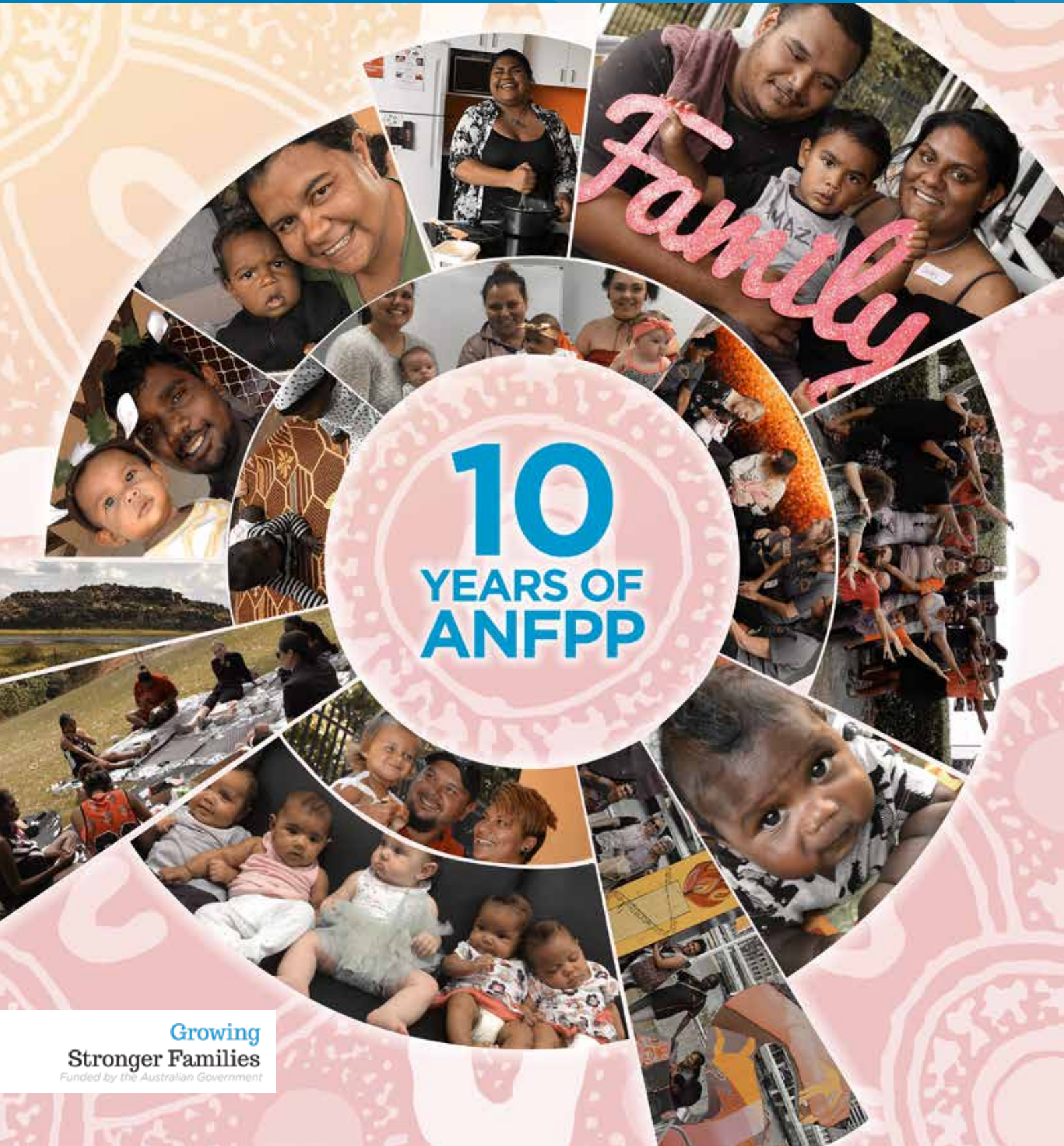


PROGRAM NEWS

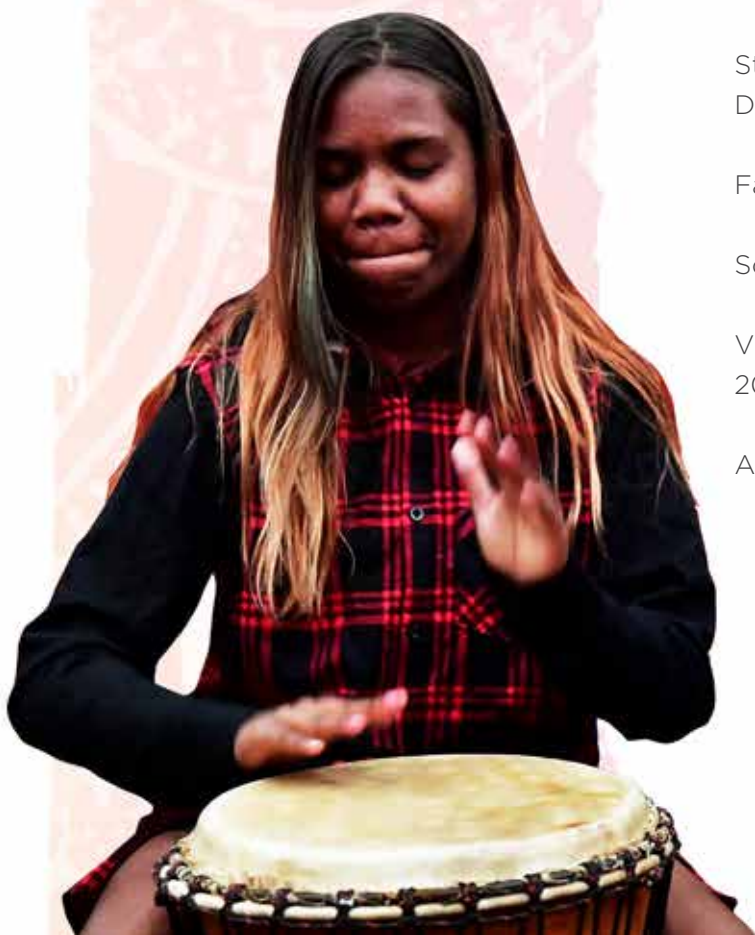
EDITION 24 // SEPTEMBER 2019



10
YEARS OF
ANFPP

Contents

Message from the National Program Manager	3
Donna Ah Chee on the History of the ANFPP	4
Ten Years 'Down Under' - The Department of Health Perspective	5
Keynote Speaker: Dr Mark Wenitong	6
Keynote Speaker: Gail Radford-Trotter.....	7
Keynote Speaker: Dr Miriam-Rose	8
Increasing Capacity Around Maternal Smoking Cessation	9
Building Relationships, Changing Lives	10
The Word on the Ground: Site Presentations.....	12
Strengthening Capacities Through Professional Development.....	14
Face-to-face stakeholder meetings.....	16
Social Notes: Under the Stars in Alice Springs	17
Visions and Voices from the 2019 ANFPP National Conference.....	18
ANFPP Partner Organisations Contacts	20



Message from the National Program Manager

This year marked the 10-year anniversary of the ANFPP's inception in Australia, and to celebrate this incredible milestone, it was only fitting that we returned to where the program was launched in 2009, on the lands of the Arrernte people in Mparntwe (Alice Springs).

The 2019 ANFPP National Conference was held from 23-25 July at the Alice Springs Convention Centre and co-hosted by the Central Australian Aboriginal Congress.

The theme of this year's conference was 'Vision and Voice: A Decade of ANFPP - Working Together for The Future', linking to this year's NAIDOC theme of 'Voice, Treaty and Truth' while simultaneously providing a platform for the ANFPP family to celebrate their voices and stories and move forward together.

In addition to all 13 sites presenting and showcasing their great work, we were also privileged to welcome representatives from the Department of Health, along with our Keynote Speakers and invited guests from various organisations who spoke on important and relevant topics. We were also joined, via video presentation, by Professor David Olds who congratulated everyone on 10 years of the program in Australia.

As we look back on the milestones and successes of the past 10 years of the ANFPP, we acknowledge the invaluable work of our Nurses, Midwives, Family Partnership Workers and other staff members that make this program the success it is today. We thank you for inspiring us with your untiring dedication and we relish the opportunity to continue working alongside you to support the health of ANFPP mothers and children.



*Dr Sally De-Vitry Smith
National Program Manager*

Donna Ah Chee on the History of the ANFPP

To start off the activities for the 2019 ANFPP National Conference, Donna Ah Chee, CEO of the Central Australian Aboriginal Congress, addressed the attendees with a moving speech outlining the history of the program.

