



**Aboriginal
Health Council
of Western Australia**

July 2022

AHCWA News



New AHCWA **Social and Emotional Wellbeing Program**

New dates announced for AHCWA's
State Sector Conference

AHCWA presents at the 2022 SiREN Symposium



Coffee break with: Des Martin

Kaya, Welcome to the July edition of the AHCWA Newsletter

The challenges and lessons of the COVID-19 pandemic have been immense. Perhaps the biggest challenge, for both health staff and the public, has been learning to adapt to a constantly changing set of rules and recommendations. Since March 2020 we have had lockdowns, travel restrictions, quarantine, masks and telehealth. There have been complicated vaccine schedules to come to grips with; rapid antigen tests (RATs) to master and new anti-viral medications for those most at risk.

It has been an exhausting roller-coaster; and the learning curve has been steep for everyone. An international army of scientists and data analysts has worked around the clock to understand this evolving virus; and public health experts and public policy makers have had to rapidly translate this evidence into action on the ground. After more than two years, this collective knowledge continues to grow and new information is published every day. New variants keep emerging and the COVID waves keep coming. In some areas, such as Long COVID, we are still in the half dark with our understanding; and we could be in for some nasty surprises.

It can seem overwhelming; but fortunately, in the midst of these ever-changing details, there stands a solid set of basic public health principles that work to lessen the chance of being infected and reinfected with COVID-19. Quite simply, it is about reducing the risk to yourself and others through the well-established processes of hand hygiene, cough etiquette, distancing (including staying at home if you are unwell), following the latest health advice regarding mask wearing and getting vaccinated. If you do get sick, and are at risk, there are medicines available. Ask for them. Yes, the rules may seem more complex but the goal-posts have not really changed.

The goal-posts for other important health conditions also remain unchanged; but unfortunately with all the attention given to COVID-19 we seem to have lost sight of them. This is particularly the case currently with flu. Every year hundreds of people are hospitalised with influenza and many people die; and this year is no different. In spite of this only 33 per cent of Western Australians have been vaccinated (and the rate is considerably lower for the Aboriginal population).

People are experiencing COVID information overload and vaccine fatigue, and that's understandable — but don't muck about. If you haven't had your flu vaccine or your COVID-19 booster, now is the time to act.

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Phone: (08) 6145 1035 Email: kim.kirkman@ahcwa.org



This newsletter may contain images of Aboriginal and Torres Strait Islander people that have passed away.

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Staff Update

This quarter, the Aboriginal Health Council of Western Australia welcomed Mappa Data Officer Veranika Hermansyah, Public Health Program Officer Summer Porter and Contracts and Compliance Administrator Samantha McDonnell to the organisation. Training and Development Centre Coordinator Davide Trevisan-Singh and Public Health Program Officer Mary Macapili also joined the team; as did Senior Policy Officer - Mental Health Kat Baumann and Full Stack Developer on the Mappa program Kawaljit Batth and Social and Emotional Wellbeing Pilot Coordinator Gemma Daniels.

AHCWA to deliver new **regional Social and Emotional Wellbeing Program for Aboriginal Western Australians**

The Aboriginal Health Council of Western Australia will deliver a new \$17.6 million pilot program to enhance the social and emotional wellbeing of Aboriginal people in regional Western Australia.

Led by Aboriginal community-controlled organisations in their communities, the regional Social and Emotional Wellbeing Model of Service program will increase access to holistic mental and healthcare services for Aboriginal people in the Kimberley, Pilbara, Mid-West, Goldfields and South-West.

AHCWA Chair Vicki O'Donnell said the pilot would work to improve quality of life for Aboriginal people through culturally secure prevention and community development, psychosocial support, targeted interventions and coordinated care by multidisciplinary teams.

"Aboriginal people have a holistic conceptualisation of health," Ms O'Donnell said. "Community, family, culture, spirituality, language, country, emotions and the physical are all understood as integral to wellbeing."

"Social and emotional wellbeing is influenced not just by physical health, but by mental health, and the social determinants of health; such as education, housing, employment and economic engagement," she said.

"The Social and Emotional Wellbeing framework identifies that for Aboriginal people, prevention of mental illness, access to support, treatment and recovery are all enhanced when a person's needs and aspirations are considered holistically, and interventions are culturally safe."

The three-year pilot program also works to increase the Aboriginal workforce, with three of the seven roles to be created within each service 50D identified.

"This is a strength and resilience model with a focus on culturally secure support, and will ensure there are both male and female staff members in each service," Ms O'Donnell said.

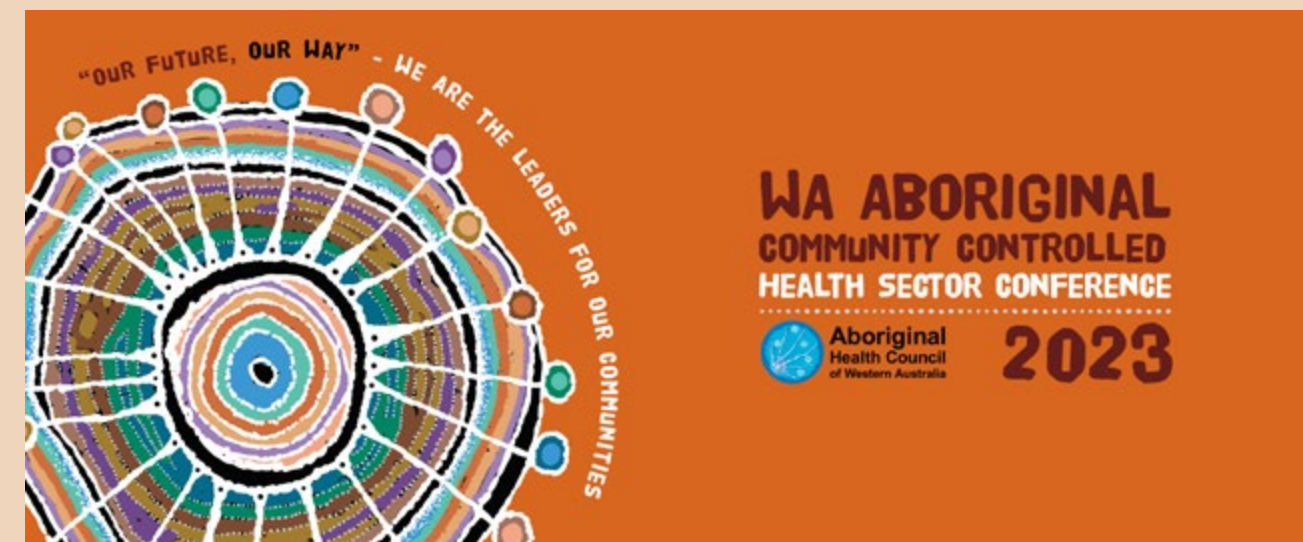
"It's by Aboriginal people, for Aboriginal people."

