



THE UNIVERSITY OF
**WESTERN
AUSTRALIA**

Highlights 2015-2016

Healthy Minds, Healthy Lives

Poche Centre for Indigenous Health



Message from the Director

The three years since the establishment of the Poche Centre for Indigenous Health at UWA have been a challenging and rewarding experience.

It has been exciting and humbling to be part of an amazing philanthropic gift of more than \$50 million that has established six Poche Centres for Indigenous Health across Australia and culminated in the launch of The Poche Indigenous Health Network by the Minister for Health Sussan Ley at Parliament House, Canberra in May 2015.

This report highlights some of the key activities and achievements of the UWA Poche Centre over 2015–2016.

Critical to our growth and program development over this period has been the appointment of the three Poche Research Fellows in early 2015 in the key focus areas of Wellbeing and Mental Health, Aboriginal Children's Health, and Chronic Disease. The Poche Fellows have been working positively to engage Indigenous communities and stakeholders, and continue to develop innovative Indigenous health programs and activities. A key event in 2016 has been the inaugural Indigenous Suicide Prevention Conference, held in May and attracting over 300 delegates.

A particular highlight in 2015 was hosting the National Meeting of Poche Centres at the University of Western Australia from 21–22 July. This included a Welcome Reception and Celebration, attended by UWA staff, Indigenous students and the broader community, where the Vice Chancellor Professor Paul Johnson formally welcomed Dr Kay van Norton Poche, Mr Reg Richardson AM, Dr Tom Calma AO and Poche Directors and staff to the university. The two-day meeting was a great opportunity to network with Poche teams in other universities, resulting in some promising partnership projects for UWA Poche being developed and implemented in 2016.

Professor Jill Milroy
Executive Director





The Poche Centre for Indigenous Health

The Poche Centre for Indigenous Health brings together the University's expertise, programs and resources in Aboriginal health and education around a central theme Healthy Minds Healthy Lives. The Centre aims to drive a transformative intergenerational Aboriginal health research agenda, which delivers tangible, measurable health outcomes and services directly to Aboriginal people and communities. The Centre is a collaborative partnership

between the School of Indigenous Studies and the Faculty of Medicine Dentistry and Health Sciences and its specialist centres and schools including the Rural Clinical School of WA, the Western Australia Centre for Rural Health, the Centre for Aboriginal Medical and Dental Health, the School of Paediatrics and Child Health and the School of Dentistry.



The Poche Centre at UWA was established in late 2013, through the generous gift of leading Australian health philanthropist Greg Poche AO and his wife, Kaye van Norton Poche, and the dedicated work of Mr Reg Richardson AM. Poche UWA is one of six centres nationally, with Poche Centres at the University of Sydney, Flinders

University (Adelaide and Alice Springs), the University of Melbourne and the University of Queensland. UWA Poche is part of the Poche Indigenous Health Network (PIHN), formally launched in May 2015.





Research and Development

The Poche Centre at UWA undertakes research, teaching and community engagement across a broad spectrum of Aboriginal health and education areas. The Centre has identified three key focus areas:

Culture, Wellbeing and Mental Health

Recognising Aboriginal knowledge and cultural understanding in health and promoting wellbeing and positive mental health for Aboriginal young people.

Aboriginal Children's Health and Development

Improving health, disability and development outcomes for Aboriginal children by improving access to, and quality of care delivered by Aboriginal and mainstream health service providers.

Better Prevention and Management of Chronic Disease

Providing health service interventions for better prevention and management of cancer and cardiovascular in Aboriginal people in rural areas.

A Senior UWA Researcher leads each key focus area, with a Poche Research Fellow funded by the UWA Poche Centre.

Culture, Wellbeing and Mental Health

Suicide Prevention Conference

Poche Research Fellow Professor Pat Dudgeon continued her ground-breaking research in Indigenous suicide prevention and The Aboriginal and Torres Strait Islander Indigenous Suicide Prevention Evaluation Project (ATSISPEP). Professor Pat Dudgeon is a member of the ATSISPEP Senior Management Team with Dr Tom Calma and Professor Jill Milroy. A major initiative resulting from ATSISPEP was the inaugural Aboriginal and Torres Strait Islander Suicide Prevention Conference held 4–6 May, 2016 In Alice Springs.

