



**Aboriginal
Health Council
of Western Australia**

September 2022

AHCWA News

Achieving Sexual Health Promotion During a Pandemic

Approach:

Over the past six months, AHCWA has developed multiple ways of delivering sexual health education during the pandemic. These include: flipchart and board games, social media campaigns and on and offline sessions for ACOH/ACOH staff and community-based workers.

Innovation and Significance:

Based on anecdotal evidence, focus testing and evaluation data, delivering sexual health education in a variety of formats can help build awareness, skills and knowledge during a pandemic. Although the pandemic has limited face-to-face outreach, it has highlighted the undervalued impact of online campaigns and education delivery.

Background/Purpose:

Rates of syphilis continue to rise amongst Aboriginal and Torres Strait Islander people in Western Australia (WA). Delivering sexual health education to Aboriginal Community Controlled Health Service (ACCHS) staff, clients and communities can be a dilemma in a pandemic. The Aboriginal Health Council of Western Australia (AHCWA) have developed innovative ways to deliver education, which aims to reach workforce and community, particularly young community members. The aims for our social media campaign are to be informative, accurate and entertaining.

The Bites:

The Bites and the BBN Bites has a total of 15 sessions.



The bites have been uploaded online and has since accumulated

The Resources:
The Bites and the BBN Bites flip chart and Syphilis and Ladders board game were both focus tested with young Aboriginal people, clinical and non-clinical staff at ACOH. They were both received very positively with great learning outcomes.

with five organisations processing.



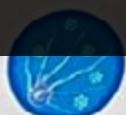
Social Media:

Our team utilises social media platforms to deliver education. We use reels, graphics, high engagement, highest engagement people and attention to our content.

Sexual Health: The Joint Australasian HIV&AIDS and Sexual Health Conferences

National Disability Insurance Scheme:
New NDIS Ready Campaign Resources Released

Suicide Prevention: R U Ok? Day



**Aboriginal
Health Council
of Western Australia**

Proudly Produced By The Aboriginal Health Council Of Western Australia



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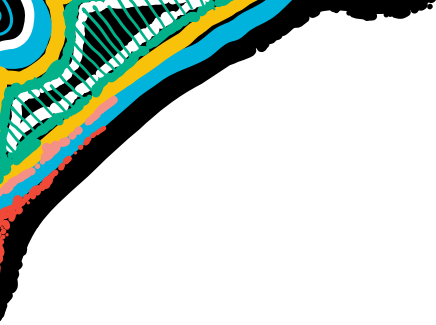
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This newsletter may contain images of Aboriginal and Torres Strait Islander people that have passed away.

AHCWA is committed to Continual Quality Improvement.
Please feel free to give your feedback by requesting a 'Compliments, Suggestions & Complaint Form'.
Phone: 08 9227 1631
Email: reception@ahcwa.org



Coffee break with: Des Martin

Kaya and greetings,

With the easing of COVID-19 restrictions we have had an opportunity to take stock of the last two years. We realise that we would not have been capable of achieving what we were able to in supporting our membership and assisting their communities to rise to the many challenges that the COVID-19 pandemic presented if it weren't for the additional support of our philanthropic partners. Their continued support of the Aboriginal Community Controlled Health Sector has been vital over the last two years.

The invaluable philanthropic support that has been received by AHCWA for the benefit of our Member Services during the heightening of the COVID 19 pandemic has come through multiple channels over the past two years, including:

- Funding and supply of resources
- Pro bono services
- Internships and skilled volunteering

Initially, in 2020, the Minderoo Foundation and BHP Vital Resources funding were instrumental in helping the Western Australian ACCHS combat COVID-19 outbreaks. The Northern Star Mining Group assisted with small grants to encourage vaccine uptake in 2021. Recently AHCWA's philanthropic partnerships with BHP and Johnson & Johnson were enhanced, with a new partnership forged with the Paul Ramsay Foundation. This resulted in pro bono donations from Johnson & Johnson and BP Medical Supplies valued at over half a million dollars, with personal protective equipment and Rapid Antigen Tests distributed to the ACCHS long before Commonwealth, State or PHN resources could be deployed.

