

HEALING PROGRAM AIMED AT GENERATIONAL CHANGE—A FIRST IN AUSTRALIA

A healing program not trialled in Australia before has received NSW Government funding for its implementation. Maari Ma's *Kalypi Paaka Mirika: Clear River Ahead Healing Program Far West NSW* targets prevention and early intervention by introducing western practices and skills to manage stressors within a localised

Aboriginal cultural framework. The NSW Government is providing \$1million over 2 years to the program as part of its Domestic and Family Violence Innovation Fund. In addition, \$100,000 has been received over two years from the national Healing Foundation. *Kalypi Paaka Mirika* is the culmination of many years of work by Maari Ma's

Community Safety Research Project. Together with the University of New South Wales, the CSRP has been investigating individual, family and community violence in the communities of Broken Hill, Wilcannia and Menindee over a number of years, with more than 300 interviews conducted. The healing program aims to help Aboriginal people understand their circumstances by looking at local culture and history, and focusing on their positive aspects while at the same time helping them to develop the skills to deal with stressors that may lead to violence. The difference with other healing programs in the state and nationally is its grass roots engagement, local connections and that it's been informed by Aboriginal people for Aboriginal people. Recruitment for delivery of the program has started and training will be conducted ahead of a scheduled October start.



Marsha Files is the Manager of the Community Safety Research Project and will be training workers for the Kalypi Paaka Mirika: Clear River Ahead Healing Program Far West NSW. It's a six week program for participants incorporating individual and group sessions that include coping mechanisms for stress and trauma. It will be available in the communities of Broken Hill, Wilcannia and Menindee and will allow for healing in a safe and supported environment.

MAARI MA HEALTH
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MAARI MA ON SHOW FOR NSW AUSTRALIANS OF THE YEAR



Maari Ma was honoured to be selected as one of only a few sites in Broken Hill to be included on the 2017 NSW Australian of the Year Tour of Honour in July. Four inspirational NSW Australian of the Year recipients were taken on a tour of the Primary Health Care Service, given an overview of Maari Ma's history and direction, and were provided with information about its Chronic Disease Strategy. Board Chair, Maureen O'Donnell provided a welcome to the guests and together with staff chatted to them over a cup of tea in the community kitchen.

Pictured: Manager Chronic Disease, David Doyle talked about Maari Ma's Chronic Disease Strategy to the recipients in what was an informal and convivial occasion. Also pictured are Dr John Knight AM, NSW Senior Australian of the Year, Dr Knight's daughter and Board Chair Maureen O'Donnell.



EFFICIENT AND EFFECTIVE

Marrabinya - the brokerage service Maari Ma is providing across western NSW in partnership with Bila Muuji to implement the Commonwealth's Integrated Team Care program, is continuing to grow. There are now 1500 clients with more than 4000 supplementary brokerage services purchased to date as well as over 2500 medical aids including webster packs. Feedback on the service is very positive as well with one supplier complimenting Maari Ma on being one of the most efficient organisations they work with. Maari Ma's Finance team absorbs the workload associated with implementing the service, and a new database has also been developed to manage Marrabinya data and reporting by the IT department. Specialist services most frequently purchased through Marrabinya include cardiology, ophthalmology, oncology, and pain and respiratory, including sleep apnoea.



Marrabinya's Local Chronic Care Link Workers met in Dubbo recently with Maari Ma's Finance Team, IT Manager and Data Analyst. The workers meet regularly to get updates from the ten clusters across the region, hear presentations on relevant topics and receive any training that's needed.



RAISING AWARENESS OF WHITE RIBBON

A White Ribbon Movie Night hosted by Maari Ma to heighten social awareness of the movement which aims to end men’s violence against women has been hailed a huge success. Around 300 people turned out for a free screening of Wonder Woman at Broken Hill’s Silver City Cinema. As well as the movie there was a light dinner, free popcorn and drinks for children, prizes for a colouring in competition and free transport. Maari Ma has been a White Ribbon accredited workplace since 2015 and conducts a number of awareness and fund raising activities throughout the year. The movie night has been rated by far the most successful. Maari Ma thanks Outback Pharmacies and Buslink Broken Hill for helping to fund the evening.



“White Ribbon’s focus is primary prevention – stopping violence before it occurs. It aims to change attitudes and behaviours that result in disrespect, abuse and violence against women. Maari Ma hopes that primary prevention activities such as public awareness raising and education campaigns like this movie night will highlight the positive role men can play to stop violence against women” Bob Davis, CEO.

The night wouldn’t have been complete without a real live Wonder Woman posing with the movie goers. Thank you Primary Mental Health and AOD Worker, Kayelene Crossing.

CONTINUITY OF CARE

Maari Ma’s AMIHS Aboriginal Health Practitioner (AHP), Stevie Kemp, is pictured on the left assisting Broken Hill Health Service student midwife, Tiffany Cattermole after the delivery of baby Timothy James Quayle. It was a special birth for Maari Ma staff as Tiffany trained as a health worker and registered nurse while employed at Maari Ma, working alongside Stevie and baby Timothy’s grandad, Maari Ma AHP, Jamie Billing. The birth also marked Tiffany’s final practical component of her course. Tiffany will now be doing her Midwifery Post Graduate year at Broken Hill Midwifery Group Practice (BHMGP) and will also see Aboriginal women in her care at Maari Ma. Maari Ma’s Aboriginal Maternal and Infant Health Service (AMIHS), AHP and midwife work in collaboration with the BHMGP at the Broken Hill Health Service to provide continuity of care to women during



pregnancy, birth and the early post natal period. Women having Aboriginal babies have their antenatal and postnatal care at Maari Ma and are supported by the AHP for appointments and birth at the hospital with their BHMGP midwife, who they meet during pregnancy. The BHMGP was developed two years ago after consultation with stakeholders including Maari Ma as well as women, midwives, obstetricians and pediatricians



CELEBRATING NAIDOC



The flag in the courtyard was raised at the NAIDOC breakfast by Guy 'Smiley' Crawford and Dennis 'Bulldog' Williams. Sam Hooker did a great job with the BBQ and the community enjoyed a healthy breakfast while chatting to staff about healthy lifestyles.

A traditional Aboriginal flag raising ceremony and breakfast were held at the Primary Health Care Service during NAIDOC week to bring community and staff together in a morning of celebration. Up to 50 people enjoyed a delicious and healthy BBQ, fruit and yoghurt, and Johnny Cakes, and there were lots of displays, information and give-aways for the community. NAIDOC is a time to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples, and various events were held at local organisations. The Committee, which coordinates a Family Fun Day in the Park during NAIDOC Week, decided this year to hold the day in warmer spring weather, and has scheduled the traditional and popular community wide event for September 28th.



Maari Ma thanks Railway Town Public School for celebrating the rich diversity of Aboriginal and Torres Strait Islander cultures with students. Around 100 students took part in NAIDOC activities with Maari Ma staff working with school staff in what was a very enjoyable event for the children.



Maari Ma Health Aboriginal Corporation Regional Office 428 Argent Street
PO Box 339 BROKEN HILL NSW 2880 Phone: 08 8082 9888 Fax: 08 8082 9889 / 08 8082 9890

www.maarima.com.au