

The QAIHC SEWB WDSU team are working diligently to ensure that all Prime Minister and Cabinet (PM&C) funded SEWB/AOD workforce are supported. We are a community-driven support unit, with loads of experience, here to take your calls, visit your service, share good news stories or assist wherever we can with any challenges you may encounter.

We are funded by the Department of PM&C and contracted to:

- Encourage organisations which employ the SEWB workforce to support their training and professional development.
- Establish close working relationships with the SEWB workforce and registered training organisations to deliver nationally recognised training to meet the mandatory minimum qualifications as set out in the relevant program handbooks.
- Promote continuing education.
- Complete an annual Training Needs Analysis (TNA) for all members of the SEWB workforce.
- Hold regular jurisdictional SEWB workforce forums each calendar year to provide peer support, networking and sharing of best practice models across the SEWB workforce.

The WDSU recognises that self-determination is central to the provision of Aboriginal and Torres Strait Islander health services, education and training and utilises a co-design approach when engaging and planning activities with communities.

Welcome to 2020 from the team in Brisbane. We are excited to share with you the first edition of the newsletter for the year.

Please send any feedback about this edition and suggestions about what you would like to see in future newsletters to the team at sewb@qaihc.com.au

Next edition: June 2020 | Submission deadline: 10 May 2020

Meet the team



In February 2020, **Samone Sallik** was appointed as Manager of the SEWB WDSU after acting in the role since July 2019.



Welcome **Melissa Riddiford**, our Regional Coordinator. Melissa is a Wiradjuri woman with strong connections to the Barragum area. She is the new Regional Coordinator with the Social and Emotional Wellbeing (SEWB) Workforce Development and Support Unit (WDSU). For the past 11 years Melissa has worked in Social and Emotional Wellbeing, Alcohol and Other Drugs (AOD), Aboriginal and Torres Strait Islander health, counselling, children and youth and offshore remote processing centres.

Melissa has extensive knowledge of the remote areas with family out at Dalby and through to living and working at Yulara (Ayers

Rock). Melissa is very passionate about health, education and wellbeing and has been an active advocate for better access to these services throughout her career.



In March, we welcomed **Christopher Cole** to the team as a Regional Coordinator. Christopher

is a Luritja and Wambaya man from the Northern Territory. For the past 15 years Christopher has worked in the Northern Territory and Queensland AOD, youth, prison, community health services and suicide prevention programs.

Christopher has extensive knowledge of communities and their needs. Christopher is very passionate about health, education and wellbeing and has been an advocate for better access to these services throughout his career.

Contact the QAIHC SEWB team by email sewb@qaihc.com.au for any workforce assistance you might need – we're here to support you!

Strengthening Our Foundations

The Social and Emotional Wellbeing (SEWB) Alcohol and Other Drugs (AOD) South Queensland Regional Networking Forum was held on 3–4 March 2020 in South Brisbane. The theme *Strengthening Our Foundations* was designed to empower SEWB and AOD leaders to deliver services to clients on the ground, creating a strong foundation. The workforce travelled from Doomadgee and Normanton through to Yarrabah to attend the Forum.

The workforce heard the personal journey of Marumali Founder and keynote speaker, Aunty Lorraine Peeters, a Gamilaroi/Wailwan woman now living in Brisbane. She was forcibly removed as a child and has devoted many years of her life to supporting Aboriginal people to heal from past and present traumas. Aunty Lorraine developed the Marumali Journey of Healing Model in 1999 which is based on her own healing journey as a Stolen Generations person and went on to develop the Marumali Program® in 2000, a nationally accredited training program that aims to increase the quality of support available to Stolen Generations. She delivers the program to service providers, survivors within community and the prison system. Aunty Lorraine also played an active

advocacy role in the lead up to the National Apology to the Stolen Generations and the establishment of The Healing Foundation.

In the afternoon the workshop participants went on a self-care cruise down the Brisbane river and listened to Josh Walker from Quandamooka Coast share traditional stories about the Moreton Bay Region.

Day two of the workshop was delivered by the Blue Knot Foundation (National Centre of Excellence for Complex Trauma), Managing Vicarious Trauma when working with Aboriginal and Torres Strait Islander People who have experienced trauma. The interactive professional development training explored the nature of vicarious trauma and contrasts it with burnout and compassion fatigue. It supports the individuals in the workplace to keep healthy and safe while working with Aboriginal and Torres Strait Islander peoples and communities in which complex, intergenerational and collective trauma are prevalent. The training clearly stated the nature, dynamics and risks of vicarious trauma (VT), in conjunction with burnout and compassion fatigue, and supports culturally sensitive trauma-informed practice to enable the workforce



to stay healthy and safe in your work with Aboriginal and Torres Strait Islander peoples impacted by diverse traumas.

Overall the Forum was a great opportunity for the workforce to network, communicate and become familiar with programs and services being run within the Sector.

