

Koolin Balit Lower Hume Aboriginal Health and Wellbeing



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OPERATIONAL PLAN 2014 – 2016



Lower Hume Aboriginal Health and Wellbeing Strategy – Hume Region

Purpose

The purpose of the Lower Hume Aboriginal Health and Wellbeing Strategy is to implement initiatives that close the health gap and improve the health and wellbeing of the Aboriginal population in the Local Government Areas of Mitchell and Murrindindi.

Background

Victorian Context

Koolin Balit is the Victorian Government's strategic directions for Aboriginal health over the next 10 years. It sets out what the Department of Health, together with Aboriginal communities, other parts of government and service providers, will do to achieve the government's commitment to improve Aboriginal Health.

The Victorian Government will focus its efforts on six key priorities and three enablers over the next decade, as part of the Koolin Balit health plan. Koolin Balit means healthy people in the Boonwurrung language.

Priorities Areas

1. Key Stages of Life

- A healthy start to life
- A healthy childhood
- A healthy transition to adulthood
- Caring for older people

2. Continuum of Care

- Addressing risk factors
- Managing illness better with effective health services

Enablers

Three enablers provide the foundation for these key priorities and support their achievements:

- Improving data and evidence
- Strong Aboriginal organisations
- Cultural responsiveness

The following Lower Hume Aboriginal Health and Wellbeing Operational Plan (2014-2016) aims to provide a blueprint for action by the Lower Hume Aboriginal Health and Wellbeing (Lower Hume AH&W) project and outline in specific detail how the priorities in the Koolin Balit-Victorian Government strategic directions for Aboriginal Health 2012-2022 will be met, how member agencies and stakeholders are engaged and what resources will be required to do this. The Lower Hume AH&W Operational Plan 2014-2016 reflects the priorities of the Hume Region Department of Health, Koolin Balit Action Plan.

Priority Areas

The Lower Hume Aboriginal Health and Wellbeing Operation Plan includes three Hume Regional priorities which are aligned with the Victorian Government Strategic directions:

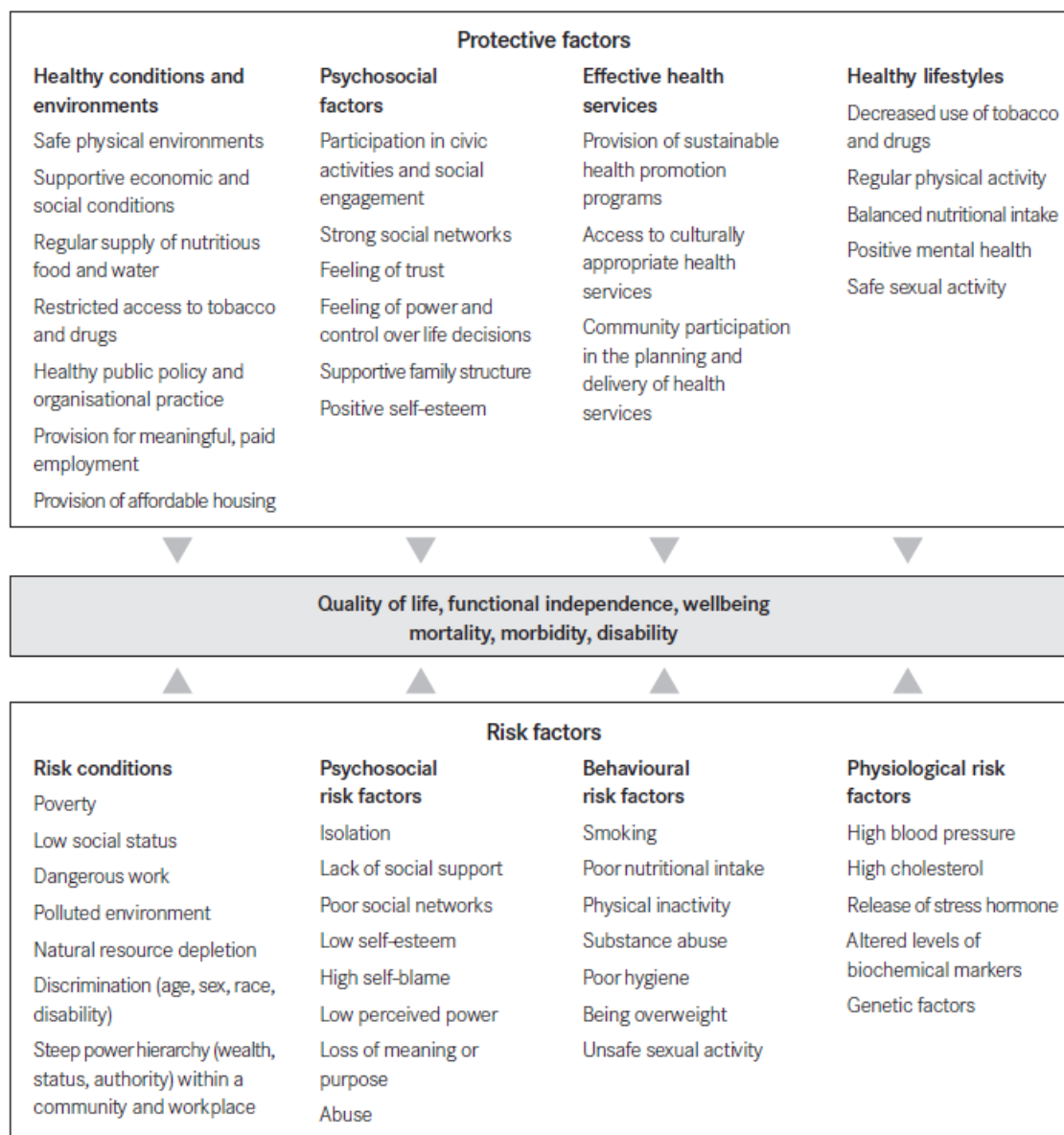
- Priority 1. Youth
- Priority 2. Chronic Disease and Continuum of Care
- Priority 3. Aboriginal Health Cultural Competency