Donna is a Bundjalung woman from the far north coast of New South Wales who has spent the last 30 years working in Aboriginal community controlled organisations in adult education and health in Alice Springs. In her speech, she discussed the role of advocacy from Aboriginal Community-Controlled Health Services and the inclusion of Aboriginal Family Partnership Workers from the early years of trying to implement the program at Congress to ensure cultural safety, and how these directly resulted in the launch of the ANFPP as a national program after nearly a decade of experience within Congress.

Donna recounted the early years of the Central Australian Aboriginal Congress and the harsh challenges Aboriginal families faced everyday: infant mortality was as high as 20%, with 1 in 5 Aboriginal children not living to see their first birthday and life expectancies for both Aboriginal men and women were in the low 50s.

As Congress evolved from an advocacy organisation to an Aboriginal Medical Service, they were able to expand both their size and services and were soon tackling more complex health and well-being issues faced by the communities as a result of colonisation, dispossession and racism. This, in turn, led them to seek out and support innovative strategies such as nurse-home visiting programs like the ANFPP and other key early childhood programs.



Donna also touched on the importance of applying evidence-informed, responsible innovation, as opposed to what has been termed as “reckless innovation”, where programs are designed and implemented without evidence and no attempt is made to evaluate effectiveness.

Throughout her speech, Donna emphasised the role Aboriginal Health Leaders played in getting programs such as the ANFPP funded by the Government, resulting in the improved outcomes that are now felt in communities especially in the areas of prevention of child neglect and improving child health and development.

Donna spoke of the continuing need for alliances with academics, bureaucrats and medical professionals while reiterating the fact that Aboriginal Community-Controlled Health Services will ultimately provide the vital platform from which effective services and programs can be delivered to our diverse communities.

A full transcript of Donna’s speech can be found at <https://www.anfpp.com.au/stories/2019-anfpp-national-conference>.



The bright future of the ANFPP

- We still have further to go in our ANFPP
- While we remain aware of the need for celebrate the achievements we have made
- We need to build on the program's strong foundations to provide excellent care to all participants and their families
- Funding agreements to extend funding to 2025
- The scoping study and evaluation design to inform the implementation of the program into the future

23 July, 2019

Ten Years 'Down Under' – The Department of Health Perspective

The 2019 ANFPP National Conference was privileged to welcome representatives from the Department of Health; Assistant Secretary Dr Lucas de Toca, Director Nick Pascual, Nicola Childs and Sam Lequaietermaine.

Dr Lucas De Toca delivered a speech to the conference attendees and acknowledged Aboriginal Community Controlled Health Services for their delivery of culturally integrated, comprehensive primary health care. He reflected on how the social determinants and cultural determinants of health are recognised by partner organisations implementing the ANFPP.

Dr de Toca celebrated the hard work of everyone involved in the first ten years of the ANFPP and thanked them for their contribution to the program's successes. He encouraged delegates to share their experience and expertise in order to strengthen their shared commitment to the "bright future" of the ANFPP.

Dr De Toca noted there is still more to come in our ANFPP journey and that "while we remain aware of the need for change and improvement; it is important to celebrate the achievements we have made so far. We need to build on the program's strong foundations and continue to provide excellent care to all participants and their families".



