

Welcome to the October 2023 edition of Social Health News! We hope you can find this edition user-friendly and informative, and we look forward to your feedback for future editions.

You can contact the team at sewb@qaihc.com.au

We're here to *help*

The QAIHC SEWB Workforce Development Support Unit (WDSU) team is working diligently to ensure that all Prime Minister and Cabinet (PM&C) funded SEWB/AOD workforces are supported so they can support others. 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 *new staff* Natalie Scott

SOCIAL HEALTH
PROGRAMS MANAGER,
SECTOR DEVELOPMENT



QAIHC's alcohol and other drugs, social and emotional wellbeing suicide prevention programs are all now managed under the banner of Social Health Programs, managed by Natalie.

Nat has worked for over 20 years across mental health, alcohol and other drugs and suicide prevention sectors in government and non-government settings. She holds qualifications in psychology, counselling, clinical supervision, suicidology, sand and symbol work, partnership brokering and project management.

This work has predominately taken place in ACCHOs across South-East Queensland as a clinician, supervisor, consultant, and Manager inclusive of Service Development, Research and Innovation.

Nat is passionate about people and their stories and holds relationships at the centre of good mental health and wellbeing. As a skilled practitioner, Nat has provided over 15 years of culturally safe, trauma-informed counselling and advocacy for First Nations men, women, children and families. Nat works with individuals and families engaged with the child protection, criminal justice systems, as well as people experiencing mental health and alcohol and other drug challenges, emotional distress and suicidality.

Reach out to Nat to see how Social Health Programs can best support you and your teams: natalie.scott@qaihc.com.au

Katelyn Goodsell

SOCIAL HEALTH
PROJECT OFFICER



Katelyn is originally from the South Coast of NSW in a town called Nowra —Yuin Nation, and a descendant from the GunaiKurnai Victoria.

Katelyn has years of experience in the community service sector and has come to QAIHC to pursue her passion around Social and Emotional Wellbeing and Alcohol and Other Drugs. Katelyn will be working with Nat in the Social Health Project Team.

spotlight

QLD MENTAL HEALTH WEEK 7-15 OCTOBER

Queensland Mental Health Week (QMHW) is an annual awareness week that aims to shine a spotlight on individual and community mental health and wellbeing.

Queensland Mental Health Week encourages all of us to think about our mental health and wellbeing, regardless of whether we may have a lived experience of mental

illness or not, and encourages help seeking behaviours, when needed.

QAIHC welcomed the opportunity to shine a light on the important work of some of our Members' deadly mental health/alcohol and other drug workers. This year's theme 'Awareness, Belonging, Connection' offered the opportunity to hear from our hard-working team members and what the theme means to them. Check them out below!



Carla Buckley, a social and emotional wellbeing Counsellor with Bidgerdii Community Health Service spoke about the theme of Awareness and what it means to her.



Ronnella Onyeajum is a wellbeing counsellor in the Social Health Program with Kambu Health. Her focus for the post was on that the theme of Belonging means to her.



Wina Cahyani is an AOD Counsellor with Cherbourg Regional Aboriginal and Islander Community Controlled Health Services. Wina's post spoke about the importance of Awareness.

NEW RESOURCES!

Breakthrough Our Way

Breakthrough Our Way has been adapted from the mainstream Breakthrough for Families and contextualised particularly for Aboriginal and Torres Strait Islander people. Breakthrough for Families is an initiative of the Queensland Government Department of Child Safety, Youth and Women to tackle Ice and other drug use in Queensland. Breakthrough Our Way offers a suite of practical, easy to use resources developed with community for Aboriginal and Torres Strait Islander families and significant others whose lives are affected by someone's drug and alcohol reliance. The interactive sessions explore how Breakthrough resources can support you in everyday work with families and communities.

To get your resources please contact the team at QAIHC – sewb@qaihc.com.au



TRAINING & resources

Staff Training & Qualifications

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 Prime Minister and Cabinet (PMC)/National Indigenous Australian Agency (NIAA) funded staff that do not have their minimum qualifications, please contact SEWB WDSU Manager, Nat Scott to arrange to get this started.

