

# PROGRAM NEWS

EDITION 23 // FEBRUARY 2019



## In this edition

Message from the National Program Manager.....	2
Central Australian Aboriginal Congress .....	4
Danila Dilba Health Service.....	6
Durri Aboriginal Corporation Medical Service .....	8
Great Western Aboriginal Health Service.....	10
Institute of Urban Indigenous Health (North).....	12
Institute of Urban Indigenous Health (South).....	14
Nunkuwarnin Yunti .....	16
Rumbalara Aboriginal Co-operative .....	18

Top End Health Services .....	20
Wellington Aboriginal Corporation Health Service .....	22
Winnunga Nimmitjyah Aboriginal Health and Community Services .....	24
Wuchopperen Health Service.....	26
Wurli-Wurlinjang Aboriginal Medical Service .....	27
NPC Updates .....	28
ANFPP Partner Organisations Contacts .....	32



# Message from the National Program Manager

*Contributed by: Sally de-Vitry Smith*

**I**would like to acknowledge the Traditional Owners of the Lands and Waters on which we live and work and recognise this land has always been under their custodianship. I pay my respects to Elders past, present and emerging. I also extend respect to all Aboriginal and Torres Strait Islander people who may be reading this newsletter.

Over past six months the Australian Nurse-family Partnership Program (ANFPP) National Program Centre (NPC) and 13 partner organisations have continued working to achieve the following:

- Improved outcomes in pregnancy
- Improved outcomes in child health and development
- Improved parental life course.

The NPC continues to provide education to staff so they can deliver the ANFP Program with knowledge and confidence. Unit One is online and can be undertaken by new staff in a timely manner and is available for existing staff as a review. Over the last six-month reporting period (June–December 2018) core education was delivered to 198 staff from Partner Organisations.

The Intimate Partner Violence (IPV) adaptation project implemented as Domestic and Family Violence (DFV) managed by Brooke Dickson has moved into the evaluation phase and is due to be completed in September 2019. All sites have received DFV training at their site and DFV is now an integral part of the ANFPP curriculum.

Reflective Supervision has been provided to Nurse Supervisors and Nurse Home Visitors without a Nurse Supervisor on a regular basis by Belinda Kippen. Over the last six-month reporting period (June–December 2018) 57 reflective supervision sessions were provided. Reflective supervision helps ANFPP staff to manage the challenges they face as they engage in supporting vulnerable families. The education of Nurse Supervisors is being updated to support team coaching, competency assessment, high-quality program delivery, performance assessment and management expectations.

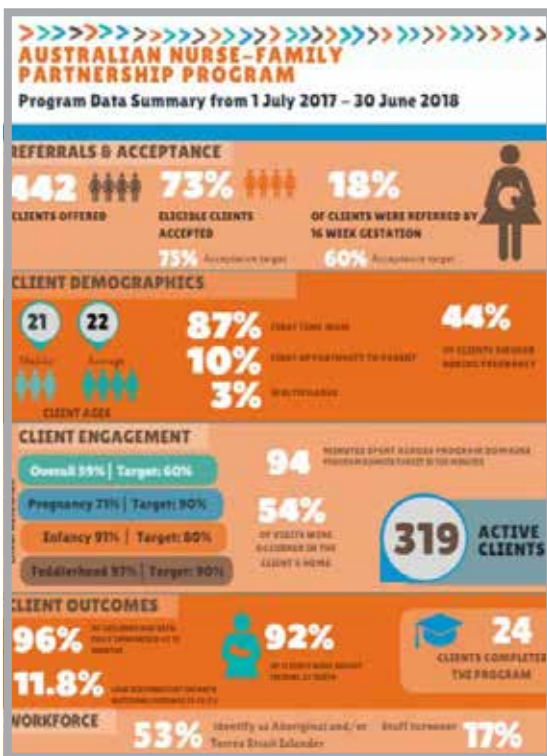
The content review of the Home Visit Guidelines 2019 led by Samantha Lewis has been completed. Minor changes to the Yarning tools and formatting changes are in progress. The Quality Site Self-Assessment (QSSA) tool has been reviewed to make it a practical component of the continuous quality improvement cycle.



The Family Partnership Worker (FPW) position description and recommendations regarding their role have been endorsed by the Leadership Group. This is the culmination of several years' work and recognises the essential contribution of the Family Partnership Worker to the program.

The Dyadic Assessment of Naturalistic Caregiver Child Experiences (DANCE) has become the tool used to assess the interaction between mother and child and replaces the NCAST dyadic assessment. The first DANCE training took place in Brisbane in November 2018 and two further online trainings are scheduled for April and May this year. The DANCE Clinical Leads are Samantha Lewis and Kym Cunningham. The Strengths and Risks (STAR) framework was previewed to ANFPP partner organisations and the STAR screening tools for Australia have been reviewed.

Following the finalisation of the 2017–18 Annual Data Report led by Nzie Okpokam, a summary of program data from 1 July 2017 to 30 June 2018 is outlined in the infographic below. A de-identified version of the report will be made available on the OLE over the coming weeks.



The NPC warmly welcomes Karen Rauert as our new Nurse Educator and Archie Reyes as NPC's Graphic Design Administrator. Karen is a registered nurse and midwife with a certificate in Child and Family Health. Karen has experience working as a Community Midwife in a rural area as part of the Aboriginal Maternal Infant Health Strategy. Archie is adding his knowledge of design to improve the presentation of ANFPP documents such as the Home Visit Guidelines.

