

Welcome to 2023 from the QAIHC Social and Emotional Wellbeing Workforce Development Support Unit (SEWB WDSU) Team. 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.

We're here to *help*

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 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.

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



QAIHC

Our Stories, Our Healing

SEWB STATE GATHERING BRISBANE, 30-31 MAY 2023

QAIHC SEWB WDSU looks forward to hosting the 2023 Annual State Gathering, promoting professional development and networking opportunities. The program will be forwarded closer to the date.

STAFF TRAINING & QUALIFICATIONS

In February 2022, five Pinangba staff members Carley Murray, Chavanne Bowen, Kath Pennell, Renee Harrigan (Cape York Family Centre) and Maria Frank (Stagpole Street Drug and Alcohol Rehabilitation Unit) graduated with a Graduate Certificate Family Therapy from La Trobe University Melbourne. All staff are working within a systemic framework to deliver family therapy and counselling to individuals and their families whilst they are admitted to our residential drug and alcohol rehabilitation services.

In March 2022, four staff from Cape York Family Centre: Renee Harrigan, Carley Murray, Kath Pennell and Nash Snider completed a Diploma Management and Leadership. These staff members had identified professional development opportunities and are being encouraged to participate in training that supports succession planning pathways.

WORKFORCE profiles



Ferdy's Haven Rehabilitation Centre, Palm Island



Ferdy's Haven

ALCOHOL AND OTHER DRUG SERVICE

Ferdy's Haven is a residential-based recovery service for Aboriginal and Torres Strait Islander people who are experiencing significant harms due to their alcohol or other drug use.

Ferdy's Haven provides a culturally appropriate setting where service participants can feel safe, secure and supported in their recovery efforts.

The Ferdy's Haven program aims to support people to regain their self-esteem and inner dignity whilst providing activities to foster participation to build skills to maintain daily living. This process of recovery also aids participants to maintain mindfulness in order to meet their primary goal which is to be able to live a substance-free lifestyle.

The residential-based recovery program is complemented by the Community Wellbeing Service which focusses on the early identification and prevention of alcohol and drug misuse, with a range of program sessions to help equip an individual to take back control of their lives.

Please call Ferdy's Haven on for specific information regarding admission criteria and exclusions.

QAIHC SEWB would like to congratulate all the graduates at Ferdy's Haven for completing their Certificate IV in Mental Health.

The graduates were:

- Shannon Morgan
- Irene Nallajar
- Bethel Clay

The following students are also finalising their assessments for Block 8:

- Bernadine Castors
- Derek Haines
- Andrew Castors

Contact Ferdy's Haven

Lot 474 Coconut Grove
PALM ISLAND QLD 4816

P: (07) 4770 1745

W: <https://adis.health.qld.gov.au/service-providers/ferdys-haven>



Helen Dodd

SEWB COUNSELLOR, GOONDIR HEALTH SERVICE

My name is Helen Dodd and I am a proud Wulli Wulli woman from Theodore in Central Queensland.

I started my career at Goondir Health Service seven years ago in Reception, completed a Cert IV in ATSI Primary Health Care, moving on to an AHP (Aboriginal Health Practitioner) role. From there I progressed to the IOW (Indigenous Outreach Worker) found my passion in Counselling. I completed a Cert IV in Mental Health and am currently in the middle of a Diploma in Counselling.

My current position with Goondir Health Services is as the Social & Emotional Wellbeing (SEWB) Counsellor at our Oakey Site.

Working within an Aboriginal Medical Service allows me to continue to work towards making a difference for not only my family but for my people as a whole. I am very blessed to be able to work with so many of our Aboriginal and Torres Strait Islander brothers and sisters in and around our surrounding communities and in our chosen fields.



Kim Minniecon

**ACTING ABORIGINAL
AND TORRES STRAIT
ISLANDER WORKFORCE
DEVELOPMENT OFFICER,
INSIGHT**

My name is Kim Minniecon and I'm the acting Aboriginal and Torres Strait Islander Workforce Development Officer at Insight for this year while the incumbent, Chloy Nuevo, has gone on maternity leave

For those who know Chloy, I'm sure she would not mind if I mentioned that she had a beautiful little girl named Rose. Both mum and baby are healthy.

More exciting news is that Insight and Dovetail have recruited four new staff. One of these is an identified position who will be working with me. This in effect doubles the permanent staff numbers in this team and I'm pleased to announce that the successful applicant for this position is Imogen Malone. Imogen has an extensive background working with our community and we're both looking forward to expanding our team even further and growing our influence.

Lastly, as some of you may or may not be aware, on 1 February 2023, Insight had a morning tea to welcome in 2023, meet our new staff members and to hold a mini-launch of the first tranche of our new and updated AOD Curriculum. The new Learning Portal feature will be rolling out across the state in 2023.

GOOD NEWS STORY

Oakey Women's Group

This is our very first Women's Group held here in Oakey for our Indigenous ladies. We have this every Wednesday here at our little clinic.