Available courses are as follows:

- Certificate IV in Mental Health — Gallang Place
- Diploma in Counselling — Gallang Place

Funding is limited; we cannot process or consider training if staff, team leaders or managers have not contacted QAIHC to advise what training is required.

Currently enrolled in the Certificate IV in Mental Health are 12 SEWB/AOD workers!

Please Note: funding is only available for course fees. Travel and accommodation costs are not covered. However, you may be eligible for Abstudy to assist with these costs. The Registered Training Organisation (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 for your team in assessing your eligibility.
3. If the WDSU approves your request, you will receive confirmation via email.
4. Your designated RTO will then contact you for enrolment into your course.

Training module:

UNDERSTANDING THE AOD LIVED/LIVING EXPERIENCE, PEER WORKFORCE

Insight has developed an eLearning module that provides a broad overview of the AOD lived/living experience (LLE), peer workforce, its history and inclusion in current practice.

By the end of this module, learners will be able to:

- describe the historical beginnings of the AOD LLE workforce
- give examples of AOD LLE roles and the settings they may work in
- discuss some of the benefits of including an AOD LLE workforce within an organisation
- identify some of the processes around incorporating an AOD LLE workforce sustainably.

Access the training by the following link:

https://insight.qld.edu.au/training/L1C6M4_20230608/landing

Digital Stay Strong Plan

The new Digital Stay Strong Plan has been launched by Menzies School of Health Research during World Mental Health Day. This tool serves

as an interactive digital version of the Stay Strong Pictorial Care Plan, and it aims to assist individuals in strengthening their connections, setting goals, and managing their mental wellbeing.

Developed in response to community feedback, this approach to discussing well-being is holistic, person-centred, and strengths-based. Additionally, the tool provides culturally safe mental health resources for schools, health services, and support services for Aboriginal and Torres Strait Islander people. For optimal use, it is recommended to download the tool on a desktop computer or laptop using Adobe Acrobat reader.

Go to the Digital Stay Strong Plan:

https://www.menzies.edu.au/icms_docs/338899_Digital_Stay_Strong_Plan.pdf



Our Stories, Our Healing

SEWB STATE GATHERING | BRISBANE, 30–31 MAY 2023

QAIHC is funded under the SEWB Workforce Development Support Unit (WDSU) to facilitate an annual State Gathering of NIAA funded participants across SEWB and AOD.

The SEWB State Gathering 2023 was held on Tuesday 30 and Wednesday 31 May in Brisbane at Royal on the Park. It provided SEWB and AOD workers with professional development and networking opportunities across the Queensland community-controlled health organisations sector.

The 2023 SEWB State Gathering theme 'Our Stories, Our Healing' focused on stories of Aboriginal and Torres Strait Islander communities and the journey of healing. Presentations focused on different SEWB/AOD services/programs/sector resources, trauma-informed care, healing, staying strong and connected to culture, country, and each other.



QAIHC CEO ADDRESS

Cleveland Fagan & Paul Durante

Overview: Cleveland Fagan (CEO) and Paul Durante (General Manager, Sector Development – pictured) kicked off the gathering with the story of QAIHC and initiated a group discussion on 'What is important to workers?'



KEYNOTE SPEAKER

Preston Campbell

Overview: Preston shared his story of how Rugby League was never a dream as a child as he did not imagine himself leaving home. He shared his struggles in reconciling the footy and city culture and forgetting his roots. Preston shared with the group the importance of self-care and looking after ourselves.



GumBi GumBi

CAROLINE COX, RAY ABDY,
GEORGIA HEGARTY, SIEMMONE TOBY
& CALEN HEGARTY

Overview: Gumbi Gumbi Residential Rehabilitation programs are offered in residential and non-residential settings that merge cultural awareness and evidence-based treatment through group counselling and personal development. They shared an overview of the supports they provide to our mob struggling with substance use. Gumbi Gumbi use yarning circles at the start and end of every day to share goals and/or issues. This helps them stay focused on their aim of providing culturally safe environment.



Jeff Buckley

INSIGHT

Overview: Jeff is the Director of Insight; his presentation informed the group of the free AOD training for all service workers available on their website. Jeff spent some time discussing the new E-Learning modules and how organisations can now create their own profiles where they can save lists of courses and track progress within modules.

