

Voices of the Peoples:

THE NATIONAL
EMPOWERMENT
PROJECT

COMMUNITY REPORT 2014

Promoting Cultural, Social and Emotional Wellbeing to Strengthen
Aboriginal and Torres Strait Islander Communities

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National Advisory Committee

*From left to right: Back row – Jeannie Herbert, Komla Tsey, Dawn Besserab, Eric Cook, Sandi Taylor, Kevin Cox, Richard Weston, Glenn Pearson, Roz Walker
Front row – Fiona Stanley, Adele Cox, Pat Dudgeon*

The National Empowerment Programme

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Aboriginal and Torres Strait islander viewers are advised that this report may contain images of or information on deceased peoples.

THE NATIONAL EMPOWERMENT PROJECT

The National Empowerment Project (NEP) is a community research project led by Aboriginal researchers based at the University of Western Australia. Starting in 2012, the NEP research team set out to consult with Aboriginal and Torres Strait Islander people about the challenges in their communities that are causing psychological distress and high rates of suicide.

The NEP aims to empower Aboriginal and Torres Strait Islander people to take control of their lives and to find solutions and strategies that promote social and emotional wellbeing and mental health for individuals, families and communities.

WHAT IS THE PROBLEM?

According to the Australian Bureau of Statistics, there were 996 Aboriginal and Torres Strait Islander suicide deaths in Australia between 2001 and 2010. This is twice the rate of non-Indigenous people (ABS, 2012).

Research shows that 30% of Aboriginal and Torres Strait Islander people over 18 years have high rates of psychological distress, which is three times higher than for other Australians (ABS, 2010).

But Aboriginal and Torres Strait Islander people often find primary health care and mental health services and programmes are inadequate in helping to deal with the problems within the community.

NEP aims to identify the causes of these problems and to develop solutions according to community needs.

THE NEP RESEARCH TEAM

The key NEP researchers are Aboriginal and Torres Strait Islander people with different skills and backgrounds, including psychologists. In addition, sixteen community co-researchers were engaged in the project. The NEP started with eight communities and later three others came on board. Many were part of the project from the very beginning. With the three new sites, an additional six co-researchers have joined the project.

A NEP National Advisory Committee of Aboriginal and Torres Strait Islander and non-Indigenous mental health experts was set up to guide the project, providing strategic advice and ongoing support as required.

The NEP used a Participatory Action Research (PAR) model to make sure Aboriginal and Torres Strait Islander peoples voices were heard and respected and that the research methods were culturally appropriate.

The PAR approach means:

- partnerships with local communities were established;
- building research skills of Aboriginal and Torres Strait Islander people is essential;
- respect for and inclusion of Aboriginal and Torres Strait Islander peoples views; knowledge and experience is critical;
- engagement of Aboriginal and Torres Strait Islander people in the research journey;
- finding ways to reclaim and strengthen culture; and
- outcomes are produced that benefit Aboriginal and Torres Strait Islander communities.

The Kimberley Empowerment Project (2011/12) started the NEP. This project investigated issues of community distress and high suicide rates in the region. The research methods and findings of this earlier project assisted in the design of NEP (Dudgeon et. al 2012). Also, the community people involved in this came and helped train the new co-researchers.



WHO WAS CONSULTED?

Initially, eight Aboriginal and Torres Strait Islander communities in four Australian states were consulted as part of the NEP research. Although different, each community has a large Aboriginal and Torres Strait Islander population, a strong community-controlled organisation, and the capacity to join as project partners.

There were three communities selected in WA, two in Queensland, two in NSW and one in Victoria:

Western Australia	Narrogin Perth Northam/Toodyay
Northern Territory	Darwin
Queensland	Cherbourg Kuranda
New South Wales	Toomelah Redfern, Sydney
Victoria	Mildura



HOW WAS THE RESEARCH DONE?

The research looked at social and emotional wellbeing at the individual, family and community levels to see if there were common problems and solutions across Australia. People were asked “what are the issues?” and “what are the solutions?”



Phase One of NEP (2013) (Community Consultation and SEWB Workshops)

Community involvement was very important for the project and as such, partnerships were established with local Aboriginal community organisations in each of the NEP sites (local partner organisations). The NEP team and local partner organisations appointed two Aboriginal community co-researchers in each of the eight locations (one male and one female wherever possible). The community co-researchers attended an introductory training workshop with the NEP Team in Perth in September 2012. This was to assist and support them in research and project skills to enable the co-researchers to consult with their communities through research (interviews and community focus groups) using the PAR approach.

The community co-researchers are an important part of the project and are involved in much of the decision-making around the design and implementation of the work. As part of the design and implementation of the project, the community co-researchers were instrumental in the development of the project’s overarching principles.



Left to right: Chievena Hansen, Biri Duffin, Carolyn Mascall, Glynis McGrady, Vennessa McGuire, Donna Ingram, Pat Dudgeon, Adele Cox, Andy Charles, Terry Brennan, Dezeræ Miller, Kerrie Kelly, Angela Ryder

Community Co-researchers



Terry Brennan



Andy Charles



Biri Duffin



Kate Hams



Chievena Hansen



Donna Ingram



Glynis McGrady



Tjalaminu Mia



Dezeræ Miller



Bronwyn Murray



Malcolm Peckham



Angela Ryder



James Stanley

OUR PRINCIPLES: THE WAY WE WORK

The following six principles informed the National Empowerment Project:

1. Social Justice and Rights

We recognise that as Australia’s First peoples, Aboriginal and Torres Strait Islander people have a unique and active set of rights as Australians.

