



Honouring our many Heroes who have fought for more than 30 years for Aboriginal Community Controlled Health

Welcome



Welcome to the Aboriginal Health & Medical Research Council's (AHMRC) newest publication – our annual Achievements Report 2014-15. This new community friendly format replaces our former annual reports. This first report is published as we celebrate the 30th Anniversary of the AHMRC as the peak Aboriginal health body in NSW.

As Chair, on behalf of my fellow Board Directors, it is a great honour to oversee this historic milestone for one of the oldest surviving Aboriginal organisations in the country.

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Members committed to excellence

Our Members have been leading the way in delivering better services to communities through continuous evaluation and improvement of current clinical systems and care.

Aboriginal Community Controlled Health Services (ACCHSs) are proving themselves to be well placed in meeting to new funding requirements that highlight on the importance of CQI.

Over many years, AHMRC has provided a range of CQI-related support to members, including delivering workshops and training, hosting conferences and meetings, and developing and disseminating tools and resources.

Building on this commitment, the AHMRC hosted a CQI workshop for members. This workshop provided an opportunity for 72 participants from ACCHSs to share perspectives and experiences, barriers and enablers, as well as possibilities for research and indicators in CQI efforts.

The Commonwealth outlined the development of a national CQI framework which will help guide future funding and activity. The AHMRC will continue to work with Members and funding bodies to support the improvement of the many important services they deliver.

ACHIEVEMENTS REPORT 2014-15

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CEO's Welcome



AHMRC Staff at the AHMRC 30 Year Anniversary

Thank you for reading our new community-friendly AHMRC annual achievements report 2014-15 which highlights the great activities and milestones that our staff, members and partners undertook this year and will continue to build upon each year. The new financial summary (Finances at a Glance) is a helpful and user-friendly way to review our funding expenditure and you also can access our full audited financial reports on our website (www.ahmrc.org.au).

2015 marks the 30th anniversary of the AHMRC as the peak representative body of Aboriginal Community Controlled Health Services (ACCHSs) in NSW. It is a great honor for this organisation and staff to continue to be part of a social and political movement that began many decades ago when the first Aboriginal Medical Services were established to improve the health, wellbeing and quality of life of Aboriginal people through culturally appropriate primary health care service delivery.

Over the last 30 years, the creation and delivery of local Aboriginal health services have contributed to improving health and employment outcomes in our communities. These gains are directly attributed to the tireless work and community activism of local Aboriginal people who fought hard to establish and deliver important health care services to their community.

On behalf of the staff of the AHMRC, we look forward to working with our members and supporters in the future and to address the challenges that confront the ACCHS sector while we celebrate the many achievements.

I hope that you will enjoy reading of our achievements over the past year and that the work of the AHMRC as the peak representative body on Aboriginal health in NSW remains relevant and impactful on helping our member services address health disparities in their local community.

Sandra Bailey | CEO

Message from the Board



AHMRC Board Morning Tea on 27 August 2014 | Back row: Craig Ardler, Roy Ah See, Scott Monaghan, Bradley Delaney Front row: Sandra Bailey, Donna Taylor, Her Excellency Professor The Honourable Dame Marie Bashir, AD CVO Patron, AHMRC Aboriginal Health College, Christine Corby (Chairperson), Anne Greenaway, Valda Murray | Sitting: Val Keed (Deputy Chairperson)

(continued from page 1) The AHMRC Board of Directors as elected representatives of the Aboriginal community, create a strong and unified voice to advocate for issues on behalf of our members. Whilst previous years have been characterised by uncertainty, changed funding models and reduced funding, 2014-15 has shown that the ACCHSs sector is more than capable of meeting these challenges and continue to provide quality primary health care services to our communities. These accomplishments, whether large or small, are testament to the strength, resolve and resilience that are the foundations of Aboriginal community controlled organisations.

Whilst we continue to look forward to the future, the 30th year Anniversary is a time to reflect on our significant role in the delivery of primary health care services for Aboriginal communities.

The growth of the ACCHSs sector over the past 30 years signifies the resilience, commitment and determination shown by our local Aboriginal community people, ACCHSs staff, boards, partners and supporters. It is this unity and commitment that will only strengthen our sector in the future. As we celebrate an important milestone, we are proud to share the activities that the AHMRC has undertaken over the past year.