The women absolutely love this community engagement, they feel safe at our clinic, and thoroughly enjoy the weekly activities that I plan for them. So far, they have enjoyed days out to the local Army Base and met the cadets and other young Indigenous youths that showed interest in joining the Defence Force. Painting, arts and crafts, soap and bath bomb making, diamond art and cooking. They contribute ideas for what they would like to accomplish with this group. I am very honoured that I get to spend time with all these beautiful souls who attend every week.

Recently we took some members of our Women's Group out to St George for an overnight trip. We met up with sister Janelle Fatnowna (SEWB Counsellor for St George) and her music therapy group for a catch up. The ladies loved the road trip out and enjoyed meeting some St George Elders and members of the community. The group took a tour of the town, Goondir's new wellness centre and the Goondir Medical Clinic; followed by a nice lunch.

We ended the day down at the Ballonne River where some of our Elders were excited to put their feet in the river. Auntie Gloria Lipsett (blue shirt) was determined to put her feet in the water, so we assisted her to get down on the edge of the jetty. She tells us it has been forty years since she has got to dip her feet in a river. She is still talking about it today!

**Hellen Dodd,
Oakey Clinic, Goondir**



L-R: Our eldest member Auntie Zona Martin (90), and Auntie Patsy White (79).



SEWB State Gathering

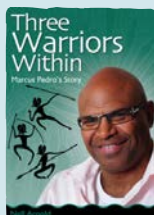
BRISBANE | 27 - 29 JUNE 2022

The Social and Emotional Wellbeing (SEWB) State Gathering was held on 27-29 June 2022. The theme for the State Gathering was *'Keeping Strong for Our Mob'* which was designed to empower the SEWB workforce and enforce the importance of self-care when delivering services to clients within their communities, creating a strong foundation.

Forums held at the Gathering were a great opportunity for the workforce to network, communicate and share strengths-based, culturally responsive approaches that better meet the social and emotional needs across North Queensland's SEWB sector. The workforce travelled from across the state from remote communities and services.

Marcus Pedro

MASTER OF CEREMONY (MC)



Marcus Pedro shared his personal story, about his challenges, struggles, failures, disappointments, hardships and achievements, as a Torres Strait Island man, as a co-author of his book *'Three Warriors Within'*, a professional DJ, a youth motivator, inspirational speaker, mentor, and a coach, trying to survive in a big city, whilst missing home.

Steph Tisdell

KEYNOTE SPEAKER



Steph Tisdell is an Indigenous comedian that has had a huge following all over the world. Steph talked about a number of issues, specifically around her culture, cultural identity, mental health and body image.

Steph is fast becoming a ubiquitous presence on mainstream television, being a regular guest on *The Project* and *Hughesy we Have a Problem*. An earlier interest in politics saw her first enrolling in law, and this sense of social justice matched with her formidable intelligence enables her to deliver social insights that challenge cultural stereotypes in a way that is hilarious, relatable and importantly, as a proud Indigenous woman, powerful. Authentic, ebullient and endearing, she's changing the world while taking the piss all at the same time.

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WORKSHOPS

The Prun

(Managing Conflict)

'Prun' is an Indigenous word and an Indigenous way to resolve conflict. This training helped participants to develop skills for constructive conflict management in various environments including schools, workplace, family and community. It is based on the Indigenous group conflict management processes of the Prun and the process work of Arnie Mindell (*Sitting in the Fire*).

Recreating the Circle of Wellbeing

This training emphasised the traditional approach of the talking/healing circle. It provided experiences in circle work as participants walk the collective circle of knowledge between past and present, personal beliefs and practices and their effects on our environment, social, cultural and family relationships.



The Social and Emotional Wellbeing (SEWB) Northern Regional Forum was held on 29 – 30 November 2022 in Townsville. The participants travelled from the Torres Strait Islands, Mareeba, Rockhampton and between to attend the Forum.

We kicked off the event with an official Welcome to Country from Christina George, a Wulgurukaba woman. Then the official opening from Tonya Fuschtei, QAIHC's own Master of Ceremonies. Chris Cole provided feedback from the 2022 State Gathering and opened the conversation to the participants to share their experiences in both the challenges and what is working within their communities.

The conversation reinforced the need for more training opportunities to be offered within community, service mapping that indicate clear referral pathways and prison programs.

Stefenni Bourne then presented feedback from the Training Needs Analysis that was sent to leaders within the participant's organisations. It was highlighted that professional development options targeting counselling, SEWB support and group therapy activities were required across North Queensland.

Other recommendations made were face-to-face training and more peer support opportunities to increase networking and share cultural knowledge.

Following the feedback, we heard from two lived experience speakers, Cameron Smallwood and Aunty Rachel Cummins. Cameron and Aunty Rachel shared their journey of strength, passion, persistence and how our social and emotional wellbeing plays such a huge part in our lives and how we can influence others in making good choices.

The participants were able to learn from a number of speakers across North Queensland, supporting mob through culturally safe programs and activities. First up we got to hear from Uncle Alfred, he shared an activity he formed which looks at artistically putting our story down to visualize our journey. We then participated in a hands-on activity with Aunty Sheila Brim and Aden Brim from Ngoonbi. We were taught the importance of self-care and the fundamentals of weaving which also taught us patience.