2. Community Ownership

Community control and empowerment. Our projects should be grounded in community, owned by the community, based on community needs and accountable to the community.

3. Resilience Focused

Our approach focuses on strengths already identified in Aboriginal and Torres Strait Islander communities. By taking a strength-based approach to all of our work, we recognise the extensive knowledge base and expertise existing within individuals and communities.

4. Respect for Local Knowledge and Intellectual Property

Respect for local knowledge and local ways of being and doing is fundamental to the way we work.

5. Building Empowerment and Partnerships

We will develop respectful partnerships with local community organisations in whatever area we work in. Genuine partnerships with local Aboriginal and Torres Strait Islander stakeholders and other providers assists to support and enhance existing local services and programmes, not duplicate or compete with them. Partnerships ensure that Aboriginal and Torres Strait Islander people are part of the work process and as partners can make decisions accordingly. Where necessary our work will include advocacy.

6. Community Capacity Building

As well as developing partnerships with local Aboriginal community people and organisations, we will train, support and mentor local people as co-researchers. They will be part of the team and will also be trained to develop and deliver programmes and in turn they will train others. The participatory nature of the project will ensure that community participants will also become more informed and will have their local knowledge valued.

NATIONAL OUTCOMES

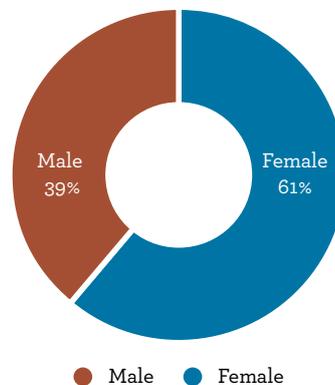
Overall, the co-researchers talked to 341 community members with an average of 42 people per community:

- 40% of participants were male and 60% female.
- A broad range of age groups were involved, from 18 to over 50 years old.

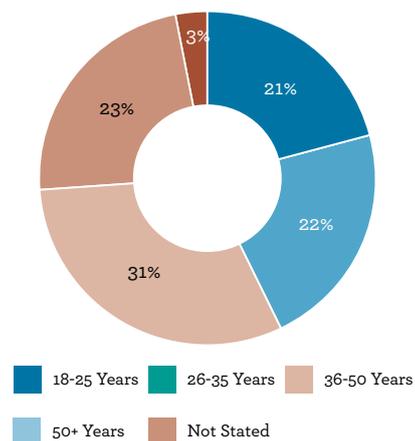
NEP Site	Type of Area	No of Participants
Perth, WA	RA1 Major City	40
Northam/Toodyay, WA	RA2 Inner Regional	40
Narrogin, WA	RA3 Outer Regional	33
Kuranda, QLD	RA3 Outer Regional	78
Cherbourg, QLD	RA2 Inner Regional	41
Toomelah, NSW	RA3 Outer Regional	31
Sydney, NSW	RA1 Major City	38
Mildura, VIC	RA3 Outer Regional	40
Total		341

ASGC Remoteness Area (ABS, 2006)

Gender of Participants



Age of Participants



THE NATIONAL EMPOWERMENT PROJECT



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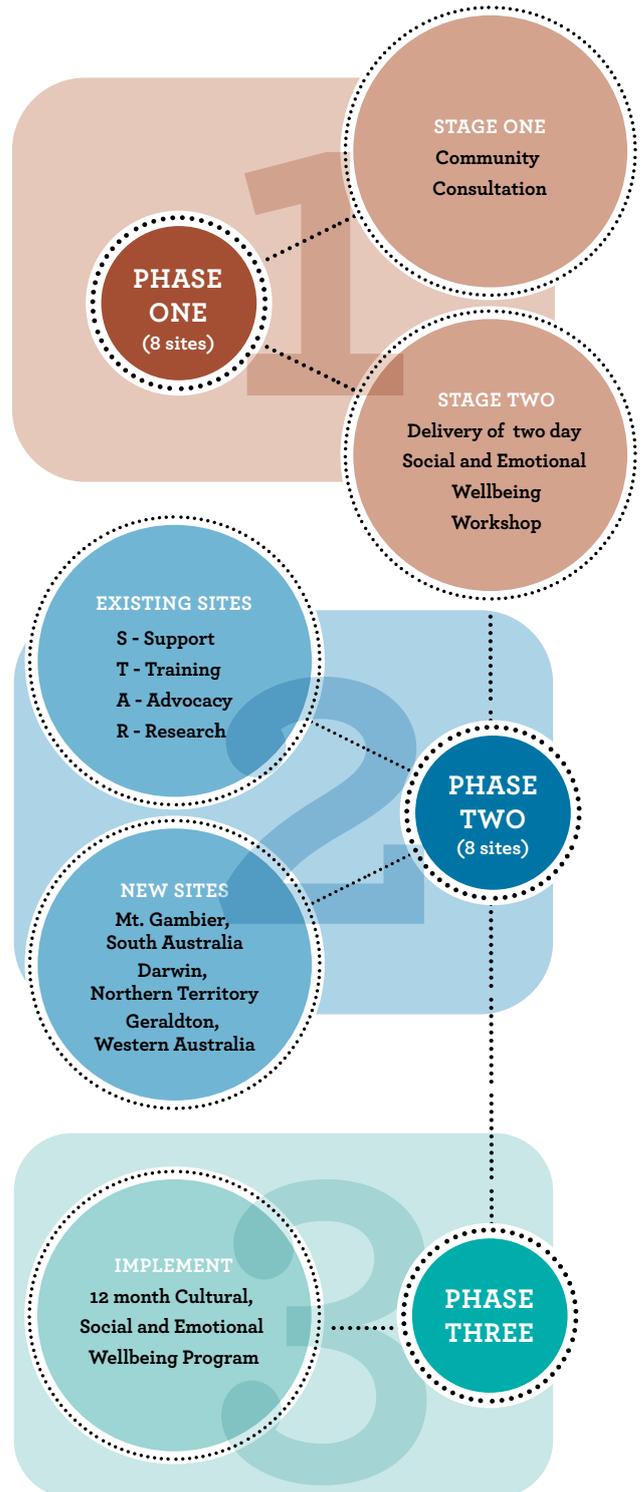
The NEP community co-researchers in each site ran community focus groups and conducted individual interviews. This was then followed up with the delivery of a two-day introductory social and emotional wellbeing workshop for community participants. Participants were encouraged to share their ideas, experiences and needs about the positive and negative factors that affect Aboriginal and Torres Strait Islander people and communities.