Mental Health Minister Amber-Jade Sanderson said the program complemented the State Government's work in progressing towards the National Agreement on Closing the Gap, which aims to reduce deaths by suicide and enhance the social and emotional wellbeing of Aboriginal people across Australia.

"The Social and Emotional Wellbeing Model of Service pilot program will be delivered by Aboriginal organisations that know their communities and the importance of providing culturally secure and holistic healthcare," she said.

The Mental Health Commission will work with AHCWA to support the governance and evaluation of the State Government-funded pilot.

It will be delivered at Bega Garnbirringu Health Service in Kalgoorlie; Derby Aboriginal Health Service in Derby; Wirraka Maya Health Service Aboriginal Corporation in South Hedland; Geraldton Regional Aboriginal Medical Service in Geraldton; and South West Aboriginal Medical Service in Bunbury.



New dates announced for the 2023 WA Aboriginal Community Controlled Health Sector Conference

Since 2008 AHCWA has hosted the WA Aboriginal Community Controlled Health Sector Conference.

This key event on the Sector calendar provides an important platform for delegates to collaborate on challenges, share learnings, celebrate successes, showcase new technologies, products, service and ideas to improve the health and wellbeing of Aboriginal people in Western Australia.

In 2023, the State Sector Conference will be held on Wednesday, 29 March and Thursday, 30 March and the Youth Conference on Monday 27 March, at the Esplanade Hotel in Fremantle, Western Australia.

The theme of the 2023 Conference is: "Our Future, Our Way" - We are the Leaders for our Communities". An exhibition is a key feature at both the Sector Conference and the Youth Conference. Both Conferences rely on funding from Commonwealth and State Governments and the generous support of our Conference sponsors and exhibitors. We look forward to seeing you to the 2023 Conference.

Program Overview

Youth Conference Monday 27 March 2023

This event is exclusively for Aboriginal and/or Torres Strait Islander youth aged 16 to 29 years.

Delegates are youth working in health and related industries, high school students, University and TAFE students, youth displaying leadership in their communities and youth from remote Aboriginal communities.

Youth Conference exhibitors are those organisations who provide education and training opportunities for youth.

Travel Scholarships are available to enable Youth residing in remote or regional areas to attend the Youth Conference.

AHCWA Members Planning Day Tuesday 28 March 2023

Attendance is restricted to AHCWA Members only.

State Sector Conference Wednesday 29 March and Thursday 30 March 2023

Open to all Health Care Professionals and those working more generally or have an interest in Aboriginal health and wellbeing (registration fees apply).

Held over two days, the Conference is an opportunity for delegates to engage with their peers and learn about programs and services delivered in metropolitan, regional and remote communities.

State Sector Conference exhibitors are those organisations who wish to promote their products and/or services to the Sector.

Sector Awards Dinner Wednesday 29 March 2023

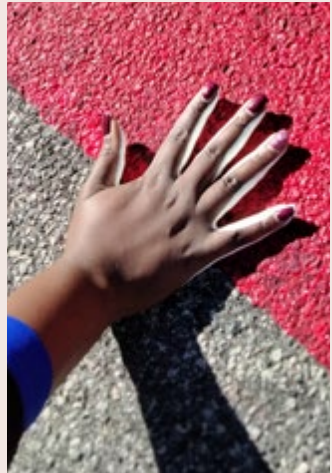
Ticketed event (ticket fees apply).

The Sector Awards recognise outstanding achievement within the Sector in the areas of:

- Young Achiever
- Elder in the Community
- Contribution by an ACCHS Employee

AHCWA marks the 51st anniversary of the first raising of the Aboriginal Flag

This month AHCWA marked the 51st anniversary of the week the Aboriginal flag was first raised at a land rights rally in Tarntanyangga by its Wombai and Luritja designer, Harold Thomas. The flag is an enduring symbol of unity and connection to Country and a representation of the strength and resilience of Aboriginal people, and AHCWA staff worked together to paint the flag on our doorstep. By flying or displaying the Aboriginal flag we seek to show respect for, and recognition of, First Nations peoples; and promote a sense of community partnership and a public commitment toward reconciliation.



Ngangganawili Aboriginal Health Service achieves 90 per cent flu vaccination rate in Wiluna

Ngangganawili Aboriginal Health Service has attained the impressive milestone of 90 per cent flu vaccination in the Wiluna community this winter. NAHS Policy and Compliance Manager Karen Court credited service's success with a willingness to undertake outreach and to include their Martu staff in the delivery of the program. "We strive to demonstrate cultural safety in everything we do because we know that this engagement outside of the clinic walls builds trust, and trust underpins good clinical outcomes," she said.