The Lower Hume Health and Wellbeing Strategy acknowledges that achieving better health outcomes for Aboriginal people requires action across all life stages using a mix of actions at both individual and population level.

This plan acknowledges the broader determinants of health that influence wellbeing, and applies a social model of health perspective considering factors such as, the history of colonisation, educational attainment, community connections, access to resources, discrimination and connection to country (VicHealth, 2011).

The approach to improving Aboriginal health and wellbeing over 2014-2016 will have a strong focus on increasing protective factors (table 1) to improve health and social outcomes.

Figure 1: The factors affecting health and wellbeing (DHS, 2003)



YOUTH – A healthy transition to adulthood (Young People 12 to 25)

Objective: Improve the health and wellbeing of young people by increasing protective factors such as participation in the community, connecting to culture, strong social networks, supportive family structure, safe physical environment

Key performance indicator	Action:	Measure/Reporting:	Partners:	Time-line:
Support initiatives that promote healthy lifestyles and reduce risks	Participate with the Seymour ICE Community Action Group in the development of an action plan and to develop a tool that family members can use	<input type="checkbox"/> Action plan developed <input type="checkbox"/> Outcomes achieved <input type="checkbox"/> Number of meetings attended <input type="checkbox"/> Track information sharing (emails) <input type="checkbox"/> Evaluation of tool	ICE Community Action Group (Frances Illingworth)	Dates of Draft & Endorsement
	Koori Pathways Celebration Day event: (1). Participate in the planning of Koori Pathways Celebration Day event when held in Seymour (2). Hold a display table with Aboriginal and non-Aboriginal health and wellbeing information and resources in general or specific to youth health and wellbeing.	<input type="checkbox"/> Link to evaluation report <input type="checkbox"/> Number of students attended <input type="checkbox"/> Number of schools attended from Lower Hume catchment area <input type="checkbox"/> Number of visitor attending display <input type="checkbox"/> Survey collection	KESO Team (Glynis Vickery)	2014 (✓) 2015 2016
	Promote youth focussed events and school holiday activities within the Lower Hume catchment area and support them to be culturally inclusive and appropriate	<input type="checkbox"/> Number of occasions promoted <input type="checkbox"/> Number of Aboriginal people attended <input type="checkbox"/> Evaluation of community participation	All networks	2014-16
	Support ASHE (Academy of Sport, Health & Education, University of Melbourne) Indigenous Youth Mobility Program (IYMP) to hold an information session in Seymour to raise awareness about their program to increase participation from Seymour area	<input type="checkbox"/> Session held <input type="checkbox"/> Number of attendees <input type="checkbox"/> Number of young people participating in program	ASHE (Academy of Sport, Health & Education, University of Melbourne) Indigenous Youth Mobility Program (IYMP)	2015