Our Stories, Our Healing

SEWB STATE GATHERING | BRISBANE, 30–31 MAY 2023



Tegan Scheffe

INDIGENOUS APPLIED SUICIDE INTERVENTION SKILLS TRAINING (I-ASIST)

Overview: Tegan provided the group with a presentation on national and state-wide implementation of Indigenous suicide first aid training in Australia and understanding the need for, and success of, co-design and Aboriginal and Torres Strait Islander-led suicide first aid in Australian communities.



Tonya Fuschtei

INTRODUCTION TO QAIHC AOD PROGRAM PACKAGES

Overview: Tonya gave an overview and introduction to QAIHC's AOD program packages. Tonya spoke about AOD our way resource package which included 'Breakthrough Our Way', 'Breakthrough Yumi Way' and 'Eyez on Ice'. Tonya showed the group the Eyez on Ice Package and went through the stages of change, types of drugs and the different resources for facilitators, families and youth.



Judy Atkinson & Cary Haining

WE AL-LI'—RESPONDING TO VICARIOUS TRAUMA WORKSHOP

Overview: Emeritus Professor Judy Atkinson provided a workshop focused on recognising and responding to vicarious trauma, developing the discipline for self-care strategies, creating responsive, care-based work environments and focusing on trauma-specific service delivery and work practice.



Marjorie Anderson

13 YARN

Overview: Marjorie provided a presentation on the National Crisis Support Line "13YARN". She described "13YARN" as laying an Indigenous layer over the top of the lifeline model. 13YARN's future goals are to have an option to contact via text message and increase their referrals.



Jermame Herbohn

'HEALING THE HEALER' THROUGH DEEP LISTENING

Overview: Jermame led an engaging deep listening and meditation session where he offered space to turn focus and attention inwards, learning to be conscious through feeling tensions in the body, noticing our breathing and feeling our minds connect to nature. Jermame reminded us meditation comes to our culture naturally.

Margaret Saunders & Johnathan Link

DEADLY THINKING WORKSHOP

Overview: Margaret and Johnathan engaged the group in their Deadly Thinking workshop. This aimed at exploring ways to promote social and emotional wellbeing for us, our families, and our mob. The group also had the opportunity to gain knowledge and to yarn about their experiences.



DID YOU know?

Take Home Naloxone (THN) Program

What is THN for?

As a part of the roll out of the National THN Program, Naloxone is being made free and available in Queensland for people who are at risk of, or who may witness an opioid overdose or adverse reaction. Naloxone is a lifesaving, fast acting, temporary, opioid antagonist. It inhibits the action of opioids and there is no risk of misuse.

What is the Department doing to expand access to THN?

Queensland Health has been working with key stakeholders and partners to expand access to THN by implementing the National THN Program in Queensland, noting this implementation:

- Has been progressively rolled-out for Nov 2022 for Authorised Alternative Suppliers (AAS)
- Must be delivered in line with the National THN Program rules
- Also includes Approved Providers, such as pharmacies.

In addition, changes have been made to the Medicines and Poisons (medicines) Regulation 2021 from July 2023, to streamline participation.

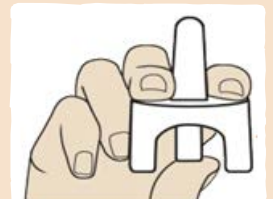
How do Queensland NGO service providers participate?

NGO Service Providers, including Aboriginal and Torres Strait Islander community-controlled health services that deliver the following services have been identified as an initial priority for the implementation of THN as Authorised Alternative Suppliers (AAS):

- Needle and Syringe Programs (NSP)
- Specialist Alcohol and Other Drug (AOD) treatment services
- Housing and homelessness outreach teams
- Mental health services.