Furthermore a significant amount of money, in excess of \$2 million, has been raised in devolved funding to support COVID responses, vaccination activities and isolation support.

As stated, this support has been invaluable and I take this opportunity to acknowledge and thank our philanthropic partners on behalf of the AHCWA Board for their generosity and continued support of the Aboriginal Community Controlled Health Sector in Western Australia.

Staff Update

This quarter, the Aboriginal Health Council of Western Australia welcomed Hannah Hughes into the position of Policy Officer within the Closing the Gap team. Cherylynn Skeen joined the organisation remotely from New South Wales in the position of Graphic Designer 50D, and Charlotte Duffy commenced employment with AHCWA in the role Ear Health Program Officer. Welcome Hannah, Cherylynn and Charlotte to the AHCWA team!



Sexual Health: The Joint Australasian HIV&AIDS and Sexual Health Conferences

AHCWA's Sexual Health Team attended the Australasian Sexual Health and Australasian HIV&AIDS Conferences at the Sunshine Coast Convention Centre, Queensland between Monday, 29 August and Thursday, 1 September. AHCWA's Sexual Health Team presented a poster at the conferences on their experience Achieving Sexual Health Promotion during a Pandemic.

The conferences offer the foremost annual educational and networking forum for those working or interested in the blood-borne virus, sexual, and reproductive health sectors primarily in Australia, New Zealand and the Asia and Pacific regions. They present on current research, clinical management, prevention, best practice healthcare, health promotion and policy, including opportunities for professional development and activities which meet relevant accreditations.

Keynotes at the conferences included Valérie Delpech from the Communicable Diseases Branch at NSW Health; who presented on Epidemiology, Prevention and Health Promotion; and Todd Fernando, Victorian Commissioner for LGBTIQ+ Communities, who presented on the theme of First Nations. Also presenting was Ya-Chi Ho, MD, PhD an Associate Professor in Microbial Pathogenesis and Medicine at Yale University; and Professor Marshall AM, a clinician researcher and NHMRC Practitioner Fellow with specialist training in child health, public health and vaccinology.

AHCWA's Sexual Health Team attended the Joint Australasian HIV&AIDS and Sexual Health Conferences



Derbarl Yerrigan Health Service

Doctor Awarded RAGP WA GP in Training of the Year Award

Derbarl Yerrigan Health Service's Dr Daniel Hunt has been recognised for his unwavering commitment to his patients and community with the 2022 Royal Australian College of General Practitioners award for Western Australian GP In Training of the Year.

The Jaru man, and former NAIDOC Scholar of the Year works across all Derbarl Yerrigan Health Service clinics providing GP services. He has been proactive in Derbarl Yerrigan's COVID-19 care program, providing telehealth services to patients in isolation, outreach through COVID-19 vaccinations to homeless and vulnerable patients, and has been instrumental in continuous quality improvement projects including hepatitis B, syphilis point of care, and sexual health. Dr Dan has also been a strong GP clinical lead in Derbarl Yerrigan's social and emotional wellbeing program.

Congratulations to Derbarl Yerrigan Health Service and Dr Dan for this recognition of excellence in general practice. AHCWA extends our best wishes as Dr Dan progresses to the Australian GP registrar Awards.



AHCWA attended the Third Social and Emotional Wellbeing Gathering in Canberra this September

Social and Emotional Wellbeing: The Third Social and Emotional Wellbeing Gathering

AHCWA attended the Third Social and Emotional Wellbeing Gathering in Canberra this September. Held over three days from the 6th until the 8th of September, the gathering drew delegates from Aboriginal and Torres Strait Islander peak bodies, and community organisations; as well as leaders and experts from across Australia to discuss social and emotional wellbeing.

The Social and Emotional Wellbeing Gathering is presented by the Transforming Indigenous Mental Health and Wellbeing Project, a ground-breaking research program transforming Aboriginal and Torres Strait Islander mental health care through Indigenous leadership and authentic partnerships with Indigenous organisations.