The Conference attracted 362 delegates, bringing together Aboriginal Torres Strait Islander communities, Aboriginal organisations and experts from across the country. The focus of the conference was on strengths-based community-driven solutions. Funding by the Australian Government and a range of sponsors provided bursaries that enabled Aboriginal and Torres Strait Islander community people to be strongly represented at the conference. Keynote speakers included Stan Grant and Senator the Hon. Nigel Scullion, Minister for Indigenous Affairs. A large media presence confirmed the importance of the conference with NITV broadcasting for a dedicated program of The Point.

A full view of the conference is available at <http://www.atsispep.sis.uwa.edu.au/>



Suicide Prevention Resource Development Project

Poche UWA worked with the Black Dog Institute on a project funded by the Department of Health to produce a suicide prevention resource for Primary Health Networks. Professor Pat Dudgeon and Dr Tom Calma lead the development of the specific recommendations for each of the nine evidence-based strategies in the resource package, as well as a dedicated section how Primary Health Networks can engage in a culturally sensitive manner with Aboriginal and Torres Strait Islander communities.



Healthy Living Environments

- Associate Professor Grant Revell has been undertaking research into the area of housing and mental health, exploring connections in remote locations between social and emotional wellbeing and the built environment. In July 2015 we employed a research officer to undertake a literature review in these fields. The review sought to identify clear links between research fields of Indigenous social and emotional wellbeing and the (remote) built environment and 'quiet housing' that promotes good mental health.
- Professor Jill Milroy presented on Poche partnerships and shared research approaches at the Faculty of Medicine, Dentistry and Health Science in September 2015. Her presentation, 'Connecting medical research to the world – what and how?', was delivered as part of UWA Research Week.
- Professor Jill Milroy presented with Professor Pat Dudgeon on 'Indigenous health, art and culture' at the Lawrence Wilson Art Gallery in October 2015. The presentation addressed historic legacy and intergeneration trauma and the effect on Aboriginal and Torres Strait Islander health. With a focus on the high levels of suicide, the need for mental health professionals working within an Indigenous paradigm was made evident. An open and passionate discussion around the Poche Centre's area of Culture, Wellbeing and Mental Health, followed the presentation.
- Professor Dudgeon also appeared on ABC's Q&A in October 2015, raising awareness of the health gap that exists between Indigenous and non-Indigenous Australians and highlighting the high rate of suicide and psychological distress among Aboriginal and Torres Strait Islander peoples.



"The real significance is that this the first National Aboriginal and Torres Strait Islander Suicide Prevention Conference that has been organised by us, with most of the speakers and workshops delivered by our people, and the majority of the participants are Aboriginal and Torres Strait Islander people."

Dr Tom Calma



Aboriginal Children's Health and Development

Poche Fellow Carolyn Moylan is continuing her research with Professor Karen Edmonds, Director of the NHMRC Centre for Research Excellence in Improving Health Services for Aboriginal and Torres Strait Islander Children (ISAC), in the School of Paediatrics, Faculty of Medicine, Dentistry and Health Sciences. Qualitative research in Koorliny Moort (Working With Families) is looking into Aboriginal and Torres Strait Islander children's journey through paediatric services at Princess Margaret Hospital (PMH).

The data is providing valuable insight into the perspectives and priorities of 'what's working' and 'what's not working well' for Aboriginal families. Research findings of the Koorliny Moort interviews have been presented to the Telethon Kids Foundation staff members, as well as to the Koorliny Moort program staff at their annual planning day. An article on the 'Effectiveness of the Koorliny Moort out-of-hospital health care program for Aboriginal and Torres Strait Islander children in Western Australia' was published in the MJA news vol 204, Issue 5, 21 March 2016.

"I'm hoping this research will provide a holistic and comprehensive analysis in identifying health gaps in the current support systems and mechanisms for assisting Aboriginal and Torres Strait Islander children and their families using hospital and follow-up medical services."

Carolyn Moylan





Better Prevention and Management of Chronic Disease

Poche Fellow Dr Sandy Hamilton and Professor Sandra Thompson, Director WA Centre for Rural Health have lead a number of initiatives for this key focus area.

Partnerships

Partnering with the Poche Centre at the University of Sydney, the team continues to develop the iECG project. In addition, Geraldton Regional Aboriginal Medical Service (GRAMS) and Derbarl Yerrigan Health Service (Perth) have agreed to be intervention sites. GRAMS will be the first site to be established and their referral pathway has already commenced with training delivered in June 2016.



Yamatji Champions

Project team member Chontarle Bellottie has spent the last year developing and delivering the Yamatji Champions project. The aim of the project was to provide education to Aboriginal Champions and encourage them to make changes in their lifestyle, particularly around nutrition and physical activity and then to champion healthy lifestyles in the family and the wider community. Chontarle will move to undertake full-time degree studies in health sciences, so that she can complete her qualifications sooner.



