

# Social Health *news*

Social and Emotional Wellbeing Workforce Development Support Unit

ISSUE 9 | JANUARY 2025

Welcome to the January 2025 edition of Social Health News! In an effort to maintain effective communication, we hope you can find this edition user-friendly and informative, and we look forward to your feedback for future editions. Contact the team at [sewb@qaihc.com.au](mailto:sewb@qaihc.com.au)

## We're here to *help*

The QAIHC SEWB WDSU team is working diligently to ensure that all Prime Minister and Cabinet (PM&C) funded SEWB/AOD workforce are supported. We are a community-driven support unit, with loads of experience, here to take your calls, visit your service, share good news stories, or assist wherever we can with any challenges you encounter.

We are funded by the Department of PM&C and contracted to:

- Encourage organisations which employ the SEWB workforce to support their training and professional development.
- Establish close working relationships with the SEWB workforce and registered training organisations to deliver nationally recognised training to meet the mandatory minimum qualifications as set out in the relevant program handbooks.
- Promote continuing education.
- Complete an annual Training Needs Analysis (TNA) for all members of the SEWB workforce.

The WDSU recognises that self-determination is central to the provision of Aboriginal and Torres Strait Islander health services, education and training, and utilises a co-design approach when engaging and planning activities with communities.

Contact the QAIHC Social Health Programs team by email at [sewb@qaihc.com.au](mailto:sewb@qaihc.com.au) for any workforce assistance you might need—we're here to support you!

## Upcoming *training*

**MARUMALI PROGRAM®**  
AT WORK FOR FIRST NATIONS  
SERVICE PROVIDERS  
BRISBANE 11-14 MARCH



*to put back together*

This four-day workshop empowers individuals and teams to take the lead and provide safe, appropriate, and effective support to Stolen Generations survivors, their families, and their communities. It addresses Stolen Generations survivors' unique social and emotional challenges and equips participants with the necessary skills to recognise and respond appropriately.

In this workshop you will learn about:

- Assessing & supporting a client's social and emotional well-being.
- Healing strategies to deal with complex issues of trauma and intergenerational trauma.
- Risk factors, protective factors and support resources for individuals, families and communities.
- Identifying appropriate holistic support resources and referrals, and discussing the cultural dimensions of healing.

The workshop also provides a safe space for participants to discuss colonisation, grief, loss, identity, and other sensitive issues, allowing identity to be affirmed and strengthened. This workshop is specifically for First Nations service providers who support survivors in healing.

**There are limited places available for this event so please register as soon as you can by emailing:**  
[Tiana.lea@qaihc.com.au](mailto:Tiana.lea@qaihc.com.au)

If you have any enquiries, please feel free to reach out.

# Spotlight

## SEWB Community Building *Opening*

In November 2024, the community of Charleville came together to celebrate the grand opening of the new health and wellbeing centre established by CWAATSICH, marking a significant milestone in the region's growth and support services.

Designed with cultural sensitivity and a welcoming feeling in mind, the centre aims to provide a safe space where individuals feel valued and comfortable.

Among its many features are a fully equipped kitchen designed for cooking classes, a bush tucker garden that highlights native food practices, and dedicated treatment spaces that will accommodate visiting allied health professionals.

CEO Sheryl Lawton proudly emphasised the centre's core mission: "We want our clients to feel like they are at home."

This achievement is a testament to years of hard work and dedication from both the CWAATSICH team and the community at large.

The project was made possible through the generous funding from the Department of Health and Aged Care, alongside a significant co-contribution from CWAATSICH itself, highlighting their commitment to fostering health and wellbeing in Charleville.



# Training & Support

## Staff Training & Qualifications

QAIHC is excited to offer support for strengthening Social and Emotional Wellbeing (SEWB) workforce capacity through training opportunities with Gallang Education & Training (GET). These nationally recognised courses are available to your staff:

- Certificate IV in Mental Health (CHC43315)
- Diploma in Counselling (CHC51015)

To assist our Member services, QAIHC will coordinate enrolments and facilitate funding support through

the IHWT or NIAA Workforce Support programs where eligible.

### What We Need From You

We invite you to complete an Expression of Interest (EOI) for any staff member you'd like to support through these training opportunities. The EOI is designed to gather interest and ensure QAIHC can facilitate enrolments and financial support effectively. EOIs will also assist Gallang Place in ensuring their training resources can meet the demands.

Contact Tiana Lea, Manager, Social Programs – [sewb@qaihc.com.au](mailto:sewb@qaihc.com.au) for an EOI form or more information.

## UP COMING Event

The 2025 Indigenous Wellbeing Conference (IWC25) is coming to Meanjin (Brisbane) in 2025!