From 1 July 2023 any NGO that wishes to participate needs to complete the AAS site nomination template and submit to THN@health.qld.gov.au

For more information and how to become an AAS see:
<https://www.health.qld.gov.au/system-governance/licences/medicines-poisons/medicines/general-approvals>



Insight – 'Vape Check'

Vape Check is a tool to help youth and health workers conduct a one-on-one single session brief intervention with young people who regularly use nicotine vaping products. The tool provides opportunities to:

- provide information on vaping to young people
- screen for nicotine dependence or risk of dependence
- understand motivations to vape and not vape
- for those who are ready, create a plan to cut back or quit
- suggest harm reduction strategies
- discuss further support as required.

Download resources using the following link:

<https://insight.qld.edu.au/shop/guide-to-using-vape-check>

DATE CLAIMER

SEWB

State Gathering



MERCURE GOLD COAST
13-14 MARCH 2024

WHAT IS culture care connect?

A new program:

- A community-controlled suicide prevention networking and aftercare services program.
- Integrating suicide prevention coordination and delivery of aftercare services, underpinned by Aboriginal leadership and control, to enable Aboriginal-led and coordinated approaches that meets the needs and priorities of Aboriginal communities.

Funded by the Australian Government Department of Health:

- Combines three streams of funding announced in the May 2021 budget to address the impact of suicide on Aboriginal and Torres Strait Islander peoples, families, and communities.

Coordinated nationally by the National Aboriginal Community Controlled Health Organisation (NACCHO) with key objectives to:

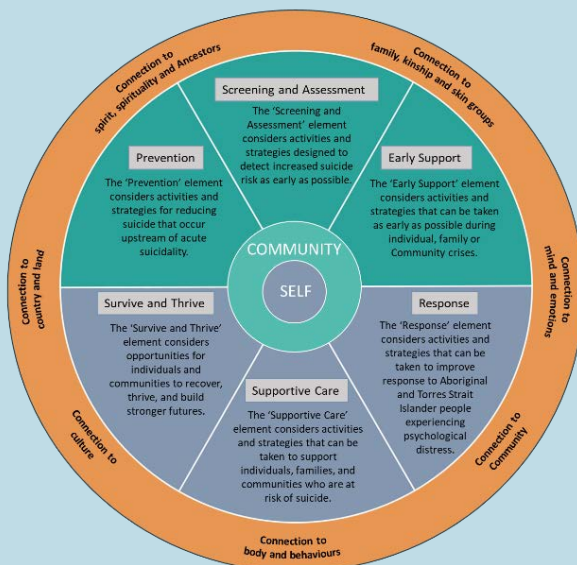
- Undertake suicide prevention planning and coordination of existing suicide prevention opportunities within regional networks.
- Deliver culturally safe aftercare services for Aboriginal and Torres Strait Islander people following a suicide attempt or suicidal crisis.

Based on a proposed model of care:

- To guide implementation and delivery of local and jurisdictional suicide prevention and aftercare consistent with Aboriginal ways of knowing, being, and doing.

Model of Care:

- The model has six elements of the patient journey (noting considerable overlap between activities in each element).
- Is consistent with Aboriginal and Torres Strait Islander ways of knowing, being and doing.
- Has SEWB embedded in the model—pathways for healing are in harmony with the holistic view of social, emotional, physical, cultural, and spiritual dimensions of wellbeing.
- Emphasis of the model is on culture and is supported by clinical elements of care.



What is QAIHC's Role?

Jurisdictional Suicide Prevention Coordination (greater Qld)

- Develop a jurisdictional suicide prevention plan
- Jurisdictional oversight and coordination with the Community Controlled Suicide Prevention Network regional leads
- Contribute to identification of potential sites
- Support network coordinators to draft, develop, and implement regional suicide prevention plans

- Undertake service mapping, including advice on existing service to avoid duplication
- Coordinate Aboriginal and Torres Strait Islander Mental Health First Aid Training (ATSIMHFAT)
- Monitoring and reporting, collect & report data

For more information or to schedule ATSIMHFAT reach out to jurisdictional coordinator Nat Scott via email: natalie.scott@qaihc.com.au

CALENDAR OF Events

1–30 November
November

12–18 November
Perinatal Anxiety & Depression Awareness Week

17 November
White Ribbon Day

19 November
International Men's Day

3 December
International Day of Persons with Disabilities

10 December
Human Rights Day

25 December
Christmas Day