Work in partnership with Aboriginal Health Promotion and Chronic Care program	Liaise with the Health Promotion Collaborative to implement healthy eating and diabetes initiatives. Develop a vegetable garden information/resource kit to support Aboriginal people to grow their own fruit and vegetables	<input type="checkbox"/> Outcomes achieved <input type="checkbox"/> Healthy eating survey results <input type="checkbox"/> Aboriginal community participate in community garden <input type="checkbox"/> Kit developed <input type="checkbox"/> Number of participants <input type="checkbox"/> Before and after survey	Lower Hume PCP Health Promotion Collaborative (Nexus, Alexandra, Yea and Seymour Hospitals)	2015-16 June/July 2015
	Work in partnership with Close the Gap Team to promote the Chronic Disease Program / Initiatives	<input type="checkbox"/> Number of people signed up <input type="checkbox"/> Number of practices signed up <input type="checkbox"/> Number of pamphlets handed out <input type="checkbox"/> Number of people receiving health checks	GV Medicare Local (Christopher Keuntje & Nicole Atkinson)	Dec 2014 to June 2015
	Liaise with Primary Care Connect Indigenous Unit (Aboriginal Health Promotion & Chronic Condition and Indigenous Family Violence) to determine scope of potential partnership work to identify service access/pathways	<input type="checkbox"/> Connection made <input type="checkbox"/> Outcomes identified	Primary Care Connect	January/February 2015 February 2015-16
Objective:	Reduce the rate of Aboriginal people with sexually transmitted diseases			
Key performance indicator	Action:	Measure/Reporting:	Partners:	Time-line:
Supporting initiatives that promote young Aboriginal peoples connection to community, culture, positive social norms and healthy behaviours	In consultation with the Coordinator of Young Aboriginal Women's Health Project to identify areas that require a continued focus	<input type="checkbox"/> Actions identified and implemented	Coordinator, Young Aboriginal Women's Health Project (Bev Hoffman)	Jul-Dec 2014.
	Continue to support the supply/display of condoms and sexual health information that is Aboriginal and non-Aboriginal specific at Goranwarrabul House	<input type="checkbox"/> Number of brochures taken <input type="checkbox"/> Number of condoms taken <input type="checkbox"/> Monitoring sexual health data	Independent action	2014-16
	Attend Sexual Health Network meetings to keep up to date with latest information and happenings and where appropriate bring	<input type="checkbox"/> Number of meetings attended	Centre for Excellence in Rural Sexual Health (CERSH)	2015-16

	information back to Goranwarrabul House		(Kylie Stephens)	
	Support parents capacity to provide educational advice and/or material relating to contraception and sexual health	<input type="checkbox"/> Number of occasions <input type="checkbox"/> Number of condoms taken <input type="checkbox"/> Number of brochures taken	Independent action	2015-16

Objective:	Improve access to mental health services earlier for young Aboriginal people
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Key performance indicator	Action:	Measure/Reporting:	Partners:	Time-line:
Support local initiatives focussed on the physical and mental health and wellbeing of young Aboriginal people	Map current pathways to mental health services across the Lower Hume area to gain an understanding of local services and advocate to fill gaps.	<input type="checkbox"/> Number of services identified <input type="checkbox"/> Services are accessible <input type="checkbox"/> Pathways shared to advocate to fill gaps	DoH Staff (Bobby Nicholls)	2015-16
	Participate in Mental Health Week event hosted by Nexus Primary Health Personal Helper's & Mentors (PHaM) Team	<input checked="" type="checkbox"/> Number of attendees (*40) <input type="checkbox"/> Number of Aboriginal people accessing PHaM program	Nexus Primary Health (Denise Taylor)	06/10/14 (✓) completed
	Promote and share information relating to Mental Health with participants who attended the Seymour LIN (Local Indigenous Network) Meeting (07/10/14).	<input checked="" type="checkbox"/> Minutes of meetings (1) <input checked="" type="checkbox"/> Number of attendees (7) <input type="checkbox"/> Pathways shared	Seymour LIN (Deb Murray)	07/10/14 (✓) completed
	Work with KESO's (Koori Engagement Support Officers) to identify issues and solution methods	<input type="checkbox"/> Issues identified <input type="checkbox"/> Number of outcomes achieved	Koori Engagement Support Officer (Glynis Vickery & Lisa Arnold)	2015-16

