

# Pinjarra



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: Pinjarra Area

[Pinjarra Aboriginal and/or Torres Strait Islander population: 162]

[Pinjarra population: 4,910]

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/MH issues.

AOD/MH 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.

### PINJARRA AREA:

CONSULTATION AND ENGAGEMENT	
Community Members	Service Providers
15	21
WORKSHOP ATTENDANCE	
Community Members	Service Providers
25	2

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### Pinjarra Youth Workshop\*

CONSULTATION AND ENGAGEMENT	
Community Members	Service Providers
0	N/A
WORKSHOP ATTENDANCE	
Community Members	Service Providers
8	N/A

\*In response to a community request to address issues for Pinjarra youth, an extra hour was added to the Co-Design workshop to address high needs for Aboriginal youth in the area. This was attended by 8 young Aboriginal people.

## Co-design Workshop

### Workshop Themes:

- **There is a lack of culturally appropriate services based locally.**
- **Local Aboriginal people need education, training and employment opportunities to support their families and broader community.**
- **Lack of transport to access health and community services around the Peel region.**
- **Youth need to feel safe and supported to get help related to MH and AOD.**

A co-design workshop was held for community members and service providers in Pinjarra on October 19<sup>th</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 4 key findings to be considered by the Project Management Group:

1. Provide culturally appropriate services based locally and staffed with full-time Aboriginal health workers, Aboriginal peer workers or Aboriginal social workers that can support adults and youth with co-occurring AOD and MH issues.
2. Provide training and employment opportunities for local Aboriginal people to get qualifications in MH and AOD to support their families and broader community.

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3. Provide a community bus service based in Pinjarra that is community driven and organised by the Pinjarra mob to support travel and access to health and community services around the Peel region.
  4. Develop a community youth program that could be called Bindjareb Yarning, that is run and facilitated by local youth in Pinjarra where youth feel safe and supported to go to get help and start conversations related to AOD and MH.

## **Solutions to Address Key Findings:**

### **1. Provide culturally appropriate services based locally and staffed with full-time Aboriginal health workers, Aboriginal peer workers or Aboriginal social workers that can support adults and youths with co-occurring AOD and MH issues.**

#### **Identified need:**

- ❖ Need safe spaces to talk about AOD and MH.
- ❖ Lack of locally based services - currently have to go to Mandurah for help and visiting specialists are from Mandurah.
- ❖ Need staff you can trust to not to talk about you, and feel comfortable - not judged, no stereotypes, someone who understands and ensures privacy and confidentiality.
- ❖ Need a full-time worker for people to ring up and get help for individuals and families.
- ❖ Need access to a 24-hour MH worker - someone you can call anytime.
- ❖ Services are not meeting people's multiple needs for AOD and MH issues and people are bouncing between services and telling their story over and over.
- ❖ Get a qualified (preferably Aboriginal) social worker with experience in MH and AOD to start on 1st January 2018.

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

- Culturally appropriate services are needed - train local Aboriginal people - get a qualified worker based in Pinjarra to train up local community people.
- Provide a culturally secure way of counselling.
- Importance of culturally secure services e.g. yarning and making time for people, especially Elders.
- Need someone that you can trust, will listen, can understand what happened, can look at what can be done differently, and supports families.
- Might need a team of workers so individuals do not burn out – support the supporters.
- If there is a drama people currently call police or drink to cope and debrief – provide access to someone who can support in the time of need/emergency service.
- Address stereotypes in services where there are assumptions that Aboriginal people drink.
- Noongars do not like hearing things over and over and some will go off and drink to cope.

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## 2. Provide training and employment opportunities for local Aboriginal people to get qualifications in MH and AOD to support their families and broader community.

### Identified need:

- ❖ Need to provide training for local Aboriginal people that leads to real employment.

