St. John of God Health Care
- South West Community Drug Service Team

"ANA KADJININY"

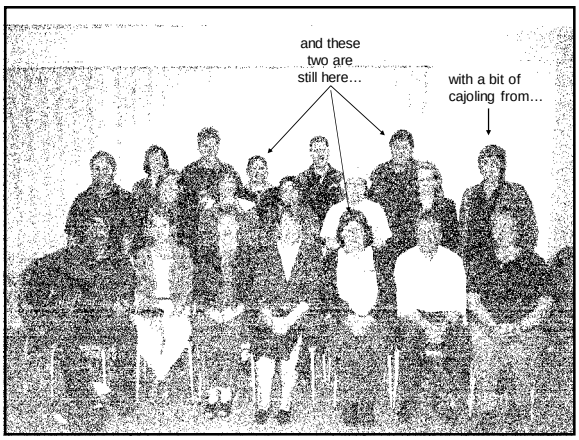
- Confirming, Acknowledging, Understanding

Indigenous Alcohol and Other Drugs Program – 2007/08

History

2000 - 2008

Alcohol and Other Drug related problems within the Noongar community prompted a group of Noongar people to join the team at South West Community Drug Service Team in 2000.



"ANA KADJININY"

Aboriginal Staff

Bill Turner –	**Coordinator**
Lynette Jetta –	**Women's program**
Ernie Hill –	**Cert III A.O.D, Primary Health, Youth**
Tracy Taylor –	**Cert III A.O.D, Primary Health, Youth**

So… thanks also to the generosity and vision of St.John of God Health Care,

the seeds for

Ana Kadjininy

were planted.

What's Happened So Far?

Bill and **Lynette** have remained with the team since 2000 - **Dean** joined in 2005

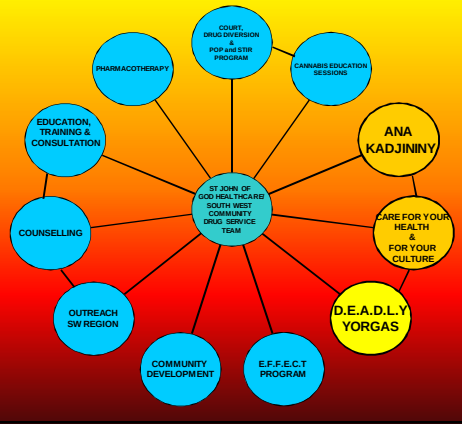
Tracy and Ernie came on board in 2007 and between all they have completed:

- **2007 Winner - Aboriginal A.O.D. Worker of the Year**
- Australian Health Promotion Scholarships / Cert 3 Primary Health / Cert 3 A.O.D
- Cert III - AOD counselling (to complete Cert IV in future)
- Certificate III in Youth Work
- Cert IV Training and Workplace Assessment
- Suicide Prevention
- Clinical supervision / Plus other training

Ø **As well as ongoing SWCDST responsibilities -**
In line with operational objectives:

- D.A.O initiatives – Cultural Supervision Training / Enough Is Enough programs
- Awareness raising presentations (Local & state and National)
- Peer Education Program – APSAD conference / local community
- Newton Moore SHS –Clontarf Academy DEAP program TAFE AOD awareness / SOSS
- School cultural / AOD education
- Community Development - ITC
- Outreach counselling
- Bunbury Noongar Local Drug Action Group

Focus for 2007- 08



THEMES

Social Advocacy
&
Community Development
Training, Education

Social Advocacy

Community Prevention / Intervention

- Appropriate Health / Educational programs specific to parents, youth, families, male & female; programs that are culturally sensitive and gender focused.
- Raise awareness in communities of A.O.D. related issues – community displays, yarning

Holistic View of Health

- Family and youth Awareness building programs - Discussions, Workshops, Displays and activity based counselling and culturally specific activities
- Developing resilience factors in the community
- Building and strengthening families and family values and inner spirit = "Strong Spirit, Strong Mind".
- On-going - Continue to build on foundations
- Developing 'good' practice models