It brings together SEWB leaders and experts from community, academic, and policy contexts from across Australia including Aboriginal and Torres Strait Islander peak bodies, community organisations, leaders, experts and frontline workers.

AHCWA will deliver a new \$17.6 million pilot program announced this year 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.



Staff from Derbarl Yerrigan Aboriginal Health Service and Kimberley Aboriginal Medical Service attended the Social and Emotional Wellbeing Conference in Canberra.



Katiska Davis (bottom right) with the 2022 Young Leaders Program participants

Sexual Health: Katiska Davis Acknowledged by ASHM

AHCWA's Youth Sexual Health and BBV Program Officer Katiska Davis has been acknowledged by the Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine for her leadership within the sexual health field. Katiska, who has worked in the role for just a year; was nominated by her team for the prestigious Levinia Crooks Emerging Leaders Award, which recognises the outstanding work of rising stars in the field.

While Katiska did not win this year's overall prize, which acknowledges emerging leaders demonstrating leadership that is bold, innovative, inclusive and inspires collaboration; adjudicators were "hugely impressed" by the work she has been doing within the sector. Due to the high quality of the nomination, Katiska's work was selected for showcase in the ASHM's national September eNews.

Katiska is a Whadjuk Noongar woman whose role involves delivering sexual health education to young Aboriginal people across Western Australia through face-to-face education sessions and via social media. During her year at AHCWA, Katiska has delivered more than 15 workshops, and engaged with over 150 young Aboriginal people. She ensures these workshops are safe spaces delivered in collaboration with community, and that education occurs in a fun and engaging way.

The feedback received for each of Katiska's workshops has been extremely positive to date, with all participants saying they would recommend the sessions to their peers.



In 2022, Katiska followed a passion for primary care in Aboriginal health and for working with people by completing a Graduate Diploma in Indigenous Health Promotion at the University of Sydney.

She works to address the shame around sex and sexual health in a culturally sensitive manner so that young people may feel comfortable to yarn about these topics.

"I love the challenge of community-based work" Katiska said "You have to be flexible and quick thinking. Everywhere we go, each community will have different needs, and we need to understand how to adapt to them. I feel at home doing these workshops because I get to work with my Mob."

"Because it's taboo, sex isn't really a conversation that's on the table" she said. "I understand the shame, but it's a conversation that should be discussed. It feels good to be able to have this yarn with community in a culturally sensitive way."

Find out more about Katiska's Young Leaders Program at ahcwa.org.au/youngleaders

Cancer Education: Cancer Education Training Held for Aboriginal Health Professionals

This August, AHCWA partnered with Cancer Council WA to deliver an accredited Cancer Education Course for Aboriginal Health Professionals. HLTAHW035 Provide information and support around cancer offers culturally relevant training to health professionals working with people with cancer in the sector.

As the second leading cause of death, cancer is a serious health issue for Aboriginal people; who are 1.4 times as likely to die from cancer as the rest of the population. In response to an urgent need to address the cultural barriers that impede access to cancer prevention, early detection and care for Aboriginal people, AHCWA's five-day course aims to increase knowledge and awareness of the resources and services available to support Aboriginal people with cancer. The workshop has been developed in conjunction with local health professionals in Perth and aimed to improve Aboriginal health professionals' knowledge and understanding of:

- cancer as a condition;
- cancer staging;
- how treatment decisions are made;
- cancer treatments and their side effects;
- resources and services available to help Aboriginal people diagnosed with cancer; and
- cancer prevention, early detection and screening strategies.

The program includes many specific learning needs including:

- Helping people access reliable and current information about cancer.
- Exploring how cancer develops, the lifestyle risk factors that can lead to cancer and how people can reduce their risk, in a way that is appropriate and understood by community.
- Providing support to Aboriginal patients with cancer and their families.
- How to arrange follow-up care for cancer clients.
- Assistance with raising the option of palliative care and supporting clients to access appropriate services.
- Providing feedback on the effectiveness of cancer programs and services for clients
- Working with health organisations and services to raise awareness about cancer, cancer prevention and early detection.