For the NAHS team, communication was key. "Talk to people, take time to answer questions and allow community members to voice their concerns," Ms Court said of NAHS's vaccination process. "Reinforce and repeat as required. In addition to this we utilise social media - Facebook only - although not to the same level as we did with COVID."

The team recruited an additional registered nurse to the clinical team over a couple of weeks to help with the program; which was facilitated by their Martu enrolled nurse, registered nurses, Aboriginal health worker, medical officers and community paramedics. "It was most genuinely a Clinical Team approach, which is integral to the success of this year's vaccination program," Ms Court said.

The flu vaccination program spanned around six weeks and dovetailed with the outstanding work done by the team in achieving high vaccination rates for COVID in the community. "We ran this in combination with and an adjunct of the COVID vaccination program," Ms Court said. "We have tried to roll out the fourth booster with the flu jab where possible and for those eligible. Social media scheduling and promotion has been used but much less than during the peak of our COVID outbreak as I have found that there had been saturation and as such organic reach had dropped significantly."

"We have an amazing clinical team here who are all very focussed on health promotion and the importance of preventative strategies like this," Ms Court said. "Our community are very lucky to have them."



Ngangganawili Aboriginal Health Service AHW Catherine Carton and RN Lizzie McLeay vaccinate Shelley Wyatt from the Shire of Wiluna against the flu. Photo courtesy of the Shire of Wiluna



Patients at Puntukurnu Aboriginal Medical Service's new dialysis centre in Newman

Puntukurnu Aboriginal Medical Service opens a new dialysis centre in Newman

Puntukurnu Aboriginal Medical Service launched a new dialysis centre in Newman this quarter, enabling patients to access vital treatment on Country and close to home for the first time.

Equipped with state of the art dialysis machine technology managed by specialist nurses trained in dialysis treatment, the centre can treat up to 10 patients per day.

With the rate of kidney disease disproportionately high in regional and Indigenous communities, this centre will provide a critical health service catering to the unique health needs of the people in the region.

The centre opened in late April, with \$1.9 million provided by BHP toward the project.

Keisha Calyun Represents AHCWA at the Biennial Pacific Region Indigenous Doctors Congress

This July Keisha Calyun, a medical student and Information Management Officer on AHCWA's Mappa program, travelled to Canada to attend the 10th Biennial Pacific Region Indigenous Doctors Congress in Vancouver. The Congress convenes every two years, uniting Indigenous medical practitioners, students, and health professionals from across the Pacific region to collaborate on improving the health outcomes for Indigenous people. PRIDoC provides a space for Indigenous doctors to express themselves culturally, to gain strength from their international peers in expressing our cultures, and to learn and reaffirm what makes Indigenous doctors different.

Keisha, a Ballardong woman who this year won a Puggy Hunter Memorial Scholarship to study her Bachelor of Medicine at Curtin University; visited the unceded, traditional territories of the Coast Salish: the Musqueam, Squamish and Tsleil-Waututh Nations, for the conference between the 10th and 15th July.

"It was unreal being with hundreds of Indigenous doctors and medical students," Keisha said. "It can get hard throughout the year at university, especially being one of only a handful of Indigenous students at my university. It really reassured me that I will be able to get through it. I had many discussions with these people about what's helped them and learned tips and tricks.

"I learnt that we share more similarities than differences with the other Indigenous communities that attended, including Aotearoa/New Zealand, Hawaii, Taiwan, Canada and USA. Similarities are both in our values and beliefs but also the health disparities we face. Everybody is at different stages in facing these challenges and where we are doing great and also where we can learn from the other Indigenous people," Keisha said.

The conference aims to strengthen Indigenous doctors to lead the way in teaching the importance of health and culture in their home counties. The program included dedicated activities for students and an opportunity for Indigenous medical students to gain experience presenting at an International conference in a culturally safe environment.

"I saw real examples of how we as Indigenous people can decolonise spaces and places," Keisha said. "I hear about this a lot but I haven't seen really great examples a lot. This conference was one the most decolonised spaces I've ever been in - it didn't feel like the typical conference but more like a gathering of family and community. I want to remember this moving forward so I can follow by example and try create the same types of spaces," Keisha said.



AHCWA's Keisha Calyun at the 10th Biennial Pacific Region Indigenous Doctors Congress in Canada

"The major take away from the conference was seeing how these people are Indigenous Doctors - as a whole. Not just a doctor who is Indigenous. I learnt so many ways about how they incorporate their culture and the way of their people into their role as a doctor which is something I have known I want to do but have struggled to understand how it's possible. Medicine, especially how I am experiencing it as a student, is very mainstream and does not incorporate culture at all really. It really was invaluable for me to see that it is possible to be an Indigenous Doctor our way - which I think will achieve the most outcomes for our people."

PRIDoC was established as a shared vision to increase the number of Indigenous doctors in the Pacific region and brings together Indigenous medical practitioners from Australia, New Zealand, Canada, USA, Hawaii, Taiwan and across the Pacific, to learn from each other, to stimulate research and to work together toward more culturally safe and efficient health services.

AHCWA celebrates NAIDOC Week

AHCWA kicked off NAIDOC week celebrations at the NAIDOC Opening Ceremony at Wellington Square on Sunday, 3 July; one of a series of NAIDOC Week events being held throughout the week.

Hot off a European tour with a group of all-Aboriginal creatives exhibiting their art, AHCWA's Shannon McGuire and the Miss NAIDOC Perth program; which she co-founded, crowned the first ever Mr NAIDOC on Saturday, June 4.

Throughout the week, staff also took part in the 2022 annual NAIDOC Netball Carnival. As part of NAIDOC celebrations, Aboriginal and Torres Strait Islander netball players from across WA are invited to participate in the carnivals, hosted by Netball WA cross the state. These carnivals were an opportunity

to introduce Aboriginal and Torres Strait Islander netballers to competitive netball, as well as offering a platform to celebrate the history, culture, and achievements of Aboriginal and Torres Strait Islander people. This year, AHCWA's graphic designer Tim Prowse was awarded the Mar-Koort Hand Heart MVP in the Open Mixed division.