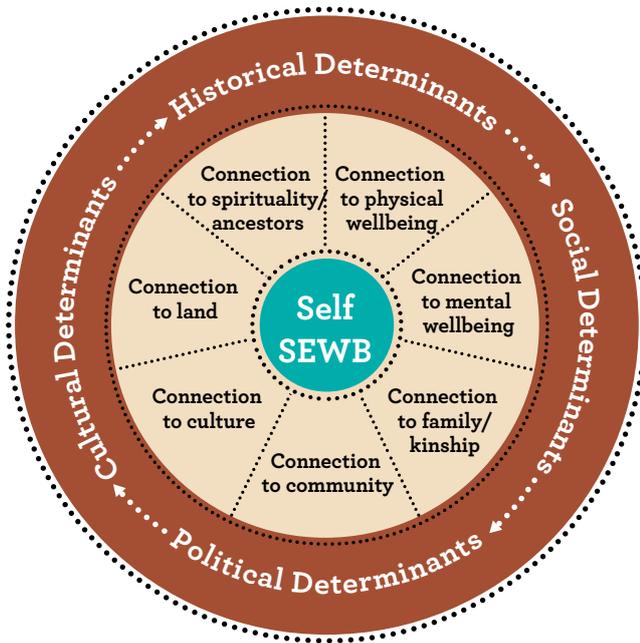
In Phase Two, the project was extended to three more community sites; Mount Gambier, SA, Darwin, NT and Geraldton, WA. Each of these sites have undergone the same process of conducting community research through consultation with individuals through individual interviews and community focus group workshops. This research will also be analysed and written into site reports to take back to the community.

Phase Three of the NEP involves the implementation and delivery of a Cultural, Social and Emotional Wellbeing Programme, which was developed by the NEP team based on findings and results from all of the community consultations with the initial eight sites. This has been piloted in the Queensland sites in Kuranda and Cherbourg.

The NEP team will continue to help communities to get funding support for their programmes in each of the 11 sites.

The NEP team will also work with communities to monitor and report on programme outcomes.





WHAT IS SOCIAL AND EMOTIONAL WELLBEING (SEWB)?

The term “SEWB” was introduced by mental health policy makers in the 1989 National Aboriginal Health Strategy (Department of Health, 1989), and has been used in the 2004 National SEWB Framework (SHRG, 2004), and the 2013 National Aboriginal and Torres Strait Islander Health Plan (Commonwealth of Australia, 2013).

A good definition is:

Aboriginal and Torres Strait Islander health is viewed in a holistic context that encompasses mental health, and physical, cultural and spiritual health (SHRG, 2004:6).

Land, family and spirituality are central to wellbeing. It must be recognised that Aboriginal and Torres Strait Islander peoples have great strengths, creativity and endurance and a deep understanding of the relationships between human beings and their environment. The centrality of Aboriginal and Torres Strait Islander family and kinship must be recognised as well as the broader concepts of family, and the bonds of reciprocal affection, responsibility and sharing (SHRG, 2004:6).

Aboriginal and Torres Strait Islander psychologists worked together to develop a SEWB model that has guided the development of the NEP programme being piloted in QLD. The developed diagram shows the different factors (or “domains”) that affect social and emotional wellbeing and explains the complex relationship between these historical, political, social and psychological factors.

The key domains of SEWB are:

- Body, Mind and Emotions
- Family and Kin
- Community
- Culture
- Country
- Spirit and Spirituality



RESEARCH OUTCOMES

While there was some difference of emphasis, the researchers found common ideas to reduce risk factors and enhance protective factors that promote SEWB in Aboriginal communities.