Prevention/Intervention

Particular Target Areas of concern

§ A.O.D

§ IV / BBV's (Collaborative approach with WACHS and Needle and Syringe Program, WANADA Slow Down Project and others)

§ Outreach

§ Life Skills - managing/coping strategies

DEADLY YORGAS WOMEN'S PROGRAM

"D-E-A-D-L-Y YORGAS"

Drug Education
And
Development of Life-skills,
Yarning

YORGAS
Meaning
Women in Noongar

Program – Commence – Feb 2007
6 Week programs – 2hr groups

Facilitated – SWCDST and guest speakers from community agencies

Themes – A.O.D, Brief Solution focus, who's problem is it? communication, stress, anxiety, safety, boundaries, Goal setting, Health / Mental Health, Alternatives Drug use, Physical activities, Diet and Nutrition.

- Follow Up programs/ workshops
- Workshops/Groups: Women, Carers, young mums, seniors, Health activities, A.O.D education / information Educational Activities
- To develop skills and resilience in managing / coping with A.O.D related issues /Alternatives to A.O.D

Women's Program Plan

- PROGRAM Social Advocacy
- WHO TO IMPLEMENT- S.J.O.G Health Care through SWCDST
- COMMUNITY PARTNERSHIPS – **extensive consultation, service collaboration**
- ACTIONED **by** Lynette and Tracy, Bill and Ernie
- TIMEFRAME – Initially funded for 12 month July 2007/July 2008 –
- Through the expressed interest from the community women program has been continued as a self help group

DEADLY YORGAS SUMMARY

PROGRAM
Attended by approx 50 + women throughout the year

- Held over 3 days a week Tuesday, Wednesday and Thursday.
- April To June - A total of 22 sessions were held with one being cancelled due to funerals or sickness.

COORDINATED AND FACILITATED
SJOGH / SWCDST A.O.D community service Officer and Trainee, SWAMS Health Promotion Officer and supported by Both Organisations staff.

PRESENTATIONS
Various Organisations and Guest Speakers.

OUTCOMES
Increased knowledge of Services
Active interaction and participation
Increased service collaboration
Establish Noongar Carers Support Group

EDUCATION SESSIONS
- Women's Health info- Pap smear, breast cancer, self defence.
- Mental Health
- Hep A.B.C Needle & Syringe program - IV use
- BBVs, STDs - prevention& safety
- Heart Disease
- Diabetes and Stress – identify& management
- Relaxation – options& strategies
- Diet & Nutrition
- Alcohol & Drugs
- Video's Culture / Strong Spirit, Strong Mind

ACTIVITIES
- Health Checks- weight, height, blood pressure, blood sugar
- Tai Chi- relaxation exercise lessons
- Hydrotherapy – facilitated exercises in the pool
- Cooking lessons – Healthy Lunches
- Massage therapy – Body, hands, feet
- Ten – Pin Bowling Break – Up Lunch
- Final presentation - afternoon tea

CREATIVE
- Art sessions, Scrap booking
- Design posters – A.O.D, B.B.Vs, Culture, family
- Music- singing, song writing, recording songs, sharing memories / songs grew up with.
- Poems – writing, reciting
- Story – telling and Yarning

COMMUNITY DEVELOPMENT
- **SJOGH**
- SWCDST, Allied Health Unit, Pastoral Care ,Social Workers, Bohemian Cafe, Catering

Partnership with SWAMS:
- Health Promotion Coordinator
- Health Workers Transport
- Women's Health Program
- HACC

COMMUNITY COLLABORATION
- Waratah – Mooditj Healing Program Centre
- W.A.Country Health Service – Needle & Syringe, Diet & Nutrition
- Djidi Djidi Aboriginal School
- Blue Sky Training – massage company
- Dinichi Jacob – Martial Arts / Tai chi
- Ten-Pin Bowling