The NAIDOC Week theme for 2022 is Get Up! Stand Up! Show Up! A call to amplify Aboriginal and Torres Strait Islander voices and narrow the gap between aspiration and reality, good intent and outcome. NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth.



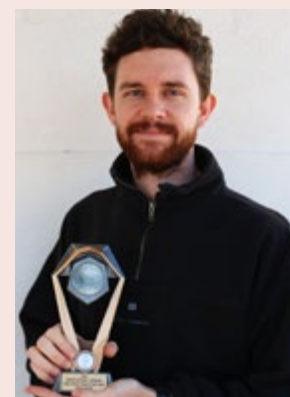
AHCWA staff participate in the Perth NAIDOC Netball Carnival



AHCWA staff celebrate at the NAIDOC Opening Ceremony at Wellington Square.



AHCWA's Shannon McGuire toured Europe with a group of all-Aboriginal creatives.



AHCWA's graphic designer Tim Prowse was awarded the Mar-Koort Hand Heart MVP in the Open Mixed division.

Executive Manager Business Development Jenny Sala celebrates 15 years at AHCWA

AHCWA's Executive Manager Business Development, Jenny Sala, received an Award of Recognition for 15 years of dedicated service this month.

Jenny's service at AHCWA dates back to January 2005, when she commenced as a finance consultant working one day per week to support the closure of the Western Australian Aboriginal Community Controlled Health Organisation (WAACCHO). In May 2005, WAACCHO's Member Services reconvened to register the Aboriginal Health Council of Western Australia as the new peak body, and Jenny stayed on as a finance officer tasked with sourcing funding to support the fledgling organisation's ongoing viability. At the time, AHCWA's staff consisted of just three people – a chief executive officer, a receptionist, and a finance officer.

In 2007, Jenny was offered a full time contract and began her tenure as an AHCWA employee. Her first major project in this role was to facilitate a finance workshop for finance officers and accountants from each Member Service on the technical aspects related to payroll obligations, salary sacrificing arrangements, FBT and GST.

In 2010 after being appointed to the role of Finance and Contracts Manager, Jenny commenced studying her Postgraduate Diploma in Accounting, which she completed in 2012.

Jenny played an influential role in sourcing funding for, and project managing, the refurbishment of AHCWA's current office premises in Highgate. Thanks largely to Jenny, and having moved office five times in four years, AHCWA finally had a permanent home. In 2012 Jenny joined AHCWA's Executive Management Team and has been an integral part of its senior leadership body ever since. Though her position title has changed many times over the years, her exceptional leadership of both AHCWA and the WA ACCHS Sector has been unwavering.

Over the years, Jenny has tirelessly supported the organisation's Member Services with their corporate governance, finance, and contracts management; assisting Member Services to expand and improve their business practices. Jenny has also helped communities hold AGMs across the state, and has supported AHCWA and our Member Services to review and re-write constitutions, lead consultations and facilitate workshops with Boards on how to write constitutions from scratch.

During the unprecedented two years of the COVID-19 pandemic, Jenny has stepped into an emergency response role, one the young finance manager who began a one-day per week role all those years ago might never have imagined. During the two years the sector navigated the pandemic, Jenny supported Member Services in sourcing around \$8.9 M in devolved funding from government and philanthropic sources. This ensured AHCWA's Members were adequately funded to face outbreaks and had sufficient PPE and Rapid Antigen Tests to manage all possible risks associated with COVID-19.



AHCWA's Executive Manager Business Development, Jenny Sala, received an Award of Recognition for 15 years of dedicated service at the July Board Meeting.

The funds also assisted Member Services in addressing their communities' individual needs, covering everything from emergency funding to mobile hand-washing stations, and delivering food rations. Jenny was even involved in advocating with the Police Minister's office and supporting essential staff to complete G2G applications to get back into Western Australia when faced with hard border lockdowns.

Jenny has demonstrated incredible resilience and perseverance, leading AHCWA and the WA ACCHS Sector through numerous challenges and adversity; and she continues to nurture the organisation to represent the evolving needs of the sector. Her commitment to supporting AHCWA's Member Services is second-to-none, with a significant part of her 15 year tenure spent working long hours away from home, on site at various Member Services throughout the state and flying in and out to support individual Members through challenging periods.

Today, she continues to show the same passion and commitment to ensuring that AHCWA and our Members are adequately resourced at all times. Jenny is currently supporting the sector with the registration of the new peak body for social services, "Coalition of Aboriginal Services Western Australia"; as well as assisting Kimberley Aboriginal Medical Services to establish a new Aboriginal Community Controlled Health Service in Fitzroy Crossing.

Jenny exhibits a leadership style based on the AHCWA's foundational pillars of empowerment, collaboration and self-determination. She strives to listen, support and empower Members to achieve their individual and collective goals. She takes a lead role in advocating for, and being the voice of, the Members; and prides herself in building capacity in corporate governance for all the ACCHS.

AHCWA is privileged to have Jenny as part of its family and we thank her for her 15 years of service.



AHCWA's five-day cancer education course for Aboriginal health professionals is running across Perth and Broome over the coming months, increasing participant knowledge about the prevention, early detection, treatment and the impact of disease to improve cancer care. The course will be held in Perth on Monday 15 until Friday 19 August, and Monday 3rd until Friday 7th October in Broome.

A nationally accredited cancer education program for Aboriginal health professionals, the five day Cancer Education Course aims to:

- Increase participant knowledge about cancer, prevention, early detection, treatment and the impact of disease to improve the care of people with cancer.
- Improve participant skills to provide support to clients with cancer and promote prevention and early detection messages in the community.
- Facilitate networks between Aboriginal Health Professionals and cancer support staff based in the local and surrounding areas.

