



# Aboriginal Health College



## Our History

The Aboriginal Health College is the result of a long term vision of the Aboriginal Health & Medical Research Council of New South Wales to establish and maintain an Aboriginal community controlled educational institution to provide culturally appropriate accredited education courses in Aboriginal health. In pursuit of the vision the AH&MRC Board endorsed the establishment of the College in 2002 and Registered Training Organisation (RTO) status was achieved in 2004. We are accredited with ASQA until 2016.

We offer a range of short and full qualifications for a number of vocational contexts including:

- Primary Health Care
- Sexual Health
- Social and Emotional Wellbeing
- Eye Care
- Aboriginal Mental Health
- Cancer Awareness
- Alcohol and Other Drug Work
- Business Management and Governance
- Training and Assessment
- Nursing



*"A place we can call our own, and feel comfortable"*

*Jane Williams*

## Contact Paul Benedek

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### Website

[www.ahc.edu.au](http://www.ahc.edu.au)



## COURSE GUIDE

**HLTSS00040 Smoking Cessation Skills Set  
/Tobacco Resistance & Control short course**

**&/or**

**specialisation within the Certificate IV in  
Alcohol and Other Drug Work**



# COURSE GUIDE

## Course Description

This course will develop knowledge and skills for Aboriginal Health Workers and other health professionals providing information on smoking and smoking cessation programs. It includes the treatment and management of nicotine dependence, the quitting process, behavioural interventions such as brief advice, counseling and intensive support, nicotine replacement therapies and prescription pharmacotherapies, working with families, working with complexity, health promotion in communities and in the workplace and more.

The Tobacco Control course can be undertaken as a stand alone course over 2 study clusters, or can contribute to a Certificate IV in Alcohol and Other Drug Work qualification. The Smoking Cessation Skills Set is the first part of this workshop. Successful completion can also be used to provide credit in a range of qualifications in the health and community sectors

### *Occupational titles for these workers may include for example:*

- Specialist tobacco worker (Aboriginal and/or Torres Strait Islander health)
- Alcohol and other drug worker (Aboriginal and/or Torres Strait Islander health)
- Social and emotional wellbeing worker (Aboriginal and/or Torres Strait Islander health)
- Outreach worker

## Course Dates and Delivery

The course includes 2 week-long study clusters:

- Cluster 1: May 11-15
- Cluster 2: June 15-19

The study clusters will occur at the Aboriginal Health College in Little Bay, along with a prospective site visit and training in partnership with Quitline.

The learning clusters will be coupled with self-paced and work based learning and assessments.

## Pre-requisites

The Skills Set (embedded in this short course) requires that you have completed a Certificate III qualification in Community Services or Health or that you have commensurate (equal to) industry skills as evaluated through recognition of prior learning processes

## Target Group

Enrolment within this course will focus on recruiting the following students:

1. Aboriginal Health Workers, working within a Tobacco Control context
2. New and existing workers, working within an Aboriginal community setting or with Aboriginal clients and communities without prior qualifications and needing to gain at least an entry level qualification.
3. Aboriginal Workers seeking a career transition with appropriate workplace access and life experience.
4. Community members seeking to enter the workforce especially if sponsored by a member service who meet the pre-requisite requirements

## Course Costs

There are no enrolment costs for this short course.

## Abstudy

Students can apply for Abstudy Away From Base for this course. To be eligible, students must be Aboriginal &/or Torres Strait Islander, live in NSW, and reside at least 90 minutes from the Aboriginal Health College via public transport.

Abstudy Away from Base covers share accommodation, meals and land travel costs.

## Enrolment

To register your interest and to obtain an enrolment form, please contact Paul Benedek at the AHC  
Email: [pbenedek@ahc.edu.au](mailto:pbenedek@ahc.edu.au) or  
Phone: 9019 0733.  
You can also download an enrolment form from the AHC website ([www.ahc.edu.au](http://www.ahc.edu.au)).

