



Social and Emotional Wellbeing Partner Network Monthly News

October 2022

Abby's Jalngangurru traditional Healing Journey



Abby who is a Aboriginal woman from the Kimberley when on healing journey with the Jalngangurru traditional Healing, Furthermore Abby has received many therapeutic sessions over the years and nothing compares this.

She Quoted:

“The women sang to her and the men re-aligned her energy fields”

Abby needed support with her wellbeing as she was struggling with some mental health challenges at the time, especially working in the space. Abby then talks about how she tried a lot of western healing systems in the past but this experience was most effective strengthening my mind and spirit.

“ I feel honoured and grateful to have experienced this from my old people. It was also beautiful to be reminded of the importance of giving back to our elders”

They offered a wonderful healing experience and giving them a gift back is an important part of our culture and reminds us that we must show gratitude for knowledge, wisdom and guidance that is given to us from our old people.

“I felt strong in making decisions that would benefit my overall wellbeing”

“I was privileged enough to receive a healing from the Jalngangurru traditional healers in Fitzroy”

Aus-kick in Bidgy

In September Damon from the KAMS SEWB team assisted Garnduwa in the delivery of Auskick to the Bidgudanga community.



The kids were so eager to play that we extended the session and played a game into the sunset.

Auskick was followed by a round robin of basketball, with our Development Officer Keegan jumping on court to join a team!

We finished off the night dropping the kiddies back home, reminding them of the yummy pancakes we were cooking at breakfast club the next morning.



From Garnduwa:

“A BIG thanks to Damon Enosa from KAMS for travelling over to support us with Auskick, Basketball and breakfast club”



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Mental Awareness Days (B-Bay & OAP)

In October the SEWB team attended the Mantel Health Awareness Day that took place in Beagle Bay and One-Arm-Point Communities

Micklo, one of the trainers presented on Mental Health Awareness at the event



Re-imagining Mental Health Services for American Indian Communities: Catering Indigenous

The SEWB workforce joined with KAHRA research team to watch a lecture by the amazing professor Joe Gone.



Joe is a Native American expert in Mental Health and has a wealth of knowledge regarding how to improve Mental Health services for First Nations peoples.

The staff felt really inspired after watching this lecture.

Event Details

Date:
Monday 7 November

Time:
12:30pm - 1:30pm

Venue:
Woodward Conference Centre
Level 10, Melbourne Law
Building, 185 Pelham St
Carlton

Or join via livestream by
registering below

Enquiries:
mdhs-rsvp@unimelb.edu.au

Joseph P. Gone is Professor in the Faculty of Arts and Sciences (Anthropology) and in the Faculty of Medicine (Global Health and Social Medicine) at Harvard University, where he also serves as the Faculty Director of the Harvard University Native American Program. He earned his undergraduate degree from Harvard College in 1992 and his doctorate in clinical-community psychology from the University of Illinois at Urbana-Champaign in 2001. During his graduate training, he served as the Charles A. Eastman dissertation fellow at Dartmouth College prior to completing his psychology internship at McLean Hospital/Harvard Medical School. Following a brief faculty appointment in the Committee on Human Development at the University of Chicago, Gone served on faculty in the Department of Psychology (Clinical Science Area) and the Department of American Culture (Native American Studies) at the University of Michigan for sixteen years.

For more information on the wonderful work that Joe is doing please visit: <https://gonetowar.com/>



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Upcoming SEWB Training

Please note due to finalising current training, we have no scheduled dates for the remainder of the year. If you would like to organise training through KAMS please contact us at sewbadmin@kamsc.org.au.

The KAMS Social and Emotional Wellbeing (SEWB) Team delivers a variety of SEWB training and information sessions to services and community members across the Kimberley region. In addition, the SEWB Team build the capacity of local community members to become SEWB training facilitators for selected programs (Train the Trainer).

+ Aboriginal Mental Health First Aid (AMHFA)
+ Youth Mental Health First Aid (YMHFA)
+ Teen Mental Health First Aid (TMHFA)
+ Kimberley Empowerment Healing and Leadership Program (KEHLP)
+ KEHLP Information session
+ LIYAN Natural Helper's Program
+ Applied Suicide Intervention Skills Training (ASIST)
+ Health Workforce Training in Suicide Prevention
+ Kimberley Protocol: Deliberate Self-Harm and Suicidal Behaviours
+ Cultural Security Framework for Kimberley Mental Health / Social and Emotional Wellbeing and Drug and Alcohol Services
+ SEWB Education Session



To check out all future training and events please visit the SEWB Training & Even Calendar.

To put in an Expression of Interest for SEWB training please see links below:

For organization's:

http://kamsc.org.au/kamsc-services/social-emotional-well-being/eoi_org/

For community members:

http://kamsc.org.au/kamsc-services/social-emotional-well-being/eoi_community/

<https://www.who.int/publications/i/item/9789240025707>

If you have any questions relating to our October newsletter or if your organization 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