Table 1: What People And Communities Said Are Confronting Issues

Themes	Ranking
Drugs, Alcohol and Gambling	1
Health/Mental Health	2
Employment	3
Children/Youth	4
Family	5
Violence	6
Personal Issues	7
Housing	8
Racism/Discrimination	9
Financial Issues	10
Accessing Services	11
Communication Breakdown	12

Table 2: What People And Communities Said Would Make Them Strong

Themes	Ranking
Education and Awareness	1
Connecting with Culture	2
Strengthening/Unifying Community	3
Building Self/Personal Attributes	4
Strengthening Family	5
Health and Wellbeing	6
Supportive Environment	7
Shared Community Events	8
Communication Skills	9
Being Respectful	10
Specific Programmes Support Services	11
A Unified Approach	12
Leadership	13



The research team found that participants from different community locations noted common challenges. The consultation data was collected and sorted into themes as follows:

- The impact of forced removal and separations during the stolen generations;
- Ongoing racism and discrimination;
- Drug and alcohol abuse;
- Fighting, violence and family conflict;
- Family, young people and parenting skills;
- Communication breakdown in families;
- *Lateral violence* such as gossiping, jealousy, bullying, shaming, feuding and, ultimately, physical violence;
- Poor physical health;
- Mental health and lack of access to services;
- Education and employment opportunities;
- Housing availability and cost;
- Shame, lack of confidence and motivation; and
- Lack of transport.

What communities said makes us stronger? (Protective Factors)

The research also found common ideas about strategies to enhance SEWB for Aboriginal people, families and communities that were grouped into themes:

- A supportive environment;
- Leadership;
- Connecting with culture;
- Being respectful;
- Stronger families;
- Community cohesion;
- Communicating better;
- Education and employment; and
- Building self-esteem and inner peace.

The key solutions **for individuals** were:

- To restore contact with Aboriginal and Torres Strait Islander cultures, family and community that would build personal strength and resilience against racism and discrimination.
- To gain better employment and education outcomes.

The key solutions **for families** were:

- To provide shared activities for Aboriginal and Torres Strait Islander youth to build positive family and community relationships.

The key solutions **for communities** were:

- To build strong community leaders who encourage cultural practice and an end to feuding.
- To make sure there is Aboriginal and Torres Strait Islander control of social services.

PROGRAMMES NEEDED TO STRENGTHEN SEWB

The NEP research shows that Aboriginal and Torres Strait Islander people see cultural strength and identity as the key to social and emotional wellbeing. The results show the link between strong culture and better health outcomes for individuals, families and communities. This supports the “population health” approach to mental health, where the population or community is the focus of health efforts, rather than the individual. Also, that if we have programmes to make everyone stronger, there will be less suicide, substance abuse and so on. The population health approach means that solutions to Aboriginal and Torres Strait Islander psychological distress and suicide must involve the whole community.

In summary, communities want to sort out their own problems, and they want their own people to do it. The suggested strategies include programmes designed and delivered by Aboriginal and Torres Strait Islander people, such as:

- Individual skills development in problem-solving, conflict resolution, goals setting, and communication skills;
- Family healing programmes, including counselling, positive parenting and educating children about kinship;
- Community healing to help let go of the past and build a better future; and
- Back to Country cultural camps to strengthen culture.

Any programme should be:

- Community owned;
- Culturally and locally appropriate;
- Based on Aboriginal and Torres Strait Islander peoples strengths;
- Flexible; and
- Respectful of gender issues (male and female modules).

RECOMMENDATIONS (SUMMARISED)

Phase One of NEP (and the earlier Kimberley Empowerment Project) used a positive and participatory approach to consulting with Aboriginal and Torres Strait Islander people about their own experiences and needs. The research results show that Aboriginal and Torres Strait Islander people are optimistic about the future, and want to control their destiny. However, individuals, families and communities need tools and support to heal and become strong enough to combat high levels of disadvantage, community distress and suicide.

RECOMMENDATIONS

Recommendation 1:

That Australian governments provide funding to continue NEP in the 11 communities through programmes to strengthen SEWB, and to evaluate the outcomes.

Recommendation 2:

That Australian governments incorporate the concepts and outcomes of NEP in policies, programmes and strategies to improve SEWB and mental health in Aboriginal and Torres Strait Islander communities.

This includes looking at:

- The SEWB Framework.
- National Aboriginal and Torres Strait Islander Suicide Prevention Strategy.
- National Aboriginal and Torres Strait Islander Health Strategy.
- Future initiatives that aim to empower Aboriginal and Torres Strait Islander communities.

Recommendation 3:

That Australian governments adopt evaluation practices that draw upon communities opinions and experiences.

Recommendation 4:

That professional bodies, NGOs and practitioners working in communities should support community-based participatory approaches that include partnerships with local Aboriginal and Torres Strait Islander organisations and strong relationships with other agencies to avoid duplication.

CONCLUSION

This report is a challenge to the “government knows best” approach in Aboriginal and Torres Strait Islander affairs. The NEP consultation with communities confirmed that Aboriginal and Torres Strait Islander people are best able to identify the challenges they face, and the solutions to these problems. NEP demonstrated practical ways to empower communities to control their own social and emotional wellbeing through building cultural strength (protective factors) and minimising challenges (risk factors).

WHERE TO NOW?

