



AHCWA
Aboriginal Health Council
of Western Australia



Social and Emotional Wellbeing Workshops

May 2015 - April 2016



September 8th 2015 – AHCWA Social & Emotional Wellbeing Workshop

On September 8th 2015 AHCWA held a 1-day Social & Emotional Wellbeing workshop from 9:30am-2:45pm. The aim of the workshop was to educate all participants on current health issues amongst Aboriginal Youth in the Perth-Metro area as well as other sessions on cultural healing, career advice & leadership development.

The Social & Emotional Wellbeing workshop was held in the Boardroom at the AHCWA office in Highgate, Perth.

To give an insight into what the workshop included I have added a description of each session delivered.

Cultural Healing – Guest Speaker, Shaun Nannup's one hour session began with an 'Acknowledgment of Country' followed by cultural education on the way Aboriginal People think and how to be a positive influence in the community.

Get-to-know-you games - The participants enjoyed a couple of ice breaker games to get them comfortable talking in front of the group, particularly to open the room to more 'voices' later in the day for the more serious sessions.

Positive Youth Story from the Community – 20 year old Aboriginal man (Jacob Collard) from Perth who plays for Perth Glory Football Club came in to do a 45 min speech to the participants in regards to his journey. The participants then asked Jacob some questions and got to know more about Jacobs experience, the obstacles he has faced and how he became a successful sports person at such a young age.

Career Advice- Central Institute of Technology's Aboriginal Koolark Centre staff presented a 30 minute session explaining the courses available, Aboriginal Scholarships and possible pathway options for those looking into further study after high-school.

Tobacco Health Education- AHCWA's Healthy Lifestyle team (Tricia & Melissa) presented a 30 minute session on tobacco and smoking. All participants took part in this session, sharing their opinions and knowledge on this subject. The activities were fun and all participants engaged very well with the presenters. Nutrition- AHCWA Healthy Lifestyle team then presented a nutrition session, preparing and cooking a healthy meal with the youth participants, for their lunch. Mince patty Burgers with fresh salad and a cup of Greek yoghurt with freshly chopped fruit.

Sexual Health- AHCWA's Specialist Clinical Trainer (Veronica Walshe) engaged the youth with several educational activities which were associated with sexual health. By now the participants were open to chatting and giving their thoughts and opinions on the sexual health subject so they were not too 'shame' to participate.

Leadership Development- The final session for the workshop was based around Leadership/Personal Development. The participants were given six different scenarios in which they are most likely to be involved in some time in their youth years.

On completion of the workshop, all participants and guest speakers were given an evaluation sheet to rate the workshop as well as stating the pros and cons of the workshop. The overall feedback was quite positive, with all participants and guest speakers noting that they would like to attend future AHCWA Youth workshops.



September 15th 2015 – CMSAC Social & Emotional Wellbeing Workshop (Specifically targeting female youth)

The aim for the Carnarvon Youth Workshop was to target the female youth as there are more male predominant youth activities in Carnarvon e.g. Clontarf Football Academy and sports & fitness. The Female youth in Carnarvon are too “shame” to participate in sporting activities or any other activities that involve the male youth. There are very minimal focus groups in Carnarvon whom specifically work with the female youth.

Hayley Thompson (Youth Coordinator at the Aboriginal Health Council of WA) partnered with CMSAC to deliver a 2 day workshop for 20 female youth participants from around the Carnarvon area. The 2 day workshop was broken down into sessions involving leadership and confidence activities, group discussions, guest speakers, cultural healing, career advice, health and wellbeing, self-development and finishing with a ladies pamper session.

The aim of day one was to reduce the use of alcohol and drugs by educating the youth of the harmful effects and impact it has on them and the community. The second day was focused on young mothers in the surrounding area with similar informational sessions as the day one workshop.

All information, strategies and action plans gathered throughout the planning process were shared with key stakeholders and service providers to support future planning and service delivery.

Cultural Healing - The workshop began with guest speaker, Gail Belotti (a local woman who grew up in the area), presenting an ‘Acknowledgment to Country’ and her background story explaining her childhood and growing up in Carnarvon. The Youth engaged quite well and listened deeply to the guest speaker.

