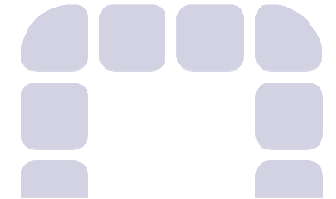


# Aboriginal Healing Project



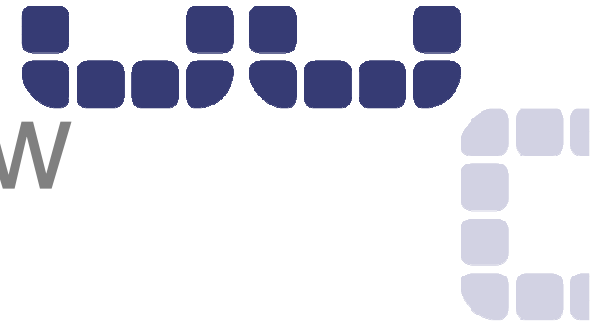
Our Mob, Our Minds, Our Spirit  
Mental Health Conference

Alison Bairnsfather-Scott  
Research and Evaluation Project Officer



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# Presentation Overview

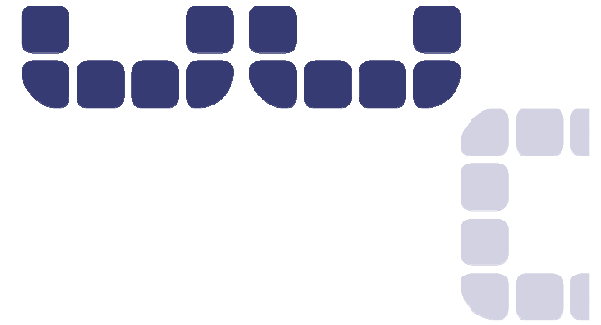


- Background
- The Project
- Framework
- Questions



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# Background

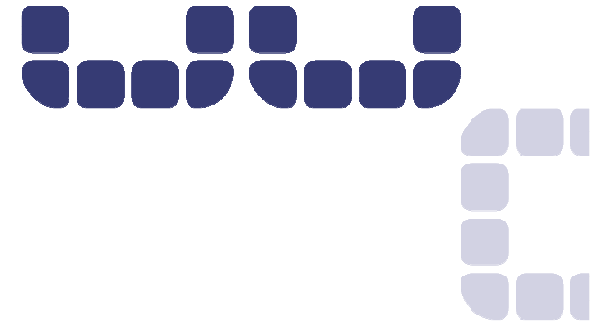


- AHP started in 2006 as a 2 year pilot project
- Funded by FaHCSIA's Family Violence Partnership Programme through a bi lateral agreement between the Commonwealth and State of WA.
- Services are funded until 30 June 2010.



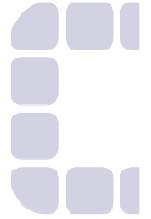
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# Project Structure