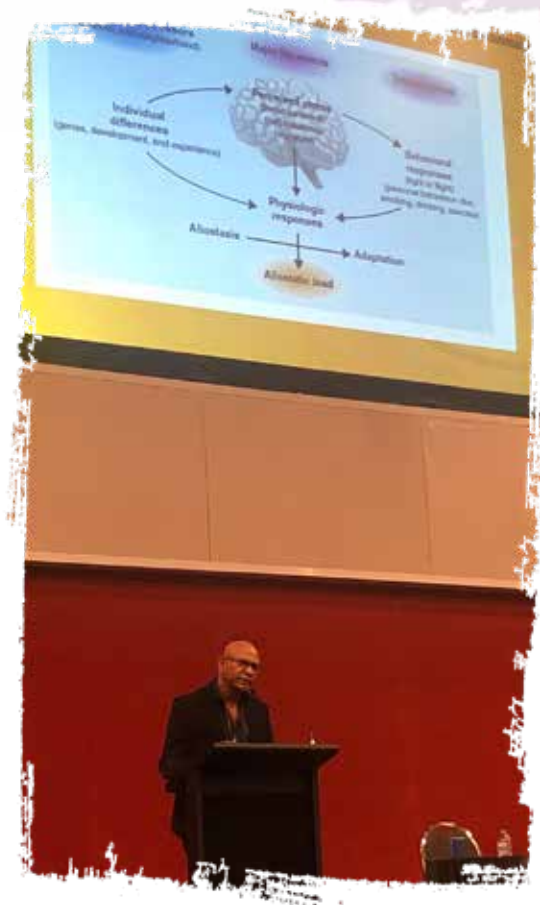
Keynote Speaker: Dr Mark Wenitong

Dr Mark Wenitong is from the Kabi Kabi tribal group of South Queensland. A member of the ANFPP Leadership Group, Dr Mark has been involved in both clinical and policy work throughout his career and has been duly recognised for his achievements, including the 2011 AMA President's Award for Excellence in Healthcare and the Queensland Aboriginal and Torres Strait Islander Health Council Hall of Fame award in 2010, among many others.

For his keynote speech at the 2019 ANFPP National Conference, Dr Mark discussed the role of the ANFPP in the context of toxic stress and allostatic load in Aboriginal and Torres Strait Islander Peoples. Allostatic load refers to the combination of environmental stressors, major life events, trauma and abuse. Individuals are shaped by genes, development and experience and respond to perceived stresses behaviourally and physiologically.

In his presentation, Dr Mark states that the Aboriginal children experience extraordinary levels of stress. Over one in five Aboriginal children from 0-17 years live in families where 7-14 major life stress events occurred in the previous year. Children who experience four or more categories of childhood exposure to adverse childhood experiences have a 4 to 12 times increase in the risk of alcoholism, drug abuse, depression and suicide attempts. Furthermore, children exposed to Adverse Childhood Experiences (ACEs) have a greatly increased risk of developing clinically significant social and emotional difficulties.

Dr Mark reveals how chronic stress activates inflammatory pathways and can lead to chronic low-grade inflammation. For Aboriginal



and Torres Strait Islander people, chronic low-grade inflammation is associated with a number of chronic diseases, likely shaped by epigenetic expression, which influence learning ability, emotional regulation and may be also associated with diabetes, cancer, cardiovascular disease and depression, our major causes of adult mortality

In his closing remarks, Dr Mark noted many of these issues are preventable and some potentially reversible by interventions at specific-life stages such as nurse home visiting programs, which have been shown to have the potential to minimise childhood adversity and toxic stress. Studies show providing support to improve caregiver capacity aimed at minimising stress through a safe nurturing relationship can improve adult outcomes.



Keynote Speaker: Gail Radford-Trotter

This year we welcomed Gail Radford-Trotter as the new International Consultant for Australia. Gail has extensive experience in the Family Nurse Partnership (FNP) program, working as the FNP Implementation Lead for the Scottish Government and FNP Clinical Director where she led the development of the FNP Education Programme for over 10 years.

During her visit to Australia, Gail conducted visits to several ANFPP sites including UIIH, Congress, Top End Health, Danila Dilba and Wuchopperen. In addition to sharing her invaluable experience and passion for the program, Gail also presented recommendations from the international Reflective Supervision project to Nurse Supervisors at their Community of Practice meetings.

Gail's keynote address shared information from clients' perspectives on how the program helped with 'becoming the mum I want to be.' Clients wanted someone who believed in them, who walked alongside them in a nonjudgmental way, provided education and helped support

them to cope with adversity in an environment of positive regard where they were signposted to better places and helped to find their own answers. Gail's keynote address and concurrent sessions also outlined the value of a strength-based approach.

Gail reviewed research indicating people who recognise their own character strengths are; happier, more confident, have higher self-esteem, energy and vitality, experience less stress, are more resilient, more likely to achieve their goals, have better work performance and are more effective at developing themselves and growing as an individual. On an organisational level a strength-based approach builds employee engagement, develops flexibility, improves teamwork and openness to change. Using a strength-based approach enables us to bring our best qualities to our work supporting women and families. Knowing and using our own strengths as practitioners in NFP work, helps us find the strengths in clients to bring about the changes they want for themselves and their families.