Twelve participants attended the training. All were Aboriginal health professionals from various regions, including Geraldton Regional Aboriginal Medical Service, the Midwest Cancer Centre in Geraldton, Northam, Kalgoorlie Hospital, Moora, Lombadina, Broome and the Perth metropolitan area. Participants work in both Aboriginal Medical Services, hospital settings and cancer clinics and represented a variety of Aboriginal Liaison Officers, Aboriginal Health Practitioners, Senior Aboriginal Health Workers, Aboriginal Health Promotion Officers and Cancer Coordinators.

The training consisted of interactive presentations from subject experts from the Cancer Council WA; the WA Cancer and Palliative Care Network; the Program of Experience in the Palliative Approach; WA Cervical Cancer Prevention Program; WA Breast Screening Program; National Bowel Cancer Screening Program; Australian Indigenous Healthinfonet and Tackling Indigenous Smoking.

Participants also attended the Cancer Centre at Sir Charles Gairdner Hospital, where they visited the chemotherapy ward and radiation oncology, and learned from the Nurse Manager of Haematology, WA Youth Cancer Services and WA Country Health Service at Sir Charles Gairdner Cancer Centre.

Program assessments include the completion of a student workbook, a group presentation where participants highlight for the class their newly learned skills and knowledge around prevention strategies, including signs and symptoms, diagnostic testing and possible treatment options; supports available to keep the client at home; available referral agencies and support around life after cancer. The participants also participated in scenarios utilising a culturally appropriate assessment tool to assist in gathering information from a patient with cancer.

Participants are using knowledge and networks developed during the program to pursue further training in cancer-related care, which will ultimately improve outcomes for Aboriginal people and cancer patients in the regional and local areas of Western Australia.

You can register or find out more about AHCWA's Cancer Education Course at ahcwa.org.au/cancereducation



This August, AHCWA partnered with Cancer Council WA to deliver an accredited Cancer Education Course for Aboriginal Health Professionals

National Disability Insurance Scheme:

New NDIS Ready Campaign Resources Released

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.

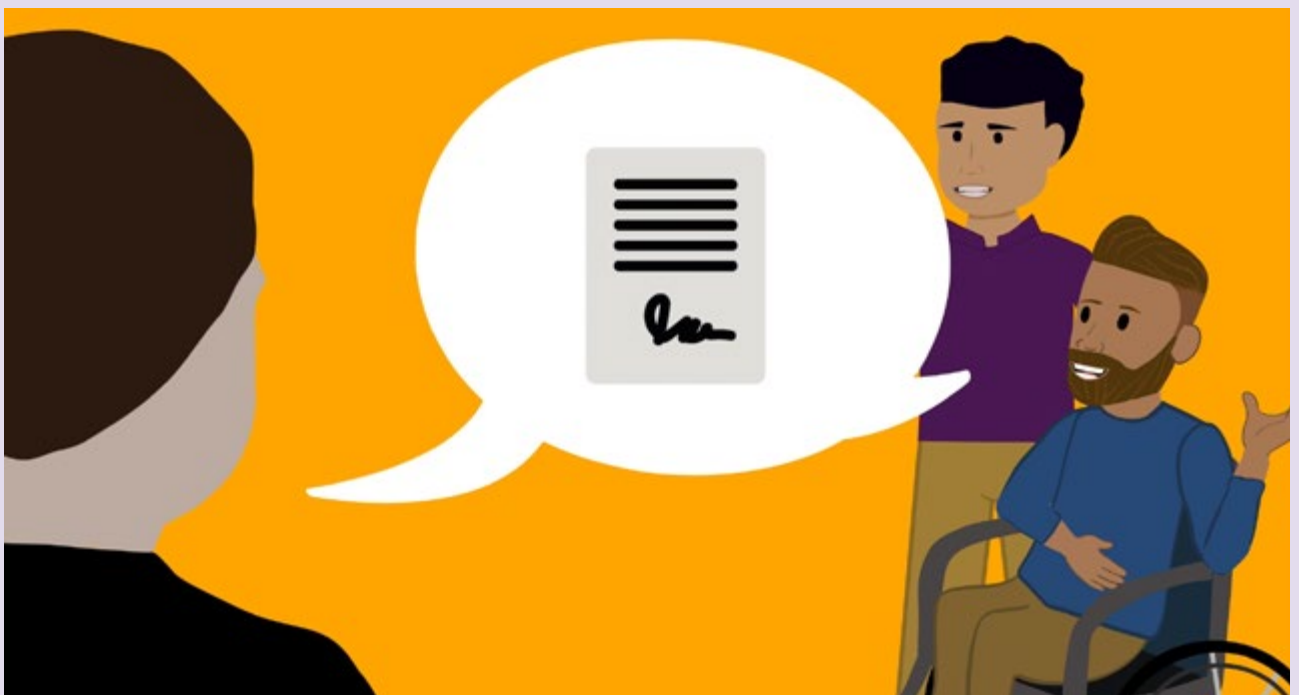
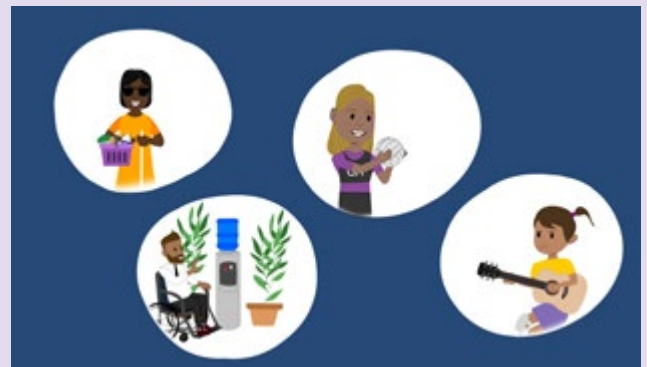
AHCWA has partnered with a communications agency and several of our Member Services to create resources aimed at improving the Aboriginal and Torres Strait Islander communities' understanding of NDIS services and increase the availability of culturally appropriate assets to support Aboriginal and Torres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