Since the community consultations were done with the eight NEP sites, some important advancements have been made:

Firstly, a twelve month Cultural Social and Emotional Wellbeing Program (CSEWB) has been developed. This was piloted in the two Queensland sites - Kuranda and Cherbourg. It has shown to be a great success.

Further, three other sites joined the NEP project. These were: Mount Gambier in South Australia, Darwin in the Northern Territory and Geraldton in Western Australia.

Over the next months NEP will consolidate and prepare to deliver the CSEWB Program to other sites.



APPENDIX

COMMUNITY FEEDBACK FACTSHEETS

KURANDA COMMUNITY FEEDBACK 2013

Developing an Innovative Empowerment and Leadership Program - Promoting Cultural, Social and Emotional Wellbeing for Aboriginal and Torres Strait Islander peoples

COMMUNITY FEEDBACK

Where did we go?

The National Empowerment Project consulted widely with communities in 8 sites across the country – Perth, Narrogin, Northam/Toodyay, Kuranda, Cherbourg, Toomelah, Sydney and Mildura.



Based on the successful Kimberley Empowerment Project, this national project worked towards finding holistic, cultural and local relevant solutions to the crisis of cultural, social and emotional wellbeing and suicides in the community, building on the strengths within individuals, families and communities.



Communities were asked:

What are the Issues Confronting Individuals, Families and Communities?

This is what the community told us:

- Family and community breakdown
- Issues to do with alcohol, drugs and gambling
- Lack of transport available in the community
- Lack of employment opportunities
- Issues impacting on children and young people
- Health and Mental Health
- Financial constraints and hardships
- Breakdown in communication amongst community members

What makes Individuals, Families and Communities Stronger?

- Communities need to be unified so that people can live and work more cohesively
- Developing and maintaining respect for each other
- More educational opportunities and support
- Stronger focus on connection to culture
- Being more supportive and caring
- Community engagement
- Community run programs delivered and shared locally
- Effective communication between individuals, families and the community as a whole



Preferred Cultural, Social and Emotional Wellbeing, Empowerment and Healing Programs

- Health and lifestyle type programs and activities
- Gender based so that programs are offered in a culturally appropriate way
- Focus on culture and the importance of introducing and or maintaining cultural values, beliefs and practices
- Programs that are fun and interactive, preferably held in recreational areas
- Youth-specific focus to support the young people living in the community
- Locally appropriate to community needs

Barriers for Introducing Programs

- Community attitudes and general reluctance to get involved in anything
- Lack of funding for local programs to be delivered
- Transport issues and people's inability to get to programs
- Drug and alcohol issues, particularly in relation to people's ability to attend and participate fully in activities and programs
- How the course is delivered, especially if there is no local involvement
- Communication breakdown, particularly if programs aren't well advertised

What do people want in a Program?

- Community participation at all levels, especially the design and delivery
- Focus on education, training and employment support and assistance
- Programs should be delivered out on country and not always in a meeting room
- Activity-based so that its more hands on and interactive
- Provide information and skills for healthy lifestyle
- Focus on children and youth and supporting their needs in community

Funded by the Department of Health and Ageing

Where to from here?

We will be relaying to government and relevant organisations, agencies and people that they need hear the voices of Aboriginal and Torres Strait Islander provide more resources to develop local programs that can help individuals, families and communities deal with and respond to the high levels of community distress, suicides and the many issues relating to cultural, social and emotional wellbeing.

The National Empowerment Project will assist to further develop a program for each of the 9 sites across the country that:

- responds to the different needs and issues identified by communities
- is well resourced and relevant to local issues
- respects and supports individuals, families and communities to empower and continue peoples journey of healing over the longer term.

We are about to assist in developing a cultural, social and emotional program for each of the sites involved in the Project, and will continue to work with the communities to ensure that funds are sought and ongoing support is provided.

Project Team

Professor Pat Dudgeon, William 'Biri' Duffin, Barbara Riley, Glenis Grogan, Adele Cox, Sabrina Swift and Carolyn Mascall.

If you want more information or want to talk to someone about this project you can call 08 6488 6926 or visit our website <http://nationalempowermentproject.org.au/>

NORTHAM/TOODYAY COMMUNITY FEEDBACK 2013

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Communities were asked:

What are the Issues Confronting Individuals, Families and Communities?

This is what the community told us:

- Family Breakdown/Feuding
- Health/Mental Health Issues
- Violence/Abuse
- Substance Abuse
- Impact of Stolen Generations
- Cultural Prejudice/Discrimination
- Youth Issues
- Inadequate Resources/Services
- Lack of Trust/Respect

What makes Individuals, Families and Communities Stronger?

- Aboriginal Identity/Culture
- Bringing People Together
- Empowering/Motivating People
- Cultural Healing/Better Health Care Provision
- Stopping the Fighting
- Specific Programs/Services
- Education
- Enhancing Communication

Preferred Cultural, Social and Emotional Wellbeing, Empowerment and Healing Programs

- Stolen Generations Focus
- Communication and Cultural Focus
- Getting Together



Barriers for Introducing Programs

- How the Program is Delivered
- Access Issues
- Shame Factor

What do people want in a Program?

- Cultural Aspects
- Ownership of Program Delivery
- Addressing Negativity/Racism

Where to from here?

