

Family Wellbeing (FWB) Partnerships Project 2021 - 2025

FAMILY WELLBEING AUSTRALIA
creating *Better Futures*

www.FamilyWellbeing.com.au



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Background

- FWB is an evidence-based group empowerment program developed by Aboriginal Australians to help individuals, families and communities take greater control and responsibility over their lives.
- The project builds on 20 years of largely qualitative research that enabled the spread of FWB across over 60 Indigenous organisations who in turn delivered the program to over 5000 participants
- In Yarrabah, Gurriny Yealamucka Health Services and Gindaja Treatment and Healing centre have been delivering FWB intermittently for over 20 year through youth groups, men's and women's groups, drug and alcohol rehab services, and one-on-one counselling services.



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Project Aim

To further develop, deliver, and test the Family Wellbeing Program as a tool to both increase wellbeing and job retention at five community sites across Australia.

Yarrabah is Site 1 – Other sites are:

- Batchelor Institute, NT
- Apunipima Cape York Health Council
- Lotus Glen Correctional Centre
- Torres Strait



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Partner Organisations

Research Partners:

- Gurriny Yealamucka, ○ Wugu Nyambil, ○ Maningrida Kinship Gurrutu Organisation,
- Batchelor Institute, ○ JCU, ○ ANU, ○ Deloitte Access Economics

Funders:

- Lowitja Institute of Aboriginal and Torres Strait Islander Health Research (2021-2022),
- Anonymous philanthropic organisation (2021-2025)



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Why this project?

- The project is community led and aligned with local priorities
- The Yarrabah Leaders Forum (YLF) developed a six-pillar strategy to improve the wellbeing of the Yarrabah Community.
- FWB was selected as a program to help achieve this vision as it is relevant to all.



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Yarrabah's 6-Pillar Strategy

Pillar 1: *Safe Community* – making our community safer

Pillar 2: *Employed Community* – help people to be financially secure and off welfare

Pillar 3: *Smart Community* – every has the capacity to do the things they want, students finishing school, life-long learning

Pillar 4: *Sustainable Community* – we have the infrastructure like housing that meets our needs

Pillar 5: *Healthy Community* – everyone is healthy and our community is free from preventable disease and illness

Pillar 6: *Supportive Foundations* – we have the values, principles, standards, family supports and funding to help build the community we want



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Research Design

In this project we are collecting 3 form of data:

1. Process data relating to program delivery and participant feedback
2. Annual administration of the MK Survey to see changes in participants SEWB before and after participating in FWB; and
3. Data from Wugu Nyambil about how much job seekers are meeting obligations and gaining and keeping jobs

Deloitte Access Economics will use the data to undertake a social return on investment (SROI) analysis of FWB.



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Process Evaluation

Yarrabah Participants to Date:

Year	No. of Participants	No. Completed
2021	63	51
2022	86	63
2023	194	47



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Process Evaluation

Participants in other sites:

Site	No. of Participants	No. Completed
Batchelor Institute NT	43	34
Apunipima	42	41 All participants completed facilitator training
Lotus Glen	33	6 completed in 2022 The 2023 course (with 26 participants) is still running
Torres Strait	16	15



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Process Evaluation

Participants are really valuing the program

“The training is the perfect one. It really opened my eyes.”

“Enjoyed the weekly topics... I could relate myself to the topics and yarns.”

People are identifying the changes they'd like to make in their lives.

“Save money, change my lifestyle, change my health and wellbeing.”

“Get a job – keep up to date with Wugu.”



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Process Evaluation

Some people have made important changes in their lives already, for example:

“I have started to feel a be lighter, some of life’s pressures have lifted.”

“I have started to change my diet – lifestyle, finding ways to cope when feeling angry, by listening to soothing music to feel relaxed.”

“Now that I have given up alcohol, I am able to spend my money wisely, making sure I have food in the cupboard, clothes on my body.”

“Getting more active in cultural activities.”

“I have been more open with my family. We have had many long discussions about life and love.”

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Other Findings to Date

Analysis of MK Survey Data collected before this project began has shown associations between FWB exposure and SEWB outcomes at family and community levels. Compared with non-FWB participants, FWB participants reported:

- *13% increase in higher family wellbeing*
- *74% increase in cultural participation*
- *21% higher levels of local decision making in the local community*
- *Other positive health outcomes associated with health, alcohol use, regular exercise and quitting smoking.*



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Other Findings to Date

Deloitte Access Economics undertook a pilot Social Return on Investment (SROI) analysis using existing FWB research and concluded that for every dollar of investment in FWB, \$4.60 of benefits were produced for participants and the community.

