



Aboriginal Health - Everybody's Business

Social & Emotional Wellbeing

**A South Australian Strategy for
Aboriginal & Torres Strait Islander People
2005 - 2010**

South Australian Aboriginal Health Partnership

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Aboriginal Health – Everybody’s Business
Regional Resource Package
South Australian Aboriginal Health Partnership

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Department
of Health



Australian Government
Department of Health and Ageing



Cover design by Terry Stewart

The meaning of the design;

Circles are symbolic of gatherings and pathways symbolise a way of getting there. There are many paths to take in relation to tackling health and wellbeing issues within Aboriginal and Torres Strait Islander communities. The challenge for the South Australian Aboriginal Health Partnership (SAAHP) agencies is to work together on areas of common ground.

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Recognition

'Many Aboriginal and Torres Strait Islander communities and individuals already create and sustain nurturing, healthy and successful families, positive community culture and safe community environments.'

The Executive Committee of South Australian Aboriginal Health Partnership (SAAHP) acknowledges and recognises the existing work within Aboriginal and Torres Strait Islander communities towards improving their social, cultural, economic and health status within the current Australian context.

While the focus of state and national strategy documents such as this is centred on the chronic health issues affecting individuals and communities, much of the achievements of Aboriginal and Torres Strait Islander communities, families, individuals and agencies is largely invisible to the broader Australian community and commonly unacknowledged.

The strength and resilience of a people continuing to maintain and increase their place within a historically hostile, denigrating and imposed culture, is given little public value or recognition and is easily obscured by the constant pictures of, social and emotional wellbeing, substance misuse, unemployment, third world health status and generational poverty.

The impact of these social, economic and health issues affect the physical, spiritual, cultural and emotional advancement and growth of all Aboriginal and Torres Strait Islander people.

The SAAHP also acknowledge the value adding of existing efforts and collaboration, recognising the essential role of community, family and individual participation in this process.

The SAAHP Executive present this strategic direction in the spirit of collaborative responsibility, to add value to existing efforts and collaborative partnerships towards sustainable change for all Aboriginal and Torres Strait Islander people.

Note:

1. For the remainder of this document reference to Aboriginal and Torres Strait Islander people collectively infers ***communities, families and individuals*** and recognises Aboriginal and Torres Strait Islander ***people*** as two separate groups.

Acknowledgements

The presentation preparation of this Social and Emotional Wellbeing Strategy could not have been achieved to this level of quality without significant collaboration and sustained energy, ideas, support, input and guidance from a range of key people.

It is with pride that we acknowledge the involvement of the following key groups and individuals in bringing this project to fruition.

- Aboriginal and Torres Strait Islander Commission
- Aboriginal Health Council of South Australia Inc
- Department of Health (formerly Department of Human Services)
- Department of Health and Ageing
- Social and Emotional Wellbeing Senior Project Officer (AHCSA)
- The SAAHP Secretariat
- The SAAHP Social and Emotional Wellbeing Steering Group

Background

In 1996, the state Department of Health (DH) – formerly Department of Human Services, the Aboriginal Health Council of South Australia (AHCSA), the Aboriginal and Torres Strait Islander Commission (ATSIC), and the Commonwealth Department of Health and Ageing (DoHA) formed the South Australian Aboriginal Health Partnership (SAAHP) as high-level strategic approach to improve Aboriginal and Torres Strait Islander health in South Australia.

In 1997, SAAHP commissioned the “The First Step” document, which mapped health priorities and existing health infrastructure within the Aboriginal and Torres Strait Islander communities of South Australia. This document identified social and emotional wellbeing as one of three high priority areas that required further investigation and action. The other high priority areas are substance misuse and diabetes, workforce development and data and information.

To address social and emotional wellbeing, SAAHP agreed to develop a statewide strategy. During the period 1999 – 2000, extensive community consultations were undertaken identifying, three common priority areas for the state that require strategic action, namely:

- Build regional and organisational workforce capacity
- Build community, family and individual capacity
- A collaborative and coordinated service delivery approach

This process produced the SAAHP document - “A focussed Step Towards Wellness and Wellbeing in Aboriginal Health” (Clarke and Stewart, 2000).

In 2000, the South Australian Centre for Indigenous Social and Emotional Wellbeing at Nunkuwarrin Yunti of South Australia Inc. took up responsibility to further progress the document and identified the types of services required to address social and emotional wellbeing issues. During this time, a regional service provision table was developed, and a draft reference document produced.

In 2003 (guided by the two previous documents) AHCSA undertook responsibility for completing the state social and emotional wellbeing strategy document and obtain validation from SAAHP.

During this process, the regional service provision table (**Refer attachment 2**) was updated to include social and emotional wellbeing services relevant to social and emotional wellbeing, currently being provided by Indigenous specific and mainstream organisations within the DH health regions. (**Refer attachment 1**)

This social and emotional wellbeing strategy is the result of collaborative efforts between all four SAAHP members, Aboriginal and Torres Strait Islander people and communities and other stakeholders who operate within social and emotional wellbeing sectors.

Social and Emotional Wellbeing – Everybody’s Story

Communities, Families and Individuals

Acknowledging that social and emotional wellbeing is everybody’s business, this newly developed strategy provides direction and guidance for all stakeholders, towards effective and sustainable social and emotional wellbeing outcomes.