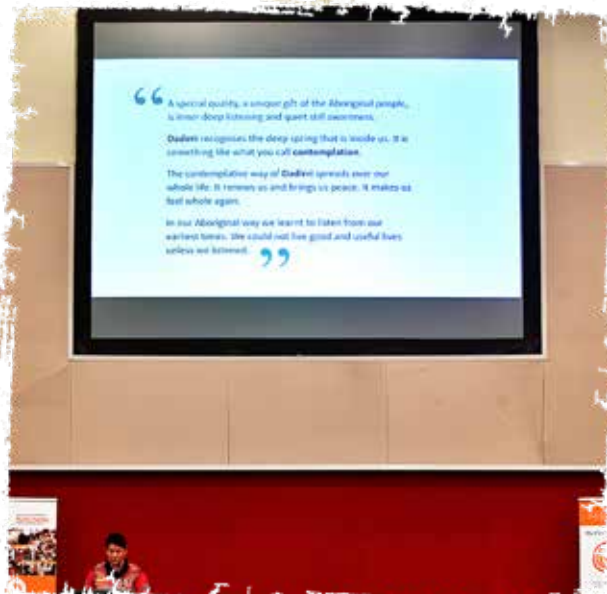
Keynote Speaker: Dr Miriam-Rose

Dr Miriam-Rose Ungunmerr (AO), an Aboriginal Elder from Nauiyu (Daly River) was invited as a keynote speaker to the 2019 ANFPP National Conference to talk about Dadirri.

Dr Miriam-Rose is renowned for her work as an artist, activist, writer and public speaker. For the past 30 years, Dr Miriam-Rose has been a prominent advocate for using Dadirri, an Aboriginal word that means “inner deep listening” and “quiet still awareness”, as a tool for healing trauma. In her writings on Dadirri, Dr Miriam-Rose stresses the importance of “recognising the deep spring that is inside us” and how Dadirri “supports us to listen deeply to ourselves so that we can truly listen deeply to others”.

Dr Miriam-Rose, unfortunately, was unable to attend the conference due to health reasons; however, she graciously wrote a letter addressed to the attendees of the conference that was read by NPC’s Brooke Dickson.

In her letter, Dr Miriam-Rose speaks of how, as a young girl, she had always had a feeling of wanting to help people. She first trained as a



nurse, as she was drawn to the healing side of things. But it was when she started training as a teacher that she realised that healing can come in many different forms including teaching, listening and being with people who are growing in knowledge. She fondly recalled her conversations with a local priest in the community where she grew up in as instrumental in helping her find her own voice. Dr Miriam-Rose hopes by sharing Dadirri, she is supporting non-indigenous people to understand more about Aboriginal culture.

At the end of her letter, she expressed gratitude for the opportunity to speak at the conference and warmly offered her support and strength to the important work the ANFPP is doing.

A full transcript of Dr Miriam-Rose’s letter for the ANFPP conference, along with a short excerpt and preview video of Dadirri, can be found on <https://www.anfpp.com.au/stories/2019-anfpp-national-conference>.



Increasing Capacity Around Maternal Smoking Cessation

The Australian Nurse-Family Partnership Program has a new and exciting partnership project with the Indigenous not-for-profit organisation Ninti One Limited. Ninti One Limited is currently funded to coordinate the National Best Practice Unit for the Tackling Indigenous Smoking programme.

The partnership with Ninti One Limited and ANFPP will analyse best practice from the Tackling Indigenous Smoking program and the resources and tools utilised by ANFPP staff.

The project will run for twelve months and will identify the gaps in maternal smoking cessation tools and map where best practice can improve the capacity of ANFPP staff. This project aims to reduce the rate of smoking in ANFPP clients and improve ANFPP data collection.

The main goal of the project is to improve ANFPP staff knowledge and practice on understanding smoking cessation and how to best support women and their families to contribute to decreasing the prevalence of smoking in the ANFPP population.

The objectives of the project include:

- Ensure ANFPP staff have the necessary tools to support women and their families to quit smoking.
- Understand how to support women and their families and to link them to specialised supports.
- Strengthen the data collected within ANFPP ANKA system to provide meaningful information to understand the smoking prevalence within ANFPP.
- Identify the most effective interventions.



NINTI ONE • **INNOVATION FOR REMOTE AUSTRALIA**

- Identify the impact of the broader Aboriginal and Torres Strait Islander community supports they offer and how they benefit the ANFPP clients.

Potential project activities may include reviewing smoking related materials within the program and updating the ANFPP Yarning Tools and education designed to support the Home Visiting Team to have discussions on smoking with the mother and family. In addition, new materials may be developed to help increase knowledge about the effects of smoking on the foetus and infant, help the family develop practical skills and provide emotional support and understand the referral pathways.