Christine Corby | Chairperson

Leadership & Collaboration

Representation

- Sustainable Futures – Investing in Everybody , summit on Harm Minimisation. Sponsored attendance of 25 community delegates
- Regional Harm Minimisation Forums – Griffith & Dubbo
- Statewide Aboriginal STI, HIV & Hepatitis C Forum for ACCHSs, LHDs & NGOs
- Pre-event International Indigenous HIV Conference – Youth Meet Up
- SEWB & AOD Worker Regional Forums held in Dubbo, Orana Haven, Wagga Wagga and Coffs Harbour
- Bringing Them Home (BTH) Forum for BTH and Link-Up workers in NSW
- HIV Awareness Week Speakers panel – NSW Users' and AIDS Associations
- World Indigenous People Conference on Viral Hepatitis – Hepatitis C project copresentation with Hepatitis NSW at the Injecting Drug Use Meeting (Ballina) – ACCHSs Strategic directions
- Stolen Generation Key Organisations Regional Meetings – Dubbo, Orana Haven, Wagga Wagga and Coffs Harbour
- Members Forum – AOD and SEWB Managers
- Continuous Quality Improvement (CQI) Members Workshop
- Stolen Generations Family Reunion (Warren NSW)
- Kinchela Boys Home 90th Anniversary gathering
- Healing Camp at Shelly Beach NSW – 40 attendees
- NSW Stolen Generations meetings – supporting service providers, including Link Up NSW, Kinchela Boys Home and Cootamundra Girls Home
- Members meeting – Needle & Syringe Programs
- Australian Drugs Conference 2014
- Aboriginal Drug & Alcohol Network Symposium – 80 community workers (Bathurst)
- NSW HIV & Related Programs Forum – presentation NSW Health Sharps Disposal Project
- Diversity Forum Presentation – Network of Alcohol and other Drugs Agency
- Member & Community Forums on ICE – Awabakal AMS and Katungal AMS
- International Indigenous HIV Conference – Cultural exhibition
- Australasian Sexual Health Conference Presentation – Aboriginal Sexual and Reproductive Health
- Commonwealth House of Representative Standing Committee on Health: Inquiry into Hepatitis C, AHMRC submission – The Silent Disease: Inquiry into Hepatitis C in Australia

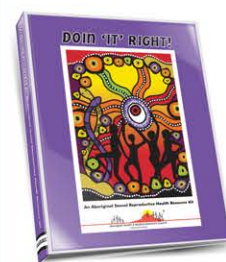
Representation | External Committees

- World AIDS day NSW Committee
- HIV Testing Week NSW Committee
- Youth Week NSW Committee
- National Aboriginal & Torres Strait Islander HIV Awareness Week Advisory Group
- BBV & STI Research, Intervention and Strategic Evaluation (BRISE) Advisory Group
- Sexual Health Brief Interventions NSW Working Group
- Sexual Health Promotion NSW Working Group
- Viral Hepatitis Conference Advisory Committee
- Ministry of Health's NSP Pilot Project
- National Aboriginal & Torres Strait Islander HIV Awareness week – Advisory Group
- Eora Action Plan on HIV – International Indigenous HIV Conference
- NSW Peak Body Advisory Group, Royal Commission into Institutional Responses to Child Sexual Abuse
- Sexual & Reproductive Health Program Advisory Committee
- Drug And Alcohol Program Council
- NSW Expert Panel on Methamphetamines
- National NACCHO and Affiliates CQI Network
- Member – Rural Doctors Network Board of Directors (PHMO)
- National Public Health Medical Officers Network



The AHMRC Aboriginal Child Seat Restraint Project

Over the last 12 months our Aboriginal Child Seat Restraint Project promoted and supported the effective use of motor vehicle child restraints by Aboriginal families in NSW. Twelve ACCHSs participated in training on the correct installation of child seats in cars, funding and support in implementing a community activity to increase awareness on child seat restraints. ACCHSs were provided with some free child seats to distribute to the community and with a Safe Driving Policy to implement locally. The project is guided by a reference group and made possible through funding provided by the NSW Transport Roads & Maritime Services.



