

Welcome to the May edition of SEWB news! In an effort to maintain effective communication we hope you find this edition user-friendly and informative and we look forward to your feedback for future editions. Contact the team at sewb@qaihc.com.au

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.

QAIHC *welcomes*

**Stefenni
Bourne**

SEWB REGIONAL
COORDINATOR

My name is Stefenni Bourne. I'm a Bwgcolman & Wakka Wakka Woman from Townsville in North Queensland.



I have strong cultural connections throughout Queensland and I am very passionate about culture and social, emotional wellbeing. My passions were ignited by my family's struggles as members of the Stolen Generations. I saw firsthand how our emotional wellbeing and cultural identity play a major role in our personal foundations.

I have a strong administrative background and I've worked my way through to support work since becoming a parent. I am currently completing my diploma of counselling in order to support our mob in creating strong emotional and mental health and also to further develop my own resilience. I believe we become role models when we display the attributes we wish to see in others.

Healing is essential for our mob to move forward and to create something bigger than the circumstances we were given as individuals. I hope to make a difference while in my role as a SEWB Regional Coordinator and I look forward to connecting with people from all directions.

WORKFORCE *news*

**Cooktown Diploma in Leadership
and Management – Cohort**

Testimonials from the participants:

"I was very impressed with the Diploma in Leadership and Management content as learning the formulas, structures, and strategies to provide efficient and quality systems in leadership and management is essential to any organisation or business to ensure success. Gallang Facilitator was amazing – encouraged feedback, very approachable and knowledgeable, took the time to make us feel important by getting to know the local details of Indigenous peoples. I would highly recommend this training as it has proven to strengthen our management and quality systems within the SEWB Team. We have implemented the tools we have learnt and have already seen the fruits of the tangible structures put in place within the way we do business, and is beneficial to staff and community all round..."

Korrie Brown, Wuchopperen

"Thank you for this opportunity. The training was very insightful, the trainer had personal experience and knowledge of workplace relationships and management and was able to provide an insightful response to questions. Having the training provided in Cooktown was convenient and if it had been anywhere else (e.g., Cairns/Brisbane) the majority of our team would not have been able to attend.

"A number of other members of the community and even outside communities have asked about the training, one of the things I tell friends and family is that the trainer (John) is what made this course worthwhile. Studying Leadership and Management has provided me with the knowledge to take back to my workplace and use within my team. My goal was to be able to lead and be a role model..."

Renee, Pinangba

WORKFORCE profiles



(PICTURED ABOVE: Jack Day SEWB left, Gwen Button AODs, Joshua Renouf AODs – Healthy Heart Week)

Jack Day

SEWB WORKER –
CRAICCHS

Uncle Jack Day is a Komet Tribe Man and is also connected to the Darareb and Magaram Tribes from Murray Island in the Torres Strait.

He was born in Townsville and grew up in the Burdekin. He has been working for CRAICCHS in Cherbourg for 10 years this year. Uncle Jack started off as a Transport Driver in 2011 for the organisation and was given the opportunity to further his career by undertaking studies in Certificate III Aboriginal Primary Health Care in 2013, a 2015 Certificate IV Mental Health and completed his Diploma of Counselling through Gallang Education and Training and graduated in 2018.

Uncle Jack is proactive in the community and sits on the board of the Cherbourg Men's Group, Cherbourg Men's Shed, and Board of Cherbourg Well Being. Uncle Jack has engaged with the men of the community and the young people and has organised camps and touch football teams. He has also designed several CRAICCHS shirts, posters and flyers.

Uncle Jack works closely with the CRAICCHS Alcohol and Other Drugs and Family Well Being teams to support the men of the families going through hardship. He encourages the men of community to connect and yarn about their worries and link them to other services that benefit them. He encourages people to reconnect to their culture and traditional ways and yarns about the importance of being connected culturally and spiritually to their traditional lands and people.

Recently CRAICCHS held a Healthy Heart week and the SEWB, AODS & Sexual Health Team created information stands around how to maintain a healthy heart. Uncle Jack's stall was about how a holistic approach is needed when looking after your heart, and how we need to be balanced culturally, spiritually, physically, mentally, emotionally, and socially. If we are out of balance in one area it puts us out of alignment in the other aspects of our Social and Emotional Well Being.