A warm thank you to everyone who contributed their stories to the newsletter. It is inspiring to work with partner organisations as they strive to improve the maternal and child health and wellbeing of Aboriginal and Torres Strait Islander families by supporting parents to:

- develop good preventative health practices,
- improve child health and development, and
- develop a vision for their own future.

The NPC team extend their gratitude to the Commonwealth Department of Health, the ANFPP Leadership Group, Partner Organisation CEOs, Program Managers and the ANFPP teams at sites work who work tirelessly to deliver the program. The NPC looks forward to seeing everyone at the National Annual conference this year (23–25 July 2019) hosted by Congress in Alice Springs. This year will be an important event as ANFPP celebrates ten years of program delivery in Australia.



# Central Australian Aboriginal Congress

Contributed by: Karen Gall

## Community events

**I**n Alice Springs we managed to squeeze in a couple of events in December to get our clients in to the swing of the festive season. A craft day was held at the office which was enjoyed by half a dozen clients, making and decorating Christmas gifts for family and friends. Two nurses who love to shop, ventured out to purchase gifts for our clients and their child which was very welcome and appreciated. In Alice Springs each year the Salvation Army also do a fabulous job of assisting our clients and providing food hampers. NHV's and ACW's were kept busy ferrying clients to the collection point for their hampers.

A very successful Drive Safe was attended by seven clients who achieved their learner's permits, now the coordination continues and we endeavour to support them to achieve their provisional license. Like many parts of Australia, Central Australia has certainly tested our strength to survive the heat, with many consecutive days of 43 degrees. Our nurses have used this to their advantage and have enjoyed many outings to the Town pool with clients which is proving to be a great success. We have a full calendar of events planned for the year and looking forward to exciting 2019.



## Staff profiles

ANFPP Congress has had three new Nurse Home Visitors join the team over the last few months.

**Tammy McCormack** has been working as an RN for 3.5 years in the NT. Originally from NZ she trained as an ED nurse. Living with her husband and two daughters in Alice Springs and enjoying life. Tammy commenced with ANFPP September 2018 with a goal to become part of a team to support and encourage new mums and dads to be confident, healthy and to help them recognise their strengths and goals in the early years of parenting.

**Karen Gall** is a Registered Midwife who has been working in the Northern Territory for five years and moved to Alice Springs two years ago to work with the Midwifery Group Practise. Working closely with clients over a ten month period with MGP allowed her to develop strong relationships with women and their families. ANFPP extends this relationship and she is excited about building new relationships and working with Indigenous families. Her very accommodating husband and two children also moved to Alice Springs and have all settled in well, maybe not much when the mercury hits 43 degrees, but the winters are magical.

**Louise Banner** has moved from Launceston, Tasmania with her partner, 3 sons, mother, 2 cats and little black poodle called Sooty! Louise visited the NT in 2005 on a family holiday and was overwhelmed with some of the issues people in the community were faced with, so returned to Tasmania to commence her nursing degree with a vision to one day working in the NT. She has worked extensively in General Practice and mental health as well having been a foster carer for the last 20 years.





# Danila Dilba Health Service

Contributed by: Flo Morcom

## Community Event

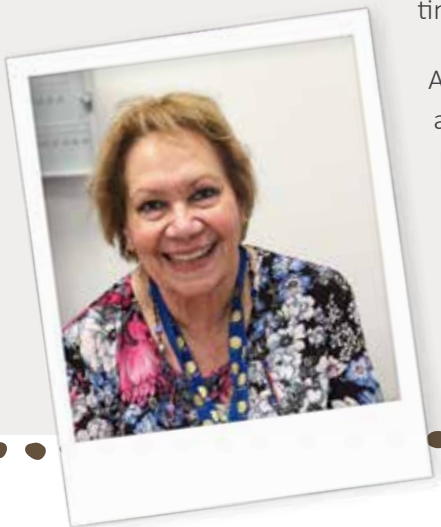
**A** Christmas Party was recently held with the ANFPP staff with about 10-15 clients joining the festivities, include some of their older children and partners. The party was such a success and the ANFPP staff had a wonderful time cooking and entertaining everybody. We can hardly wait for next year!

## Staff profile

My name is Flo Morcom and I recently started work as a Nurse Supervisor with ANFPP, Danila Dilba. I have returned home to Australia after spending some time working in Saudi Arabia, which I thoroughly enjoyed.

ANFPP is totally different to what I have been doing in the past, and I am looking forward to this next and final chapter in my nursing career. Previously, I worked as ADON for the Critical Care Units and I felt that it was time to try something different and more challenging.

I have already learnt so much over the past few weeks since joining Danila Dilba and am looking forward to being part of the ANFPP team here in Darwin and nationally.





You are warmly invited to the



# 2019 ANFPP National Annual Conference



Hosted by the  
Central Australian Aboriginal Congress



July 23rd to 25th, 2019  
Alice Springs Convention Centre  
93 Barrett Dr, Alice Springs NT



Accommodation reserved for sites to book at  
Double Tree by Hilton Hotel Alice Springs  
82 Barrett Dr, Alice Springs NT



# Durri Aboriginal Corporation Medical Service

Contributed by: Cindy Gordon

## Group Interactive Education Day

**W**e held our 3rd group interactive education day, which was very successful. We use a combination of a craft that the girls would like to learn and a few elements from the program curriculum that we as the NHV have identified would benefit the girls. On occasion, we also incorporate topics that have been specifically requested by them.

4 young ladies attended, 1 in the antenatal phase and 3 postnatal, with babies ranging in age from 2 weeks to 12 weeks.