Enjoying a high level of social and emotional wellbeing can be described as living in a community where everyone feels good about the way they live and the way they feel. Key factors in achieving this include connectedness to family and community, control over one’s environment and exercising power of choice.

As a result of colonisation, Aboriginal and Torres Strait Islander people and communities experienced social and cultural break down. In their efforts to change this, government welfare policies made many Aboriginal and Torres Strait Islander people and communities welfare dependant and caught in a cycle of poverty.

During the consultation process, community members strongly expressed their views that, even today, there are strong links between the impact of colonisation and low social and emotional wellbeing of Aboriginal and Torres Strait Islander people.

There are however, protective factors that contribute to achieving a high level of social and emotional wellbeing. It is important that these factors be identified and exercised throughout life. The following diagram outlines some of the many factors that will contribute to increasing social and emotional wellbeing and also describes some of the many benefits that will accumulate throughout life.¹

¹ *DHS Final report of the South Australian General Health Review*, Adelaide, 2003
Commonwealth Department of Health and Aged Care 2000, *National Action Plan for Promotion, Prevention and Early Intervention for Mental Health*, Mental Health and Special Programs Branch, Commonwealth Department of Health and Aged Care, Canberra, 2000

Protective Factors and Benefits Model

Protective Factors Include

Infants (0 - 6years)

- Sustainable bonding and attachment to primary care provider
- Activities (play & learning) that build intellect
- Physical activities
- Secure safe environment



Benefits Include

- Emotional growth
- Good physical growth
- Bonding with family (primary care provider)
- Building of intuition and reasoning skills
- Building of confidence
- Feeling of being nurtured and feeling secure

Children (7 - 15years)

- Sustainable bonding and attachment to primary care provider
- Activities that build intellect
- Support and direction from primary care provider
- Physical activities
- Secure safe environment
- Connecting with culture



- Building self-esteem and self-confidence
- Freedom to communicate needs and feelings
- Ability to building physical health
- An understanding of how to exercise power of choice

Young People (16 - 25years)

- Continued education and employment opportunities
- Physical Activities
- Connectedness with family and friends
- Connectedness, to culture



- Building skills to cope with stressful situations
- Understanding the benefits of economic independence
- In control of future
- Experiencing rewarding relationships
- Sense of belonging to family, friends and community

Adults (25 - 55years)

- Continued education and employment opportunities
- Physical Activities
- Connectedness with family and friends



- Ability to cope with stress
- Ability to exercise power of choice
- In control of environment
- Economic independence
- Feeling of contentment

Older People

- Secure safe environment
- Financial security
- Physical Activities
- Connectedness with family and friends



- Stability
- Feeling confident
- Feeling empowered
- Physical wellbeing
- Connectedness, to culture
- Spiritual and emotional wellbeing

Social and Emotional Wellbeing – Everybody’s Business

Purpose

The purpose of this section is to guide the strategic direction for key stakeholders towards the development of regional and organisational implementation plans to address social and emotional wellbeing within Aboriginal and Torres Strait Islander communities.

This State Social and Emotional Wellbeing strategy should be read in conjunction with SAAHP’s Diabetes, Substance Misuse, Health Data and Information and Health Workforce Development State strategy documents towards a greater understanding of other health issues and their link with social and emotional wellbeing.

Commitment

The SAAHP believe that the extensive work currently occurring throughout South Australia requires a more supportive and coordinated response from State and Commonwealth stakeholders to ensure consistency and sustainability of approaches as well as ensuring ‘real’ change in the health status of Aboriginal and Torres Strait Islander people and communities.

Approaches that strengthen the resilience of individuals, families and children will build connectedness of community and family.

Understanding and focussing on protective factors that build family and individual wellbeing is core to a long-term social and emotional wellbeing.

The Partnership will actively lobby for service agreements that enhance the achievement of strategic outcomes and the provision of effective responses to social & emotional wellbeing issues for Aboriginal and Torres Strait Islander communities, families and people across South Australia.

Guiding Principles

These principles are evident within this strategy and are consistent with the

- National Strategic Framework for Aboriginal and Torres Strait Islander Health (2003);
- National Strategic Framework for Aboriginal and Torres Strait Islander Mental Health and Social and Emotional Wellbeing 2004 – 2009;
- National Drug Strategy: Aboriginal and Torres Strait Islander People Complementary Action Plan (2003 – 2006);
- Living with Diabetes, The South Australian Aboriginal Experience, A State Strategy and Action Plan for Aboriginal Diabetes July 2000; and
- Iga Warta Principles, arising from the Department of Health 2000, Renal Summit.