OUTCOMES

- **Peer Support, group work**
  Support Aboriginal women in the community Through:
  Education, Health, Physical activities, Advocacy, Referrals
- **Engaged Noongar Women/ Active participation**
  Diversity of ages. 16 – 70 +
- **Partnerships / collaboration with services and agencies – Aboriginal and non – Aboriginal**
- **Continuation of Women program –Collaboration with people and services to continue the program**
- **Directed and Facilitated by the Noongar women themselves**
- **SWCDST now act as an Advisory to Group**
- **Other Service / Agencies willing to provide support and service**

Certificate of Participation

THIS CERTIFICATE IS PRESENTED TO

Lynette Jetta

For the participation and completion of

the 6 Weeks Body, Mind & Spirit Program

DEADLY YORGAS

South West AMS

Lynette Jetta
Coordinator
DEADLY Yorgas Program

St JOHN OF GOD HOSPITAL BUNBURY

SJOG/DEADLY YORGA'S & SWAMS BODY, MIND & SPIRIT

DATE	TUESDAY	WEDNESDAY	THURSDAY
AM WEEK 1 PM 3	**29th April** Information Day Introduction of Program **11.00am - 1.00pm** SJOG/ DEADLY YORGA'S SWAMS - Health Promotion Health Workers SJOG – Allied Health Unit SJOG Meeting Room 2		All Thursday Activities organised by Health Promotion - SWAMS Dr Julie Owen
AM WEEK 2 PM	**6th May 9.00- 10.00 am** DEADLY YORGA'S Support Group SWCDST A.O.D Indigenous Worker **11.00 am – 1.00pm** SWAMS :-Health Checks Allied Health Unit – Assessments Conference Room 1 @SJOG Hospital	**7th May** **11.00- 12.00** Nutrition Talk Dr Julie Owen SWAMS /Health Promotion **1.00 – 2.00pm** Allied Health Unit (Pool)	**11.00 – 1.00pm** Tai Chi @ Big Swamp
AM WEEK 3 PM	**13th May 9.00 – 10.00 am** D.E.A.D.L.Y YORGA'S Support Group SWCDST A.O.D Indigenous Worker **11.00 – 1.00pm** Cooking /Sewing /Activities Aboriginal healing Centre At 16 Little St Carey Park	**14th May** 11 – 12.00 SWAMS – Health Workers Women's Health Info & Why Diabetes Talk Dr Julie Owen **1.00pm – 2.00pm** Allied Health Unit (Pool)	**11.00 – 1.00pm** Tai Chi @ Big Swamp
AM WEEK 4 PM	**20th May 9.00 – 10.00am** D.E.A.D.L.Y YORGAS Support Group SWCDST A.O.D Indigenous Worker **11.00 – 1.00pm** Cooking /Sewing /Activities Aboriginal healing Centre At 16 Little St Carey Park	**21st May** **11.00 – 12.00** Information about Heart Disease Health Movies Review SWAMS – Health workers Dr Julie Owen **1.00pm – 2.00pm** Allied Health Unit (Pool	**11.00 – 1.00pm** Tai Chi @ Big Swamp
AM WEEK 5 PM	**29th May** **9.00 – 10.00am** D.E.A.D.L.Y YORGAS Support Group SWCDST A.O.D Indigenous Worker **11.00 am – 1.00** Pamper Session Facilitated by Blue Sky Training Aboriginal healing Centre At 16 Little St Carey Park	**28th May** **11.00am – 12.00pm** Talk / Information about Smoking Dr Julie Owen **1.00pm – 2.00pm** Allied Health Unit Exercise	**11.00 – 1.00pm** Tai Chi @ Big Swamp
AM WEEK 6 PM	**3rd June** **9.00 – 10.00am** D.E.A.D.L.Y YORGAS Support Group SWCDST A.O.D Indigenous Worker **11.00 am – 1.00** Aboriginal healing Centre At 16 Little St Carey Park	**4th June** **11.00 am** SWAMS - Final Health Checks Conference Rm 1 @SJOG Hospital **1.00pm – 2.00pm** Allied Health Unit Health Assess / Review Outcomes Feedback	**11.00 – 1.00pm** Final Activity 7 Ten Pin Bowling Movie

"ANA KADJININY"

trainees + Indigenous Health

Indigenous trainees completed Cert III in Primary Health
November 2008 they will graduate with Cert III in Community Services Alcohol and Other Drugs
Health Promotion – St John of God Hospital Bunbury
to build bridges so that indigenous people will feel comfortable in accessing: Oncology, Palliative Care, Renal Unit
Their presence and input will also Increase cultural awareness in the hospital setting.