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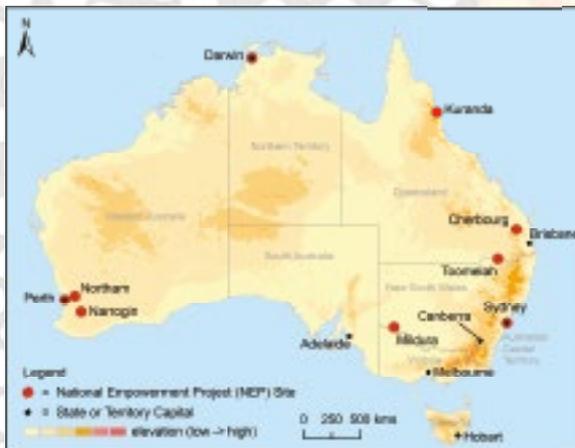
REDFERN, SYDNEY COMMUNITY FEEDBACK 2013

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Communities were asked:

What are the Issues Confronting Individuals, Families and Communities?

This is what the community told us:

- Physical, Mental and Emotional Health
- Economic Circumstances
- Family
- Substance Abuse
- Racism/Discrimination
- Housing
- Justice System

What makes Individuals, Families and Communities Stronger?

- Family Stability
- Building Community
- A Supportive Environment
- Culture
- Health and Healing
- Education
- Importance of Leadership/Role Models
- Employment

Preferred Cultural, Social and Emotional Wellbeing, Empowerment and Healing Programs

- Health/Healing Focus
- Focus on Children/Youth
- Cultural Focus
- Support Focus
- Education Focus
- Access Issues





Barriers for Introducing Programs

- Empowerment and Program Ownership
- Funding/Bureaucracy
- Access/Awareness Issues
- Community Attitudes
- Appropriateness of Delivery
- Shame

What do people want in a Program?

- Having a Cultural Focus
- Program Delivery
- Health/Healing Focus
- Having Local Involvement
- Self-development Focus
- Family Focus



Funded by the Department of Health and Ageing

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We will be relaying to government and relevant organisations, agencies and people that they need to hear the voices of Aboriginal and Torres Strait Islander peoples and provide more resources to develop local programs that can help individuals, families and communities deal with and respond to the high levels of community distress, suicide and the many other issues relating to cultural, social and emotional wellbeing.

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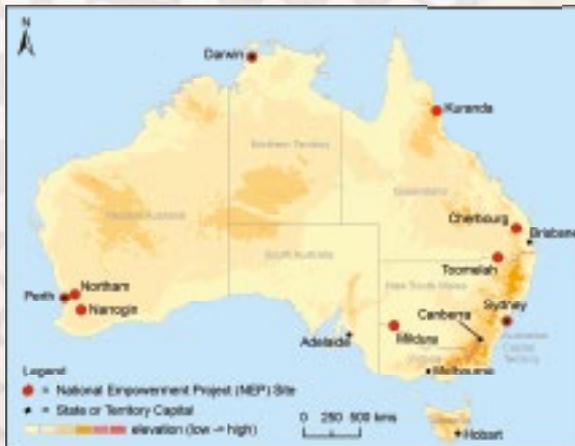
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Communities were asked:

What are the Issues Confronting Individuals, Families and Communities?

This is what the community told us:

- Inadequacy of Services
- Substance Abuse
- Violence/Fighting in the Community
- Youth Issues
- Health/Mental Health
- Lack of Employment
- Boredom/Inactivity
- School Issues
- Discrimination/Racism
- Housing Issues

What makes Individuals, Families and Communities Stronger?

- A Focus on Culture
- Coming Together as a Community
- Improving Education/Knowledge
- Stopping the Feuding
- Improving Services/Programs
- More/Improved Leadership
- More Facilities/Activities

Preferred Cultural, Social and Emotional Wellbeing, Empowerment and Healing Programs

- Health and Healing
- Culture and Language
- Youth Focused Programs
- Education and Training
- Community Management
- Supporting Families



Barriers for Introducing Programs

- Other Commitments
- Feuding in the Community
- Shame/Lack of Confidence
- How the Program is Delivered
- Transport Issues

What do people want in a Program?

- Getting People Job Ready
- How the Program is Delivered
- Who Delivers the Program
- Where it is Delivered
- Interpersonal Relationships

Where to from here?

We will be relaying to government and relevant organisations, agencies and people that they need to hear the voices of Aboriginal and Torres Strait Islander peoples and provide more resources to develop local programs that can help individuals, families and communities deal with and respond to the high levels of community distress, suicide and the many issues relating to cultural, social and emotional wellbeing.

The National Empowerment Project will assist to further develop a program for each of the 9 sites across the country that:

- responds to the different needs and issues identified by communities
- is well resourced and relevant to local issues
- respects and supports individuals, families and communities to empower and continue peoples journey of healing over the longer term.

We are about to assist in developing a cultural, social and emotional wellbeing program for each of the sites involved in the Project, and will continue to work with the communities to ensure that funds are sought and ongoing support is provided.



Project Team

Professor Pat Dudgeon, Glynis McGrady, Malcolm Peckham, Adele Cox, Sabrina Swift and Carolyn Mascall.

