

Social Healthnews

Social and Emotional Wellbeing Workforce Development Support Unit

ISSUE 10 | JUNE 2025

Welcome to the June 2025 edition of Social Health News!

We hope you find this edition easy to read and informative, and we look forward to your feedback for our future editions. Contact the Social Health team at sewb@qaihc.com.au

QAIHC SEWB State Gathering 2025

Over Tuesday and Wednesday, 17 & 18 June QAIHC's SEWB workforce shared just how important culture is for our mob to stay connected.

Yes, we have our challenges in community, but coming together in this space for our SEWB State-wide Gathering strengthens us to go back with motivation, resources, and words that have been so generously shared throughout the gathering.

It has been very healing. The Gathering has felt like a group hug for the soul.

Community must lead the way for our mob. Everyone at the Gathering has shown how they are doing exactly that.

Tiana Lea,
Social Health Programs Manager,
QAIHC



Spotlight

MARUMALI Program

The Marumali Program was held at the QAIHC offices in Brisbane on 6 May, with participants traveling from all over Queensland to learn about the evidence based, trauma and culturally informed healing program.

I found this workshop being very therapeutic and healing; and I believe this workshop provides a deeper understanding and awareness of the ongoing impact of colonisation and removals on Aboriginal and Torres Strait Islander people today. The workshop focused on tools and culturally safe strategies to further help those undergoing their own healing process and journey.

Sharing of personal stories and lived experiences throughout the session created a strong sense of connection and solidarity among participants. It was powerful to witness how

deeply the historical injustices continue to effect individuals, families, and communities. The facilitators provided a safe, supportive space for expression and reflection, and it was evident that the healing model used in the program resonated deeply with everyone involved. This experience not only deepened my cultural understanding but also strengthened my commitment to support healing and truth telling processes in my own community.

The Marumali Program is one of the most educational workshops I've ever attended as it really breaks down all the core issues that Aboriginal and Torres Strait Islander people face today from the effects of removals, colonisation and intergenerational trauma; and how it all aligns. Once you see it all written down on paper,

as you will during this workshop, it really becomes an eye-opener. You realise there is so much healing still to be done. I truly believe I gained much more knowledge, not only from this workshop, but from the other participants sharing their varied experiences, motivations and knowledge with the group.

It really was such a great experience, I feel this workshop should be implemented in all workplaces and schools across Australia.

QAIHC will be holding another Marumali Workshop in Townsville this coming November, providing another opportunity for participants to engage with this fantastic program.

Taliah Doyle, Social and Emotional Wellbeing Coordinator; and **Tiana Lea**, Social Health Programs Manager, QAIHC



Spotlight

EYEZ ON ICE Training

QAIHC recently conducted Eyez on Ice training in Cairns and Thursday Island.

The training reinforced the importance of collaboration, respectful engagement, and culturally appropriate communication when supporting individuals and families impacted by methamphetamine use.

To find out more about Eyez on Ice, please contact QAIHC on 07 3328 8500 and ask to speak to the Social Health Programs Team.



Resources

GETTING *Frisky?* DON'T BE RISKY

QAIHC have recently re-instituted a sexual health network to support ACCHOs in reducing the transmission of sexually transmitted infections (STIs) and blood-borne viruses (BBVs). The network also encourages best practice testing as well as culturally safe testing and treatment in Members' regions and communities.

This network is overseen by Emily Pegler — QAIHC's new Sexual Health Officer. Emily is supporting QAIHCs Member services in all things STI and BBV. This includes developing and disseminating sexual health resources, providing advocacy and support around sexual health and/or point-of-care testing (POCT), and facilitating networking across the sector.

In February of 2025, the Public Health as well as the Communications and Design teams developed a health promotion campaign for National Condom Day on 14 February. This campaign was designed to support QAIHC Members in their continued efforts to increase education around safe sex practices and prevent sexually transmitted infections through equity of access to condoms. Our slogan for this campaign was "Getting frisky? Don't be risky."

We sent our 33 ACCHO Members a resource package that included: male condom and lubricant packs (16,500 were kindly donated by LifeStyles), five (5) A2-size posters on how to safely use and dispose of condoms, 150+ brochures on how to safely use and dispose of condoms, and five (5) presentation boxes to hold condoms.

QAIHC also developed a range of sexual health resources for its Membership including:

- ❶ a comprehensive sexual health flipbook,
- ❷ sexual health yarning guidebook,
- ❸ self-collect specimen poster,
- ❹ sexual health questionnaire notepad,
- ❺ poster with condensed information on main STI/BBVs.

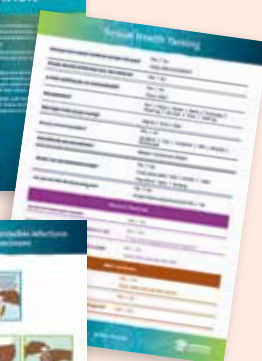
These resources include information on prevention, testing and treatment as well as guidance on conversations and yarns around sexual health.

