

Priority Area:

ABORIGINAL HEALTH 2019/2020



3.7% of people in our region identify as Aboriginal & Torres Strait Islander compared to 2.9% in NSW



17.5% of Aboriginal & Torres Strait Islander residents had an Indigenous health check 2017-18.
Significantly lower than NSW average of 25.1%

523 people assisted through our Aboriginal health programs and services

115% increase in people from the our region in touch with Koori Quitline

21,339 care coordination services through Integrated Team Care

1,524,303 Facebook impressions from Breath of Fresh Air campaign

94% practices visited by our Aboriginal Liaison Officer

OUR VISION FOR RECONCILIATION

That Aboriginal & Torres Strait Islander peoples' community needs, interests and priorities are embedded in our everyday business and cultures to improve the health of Aboriginal & Torres Strait Islander peoples in our community. We aim to work with other healthcare providers across the region, through our commissioning and partnership leader role, to build communities of healthcare practice that recognise, support and empower Aboriginal people and communities.

RECONCILIATION ACTION PLAN

Reconciliation requires tangible plans and for the last two years our Innovate Reconciliation Action Plan (RAP) 2018-2020 has provided the framework for the activities and initiatives our organisation has undertaken to implement our vision. Our RAP Working Group is comprised of staff from across the organisation, who lead and guide our RAP initiatives together with key stakeholders.

- 13 RAP Working Group members
- 12 meetings

Find out more:

www.nbmphn.com.au/RAP

ABORIGINAL CULTURAL AWARENESS TRAINING

This RACGP-accredited training series for GPs and practice nurses provides practical skills and knowledge for working with Aboriginal & Torres Strait Islander people. This training was specifically developed for our region and the interactive sessions allow participants to learn, ask questions and explore themes and issues relevant to healthcare.

- 2 sessions
- 24 health professionals attended

Due to COVID-19, two sessions had to be postponed. The course was then redeveloped to suit an online delivery model and will be delivered online during 2020-2021.

"It was informative and a wonderful session."
"Excellent education. Excellent presenters."

ABORIGINAL LIAISON OFFICER

Our Aboriginal Liaison Officer, Mitchell Beggs-Mowczan, provides support, training and cultural guidance to our organisation and to practices across our region. Mitchell is a Wiradjuri man who was born and raised on Dharug land. Mitchell has worked in Aboriginal Health for eight years and is currently completing a Bachelor of Community Services.

- 130 practices visited (94% of total practices)
- 15 community events attended

Find out more:

www.nbmphn.com.au/AboriginalHealth

BREATH OF FRESH AIR CAMPAIGN

Innovative, digital, arts-based anti-smoking campaign. This initiative was evaluated by Western Sydney University.

- 8 videos produced (including a digital animation)
- 90% of participants who were surveyed agreed the campaign as a whole connected with them and their culture, and that the animation and ambassador videos were "culturally respectful" and connected "specifically to Aboriginal & Torres Strait communities"
- 115% increase in Aboriginal & Torres Strait Islander peoples from the our region in touch with Koori Quitline

SOCIAL MEDIA RESULTS

- 1,524,303 Facebook impressions
- 603,316 Facebook reach
- 12,348 Facebook clicks
- 175,602 video views

Find out more:

www.IChooseFreshAir.com.au

IN THIS TOGETHER

"As an organisation we recognise that **"Reconciliation"** is not just a word – it is a process that requires change and positive action. It is a journey for all Australians – as individuals, families, communities, organisations and importantly as a nation. At the heart of this journey are relationships between the broader Australian community and Aboriginal & Torres Strait Islander peoples.

Our organisation has a strong history of collaborating with Aboriginal & Torres Strait Islander communities within our region. Over the past two years our RAP has reinforced this, and has formalised our ongoing commitment to continue to work together to build communities of healthcare practice that support and empower Aboriginal & Torres Strait Islander peoples."

– Lizz Reay, CEO

ABORIGINAL MENTAL HEALTH & ALCOHOL AND OTHER DRUGS (AOD) ADVISORY COMMITTEE

This advisory committee is a joint initiative with the NBMLHD. The committee is made up of two Aboriginal and/or Torres Strait Islander community representatives from each of our four Local Government Areas. Other members include Aboriginal clinical and support staff representing mental health and drug and alcohol services in the region.

The committee helps us to shape a holistic approach to addressing both mental health and drug and alcohol needs in our region by ensuring that our services meet the needs of our local Aboriginal communities.