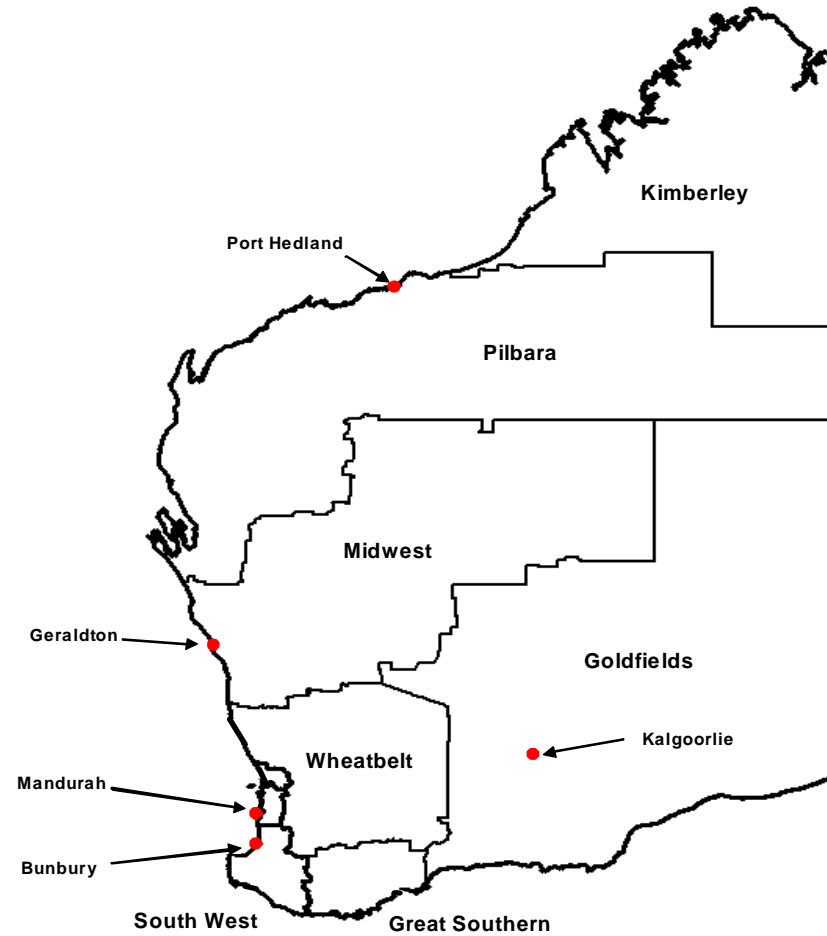


- Agreement Advisory Management Group
- Project Management Team – located in Perth
- Reference Group – located in Perth
- Host agencies – State wide
- Project Officers in regional NGOs





- Port Hedland
- Geraldton
- Kalgoorlie
- Mandurah
- Bunbury



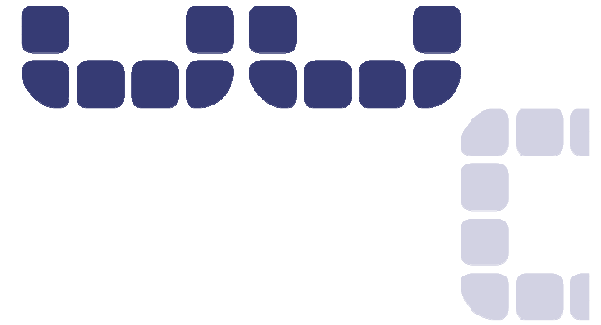


The Western Australian Aboriginal Healing Project is a holistic, community driven project that is tackling healing in a variety of ways. Its broad, flexible conceptualisation of healing has allowed the implementation of responsive programs which improve wellbeing and support healing in communities.



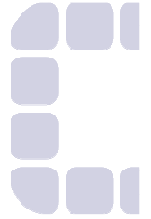
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# Project Goals



1. Reduce violence in Aboriginal communities
2. Improve safety in communities
3. Better protection for women and children





The Aboriginal Healing Project has clear objectives about healing and reducing harm through:

- Increased sense of group cohesion;
- Increased value and worth;
- Identifying and agreeing on collective actions which will heal the effects of past suffering and harm;
- Increased sense of safety in family and community groups; and
- Reduction in the incidence and experience of violence.



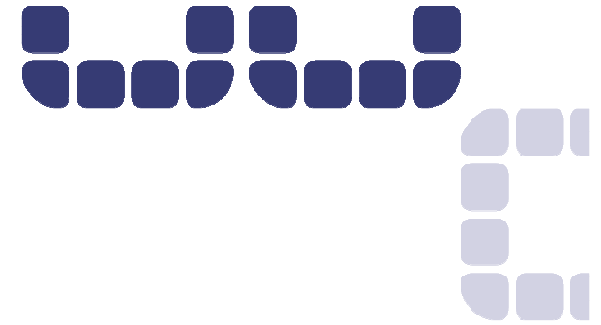


- This project positions the community in an active partnership with the project from the onset so that the process of deciding what to do is actually part of community development and the healing process.
- Each community is given the freedom to generate their own project and solutions to their problems.



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# What is the AHP?



Provides support for:

- Community engagement & consultations
- Mapping of services and resources
- Healing groups and activities
- Educational activities
- Building community capacity





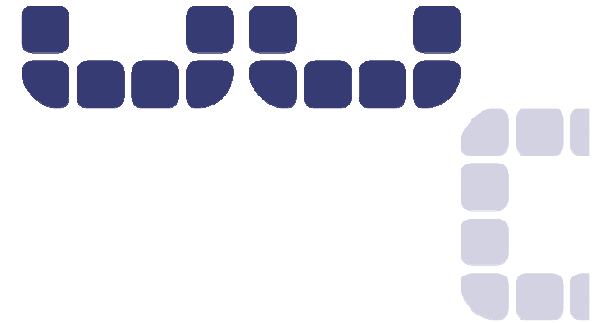
## This has been achieved through:

- Engaging the Aboriginal community
- Meaningful community and service provider consultations
- Community healing services, primarily ongoing groups.
- Workshops and conferences
- Camps and gatherings
- Training and education programs.