Get to know you games - (AHCWA Youth Coordinator, Hayley Thompson, delivered these activities) At first the participants were very quiet and did not talk at all, they were keen on listening but were not open to sharing their thoughts and opinions. Noticing this, the participants were taken outside to the grassed area to engage in ‘get to know you games’. This allowed a more open and friendly environment for the participants to feel more free to share their personal stories. The game that was most liked was ‘Name Bingo’. The objective of this game is for the participants to talk amongst themselves by asking each other questions, writing down each other’s names, and identifying similarities and differences. It is also a powerful way for participants to see they are not alone and others may share their life experiences. Knowing they have a common interest with someone amongst their peers may save someone’s life as feeling isolated or outcast is a common cause for gang and drug involvement and suicide.

Mental Health/ Healthy Relationships - This session was dedicated to understanding the importance of healthy relationships and how to tell the difference between a healthy relationship and an unhealthy relationship. Relationships are an essential part of healthy living, but there is no such thing as a perfect relationship. From acquaintances to romances, all sorts of relationships have the potential to enrich our lives and add to our satisfaction of life. However, having an unhealthy relationship can cause discomfort, and sometimes even cause harm. All relationships are most likely to be a combination of healthy and unhealthy characteristics and it is important for our youth to understand this and how unhealthy relationships can cause more stress than happiness. Our guest speakers for this session began an open-talking session discussing the difference between healthy and unhealthy relationships, what you can do to better the relationship or if it's past the point of repair, how to end the relationship. The Participants listened intently in this session.

Drug & Alcohol Education - In this session the guest speaker delivered a PowerPoint presentation which included facts in relation to drug and alcohol abuse in young people, as well as some important information to encourage safe and healthy options to reduce the risk of our young people taking on these unhealthy habits. The participants listened intently in this session as they were intrigued with this topic as almost every young Aboriginal person will attempt both, if not one, by the age of 18.

Career Advice - Durack Institute was invited to present the courses available and study options at their local TAFE site. They also handed out some informational pamphlets to the participants so they could take them home and do further research into study options once they complete high school.

Cyber Smart - As technology and internet are a major factor influencing youth nowadays it was a great opportunity to add some sort of cyber safety session into the workshop. Local Lady (Gail Belloti) shared some knowledge of this subject to the participants to assist them on being safe while using technology (mobile phones, laptops, iPads, computers, etc...) e.g. How to change your profile to private settings, don't add people you don't know to your account, don't talk to people you don't know and how to avoid negative situations whilst using the internet and technology equipment. Gail also explained the effects of misusing the equipment.

Aboriginal Family Law Service - The Aboriginal Family Law Service came in to deliver a presentation on what it's like for families dealing with court in regards to family issues. This was to give an insight into how many families deal with this and that it is within our Aboriginal community.

Over the two days all participants engaged well and listened to all guest speakers who presented information at the workshop. Surveys were completed at the completion of each day; we now have these surveys stored for future reference when planning workshops/events in Carnarvon.



October 30th 2015 – GRAMS Social & Emotional Wellbeing Health Day

Hayley Thompson (Youth Coordinator at the Aboriginal Health Council of WA) partnered with GRAMS to deliver a Youth Health Day on the 30th October 2015 for youth participants from Geraldton. The Youth Health Day was designed to be a one stop shop encompassing general information, health checks, health and well-being resources, group discussions, networking and self-development. Our primary focus was targeting youth aged 13-17 years non-compliant Chronic Disease clients (200 invites). Flyers were sent out to schools and advertised through various forms of media.

The Youth Health Day was held at GRAMS Rangeway building to accommodate numbers and achieve the program delivery set out through our planning. The day ran from 9:00am - 2:30pm to accommodate students attending from schools. Passports were created to ensure all Youth completed outstanding health checks and utilised the services provided throughout the day such as:

- Smoking
- Youth Display
- Suicide Prevention
- Sexual Health
- Healthy Lifestyle
- Maternal Health
- Mental Health
- Domestic Violence
- Drugs & Alcohol
- Chronic Disease

On completion clients reported back to reception to receive their Health “goodie” Bags and raffle tickets to go into our fantastic draw for one of 14 prizes.

