

FAMILY WELLBEING [FWB] NEWSLETTER

Issue 2

December 2016



Image adapted from Spiritual Connection by Senimelia Kingsburra



Leslie Baird is an Aboriginal resident of Yarrabah community near Cairns with an extensive background in community health including working as a drug and alcohol counsellor for 24 years. He has been involved in advancing the cause of local control of health in Yarrabah for many years. Les delivers community development and alcohol and drug counselling training through Wontulp-Bi-Buya College and is a minister of religion. Les will be taking up the position of Manager for the Family Wellbeing Project part-time starting in 2017. Congratulations Les, welcome and we look forward to working with you.

- [Mr Leslie Baird talks on the Family Wellbeing Program](#) [YouTube video]
- [Interview with Mr Leslie Baird on the Family Wellbeing Program](#) [YouTube video]

FWB facilitators and participants are aware that for social change to occur, we all need to play greater leadership roles and work towards sustainability of positive change. We look forward to announcing exciting news about a new sustainable path for FWB early next year ...

One participant said she liked “setting a really good ground for people to work from, to be confident that they could speak from positions they had never spoken from before and they believed they would be respected for what they shared and it allowed them to share things that helped me understand more and appreciate their sharing.”

Course participant 2009

“The sharing is really important – I have learned much more about the value of sharing “stories” – hearing ourselves and others appreciating skills and values involved”.

2009 participant

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TAFE SA Aboriginal Access Centre

TAFE SA have been delivering Certificate II in Family Wellbeing as a training program that would enhance the strong relationship ties within the community. Ngarrindjeri elders Kathy Chisholm and Kathleen Sansbury who are in their sixties commenced the Certificate II in Family Wellbeing at Berri Campus of TAFE in November 2014 and February 2015 consecutively and celebrated the completion of the course with the other students in 2015. Kathy Chisholm is so pleased that she did the course and said "I am now more relaxed with myself, my family and friends. I understand more now of what happened to me when I was younger."

The Family Wellbeing program was designed by Aboriginal people for Aboriginal and Torres Strait Islander people and is an education and counselling skills program focused on relationship skills, coping with grief and loss and understanding the issues of family violence.

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Left to right. Back row: Mel Hill, Shirley Prider (Lecturer), Leila Sullivan, Adam Agius. Front row: Ngarrindjeri Elders Kathleen Sansbury, Kathleen Chisholm (Lucy Morgan away)



Murray Bridge students celebrate double celebrations completing 2 units of Certificate II in Family Wellbeing at the Reconciliation Breakfast

Berri Campus students
 Back row: Terry Mitchell, Anita Davidson, Valerie Harris, Toni Murray, Robin Wright, Shirley Prider (Lecturer) Dorothy Obst
 Front row: Kathleen Sansbury, Kellie Mathews (Alexandria Giles, Kayleen Giles, Julie Walter away)



TAFE SA Aboriginal Access Centre

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The Certificate II in Family Wellbeing is provided by the Aboriginal Access Centre of TAFE SA as part of the Family Wellbeing: Strengthening Aboriginal Identity Project which is funded by the Federal Department of Prime Minister and Cabinet under their Indigenous Advancement Strategy.

Shirley Prider, TAFE SA Family Wellbeing Lecturer said the focus of the training was on 'healing'. "Many of the graduates have made changes in their lives to enhance their family relationships and improve their own general wellbeing".

Previous and current students including elder Kathleen Sansbury undertook two of the new electives of the newly accredited Certificate II in Family Wellbeing at the Berri Campus.



Family Wellbeing lecturer Shirley Prider with new Murray Bridge students Bronte Warneke, Shae Amess and Amanda Ebsworth

Eleven successfully completed 'Understand respectful Relationships' and 'Investigate a healthy Lifestyle'.

The Aboriginal Access Centre of TAFE SA will continue to provide the Certificate II in Family Wellbeing across South Australia taking into consideration rural as well as metropolitan regions. For further enquiries please contact Shirley Prider on 08 85952654 or Freecall 1800 882 661.



Left to right: Raukkan graduates Brittany Rigney, Isobell Koolmatrjie, Janis Koolmatrjie, Shirley Prider (Lecturer), Janice Walker, Shania Weetra, and Carolyn Rigney

Students talk about their experience in the Family Wellbeing course at TAFE SA. The course has been designed by Aboriginal people as a means of providing healing for Aboriginal and Torres Strait Islander peoples.