The AHMRC “DOIN ‘IT’ RIGHT!” Sexual and Reproductive Health Resource Kit

The “DOIN ‘IT’ RIGHT!” Sexual and Reproductive Health Resource Kit provides step-by-step instructions on delivering sexual and reproductive health activities. Produced as a resource for workers it aims to help young Aboriginal people make positive and informed choices. The kit covers information on sexual and reproductive health; sexually transmissible infections (STIs) and blood borne viruses (BBVs); puberty, sexuality & self esteem; high and low risk behaviour; consequences; values and decision making; contraception; pressures and expectations; referral and drugs and alcohol.



HIV Free Generation

AHMRC delivered four HIV Free Generation street art projects in partnership with Tharawal Aboriginal Corporation, AMS Western Sydney, Katungal AMS and Durri AMS. Young Aboriginal people (aged 16 – 24) participated in educational activities to improve knowledge around HIV and STIs, and then developed a permanent mural around preventing HIV. Check out the three short videos capturing the project at:

www.facebook.com/YourMobMyMobOurMob

Program Highlights

AHMRC tackles smoking head on



Some of deadly mob tackling smoking at the Symposium

The 4th A-TRAC Symposium

The AHMRC Tobacco Resistance and Control (A-TRAC) 4th Symposium, "Reflect. Unite. Take Action" presented topics to encourage the integration of tobacco control activities into the ACCHS model of primary health care services.

This included:

- Asthma Workshop - addressing smoking and asthma
- Community Engagement

- Diabetes Workshop - how does smoking impact on diabetes?
- Tackling Tobacco In the Clinic
- Yarning Circle - solving challenges and supporting priorities
- Health Promotion and Social Media
- Learning from each other - What's working well?

Symposium presentations are available at:

<http://www.ahmrc.org.au/atrac2014report>

Supporting local knowledge

The A-TRAC Team hosted several Regional Tobacco workshops for health workers including the use of the Aboriginal Tobacco Resistance Toolkit (a practical guide for tobacco resistance and control), Smoke-free Workplace Policy, Getting to Know Your Community (data collection), Social Marketing, overview of the Aboriginal Quitline, brief interventions and pharmacotherapies (NRT) and using a Smokerlyzer to help give up smoking.

New Blueprint for action on smoking

The AHMRC and the NSW Ministry of Health collaborated to develop the A-TRAC Framework: A Strategic Framework for Aboriginal Tobacco Resistance and Control in NSW.

This Framework aims to encourage best practice approaches to address smoking in Aboriginal communities and to support the planning, integration and coordination of Aboriginal tobacco resistance and control efforts across NSW.



ADAN Forum

Aboriginal Drug & Alcohol (ADAN)

ADAN provides a forum for Aboriginal Drug & Alcohol workers to share information, provide support, provide advice on drug and alcohol issues and needs in Aboriginal communities in NSW and provide input into mainstream and Aboriginal-specific drug and alcohol policies, programs, research and more.

The 11th Annual ADAN Symposium, saw over 80 participants who work with Aboriginal AOD-affected clients showcase successful, effective and best practice projects and programs.



Sydney Bringing Them Home Forum

Bringing home the Stolen Generations

AHMRC supports Survivors through different activities and events including:

- Attendance and support for the Kinchela Boys Home 90th Anniversary
- Participated on the NSW Peak Body Advisory Group for the Royal Commission into Institutional Responses to Child Sexual Abuse
- Attended & supported a Healing Camp at Shelly Beach NSW with over 40 Stolen Generation members attending.
- Facilitated meetings to strengthen existing relationships between key NSW Stolen Generation service providers: Link-Up NSW, Kinchela Boys Home and Cootamundra Girls Home.

Thumbs Up for Email Networks

The AHMRC has developed and manages a range of email networks to connect people, share information and keep up to date with the latest information. Two successful networks are highlighted below.

The **Community Action Email Network** services over 330 health service and community representatives. It distributes information & provides ongoing support to those that attend the local workshops and others interested in working with Aboriginal people with cancer.

The **A-TRAC Email Network** enables sharing of information on tobacco resistance and control across the state, implementation of the Aboriginal Tobacco Resistance Toolkit (ATRT) in ACCHS and the promotion of the tobacco short course delivered via the Aboriginal Health College.



First Summit on drug use in our communities

AHMRC initiated the first summit named "Sustainable Futures – Investing in Everybody" to address harm minimisation and injecting drug use in Aboriginal communities in NSW.