Gindaja's Jasmine Keyes and Mianna Jackson presented their program 'Don't Get Me Wild'. Participants were given the opportunity to use their worksheet to identify what were some of our triggers we've learnt growing up, how we respond and how we can use other techniques to respond in a more constructive manner.

The last presentation was from QAIHC's Tonya Fuschtei who presented 'EYEZ ON ICE', a culturally safe resource for young people and family members who are affected by problematic substance use, in particular methamphetamines.

The main workshop for the event was presented by Spirit Dreaming's Mel Brown. Mel facilitated the Self-Care and Self-Repair workshop which explores the activities and practices that we deliberately choose to engage in on a regular basis to maintain and enhance our health and wellbeing, whilst avoiding or reducing the symptoms of stress and anxiety. The training addressed the challenges of self-care and self-repair when we add our additional cultural responsibilities to those we already carry, and how this directly impacts on our ability to care for our own wellbeing and mental health.



DID YOU know?

Volatile Substance Use

Volatile substance use (VSU) is the intentional inhalation of chemical substances by a person to become intoxicated.

VSU is also known as 'inhalants'. Other terms include 'petrol sniffing', 'chroming', and 'huffing'. Some every-day products that are used for sniffing include:

- deodorant
- air freshener
- lighter fluid
- petrol

Inhalant use presents a range of challenges within the service system. The cohort regularly using inhalants are often very young, frequently with backgrounds of complex trauma, and interfacing with the justice, health and child protection system. As volatile substances are typically first used at a young age, the health effects of sniffing have implications for the developing brain and long-term health of young people.

Inhaling volatile substances, particularly butane, propane and aerosols, can cause sudden death. Sudden sniffing death can happen

when a person who has been sniffing does some exercise or is stressed or scared (because this puts extra pressure on their heart).

Short-term effects from sniffing inhalants include:

- tiredness
- feeling nauseous (sick)
- irregular heartbeat (arrhythmia)
- memory loss (forgetful)
- loss of consciousness
- feelings of wellbeing.

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Dovetail

Dovetail recorded a presentation that provides an overview on inhalant use in Queensland, including information on the medical management of inhalant use, and strategies to assist coordinated multi-agency responses. The information in this webinar is still current with the issue many of us are facing with inhalant use. To view Cameron Francis—Responding to inhalant use in QLD, please visit <https://www.youtube.com/watch?v=wVku52qeyBs>

RESOURCES

There are a number of resources available to health professionals and families to support a person who may be engaging in inhalant use. Visit <https://aodknowledgecentre.ecu.edu.au> to access resources from across the country, including the booklets below.



DID YOU know?



WellMob brings together online resources made by and for our mob. Here you will find websites, apps, podcasts, videos, social media, and online counselling all with a focus on social and emotional wellbeing.

WellMob is for all of our frontline health and wellbeing workers, including:

- 🕒 community health and wellbeing workers
- 🕒 mental health workers
- 🕒 family support
- 🕒 education and youth services.

Workers can feel confident to share any online wellbeing resources they find with their

clients and customers. There are also training resources to support your work in the community, and resources to help you look after yourselves.

WellMob is for our mob!

It is a safe online place for our communities to access all kinds of digital wellbeing resources.

<https://wellmob.org.au/>



AIMhi-Y app

The Aboriginal and Islander Mental Health Initiative for Youth (AIMhi-Y) app aims to promote wellbeing and resilience for Aboriginal and Torres Strait Islander young people.

The app is a brief, supported and self-guided intervention for young people aged 12-25 years, which embeds guidance from Elders and builds connection with Country and language.

It works to address:

- 🕒 key risk factors for youth suicide
- 🕒 compromised mental health
- 🕒 cultural dislocation
- 🕒 limited access to services.

The AIMhi-Y app has been co-designed with Aboriginal and Torres Strait Islander young people and Elders from the NT and it retains many of the elements from the original AIMhi Stay Strong app. It can be used in collaboration with a support service, such as schools, social and sporting clubs, health services or other support organisations.

Organisations interested in using the app with young people are encouraged to contact the AIMhi-Y team. https://www.menzies.edu.au/page/Research/Projects/Mental_Health_and_wellbeing/Aboriginal_and_Islander_Mental_health_initiative_for_Youth_AIMhi-Y_App/

CALENDAR OF Events

24–30 April

World Immunisation Week

25 April

ANZAC Day

5 May

International Midwives Day

12 May

International Nurses Day

14 May

Mother's Day

26 May

National Sorry Day

27 May–3 June

National Reconciliation Week

31 May

World No Tobacco Day

3–10 July

NAIDOC Week

4 August

National Aboriginal & Torres Strait Islander Children's Day

3 September

Father's Day

4–10 September

Women's Health Week

7 September

Indigenous Literacy Day

14 September

R U OK Day

1–31 October

Breast Cancer Awareness Month

7–15 October

Mental Health Week

1–30 November

November

18 November

White Ribbon Day

25 December

Christmas Day