AHCWA has produced a series of films and animations raising awareness about the NDIS and what it can do for Aboriginal and Torres Strait Islander people with a disability.



Team Building: AHCWA's Cultural Day with Djirrily Dreaming

AHCWA's September staff team building day was hosted by Belinda Cox from Djirrily Dreaming at Lake Monger wetland. Belinda is a Kangeang Bibblemum Noongar woman practiced in the way of traditional cultural medicine plants and natural remedies who created a unique agenda for the day, to ensure a focus on cultural immersion. Activities included a Welcome to Country, a learning circle, an exploration of Noongar protocols and practices, plant medicine, spear throwing, a smoking ceremony and a natural deodorant-making workshop. Djirrily Dreaming also supplied a spread of authentic Noongar food and gourmet bush tucker, including bush cordial and tea, kangaroo meat balls, damper and roasted vegetable dips done three ways, river mint brownies and fresh fruit options.



AHCWA's September staff team building day was hosted by Belinda Cox, from Djirrily Dreaming at Lake Monger wetland



Suicide Prevention: R U Ok? Day

R U Ok? Day is a national day of action which reminds Australians that every day is the day to ask, 'are you OK?' and to start a meaningful conversation whenever they spot the signs that someone they care about might be struggling with life. R U OK? contributes to suicide prevention efforts by encouraging people to invest more time in their personal relationships and building the capacity of informal support networks – friends, family and colleagues – to be alert to those around them, have a conversation if they identify signs of distress or difficulty and connect someone to appropriate support, long before they're in crisis. To mark the day, on Thursday 8 September, AHCWA hosted a barbecue and pot painting workshop for staff at the office in an effort to encourage people to stay connected and have conversations that can help others through difficult times in their lives.