You will receive:

- Nationally accredited certification- HLTAHW035
- Provide information and support around cancer.
- Course registration.
- A participant booklet and study notes.

The course is free, with limited support for accommodation and travel available.

To register, you can download and complete the application form at ahcwa.org.au or contact Michelle de La Haye on 08 9227 1631 or via email michelle.delahaye@ahcwa.org



AHCWA's Sexual Health team and Ngangganawili Aboriginal Health Service held a workshop yarning about healthy bodies and healthy relationships in Wiluna.

Yarning about healthy bodies and healthy relationships in Wiluna

On Monday, 27th and Tuesday 28th June AHCWA's Sexual Health team, in partnership with Ngangganawili Aboriginal Health Service, delivered a new one-and-a-half day workshop called 'Come Yarn about Healthy Bodies and Healthy Relationships' in Wiluna.

Attended by 14 youth aged between 12-16, as well as two staff members and two community members, the workshop created a space for yarning through fun activities and games. Topics raised included respectful relationships, consent, LGBTQIA +, STIs and BBVs; and most young people reported feeling comfortable to talk openly.

The final session was an opportunity to hear from the Wiluna youth about ways that would encourage young people to have a STI or BBV test. Among the feedback from Wiluna young people were suggestions to promote testing more, hold bush trips and boys group nights and girls group nights where it was discussed, and to have presentations on testing facilitated by people their own age (peer to peer education).

Feedback from participants and staff at NAHS was very positive and has identified a follow up workshop to be valuable. A plan is in place for the AHCWA Sexual Health team to visit Wiluna again later in the year and co deliver a workshop with young peers identified from this workshop.

If you would like to host something similar at your service, please call 08 9227 1631 or email Veronica.Walshe@ahcwa.org



Trainees currently studying Aboriginal and or Torres Strait Islander Primary Health Care at KAMS RTO in the Kimberley.

The Indigenous Health Workforce Traineeship Program: KAMS Trainees In Focus

The Indigenous Health Workforce Traineeship Program supports Aboriginal and Torres Strait Islander trainees in health workforce roles through dedicated guidance, support and cultural mentorship. The program is geared toward trainees in Aboriginal Community Controlled Health Services and operates throughout the course of their traineeship, helping them to succeed in their studies and their future careers. At AHCWA, the program provides approved trainees with financial support, mentorship and leadership whilst they undertake a nationally recognised qualification in the Aboriginal Community Controlled Health Sector.

Above are seven of nine trainees currently enrolled at Kimberley Aboriginal Medical Service Registered Training Organisation and undertaking studies in Certificate III in Aboriginal and/or Torres Strait Islander Primary Health Care (HLT30113) and/or Certificate IV in Aboriginal and/or Torres Strait Islander Primary Health Care Practice (HLT40213). Once successfully completed, these courses will equip the trainees with the skills and qualifications to provide a range of health care services, program delivery and support to Aboriginal and/or Torres Strait Islander clients in their community.

The courses are delivered in a block-release style, with some of the trainees required to travel long distances across the Kimberley region to attend their studies. This year KAMS have had more men wanting to undertake studies in these courses and have welcomed the opportunity to help grow this space.

For more information about the Indigenous Health Workforce Traineeships Program or the application process, please contact the Traineeship Program Coordinator, Maddelene Doyle, on 08 9227 1631 or by email at maddelene.doyle@ahcwa.org

Trainees (Left to right)

1. Krystal Lacey, Mawarnkarra Health Service
2. Shirley Spratt, Bidyadanga Clinic
3. Arnhem Hunter (back row) Kimberley Renal Service, Broome
4. Ola James, Bidyadanga Clinic
5. Deshaun Matsumoto, Beagle Bay Clinic
6. Decovan Lane, Broome Regional Aboriginal Medical Service
7. Shaun Cox, Kimberley Renal Service, Kununurra

The Indigenous Health Workforce Traineeship Program: SWAMS Trainees Qualify in Aboriginal Primary Care Practice

Two Indigenous Health Workforce Trainees from South West Aboriginal Medical Service have successfully completed their traineeship and gained a Nationally Recognised Qualification in Certificate IV in Aboriginal and/or Torres Strait Islander Primary Health Care Practice (HLT40213).

Tessa Schreuder and Brenda Warner started their traineeship journey on Saturday, 25 June 2021 with Marr Mooditj Training in Perth and have both successfully finished on Monday, 23 May, 2022.

The qualification was delivered over a 12 month period and consisted of eight training blocks that ran for three to four weeks at a time. Tessa and Brenda undertook the study on top of their full time jobs and both showed strong commitment to the program.

Both women now proudly work as qualified Aboriginal health practitioners, providing clinical services and patient care with a focus on culturally safe practice for Aboriginal and Torres Strait Islander people in their community. **Congratulations Tessa and Brenda!**



Tessa Schreuder and Brenda Warner, pictured with AHCWA Traineeship Program Coordinator Maddelene Doyle (centre); have completed a Certificate IV in Aboriginal and Torres Strait Islander Primary Health Care Practice

The 2022 SiREN Symposium

The AHCWA Sexual Health Team presented at the 2022 SiREN Symposium for WA's Sexual Health and Blood-borne Virus Applied Research and Evaluation Network on 'Achieving sexual health promotion during a pandemic'. Sexual Health Promotion Officer Ragilen Kristnasawmy presented an abstract and compilation video exemplifying the work AHCWA is doing in this field.