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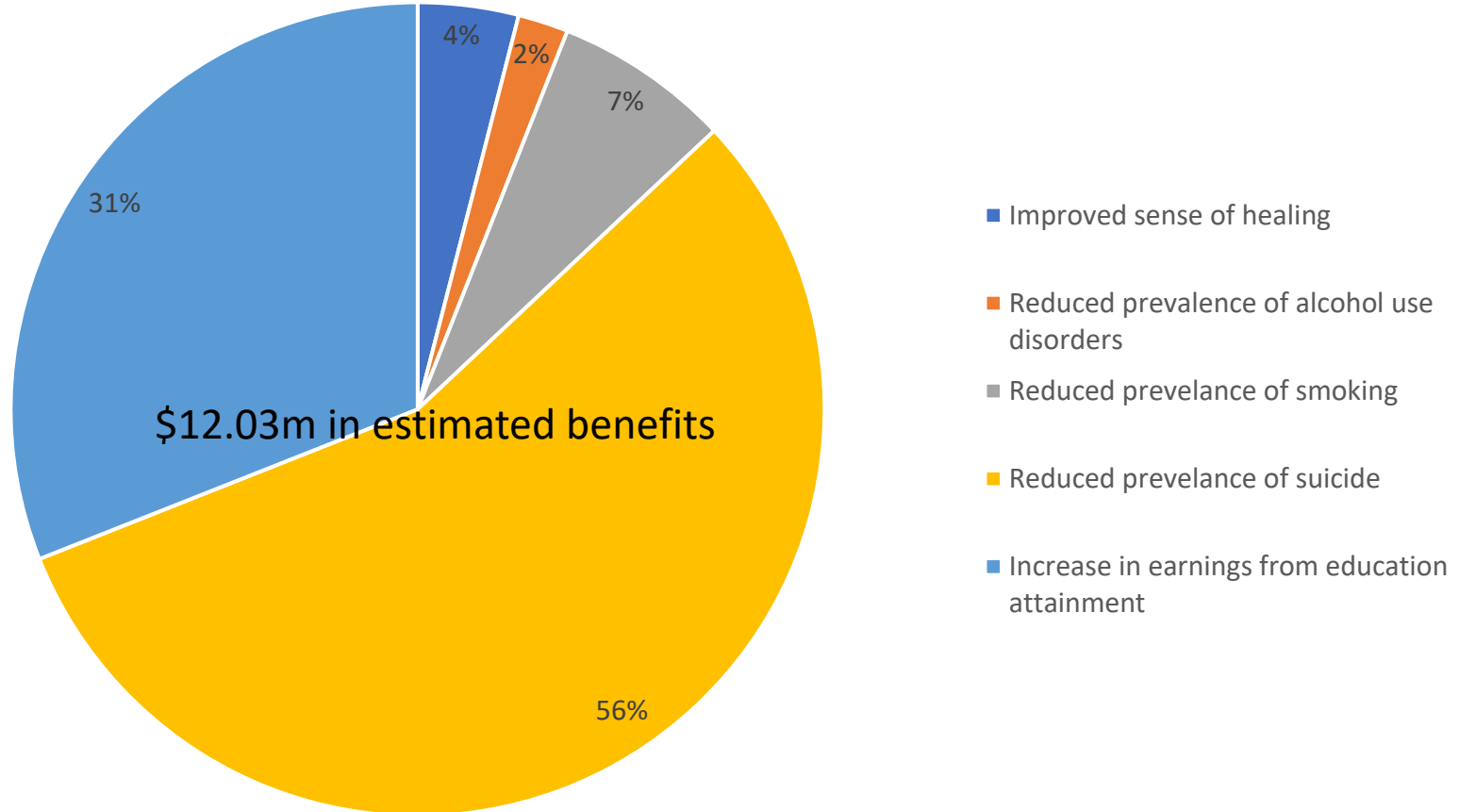
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Social returns

Monetised Benefits



2022 Deloitte Access Economics. Deloitte Touche Tohmatsu

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Conclusion

- We know from our own experience of delivering FWB for many years that the program leads to real and significant change for the people who participate.
- Our partnership with ANU MK Survey Team and Deloitte Access Economics is helping us to strengthen the evidence for FWB, particularly for how it can help improve wellbeing and job retention
- The research demonstrates the value of FWB as a SEWB intervention and the importance of prioritising community, cultural and spiritual indicators in understanding SEWB
- Our long-term goal for FWB is to have it adopted as a model to embed wellbeing supports into job provider programs across Australia, leading to better socio-economic outcomes and economic security for Indigenous Australians.



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Acknowledging our Partners



GURRINY YEALAMUCKA
HEALTH SERVICE ABORIGINAL CORPORATION



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