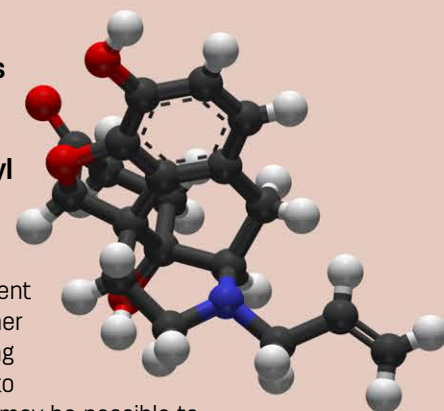
This summit highlighted the importance of health care investment in all aspects of health behaviour within the Aboriginal community. Over 130 delegates from Aboriginal Community Controlled Health Services, Local Health Districts, drug and alcohol and mental health services were in attendance including 25 AHMRC sponsored delegates.

Information was presented on important topics such as Naloxone OD Prevention Training, Stimulant Treatment Program @ St Vincent's Hospital, Sydney, the South Coast AMS Needle & Syringe Program and information on the six members of the Aboriginal Residential Rehabilitation service, the NSW Aboriginal Residential Healing and Drug and Alcohol Network (NARHDAN).



Did you know?

The drug **Naloxone** reverses the effects of opioids such as **Heroin, Morphine, Methadone, Fentanyl and Oxycontin.**



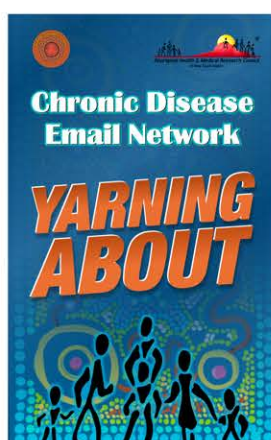
Research shows the most likely person present at an overdose is another drug user, and by training people who use drugs to administer Naloxone, it may be possible to save lives and prevent overdose deaths. The AHMRC Harm Minimisation project, in partnership with Kirketon Road Centre (Sydney) & Pius X AMS (Moree), has delivered clinical training to GPs & health workers about how Naloxone can prevent fatal overdose and also provided overdose training and Naloxone scripts to the clients in a separate session.

AHMRC Chronic Disease Program held Yarning About teleconferences

Chronic Disease Program

The AHMRC Chronic Disease program, Yarning About held teleconferences with health professionals to support those working in Aboriginal health. Some topics covered this year were:

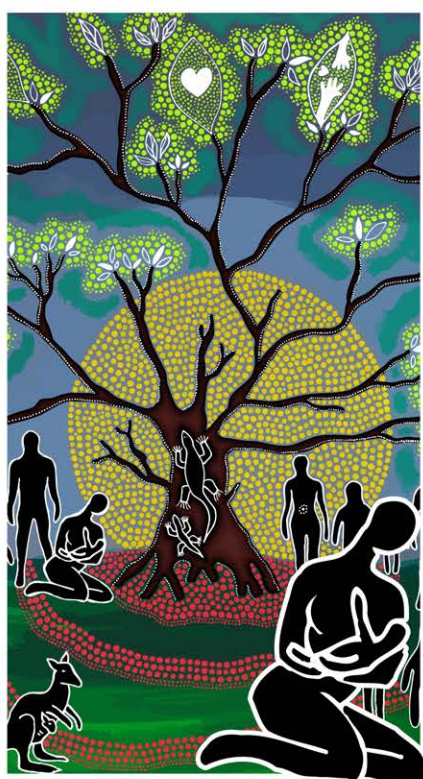
- Disability issues with Aboriginal Disability Network NSW
- Be AWARE of Heart Attacks and Stroke with Heart Foundation
- Aboriginal Vision Program with Brien Holden Vision
- Looking after your kidneys with Kidney Health Australia
- Pain Management with Agency of Clinical Innovation Pain Network
- Allied Health with Indigenous Allied Health Australia
- Diabetes Medicines with an ACCHSs Diabetes Educator



Child and Maternal Health

Local ACCHSs Showcase

The Child and Maternal Health program, in collaboration with ACCHSs, showcased local ACCHS child and maternal health initiatives in four stories highlighting the achievements and innovative approaches to delivering child and maternal health including addressing; child safety, out of home care, reducing fear around birth, and ear health. The Child and Maternal Health program provides support to ACCHSs to improve the health and well being of Aboriginal children, mothers, fathers, families and communities through strengthening culturally appropriate child and maternal health programs and services



Child and Maternal Health

The AHMRC Child and Maternal Health program hosted three education teleconferences for health professionals on Otitis Media, Foetal Alcohol Spectrum Disorder (FASD) and Immunisation.