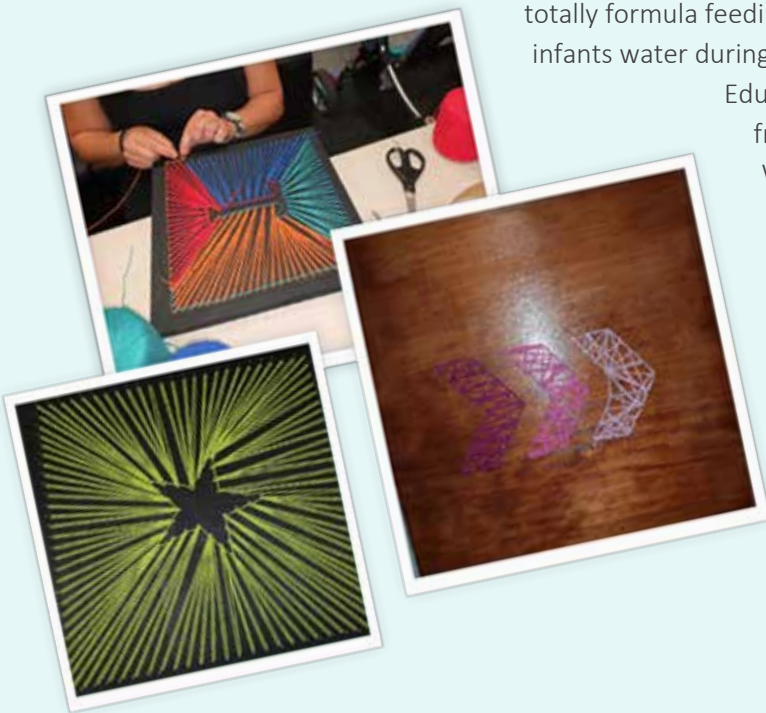
The main topics of discussion were infant sleep patterns and babies feeding requirements during the very hot weather conditions. Topics were led by the Mothers on this occasion as there was such a broad difference in the ages and stages of the infants.

PIPE curriculum was utilised when discussing the sleep patterns, or from the Mums perspective, lack of sleep patterns. Mums were happy to go home and use chart to plot what their babies are actually doing to help them understand their infants' behaviour in this first 3 months.

Of the 3 Mums we have 2 supplement feeding with formula and 1 totally formula feeding, Mums wanted to know about giving their infants water during the hot periods we have been experiencing.

Education regarding water toxicity was obtained from various evidence based sources and WHO recommendations as to why we don't recommend supplementing with water.

The craft activity was string art, using nails in a board and weaving the string in patterns. It was great to see the girls that were a little worried that they couldn't do this activity actually nail it (pardon the pun). We had some beautiful pieces created by each of our Mums. And they are already messaging with their ideas for the next group day.







## Fun facts about our team!

### Tegan Roberts, Administration

Why did you join ANFPP: I joined ANFPP to learn new skills and try something different

Favourite book: Name of the Wind by Patrick Rothfuss

Favourite food: Chocolate, cake and chocolate cake

Favourite movie: I don't have one but it would probably be something Disney

Favourite sport: Does Quidditch count?

Hobbies: reading, gaming and eating cheese.



### Kirstyn Docherty, Nurse Home Visitor

Favourite food: Anything savoury/finger foods

Favourite past time: Locking myself in my art studio cutting coloured glass for whatever project I'm working on.

Favourite book: The Tattooist of Auschwitz

Favourite holiday: Anything that involves a plane, sunshine, shopping, dancing and sleeping

Favourite moment as a mother: When each of my 5 children were placed in my arms

Also: Ohh and I love snap chat filters, even the ugly ones they're the best.

I am Registered Midwife with NSW Health. The primary healthcare model interested me and so I wanted to make a difference. I am looking forward to have the program becoming an established element of the local area. I enjoy working with the Mums and bubs, educating them and experiencing their joy when they realise they can do 'this'.



### Martina Rosas, Nurse Home Visitor

Favourite food: Sushi

Favourite movie: Picnic at hanging rock

Favourite person: My mother!

Favourite sports: Soccer

I have recently started working as a NHV with the ANFPP team at Durri. For the last 10 years I have been working at the local hospital's High Dependency and Coronary Care units, so I am very much looking forward to a change of pace. I am very passionate about my community and I cannot think of a better way to help close the gap than to work hand in hand with new mums and their bubs.



# Great Western Aboriginal Health Service

Contributed by: Nicola Penn

## Program updates

The team are now 10 months into home visiting and our days are quickly becoming a juggling act of scheduling home visits, consents, support visits and client groups. We currently have 40 clients, and have had 22 Babies born so far. Our client groups continue to be a highlight for the team, these groups are well attended by clients, partners, grandmothers, aunties and babies. Clients have been involved in creating art work for our new office space. Our Christmas group was well attended with 20 clients, 13 babies and a special visit from Santa.

We look forward to moving to our new office space in the coming weeks, it is in a central part of the area next to community health, Westfield and the train station. We hope this means we have clients drop in often. The team are excited about having a room dedicated to belly casting- an activity many of our clients look forward to. Our team continues to work closely with other programs in our organisation, having some of the male workers from the clinic and community programs attending our groups to support fathers. Some highlights from the last few months have been a number of healthy babies being born, attending one of

our amazing mother's high school graduation with her 6 week old baby and attending a Welcome to Country ceremony. The Welcome to Country ceremony was a chance for babies born in the last 12 months to be welcomed to country by local elders. This was a special day for our clients and staff who attended.

Our service had a visit from the NSW Secretary for Health in November. We were able to share a client's story with her and how the ANFPP has impacted on this client's life. This client then introduced her beautiful baby to the secretary over lunch.