View the video at <https://youtu.be/5weh8qmp4XE>



La Trobe University

Mildura

In late August FWB made its first visit to Mildura when the [Mallee District Aboriginal Services](#) (MDAS) hosted a team of facilitators led by [Mary Whiteside](#) from La Trobe University and Sandra Nolan from the Koorie Education West Division in Victoria. MDAS was interested in piloting FWB after partnering with Sarah MacLean from La Trobe University and colleagues at the Onemda Koori Health Unit to complete research on ice use in Mildura. This research identified the important role families played in assisting people to stop using ice, whilst also noting the need for greater supports to help strengthen families affected by drug use. The FWB workshop was attended by eleven workers from a variety of fields including drug and alcohol counsellors and staff from Meminar, an Indigenous women's family violence refuge.



L-R Front Row: Sarah MacLean, Mel Wade, Mary Whiteside
Middle Row: Peter Marshall, Sage Priess, Allison Buchanan, Brad Britten
Back Row: Sandra Nolan, Jennifer Berry (JB), Tamara Handy, Tiffany Griffin, Deb Berg

The aim of the workshop was to introduce staff to the FWB program and its facilitation, and to also pilot two questionnaires around wellbeing. Upon completion of the FWB program participant scores were significantly higher on the life satisfaction scale as well as the inner-peace sub-scale on the Growth and Empowerment Measure (GEM) questionnaire. Participant feedback was overwhelmingly positive and despite the smaller sample size there was recognition of the potential for the FWB program to be used in improving worker self-care and assisting workers in helping families affected by ice use. Further thematic data analysis is ongoing, and we look forward to presenting these findings once this is completed.

Batchelor Institute

Remote School Attendance Support (RSAS) Team Graduation Ceremony was held on the 26th August in Wadeye (Port Keats) Northern Territory. The team completed their [Batchelor Institute Certificate II in Family Wellbeing](#) last year. The FWB course has enabled the group to build on existing skills – feel, trust, respect, empathy, compassion, motivation and confidence. It also enables individuals to build their personal and leadership skills as well as effective communication and problem solving skills sets.

The RSAS team work with families, community members, school and the Office of Prime Minister and Cabinet to ensure children attend school regularly and reinforce the message of valuing education.

The Team have been instrumental in supporting and working closely with the Wadeye Catholic School and Community in developing a Mapping App, showing every house in the Community to provide attendance records for the last 20 days of students in Wadeye. Mapping App program has won NT awards for new innovation and has been short listed for the National Award.



Remote School Attendance Support Team Graduation Ceremony
August 2016 at Wadeye Northern Territory

Family Wellbeing Project - Central Coast Primary Care

It's that time of year again for Term 1 Family Wellbeing High School Group 10 Males expression of interest 2017. [Nigel Millgate](#), and [Ben Glover](#) invite Term 1 2017 registrations to NSW Central Coast High Schools for our Young Men's Program. Term 1 Program will see FWB utilizing Wyoming Youth Centre as per the fantastic opportunities provided by [RYSS](#) (Regional Youth Support Services). Use of this facility has allowed for a comfortable and friendly space in which FWB is able to deliver the program to Young Aboriginal Men between the ages of 14-18 years. If you have a young fulla who meets the criteria, and feel that with some positive role models, leadership, culture, socialising, and a great feed can attend our 10 week program in Term 1, then please don't hesitate to contact me prior to the end of School Term 4 (16/12/16). Please note that this registration has gone out earlier to allow Schools plenty of time for us to meet and greet students prior to our program. This terms registrations saw a large number of young men having to miss out due to late referrals. If your School missed out on this opportunity this term, please be sure to refer on asap for next term to secure a place.



High School Group 8 + 9, Term 3 + 4 Male Program: RYSS Wyoming Youth Centre / Cultural Site Tours / FWB Camp / The Glen



High School Groups 8 + 9, Term 3 + 4 Male Program: (Charmy Indoor Sports Centre/ Narara Valley High Culture Day/ Mt Yengo/ The Rig 24/7 Gym)

Term 1 High School Group 2017 details:

Location: RYSS Wyoming Youth Centre (Warrawilla Rd Wyoming)

Dates: Every Friday from 03/02/17 – 07/04/17

Duration: 10 weeks (10 sessions)

Time: 9:30am – 2pm

Cost: **FREE**

Transport: Limited to various regions and bus spaces available (Public transport is available directly to the Youth Centre)

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Family Wellbeing Project - Central Coast Primary Care

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Family Wellbeing Program is currently in filming production of their very own documentary which follows the development of their Term 4 2016 high school male group. This has been made possible with the filming and support from local Central Coast Film Company [Films 4 Change](#).