Cultural Respect

- Respecting cultural diversity, views, values and expectations of Aboriginal and Torres Strait Islander people within planning and development of health and wellbeing programs and services

Community Control

- Acknowledging Aboriginal and Torres Strait Islander communities' right to control the health and wellbeing approaches and services in their local community and/or region

Holistic Approach

- Attending to the physical, spiritual, mental, cultural, emotional and social wellbeing and their role in contributing to health outcomes for Aboriginal and Torres Strait Islander peoples
- Including the environmental determinants of health such as food, water, housing and unemployment
- Including the social determinants of health and wellbeing, such as racism, marginalisation, history of - dispossession and loss of land and heritage

Local Planning

- Aboriginal and Torres Strait Islander people's central involvement in planning, development and implementation of strategies for better health and wellbeing
- Planning takes place at the local level to develop local responses to local needs and priorities as determined by the local Aboriginal and Torres Strait Islander population/community

Partnerships

- Combining the efforts of government, non-government and community controlled sectors, and working in partnership with communities to provide the best method in improving the broader determinants of health

Recognition of Diversity

- Recognising the diversity within and between Aboriginal communities in the development of programs and services
- Supporting the provision of differing approaches according to region, age and gender

Resources

- Ensuring that resources are sufficient to improve the health and wellbeing of Aboriginal and Torres Strait Islander people
- Sustainable resource building for communities through strengthening community expertise and capacity building of health services and communities

Capacity Building

- Providing information, skills development and/or knowledge acquisition to assist and support individual change
- Building the capacity of an community, families or individuals to manage change and/or maintain resilience

Accountability

- Supporting the effective use of funds by community controlled and mainstream health services and programs
- Ensuring accountability for effective resource application through long term funding
- Establishing genuine and meaningful planning and services development partnerships with communities
- Government maintaining responsibilities for ensuring all Aboriginal and Torres Strait Islanders have access to appropriate and effective health care

Strategic Planning – Model



Refer Appendix 1

VISION

South Australian Aboriginal and Torres Strait Islander people living healthy lives equal to that of the general population, within well functioning communities that have effective health care and community services that are enriched by a strong living culture, dignity and justice

(Adapted from the National Strategic Framework for Aboriginal and Torres Strait Islander Health 2004 – 2009)

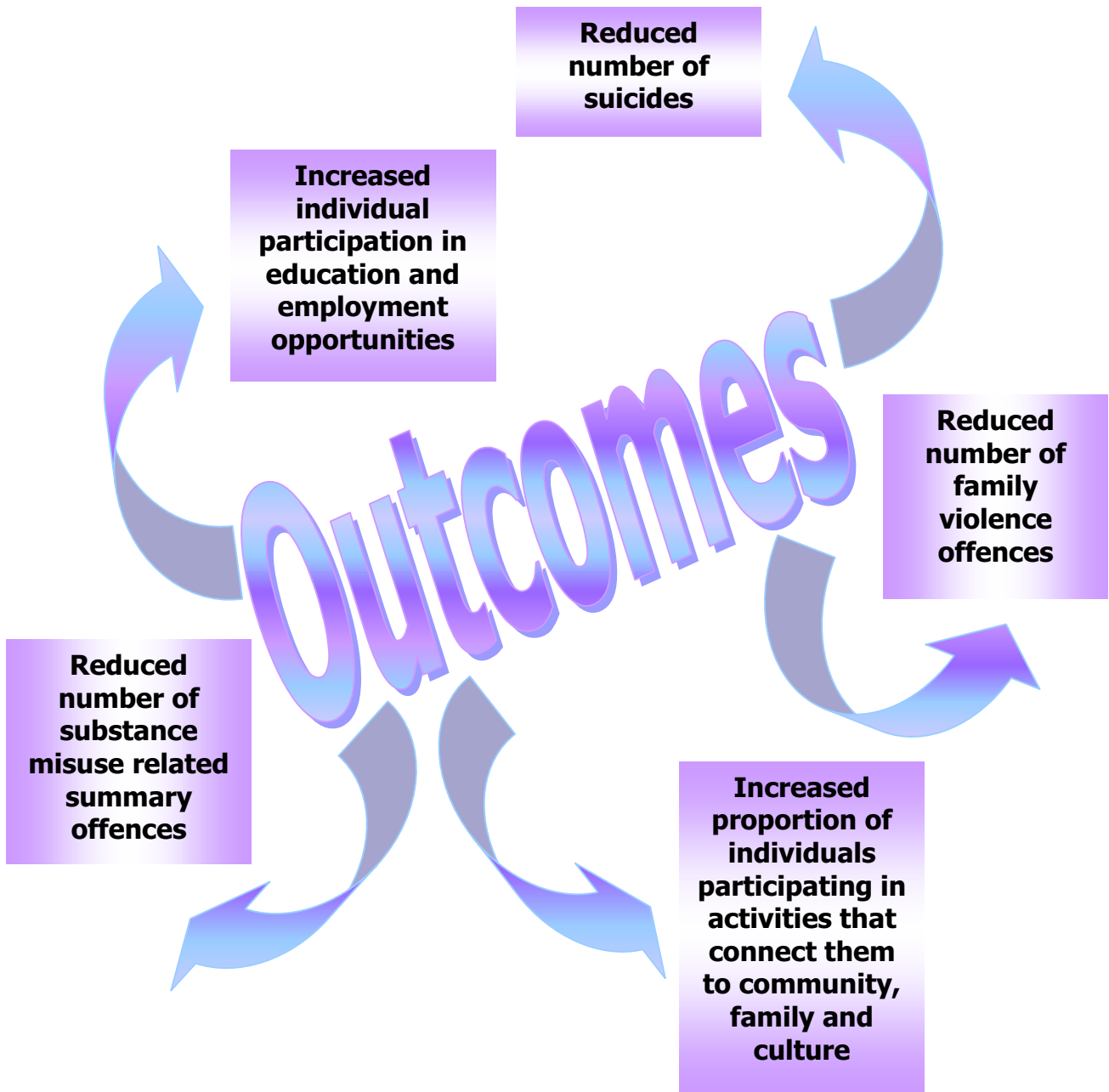


GOAL

To improve the capacity of all Aboriginal and Torres Strait Islander people to determine and manage their own social and emotional wellbeing