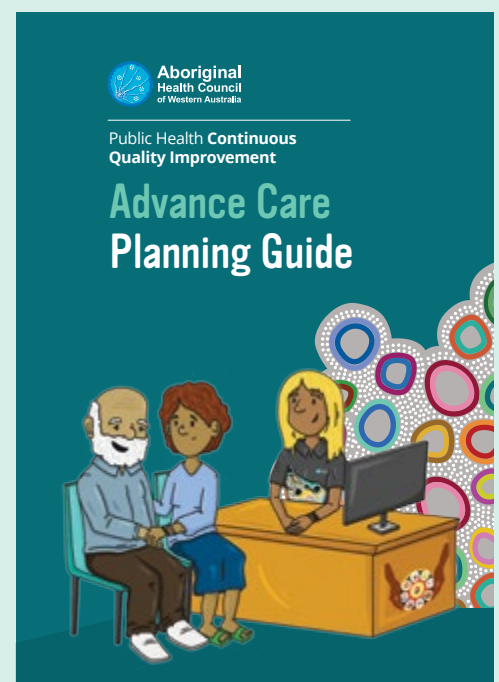


To mark R U OK? Day, on Thursday 8 September, AHCWA hosted a barbecue and pot painting workshop for staff

New AHCWA Advance Care Planning Guide

AHCWA has produced a new guide for health care workers at ACCHS, to assist in the discussion of Advance Care Planning. This is planning for a time when a client cannot express or make decisions for themselves, and often involves talks about what the patient wants during their passing on. This can help the loved ones of the client, by indicating their preferences around sad times and sorry business. As a health care worker, you can make sure the care during these phases of life is what your client would have wanted by documenting their future choices. This guide was created to help you have this clinical yarn with your client, and document it correctly.

To access a copy, please contact public.health@ahcwa.org or call 9227 1631





What is Advance Care Planning?

Advance Care Planning (ACP) is the ongoing, voluntary clinical work between healthcare professionals, a client with capacity, and people important to the client about the client's preferences regarding future care if they are no longer able to express or make decisions.

***To determine if your patient has capacity, they need to fulfill the following criteria:**

- they have the ability to understand the information about the decision
- they are able to retain this information
- they are able to use this information to inform the decision-making process
- they are able to communicate this decision back to you

Note that capacity is dynamic, and depends on the decision being asked.

This content has been adapted from the WA Carers and Palliative Care Network's resource, Advance Care Planning, a guide for health care professionals working with vulnerable patients to plan for end-of-life care.

Roles & Advance Care Planning

Any health professional can be involved in ACP clinical yams if they have adequate knowledge.

Discuss with your practice team members how you as a staff member can contribute to ACP clinical yarning. Aboriginal Health Practitioners are well placed to ensure these discussions are culturally safe. Their experience can be particularly helpful during a process which can be difficult for clients and which requires sensitivity from health professionals.

ACP is different to an Enduring Power of Attorney, which is a legal document that gives one or more people the authority to make decisions on behalf of a person who is no longer able to make decisions for themselves.

ACP can lead to the creation of a legally binding document, known as an Advance Care Directive, which outlines a person's wishes regarding future care.

[For more information, visit: https://www.health.wa.gov.au/health-professionals/advance-care-planning](https://www.health.wa.gov.au/health-professionals/advance-care-planning)

How to start the Advance Care Plan clinical yam

Before the clinical yam

- do you have a private space with no interruptions?
- have you assessed that there is enough time available to have this clinical yam properly?
- does the client (or their carers/friends) have the decision-making capacity to participate in the clinical yam?
- ensure all relevant clinical and cultural needs are met
- consult with other health care professionals involved with the client's ongoing care (e.g. other members of the team's team, specialist involved with their ongoing care)
- organise a translator if required

Examples of phrases to use to start the clinical yam

- "Have you thought about where, or one type of care you'd like to have, if you ever become ill or unable to look after yourself?"
- "Is there someone you would prefer to make decisions about your treatment if there was ever a time that you couldn't tell us yourself?"
- "Recently you don't seem to have a good idea of what you want to happen?"
- "Some people have thought about what they want and document their wishes in an Advance Care Directive or Living Will. Do you have one? Would you like to learn more about this?"

If your client is not interested

If the client is not interested in having a clinical yam about ACP at the time, discuss a topic at a time that they can come back to the yam. Provide them with written resources to go home with if appropriate.