SEWB 2015/16 Supervision Diary

After an overwhelmingly positive response to the first diary, this year the WSU launched its second Supervision Diary at the AHMRC Harm Minimisation Summit in June. The diary is designed to promote and support culturally safe supervision and self-care for the SEWB and AOD workforce and this year's edition features artwork, poetry, and stories contributed by workers themselves and reflects some of the deadly work which is being done by SEWB and AOD programs in Aboriginal communities around the state.



Living Longer

The AHMRC Chronic Disease program, 'Living Longer Stronger Resource includes three resources focusing on four chronic diseases:

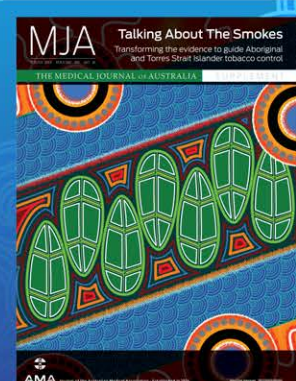
- cardiovascular disease
- respiratory disease
- kidney disease
- diabetes

The resource also includes a patient tool to help community understand what parts of the body are affected by certain chronic diseases, a poster to help patients understand which health professionals they may be referred onto and why, plus a booklet for Aboriginal Health Workers with further clinical information.



Awesome Fact!

AHMRC staff co-authored some of the 15 papers published in a special supplement about the national 'Talking about the Smokes' project. These papers describe how reducing Aboriginal & Torres Strait Islander smoking is achievable, what is working now, and how continued government investment is justified.



Investing in the Future



Students at the Aboriginal Health College Graduation Ceremony 2015 after receiving their qualifications

Future looking strong

The AHMRC Aboriginal Health College as a Registered Training Organisation (RTO) continues to build workforce capacity in the ACCHSs sector with its inaugural intake of students to the Diploma of Nursing (Enrolled Division 2 course).

The College also delivered 23 courses to a range of people including Aboriginal health workers, health professionals and community people in diverse areas such as primary health care; sexual and reproductive health; counselling; social and emotional wellbeing; alcohol and other drug work and cultural awareness.

There were over 200 student enrolments during 2014-15 and 81 graduates were honoured with qualifications in Certificate III, IV, Diploma and Advanced Diploma courses in May. An additional 63 students were honoured with related Statements of Attainment credentials.

Another key activity was sharing resources and knowledge through the Aboriginal and Torres Strait Islander Health Registered Training Organisation National Network (ATSIHRTONN) and providing input and advice to a review of

national learning resources and the development of Aboriginal primary health workers registration. The College values the input from students and was pleased to see that student surveys rated the College "very high" on quality, relevance, assessment, resources and support.

The College is committed to working with students to achieve their goals and encourage anyone interested in seeking information on possible courses.



College Graduation Booklet 2015

Aboriginal Health College

Website

www.ahc.edu.au

Email:

ahc@ahc.edu.au

Location

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Little Bay NSW 2036

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PO Box 193

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Phone:

(02) 9019 0730

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Bourke High School Health Careers Day 2014

Workforce Recruitment and Retention

The development of the NSW Aboriginal Community Controlled Health Services Aboriginal Recruitment and Retention Strategy under the AHMRC Business Development Unit, provides a guide to assist in employing local Aboriginal people, identifying traineeship opportunities, developing mentoring guidelines, and utilising community and high school pre-employment Health Career Days. This project also included development of a Workforce User Guide: A practical tool for appropriate resources, tools and processes for recruitment.

GP Forum

The 9th AHMRC annual GP Forum and Clinical Update, which is developed and delivered in partnership with the NSW Rural Doctors Network, continues with 34 ACCHSs doctors meeting to discuss clinical topics ranging from Fetal Alcohol Spectrum Disorders and blood borne infections, to critical policy issues such as Medicare billing.