CHRONIC DISEASE AND CONTINUUM OF CARE - Addressing risk factors in Adults

Objective:	Reduce the proportion of Aboriginal adults who are smokers
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Key performance indicator	Action:	Measure/Reporting:	Partners:	Time-line:
Support implementation of planned, evidence-	Promote Aboriginal Quit line	<input type="checkbox"/> Number of occasions that QUIT information was provided	Independent action	2015-16

based health promotion initiatives in partnership with Aboriginal communities and local government in relation to risk factors		<input type="checkbox"/> Feedback on use of the program or quitting <input type="checkbox"/>		
Working in partnership with Commonwealth funded Healthy Lifestyles and Tobacco Action Workers		<input type="checkbox"/> Number of events (*1) <input type="checkbox"/> Number of attendees <input type="checkbox"/> Number of smoking survey's	Hume Region Tackling Tobacco & Healthy Lifestyles Team (Brenda Newman)	2015-16
In partnership host a 'World NO TOBACCO Day' event / Forum at Goranwarrabul House – challenge smokers to stop smoking for the day or during the event??		<input type="checkbox"/> Number of attendees <input type="checkbox"/> Number of people who participated in challenge	Hume Region Tackling Tobacco & Healthy Lifestyles Team (Brenda Newman)	29 th May 2015 (in lieu of 31 st)
Objective:	Reduce the proportion of Aboriginal adults who are of an unhealthy weight			
Key performance indicator	Action:	Measure/Reporting:	Partners:	Time-line:
Providing Aboriginal people's access to culturally relevant information about health behaviour and lifestyles in relation to risk factors and improve support to act on that information	Continue to provide culturally appropriate health and wellbeing information at Goranwarrabul House	<input type="checkbox"/> Number of brochures taken	Independent action	2014-16
	Establish an 'exercise buddy' program and promote it to Aboriginal & Torres Strait Islander people to encourage fitness	<input type="checkbox"/> Number of participants <input type="checkbox"/> Number of activities <input type="checkbox"/> Goals achieved <input type="checkbox"/> Survey (pre, during and post)	Independent action	2015-16
	Coordinate information session/s relating to managing diabetes and the prevention of developing diabetes for Aboriginal people	<input type="checkbox"/> Number of sessions held <input type="checkbox"/> Number of attendees <input type="checkbox"/> Collecting consumer feedback on service needs and living with diabetes	Nexus Primary Health Lower Hume PCP - ICDM	2015-16
	Work with the Seymour LIN participants to develop a healthy choice catering plan	<input type="checkbox"/> Catering plan developed <input type="checkbox"/> Catering plan adhered to throughout the year.	Seymour LIN (Deb Murray) Nexus Primary Health	2015-16

			(Dietician/Nutritionist)	
	Participate in the Seymour LIN end of year gathering – display of Aboriginal and non-Aboriginal health and wellbeing information	<input checked="" type="checkbox"/> Number of attendees (40) <input type="checkbox"/> Survey	Seymour LIN (Deb Murray)	06/11/14 (✓) completed
	Work in partnership to hold a 'Health Check Day' for Aboriginal & Torres Strait Islander people.	<input type="checkbox"/> Number of participants <input type="checkbox"/> Survey	Close the Gap / GVML (Christopher Keuntje) Seymour Medical Clinic Hume Region Tackling Tobacco & Healthy Lifestyles Team (Brenda Newman)	20 th January 2015
Identifying ways to address health issues that are impacting on Aboriginal men and women	Hold community consultations in both LGA's of the Lower Hume area to identify health and wellbeing issues impacting Aboriginal people	<input checked="" type="checkbox"/> Number of events [x2] <input checked="" type="checkbox"/> Number of attendees [0 – Yea and 5 - Seymour]	Hume Region Koolin Balit Team	17 th & 20 th November 2014
	Liaise with the Koolin Balit Lower Hume Aboriginal Health & Wellbeing (AH&W) Collaborative Group to collect information based on before and after presentations to identify barriers, opportunities and trends/behaviours	<input type="checkbox"/> Number of agencies providing information <input type="checkbox"/> Barriers identified <input type="checkbox"/> Outcomes achieved <input type="checkbox"/> Before and after presentations of Aboriginal identified persons	Koolin Balit Lower Hume AH&W Collaborative Group	2015-16
	Develop a survey to learn more about the health and wellbeing status of Aboriginal people in the Lower Hume area to identify areas of focus.	<input type="checkbox"/> Survey developed <input type="checkbox"/> Number of surveys collected <input type="checkbox"/> Number of issues identified	Independent action	January 2015
Objective:	Support local initiatives focused on the mental health and wellbeing of Aboriginal people across all age groups			
Key performance indicator	Action:	Measure/Reporting:	Partners:	Time-line:
Supporting initiatives that foster emotional wellbeing within Aboriginal communities and	Support the Seymour LIN with the development of their community plan	[✓] Actions plan developed	Seymour LIN (Deb Murray)	Date of draft Date of endorsement