### How to do it:

- Provide opportunities for local Aboriginal people to get certificates in MH/AOD III and IV and Diploma in Counselling.
- Identify a group of young people and older people that have lived experience of MH and AOD issues and want to train and deliver services to local community.
- These people show the desire to learn and be committed – group of local people gets chosen by the governance committee and qualified social worker who will do training.
- Upskill and train these people with get qualifications in MH and AOD e.g. Aboriginal Mental Health First Aid.
- Get local (young) people to step up from the community - train up young people with lived experience too.
- Young people go on a camp and MH and AOD education and training occurs here - these people become the mentors and teachers.
- Employ staff of all ages – including younger staff to connect with younger people, and both men and women.
- This group teams up with the qualified social worker and learns on the job to deliver support services for MH and AOD issues to local community - trains and gains qualifications at the same time.
- Training to be provided after hours:
  - Venue (Shire of Murray) tourism centre;
  - Promote to community;
  - Promote through job networks – maybe able to contribute \$ to participants; and
  - Include sponsorship to pay fortnightly costs and wages while training.
- Cert III/IV:
  - Talk to Aboriginal organisations about offering courses in Pinjarra/Mandurah;
  - Organise mentors/tutors; and
  - Get access to laptops/tablets/computers.
- Talk to service providers:
  - Get agreement to employ people who get training locally first then outside of community;
  - Organising work placements/on the job training to lead to real jobs;
  - Provide opportunities that start immediately, involve training as you work, and are ongoing (e.g. train the trainer) so young people do not have to look for the opportunities;
  - Have Aboriginal services ready to employ; and
  - Yarn with service providers/Elders to make sure there are jobs waiting.
- Help people get a driver's license.

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- Help improve transport for people to work outside of town too.
  - Ensure funding continues and this process keeps ongoing with more young people coming through, as original young people might move on to other things e.g. further study or other roles.

**3. Provide a community bus service based in Pinjarra that is community driven and organised by the Pinjarra mob to support travel and access to health and community services around the Peel region.**

**Identified need:**

- ❖ Need to improve transport system in Pinjarra that is a current barrier to accessing services.
- ❖ Nidjalla Waangan Mia help with transport, but not on weekends – weekend problems rely on families to help.

**How to do it:**

- Community bus to provide transport to:
  - Support families on weekends;
  - Attend sporting events;
  - Attend medical appointments in Mandurah;
  - Access other services such as employment and Centrelink;
  - Provide 24/7 to support for after-hours appointments;
  - Help with school runs in the mornings and afternoons;
  - Provide week/weekend transport support for the young kids and youth;
  - Give emergency options to get transport to services other than police/ambulance;
  - Cultural activities for mob who do not have transport; and
  - Elders do their weekly shopping.
- Employ local volunteers to drive bus on shared roster basis.
- Develop a list of volunteers to drive community bus.
- Reimburse/pay drivers in Coles vouchers.
- Work out the boundaries the vehicle can travel.
- Yarning session with community on what the next steps are.
- Community input and say when the transport is needed.
- Community driven and organised by the Pinjarra mob.

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**4. Develop a community youth program, Bindjareb Yarning, that is run and facilitated by local youth in Pinjarra where youth feel safe and supported to go to get help and start conversations related to AOD and MH.**

**Identified need:**

- ❖ Community suffered several suicides, a lot of young people were bereaved and got no support – the school gave them a fridge magnet with a help line number – need services for youth mental health based locally and to start conversations where youth feel comfortable to open up.
- ❖ Need sufficient funding for youth program for years to come - commit to this program long-term.

**How to do it:**

- Include community members in an AOD and MH space where youth can feel open and comfortable with discussing AOD and MH topics.
- Have regular education, workshops, programs and yarning around AOD and MH for youth.
- Choose young adults to mentor and facilitate the program so the youth in Pinjarra have the opportunity to be involved and open up about these issues.
- Work together to form a committee and employ an Aboriginal worker - by connecting to the Shire the program has opportunity to access a venue, funding, advertising and also ensuring the opportunity to have an Aboriginal worker within the shire to help organise the program.
- Find participants and ensure they are willing to join in and participate.
- Set dates, times and topics for the week and ensure individuals are able to attend the group.
- Plan the topics and schedule to be carried out by the mentor and assisted alongside the Shire.
- Ensure possibility for future funding.

**PINJARRA YOUTH WORKSHOP**

In response to a community request to address issues for Pinjarra youth, an extra hour was added to the Co-Design Workshop to address high needs for Aboriginal youth in the area. This was attended by 8 young Aboriginal People.

**How can youth in Pinjarra be supported around MH and AOD issues?**

- Provide a youth space for us.
- No youth space or community area for youth to meet and hang out.
- Most of the time we hang at each other's houses.

**What could services improve upon?**

- Changing up what programs we already have in Waroona Youth Centre.

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- Return Nightfields, Nighthoops (12 and overs).
  - Night hoops – Saturday until 11pm.

**How could this be achieved?**

- Open Basketball courts until after 8pm and involve local organisations.
- Maybe even better on Friday nights and Saturday nights.
- Transport within Pinjarra for Nighthoops to have bus to Mandurah (pick up not always available) from 7-11pm.