If you would like further information about the project, please contact Project Officer, Lauren Hill on 0436 932 576 or email Lauren.Hill@nintione.com.au

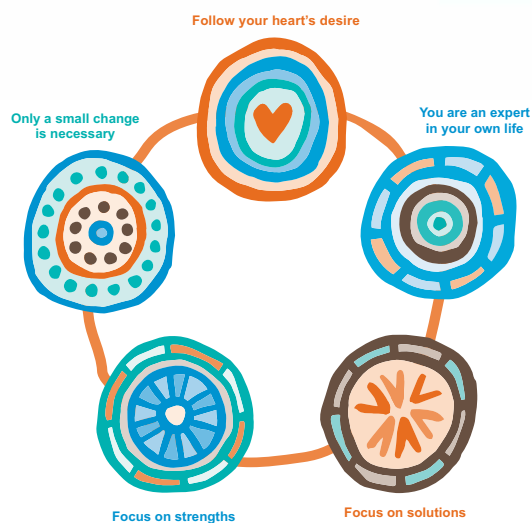
Building Relationships, Changing Lives

How does a client go from being shy and timid, unable to speak of her 'heart's desire', to being confident and empowered, using her own voice to share her deeply personal journey to a room full of people?

This transformation was made possible through the deep connections and trust established between a client and their home visiting team.

Engaging with clients in Aboriginal and Torres Strait Islander communities, especially those in remote areas, offers many unique challenges. Various cultural norms, ongoing domestic and health issues often mean clients are reluctant to talk about their personal problems to other people. For this reason, the ANFPP has from inception utilised local Aboriginal Family Partnership Workers (FPWs) to help bridge the divide between communities and services. Family Partnership Workers play a crucial role in establishing connections with the community and enabling women to place their trust in the home visiting team and the overall ANFPP.

Developing trust with a client requires patience and creativity. One FPW recounts how they needed to constantly re-book a client's appointments with their GP due to various reasons. Sometimes clients will not answer phone calls from the home visiting team because of issues with their partner. To help build strong relationships with the client, the home visiting team will often engage women in creative, informative activities that allow them to discover their strengths in a loving, supportive environment.



Most importantly, a client's trust requires respect—cultural respect, as well as respect for them as individuals. This is at the heart of the five client centred principles: follow your heart's desire; you are an expert in your own life; focus on solutions; focus on strengths and only a small change is necessary.

During the 2019 ANFPP National Conference, Susan (pseudonym), a client of the ANFPP, took the stage to tell her story in front of a large crowd of conference delegates. Susan, who had a history with violent relationships and chronic health issues, spoke of having her children taken away from her and how she didn't see a way out of her current situation especially after finding out she was pregnant again. With the help of the ANFPP, Susan was able to identify her goals and she set out to achieve them, ultimately regaining custody of her children and moving into her own accommodation.

For Susan, this was her first time to speak in public; a rare and powerful moment that highlights the positive contributions that the ANFPP is having on the lives of Aboriginal and Torres Strait Islander women and families.

Indigenous Dates of Significance

September 5th Indigenous Literacy Day

September 13th Anniversary of the UN Declaration
on the rights of Indigenous Peoples



Upcoming ANFPP Education

September 24-27th Unit 3 Integration

October 15-18th Unit 2 Fundamental Training

October 29-31st NS CoP

November 12-14th Unit 3 Integration



The Word on the Ground: Site Presentations

Throughout the three days of the 2019 ANFPP National Conference, all 13 sites gave presentations on their unique experiences in working with communities. Each site presented as a team, introduced each member and the central role they played in the program. The sites spoke about the challenges they faced everyday with service delivery and these challenges varied according to the locality of each site e.g urban vs remote. A recurring theme from all presentations was 'using strengths to overcome challenges' and 'NHV/FPW working together as a team'.

Congress spoke about challenges with language barriers as there are currently over 200 local dialects spoken in the Alice Springs region with many of the clients only using English as their second or third language. On the other hand, UIIH spoke about the challenges of service delivery in a busy city over a large service area.

Even with the various challenges, each site emphasised the importance of maintaining a solutions-based approach to all aspects of program delivery. Another central theme of the presentations was the fundamental role the unity and collaboration between NHV/FPW played in successful program delivery which is then reflected in positive life outcomes for the client. Each site was consistent with recognising how each role maximised each other's strengths and balanced out the weaknesses.

