

Aboriginal Social and Emotional Wellbeing Model

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Acknowledgement of Country

I would like to acknowledge the traditional owners of the land on which I am presenting from today the Darkinjung people, as well as First Nations people from the lands attending the webinar tonight.

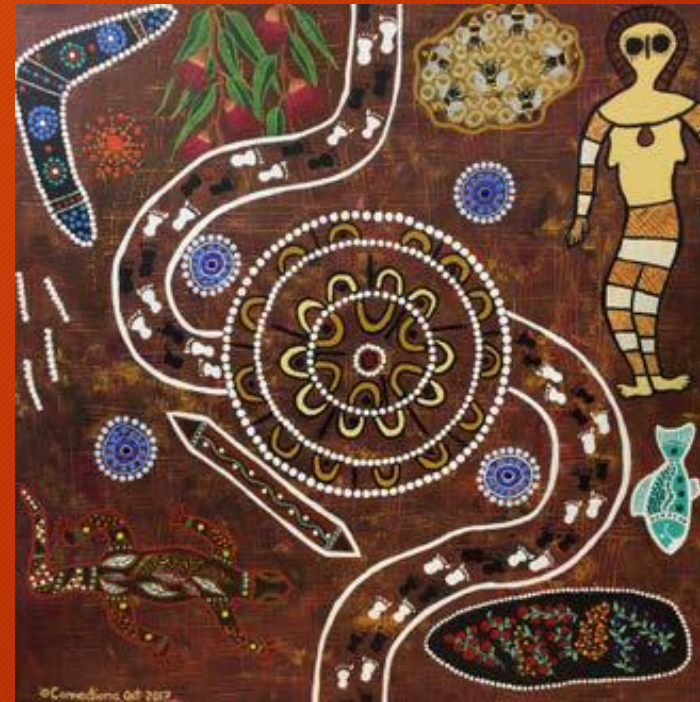
I pay my respects to elders both past, present and emerging and extend the respect to all Aboriginal Present today.

I would like to also acknowledge that this week is reconciliation week May27-June 3 with the understanding that reconciliation is a national commitment to the healing and inclusion of First Nations People.



NSW Aboriginal Mental Health and Wellbeing Strategy 2020-2025

Social and emotional wellbeing is widely understood to be the foundation for Aboriginal people's physical, mental and spiritual wellness.³ Social and emotional wellbeing is a holistic concept that recognises the importance of connection to country, culture, spirituality, ancestry, family and community, and how these affect the individual.⁴ This holistic view incorporates the mental health and physical, social, emotional, and cultural wellbeing of individuals and communities and how they each intertwine.



The Aboriginal Social and Emotional Wellbeing Model

The Aboriginal social and emotional wellbeing model is a strengths-based approach to working with mental health and wellbeing. It recognises the influence of social, political, historical and cultural factors and can be applied across the continuum of mental health care.

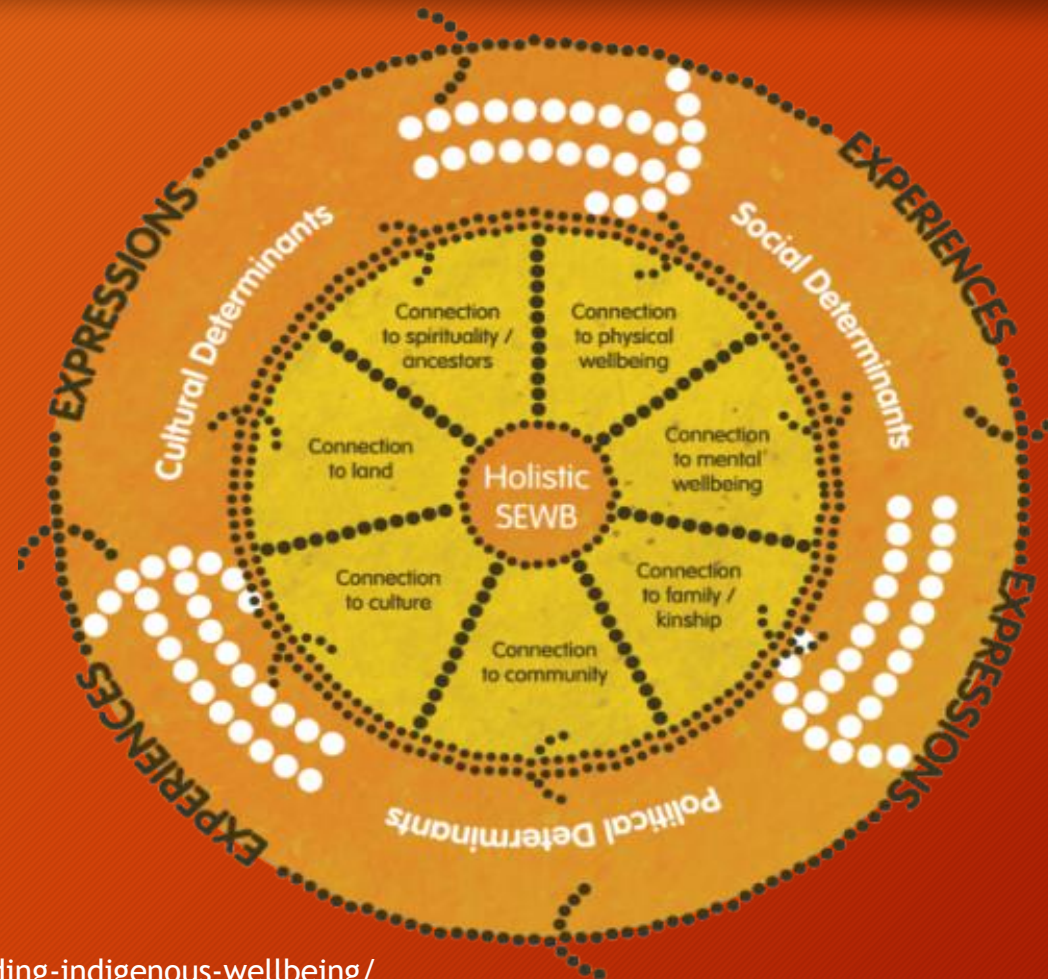
If connections are disrupted, and for many Aboriginal people and families some of these connections have been significantly disrupted from colonisation, it can lead to ill-health.