Uncle Jack's motto in life is "If you want to do something in life, make sure you do it properly and stick it out till the end". Au Esoau /Kaima Esso – meaning thank you in eastern and western language.



Deion Garvey MA, PhD

MEN'S GROUP FACILITATOR –
ATSICHS BRISBANE

My name is Deion Garvey, I am a strong Afro-Caribbean man of colour from Trinidad and Tobago.

I have been the Men's Group Facilitator at ATSICHS Brisbane for almost one year. Together with my wife and son we call Australia home and acknowledge the Land and those of the Land.

My mission is to be an active member in a community that inspires others to be part of a sustainable world for future generations. I have PhD in Sociology; and a Master's in Theology with a focus on poverty alleviation, social accountability and interconnective relationships. My passion is to promote authentic communication, reducing isolation and improve relationships. This enables personal growth, well-being, and enhanced community.

In my private life I am an avid sailor, a Scout Leader and what feels like a Chauffeur to my lad's sporting and music interests.

With the incredibly supportive colleagues at ATSICHS Brisbane and partnered organisations, I am honoured and humbled to be able to work with the strong men of colour to increase better health outcomes.

Mob Link

Mob Link is an initiative of the Institute for Urban Indigenous Health to support Aboriginal and Torres Strait Islander people living in SEQ by linking them with health and social services.

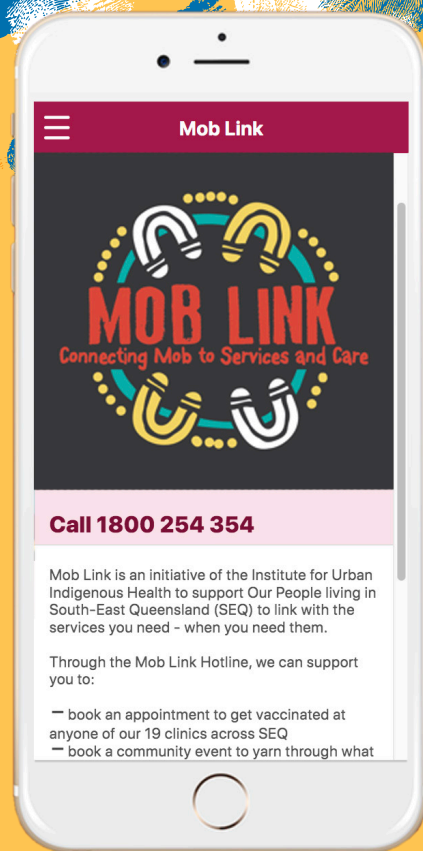
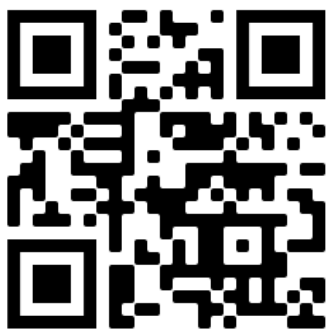
By calling **1800 254 354** Aboriginal and Torres Strait Islander people across South East Queensland can access a variety of COVID related services and supports plus a wide range of other health and social services.

The Mob Link app provides a wide range of information and resources designed to support Aboriginal and Torres Strait Islanders during times of hardship caused by the pandemic, including:

- Information about where to get vaccinated
- Details on how to book a community yarn about COVID

- Information on who to contact if you or community have questions about COVID and the vaccine
- Connections to services and support for those affected by COVID.

Scan the QR code to access the app:



International Women's Day 2022

NATSIWA (National Aboriginal and Torres Strait Islander Women's Alliance) CEO Sandra Creamer, QLD Director Tanja Hirvonen and QAIHC SEWB Manager Samone Sallik met with Strong Women Talking Group – Marigurim Mubi Yangu Aboriginal & Torres Strait Islanders Corporation for International Women's Day 2022 – 8th March.

Together they heard about the fabulous work they do in collaboration with many other organisations in the Brisbane area by supporting women through their healing journey and celebrating IWD 2022.

NATSIWA CEO gifted a donation to the Strong Women Group as part of this gathering.