Family Wellbeing Program's Facilitators have been trained by respected and well known [Professor Komla Tsey](#) from James Cook University who will be staying here on the Central Coast NSW in December to conduct train the trainer facilitation for Central Coast Primary Care Family Wellbeing Facilitators.

The Family Wellbeing Program is supported in collaboration with [Regional Youth Support Services \(RYSS\)](#) as per their facility. Please click on the link to gain access to their youth services within your area. Another great contributor to Family Wellbeing's success is from [Interrelate](#) for allowing us access to ongoing workers within our program. Please click on the link to gain access to their family based strength support services here on the Central Coast.

Transition Support Services Resilience Research

Training education staff to better support student resilience

A resilience program was developed and implemented in 2015 to support Department of Education and Training staff to better respond to suicide risk identified in Aboriginal and Torres Strait Islander students. The program was developed through a partnership between the Department of Education and Training's [Transition Support Service \(TSS\)](#) and university researchers, and designed to provide support to Indigenous students who are compelled to relocate from their home communities to boarding schools across Queensland to complete their secondary schooling. "Our research aims to find the best ways to support students, at a time when they leave their home, family, language and culture, and face numerous transition-related challenges," [Central Queensland University \(CQU\)](#) Senior Research Fellow Dr Roxanne Bainbridge said.

The training comprised of a Certificate II in Family Wellbeing, Aboriginal and Torres Strait Islander Mental Health First Aid course, and resilience strategies taught by internationally renowned family therapist and researcher, Professor Michael Ungar. The training was part of a broader project supported by an \$825,000 grant from the National Health and Medical Research Council. Training outcomes included the attainment of Certificate II qualifications by 17 Department of Education and Training staff (including 5 who had no prior tertiary qualifications); increased confidence and capacity to support student resilience and manage crises, and strategies for ongoing quality improvement of the model of student support provided by the Department of Education and Training.



Image courtesy of Transition Support Services (Department of Education and Training)

Act for Kids

Exploring how to embed Family Wellbeing in a practice framework

In early November, the JCU and [Act for Kids](#) participatory action research team completed Stage One of the Foundations in Counselling Family Wellbeing (FWB) workshop. This collaborative (JCU, [Act for Kids](#) and [CRE-IQI](#)) is working towards developing, implementing and evaluating a FWB practice framework with a view to embedding FWB within their daily work practices. The FWB workshop provided everyone with an opportunity to experience the foundation stage of the FWB program while considering how the FWB principles can contribute to the development of a practice framework for Act for Kids.

The group recognised that when adapting FWB for the Act for Kids setting, it is important to trial delivery methods to find the best way for different groups and facilitators, including using different media, such as videos and other materials. In addition, suggestions for embedding FWB in daily work practices included integration of FWB in regular team meetings, role modelling FWB practices and integrating FWB language into work practices.



Komla Tsey and Robyn Moylan

This initial workshop was a great opportunity for the research partners to work together to plan the future direction of the research, to identify short-term needs and to explore opportunities to seek support and resources to continue with the planning and development phases of this research. This research includes an explicit intention to understand how FWB can be implemented sustainably which will inform future research that aims to implement FWB sustainably in different communities across a variety of service organisations and sectors.



Act for Kids staff members Robyn and Maryann

The train the trainer style of this workshop enabled the participants to explore the topics and discuss FWB on both a personal and organisational level. The opportunity to facilitate content also allowed participants to consolidate their learning and practice their facilitation skills in a supportive environment. At the end of the workshop, nine participants received certificates for completing FWB Stage One. The next workshop is planned for February 2017, where participants will not only have a further opportunity to experience the FWB program; the proposed strategies for embedding FWB in the Act for Kids practice framework will be further explored.

Publications & links

- [Infomercial Family Wellbeing - Basic Need](#) video
- [Click to hear Komla talk about the Family Well-being Program](#)



- Kitau, Russel, Kinchin, Irina, Whiteside, Mary, Hane-Nou, Goru, and Tsey, Komla (2016). [Effectiveness of the uptake and implementation of an Aboriginal Australian empowerment program in the context of public health training in Papua New Guinea](#). *Pacific Journal of Medical Sciences*, 16(2), 16-34.



Contact Us

Give us a call to have a yarn about your FWB stories.

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Australia's National Institute for Aboriginal and Torres Strait Islander Health Research

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