



KAMS Social and Emotional Wellbeing

Social and Emotional Wellbeing Partner Network Monthly News MARCH 2021

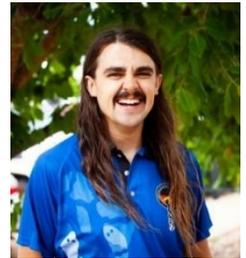
General Updates

Hello everyone and welcome to our March 2021 edition, it has been an extremely busy month with lots of events happening across the Kimberley in March and we expect an even busier April and May.

SEWB WSDU Team Updates

Karl Williamson commenced with our team SEWB WSDU Team on Monday, 15th March.

"I am a proud Wiradjuri Koori from Dubbo in Western NSW. I have started this week of the 15th March as the Senior Manager of SEWB and Mental Health, and look forward to meeting and working with you all. I am excited to be living and working on Yawuru Country with my family having made the long trip (6170km) from home".



Our SEWB Team and KAMS sadly said goodbye to Vicki McKenna, Suicide Prevention Coordinator and long term and valued staff member at the end of March 2021. The SEWB Team would like to extend a big 'Thank-you' to Vicki for all her guidance and support over the years. Our team is very grateful for all that Vicki has done for the SEWB team and the communities she has worked in. We wish Vicki all the best in her next endeavors ...

Suraya Bin Talib commenced in the new role of SEWB Learning and Development Coordinator on the 9th March however, due to personal circumstances will be leaving and last day is Friday, 23rd April.

The SEWB WSDU team is re-advertising for a SEWB Learning and Development Coordinator and also a SEWB Learning and Development Project Officer, so keep a look out for these wonderful job opportunities on our [KAMS Employment page](#).

March Good News

The Social and Emotional Wellbeing Gathering in Perth last week was looking at ways in which effective SEWB services could and are being delivered, how this could be measured, the interaction between SEWB and tertiary mental health.

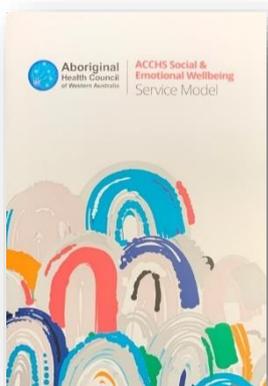
On the panel our very own Rob McPhee, KAMS COO sat alongside, Graham Gee, MCRI Psychology, Sue-Anne Hunter SNAICC, curated by Pat Dudgeon on the topic of "defining SEWB, the clinical interface and changing mainstream systems"



"ACCHS Social & Emotional Wellbeing Service Model" | Launched on 23rd March by ACHWA

The *Aboriginal Health Council of Western Australia (AHCWA)* launched the development of the *ACCHS Social and Emotional Wellbeing (SEWB) Service Model* at the WA Aboriginal Community Controlled Health Sector Conference held in Perth last week from Wednesday, 24th to Thursday, 25th March, 2021.

This ACCHS SEWB Service Model for WA represents the culmination of a 2 year project which aimed to explore the WA ACCHS perspectives, experiences and aspirations with SEWB and mental health service delivery as a starting point in developing a WA ACHS SEWB





Service Model. This report presents a roadmap for the ACCHS SEWB Service Model that has been informed by a review of relevant literature and consultations with ACHWA Member services during 2018.

The overall objective of the WA ACCHS SEWB Service Model is to improve the SEW and long-term health outcomes of Aboriginal people. ACHWA understands and acknowledges that an integrated service delivery approach to SEWB will take time to develop and will require cooperation, collaboration and relationship building across government and non-government services.

The next steps, from AHCWA is to seek to develop formal partnerships between important stakeholders to ensure further work on the development of the Model and implementation and evaluation planning can commence. AHCWA is awaiting state governments commitment to funding to financial assist to validate this SEWB Service Model across 5 member service sites.

So exciting times ahead and KAMS SEWB WSDU will continue to keep everyone informed on this matter!!

Kimberley Aboriginal Suicide Prevention Trial [KASPT] | March Update

KASPT – Evaluations underway

In March, the KAMS SEWB Team supported Impact Co to facilitate consultations to inform the evaluation of the Kimberley Aboriginal Suicide Prevention Trial. Face to face consultations took place in Derby, Balgo and Kununurra over a two week period from 22nd March to 1st April to hear directly from community members and service providers on what suicide prevention activities and programs they valued in their community, and what improvements could be made for future activities.

The feedback received was invaluable, and will help inform the Kimberley Aboriginal Suicide Prevention Plan which is currently being developed by KAMS on behalf of the WA Mental Health Commission. Further information below!

Kimberley Aboriginal Suicide Prevention Plan – Consultation key dates!