If you want more information or want to talk to someone about this project you can call 08 6488 6926 or visit our website <http://nationalemPOWERmentproject.org.au/>

Funded by Department of Health and Ageing

NARROGIN COMMUNITY FEEDBACK 2013

Developing an Innovative, Empowerment and Leadership Program – Promoting Cultural, Social and Emotional Wellbeing for Aboriginal and Torres Strait Islander peoples

COMMUNITY FEEDBACK

Where did we go?

The National Empowerment Project consulted widely with communities in 8 sites across the country – Perth, Narrogin, Northam/Toodyay, Kuranda, Cherbourg, Toomelah, Sydney and Mildura.



Based on the successful Kimberley Empowerment Project, this national project worked towards finding holistic, cultural and local relevant solutions to the crisis of cultural, social and emotional wellbeing and suicides in the community, building on the strengths



Communities were asked:

What are the Issues Confronting Individuals, Families and Communities:

This is what the community told us:

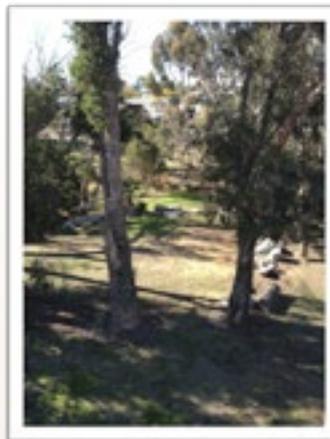
- Conflict/Feuding
- Racism/Discrimination
- Substance Abuse
- Youth Issues
- Health Issues
- Employment/Education
- Tragic Events
- Communication Issues

What makes Individuals, Families and Communities Stronger?

- Leadership/Self-management
- Strengthening Family
- Improving Health/Lifestyle
- Action on Feuding/Drinking
- Focusing on Culture
- Bringing People Together
- Communication
- Being Supported
- Having a Future Vision

Preferred Cultural, Social and Emotional Wellbeing, Empowerment and Healing Programs

- Cultural Focus
- Health/Mental Health
- Communicating/Sharing
- Developing Skills
- Achieving Outcomes



Barriers for Introducing Programs

- Feuding in the Community
- Lack of Community Consultation
- Other Possible Barriers

What do people want in a Program?

- Employment-related Programs
- Culturally Appropriate Programs
- Gender-based Healing
- Outdoor Activities
- Self Development Focus

Where to from here?

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Project Team

Professor Pat Dudgeon, Vennessa McGuire, Jean Boladeras, Adele Cox, Sabrina Swift and Carolyn Mascall.

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Funded by the Department of Health and Ageing

PERTH COMMUNITY FEEDBACK 2013

Developing an Innovative, Empowerment and Leadership Program - Promoting Cultural, Social and Emotional Wellbeing for Aboriginal and Torres Strait Islander peoples

COMMUNITY FEEDBACK

Where did we go?

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Based on the successful Kimberley Empowerment Project, this national project worked towards finding holistic, cultural and local relevant solutions to the crisis of cultural, social and emotional wellbeing and suicides in the community, building on the strengths within individuals, families and communities.



Communities were asked:

What are the Issues Confronting Individuals, Families and Communities?

This is what the community told us:

- Substance Abuse
- Family-related issues
- Violence
- Health/Mental Health/Suicide
- Economic Circumstances
- Youth
- Lack of Support
- Education/Employment Issues

What makes Individuals, Families and Communities Stronger?

- Having a supportive environment
- Focusing on Family
- Focusing on Self
- Building Community
- Education
- Focusing on Health/Lifestyle
- Being More Respectful
- More Workshops/Programs
- Focusing on Youth
- Focusing on Culture

Preferred Cultural, Social and Emotional Wellbeing, Empowerment and Healing Programs

- Health/Healing
- Cultural Focus
- Youth Focus
- Family Focus
- Community Focus
- Women's Programs



Barriers for Introducing Programs

- Funding/Resources
- Program Delivery
- Community Support/Involvement
- Attitudes/Perceptions
- Lack of Information
- Skills/Knowledge Base

What do people want in a Program?

- Programs About Culture/Traditional History
- Delivery Aspects
- Importance of Attendance/Support
- Hands-on/Practical Programs
- Focus on Youth/Children

Where to from here?

We will be relaying to government and relevant organisations, agencies and people that they need to hear the voices of Aboriginal and Torres Strait Islander peoples and provide more resources to develop local programs that can help individuals, families and communities deal with and respond to the high levels of community distress, suicide and the many issues relating to cultural, social and emotional wellbeing.

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Project Team

Professor Pat Dudgeon, Angela Ryder, Chevienna Hansen, Adele Cox, Sabrina Swift and Carolyn Mascall.