Culture, above all else is at the core of the program and the strength that Aboriginal and Torres Strait Islander cultures bring to peoples lives was acknowledged and celebrated. The presentations provided everyone with a grass roots level insight into how the ANFPP is delivered daily, reaffirming the importance of the program and how it contributes to closing the gap in health outcomes and improving the lives of Aboriginal and Torres Strait Islander people through its work supporting mums and babies.





Strengthening Capacities Through Professional Development

An important feature of the 2019 ANFPP National Conference was the inclusion of several professional development concurrent sessions. The concurrent sessions consisted of hour-long presentations and activities on various topics relevant to the delivery of the ANFPP. The topics for these sessions were chosen from a list of suggestions provided by conference attendees during a pre-conference survey. The concurrent sessions were organised so attendees were able to choose and participate in a number of sessions.

International NFP Consultant Gail Radford-Trotter conducted sessions on Team Dynamics: Using our strengths to improve practice. Gail focused on everyone's individual strengths and how they utilised strengths in a team dynamic. Participants were encouraged to interact with someone they did not know and share stories of how they overcame challenges in their work and life using their strengths.

Samantha Lewis and Kym Cunningham facilitated DANCE: Introduction to Client Tools Q & A. They provided an overview of DANCE as a framework intended to support the observation of interactions between mums and babies.

Vicarious trauma inclusive of self-care was presented by Sarah Kanai, Deputy Director of the Healing Foundation which works in partnership with the Seedling Group. Sarah discussed complex, collective historic and institutional trauma. The differences between Post Traumatic Stress, Compassion Fatigue and Secondary PTSD were outlined in the context of workforce impact.



The Evaluation Design sessions were facilitated by Kaylie Harrison, Key Research Adviser Cox Inall Ridgeway and Claire Grealy, Lead Project Director at Urbis. This session provided an opportunity for them to receive feedback. Attendees identified major areas of concern and worked in small groups to tackle specific topics. The exercise was designed to ensure the evaluation scope adequately addresses program strengths and areas for improvement. The Urbis team commented on the breadth of knowledge and passion amongst the attendees, and how each group generated distinct ideas and areas for focus.

The DFV Pathway Q & A Session presented by Brooke Dickson sought feedback on resources, documentation and site issues. The use of picture-based resources were considered the most effective option for remote areas. The issue of safe houses being in known locations was discussed. Improvements to documentation in ANKA were suggested. The role of FPWs in detecting cues and obtaining timely disclosure



was discussed. The safety of FPWs living in the same community was identified.

An ANKA Q & A Session was facilitated by Guy Elliott and Shirley Spicer. The session identified clear and extensive feedback on what is working well in ANKA and opportunities for improvements. Next steps will be to further explore challenges with sites to improve system functionality.

Ken Lechlethner spoke about the Cultural Component of Service Delivery. Ken examined Traditional Aboriginal Cultural Institutions and highlighted the need for a humanistic approach to all service delivery. He explored the role of the Alukura Institution for women, the Ingkintja Institution for men. Ken examined how the past can shape the future and the importance of culturally component service delivery.

The FPW education session was delivered by Kim Ah Sam, Bronwyn McClure and Leann Fletcher. The discussion started with each

FPW introducing themselves and discussing their role. Participants had the opportunity to share stories and ask questions. The challenges of FPWs working in their communities and maintaining professional boundaries was discussed as well as the importance of ensuring culturally safe program delivery.

Kunga shared an overview of their therapy program, which brings the opportunity for artistic expression to women in the Alice Springs Correctional Centre. The team at Kunga focuses on stopping the cycle of violence in communities. They use art to encourage incarcerated women to communicate their feelings and emotions.

To formally close the conference, an Alice Springs drumming group 'Drum Atweme' performed. The group, comprised of local children from the ages of 8-14, enthralled the audience with a vibrant performance that showcased their talent and energy and their love for language and culture.

Face-to-face stakeholder meetings

Several key face-to-face stakeholder meetings took place during the 2019 ANFPP National Conference. These included the ANFPP Leadership Group meeting, site CEOs meeting, Program Managers meeting and a combined Leadership/CEO/PM meeting. The main outcome of these meetings was dissolving the current leadership group forum and utilising their expertise in advisory roles. The Leadership Group were thanked for their roles in guiding the program and their contributions since the inception of the program in Australia. The CEOs forum will become the leadership group and provide strategic guidance for program implementation. The documentation for the revised governance structure is currently being developed and will be formalised in the upcoming quarterly meeting. Agreement was also reached on submitting a Core Model Element (CME) 15 and a variation to CME 9 to recognise the essential role of Aboriginal and Torres Strait Islander Family Partnership Workers which has since been submitted to the University of Colorado (UoC) for formalisation. Partner organisations will be kept informed on the progress of these items.