The SEWB Team at KAMS would like to invite you to attend a **consultation on the development of a regional suicide prevention plan for Aboriginal people in the Kimberley for the period of 2021 – 2025**.

Dates	Location	Venue	Times
Apr 19 Mon	Kununurra	Waringarri Aboriginal Corporation, Speargrass Road	9AM-11AM & 1PM-3PM
Apr 20 Tue	Kununurra	Waringarri Aboriginal Corporation, Speargrass Road	9AM-11AM & 1PM-3PM
Apr 21 Wed	Balgo	Balgo Community swimming pool	1PM-3PM
Apr 22 Thu	Balgo	Balgo Community swimming pool	9AM-11AM & 1PM-3PM
Apr 27 Tue	Broome	Lotteries House, Cable Beach Road	9AM-11AM & 2PM-4PM
Apr 28 Wed	Broome	Lotteries House, Cable Beach Road	9AM-11AM & 2PM-4PM
Apr 29 Thu	Derby	Derby Aboriginal Short Stay Accommodation (dining hall), Ashley Street	10AM-12PM & 2PM-4PM
Apr 30 Fri	Derby	Derby Aboriginal Short Stay Accommodation (dining hall), Ashley Street	10AM-12PM
May 3 Mon	Halls Creek	Kimberley Language Resource Centre (KLRC), Terrone Street	9AM-11AM & 2PM-4PM
May 4 Tue	Halls Creek	Kimberley Language Resource Centre (KLRC), Terrone Street	9AM-11AM
May 5 Wed	Fitzroy Crossing	Karrayili Adult Education Centre, Flynn Drive	9AM-11AM & 2PM-4PM



May 6 Thu	Fitzroy Crossing	Karayili Adult Education Centre, Flynn Drive	9AM-11AM
May 7 Fri	Bidyadanga	KRCI Office, Bidyadanga Road	10AM-12PM & 1PM-3PM



The [Western Australian Suicide Prevention Framework 2021-2025](#) recommends the development of a Western Australian Aboriginal Suicide Prevention Strategy, informed by dedicated regional plans prioritising culturally secure approaches to social and emotional wellbeing and suicide prevention.

A draft of the Kimberley Aboriginal Suicide Prevention Regional Plan 2021-2025 will undergo face to face consultations to ensure it is responsive to, and respectful of, the needs of Aboriginal people in the Kimberley region.

Please check the KAMS Training and Events Calendar for dates in your community that consultation will be taking place. We encourage you and others to attend!!

The Draft Plan will also be available online for feedback, available shortly on the KAMS website.

If you would like to hear more about any of the activities happening with KASPT and how you can be involved, please contact Stefanie on spcapacitybuilding@kamsc.org.au.

Red Dust Healing One-day workshops to be run in 7 communities in the Kimberley | 4th to 21st May 2021

Kimberley Mental Health and Drug Services (KMHDS) in collaboration with Red Dust Healing will be conducting one-day workshops across 7 Kimberley communities such as Broome, Kununurra, Wyndham, Halls Creek, Fitzroy Crossing, Derby and Looma during May 2021. *Be on the look out to access this wonderful training opportunity in your local community.*

What is Red Dust Healing?

Red Dust Healing is a specific cultural healing program, written from an Indigenous perspective, targeted at Indigenous men, women and families to address family and community violence, suicide, rejection, addictions, grief and loss, and mental health issues. The program encompasses visual holistic learning modules, linking Indigenous and non-Indigenous cultures, to help participants with their individual insights and the journey of personal growth and wellbeing. By individualising and personalising the program through a series of cultural modules targeted at real issues that affect the lives of the participants, it makes it easier for them to engage in the program.

The Red Dust Healing program has been delivered to over 15, 000 people in over 300 communities in Australia and overseas. Tom Power is the Founder of the Red Dust Healing Program. Tom is a Warramunga Man from the Wiradjuri Nation in NSW. Tom's working life began at his father's earthmoving and road construction business. Follow his father's death, in 1985, Tom continued to operate a grader business, studying community welfare through Dubbo TAFE College at night. IN 1995, Tom commenced work with the NSW Department of Juvenile Justice as an Aboriginal Programs officer, based in Taree, NSW. After 13 years with the Department, Tom left his position in order to deliver Red Dust Healing.

COVID Update



Given the ever evolving advice with COVID vaccinations and rollouts the KAMS clinic team has provided some advice to ensure we as the SEWB workforce can be well informed.

The Astra Zeneca vaccine for COVID – 19 has been found to be related to an increase in the incidence of a rare clotting disorder that can result in potentially life threatening blood clots in the circulation of the brain or other parts of the body.