Highlights

- A video production to assist Aboriginal people's understanding of the heart, and prevention and management of heart disease is in development. This has been a collaboration of the researchers involved in the Bettering Aboriginal Heart Health program, the Heart Foundation, Royal Perth Hospital and WA Centre for Rural Health through the Poche chronic disease initiative. The video clips will be available online as short segments. A second round of filming was completed recently to ensure that elements of lifestyle and prevention were captured. Chontarle Bellottie will feature in these clips.
 - Dr Sandy Hamilton has been awarded a Heart Foundation Bendat Family Foundation Scholarship for 2016 to the value of \$10,000. Dr Hamilton is also the Principal Investigator for a Heart Foundation Vanguard grant application for a project entitled 'Right Way' for Beating Stronger, Living Longer, for the modification and assessment of the feasibility of Mobile Technology Enabled Rehabilitation (MoTER) for Indigenous people in rural Western Australia.
 - Dr Sandy Hamilton presented a moderated poster (poster and separate 10-minute presentation) entitled 'Cardiac Rehabilitation for Aboriginal and Torres Strait Islander People in Western Australia' at the Preventive Cardiovascular Nurses Association Conference in Orlando USA in April 2016.
- An abstract on this work has also been accepted and Dr Hamilton will deliver an oral presentation at the Australian Cardiovascular Health and Rehabilitation conference in Adelaide on 3 August, 2016.
- A paper entitled 'Cardiac Rehabilitation for Aboriginal and Torres Strait Islander People in Western Australia' has been accepted for publication in the peer-reviewed journal BMC Cardiovascular Disorders. The paper was authored by Sandra Hamilton (WACRH), Belynda Mills (WACRH), Shelley McRae (Heart Foundation) and Sandra Thompson (WACRH).
 - Glenis Little, Coordinator of the Midwest Indigenous Women's Cancer Support Group, is now working part time for WACRH. The Centre recognises the need to have Aboriginal cancer survivors tell their story about cancer, as part of overcoming shame and to realise that cancer is not synonymous with death. The aim is to develop a resource to provide education and information to the Aboriginal community and to assist health care providers understand what Aboriginal people want when they are receiving care for cancer.

Investing in Young Leaders

UWA Poche leadership and professional development awards support Indigenous students in medicine, dentistry and health sciences to build their leadership skills, knowledge and health engagement through programs, conferences and networks at local, national and international levels.

In 2015, Poche awards enabled Horace Hill and Ashley Marina to attend the University Scholars Leadership Symposium in Hong Kong in August 2015. This international leadership program provides outstanding individuals with the required experience and training to be future leaders.

Poche awards also supported five Indigenous medical students, Veronica Dolman, Monique Juhe, Tamisha King, Heather Kessar and Billie Kickett-Morris to attend the Australian Indigenous Doctors' Association (AIDA) conference in Glenelg, South Australia in September 2015.

Congratulations to Gemma Johnston, who is now an intern at Fiona Stanley Hospital and was named Tertiary Scholar of the year at the Perth 2015 NAIDOC Awards

Congratulations to Vinka Barunga who attended the Poche giving ceremony in 2013 as a medical student representative. Vinka was featured in *Living Black: Kimberley Healing*, which aired on SBS and NITV in May 2015.





Events

Welcome Reception and Celebration 2015

The Welcome Reception and Celebration for the UWA Poche Centre for Indigenous Health was held on Monday 20 July 2015 at The University Club of Western Australia. The Reception provided an opportunity for stakeholders to network while celebrating the Poche Centres work to date and positive plans for the future. Vice Chancellor Paul Johnson welcomed Mrs Kay van Norton

Poche, Mr Reg Richardson AM, Dr Tom Calma AO, along with Poche directors and researchers, UWA staff, Indigenous students and the broader community. Dr Richard Walley OAM performed the Welcome to Country, with Mr Ken Wyatt AM, MP, Ms Vinka Barunga, 5th year medical student and Mrs Kay Poche as the guest speaker.





National Network Meeting

The Poche Centre for Indigenous Health UWA hosted the Poche National Network meeting in Perth 20 and 21 July at The University Club of Western Australia and the Esplanade Hotel in Fremantle. The two days provided a forum for Poche directors, researchers and staff to report and present on work achieved to date. The two days of research, governance and networking also provided valuable strategic directions for the future.

The Meeting concluded with a wonderful dinner hosted by Kay Poche.







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