The healing and strengthening of these connections will help increase social and emotional wellbeing for Aboriginal people, families and communities.

Promoting strong connections is about maximising the benefits of the protective factors, while minimising exposure to risk factors and particularly those that are also risk factors for mental health conditions.



Aboriginal Social and Emotional Wellbeing Wheel



Back to Basics

- Water
- Nutritious food - fruit, seeds, vegetables, nuts, whole grains
- Limited processed foods
- Exercise
- Sleep
- Self Care - Healing
- Shelter
- Abstinent from Alcohol and Other drugs
- Community Connection- feeling apart of the mob
- Culture
- Connection to Country- Grounding
- Family and Identity

Tips for working with Aboriginal People

- Acknowledge the resilience of Aboriginal people when they share their story
- Understand significance of culture, family, community, country and spirituality in their journey
- Be mindful that for Aboriginal Communities there are strict protocols for what should be discussed between men and women. This is referred to as Men and Women's Business and should be incorporated into the therapeutic relationship with the Aboriginal person, family and community.
- If it is identified that an Aboriginal person has been effected by the Stolen generation it is important to give information to support connection with Link-Up
- Social and emotional wellbeing is more acceptable way of discussing mental health issues, so using these more familiar terms will be helpful
- When an Aboriginal Person refers to Home it is not their physical home in most cases, Home to Aboriginal People is connection to their mob and country they come from.
- When Aboriginal People talk in regards to Family members; Cousins, sisters, brothers, aunties, uncles, nans or pops these may be extended family or friends in which the Aboriginal Person has grown up along side.

Medications and Psychology

- Medications, as well as psychology also play a role in Aboriginal Social and Emotional wellbeing when absolutely necessary.
- It is important to understand that many Aboriginal People will be non compliant to medications therefore it is important to explain why they are needed and communicate the needs as well as risks effectively.
- Psychology- Ways to deal with problems in a more effective way. Skills to pass on to the next generation.
 - take the stigma away
 - Refer to Mental Health as Social and Emotional Wellbeing

Places and tools to support with Aboriginal Clients

- AHMRC- <https://www.ahmrc.org.au/resources/>
- Well Mob - <https://wellmob.org.au/>
- ACI - <https://aci.health.nsw.gov.au/chronic-pain/our-mob>
- Local Aboriginal Land Council
- Local AMS
- Link Up- <https://www.linkupnsw.org.au/>
- Chase the energy- Aboriginal Mental Health Movement
- Aboriginal Drug and Alcohol Rehabs- <https://www.adarnn.org.au/>
- Aboriginal Health Unit at Local LHD
- Aboriginal Health Workers Across the regions
- Get Healthy- <https://www.gethealthynsw.com.au/program/aboriginal-program/>
- Your Room- <https://yourroom.health.nsw.gov.au/Pages/home.aspx>

References

- NSW Aboriginal Mental Health and Wellbeing Strategy
 - <https://www.health.nsw.gov.au/mentalhealth/resources/Pages/aborig-mh-wellbeing-2020-2025.aspx>
- Alcohol and other drugs publications NSW Health Resources
 - <https://www.health.nsw.gov.au/aod/resources/Pages/publications.aspx>
- Co-morbidity guidelines
 - <https://comorbidityguidelines.org.au/>
- Sorry Business Guidelines
 - <http://intranet.cclhd.health.nsw.gov.au/clinical/Allied/AboriginalHealth/Documents/Aboriginal%20Sorry%20Business%20Guidelines.pdf>
- Communicating Positively: A guide to appropriate Aboriginal Terminology NSW Ministry of Health 2019
 - https://www1.health.nsw.gov.au/pds/ActivePDSDocuments/GL2019_008.pdf
- Aboriginal Health Plan 2013-2023 NSW Ministry of Health 2012
 - https://www1.health.nsw.gov.au/pds/ActivePDSDocuments/PD2012_066.pdf
- Aboriginal Health impact statement NSW Ministry of Health 2017
 - https://www1.health.nsw.gov.au/pds/ActivePDSDocuments/PD2017_034.pdf
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- Australia's health 2018 6.2 Indigenous health and wellbeing <https://www.aihw.gov.au/getmedia/110ef308-c848-4537-b0e7-6d8c53589194/aihw-aus-221-chapter-6-2.pdf.aspx>
- How can I support an Aboriginal Person with a mental health condition?
 - <https://www.health.nsw.gov.au/mentalhealth/psychosocial/strategies/Pages/diversity-aboriginal.aspx>
- NSW Aboriginal Mental Health and Wellbeing Strategy 2020-2025
 - <https://www.health.nsw.gov.au/mentalhealth/resources/Publications/aborig-mh-wellbeing-2020-2025.pdf>
- Link up <https://aiatsis.gov.au/family-history/you-start/link>
- Aboriginal Cultural Engagement Self-assessment Tool NSW Ministry of Health 2020 <https://www.health.nsw.gov.au/aboriginal/Publications/aboriginal-cultural-engagement-self-assessment-tool.pdf>