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# Short term outcomes



- Awareness of needs and issues
- Increased capacity to:
  - Manage trauma
  - Protect children
  - Self nurture
- Increased community supports
- Participation in individual and group healing activities
- Participation in education and training opportunities
- Increased access and familiarity to local mainstream and Aboriginal services



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# Long term outcomes

- Addressing unresolved issues of trauma & loss
- Increased capacity of well being within the community
- Healthy habits passed on to the next generation
- Cycle of violence being broken
- Increased reconciliation between community members & families
- Enhanced ability to sustain & promote healing from within the community
- Increased autonomy & self determination for communities.





So what does the Project look like?



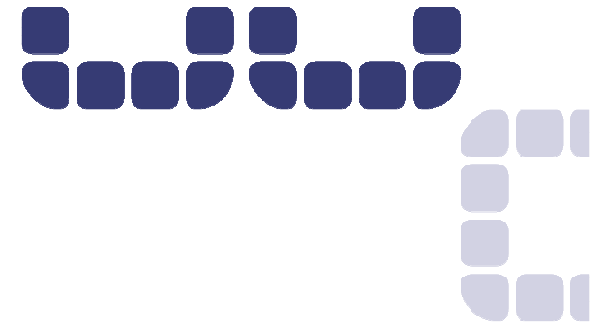
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# Healing Groups

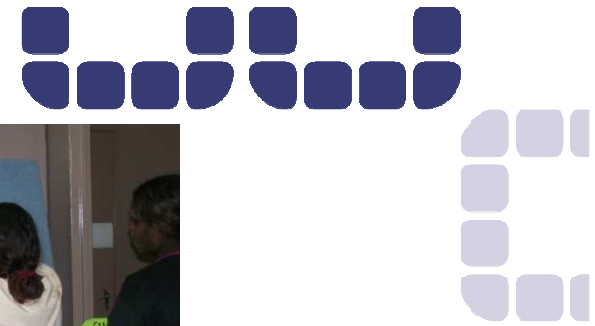
- Members Against Drugs (MAD) Group
- Mooditj Yorgas
- Butterflies – town girls group
- Deadly Young Women – traditional girls group
- Diamonds – at risk town girls group, high school aged, secondary group
- Eastern Goldfields Prison Women’s Group
- Geraldton Women’s Cancer Support Group



# Deadly Young Women



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Department of **Health**



- Protective behaviours
- Nutrition workshop
- Self esteem workshop
- Sexual health workshop
- Drug & Alcohol workshop
- Relationships workshop



# Moodijt Djook Leadership



The Moodijt Djook Leadership program focuses on:

- Self esteem
- Sexual health
- Protective behaviours
- Drug & alcohol abuse
- Career pathways



# MAD (Members Against Drugs)

Guest speakers included:

- Drug & Alcohol Unit
- North West Mental Health
- Port Hedland Regional Hospital
- Family & Children's Services
- Well Women's Centre
- Wirraka Maya Health Service
- Port Hedland Police



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# Activities

- Yarning
- Beading
- Scrapbooking
- Art & craft
- Education sessions
- Sewing
- Fabric painting
- Scarf making
- Netball
- Walking
- Hunting
- Visiting sacred sites
- Modelling
- Self defence
- Dance
- Painting
- Cooking
- Swimming



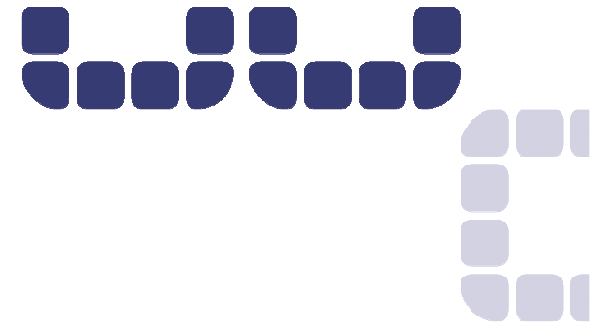
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# Topics addressed