Register your interest to attend IWC25: <https://anzmh.asn.au/iwc>



**Indigenous Wellbeing Conference**

## SUPPORTING HEALING AND GROWTH: A WOW GROUP *Success Story*

At TAIHS, our Women of Wisdom (WOW) group continues to provide invaluable support to women from all walks of life, helping them thrive in their social and emotional wellbeing. One of the standout stories from our group this year comes from a lady who has been attending since 2021.

Having moved from Western Australia to Townsville for her safety and health, she quickly found a sense of belonging in the WOW group. As she shared with us, the group became a vital support system during her time away from her family. Every fortnight, she looked forward to connecting with others in the group and found deep value in the friendships and wisdom shared by the

older ladies, whom she admired as big sisters and role models.

She reflected on how the group helped her through various phases of healing, where she could openly express her emotions and feel supported. The staff at SEWB were also an integral part of her journey, offering assistance that helped her stay positive and focused on her personal growth. "It felt like a safe place where I could offload," she explained, noting the positive impact the group and staff had on her emotional wellbeing.

By the end of 2024, this strong, resilient woman made the decision to return home to her family in Western Australia, a move that was greatly influenced by the support and healing

she experienced through SEWB and the WOW group. As she put it,

*"TAIHS has been a big part of my healing journey and helped me make the decision to reunite with my family."*

This story is a testament to the power of community, connection, and support in fostering personal healing. We are so proud of her progress and wish her all the best as she embarks on this new chapter of her life.



# WHAT IS QNADA?

The Queensland Network of Alcohol and Other Drug Agencies (QNADA) is the peak organisation for the non-government (NGO) alcohol and other drug (AOD) treatment and harm reduction sector in Queensland. QNADA is committed to supporting and advocating for our member agencies to deliver high quality and evidence informed services to individuals, families, and communities who are affected by alcohol and/or other drugs.

QNADA's vision is for a system that values responses that address the social, cultural and structural determinants of health. The following values guide the work of QNADA:

**Integrity** – they undertake their work ethically and honestly.

**Accountability** – they understand that process transparency is the foundation of consensus.

**Diversity** – they recognise that effective policy and system

improvement is supported by ensuring a range of social and cultural perspectives are heard.

Their focus is on:

- Establishing and maintaining linkages and strategic partnerships between the AOD sector and other health and community support sectors to develop greater understanding and collaboration.
- Assisting NGO AOD treatment services to undertake service improvement initiatives.
- Identifying and facilitating training opportunities for NGO AOD treatment services.
- Providing targeted information and resources to the NGO AOD treatment sector and other social and health services relating to effective responses to alcohol and other drug related harm.

QNADA facilitates the sharing of information and evidence informed

practice through regular forums, workshops, and events on key sector issues; a regular member-focused online news blog; online and face-to-face training; and access to other resources.

Alongside this, as a member of QNADA, you also receive free access to, support with, and training in using CADDs, a free online portal for collecting the alcohol and other drug treatment national minimum data set (AODTS-NMDS).

Scan the QR code to find out more about the QNADA and the benefits of QNADA membership.



To find out more about QNADA, visit: [qnada.org.au](http://qnada.org.au)



# Resources

## 13 YARN

**13YARN (thirteen YARN) is the first national crisis support line for mob who are feeling overwhelmed or having difficulty coping.**

They offer a confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal and Torres Strait Islander Crisis Supporter who can provide crisis support 24 hours a day, 7 days a week. 13YARN empowers our community with the opportunity to yarn without judgement and provide a culturally safe space to speak about their needs, worries or concerns.

If you, or someone you know, are feeling worried or no good, we encourage you to connect

with 13YARN on 13 92 76 (24 hours/7 days) and talk with an Aboriginal or Torres Strait Islander Crisis Supporter.



## CALENDAR OF Events

**26 January**

Invasion Day/Survival Day

**13 February**

Anniversary of the National Apology

**20 March**

National Close the Gap Day

**21 March**

Harmony Day

**4-30 April**

World Immunisation Week

**15 April**

Royal Commission into Aboriginal deaths in Custody 1887

**5 April**

Bringing Them Home report

**25 April**

ANZAC Day

**1 May**

World No Tobacco Day

**26 May**

National Sorry Day

**26 May**

Uluru Statement from the Heart

**27 May**

1967 Referendum

**27 May to 3 June**

National Reconciliation Week

**3 June**

Mabo Day



**WellMob brings together online resources made by and for our mob.**

Here you will find websites, apps, podcasts, videos, social media, and online counselling, all with a focus on social and emotional wellbeing.

WellMob is for all our frontline health and wellbeing workers, including:

- community health and wellbeing workers
- mental health workers
- family support
- education
- youth services.

Workers can feel confident to share any online wellbeing resources they find with their clients and customers.

There are also training resources to support your work in the community, and resources to help you look after yourselves.

**WellMob is for our mob!**

It is a safe online place for our communities to access all kinds of digital wellbeing resources.

Visit: [wellmob.org.au](http://wellmob.org.au)