The QAIHC SEWB WDSU would like to thank Aunty Lorraine Peeters, Quandamooka Coast, Blue Knot Foundation and all of the organisations that were able to release their staff for such a valuable networking experience.



Walkabout Barber roadshow visits Oakey, Dalby and Tara

WORKFORCE news

In November 2019, Goondir Health Services and Darling Downs and West Moreton PHN organised a Walkabout Barber roadshow to visit communities in the district.

Walkabout Barber is a mobile barber, and trauma and recovery service combined into one. It is the brainchild of Brian Dowd, a trauma and recovery specialist, who wanted to provide fresh modern haircuts for men in rural and remote areas who may also be silently struggling on the inside.

Walkabout Barber offers a two-pronged approach to dealing with trauma and recovery, which emphasises that self-care is very important to improving both physical and mental health. Men in rural and remote communities are invited to have a free style and cut while also having the opportunity to partake in a men's business workshop. The workshop focuses on self-care, resilience as well as offering preventative strategies for dealing with depression, anxiety and suicide.

All three communities welcomed Brian and his crew and were excited about participating in such an innovative project with more than 100 men attending over the three days.

Walkabout Barber provided the men in all three communities the opportunity to have a safe place to off load their thoughts and concerns with other men. Supporting each other to tell their story, along with receiving valuable information and strategies on how best to deal with their current problem or issue.

For more information visit youtube.com/watch?v=s9tIRULRNWg

“The barber trailer is not just a mobile barber space, it's a mobile healing space too. The barber chair is a magical space where men can sit down, let their guard down and talk from a place they don't usually talk from and can let their emotional needs and wants out.”

Mr Dowd

If you have an upcoming event or good news story that you would like included for the June 2020 edition please email sewb@qaihc.com.au



TRAINING update

QAIHC has adopted a user choice option for the provision of training and anticipates this option will result in improved completion rates for the workforce who are seeking to obtain their qualifications.

If you have PM&C staff that *do not* have their minimum qualifications—please contact Samone Sallik, SEWB WDSU Manager to make the arrangements to get this started.

The courses available include:

- Certificate IV in Mental Health
- Certificate IV in Indigenous Mental Health
- Certificate III in Addictions Management and Community Development
- Diploma in Leadership and Management
- Diploma in Counselling
- Certificate III in Community Services.

Funding is limited so please advise what training your staff require. *Note: funding only covers course fees. Travel and accommodation costs are not covered however, you may be eligible for Abstudy to assist with these costs. The RTO or Regional Coordinator can assist with your application, if necessary.*

Request for Funded Training process:

1. Forward your Request for funded training to sewb@qaihc.com.au
2. Ensure you have completed a current training needs analysis to assist the team in assessing your eligibility.
3. Once request for funded training is received from the WDSU you will receive notification of the outcome via email.
4. Your designated RTO will then contact you for enrolment into your course.

In this column we present internet links to items of interest

THAT'S interesting!

National Sorry Day

National Sorry Day is an Australia-wide observance held on 26 May each year. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities. Stolen Generations refer to Indigenous Australians who were forcibly removed from their families and communities.

reconciliation.org.au/nationalsorry-day-an-important-part-of-healing/

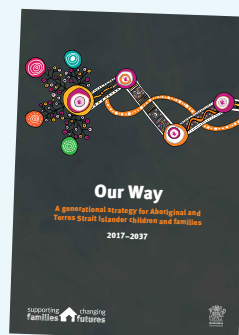
kimberleystolengeneration.com.au/shop/sorry-day-flowers

Our Way

Our Way—A generational strategy for Aboriginal and Torres Strait Islander children and families 2017-2037

Together with Family Matters—a national campaign led by more than 150 Aboriginal, Torres Strait Islander and non-Indigenous organisations across Australia—we are committed to eliminating this disproportionate representation of Aboriginal and Torres Strait Islander children in statutory out-of-home care, within a generation.

communities.qld.gov.au/resources/campaign/supporting-families/our-way.pdf



Orygen

Orygen. Promising Practice Guide: Improving the social, emotional wellbeing of young Aboriginal and Torres Strait Islander people with severe and complex mental health needs.



This promising practice guide draws on an emerging, yet disparate, evidence base about promising practices aimed at improving the social and emotional wellbeing of Aboriginal and Torres Strait Islander young people. It aims to support service providers, commissioners, and policy-makers to adopt strengths-based, equitable and culturally responsive approaches that better meet the social and emotional wellbeing needs of this high-risk population.

nacchocommunique.files.wordpress.com/2020/03/orygen-practice-guideto-improve-the-social-and-emotionalwellbeing-of-young-aboriginal-and-torres-strait-islander-people.pdf

Pottery workshop

Indigenous pottery workshop takes off in Doomadgee as locals fill classes started by Cairns duo.

abc.net.au/news/2020-02-16/indigenous-pottery-indoomadgee/11913288