The presentation was widely appreciated, with special mentions made of its humour. The symposium was a great opportunity for AHCWA's sexual and public health teams to network with fellow health professionals in the sector. In August, the Sexual Health Team will travel to the Sunshine Coast to present on Achieving Sexual Health Promotion during a Pandemic at the Joint Australasian HIV & AIDS And Sexual Health Conference.



The AHCWA Sexual Health Team presented this month at the 2022 SiREN Symposium on 'Achieving sexual health promotion during a pandemic'.



Upcoming Training AHCWA's Certificate IV in Aboriginal and Torres Strait Islander Governance

The Aboriginal Health Council of Western Australia in conjunction with the team at ATSI ICT Aboriginal Corporation have developed, the BSB41021 – Certificate IV in Aboriginal and Torres Strait Islander, Governance Training.

This qualification reflects the role of individuals working as board members, contact officers and senior staff within Aboriginal and Torres Strait Islander organisations. It also applies to public servants working with Aboriginal and Torres Strait Islander boards of governance.

In these roles, individuals bring a wide range of knowledge, skills and experience to the workplace with an acute awareness that they operate in two cultures.

They have cultural obligations to their community as well as legal and financial obligations to the wider community, funding bodies, and legislation.

This is an exciting course that will build upon your skillset where you will engage with others in simulations of running a registered board, which you can then pass onto your organisation/community.

Course Information

The training will be delivered over four one-week blocks via Microsoft Teams initially, with the intention of face- to- face sessions.

- Attendance and participation in group discussions, roleplays, and activities
- Podcasts
- Completion of activity workbooks.

2022 Remaining Course Dates:

Block Three: Monday 22 August –
Friday 26 August

Block Four: Monday 26 September –
Friday 30 September

Course Content

The training consists of twelve modules covering:

BSBATSIL411 – Undertake roles and responsibilities of a Board Member
BSBATSIL412 – Participate as a Board Member
BSBATSIL413 – Review and apply the constitution
BSBATSIL408 – Manage a board meeting
BSBATSIC411 – Communicate with the community
BSBATSIC412 – Maintain and protect values in the organisation
BSBATSIM414 –Oversee the organisations annual budget
BSBATSIM418 –Oversee financial management
BSBATSIM416 –Obtain and manage consultancy services
BSBATSIM416 –Oversee organisational planning
BSBATSIM419 –Oversee the development of organisational policies
BSBATSIM417 –Implement organisational plans

For more information or to register your interest, contact reception at AHCWA on (08) 9227 1631 or email Amanda.collins-clinch@ahcwa.org

The Birds and the BBVs AHCWA's June Sexual Health Forum

On Thursday, 23rd June AHCWA's Sexual Health Team held their third quarterly Sexual Health Forum for 2022. The forum serves as an opportunity for Aboriginal Community Controlled Health Organisation staff working in clinical and non-clinical sexual health fields to come together and discuss their highlights and successes, and their barriers and concerns with one another. The theme for the June Sexual Health Forum was Inclusivity of LGBTQIA+ clients, with presentations from Sexual HealthQuarters, AHCWA and Murdoch University. Topics covered included LGBTQIA+ 101 and Inclusivity, Transgender and Gender diverse Health care, and phase one findings from the Walkern Katatdjin research project. Feedback from the attendees was positive, and the platform proved to be a good opportunity to share amongst each other.



The theme for the June Sexual Health Forum was Inclusivity of LGBTQIA+ clients, with presentations from Sexual HealthQuarters, AHCWA and Murdoch University.

please call 08 9227 1631 or email Veronica Walshe at veronica.walshe@ahcwa.org to find out more

Dial-in and Takeaway

The Birds & the BBV Bites



The Birds and the BBV Bites : informative online sessions in your lunch break.

The Birds and the BBVs is a one or two day training course which aims to bring together Aboriginal Health Workers and others who work with Aboriginal people to increase their knowledge, skills, motivation and confidence to yarn with clients and community about why testing for STIs, HIV and BBVs is important and identify ways to normalise testing within a routine health check. Now, AHCWA, in partnership with Hepatitis WA, WAAC and Sexual Health Quarters; is hosting free online weekly lunchtime sessions about all sorts of sexual health topics. Join on your computer or mobile app every Tuesday from 12.00 – 12.30.

Join the following upcoming sessions, or check out all the recordings, at www.ahcwa.org.au/sexual-health-training

Tuesday, 2nd August : "MasterS-Chef" – Exploring the experiences of termination referral denial presented by Meagan Roberts from Curtin University

Tuesday, 9th August : "Smoking in Pregnancy" presented by Tackling Indigenous Smoking (TIS) Program Officer Samuel Stubbs from AHCWA

Tuesday, 16th August : "Syphilis in Pregnancy" presented by Dr Grace Phua from MCDC

Tuesday, 23rd August : "Bite Special" Awaiting ingredients

New creative series highlights the NDIS Ready Campaign

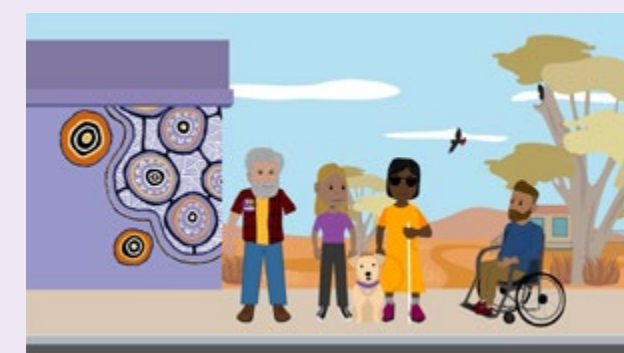
AHCWA, the National Aboriginal Community Controlled Health Organisation and the National Disability Insurance Scheme are working together to increase awareness within Aboriginal and Torres Strait Islander communities about the NDIS, and boost participant registration.

The project is part of a push to increase access to, and choice and control around, services available for Aboriginal and Torres Strait Islander people with disability living in communities.