In December the team hosted a yarning circle for a group of international health students from the Netherlands who are conducting a research project on birthing on country. These students were very interested



to hear from our team about our client's journeys in an urban setting and the gap in culturally appropriate care that is accessible to our clients.

Taleah- one of the teams AFPW's gave birth to a healthy baby boy, the team did a belly cast for Taleah, which was painted by the talented Kerry from our team.

Our main referral source continues to be self-referral, so the team continue to work on getting the word out there about ANFPP online and in person. The team continue to attend community events to promote the program.

## Staff profiles

### **Kiya Shipley, Aboriginal Family Partnership Worker**

I started working in the GWAHS ANFPP in September 2018 as an Aboriginal Family Partnership Worker. My father is a Kamilaroi man and my mother a Yorta-Yorta woman. I have lived in the Mt Druitt all my life and enjoy working within my community and being able to make a difference for our people. I am currently enrolled in Western Sydney University, studying to be a Registered Nurse. Once I graduate I would love to continue working with Aboriginal women and children.

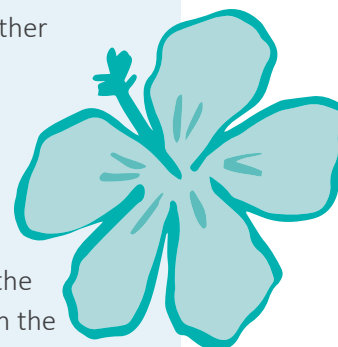
### **Latoya Kennedy, Aboriginal Family Partnership Worker**

I am a young Aboriginal woman born in Broken Hill New South Wales. My mother is a Kunja Woman from Cunnamulla NSW and my dad is a Barkindji man from Willcannia NSW. I joined the GWAHS ANFPP 8 Months ago and I have loved meeting all the new Mums and babies along the way.

### **Bec, Nurse Home Visitor**

I have worked in the ANFPP team for the past six months. Before starting on the team, I worked in an Acute Community Mental Health Team for 8 years within the local area. My passion is community and working together with clients and their families to access best possible care/supports to help them achieve their goals to better their social and emotional wellbeing.

The one thing I love most about being a part of ANFPP is working alongside women and their babies/families and guiding them through their goals and those special moments when they reflect on something you and their FPW have spoken to them about with confidence and smiles!





# Institute of Urban Indigenous Health (North)

Contributed by: Kerri Mooney

## Staff profiles



### Shaz Stevens, Nurse Home visitor

My name is Shaz and I have been a Nurse Home Visitor with ANFPP North Brisbane since we introduced the program in April 2016. This position is the longest I have stayed in one role in my entire life. I would usually be off travelling the world but now I have my own adventure starting on the 26th April as a first time mum. I find my role rewarding and love to see the changes in our client's lives as they grow in our program.

My mother is from Yuin Country South Coast NSW, but I was born in Queensland with my father's side of the family and now live here again. I attended the Sydney University to do my nursing training. The majority of my career has been as an Emergency Nurse. I lived in Canada for 2.5 years but returned 4 years ago to work for IUIH.



### Emma Moorhouse, Nurse Home Visitor

My name is Emma Moorhouse, I am a Nurse Home Visitor with ANFPP North Brisbane. I have been with the team for 6 months after making the move to Brisbane last year with my husband and three children.

Previous to this role I worked as a Women's Health Nurse on a surgical ward, I then studied did a post grad diploma in Public Health and went on to work as a School Health Nurse in the UK, working closely with young people and their families.

I enjoy all aspects of the NHV role and am very grateful for being part of a supportive team who I have learned a lot from as well as completing Unit 1 and 2 with NPC. I am looking forward to seeing my clients grow and feel very privileged to be a part of their journey becoming a mum for the first time.



## Fun facts about our team!

### **Keanu Dodd, Family Partnership Worker / recently graduated ANFPP client**

Favourite food:	Carbonara
Favourite movie:	Me before You
Favourite moment as a mother:	When my two year old daughter rolled her eyes at me
Most memorable ANFPP moment:	Becoming a FPW after being a client of the program.



### **Mistie Woodbridge, Family Partnership Worker**

Favourite Food	Mexican food
Favourite Movie:	Hardball – Keanu Reeves
Favourite Song:	Rise up – Andra Day
Favourite Book:	The Secret
Favourite moment as a Mum:	One of my favourite moments as a mum is when my 1st born graduated year 12
Favourite ANFPP moment:	Living by the quote “Whether you think you can or can’t ..... You are right!!!!
Favourite sports team:	Sydney Roosters
Favourite Holiday:	Camping with the family.



# Institute of Urban Indigenous Health (South)

Contributed by: Louise Denholm and Fumiko Nelio

## Community Day's Success Stories

**How following her heart's desire—to nurture her son and friends through cooking—helped one young mum to transform anxiety and depression.**

**I**nitially Shanina was shy and withdrawn at our Community Day events. With encouragement from her FPW and NHV, she began to engage with other women, babies and staff. Her baby Ozaias was born 13 weeks prematurely and presented with a variety of developmental and parenting challenges. Inspired by our weekly creative art adventures and the nutritious lunches we had organised, Shanina confided to the team she would love to cook one of her special dishes as a lunch time treat. Her HNV and FPW understood the importance of her request.



This was a client-centred, strength-based, solution-focused activity, promoting Shanina's capacity to identify and work through strategies to achieve her goals. Shanina identified and organised the resources for her culinary debut at our next Community Day. She arrived barely recognisable; looking powerful and confident, immaculate hair and makeup and a stunning outfit. She took full control of the kitchen, insisting on cleaning up as she went, her delivery was professional and well organised. Her food was delicious and nutritious.