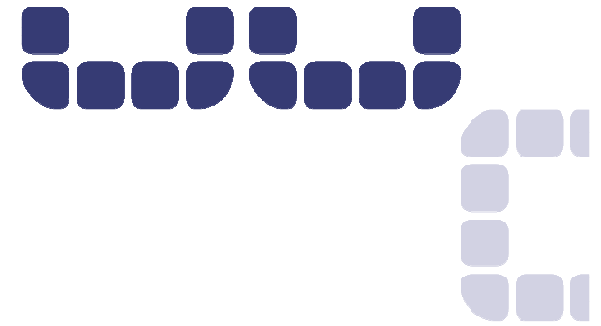
- Drug & Alcohol abuse
- Suicide
- Self esteem
- Sexual health
- Protective behaviours
- Career pathways
- Self nurturing
- Safe communities
- Primary health
- Nutrition
- Chronic disease
- Parenting
- Cooking
- Family
- Healthy relationships
- Violence
- Family Violence
- Child abuse
- Sexual abuse
- Caring for grandchildren
- Mental health





# AHP FRAMEWORK

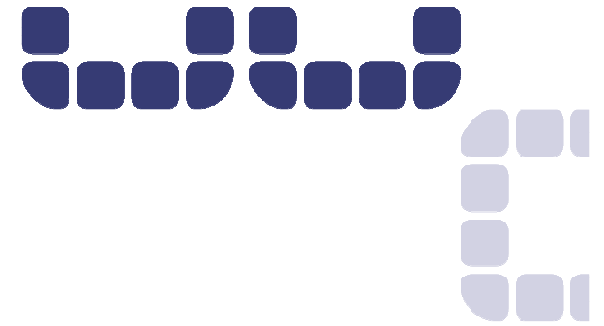




# Community Context

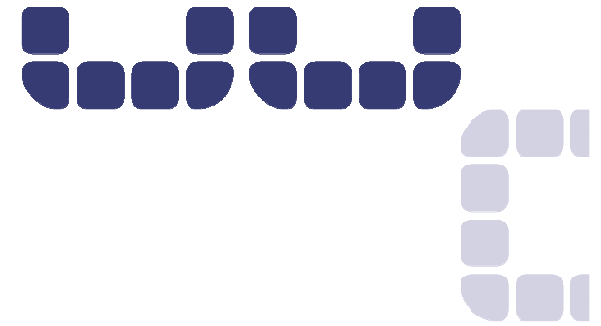


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Department of **Health**



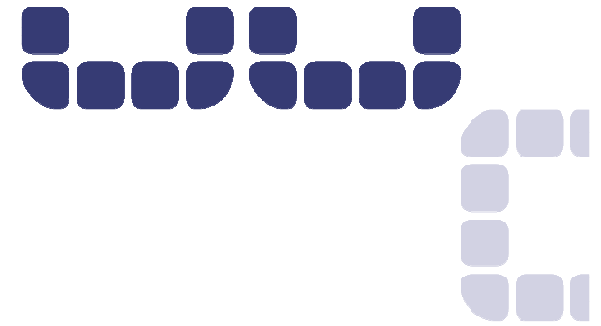
# Program Delivery





# Program Development

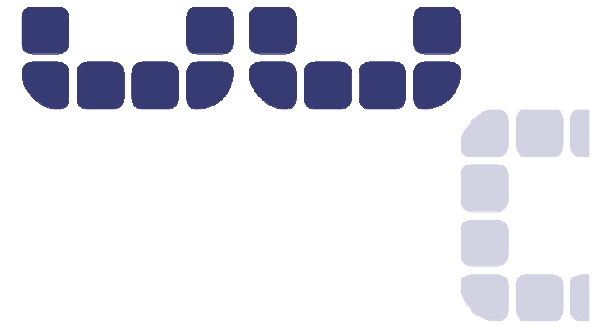




# Workforce Development & Research and Evaluation

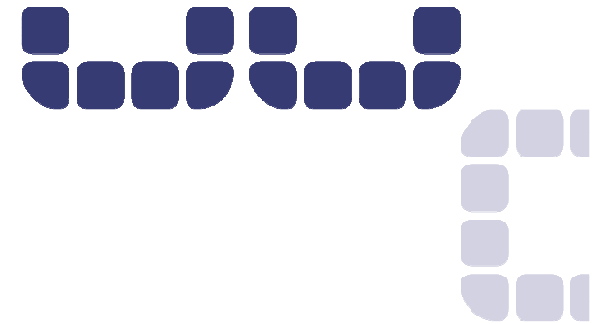


Government of **Western Australia**  
Department of **Health**



# Questions





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Aboriginal Healing Project  
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