Training Future GPs

Aboriginal Community Controlled Health Services continue to pave the way for a range of health professionals to learn first hand about Aboriginal people, our cultures and how to deliver the best possible health care. Where ACCHS are registered as training posts, staff assist in delivering the very successful GP registrar training program. This important investment is delivered by cultural educators and mentors in partnership with local communities.



One of the many peer training supervision sessions

Best Practice and Peer Support

Maintaining and developing professional skills for health workers continues to be supported through AHMRC training programs. Some of this years highlights were achieved through peer led and one on one training sessions attended by up to 150 participants in sessions held across NSW. (Dubbo, Wagga Wagga, Coffs Harbour, Brewarrina, Lismore, Moree, Illawarra and Sydney).

Corporate Information Database for ACCHSs

The AHMRC has developed a Corporate Information Register Database (CIRD) which aims to assist ACCHSs to organise internal corporate information within a central database system. This has been piloted in a few ACCHSs and the revised CIRD now contains a more extensive HR component covering staffing, workforce data, Work Health & Safety, incident reporting and checklists for accreditation purposes. The CIRD also includes a compliance and reminder system when documents and processes are nearing due dates for completion. The CIRD has currently been implemented in 33 ACCHSs and workshops are planned to further develop this database in the future.



Information Technology & Information Communication Management

The AHMRC designed and developed a 'Medicare Audit' tool which works in conjunction with software used by ACCHSs including PenCat. This tool contributes to identifying gaps in service delivery, data management and patient records and builds administration and clinical staff competency in sustaining appropriate patient and organisational records.

ACCHSs Supporting Standards

AH&MRC provides support to ACCHSs that are currently accredited for clinical and/or organisational accreditation. The AHMRC held a 2-day training opportunity on new accreditation standards, the AAA-NZ framework "Quality Strategies for Success" and regional Patient Information Management System (PIMS) workshops for ACCHSs to guide data usage as required within the Accreditation Framework. Accreditation support includes:

- Initial needs/gap assessments of ACCHSs against relevant accreditation frameworks to identify support and system requirements that need to be implemented or improved to comply with existing standards.
- Liaison with accreditation and licensed providers to negotiate extensions to ensure that accreditation and funding contract expectations are met.
- Provide ongoing information and training to ACCHSs staff on different systems and processes to ensure ongoing adherence to best quality practices.

Aboriginal Health Research, Evaluation and Ethics

The AHMRC supports and builds capacity of ACCHSs in Aboriginal health research and evaluation and supports researchers to work effectively with the ACCHS sector. In response to Members request for support in research, the AHMRC developed a new resource, the 'AHMRC Research Assessment Tools', which provides ACCHSs with support on decision-making processes about their involvement in research. The AHMRC also provides input, advice and support to researchers, particularly for state-wide projects using data linkage methodologies, evaluations of state-wide programs, for the NSW components of national projects and for projects involving multiple ACCHS sites. Our Ethics Committee operates independently from the AHMRC as a registered National Health and Medical Research Council (NHMRC) Human Research Ethics Committee (HREC). The Committee reviewed over 100 new applications and considered more than 250 requests for approval to amend or extend projects as well as review of publications and presentations on research projects that had previously been approved. **Find out more: www.ahmrc.org.au**

Take a Day

OCTOBER 2014
Mental Health Month

"Stress Less Day"

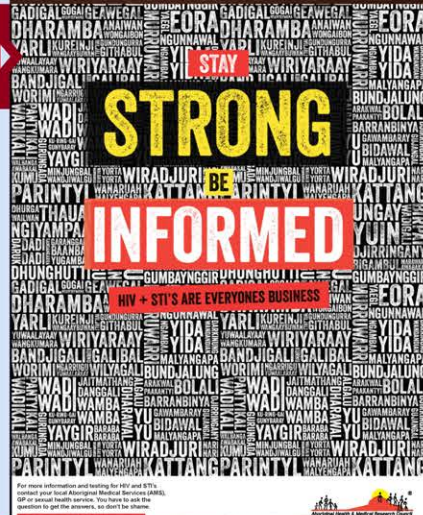
The AHMRC promoted a 'Stress Less Day' and designed and distributed a resource pack that focused on Aboriginal social and emotional wellbeing work and encouraged this workforce to address their own self-care as well as organise local events to engage with and promote mental health awareness in their communities. The 'Stress Less Day' involved 47 organisations and 180 workers.