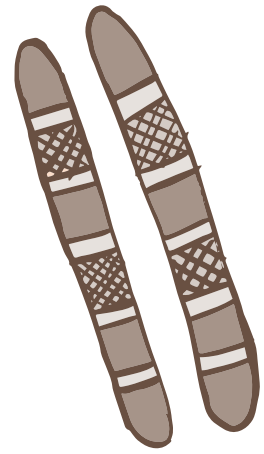
Inspired by the positive feedback from staff and clients, Shanina was motivated to set herself other goals connected to her passion for cooking. She has support from our psychologist and our dietician to scaffold her therapeutic journey as she moves into the last year of the program.

A dramatic improvement in her toddler's capacity to self-regulate and be soothed was apparent as her motivation and confidence has developed. Her HNV and FPW will continue to support her empowerment by structuring her cooking involvement to alternate with other creative activities; including PIPE activities that specifically promote bonding and attachment with her toddler and emotional refuelling. Her current goals involve opportunities to teach and inspire other clients to cook.



## Growing and healing through creative arts

As care providers working within the pre and postnatal domains we are closely involved in supporting women and families experiencing a spectrum of family violence. Many of our client's suffer a myriad of mental and physical health issues as a result of transgenerational, pre- and postnatal and biographical trauma. Their current situation is a direct consequence of historical and current abuse perpetrated against them, their families and communities. We have many professionals and services in place that offer wrap around services to support clients at risk.



Our Community Days address issues of trauma sensitively and respectfully, through strength and compassion based activities in a culturally safe environment. Opportunities to connect our mum's to our extensive history of wellbeing can restore a sense of innocence, where healing can begin. We provide a variety of activities that promote maternal and personal strengths as well as providing unexpected solutions to complex issues, through creatively connecting with our "inner expert". Mindful creative activities, respectfully conducted; create a therapeutic space for our mother's, bubs and families to thrive. This is achieved through encouraging women to "know their heart's desire". When mums commit to join ANFPP, they will often say their goal is to be the best mum they can be. We reinforce this connection to her heart's desire, by modelling an environment where she and her baby can heal, flourish and grow.

As an integral part of our relationship-based model of care we offer our clients belly castes to creatively support the powerful and intimate bond between the mother (partner), fetus and staff. The final product represents a dreaming journey that began in the womb of our grannies. It represents the power of our resilience, as individuals and as community. Every belly caste and belly bowl is unique and precious and holds a powerful, sacred power that families want to protect and treasure.

Following the birth, we provide other opportunities to create meaningful memories by doing hand and/or feet castes of the newborn. These tiny, anatomical sculptures are tremendously powerful and offer opportunities to celebrate the powerful mother and capture the hope and dreams for the future. Memories of trauma are transcended by memories of love and connection.

Some mums chose to paint their babies hand or foot, silver, gold or white, one was painted a vivid pink. Everyone involved is always delighted by the exquisite details imprinted on this sacred and delicate legacy that can be treasured for a life time.





**NunKuWarrin Yunti**  
of South Australia Inc.

# NunKuWarrin Yunti

*Contributed by: Glenda Woodall*

## Community events

### Elders Morning Tea/1st Birthday Party

Our team hosted our 2nd Elder's morning tea and combined this with a celebration of ANFPP's 1st birthday in South Australia. We were very lucky to have our CEO Vicki Holmes attend and do the honours with the cake cutting.

### NunKuWarrin Community Fun Day – 10th October 2018

The whole team attended the annual NunKuWarrin Community Fun Day. We provided some arts and crafts for the children and helped out with other activities such as the smoothie-making bike.

### Belly casting

Belly casting has become a regular activity here at our site and the clients are now enjoying decorating them. We even have a very creative Mum who is mosaicing her cast with mirrored tiles.

### Client Christmas Party

We held a joint client Christmas party in December with the SMSK (Strong Mums, Solid Kids) program. The event was very well attended and a great time was had by all even though it was an extremely hot day, especially for Father Christmas!





## Staff profiles

Introducing our newest team members!

### **Isadora Roberts, Administration Officer**

My name is Isadora. I am a Luritja/Alyawarre woman from the Northern Territory who was born and raised in Darwin but my family is from Central Australia.

I moved to Adelaide originally in 2007 and love it but I really miss the storms and food from home.

I started working at Nunkuwarn Yunti as a casual Reception/Transport Officer since January 2018. I have just started my new position as the Administration Officer at ANFPP this year. I'm looking forward to meeting everyone.



### **Heather Coleman, Aboriginal Family Partnership Worker**

I come from the Kokotha/Mirning tribal groups from the Far West Coast of South Australia, born in Ceduna and have lived and worked in Adelaide and Ceduna. I have predominantly worked in Administration and Leadership positions within the Community Services sector including Family Violence Legal Services, Women's Services, Child Care Services, Aged Care, where I enjoy working alongside Aboriginal women and their families in the grassroots of communities.

I started working with the ANFPP as the Administration Officer, and am now one of the Aboriginal Family Partnership workers. I am looking forward to working with our young mums to support them in their journey from pregnancy through to motherhood.





# Rumbalara Aboriginal Co-operative

Contributed by: Liz Eliason

## Community events

### Christmas afternoon tea

**Strong Mums, Strong Bubs** at Rumbalara held a great Christmas afternoon tea for our clients. It was such a great time to sit, chat and EAT! We held it at a local Indigenous owned café, which has a great sense of culture. Each client received christmas gifts for themselves, food to take home and continued to strengthen our connection to each other. It was geat to hear the postiive feedback from all who attended, and we are very excited to keep these events up of a regular basis. We are looking forward this new year and seeing our program grow in our community.