BUNBURY HERALD, Tuesday, October 14, 2008 17

Working to improve indigenous health

INDIGENOUS people from across the South West are being encouraged to become more involved with Aboriginal community health by pursuing a career in the Alcohol and Other Drug sector workforce.

Tracy Taylor and Ernie Hill are looking forward to completing their Aboriginal Alcohol and Other Drug Worker Training Program, after which the pair will join the St John of God Hospital South West Community Drug Service Team with a Certificate III in Community Services Work.

The pair have been working under the guidance of Bill Turner and Lynette Jetta who coordinate the Ana Kadjininy program in the region.

Ms Taylor said she enrolled in the course to help the indigenous community in the South West.

"It's been very rewarding, yet challenging because you really have to know your stuff about drugs and alcohol, its effects and symptoms," she said.

"I really think that we need more indigenous drug and alcohol counsellors and I would definitely encourage other young people to do the training."

The WA Drug and Alcohol Office has been running the program in W since 200

The 12 month course includes face to face learning and on the job training for indigenous participants who are employed in the Alcohol and Other Drug sector workforce.

...lete the Aboriginal Alcohol and Other Drug Worker Training Program next ...g with others, to improve indigenous health and wellbeing in South West

...ORMAN BAILEY

MEN'S PROGRAM MOORDITJ MARRMAN

"MOORDITJ MARRMUN"

- GOOD NOONGAR MAN -

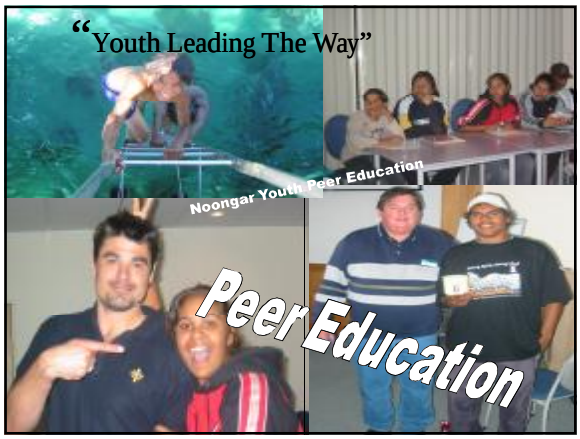
- Health awareness / life skills building
- Men's program will be implemented through existing programs such as:
  Waratah
  TAFE /school workshops
- Peer Education / mentoring
- Network / partnerships with other agencies and organisations
- Individual / group counselling
- And EFFECT program

COMMUNITY YARNING

Peer Education –Youth, Aboriginal and non-Aboriginal

Focus

- Health / A.O.D awareness
- Injecting
- Underage/binge drinking
- Violence
- Educational activities, Outdoor/sport activities
- Recreational / Art
- To increase awareness, knowledge and skills, developing peer support, developing motivation for a healthy alternative lifestyle
- On-going 2007/08



Noongar Youth Peer Education

"Youth Leading The Way"

TRAINING

EDUCATION

DEVELOPMENT

Education and Training

- Two – (one marrmun, one yoka)
  Up skill to enable them to undertake basic assessment and intervention. Mentoring and DAO training
- Aboriginal / Noongar men, women, youth -
  D.E.A.D.L.Y Yorga's
  Moorditj Marrmun - Men's
  Peer Education program- youth
- Work cooperatively with other AOD educators and trainers at SWCDST and community services/agencies.