Strategic Direction - Outcomes

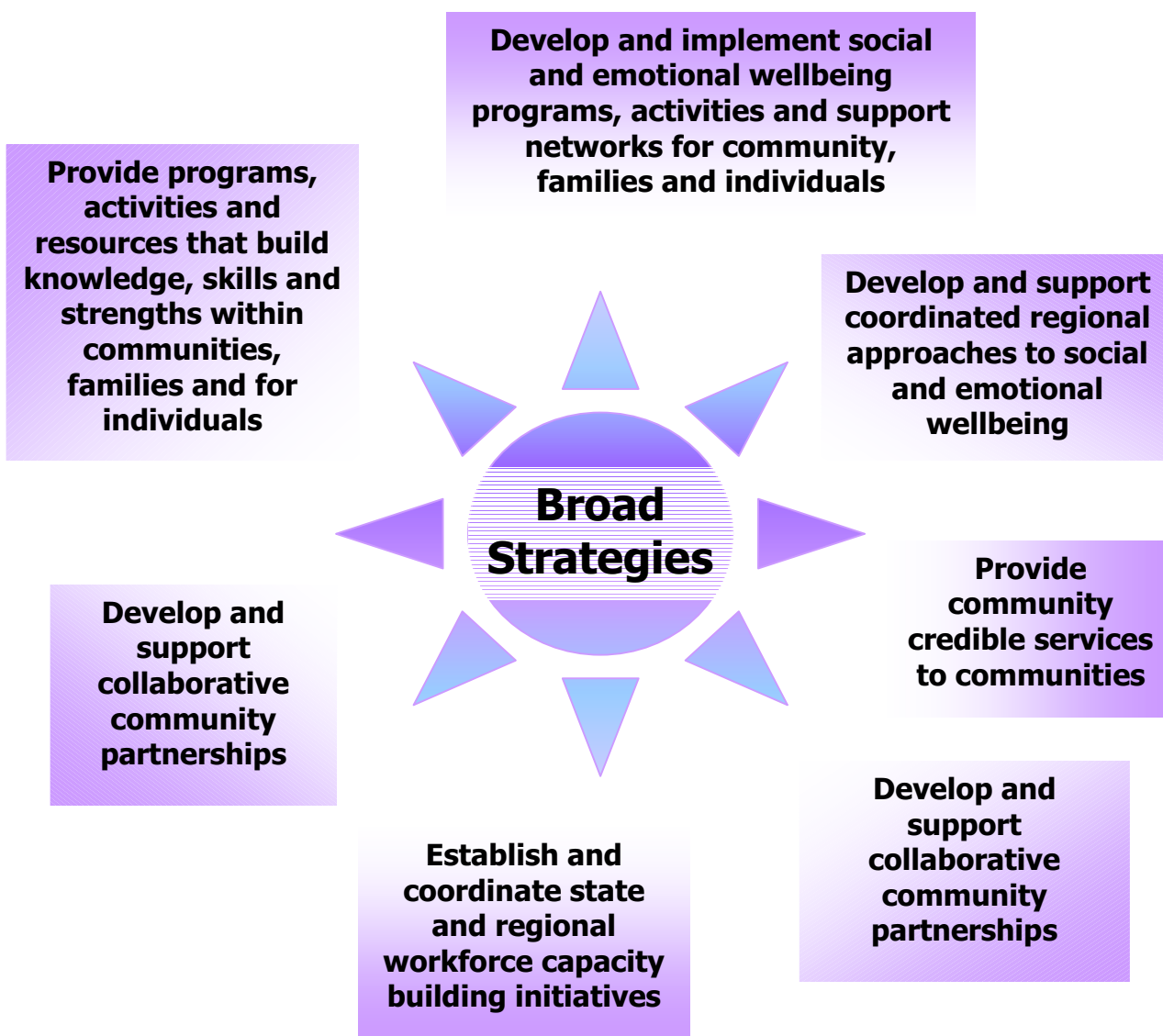
These outcomes are intended to be measurable within the 5 year time frame of this plan.



Strategic Direction - Strategies

These describe the broader 'big picture' of work to be undertaken across the state during the next 5 years to realise the outcomes.


Strategies



Strategic Planning – Coordinated Approach

- The SAAHP Executive has responsibility to ensure that the actions within this framework are implemented, resourced and monitored
- The Partnership members will undertake actions that facilitate an increased collaborative and coordinated statewide approach in addressing social & emotional wellbeing and its associated problems

Statewide Action



Regional Action



- Each state health region is supported to develop regional implementation plans consistent with the statewide strategic direction
- Regional plans will facilitate the provision of services, programs, projects and resources consistent with the needs of the region
- Regional planning will support collaborative and coordinated regional partnerships inclusive of open and accountable reporting processes

- Organisations, Services and Agencies will utilise the regional plans to further describe the detailed actions needed to address social and emotional wellbeing issues relevant to local needs and priorities
- Once developed, action plans will illustrate the local picture of social and emotional wellbeing issues and initiatives

Organisational Action



Statewide Management Responsibilities

Effective and collaborative coordination, monitoring and review are crucial to the achievement of the strategic outcomes and sustained change. Without this, change will continue to be slow, exhaustive and of greater cost both socially and economically.