(PICTURED ABOVE: Women of the Strong Women Talking Group, Marigurim Mubi Yangu Aboriginal & Torres Strait Islanders Corporation with Sandra Creamer, NATSIWA CEO; Tanja Hirvonen, NATSIWA QLD Director; and Samone Sallik, QAIHC SEWB Manager)

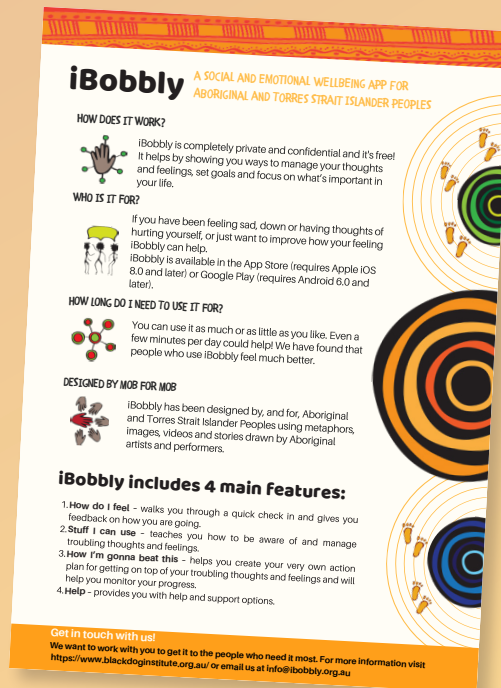
DID YOU know?

iBobbly

iBobbly is a social and emotional wellbeing app for aboriginal and torres strait islander peoples

- **iBobbly** is completely private, confidential and free!
- If you have been feeling sad, down or having thoughts of hurting yourself, or just want to improve how you're feeling, **iBobbly** can help.
- The **iBobbly App** is available now.

<https://www.blackdoginstitute.org.au/wp-content/uploads/2020/08/iBobbly-brochure.pdf>

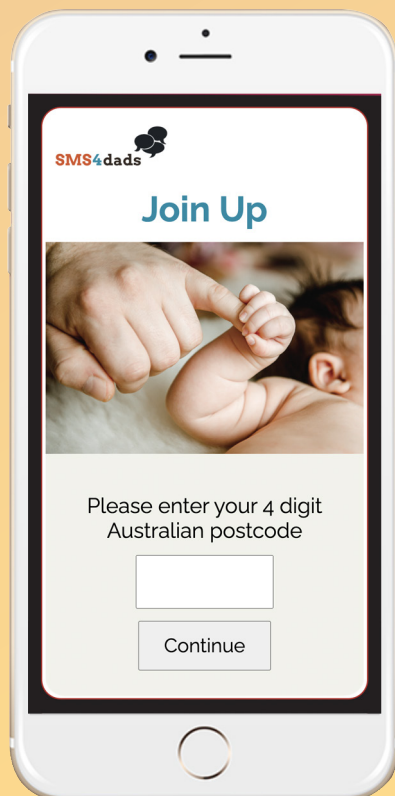


13 YARN

13YARN (thirteen YARN) is the first national crisis support line for mob who are feeling overwhelmed or having difficulty coping.

They offer a confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal and Torres Strait Islander Crisis Supporter who can provide crisis support 24 hours a day, 7 days a week. **13YARN** empowers our community with the opportunity to yarn without judgement and provide a culturally safe space to speak about their needs, worries or concerns.

If you, or someone you know, are feeling worried or no good, we encourage you to connect with **13YARN** on **13 92 76** (24 hours/7 days) and talk with an Aboriginal or Torres Strait Islander Crisis Supporter.



SMS4dads

SMS4dads is a free service and is available for any father to help support men in their role as fathers and increases the awareness of their influence on a baby's brain development.

SMS4dads helps fathers understand and connect with their baby and partner. It also checks in on their wellbeing and offers professional support if needed.

This service provides information related to the age and stage of your baby. It's the info you need – when you need it, how you need it – straight to your phone. Joining is easy!

<https://www.sms4dads.com/v4/pc>



ETS ABORIGINAL AND TORRES STRAIT ISLANDER

Social & emotional wellbeing cards

Who is ETS?

Evolve Therapeutic Services (ETS) provides specialist, intensive, trauma-informed, mental health services for children and young people aged under 18 years. The children and young people who come to Evolve Therapeutic Services are involved with The Department of Communities, Child Safety Services, or are on child protection orders and in out-of-home care. They experience severe and/or complex psychological and behavioural support needs.

