

Aboriginal Grandparents and Family Support Service



Courtesy J Carter



womens health
& family services

Caring for our families yesterday,
today and tomorrow

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Outreach Family Support Service and Cultural Engagement

Improving health and wellbeing outcomes for Aboriginal people, and their families, living with co-occurring mental health issues and / or problematic alcohol and drug use.

Presented by: Averil Scott and Fiona Reid

Womens Health and Family Service

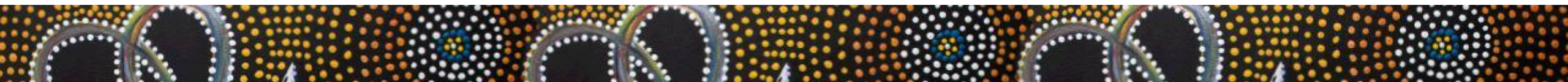


Background and Overview

Womens Health and Family Services (WHFS), through the Aboriginal Grandparents Family Support (AGFS) program, has been delivering Aboriginal specific programs since 2004.

Aboriginal managed and staffed, with guidance from Aboriginal Elders and the community, AGFS aims to support and strengthen Aboriginal families through the generations. Operating within the social model of health and culturally secure practice, striving to understand and reflect the broader environment in which Aboriginal woman, their families and communities live.

The service offers a variety of support programs; including play groups, cultural activities and events, counselling, advocacy and referral services, parenting programs, and workshops designed to build capacity and support Aboriginal women, their families and communities.



Services - Counselling

- Individual counselling
- Family counselling
- Alcohol and other drug counselling
- Grief and loss counselling
- 'Getting Off and Staying Off' - weekly AOD relapse prevention group
- Referrals to Detox Centres and Rehabilitation



Services – Parenting

- Moort Warring Mart Playgroup (Family Playing Group)
- Circle of Security Workshops - Individual and group sessions available
- Protective behaviours workshops
- Various parenting workshops



Services – Support, Advocacy & Referral

Our workers provide practical help to individuals and families, including:

- Help to talk to government departments about housing, child protection, Centrelink and other issues
- Connecting to other services and programs at Womens Health & Family Services
- In-house referrals for 'Leadership' courses, employment readiness and community workshops



Community - Workshops & Activities

- Workshops to improve health and wellbeing, and build community capacity
 - Deadly Thinking
 - Heartbeat Club
 - Weekly arts and craft group
- Community based cultural activities
- Physical Activity Sessions
- School holiday programs
- Social and recreational activities



Cultural Engagement & Building Community Capacity

- The program works with Aboriginal people and their families that are often hard to reach by mainstream services, with co-occurring mental health and/or AOD use, developing links to support and maintaining connections
- Cultural engagement and community capacity initiatives build trust with Aboriginal communities and strengthen engagement, to deliver better services
- Aboriginal people are able to access services in a flexible way which includes the outreach models of service delivery. Allowing service users to define their own needs rather than the provision being 'service led'.



Cultural Engagement & Building Community Capacity

- Deadly Thinking

Deadly Thinking gives participants the skills to foster and maintain good mental health]

- Baby Heart Beat

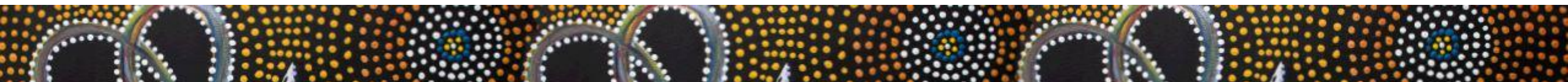
Community education programme that covers emergency response for potential accidents that can occur around the home. Being confident in your response to these including, drowning and infant to adult resuscitation

- Getting Off & Staying Off (GOSO)

Culturally informed AOD relapse strategies and group support

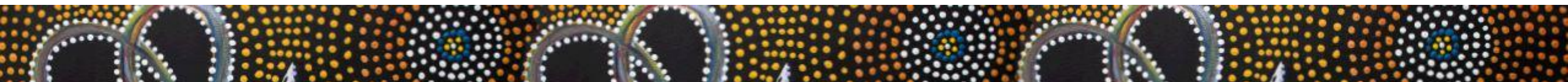
- Moort Warring Mart Playgroup

Family Playing Group



Outcomes

- People accessing services report:
 - A high level of trust,
 - Experience improved health and quality of life,
 - Their experience of professional treatment, when they access family support/therapeutic supports, is supportive and welcoming
 - Reduced AOD use
 - Increased knowledge and capacity
 - Increased engagement in health and well-being activities, and
 - Being more knowledgeable about the extent and nature of services and support activities in their area

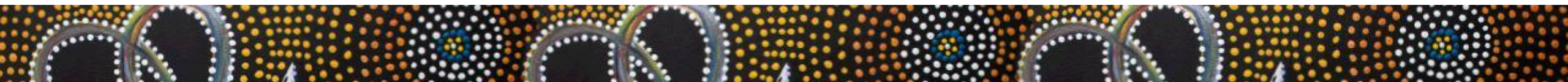


Womens Health and Family Services

Other Services

Children and Families

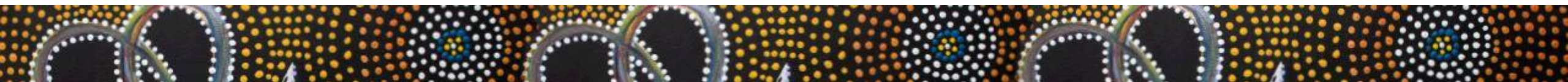
- Family and domestic violence
- Children's counselling
- Connect to Culture children's group
- Circle of Security parenting groups
- Peri-natal Mental Health
- Family Therapy



Womens Health and Family Services

Other Services

- Medical and Clinical
 - Womens Health Clinics
 - Sexual and reproductive health
 - Health promotion community workshops and activities
 - Health Professional information and workshops
 - Mental Health Care Plans
 - Psychologist
 - Dietician
 - Midwife



Womens Health and Family Services

Other Services

- Counselling and Support
 - Alcohol and other drug use
 - Mental Health support
 - Nurturing Families
 - Body image and eating disorders
 - AOD and MH Advocacy Support
 - Court Diversion



Locations

- Central

ABORIGINAL GRANDPARENT AND FAMILY SUPPORT

Main Office: 227 Newcastle St, Northbridge.

Telephone: (08) 6330 5400

Email: info@whfs.org.au

- Joondalup/Wanneroo

ABORIGINAL OUTREACH FAMILY SUPPORT

Joondalup Lotteries House

Suite 6, 70 Davidson Terrace, Joondalup

(in partnership with NMCADS/Cyrenian House)

