

# Kwinana



Integrated Systems of Care to support Aboriginal and Torres Strait Islander People with mental health, alcohol and other drug issues (AISC)

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## **Community Engagement and Co-Design Workshop Report**

**2017**

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## Executive Summary: Kwinana Area

[Kwinana Aboriginal and/or Torres Strait Islander population: 1,406]

[Kwinana population: 38,918]

Richmond Wellbeing, in collaboration with consortium partners, has been commissioned by WA Primary Health Alliance (WAPHA) to develop an integrated system of care program to support Aboriginal and/or Torres Strait Islander people with mental health, alcohol and other drug issues in the Perth South Primary Health Network region from April 2017 to June 2018. The purpose of this activity is to focus and improve the health and wellbeing of Aboriginal and/or Torres Strait Islander people who are living with co-occurring AOD (alcohol and other drugs) and MH (mental health) conditions.

The Richmond Wellbeing (RW) ISC engagement team conducted outreach into communities in this location to listen to community members' experiences, concerns, issues and ideas regarding problematic mental health and AOD use in the community. The RW team heard from community members who experienced these issues themselves, and from people who are carers, families, friends and supporters of people experiencing problematic AOD and MH issues.

Mental health services, AOD services and other service providers in the area were also contacted by the RW team to gather information on issues and concerns of the organisations. Ideas on ways to provide better access to services for vulnerable and disadvantaged community members and better integrate AOD and MH services were discussed in this engagement process.

Feedback from the local community was collated to provide themes for place-based co-design workshops attended by local community members and service providers working together on solutions to address these issues.

### KWINANA AREA:

CONSULTATION AND ENGAGEMENT	
Community Members	Service Providers
37	9
WORKSHOP ATTENDANCE	
Community Members	Service Providers
31	6 (10 people)

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## Co-design Workshop

### Workshop Themes:

- **Engage more with local community to inform services.**
  - Do more workshops to inform design and delivery of local AOD and MH services, provide weekend education sessions about issues to reduce stigma and shame, provide information on what local services available.
- **Provide social support groups for men, women, young people, families and Elders to connect.**
  - Yarning circles encourage people to talk and open up about issues, positive activities and outings such as to theatre and music events, dedicated program for youth to include sporting days and weekend trips.
- **Increase local Aboriginal services available.**
  - One-on-one counselling, more face-to-face services, home visits, more support for homeless people - like Sleeping Quarters.
- **Employ AOD and MH Aboriginal workers who can connect with local Aboriginal people.**

A co-design workshop was held for community members and service providers in Kwinana on November 23<sup>rd</sup> 2017. This workshop provided an opportunity for service providers and local community to come together to co-design local service activity.

### Workshop Findings:

The co-design workshops identified four key findings to be considered by the Project Management Group:

1. Establish local Aboriginal Advisory Group (AAG) that is community led and driven to create links, develop networks, and inform delivery of culturally secure AOD and MH services.
2. Develop Noongar outreach services to provide flexible and mobile support.
3. Employ Aboriginal peer support outreach workers to link people into services and provide in-house and home visit yarning.
4. Employ Aboriginal youth worker to coordinate and run local youth groups.

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## Solutions to Address Key Findings:

### 1. Establish local Aboriginal Advisory Group (AAG) that is community led and driven to create links, develop networks, and inform delivery of culturally secure AOD and MH services.

#### Identified need:

- ❖ Services need to engage better with community.
- ❖ Need Aboriginal centres to work together.
- ❖ Need better networks and links to local services.

#### How to do it:

- Local families to nominate male and female members.
- Different generations to be represented.
- Form a youth sub-committee that inputs into the broader AAG.
- Create trust and build relationships.
- Meet outside and on Country.
- Aboriginal people to decide how the advisory group will work.
- Members to be committed to the work.
- Follow up after training and share the knowledge.
- Engagement within home, services within the home.
- Build networks.
- Create linkages.
- Bring communities together using food – AOD free event.
- Using sharing of food to create connections.
- Services to attend forums, build relationships, Aboriginal people to vouch for you.
- AAG to help Department of Health to establish Aboriginal Consumer and Carer Advisory Group.