HIGHLIGHTS



I Choose Fresh Air

Aboriginal & Torres Strait Islander peoples are still over-represented when it comes to tobacco use which indicates that traditional smoking cessation initiatives are not effectively engaging Aboriginal people.

In 2018, we secured a grant from Cancer Institute NSW to develop an 18 month digital campaign that would create opportunities for change in Aboriginal communities around tobacco use.

The campaign was co-designed with Aboriginal people in our region. Workshops were held with local Aboriginal knowledge holders, who shared their personal stories relating to smoking and who strongly reinforced that the initiative needed to find a positive approach – as opposed to negative or fear-based campaigns – and draw upon the links between mind, body, spirit and culture.

We partnered with Aboriginal companies 33 Creative and Blacklock Media to develop the campaign using storytelling and art-based visual messaging. Adopting the tag line **I Choose Fresh Air** the campaign used holistic wellbeing, culture and connection to country as the motivation to reduce smoking.

Key components of the campaign included the creation of the "I walk my own path..." digital animation, videos of four local Aboriginal Ambassadors, two 'connection to country' videos, a website, a youth photo competition and branded merchandise to use at community events. This innovative campaign is a finalist in the **Western Sydney Awards for Business Excellence – Arts & Culture Category**.

"I think it was a great way to connect with people. Interesting colours and pictures that grabbed the eye and made me want to watch more."

"It connected to my culture, the colours, storytelling – it's how we communicate."

"It spoke to me as a Koori woman."

"...made me feel like I want to keep my culture alive."



COMMUNITY ENGAGEMENT – NAIDOC

Our staff regularly participate in community and cultural events across the region. This helps us to build relationships with local Aboriginal communities and to identify some of the barriers Aboriginal people face in accessing health services.

- 7 staff volunteered at NAIDOC Jamison Park which was attended by 5,500 people
- 2 staff volunteered at NAIDOC Richmond which was attended by 400 people

Find out more:

www.nbmphn.com.au/AboriginalHealth

DEADLY DREAMING

This 10-week early intervention cultural program for young Aboriginal & Torres Strait Islander peoples is delivered in high schools, and at Cobham Juvenile Justice Centre, and offers support for mental health and addiction concerns.

- 20 schools
- 233 brief assessments
- 172 young people assisted
- 2 school holiday programs
- 12 clients at Cobham Juvenile Justice Centre

Find out more:

www.nbmphn.com.au/DeadlyDreaming

INTEGRATED TEAM CARE – CLOSING THE GAP

This program helps Aboriginal & Torres Strait Islander peoples with chronic health conditions to access better healthcare, cheaper medicines and culturally appropriate care coordination and support. We commission Nepean Community & Neighbourhood Services to provide this service.

- 309 people assisted
- 85 new patients
- 21,339 care coordination services
- 2,743 occasions of service by outreach worker

INDIGENOUS HEALTH PROJECT OFFICER

The Integrated Team Care (ITC) Indigenous Health Project Officer provides GP education and helps practices register for ITC and the Indigenous Health Incentive (IHI) Practice Incentives Program (PIP). The IHIPIP supports practices to provide better healthcare for Aboriginal & Torres Strait Islander patients, including best practice management of chronic disease.

- 92 practices registered for IHIPIP (67% of total practices)
- 100% IHIPIP registered practices visited

Find out more:

www.nbmphn.com.au/ClosingtheGap

SOCIAL EMOTIONAL WELLBEING LINK WORKER PROGRAM

The Social Emotional Wellbeing Link Worker is based at Greater Western Aboriginal Health Service and provides culturally appropriate support and holistic care to people with complex mental health and addiction concerns. The Link Worker provides both direct support and linkage to other services including the Penrith Community Hub (WHOS) for drug and alcohol recovery day programs.