### Cummeragunja 80th Anniversary Walk off Celebration

Our ANFPP team attended the special Cummeragunja 80th Anniversary Walk off Celebration on the 4th February. The Walk off was held in honour of the descendants of Cummeragunja who survived the struggles and took a stand against the ill treatment by White Mission Managers of the time. The Celebration was a symbolic gesture, demonstrating that the Cummeragunja Community is a strong proud community that has overcome many struggles but its connections to country have remained strong. The event involved a significant walking back onto the Land of Cummeragunja. We were proud to be able to represent Rumbalara and ANFPP at this event in our community.

### Baby shower

We also had our first invite to a client's baby shower this month, for a gender reveal party. Her Nurse Home Visitor and Family partnership Worker were able to attend and share this day which was such a special event. After some fun, food and games everyone gathered around as our client opened up the first of two plain big boxes, out came many PINK balloons! Then onto the second box, more PINK balloons. She is having TWIN GIRLS! We are all so very excited, and love seeing her grow and develop as a mum. This is why we love ANFPP.



## Fun facts about our team!

### Liz Eliason, Nurse Supervisor



Favourite food: Nando's Chicken Wraps with BBQ sauce  
Favourite movie: Anything at the cinema.  
Favourite ice cream: Peppermint choc-chip  
Favourite quote: "Do something today that your future self will thank you for."  
Most memorable ANFPP moment: Joining the ANFPP team. I've been part of the team for three weeks. And loving every moment so far.  
Best Holiday: Canada. But I am heading to Japan in March. So that may win. Let's see!

### Michelle Keady, Nurse Home Visitor



Previous Roles: Primary care nurse, working in a Men's Prison, Community Nursing and 16 years in General Practice. Immunisation Nurse, Quit Educator, Asthma Educator, Diabetes Resource Worker, Post Grad Cert. in Chronic Disease Self- Management. Carried out Health Assessments and Management Plans for all age groups. Experience with Aboriginal Health in Regional Victoria and in outback NT.  
Why I joined ANFPP: I am interested in contributing to positive Aboriginal health outcomes.  
What I look forward to with ANFPP: Being part of an evolving ANFPP site and Aboriginal community and to one day be able to say I contributed in some small way to its success.  
My best holiday: Travelling around Australia for 14 weeks and having the freedom to explore nature and local culture and to regenerate the mind and body!

# Top End Health Services

Contributed by: Vania Silva

## Program Updates

**I**n the last 6 months, ANFPP in the Remote Communities, continues to go from strength to strength as demonstrated by the increasing number of mums participating in the program and the positive feedback from these families and multiple Community Services. This has been as a result of the hard work our Nurse Home Visitors and Family Partnership Workers put in each week, often under challenging environmental and social circumstances. This hard work, however, comes with a multitude of rewards, some small and some so huge we are often left in awe of our clients and their resilience. Regardless, we never overlook the opportunity to celebrate achievement by our mothers and their families.

### **The Importance of Working in Partnership with Multiple Services- It Takes a Community to Grow a Child**

ANFPP TEHS acknowledges the importance of working in collaboration with multiple Community services and the importance of building strong relationships with all stakeholders. Without these services our work on the ground would be very difficult. These can be as varied as a Local Club, the butcher, the abattoir, multiple Health services, the Health Clinic, Midwives, and Aboriginal Health Practitioner Education Coordinators to Non-Government Organisation. The list is extensive, and continues to grow, it also demonstrates what can be achieved when the 'whole community' commit to assisting our mothers and their families achieve positive outcomes.



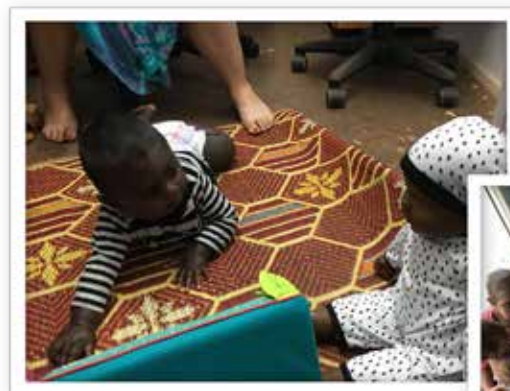
## Family Partnership Workers

The FPWs in the Top End continue to teach the team the many important ways Cultural practices are implemented in their Community and how to use Culture to strengthen the way we deliver the Program messages. Baby Smoking Ceremonies have become more common in some of the Communities and NHVs have been in the privileged position to be allowed to participate alongside families. In addition we have also participated in hunting for bush tucker such as turtles and gathering bush foods as well as the making of traditional bush medicine for scabies. According to the FPWs the importance of keeping traditional Culture alive is a challenge but ANFPP are seen as being in the ideal position in which to provide opportunities for our FPWs to teach the mums and families.



## Adapting to the Remote Setting

As our numbers are increasing the Top End ANFPP is continuously looking at ways in which to deliver the program with the resources available. One way in which we have done this is by increasing the days the NHVs are out in Community and increasing the opportunity for mums to attend ANFPP group sessions. Our Antenatal group sessions have included our mums early in the pregnancy wearing our “pregnancy suit” which has resulted in some funny stories as well as very insightful, practical demos on birthing performed by some of our talented staff in the art of ‘acting’. In infancy it has included groups on play where the staff have been able to complete ASQ assessments followed by discussions around age appropriate expectations and safety.