AHCWA has partnered with a communications agency and several of our Member Services to create resources aimed at improving the Aboriginal and Torres Strait Islander communities' understanding of NDIS services and increase the availability of culturally appropriate assets to support Aboriginal and Torres Strait Islander NDIS participants.

Together, we've crafted a series of radio advertisements, animations and testimonial videos highlighting the NDIS, how to access it and what it can do for Aboriginal and Torres Strait Islander people with a disability.

You can access, download and share these resources with your own networks at ahcwa.net.au/NDISresources or on any of AHCWA's social media platforms.



\$300,000 in Lotterywest grants
strengthen the WA ACCHS sector

Over the past 12 months, AHCWA has been able to aid WA Aboriginal Community Controlled Health Services in building their capacity with a Lotterywest grant of \$300,000. As the peak body for 23 WA ACCHS, AHCWA was formally issued the grant on 28 June 2021 to enhance organisational capability and governance and develop innovative service models that support organisations and their collaboration towards shared goals.

The grant funded strategic planning at South West Aboriginal Medical Service and Ngaanyatjarra Health Service; community engagement and the establishment of governance structures to transition services at Kimberley Aboriginal Medical Service and governance software at Derbarl Yerrigan Health Service. Also acquired was a business case for NATSIFAC funding at Paupiyala Tjarutja Aboriginal Corp, Smartboard for HLC at Bega Garbirringu Health Service and a Cultural Safety and Social and Emotional Wellbeing Program at Ngangganawili Aboriginal Health Service.

Broome Regional Aboriginal Medical Service was equipped with a cultural orientation program, Ord Valley Aboriginal Health Services with a communications strategy, and Nirumbuk Environmental Health Service with program promotion and marketing. At Derby Aboriginal Health Service the funding helped with television advertising, at Yura Yungi Aboriginal Medical Corporation, a business planning workshop, governance training at Puntukurnu Aboriginal Medical Service and at Mawarnkarra Health Service, legal advice on contracting.

A direct outcome of the funding is a stronger and better equipped ACCHS sector. Highlights of member impacts include improved decision making by the Board of Directors at Puntukurnu Aboriginal Medical Service due to better understanding of financials, reports and funds distribution; preparation of the 2022-23 Business Plan for Yura Yungi Aboriginal Medical Corporation; development work on the new South West Aboriginal Medical Service Strategic Plan with wide consultation; governance software to enable efficiency and reliability

at Derbarl Yerrigan Health Service; and the preparation of formal terms and conditions for service agreements at Mawarnkarra Health Service. Other highlights include the establishing of community consultation, project governance and a business case in preparation for transitioning the management of Djarindjin and Lombadina and Ardyaloon primary health care clinics from WA Country Health Services to Kimberley Aboriginal Medical Service; a Commonwealth NATSIFC (Flexible Aged Care) application for Spinifex Health Care to enable better services for the elderly in the local community. At Ord Valley Aboriginal Health Services, the branding has facilitated better engagement with the local community, while a series of high profile TV commercials for Derby Aboriginal Health Service aired during prime time. At Ngangganawili Aboriginal Health Service, a cultural safety and Social and Emotional Wellbeing training and resources package co-designed so as to be relevant to the local area equipped staff to value cultural as well as clinical outcomes.



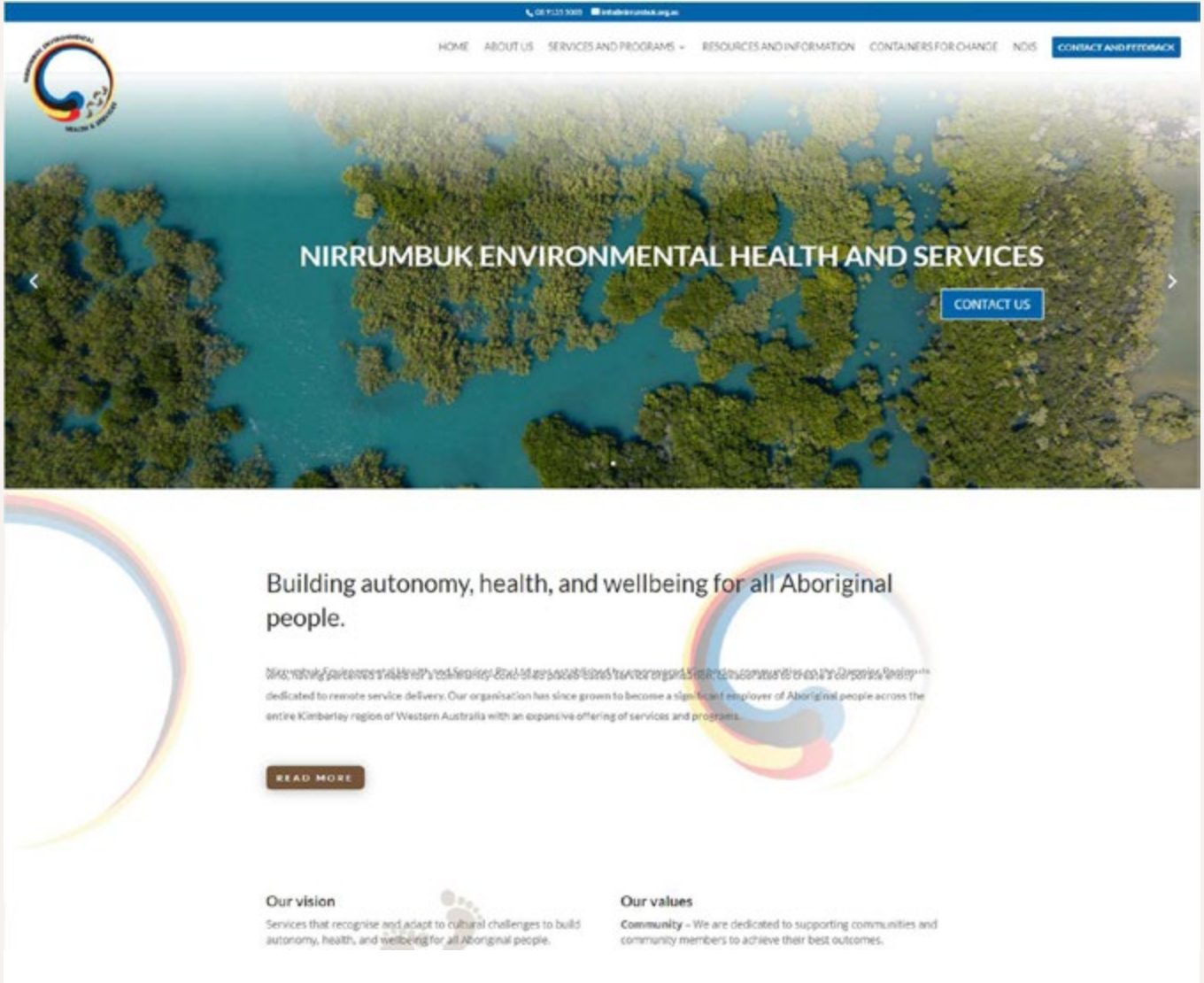
BRAMS prepared a Cultural Orientation Video to improve staff capabilities