For sexual health support and to order QAIHC's sexual health resources, please contact Emily Pegler at emily.pegler@qaihc.com.au



STI/BBV Guidelines

STI/BBV	Transmission	Prevention	Testing	Treatment	Notes
Gonorrhoea	Sexual contact	Condoms, Vaccines	Regular testing	Antibiotics	
Chlamydia	Sexual contact	Condoms	Regular testing	Antibiotics	
Trichomonas	Sexual contact	Condoms	Regular testing	Antibiotics	
Syphilis	Sexual contact	Condoms	Regular testing	Antibiotics	
Hepatitis B	Sexual contact, Blood	Vaccines, Condoms	Regular testing	Antivirals	
Hepatitis C	Blood, Sexual contact	Condoms	Regular testing	Antivirals	
HIV	Sexual contact, Blood	Condoms, PrEP	Regular testing	Antiretrovirals	
Herpes	Sexual contact	Condoms	Regular testing	Antivirals	
HPV	Sexual contact	Vaccines, Condoms	Regular testing	Antivirals	



Training & Support

Staff Training & Qualifications

QAIHC is excited to offer our Members support in strengthening their social and emotional wellbeing (SEWB) workforce capacity through training opportunities with Gallang Education & Training (GET).

These nationally recognised courses are available to your staff:

- Certificate IV in Mental Health (CHC43315)
- Diploma in Counselling (CHC51015)

To assist Member services, QAIHC will coordinate enrolments and facilitate funding support through NIAA Workforce Support programs, where eligible.

What we need from you

QAIHC invites you to complete an Expression of Interest (EOI) for any staff member you would like to support through these training opportunities. The EOI is designed to gather interest and ensure QAIHC can facilitate enrolments and financial support effectively. EOIs will also assist GET in ensuring their training resources meet demands.

How to Submit Your EOI

1. Fill out the attached EOI form (one form per staff member).
2. Return the completed form to:
 - Tiana Lea, Social Health Programs Manager
Tiana.Lea@qaihc.com.au
 - Adam Stephen, Workforce Development Manager
Adam.Stephen@qaihc.com.au

Please note: This is not an official enrolment form. Do not contact Gallang Education & Training directly. QAIHC will manage all coordination and communication with GET to ensure a smooth process.

Thank you for your commitment to workforce development and improving SEWB outcomes in your community.

UP COMING Event

The 2025 Indigenous Wellbeing Conference (IWC25) is coming to Meanjin (Brisbane)!

20-21 OCTOBER

Find out more and register your attend visit: anzmh.asn.au/iwc or scan the QR code below.



**Indigenous
Wellbeing
Conference**

REGIONAL Forums

SEWB Workforce regional forums will be in October this year, further information and dates will be sent out in the next few weeks. QAIHC will be holding the regional forums in the following locations:

**BRISBANE
CAIRNS
ROCKHAMPTON**

Resources

BLACK DOG INSTITUTE

Black Dog Institute is a proudly independent not-for-profit globally renowned mental health research institute connected to UNSW Sydney. They are the only medical research institute in Australia that investigates mental health across the lifespan — from childhood to adulthood.

Black Dog Institute believes in creating hope for those experiencing mental illness by improving mental health outcomes for all Australians.

Black Dog Institute's Aboriginal and Torres Strait Islander Lived Experience Centre delivers:

- **Culturally in-tune service design and delivery**

Through the development and support of a "workforce" of Aboriginal and Torres Strait Islander advocates, Black Dog Institute positively addresses culture and lived experience through the involvement of Aboriginal and Torres Strait Islander people directly on service design and delivery.

- **Support where it's needed**

Black Dog Institute is supporting mainstream organisations to effectively and meaningfully engage lived experience expertise in the delivery of mental health and suicide prevention programs.

- **Evidence and Best Practice focus**

The network directly supports existing recommendations arising from Black Dog Institute's partnership with the Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention (CBPATISIP) and the Aboriginal and Torres Strait Islander Suicide Prevention Evaluation Project report (ATSISPEP).

- **A service by the people, for the people**

The network is led by Aboriginal and Torres Strait Islander people, and is established to inform, influence and enhance culturally appropriate suicide prevention activities and mental health support programs, that work for our First Nations people.



**Black Dog
Institute**

BETTER : MENTAL HEALTH

CALENDAR OF Events

26-13 July:

NAIDOC Week

4 August:

National Aboriginal and Torres Strait
Islander Children's Day

9 August:

International Day of the World's
Indigenous People

3 September:

Indigenous Literacy Day

13 September:

Anniversary of United Nations
Declaration on the Rights of
Indigenous Peoples

4-12 October:

Mental Health Week

19 November:

International Men's Day

23-29 November:

Perinatal Mental Health Week

25 November:

White Ribbon Day

3 December:

International Day of Persons with
Disabilities

10 December:

Human Rights Day

25 December:

Christmas Day