navy as a chaplain. Her doctorate also took her to training and collaborating with Metropolitan Police during the London bombings, Police Service of Northern Ireland and Hong Kong Police. Before this, she worked in promotion and education in Aid and Development helping poorer communities in Bangladesh, Indonesia, Kenya, Uganda and Zambia.

Mel's early life experiences influenced the way she motivated herself towards challenges with self-confidence and sheer determination to make a difference. Her heart has always been to see people healed and whole. For some 21 years, she has been a motivational speaker in Australia and around the world and has written various genres, including her published autobiography, journal articles, doctoral thesis, educational courses and a movie script.

Until her integrity and foundation was shattered in the Navy after being subjected to bullying and sexual assault, leaving her with PTSD, anxiety and depression. Mel was medically discharged in the middle of a treatment program at St John of God to face loss of income, homelessness and everything she had worked towards to help others be the best they can be. Fortunately, Homes for Heroes was able to give her a place to live for 12 months and a chance to attend Equine at Cedars in 2015. It was from this opportunity that she was able to move forward, transition from the program and begin to start a Veteran health and wellbeing program of her own towards a new chapter in her life.