Statewide

Develop organisational service agreements which support the achievement of strategic social and emotional outcomes

Ensure collaborative regional planning and development process

Facilitate collaborative regional monitoring, review and reporting processes

Support inter-regional information exchange opportunities

Develop regionally coordinated knowledge management processes

Coordinate strategic partnerships between, and collaborative participation of, relevant community controlled, public and private sector agencies, services and organisations

Action

Regional Management Responsibilities

Regional collaboration with state and organisation partners enhances ongoing effectiveness and supports current and future regional planning. The approach also strengthens regional health intelligence and workforce capacity and supports effective and equitable service responses to meet the needs of communities, families and individuals

Regional

Attend to annual reporting requirements consistent with regional-state partnership agreement

Implement regionally coordinated knowledge management processes

Develop collaborative regional social and emotional wellbeing plans

Advocate and lobby public, private and community sources to strengthen regional resources

Action

Organisational Management Responsibilities

The effectiveness of service provision is determined by the existence of connected, credible and accountable organisations, with efficient organisational management and a workforce equipped to respond and resolve health related issues.



Statewide Service Provision

"Many Aboriginal people have become disconnected from their families, their kinship groups and most importantly their land. Aboriginal people face many challenges in their day-to-day lives, which seriously impact on their physical and emotional wellbeing and their strength to cope. Those who are most at risk of early death and serious health problems are often not well connected to systems of support". (Final Report of the South Australian Generational Health Review, April 2003).

Effective social and emotional wellbeing service response and activities include actions that strengthen connectedness between community, families and individuals.

Sustainable change hinges on the capacity of communities, families and individuals to support, accommodate and manage change.

The following three diagrams provide a guide to assist with the development of social and emotional wellbeing service provision for communities, families and individuals.

Statewide Service Provision - Communities

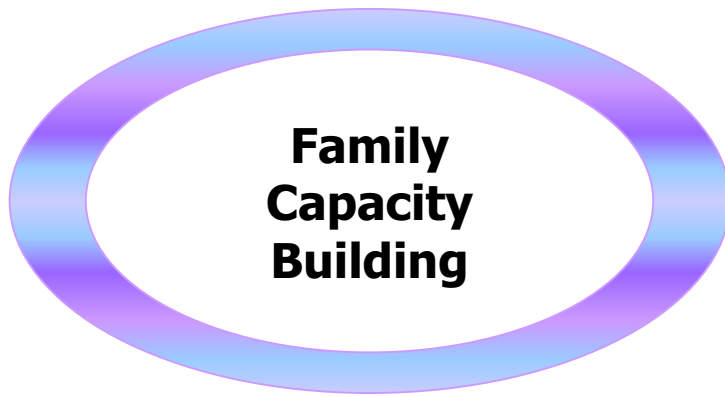
Sustainable change for communities hinges on building their capacity to accommodate and manage change.



Statewide Service Provision - Families

Sustainable change for families hinges on building their capacity to accommodate and manage change.

Provide community involved family support initiatives and programs, inclusive of money matters