### 2. Develop Noongar outreach services to provide flexible and mobile support.

#### Identified need:

- ❖ Need to address transport issues – provide outreach that is flexible and mobile.
- ❖ Need safe community place for local mob to hang out – for young and old.

#### How to do it:

- Provide outreach services to local community:
  - Central location, including the Darius Wells Centre.
  - General service for all young and old.
  - Open day to introduce the new service - hand outs and home visits.
  - Local Noongars to be employed in this role who know the local area.
  - Provide support with flexible hours.
  - Work on weekends.

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- Bring 'Solid Ground' program from AADS to Kwinana with Elders participating.

### **3. Employ Aboriginal outreach workers to link people into services and provide in-house and home visit yarning.**

#### **Identified need:**

- ❖ Need more Aboriginal outreach workers not scared to engage with complex mob.
- ❖ Need peer support workers in MH and AOD field.

#### **How to do it:**

- Employ team of local peer support workers to:
  - Link up AOD and MH services;
  - Provide support in safe places – mobile and flexible – such as outreach services (above);
  - Provide education and advocacy to community;
  - Link in with services to coordinate open days for Aboriginal community to build relationships - Noongar flag and posters to make mob feel safe and welcome;
  - Align workers with a local service to provide briefing and supervision support;
  - Have volunteer peer workers to work in the team to train and upskill;
  - Elders and peers to work with people with AOD and MH who are on waitlists, leaving institutions such as rehabilitation, hospital or prisons;
  - Deliver workshop, e.g. support Aboriginal men in community leadership roles; and
  - Provide options available when the person first says they want help.
- Employ:
  - Someone from the local community who is not necessarily qualified – employ first, train later;
  - Local Aboriginal people - if they do not have qualifications, the organisation pays to have them trained;
  - Worker to have had life experience and lived experience; and
  - Two part-timers working rosters to cover working hours and out-of-hours.
- Ensure attractive salary.
- Provide incentives for volunteers, e.g. transport.
- Engage local Aboriginal peer mentors.
- Aboriginal MH and AOD employees need to be neutral – not aligned with certain families in Kwinana.
- Employ local Aboriginal person who is not transient – will be around for a long time – who already knows the community.
- Value Aboriginal positions and invest in their employment long-term.

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#### 4. Employ Aboriginal youth worker to coordinate and run local youth groups.

##### Identified need:

- ❖ Need activities for young Aboriginal people – to keep them off the streets.
- ❖ Aboriginal programs need to be created and run by Aboriginal people in consultation with AOD and MH services – need community led and driven programs.

##### How to do it:

- Youth worker to:
  - Coordinate youth group activities and programs;
  - Coordinate activities for youth and families, e.g. boxing, family camps;
  - Investigate Alive and Kicking Goals football program with MH peer workers;
  - Engage Kwinana Football Club – train community to be umpires – give people a purpose; and
  - Approach the education department to entice youth to work in the field – mentoring.
- Youth groups to:
  - Consider basing at a central location such as the Darius Wells Centre;
  - Provide respite for Aboriginal community, especially carers and families with AOD and MH issues;
  - Provide alternative education for youth that are not at school;
  - Provide positive activities to keep youth out of trouble;
  - A 'youth shed' - like a men's shed but for youth;
  - Maintenance and gardening opportunities for youth to work in the local area;
  - Soup kitchen;
  - Yarning groups;
  - Provide training support for Aboriginal MH and AOD students;
  - Holiday youth programs;
  - Beatball – Nightfields after school activities for youth and children;
  - Noongar safe place for kids to hang out e.g. Billy Dower Centre;
  - Father and son camps;
  - Youth camps; and
  - Youth to bring a friend to sporting events.