# Wellington Aboriginal Corporation Health Service

Contributed by Lyndall Fryer

## Program updates

Over the last six months of the year, the WACHS ANFPP have been kept busy, delivering over 300 home visits, with each visit averaging 63 minutes. The ANFPP team have seen five clients graduate from the program and welcomed 12 new babies to the program during this time. Each of our client's graduations have featured on our WACHS social media account with their permission and included the following stories:



Emma and Francie held a graduation visit for Kathryn, following her completion of the two and a half year ANFP Program. Referred by her antenatal care provider in February 2016, Kathryn gave birth to Norah in July. During the Program we have enjoyed witnessing the fun Norah and Kathryn have together. We have observed Norah's personality develop to take on many of the strong, independent characteristics of her Mum. A strength of Kathryn's has been the support she has both given and received from family and friends, and her partner, Maverick. We would like to wish Kathryn Maverick, and Norah, all the best for the future.

The Australian Nurse-Family Partnership Program graduated Brooke and Archie, from Wellington. Brooke worked with a number of staff during her time on the Program, and remained committed to attending visits and working towards being the best Mum she could be. Brooke also had the opportunity to participate in the ANFPP belly cast display in 2015 at the Western Plains Cultural Centre. We would like to wish Brooke, Tyrone and Archie a happy and healthy future as they continue to work toward their goals.



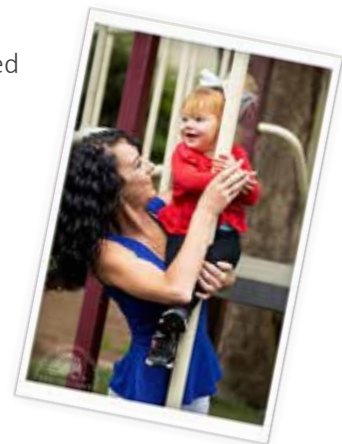
On Thursday the 1st of November 2018, ANFPP graduated Shannon and Anna-Lee after completion of the Program located in Dubbo. Shannon joined the Program in August of 2016 and welcomed her beautiful daughter in October of the same year. Over the course of our time with Shannon and Anna-Lee, we have watched them both grow, learn and develop together. Shannon has had 2 NHV's and 2 AFPW's over the

duration of her 2 years in the Program and remained committed to attending visits and working towards the best mum she could be to Anna-Lee. Shannon has loved being a part of ANFPP and we wish Shannon, Anna-Lee and family all the best for their future.



Lisa joined the Australian Nurse-Family Partnership Program with WACHS in August 2016, graduating in November 2018. Lisa's commitment to the Program and to Ryan was shown with her completion of 55 visits with her Nurse Home Visitor Emma, and her Aboriginal Family Partnership Worker Francie, receiving support and advice as she set out to be the best Mum she could be. With Lisa's loving care and attention, including use of language, reading, and play, Ryan has grown into an independent, intelligent and fun loving 2 year old. The ANFPP team wish Lisa and Ryan all the best for the future.

The Australian Nurse-Family Partnership Program graduated Kirsten and Rylee, from Wellington. Throughout the two and half years Kirsten remained committed to attending visits with her Nurse Home visitor Emma and her Aboriginal Family Partnership Worker Francie and continues to work towards being the best Mum she can be. During the Program we have enjoyed witnessing the fun Rylee and Kirsten have together. We have observed Rylee's personality develop to take on many of the strong, fun loving and independent characteristics of her Mum. Kirsten also had the opportunity to participate in the ANFPP National Conference presentation in June last year. We would like to wish Kirsten and Rylee a happy and healthy future as they continue to work towards their goals



The Wellington ANFPP were also host to the ANFPP team from Canberra Winnunga Nimmityjah Aboriginal Health and Community Service during October/November (29th–2nd, 2018). Both teams had the opportunity to share their experience and knowledge in the program and how ANFPP is implemented at the differing site locations. The site visit allowed the Canberra staff (consisting of 3 NHV's and 2 AFPW's) to shadow the Wellington ANFPP team in our work, attending home visits, belly castings and a client graduation. The Wellington ANFPP staff presented topics of interest to the Canberra staff of how WACHS works and how we have successfully been delivering the program over the years. WACHS ANFPP were gifted a piece of artwork from a local Canberra Aboriginal man as a thank you for welcoming them to our community and allowing them the opportunity to visit with our clients and building a partnership between our teams.





# Winnunga Nimmityjah Aboriginal Health and Community Services

*Contributed by: Malcolm Bennett*

## Our journey in the ANFPP: a reflection

### Reflective Process

Do you really know what you're getting yourself into? This was the reflection process I went through over Christmas as I took stock of the ANFPP at Winnunga Nimmityjah Aboriginal Health and Community Services.

The short answer is: NO. You never really know what you are getting into!

### Taking stock

My understanding of the program at the beginning was very limited, and to be honest, vague. However, given that and to see where we have come in the last 12 months, it has been a privilege being part of the program. Going from no staff to the small team we have now has been an amazing journey. To see them grow into their roles as Nurse Home Visitors and Family Partnership Workers has been a privilege that only Nurse Supervisors will understand. Each team member has brought their strengths to the fore when dealing with difficult and complex situations. Our FPWs are amazing in keeping this program as a quality product for their Mums, and the NHVs are thriving especially in their endeavour to do PIPE at any opportunity.

