

Ngarrang Gulinj-al Boordup Model of practice



ARTIST: SHARNI WILLIAMS

We would like to respectfully acknowledge the traditional custodians of this land on which we work and live. The Wurundjeri and Boon Wurrung People, past, present, and future, speakers of the Woi wurrung and Boon Wurrung language groups and members of the Kulin nation. It is upon their ancestral lands that we carry out our work.

We would also like to acknowledge, recognise and pay respect to all Aboriginal and Torres Strait islander people as the traditional custodians of Australia. In their belonging caretakers to the land, the skies and waterways and as the oldest living culture in the world. To their ancestors, elders, youth and children past and present and those of the future as the knowledge holders, we honour their ongoing and spiritual connection to this country.



We endeavor to work alongside Aboriginal and Torres Strait Islander individuals, families and communities to recognise the ongoing colonial violence and oppression that has historically and continues, to shape their lives, their relationships and their resistance and struggle for wellbeing.

The colonial interventions into and on Aboriginal and Torres Strait Islanders lives have resulted in intergenerational transmission of trauma (violence, abuse subjugation and oppression) with direct links to Aboriginal and Torres Strait Islander communities' health inequalities.

As workers alongside these communities we acknowledge the unequal distribution of power and entitlements that continue for first nation Australians. It is from this location that we engage in our work with these communities as the Aboriginal Health Team responding to both chronic health issues and supporting the individuals, families and communities to find pathways towards social and emotional wellbeing.

Our Model:

Our model is necessarily built on a foundation of collective ethics that have been developed to address the misuse of power and discrimination that has been enshrined in government legislation and policies. We acknowledge from our own social, cultural, race, gender and class locations that we have also been socialised under white supremacy, neoliberalist/capitalist policies and patriarchy and need to have an awareness of how we stand aside from replications of power in our work.

Our work is informed by:

- Anti-oppressive theories
- Aboriginal and Torres Strait Islander cultural meaning making
- Trauma informed care

“Nothing for me without me”

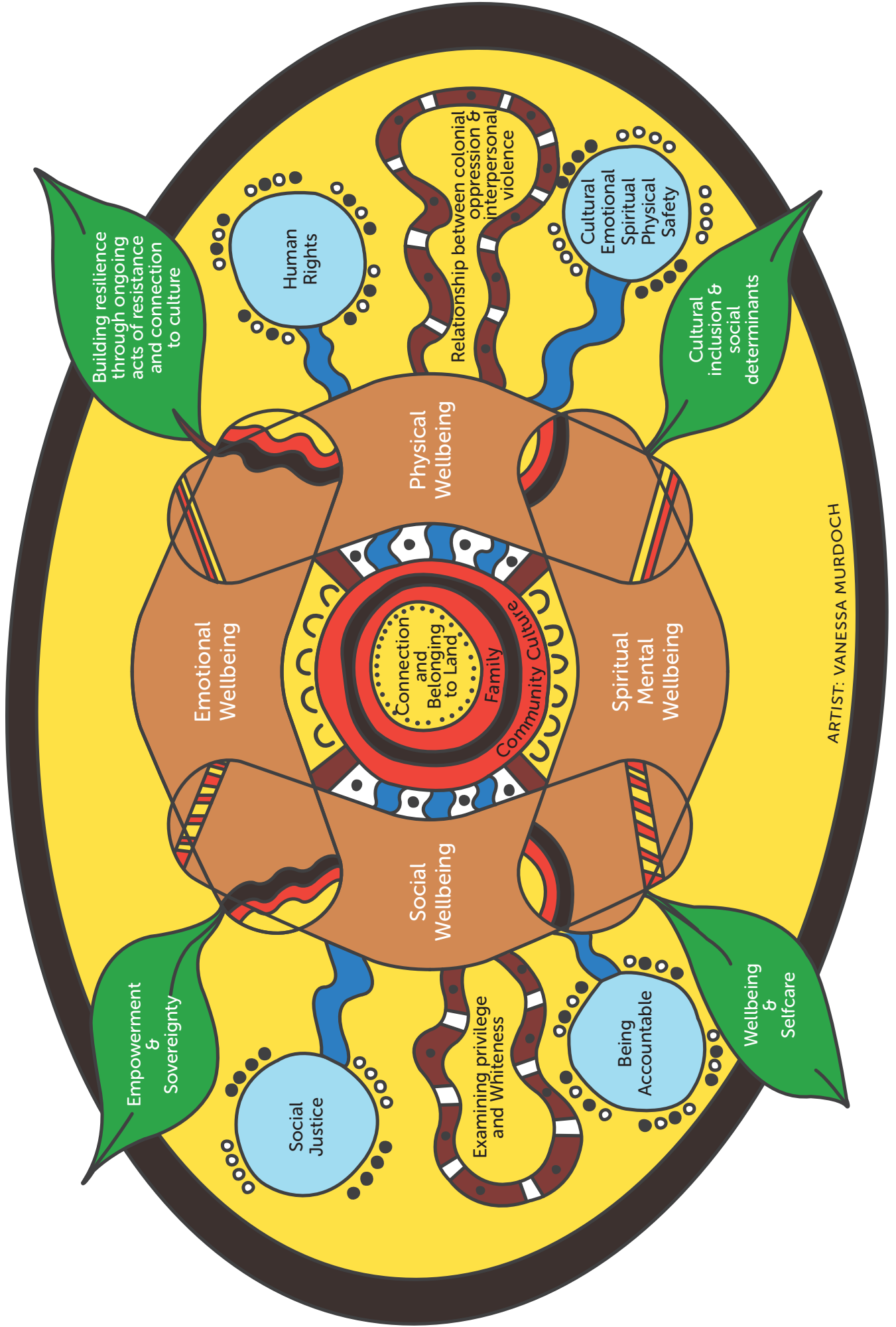
The centre of our model is connection and belonging:

We are working to support individual's connection to self; to family, community belonging and strong connections to culture.

We understand that Aboriginal and Torres Strait Islander communities believe that health and wellbeing will be achieved when there is a balance across and connection to: **physical wellbeing, mental and spiritual wellbeing; emotional wellbeing and social wellbeing.** These are the areas that we work alongside Aboriginal and Torres Strait Islander individuals and families to support them to move towards a balance across these realms.

To ensure that we are working alongside Aboriginal and Torres Strait Islander individuals and families in ways that are relationally respectful, compassionate and culturally safe we are guided by the following collective ethics:

- Working in **culturally safe ways** and, understanding that family and culture are central to Aboriginal and Torres Strait Islander health and wellbeing
- Working in ways that understand the **relationship between structural oppression and violence and interpersonal violence** that gets enacted in families and how these multiple traumas may be held in individual, families and communities' responses. Understanding that this has resulted in a deep shame and that this be understood not as a pathology but a response to systemic and ongoing violence and the impact of this on individuals and families is represented in poor health outcomes for Aboriginal and Torres Strait Islander people.
- Working to be aware of and address how power is operating in our roles and relationships with others; in the organisation and service system, and social constructions of racism, sexism and multiple cumulative experiences of discrimination
- Examining our **own privileges and whiteness** where relevant to ensure that we are not blinded to the struggles and acts of resistance of those we work alongside
- Consistently looking for ways in our individual work **to be accountable** to those we are working alongside, to their families and communities and to team members.
- In the absence of a just society working **to address and speak to injustice** that is directed at and effecting Aboriginal and Torres Strait Islander peoples. This may be through child protection, internal and external services, police, criminal justice system and other services. We are working for justice through ongoing calls for sovereignty and self determination of services and the way that services engage with local Aboriginal and Torres Strait Islander community.



Building resilience through ongoing acts of resistance and connection to culture

Human Rights

Relationship between colonial oppression & interpersonal violence

Cultural
Emotional
Spiritual
Physical
Safety

Cultural inclusion & social determinants

Physical Wellbeing

Emotional Wellbeing

Connection and Belonging to Land
Family
Community Culture

Spiritual Mental Wellbeing

Social Wellbeing

Empowerment & Sovereignty

Social Justice

Examining privilege and Whiteness

Being Accountable

Wellbeing & Selfcare

ARTIST: VANESSA MURDOCH

The Aboriginal health and wellbeing team

The Aboriginal health and wellbeing team work alongside and provide support to Aboriginal and Torres Strait Islander community members with chronic health conditions to improve their self-management of their health conditions.

The Team is centre based but can outreach to home or other health or Community locations

when necessary.

The ITC Nurse Care Coordinator and Outreach Worker including Aboriginal Health Facilitators work together to

- Help community understand their health conditions and what they need to do to improve their health.
- Provide health and wellbeing assessments, referrals and access to appropriate health care professionals and services.
- Attend medical appointments with community if necessary
- Arrange transport to medical/allied health appointments if necessary
- Provide required medical equipment.
- Coordinate and Link community into primary health services including other support providers



Left to right: Des Smith, Vanessa Murdoch, Erica Lambert, Lynne Pharoah Hamer, Cathy Van Den Essen

The Aboriginal Health and Wellbeing Team

(03) 9757 6200

For any further information on the model please contact:

- Erica Lambert
- Des Smith
- Lynne Pharoah Hamer
- Cathy Van Den Essen
- Vanessa Murdoch

We would like to thank our external supervisor Jill Faulkner who has worked alongside our team and has pulled out the threads of knowledge carried within the team to sculpt our model of working in community and we would also like to thank Vanessa Murdoch who is a proud Kullilli, Wakka Wakka, Gubbi Gubbi woman who has designed the art work for the Aboriginal health and wellbeing teams model.

each

health . hope . opportunity