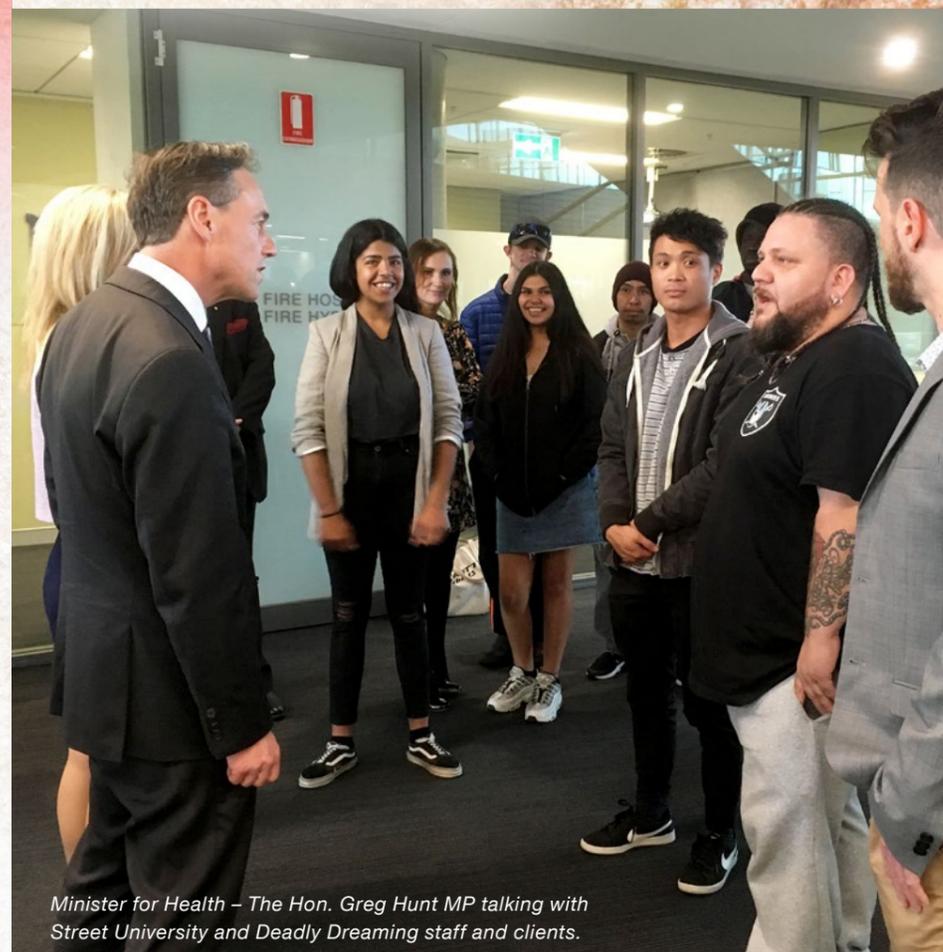
- 30 people assisted

Find out more:

www.nbmphn.com.au/LinkWorker

 See more about WHOS and Marrin Weejali Collaboration in Addiction Support

HIGHLIGHTS



Minister for Health – The Hon. Greg Hunt MP talking with Street University and Deadly Dreaming staff and clients.

Deadly Dreaming

Each school term, the Deadly Dreaming program is conducted one day per week, at high schools in each of our Local Government Areas. This program is also conducted at Cobham Juvenile Justice Centre.

The workshops aim to address Aboriginal & Torres Strait Islander youth disengagement by strengthening their connection to culture. Through the use of the art and cultural-based activities the program supports participants to maintain their connection with culture, appreciate heritage and reconnect with Elders in the community. The workshops also include Deadly Thinking suicide prevention sessions.

This program is run by the Ted Noffs Foundation and provides culturally appropriate, strengths-based case management support to participants and where needed, ensures seamless access and integration of clients to Penrith's Street University.

During COVID-19, Deadly Dreaming has continued with custom designed online activities adjusted to suit the individual school.

Working to Close the Gap

“A patient with COPD and a back injury was very anxious about leaving the house, as his oxygen set up was cumbersome, difficult to move around and he was always worried about it running out. He was becoming very depressed, compounded by the fact that he has a 2 ½ year old grandson in Queensland that he’s never met, as he is too worried about travelling with his oxygen.

His specialist recommended a portable oxygen system, but unfortunately this was very expensive and outside our financial capability. Our Care Coordinator, Wendy, investigated all the options before contacting the supplier, with whom she has developed an excellent relationship. After much negotiation, Wendy was able to secure a fully refurbished ex-rental product for less than half-price. **With approval from the NBMPHN for the funding**, the client was able to receive this new lightweight portable oxygen system.

The client was so very excited, and grateful! His mood lifted and he began planning his trip to Queensland. The best thing about our team is their passion to ‘Close the Gap’ – it influences all their decisions and actions, and makes them go that extra mile.”

— Nepean Community & Neighbourhood Services