



Kimberley Aboriginal Medical Services Social and Emotional Wellbeing

SEWB Partner Network Monthly Communique #1

July 2020

Welcome to the first edition of the Kimberley Aboriginal Medical Services (KAMS) Social and Emotional Wellbeing (SEWB) Monthly Communique. Designed to keep KAMS partner organisations and member services informed of important news for the SEWB sector in the Kimberley, this communique will share general updates, resources, upcoming training and events, good news stories and opportunities for engagement. If you have an update to share, or would like your good news story or event featured in this communique, please contact sewbadmin@kamsc.org.au prior to the beginning of the month in question.

General Updates

In late June 2020, *A National COVID-19 Pandemic Issues Paper on Mental Health and Wellbeing for Aboriginal and Torres Strait Islander Peoples* was released. Led by the University of Western Australia, this report outlines the impact of COVID-19 on the mental health and wellbeing of Aboriginal and Torres Strait Islander people, according to a working group of more than 30 Indigenous leaders worldwide. The report outlines five key recommendations to mitigate the effects of the pandemic on Aboriginal and Torres Strait Islander communities. For your information, please see report attached to communique cover email.

Resources

Culturally validated screening tools and resources

Culturally secure service delivery is a primary goal of Aboriginal Community Controlled Health Organisations. In terms of assessing risk for mental health issues, a number of culturally validated tools exist. Examples include the Here and Now Aboriginal Assessment (HANAA), developed by UWA as a screening tool for SEWB and mental health problems in Aboriginal and Torres Strait Islander people, and the Adapted 9-item Patient Health Questionnaire, which includes culturally appropriate questions asking about mood, appetite, sleep patterns, energy and concentration levels. See the following websites for more information about these tools, and others like them ([Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention](#) website; [Royal Australian College of General Practitioners](#) website).

For a one-stop-shop for culturally relevant resources, see the [wellmob website](#). Developed by e-mental health in practice in partnership with the Australian Indigenous HealthInfoNet, the wellmob website is free to access and contains over 200 culturally relevant videos, apps, podcasts and other websites that health and wellbeing workers can use with their Aboriginal and Torres Strait Islander clients.

Good news

The first Virtual Regional SEWB Manager's Forum took place on the 30th of June. The three-hour Microsoft Teams Meeting brought together Managers and CEOs of seven Kimberley Aboriginal Community Controlled Health Organisations with the KAMS SEWB Team. Attendees shared their biggest successes and barriers over the past six months, and learnt about the KAMS SEWB Team's new model for Workforce Support and Development. Feedback from attendees revealed that the Forum was valuable and helped them feel connected across the SEWB sector in the Kimberley. Thank you to all those who attended!

Upcoming Training / Events

- **15th July:** LIYAN Natural Helper's Program, Derby
- **22nd – 23rd July:** Applied Suicide Intervention Skills Training (ASIST), Derby
- **23rd July:** Bouncing Back from Rock Bottom – Presenting Heath Black, free online webinar
- **23rd July:** Meeting of the DAMH SC of the KAHPF
- **28th – 29th July:** Aboriginal Mental Health First Aid (AMHFA) Training, Kununurra



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Opportunities for Engagement

1. Free Webinar: *Bouncing Back from Rock Bottom – Presenting Heath Black*

In the lead up to WA Mental Health Week (13th - 17th October 2020), Western Australian Alliance for Mental Health is offering a series of free webinars. The first webinar, taking place on 23rd of July, features former AFL player Heath Black, as he shares his journey with Mental Health. To find out more about this event, and to register, please follow this [link](#).

2. Meeting of the Drug, Alcohol and Mental Health Sub Committee (DAMH SC) of the Kimberley Aboriginal Health Planning Forum (KAHPF)

The DAMH SC of the KAHPF was established to provide a regional view of Mental Health, SEWB and Alcohol and Other Drug issues in the Kimberley. The next meeting is taking place on the 23rd of July. SEWB Managers are invited to attend. If you do not have a meeting link and would like to attend, please contact the Secretariat of the KAHPF (kahpf@kamsc.org.au).

3. SEWB Training Opportunities in Derby and Kununurra

This month, the SEWB Team is delivering training in Derby and Kununurra (see Upcoming Training and Events). Places are limited and not guaranteed, but if you would like to enquire about joining into the training, please contact Robert Coll for training in Derby (sewbmanager@dahs.org.au) and Liz McCoy for training in Kununurra (hspm@ovahs.org.au).

4. SEWB Workforce Support Process (70/20/10)

A major objective of the recent Virtual Regional SEWB Manager's was to present the KAMS SEWB Proposed Process for Workforce Support and Development (70/20/10). The first step of this process involves the mapping of Service-specific Workforce Capability Frameworks. If your service is happy to begin the first step of this process, please contact sewbadmin@kamsc.org.au.



Thank you for reading 😊