Development

- Develop and deliver programs in response to requests from schools, community groups and other health service providers.
- Information/education specific to Injecting /IV use and STDs
- With regard to potential programs, develop trust through consultation in the community – ongoing – (give the community what the community needs).

- Noongar Carers Support Group – male and female
- Outreach – BBQ's / community meetings / family and career days / support / continuous consultation
- Workplace AOD education (E.g. NEEDAC / A.C.E.S)
- Camps / Adventure days (Subject to funding)
- Develop own (Ana Kadjininy) logo / pamphlet (maybe a t-shirt)

PROPOSED Social Outreach PLAN

Target Group	Target Area	Action	Objectives	Timeframe
Aboriginal Community	Training Community Education	A.O.D Education Course	To provide the skills to educate others / peers around A.O.D issues within the Aboriginal community	
Community	Holistic View of Health Family and youth	Awareness programs Discussions Workshops Displays	- To develop resilience factors in the community - To build and strengthen families and family values - Strengthen Inner Spirit: "Strong Spirit - Strong Mind"	On-going 2007/08
Aboriginal Community Consultation	S.W.C.D.S.T Community Needs Analysis	Consulting with community Information sessions	To identify target areas for service provision	Ongoing
Schools …… Regional College of TAFE – SOSS	Education Prevention Holistic Health …… Students /Staff	Presentations in school Interactive activities …… Support, referrals and community development	- To improve drug awareness for youth. - To breakdown barriers for seeking assistance - To improve knowledge about drug issues. …… Support, referrals, professional and educational development	6 months …… Ongoing
Outreach: - Collie …… Aboriginal community	Clients / DOJ / Community …… Aboriginal community	Counselling / Yarning: clients, schools and community …… Continuous community interaction;	…… For accurate service provision /delivery	Ongoing …… Ongoing

PROPOSED Development Training and Education PLAN

Target Group	Target Area	Action	Objectives	Timeframe
SJOG	Cultural education and awareness	Cultural awareness Programme Training Workshops/ presentations	In line with WHO - To improve cultural awareness among non-Indigenous workers in practice	6 months
Youth Aboriginal and non-Aboriginal – "Peer Education"	Health education Life skills Leadership building	Workshops: • Injecting • Underage/binge drinking • Health / A.O.D awareness • Educational activities • Outdoor/sport activities • Recreational • Art	- To increase awareness knowledge and skills developing peer support. - To develop and encourage motivation for a healthy alternative lifestyle	On-going 2007/08
Women's Program "DEADLY YORGAS"	Drug Education And Development of Life skills Yarning .	Workshops/Groups -Carers -Health issues -A.O.D education / information -Educational Activities	To develop skills and resilience in managing / coping with A.O.D related issues	2007/08 groups
Men's Program "MOORDITJ MARRMUN "	Drug Education And Development of Life skills Men and Youth Health	Workshops/Groups -Carers -Health issues -A.O.D education / information Educational Activities	To develop skills and resilience in managing / coping with A.O.D related issues	2007/08
Training	SWCDST Aboriginal workers and Trainees	- Youth work: (Trainees) - Cert III or IV: (Trainees) Aboriginal workers: as required	To provide the skills to educate others / peers around A.O.D issues within the Aboriginal community Provide an avenue for meaningful employment	2007/08

summary

SWCDST/SJOG and ANA KADJININY INITIATIVES

Social Advocacy being implemented through :

Women's program - D.E.A.D.L.Y Yorga's

- **Alcohol and Other Drug issues**

Men and Youth health – Moorditj Marrmun / Peer Education

- **Information / education, health awareness specific to Injecting /IV use**

Training, Education and Development:
Men, Women and Youth

- **To develop skills and resilience in managing / coping with A.O.D related issues by provide information, education and support**

Trainees:

To support workplace development within the S.W.C.D.S.T

- **Youth work: (Trainees) - Cert III or IV S.W.R.C of TAFE**
- **Addictions Course – future for Aboriginal community**