Attendance and involvement of all staff was mandatory for GRAMS staff and each member was assigned to a section, whether clinical or support. GRAMS Partnered with Midwest Yellow Ribbon, First Year Medical Students from Curtin University and Central West Mental Health. The support from these Services was tremendous, not only for the youth but for networking and future partnerships.

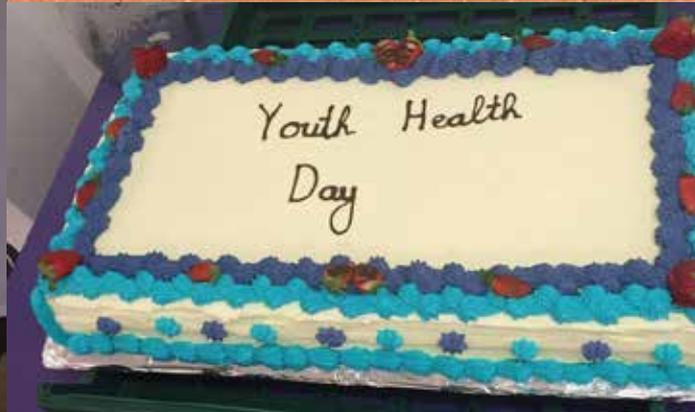
The Social & Emotional Wellbeing Health Day planning consisted of weekly meetings, completing the Events Planner, collating resources, selecting prizes and discussing activities/entertainment that were youth specific. Post Social & Emotional Wellbeing Health Day debriefing was an excellent way of evaluating our strengths and weaknesses of the event.

For morning tea, GRAMS food team prepared a range of cheese boards & tubs of fresh fruit salad followed by a BBQ lunch, all food was provided to all that entered our doors and we received great feedback. At the conclusion of the day GRAMS CEO, Deborah Woods acknowledged all involved in the day and celebrated our achievement with a slab cake for staff and community.



GRAMS also had a local graffiti artist that came and attended the Youth Health Day from 9:00am - 1:00pm, and hired a mocktail machine and Giggle box (photo booth) that came with fun props.

Issues were identified throughout the day that proved useful for future planning and development. Staff showed great initiative assisting in various areas where further assistance was required. This workshop not only provided an insight into the programs and services GRAMS deliver but showcased external services available to clients throughout the region. Partnerships with the schools allowed GRAMS to maintain strong working relationships and support for future planning of Youth events.



October 30th 2015 – Mawarnkarra Health Service (MHS) TAHLFest & Noongar Dancers road-trip from Perth to Roebourne

MHS TAHLfest 2015 at Roebourne school oval proved a huge success with the community of Roebourne, City of Karratha and outlying towns which was demonstrated by attendance rates, with large numbers of people attending the evening. This event was supported by local organisations and key stakeholders who contributed their time and resources to help execute a great event. TAHLfest has operated for two consecutive years and each year the event becomes stronger and better planned with better outcomes.

TAHLfest targeted all age groups in the community with the intent to empower the community to make healthier lifestyle choices through music, fun and festivities. TAHLfest is an alcohol, tobacco and drug free event which aims to promote healthy living in the Roebourne community. For example only healthy foods were sold at the event and no sugary drinks like soft drinks and fruit juices were sold. Only water was freely available.

The lead up to TAHLfest saw performances and workshops conducted in a number of schools by the Traditional Noongar Dance Group – Baldja Moort. Dancers spoke on issues they had overcome and shared their personal stories that have shaped their lives. The spectacular cultural dances encouraged many school children to join in the school dance activities. TAHLfest 2015 featured headlining artist, Stan Walker, supported by national/local acts and guest speakers. Throughout the evening, healthy living and other health messages were delivered by the various performers.