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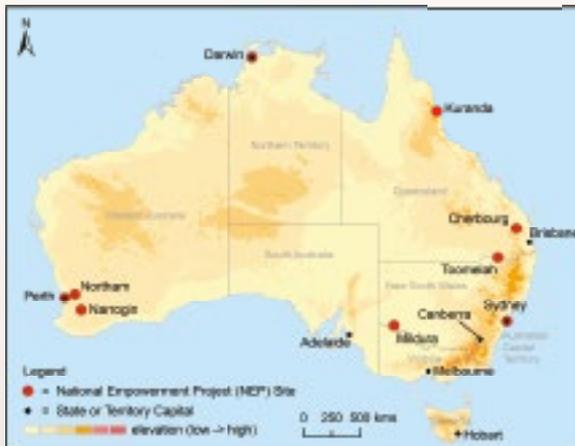
MILDURA COMMUNITY FEEDBACK 2013

Developing an Innovative, Empowerment and Leadership Program - Promoting Cultural, Social and Emotional Wellbeing for Aboriginal and Torres Strait Islander peoples

COMMUNITY FEEDBACK

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Based on the successful Kimberley Empowerment Project, this national project worked towards finding holistic, cultural and local relevant solutions to the crisis of cultural, social and emotional wellbeing and suicides in the community, building on the strengths within individuals, families and communities.



Communities were asked:

What are the Issues Confronting Individuals, Families and Communities?

This is what the community told us:

- Substance Abuse
- Health/Wellbeing Issues
- Housing Issues
- Employment/Work-related Issues
- Violence
- Concerns About Family
- Need for Support

What makes Individuals, Families and Communities Stronger?

- Focus on Family
- Supportive Environment
- Programs and Services
- Counseling/Talking to Others
- Focus on Community
- Cultural Strengthening
- Health/Wellbeing
- Self-belief

Preferred Cultural, Social and Emotional Wellbeing, Empowerment and Healing Programs

- Cultural Focus
- Men's Focus
- Health Focus
- Community Services/Programs
- Focus on Children/Youth
- Community Focus



Barriers for Introducing Programs

- Money/Resources
- Program Delivery
- Attendance
- Aboriginal Involvement
- Shame
- Transport/Travel

What do people want in a Program?

- Culturally Appropriate Delivery
- Communication Focus
- Aspects of the Setting
- Cultural Focus
- Health and Substance Abuse Focus
- Access Issues



Where to from here?

We will be relaying to government and relevant organisations, agencies and people that they need to hear the voices of Aboriginal and Torres Strait Islander peoples and provide more resources to develop local programs that can help individuals, families and communities deal with and respond to the high levels of community distress, suicide, and the many issues relating to cultural, social and emotional wellbeing.

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Project Team

Professor Pat Dudgeon, Terry Brennan, Andy Charles, Adele Cox, Sabrina Swift and Carolyn Mascall.

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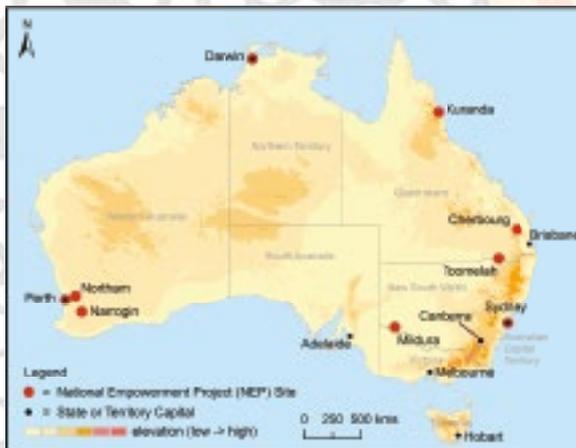
CHERBOURG COMMUNITY FEEDBACK 2013

Developing an Innovative, Empowerment and Leadership Program - Promoting Cultural, Social and Emotional Wellbeing for Aboriginal and Torres Strait Islander peoples

COMMUNITY FEEDBACK

Where did we go?

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Based on the successful Kimberley Empowerment Project, this national project worked towards finding holistic, cultural and local relevant solutions to the crisis of cultural, social and emotional wellbeing and suicides in the community, building on the strengths within individuals, families and communities.



Communities were asked:

What are the Issues Confronting Individuals, Families and Communities?

This is what the community told us:

- Youth-related Issues
- Family-related Issues
- Personal/Relationship Issues
- Substance Abuse
- Violence
- Community Future
- Employment-related Issues
- Health/Mental Health

What makes Individuals, Families and Communities Stronger?

- Shared Family Activities
- Supportive Environment
- Education
- Better Interpersonal Relationships
- Community Working Together
- Cultural Knowledge and Practice
- Focus on Youth
- Police/Justice System
- Personal Empowerment/Self Care

Preferred Cultural, Social and Emotional Wellbeing, Empowerment and Healing Programs

- Health Focus
- Youth Focus
- Gender-based Programs
- Cultural Focus
- Physical Activity/Sporting Focus
- Family-Focused Social Activities



Barriers for Introducing Programs

- Program Operational Aspects
- Other Commitments
- Negativity/Reluctance
- Transport Difficulties
- Funding Issues
- Shame/Shyness

What do people want in a Program?

- Programs Focused on Practical and Life Skills
- Program Operational/Presentation Aspects
- Programs with a Cultural Focus
- Youth/Children's Focus
- Local Delivery of Programs
- Physical Activities Focus

Where to from here?

We will be relaying to government and relevant organisations, agencies and people that they need to hear the voices of Aboriginal and Torres Strait Islander peoples and provide more resources to develop local programs that can help individuals, families and communities deal with and respond to the high levels of community distress, suicide and the many issues relating to cultural, social and emotional wellbeing.

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Project Team

Professor Pat Dudgeon, Katherine Hams, Bronwyn Murray, Adele Cox, Sabrina Swift and Carolyn Mascal.

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