Topics to cover in the introduction

- explain what ACP is and outline some reasons why clients, their families and carers may want to have more clinical yams
- check if the client already has an Advance Care Directive, Enduring Power of Attorney, or something similar, if they do would they like it to be reviewed?
- discuss the role of a substitute person or Enduring Guardian in decision-making

This content has been adapted from the WA Carers and Palliative Care Network's resource, Advance Care Planning, a guide for health care professionals working with vulnerable patients to plan for end-of-life care.



Sector Support: 2022-2023 Western Australian AHCWA Awards

Nominations are now open for the 2022-2023 Western Australian AHCWA Awards. The 2022 and 2023 AHCWA Awards will be presented at the 2023 WA Aboriginal Community Controlled Health Sector Awards Dinner, being held at the Esplanade Hotel in Fremantle on Wednesday 29 March 2023.

Each AHCWA Member Service is invited to recognise outstanding achievement in the following categories:

Elder in the Community

This award acknowledges an Elder who has shared their cultural knowledge and expertise with health care professionals to enhance service provision. They have championed Aboriginal Health and the principles of holistic service delivery in their community.

Young Achiever

This award acknowledges an aspiring young person who has contributed to the improvement of Aboriginal Health and the engagement of youth throughout the workforce. They are recognised as a role model for the future generations.

Contribution by an ACCHS Employee

The award acknowledges an employee who has shown support and commitment to promoting the service objectives and the engagement of the Aboriginal community.

AHCWA Awards Dinner

Award winners will be recognised at the AHCWA Awards Dinner on Wednesday 29 March 2023. You may purchase a maximum of TWO tickets (for your award winner and their guest) at \$100.00 per person. Travel and accommodation is not provided by AHCWA. Registration for the Conference and Awards Dinner will open soon.

How to Nominate

As no Conference was held in 2022, award winners for both 2022 and 2023 will be recognised at the 2023 Awards Dinner.

Please submit your award winner's details via the link below. You'll also need to provide a photo of your winner and a brief outline of why they have received the award (max 200 words) for inclusion in the Awards program.

Submit your nominations at
<https://bit.ly/3SBXz5l>

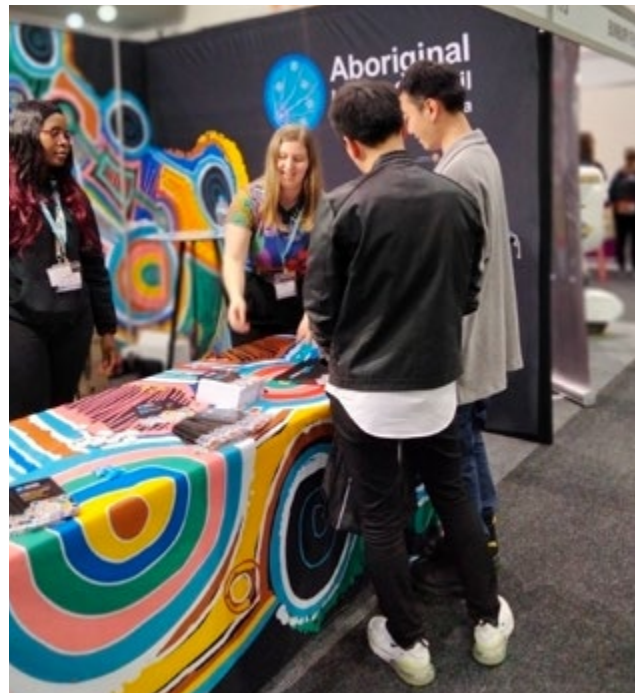


Nominations close Friday 27 January 2023.

We look forward to hearing about the wonderful achievements from your Service!



Jhi Clarke and Margaret Chiramba man the booth at the SkillsWest Expo



AHCWA represented the sector at the Perth SkillsWest Careers and Employment Expo this August at Perth Convention and Exhibition Centre

Recruitment: Perth SkillsWest Careers & Employment Expo

AHCWA represented the sector at the Perth SkillsWest Careers and Employment Expo this August, which was held at the Perth Convention & Exhibition Centre. Western Australia's largest careers and employment event is free for school students, parents, graduates, and all other job seekers to

discover the latest vacancies, find career advice and learn about various training options. AHCWA staff manning the stall connected with thousands of students, graduates, job seekers and career changers seeking information and advice on their future pathways.