SEWB Cards

These social and emotional wellbeing (SEWB) cards aim to assist non-Indigenous mental health clinicians in Queensland to instigate more meaningful conversations with Aboriginal and Torres Strait Islander consumers and their families to better appreciate their perspectives of wellbeing.

This clinical tool works to reflect on the SEWB framework for Aboriginal and Torres Strait Islander people, what it means, what it can look like in reality, and how it can lead to conversations of hope, healing and connection.

Each card is printed with a visual image that relates to Aboriginal and Torres Strait Islander SEWB domains of:

- physical wellbeing
- mental wellbeing
- family and kinship
- community
- culture
- land
- spirituality and ancestors.

While the cards are primarily aimed at young people, the resource is suitable for Aboriginal and Torres Strait Islander people of all ages.

The cards are accompanied by a guide which offers mental health clinicians a range of information including how and when to use the cards.

Download the cards here: www.health.qld.gov.au/_data/assets/pdf_file/0021/1018137/SEWB-cards.pdf



MENTAL HEALTH CAMPAIGN

To empower young mob

Headspace has launched a suite of new resources for Aboriginal and Torres Strait Islander young people, empowering them to take charge of their social and emotional wellbeing.

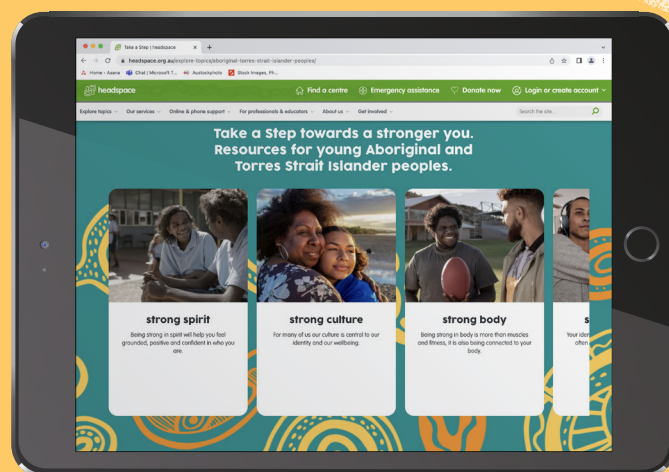
Aboriginal and Torres Strait Islander peoples aged 24 and under are three times more likely than other young people to die by suicide. Responding to this urgent need for support, the 'Take a Step' campaign encourages Aboriginal and Torres Strait Islander young people to recognise the signs that something's not right – and provides small, practical steps towards feeling better.

The materials have been developed in partnership with Aboriginal and Torres Strait Islander community members from across Australia, including a reference group of Aboriginal and Torres Strait Islander young people with lived experience of mental ill-health.

'Take a Step' television and radio advertisements will broadcast nationally and in select cinemas. A suite of print and online resources for young people, and for family and friends with a young person in their lives, are also available.

'Take a Step' is an initiative of headspace and funded by the Department of Health and Minister for Indigenous Australians.

To learn more and to view available resources visit the headspace website [here](#).



Mental Health Week

Would your organisation like to hold an event for 2022 Queensland Mental Health Week?

2022 QLD Mental Health Week Community Events Grant Program are now open!

The grant program features two grant rounds – a Community Grant Round (grants of \$500, \$1000 or \$3000 are available) and Youth Grant Round (grants of \$500 or \$1000 are available).

The funding will enable communities to host more informative and effective events, offsetting event expenses such as engaging specialists for seminars or purchasing workshop supplies.

Before you apply for a grant, please confirm your organisation is eligible for that round by reading the [2022 QMHW Community Events Grant Program Guidelines](#).

All successful grantees must register their 2022 event on the QMHW events calendar. If you have your information ready to go, you can do this now, [here](#).

Key dates:

- Applications open 9:00 am AEST on Monday 4 April 2022
- Community Grant Round closes 5:00 pm AEST on Friday 6 May 2022
- Youth Grant Round closes 5:00 pm AEST on Friday 13 May 2022

UPCOMING events



5th Annual National Indigenous Social & Emotional Wellbeing Forum – 21-24 June, Darwin Hilton.

Driving holistic wellbeing and reducing the rate of suicide through connection to culture and identity.

<https://www.thirdsector.com.au/event/national-indigenous-social-and-emotional-wellbeing-forum-2022/>