<i>promote individual and community resilience</i>		<input type="checkbox"/> Annual evaluation of action plan		
	Support the Seymour LIN to implement initiatives from their community plan and promote opportunities to enhance skills or capacity	<input type="checkbox"/> Outcomes achieved <input type="checkbox"/> Improved community actions	Seymour LIN (Deb Murray)	2015-16
<i>Developing responses to promote mental health and wellbeing by supporting local initiatives focussed on mental health promotion for Aboriginal people</i>	Participate in the Murrindindi Youth Partnership Meetings to link in with youth providers.	<input type="checkbox"/> Number of meetings attended <input type="checkbox"/> Minutes of meetings <input type="checkbox"/> New partnerships developed		2014-16
	Are You Ok? Let's catch up sessions – aim to create a space where Aboriginal people can gather to support each other to quit smoking and/or live healthier lifestyle or an opportunity to just socialise with others.	<input type="checkbox"/> Number of sessions held <input type="checkbox"/> Number of attendees <input type="checkbox"/> Evaluation of changes behaviours	Hume Region Tackling Tobacco & Healthy Lifestyles Team (Brenda Newman)	2015-16

IMPROVE ORAL HEALTH OUTCOMES AND REDUCE THE IMPACT OF POOR ORAL HEALTH FOR ABORIGINAL PEOPLE ACROSS ALL AGE GROUPS

	Action:	Measure/Reporting:	Partners:	Time-line:
	Work with Smiles 4 Miles Project Worker to identify barriers, opportunities and promote dental services and initiatives	<input type="checkbox"/> Number of barriers identified <input type="checkbox"/> Number of promotional initiatives/events <input type="checkbox"/> Increased attendance at public dental service	Smiles 4 Miles (Jaimie Poorter)	2014-16
	Promote the importance of oral health and benefits to whole of body health	<input type="checkbox"/> Oral health display at Goranwarrabul House <input type="checkbox"/> Increased knowledge of good oral health	Independent action	November-December 2014 January 2015

COMMUNITY ENGAGEMENT ACTIVITIES

	Action:	Measure/Reporting:	Partners:	Time-line:
	National Close the Gap Day event: co-ordinate a 'network' gathering with Aboriginal and non-Aboriginal workers in the Alexandra area to meet and discuss who's working with who (non-identifying details), and discuss cultural appropriateness	<input type="checkbox"/> Number of attendees <input type="checkbox"/> Outcomes identified <input type="checkbox"/> Services communicate about shared clients <input type="checkbox"/> Services improve cultural appropriateness	Alexandra Hospital (Lisa Derham)	19 th March 2015
	Murrindindi Shire Council Community Day – acknowledging Harmony Week with a focus on health and wellbeing promotion across cultures	<input type="checkbox"/> Number of attendees <input type="checkbox"/> Photos of event <input type="checkbox"/> Survey	Murrindindi Shire Council (Naomi McNamarra)	26 th March 2015
	Reconciliation Week event / activities	<input type="checkbox"/> Number of attendees <input type="checkbox"/> Photos of event	Seymour LIN	TBA
	NAIDOC Week event / activities	<input type="checkbox"/> Number of attendees <input type="checkbox"/> Photos of event <input type="checkbox"/> Survey	Seymour LIN	TBA
	Host: World DIABETES Day event / Forum at Goranwarrabul House – hold a information discussion for Aboriginal community to talk about their diabetes with Diab. Educ., Dietician, Podiatrist, Chemist	<input type="checkbox"/> Number of attendees <input type="checkbox"/> Outcomes / issues identified <input type="checkbox"/> Survey follow up	Nexus Primary Health Podiatrist Chemist CtG Team	*14 th November 2015

Aboriginal Health Cultural Competency – Cultural responsiveness

Key performance indicator	Action:	Measure/Reporting:	Partners:	Time-line:
Support the implementation of the Hume Region Aboriginal Health Cultural Competence Framework in the Lower Hume PCP area as required	Working in partnership with the Closing the Health Gap Partnership Manager/s to support the implementation of the Hume Region Cultural Competence framework in the Lower Hume PCP catchment.	<input type="checkbox"/> Support provided	Kellie Hunter	2014-16
Support mainstream family and community services in the Lower Hume area to improve cultural responsiveness	Promote/share cultural responsive information, resources and education opportunities to mainstream family and community services with the Lower Hume area	<input type="checkbox"/> Number of emails <input type="checkbox"/> Tracking Aboriginal client's engagement in services	Koolin Balit Lower Hume Aboriginal Health and Wellbeing Collaborative	2015-16
	Attend agency network meetings throughout the Lower Hume area to raise the profile of the Koolin Balit Aboriginal Health and Wellbeing Strategy Promote the Lower Hume AH&W Strategy through local media	<input type="checkbox"/> Number of meetings <input type="checkbox"/> Partnership analysis <input type="checkbox"/> Number of media events	Independent actions	May 2015 May 2016