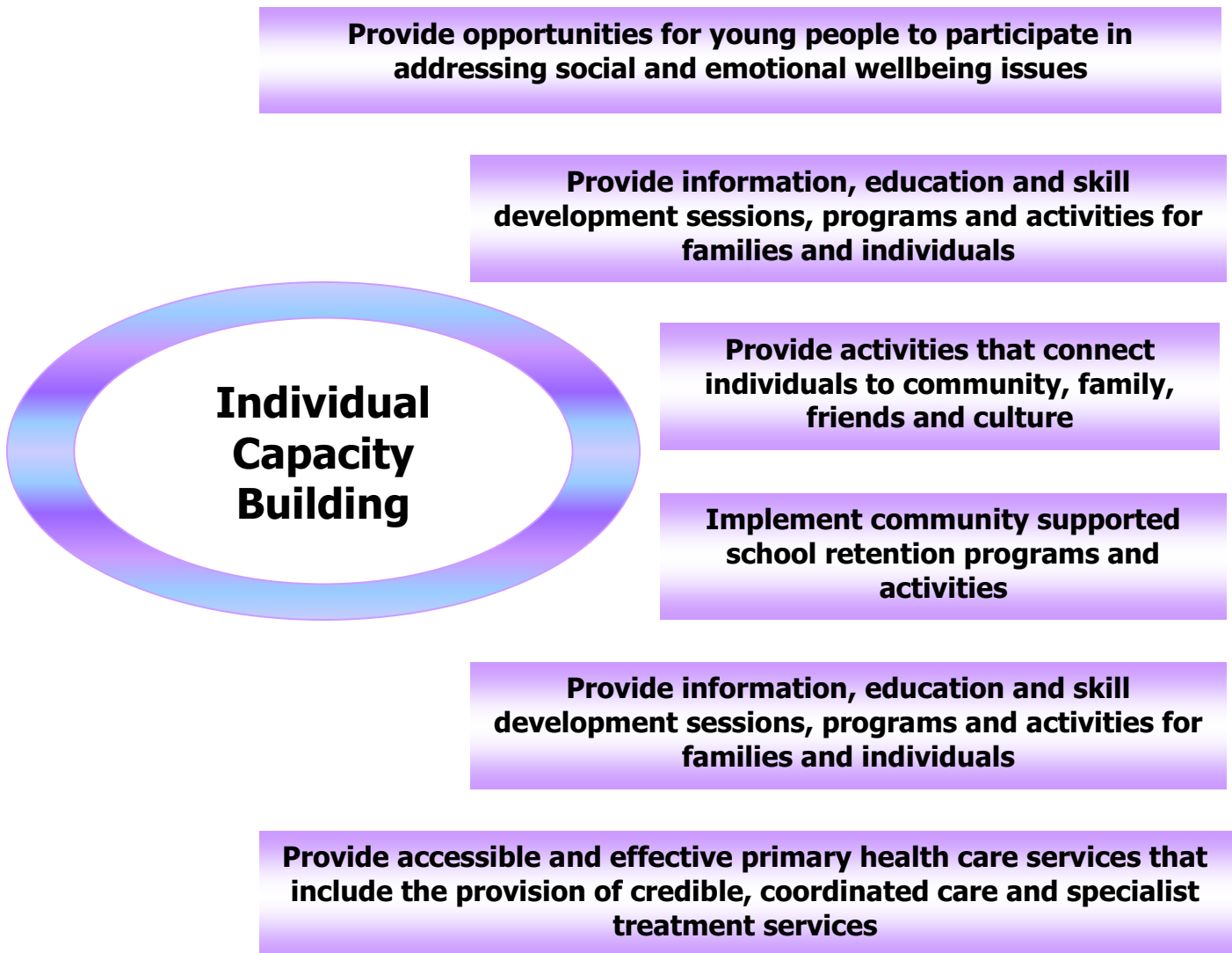
Provide community supported parenting support programs to families and individual parents with children aged 0 – 12 years

Implement community involved adolescence development programs and activities

Develop and implement regionally supported family renewal initiatives

Statewide Service Provision - Individuals

Sustainable change for individuals hinges on building their capacity to accommodate and manage change.



The Next Steps

STATEWIDE LEVEL

- If you have state wide responsibilities, the section on statewide management responsibilities is your starting point. Further assistance can be obtained from the following:- Department of Health/Aboriginal Health Division (DH/AHD), the Department of Health and Ageing(DoHA) Office Aboriginal Torres Strait Islander Health (OATSIH), the Aboriginal Health Council of SA (AHCSA) and or the South Australian Aboriginal Health Partnership (SAAHP) secretariat.

REGIONAL LEVEL

- If you have regional responsibilities, the section on regional management responsibilities is your starting point. Further assistance can be obtained from the following:- DoHA/OATSIH, DH/AHD and or AHCSA when developing an Aboriginal and Torres Strait Islander Health plan that supports the priorities of all health service providers in your region.

ORGANISATIONAL LEVEL

- If you have organisational responsibilities, the section on organisational management responsibilities is your starting point. If you are in a mainstream organisation that is developing or updating its Aboriginal and Torres Strait Islander health plan talk to the AHCSA and AHD/DH about how planning can be supported and linked to the Aboriginal Community Controlled Health Service (ACCHS) sector strategic plan.

INDIVIDUAL LEVEL

- If you're interested as an individual, talk to your local Aboriginal Community Controlled Health Service and mainstream health organisation about their Aboriginal and Torres Strait Islander health plans and opportunities to become informed about and or involved in health service activity.

Abbreviations

ACCHS	Aboriginal Controlled Community Health Service
AHAC	Aboriginal Health Advisory Committee
AHCSA	Aboriginal Health Council of South Australia Inc
ATSIC	Aboriginal and Torres Strait Islander Commission
ATSIS	Aboriginal and Torres Strait Islander Services
DH	Department of Health
DoHA	Department of Health and Ageing
SAAHP	South Australian Aboriginal Health Partnership
SEWB	Social and Emotional Wellbeing

Glossary

Aboriginal Community Controlled Health Service	<ul style="list-style-type: none">▪ ACCHS are primary health care services initiated by local Aboriginal and Torres Strait Islander communities to deliver holistic and culturally appropriate care to people within their communities. Their board members are elected from the local Aboriginal community (NATSIHC 2002)
Connectedness	<ul style="list-style-type: none">▪ A relationship that links and bonds one with community, family and friends
Knowledge Management Processes	<ul style="list-style-type: none">▪ A Systematic approach to manage the use of information in order to provide a continuous flow of knowledge to the right people at the right time enabling efficient and effective decision making in their every day business
Primary Health Care	<ul style="list-style-type: none">▪ The first levels of contact by individuals and/or families with the health care system
Protective Factors	<ul style="list-style-type: none">▪ Those factors that produce resilience to the development of psychological difficulties in the face of adverse risk factors
Risk Factors	<ul style="list-style-type: none">▪ Those characteristics, variables, or hazards, if present, make it more likely for an individual not to achieve social and emotional wellbeing
Summary Offences	<ul style="list-style-type: none">▪ Summary offences include hindering police, resisting arrest, common assault and disorderly behaviour