The Commonwealth Department of Health provided an update to conference attendees and at strategic meetings. It is anticipated that the evaluation design for ANFPP will be completed by October 2019 by Urbis and Cox Inall Ridgeway following the extensive feedback sought from the conference attendees during the concurrent sessions. The design framework aims to be culturally safe, strengths-based,

consultative and able to answer relevant questions.

Ministerial Portfolio changes were noted with the Hon Greg Hunt MP, Minister for Health and directly responsible for Indigenous Health within the Health portfolio. The Hon Ken Wyatt AM MP is now the Minister for Indigenous Australians. The National Indigenous Australians Agency has been established to lead and coordinate Commonwealth policy development, program design and implementation and service delivery for Aboriginal and Torres Strait Islander people; and to provide advice to the Prime Minister and the Minister for Indigenous Australians on whole-of-government priorities for Aboriginal and Torres Strait Islander people.

The National Program Manager Dr Sally de-Vitry Smith updated CEOs, Program Managers and conference attendees on the work of the National Program Centre (NPC). A new ANFPP public facing website was launched on 24 June 2019. A new online learning environment is under development. To target smoking reduction, the NPC have partnered with Ninti One on the Maternal Smoking Cessation Capacity Development Project. A learning needs assessment has been developed for Nurse Home Visitors and over the next year a similar document will be developed for Family Partnership Workers as part of the Workforce Development and Education team's key priorities.

Social Notes: Under the Stars in Alice Springs

The three days of the conference provided opportunities for the staff at sites to get to know each other outside of their professional duties and explore and learn more about the beautiful landscape of the local Alice Springs area. Morning and afternoon teas, lunches and dinners all served as occasions for reconnecting with old colleagues as well as welcoming new faces, while various social activities allowed for shared experiences among the attendees.

One of these social activities was a Cultural Walk along the Todd River led by Ken Lechleitner, who provided a group of about 40 people with a comprehensive overview of the area, linking many of the land formations and structures and local flora to stories from the Dreamtime. As a fitting backdrop to end Day 1 of the conference, the group witnessed the sun setting over the MacDonnell Ranges at the end of the walk.

The following night, the attendees gathered together in the Alice Springs Convention Centre Courtyard for a night of live music, canapes and conversations. The night provided a chance for attendees to relax and mingle with other visiting teams; enabling further friendships and acquaintances to be established for the remainder of the stay.

The final day of the conference saw a group of attendees head off to the Alice Springs Desert Park for the nocturnal tour around the park grounds. The tour proved to be highly educational, with everyone able to observe the local animals in their natural habitat as well as gaining a greater understanding of the conservation efforts in place to protect endangered animals.



Visions and Voices from the 2019 ANFPP National Conference





ANFPP Partner Organisations Contacts

The ANFPP National Program Centre supports program implementation at all sites. Any general enquiries about the program or this newsletter can be directed to the NPC at:

Level 2, 5 Gardner Close, Milton QLD 4064
(07) 3891 4177
info@anfpp.com.au

Central Australian Aboriginal Congress Inc.

Alice Springs NT
(08) 8951 4400

Danila Dilba Health Service

Malak NT
(08) 8942 5348

Durri Aboriginal Corporation Medical Service

Kempsey NSW
(02) 6560 2300

Greater Western Aboriginal Health Service

Mount Druitt NSW
(02) 6845 3545

Nunkuwarrin Yunti of SA

Adelaide SA 5000
(08) 8150 5000

Institute for Urban Indigenous Health Brisbane North and South QLD

(07) 3648 9500

Rumbalara Aboriginal Cooperative Ltd.

Mooroopna VIC
(03) 5822 2866

Top End Health Services

Casuarina Plaza, Darwin NT
(08) 8999 3337

Wellington Aboriginal Corporation Health Service

Wellington NSW
(02) 6882 2751

Winnunga Nimmityjah Aboriginal Health Service

Narrabundah ACT
(02) 6284 6238

Wuchopperen Health Service

Manoora QLD
(07) 4080 1187

Wurli-Wurlinjang Health Service

Katherine NT
(08) 8972 9123