YYMS worked with consultants in Halls Creek to prepare their 2022- 2023 Business Plan



The DAHS TV commercials on GWN promoted health messages in prime time



NEHS has rebranded across its print and online presences



This June, AHCWA staff attended Aboriginal and Torres Strait Islander Mental Health First Aid Course delivered by Kickett Consulting

AHCWA staff upskill in mental health first aid

Mental health first aid training helps improve mental health literacy in our communities and teaches members of the public how to support co-workers, family members and friends with mental health problems to find appropriate help.

This June, AHCWA staff attended Aboriginal and Torres Strait Islander Mental Health First Aid Course delivered by Kickett Consulting. The two-day course was facilitated by Rosalie May Kickett and Peter Clinton, who work with individuals, families and communities providing therapeutic counselling specialising in trauma, grief and loss; and have a strong belief that helping people heal has a positive ripple effect on their wider community.

The course began by establishing an understanding of social and emotional wellbeing in an Aboriginal context, which was then used to explore a range of issues that may negatively affect mental health. The instructors provided useful information and real life examples about the negative effects of anxiety, depression, suicide and other issues that impact mental health; as well as strategies the team could employ to support people in these situations.

Participants were provided with valuable skills, delivered by Aboriginal facilitators who shared their experiences of culture, community and the provision of culturally safe and secure support.

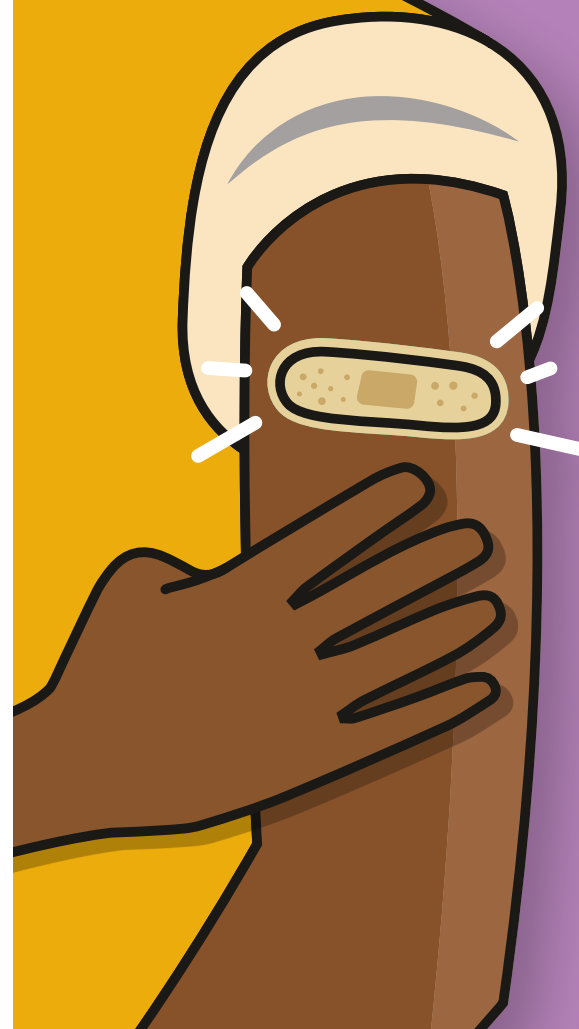
Key components of effective mental health first aid are the ability to listen and connect the employee experiencing distress with third parties who are able to assist them. You must be approachable, kind, empathetic, understanding; good at listening, and judgement free.

Mental health first aid training equips staff to be support employees who might be experiencing a mental health issue or emotional distress. This interaction could range from having an initial conversation through to supporting the person to get appropriate help. As well as in a crisis, Mental Health First Aiders are valuable in providing early intervention help for someone who may be developing a mental health issue.

To find out more about mental health first aid training, contact AHCWA's People and Culture Team at people.culture@ahcwa.org

Get booster number 4!

Do it to keep you and your mob safe.



**Aboriginal
Health Council
of Western Australia**



Keep yourself and your mob safe from flu.



Get your flu vaccine today!



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of Western Australia

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450 Beaufort Street, Highgate WA 6003
PO BOX 8493 Stirling Street , Perth WA 6843
Phone: (08) 9227 1631 | Fax: (08) 9228 1099
reception@ahcwa.org | www.ahcwa.org.au

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AHCWA is committed to Continual Quality Improvement.
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