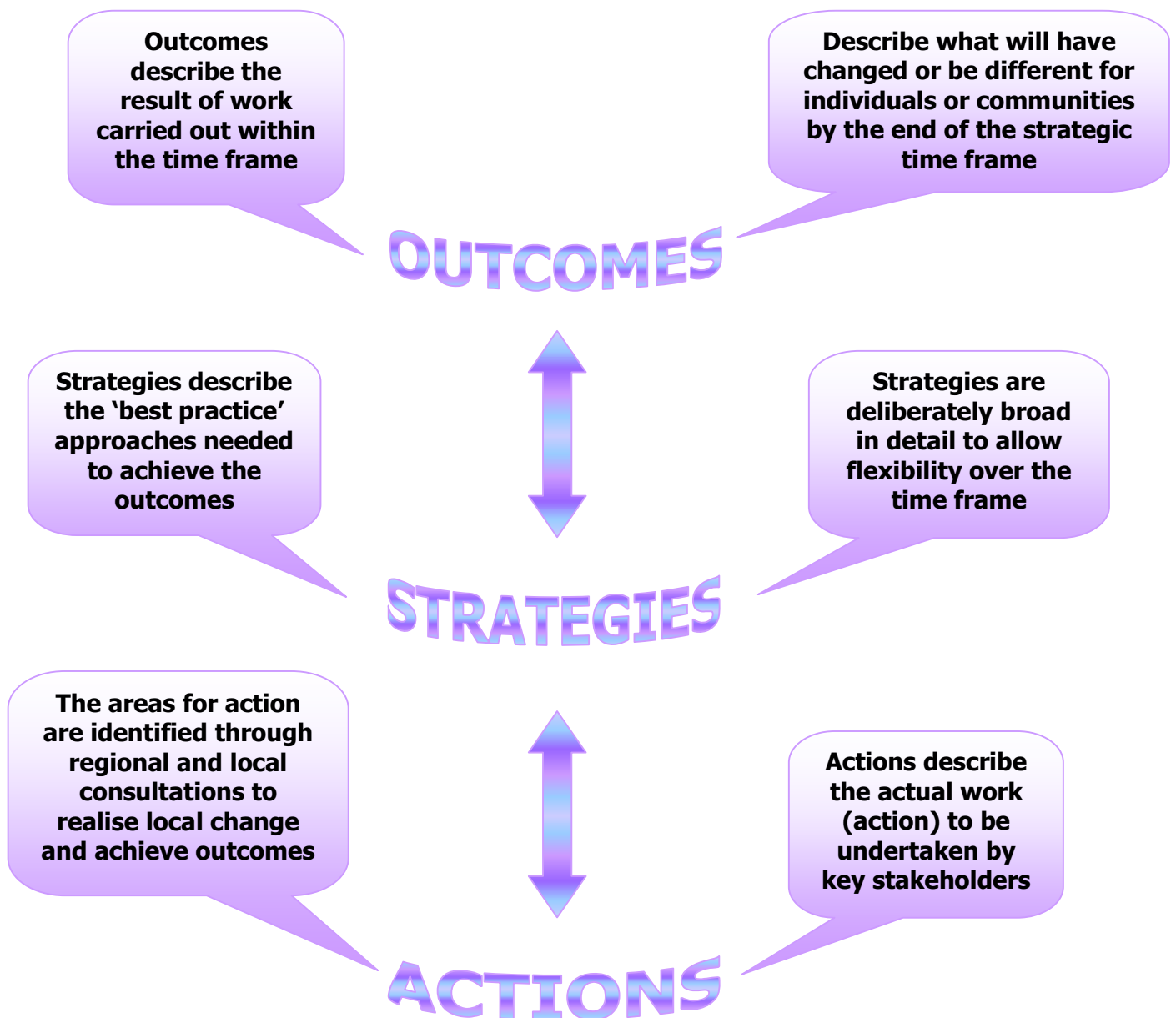
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Appendix 1 - Defining Terms