DECEMBER 2014
World AIDS Day

National Aboriginal & Torres Strait Islander HIV Awareness week

AHMRC supported ACCHSs & others to implement World AIDS Day activities, including developing & distributing resources, developing messaging for Koori Radio 93.7 FM in Sydney & posters as part of World AIDS Day National Aboriginal & Torres Strait Islander HIV Awareness week held December 1st - 7th, launched in Canberra.



FEBRUARY 2015
National Apology Day

A time to commemorate

Once again, the anniversary of the Commonwealth government's national apology was commemorated across the country by local events. AHMRC held a morning tea and live streamed The Healing Foundation's event marking this significant day. People were asked to remember 'Where were you when the National Apology was being read?'



MAY 2015
World No Tobacco Day

"Making Spaces, Smoke Free Places"

The World No Tobacco Day Pledge Campaign asked people to pledge to go smoke free for a day as well as encouraging non-smokers to pledge their support on making spaces (including in the home, in the car, outdoor dining and where children and people gather) to be smoke free. This year AHMRC received great support and 684 pledges - the first 500 pledges received this awesome 'Making Spaces, Smoke Free Places' football jersey!

Making Spaces Smoke Free Places
WORLD NO TOBACCO DAY



Get Up and Exercise!

The AHMRC Chronic Disease Program collaborated with the Exercise and Sports Science Association's (ESSA) Exercise is Medicine (EIM) program and Australian College of Nursing (ACN) to develop and implement four regional workshops in Narooma, Forbes, Forster and Bourke, for ACCHSs staff. These workshops focused on diabetes and the importance of exercise in the prevention and management of chronic diseases.

AHMRC Members Map 2015



Financial Snapshot

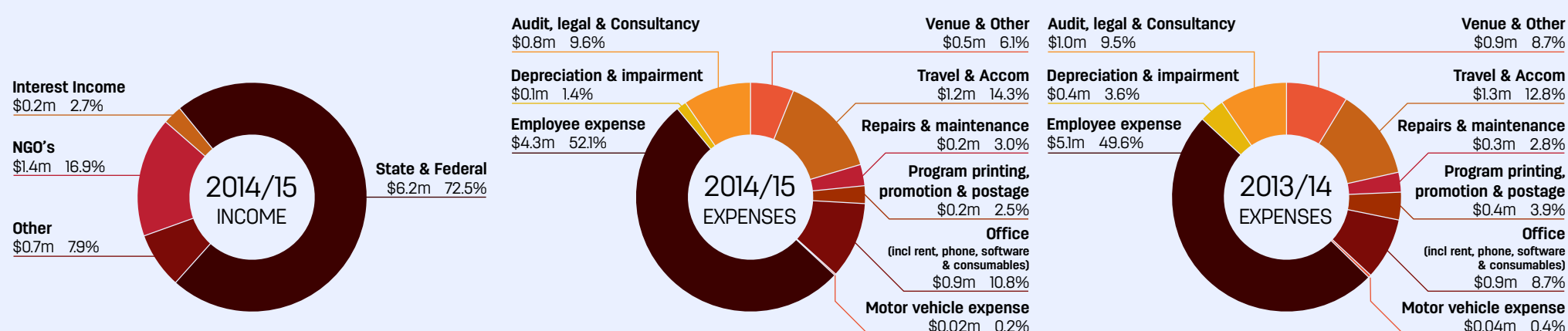
The summary below is provided as a guide to the audited Financial Annual Report for the year ended 30 June 2015. You can find the full report on our website.

Operating Results

The Aboriginal Health and Medical Research Council of NSW recorded a net surplus of \$362,121 for year ended 30 June 2015 (2014: (\$353,825)). Total equity as at 30 June 2015 stood at \$6,791,380 (2014: \$6,429,259) and the cash balance including term deposits was \$8,262,361 (2014: \$7,755,895).

Where the money comes from

In 2015 AHMRC's income from all sources totalled \$8,536,375. Our income is predominately received from government grants, which accounted for 72.5% of Income.



Contact us!

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