Dial-in and Takeaway

The Birds & the BBV Bites



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

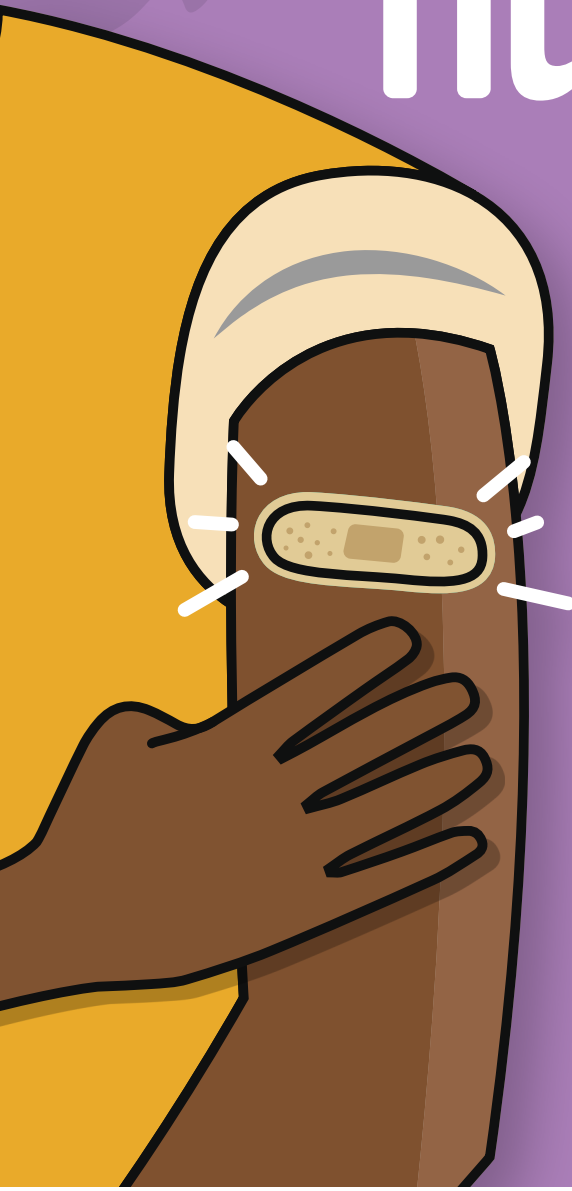
The Birds and the BBVs is a one or two day training course which aims to bring together Aboriginal Health Workers and others who work with Aboriginal people to increase their knowledge, skills, motivation and confidence to yarn with clients and community about why testing for STIs, HIV and BBVs is important 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 4 October, 12.00 - 12.30pm	Period Poverty: Presented by Summer Porter from AHCWA
Tuesday 11 October, 12.00 - 12.30pm	Monkeypox: Update on Monkeypox (MPX) by Joe Stan from AHCWA
Tuesday 18 October, 12.00 - 12.30pm	Pleasure: All about Pleasure presented by Jye Walker from Sexual HealthQuarters
Tuesday 25 October, 12.00 - 12.30pm	Special of the Day: Tune in for a Surprise Bite!

The background is a solid purple color. Scattered throughout are several stylized virus particles. These are depicted as grey spheres with red, triangular spikes protruding from their surfaces. Some particles are in sharp focus, while others are faded into the background.

Get booster number 4!

An illustration of a person's arm and hand. The arm is brown-skinned and is wearing a yellow sleeve. A white bandage is wrapped around the forearm. The hand is shown with fingers spread, palm facing forward.

**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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Aboriginal Health Council Of Western Australia

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AHCWA is committed to Continual Quality Improvement. Please feel free to give your feedback by requesting a 'Compliments, Suggestions & Complaint Form':
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