Andy Saunders – Aboriginal comedian MC'd the night, introducing performances and spreading Mawarnkarra's health messages. Over 600+ community members engaged in the festivities, the activities catered for everyone of all ages – Free health checks, Cooking demonstrations, Prizes and giveaways, Fitness sessions, Kids rides, Face painting, food and drinks and plenty more. TAHLfest is proud to be strictly health related event by making sure caterers did not sell anything that could negatively impact a person's health.

Program teams at MHS have since received a significant amount of positive feedback from the community and organisations regarding TAHLfest.

Sponsors: Coates hire, Morris, Multi Service Group, Neverfail, NYFL, Pilbara Access, Pilbara News, RED FM, Spirit Radio, Tox Free.

AHCWA'S grant was put towards funding a traditional Noongar dance group to travel to Karratha and Roebourne to perform at several schools and youth centres in the lead up to the TAHLFest event.

Fifteen school-aged boys were invited to attend the tour spending one week touring from Perth to Roebourne, which included cultural dances and group activities at several schools and community centres in the Karratha and Roebourne district.

The boys performed traditional Noongar Dances, introducing all of the dances and explaining their meanings and then they coordinated the audience to participate in the dances in an interactive style.

Several of the year 12 boys also shared their personal stories which related to Stolen Generations; homelessness and overcoming challenges. The boys presented workshops along the way while they road-tripped from Perth to Roebourne to get their stories perfected before their final performance at TAHLFest.

The boys worked on making these issues central to their stories as they have all suffered deeply in their lives due to alcohol and drugs affecting their families and their communities, realising that youth will listen to other youth share their stories a lot easier than they will listen to anyone lecturing them on the topic.



Friday 29th January 2016 – SWAMS Noongar Social & Emotional Wellbeing Summit

On the 29th of January the South West Aboriginal Medical Service (SWAMS) with the aid of the Aboriginal Health Council of Western Australia (AHCWA) held a social & emotio summit event in Bunbury. The aim of the event was to discuss sexual health particularly focusing on controlling Sexually Transmitted Infections (STI's). The event was held at the Koombana Bay sailing club with 25 youth attending as well as SWAMS staff, Headspace Bunbury and a representative from the Aboriginal Workforce Development Centre.

The day started with a registration where participants received name tags as well as housekeeping information followed by a Welcome to Country presented by the local Noongar kids who were attending the event. SWAMS gave out t-shirts on the day which were designed specifically for the event with the event logo on them. This was to ensure the participants could have something to remember the day by. SWAMS enlisted the help of Adventure Works in running activities with the youth to keep them engaged and energetic. This started with an icebreaker activity as well as writing down some points of what kind of behaviour and attitude the youth themselves wanted to show on the day. SWAMS had two of their nurses come along to the event, Julie-Ann Dowdell and Peter Robertson. They spoke about STI's and Blood Born Viruses and the effects these can have on our youth in the community. Jennifer Needham, the Senior Sexual Health Officer and Hayley Thompson the Youth Coordinator both from AHCWA also attended to talk with the youth and run a couple of activities around using condoms, sexual consent and setting future goals.

SWAMS provided morning tea as well as lunch. Following the activities SWAMS staff gave out prizes in the form of gift cards as well as iPads which were used as incentives to get more youth to come along to the event. After lunch the youth filled out a post survey on what they'd learnt about sexual health in particular STI's which coincided with what they had learned from this event. Scott from Adventure Works then took the youth for some fun water-based activities including raft-building and kayaking. This was a great way to spend the afternoon and everyone had a great time. Headspace provided a lot of resources for everyone to have including, gift bags, pamphlets, wristbands and heaps more. SWAMS wrapped up the event and gave out more prizes which included 2 iPads.

The event took quite a few weeks to plan. SWAMS had a very young planning committee, which was a main part of SWAMS objective so that they could better relate to what youth in the community would enjoy doing and what they could really benefit from at the Youth Summit. The committee members included Candii Noble, Whitney Pukallus, Talicia Jetta, Terrence Garlett and Wade Garwood. Everyone showed great attitudes towards learning about and preventing STI's in their community and also participated really well in all activities.







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