In over 200 million doses given so far around the world the numbers amount to around from 1 to 8 per million cases of this serious condition usually between the 4th and 21st days after the dose has been given. The effects are thought to be greatest in younger people and after the first dose rather than the second dose (usually best given at around 3 months).

As a result of these observations, and considering the current low level of risk of COVID – 19 in our communities, the chief recommendation is for people between 18 and 50 to wait for the availability of other vaccines with less risk in this age range, such as the current Pfizer RNA vaccine.

Fortunately the younger age groups have overall lower risk of serious complications from contracting the Coronavirus. People with other health issues should still discuss the risks and benefits with their health worker, nurse or doctor and make an informed choice that is related to their specific situation.

People over 50 are at lowest risk of these rare side effects mentioned above, and relatively high risk of suffering devastating complications should they contract COVID. This group is still encouraged to continue with plans to vaccinate as they would have before. Those with health issues such as heart disease, diabetes, lung problems, and immune system problems stand to benefit the most from vaccination and should get the Astra Zeneca vaccine as soon as they are able after consulting with their health practitioner. The effectiveness of the Astra Zeneca in this group is over 70 %, cutting the chances of hospitalisation and death dramatically should an outbreak occur.

ATAGI, the Australian organisation charged with giving advice about the safety of vaccines, has given this information as above.

The bottom line is that people under the age of 50 who are otherwise healthy can wait for the rollout of alternatives to the Astra Zeneca COVID vaccine. For those under 50 with significant conditions as outlined above, consultation with a trained vaccinator (health worker, nurse or doctor in the first instance) is strongly advised. For those 50 and over the previous recommendation to proceed with the vaccines currently available still stands, and there is plenty of available vaccine in our remote communities and other clinics.

KAMS has regularly updated FAQs addressing COVID-19 Vaccines on the KAMS website [here](#). As always seek the advice of clinic staff if you have any worries.

Resources

Indigenous Suicide Prevention Crisis Line – 1800 370 747

AHCWA E-Bulletin news – [Welcome to the 76th issue of the AHCWA E-Bulletin](#).

Events and Training coming up in April and May 2021

Keep in the know on all our Events and Training being promoted in 2021, bookmark our [KAMS SEWB Calendar](#) now.

What: Suicide Postvention Skills Training by Kimberley Postvention Service, Anglicare WA



When: Wednesday, 14th April 2021

Where: Waringarri Conference room, Kununurra

What: Building Babies Brains by Waardi Ltd

When: Thursday, 15th April 2021

Where: KAMS Training Room A and B, Broome

What: Volatile Substance Use: Information, Issues and Responses by Mental Health Commission

When: Tuesday, 20th April 2021 (**RSVP by Thursday, 15th April 2021**)

Where: Lotteries House, Broome

What: Elephant in the Room! by Karen Hulls, Complex Trauma Training WA

When: Wednesday, 21st April 2021

Where: Kimberley Grande, Kununurra

What: The Trauma Puzzle Facilitator training by Karen Hulls, Complex Trauma Training WA

When: Thursday, 22nd and Friday, 23rd April 2021

Where: Kimberley Grande, Kununurra

What: Moodtji Leader Training

When: Tuesday, 11th May to Friday, 14th May 2021

Where: ****No more spaces, waitlist only****

What: Trauma Informed Care and Practice workshop by Mental Health Commission

When: Thursday, 13th May 2021

Where: Lotteries House, Broome

What: Recognising and responding to Amphetamine Intoxication/Toxicity & Opioid overdose training by Mental Health Commission

When: Friday, 14th May 2021

Where: Lotteries House, Broome

What: Fetal Alcohol Spectrum Disorder (FASD) Training by The Prevention Services Division at the Mental Health Commission.

When: Tuesday, 25th May to Wednesday, 26th May 2021

Where: TBC on registration, Kununurra

Check out our [SEWB Training & Events Calendar](#) for all training courses. Also on offer in Perth both face to face and online being delivered by the **Western Australian Association for Mental health** are courses such as:

- Everyday Counselling Skills – Perth – two-days Thursday, 15th April and Friday, 16th April 2021.
- Mental Health Challenges and Disability – Perth – Tuesday, 20th April 2021.
- Mental Health, Alcohol and other Drugs – Online – Wednesday, 28th April and Thursday, 29th April 2021.
- De-escalation Skills – Perth – Monday, 10th May 2021.
- Supervision – Perth – two-days Tuesday, 18th May and Wednesday, 19th May 2021.
- Culturally Diverse Mental Health – Perth – Monday, 31st May 2021.

If you have any questions relating to our March newsletter or if your organisation is keen to share any good news or up and coming events and training in your local community, please email the details through to our SEWB Admin officer at sewbadmin@kamsc.org.au.