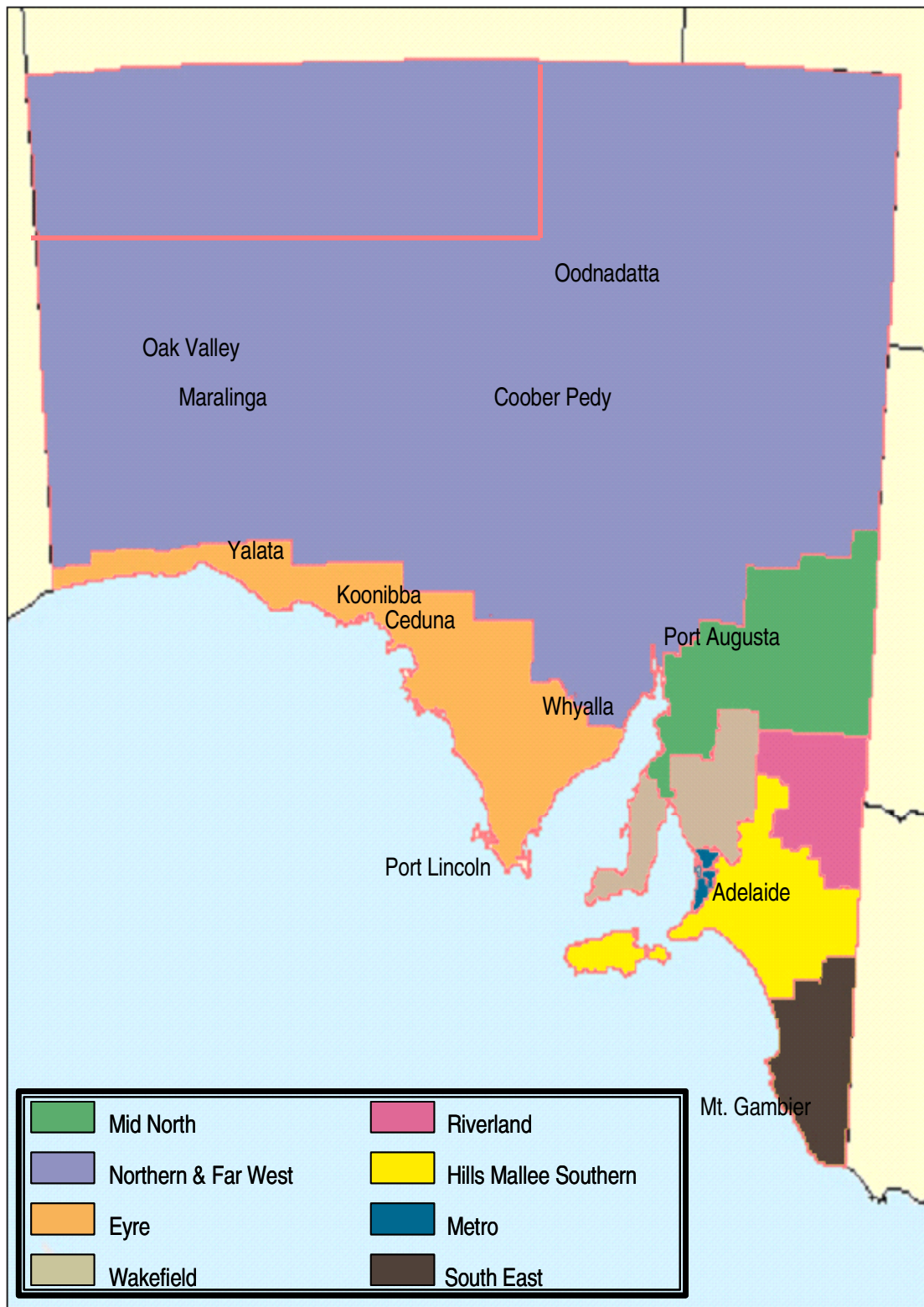
The following provides the thinking behind the development of the strategic goals, strategies, outcomes and actions within this current framework.

The defining of these terms is by no means definitive and is intended only to illustrate how the planning of this document arose.



Attachment 1

Department of Health - Health Regions



Attachment 2

Regional Service Provision Table

The following table outlines a number of existing services that assist with raising the social and emotional wellbeing status of communities, families and individuals and also identifies the region in which the services/s currently exist.

Developed: February 2004

REGION	Holistic primary mental health: Holistic approach programs exist for families, individuals and communities, referral services	Specialised secondary mental health: Crises teams, places for care, inpatient mental health services, recovery & rehab programs, traditional healers, referral services	Trauma and grief: Education programs, counselling/ debriefing programs, cultural practices about death, special healing programs, reunion and supporting programs, referral services	Suicide and self harm: Support for people with past history of suicidal behaviour, Support for acutely intoxicated people, counselling support for families & individuals, referral services	Aboriginal children, young people and families: Family enhancement programs, programs that address children with special needs, referral services	Elders and mental health: Respite care, supported accommodation for the disabled, specialised mental health care programs, valued community roles, care for dementia in older people, referral services
Hills Mallee Southern Region	⊗	⊗	◆ ⊗	⊗	◆ ⊗	◆ ⊗
Wakefield Region	◆ ⊗	⊗	◆ ⊗	⊗	◆ ⊗	◆ ⊗
Riverland Region	⊗	⊗	◆ ⊗	⊗	◆ ⊗	◆ ⊗
South East Region	⊗	⊗	◆ ⊗	⊗	◆ ⊗	◆ ⊗
North & Far Western Region	◆ ⊗	⊗	⊗	◆ ⊗	◆ ⊗	◆ ⊗
Metropolitan (Adelaide)	◆ ⊗	◆ ⊗	◆ ⊗	◆ ⊗	◆ ⊗	◆ ⊗
Mid North Region	◆ ⊗	⊗	⊗	⊗	⊗	⊗
Eyre Region	◆ ⊗	◆ ⊗	◆ ⊗	◆ ⊗	◆ ⊗	◆ ⊗

Legend ◆ = Indigenous specific services.

⊗ = Services provided by mainstream organisations.

For contact details on mainstream service providers you can visit the following website: <http://www.hsfinder.sa.gov.au>

Related information can be located by visiting the website: <http://www.health.sa.gov.au/hsfinder/>

In addition, you can contact Nunkuwarrin Yunti of SA Inc. Phone: (08) 8223 5217 and ask for a copy of their "Connecting People with Services" disc

