

# Darayiga Guya Mapu

(Come here; talk; feeling)

Presented by  
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# What you can expect

- The Crescent Head Project
- Intent
- Target population
- Emotional – Physical – Spiritual
- How
- Managing weight gain
- Collaborative approach
- Healthy Lifestyle
- Non-Discriminating Pain
- Current Management
- Close

# Crescent Head NSW



# Crescent Head NSW



# The Pilot

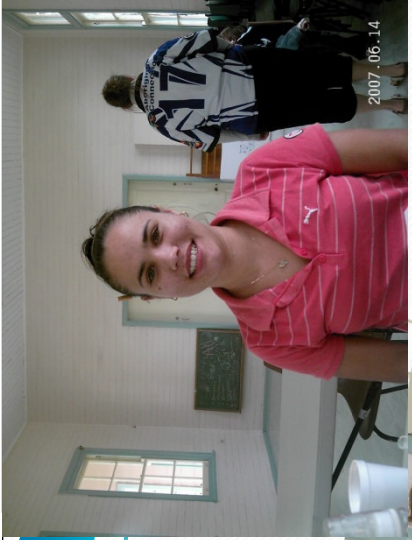
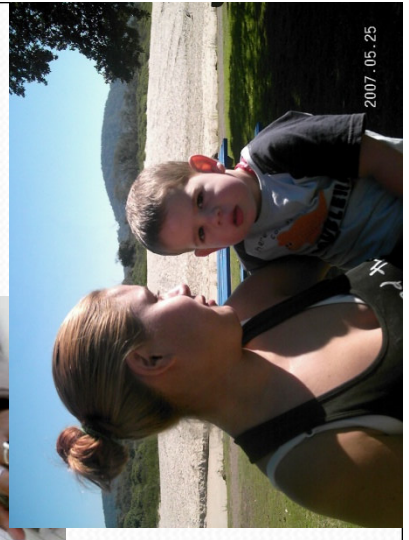
- A pilot project is being conducted in Crescent Head NSW over a twelve month period starting April 2007 and will conclude in March 2008. The project is run by the female social and emotional well-being officer from Durri Aboriginal Community Medical Service (ACMS). This program was developed as a response to Aboriginal women identifying a lack of services for Aboriginal women experiencing mental health problems in the community.

# INTENT

- Awareness:
  - of their mental health
  - the effects of psych medicines
  - what is well-being
  - the effects of alcohol & other drugs
  - child development milestones
  - effects of domestic violence
  - self
- Provide information on all aspects of healthy lifestyles for women
- Opportunity for network creation, building & maintenance

# Target Group





# TARGET GROUP

- Women
- Women referred from VMO psychiatrist and psychologists ; referral is at the discretion of the treating professional
- Women with substance use/abuse/misuse issues
- Dual-diagnosis women
- Women experiencing domestic and/or family violence
- Women with young children

# Emotional – Physical – Spiritual

- This project is about lifestyle change
- The idea was to work with the women from an Aboriginal woman's perspective.
- The subject areas were: emotional; physical and spiritual.
- The physical well-being involved the women having a full adult health assessment and then engaging in regular physical activity. A nutritionist and a diabetic educator were included in the program for initial consultation and on-going advice. This followed the completion of the emotional aspects of the program.

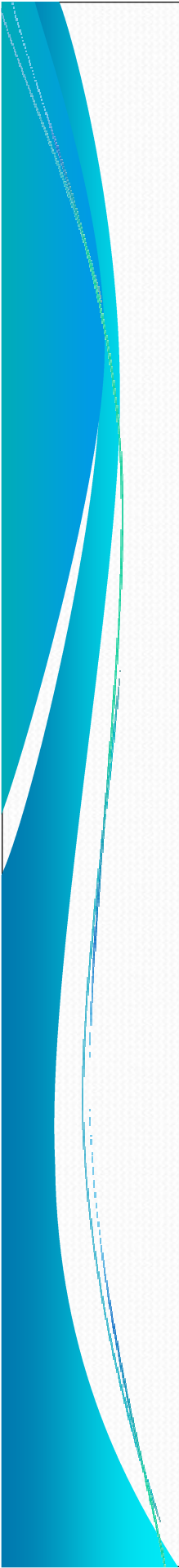
- The emotional aspects that were discussed included:

Well-being; Assertiveness; Sexual Health; Depression; Healthy Relationships;  
Childhood milestones; Goal setting

Spirituality is a personal concept. What is agreed by the group is that having some concept of spirituality, whether it is religious or not is the choice of the individual and that spirituality is vital.

# Sexual Health with Ro-Anne





# Art as Therapy Workshop



# Healthy lifestyle

- The principle idea is to introduce our women to all of these concepts and to show examples of possibilities and consequences if they were to continue on with their current lifestyles.
- This is an innovative strategy being developed to work with women who are mentally unwell or at risk of becoming unwell; women who have substance abuse/misuse issues; women who have experienced domestic violence and women with young children.



# HOW

- PROPOSED METHODOLOGY
- Through one-on-one counselling
- Through case management
- Group work
- Appropriate referral service
- Minimal work with the partners

# Antipsychotic medication and weight gain

- Why does weight gain occur?
- The medication can increase the appetite and make the patient hungry
- The patient may feel less energetic, and so exercising less
- The patient may experience a change in sleep pattern, making the meal times less regular

# What can the patient do!

- Keep an eye on their weight
- Try and eat regular meals
- Choose healthy foods
- Be active
- Get Help

# COLLABORATIVE APPROACH

- This project would utilise the skills of the women facilitating programs at Durri ACMS, therefore minimising the need or requirement to outsource. The programs that engage women facilitators include:
  - Female social and emotional well-being officer
  - Sexual health
  - Chronic disease
  - Female Alcohol & other drugs worker
  - Female families first officer
  - Midwife
  - Nutritionist (from MNC Area Health Service)
- Also available and committed to this project is female case manager from Many Rivers Violence Prevention Service

# Non-Discriminating Pain

- This project was developed specifically with Aboriginal women as the target group. With further research I realised that the problems Aboriginal women were facing were not exclusive to Aboriginal women; the social and emotional pain did not discriminate. When this project was advertised for community consultation and comment, non-Aboriginal women came to the meetings and expressed their opinions alongside the Aboriginal women.

# Current Management

- The well-being group now consists of women from a diverse range of ethnic backgrounds.
- The group enjoy, and can attend any of the fitness opportunities available, which include: two sessions with a personal trainer, twice weekly; two aqua-aerobics sessions per week; and two circuit sessions per week.
- The women convene their own 'Guya'. They get together and talk about their pre-existing mental health conditions, whatever they need to talk about. They discuss doctors, nutritionist, medication, exercise, alternative medicine, sugar cravings and reviewing their goals.



# TRAVEL SAFELY ON YOUR JOURNEY

- Thank you for listening
- Stay healthy
- Look after your emotions; attend to your fitness; believe in something spiritual
- Darayiga Guya Mapu
  
- Kaz Miranda