### Complexity

In the 8 short months that Winnunga has been delivering the ANFP program, our clients have slowly started to trickle in, which has been a blessing in disguise as we negotiate some complex issues. One such complexity was a one client who seemed to be going to have her child removed from hers and her partners care, however with the assistance and perseverance of the home visit team, this child has stayed with the family. Initially, the father was given custody of their child and we



continued to work with the father, despite looking like this case was not going to fit with the program. This was done in the hope that the mother could come back into the picture. The good news is that she is back on the scene and has started to work towards developing positive attachment with her child. This has been a great outcome so far and despite the fact that there is still a long road ahead, she has proven to show strength in working towards a positive outcome for herself, her child and her family. She has re-engaged with her goal to be the best mum she can. We know the road will be rocky, however, she has some great solutions in place and knows that we will be there with her along the way (small steps). This is just one case that has been difficult but we are thankful that we have had the space to develop the pathways and relationships with the external bodies for the first time, without the difficulty of a full client load as well.

## Staff movement

On a sad note we farewell one of our number, Ruby has been with us since May and has grown into the role of NHV. Unfortunately she will be leaving Canberra in February so we wish her all the best in the future and hope that an opportunity for her to continue to work with the ANFPP comes her way. She will be a missed team member here in Canberra.





# Wuchopperen Health Service

Contributed by Helen Moss

## Program updates

A mum completes the Australian Nurse- Family Partnership Program (ANFPP) when her child turns 2 years of age. At this point the mum will have been on the program for 2 ½ years, which is quite a commitment and an achievement to be celebrated. This huge milestone is honoured by a graduation ceremony which takes place during our monthly client activities, so current clients can also celebrate with the graduating mum and their family, and be inspired to continue on their journey through the program.

At a client graduation, her Nurse Home Visitor (NHV) and Family Partnership Worker (FPW) reflect on the mothers journey by presenting a recording of all her photographs taken during the 2 ½ years of being on our program. She also receives a graduation certificate, a canvas photo, a toddler back pack and a “I am an ANFPP graduate” T-shirt which was designed by Jasmin Cockatoo-Collins, one of our Family Partnership Workers.



Three of our incredible mums graduated from our program in October 2018.

### Gail Sevallos and Kyren

“The support is amazing; I couldn’t have asked for a more supportive environment, I’d recommend this program to all first time mothers as it’s great and full of amazing people”

### Jess Raikuna, Jordan Byres and Lucy

“Being a confident mother gives my daughter reassurance in life. I hope she is confident when growing up.... More satisfied with program, services, clinic and all the ladies there! They will be greatly missed. I have appreciated everything they have done and are! Xxx”



### Brooklyn Deemal and Zavian

“Going to miss this program! Bub and I love you mob xx”



...

# Wurli-Wurlinjang Aboriginal Medical Service

Contributed by Bridgitte Hutchinson



## Program updates

The Family Partnership Program has been progressing steadily since March 2018 when we commenced providing services to the Katherine community. To date, we now have over 20 families actively engaged in the program.

We found that many of our clients have experience social and financial disadvantage, multi-generational trauma including domestic violence, and a lack of available support services. On the other hand, some of our families also experience the support, nurturing, teaching, humour and kindness of large family groups. Regardless of the challenges, we are very privileged to witness and work with these families.

Our workforce has been stable during this period. The team are becoming more familiar and building confidence in providing the service to our local families. The team works hard to support the families and are rewarded by seeing beautiful healthy babies and positive changes in our client's lives. It is lovely to be part of this.



# NPC Updates

Contributed by: Brooke Dickson

## ANFPP DFV Training

The Domestic and Family Violence education has now been rolled out to all ANFPP sites. Thanks to everyone for making the time for this additional education. Ashlee Donohue has continued to support the delivery of the education, and has shared with me that she felt very privileged to come to all the sites and see where the program is delivered from and wanted me to pass on her thanks to you all for having her at each of the sites. A further big thank-you to Robyn Bell who supported the DFV education roll out over my parental leave. Please don't hesitate to contact me if you have any follow up questions or would like anything clarified following the education.

This now concludes the rollout of the DFV as a standalone education. With the first group in March the DFV education will now be incorporated as part of the ANFPP core curriculum. The DFV project will finish up at the end of September. The project is now moving into the evaluation phase where each team will have the opportunity to participate in focus group to understand how the pathway has worked at their sites and what were the learnings, as this was the first new major addition to the core curriculum since the program started in Australia. These insights will support any future new additions and adaptations.

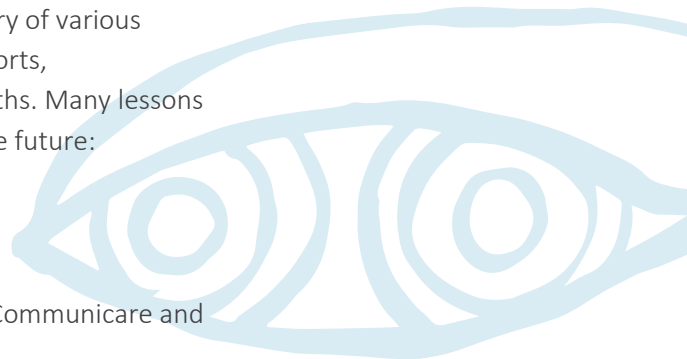


## ANKA Updates

Data and reporting has been a very active space with the delivery of various reports such as the Fidelity Reports, 6 monthly report, data reports, 2017–18 National Annual Data Report all within the last 6 months. Many lessons were learnt during this period which will definitely help us in the future:

Significant updates include:

- Commenced design on data structure for STAR and DANCE
- Commenced design of Reporting module that will combine Communicare and ANKA Data
- Continuing to build on ANKA guides based on specific topics, such as New Referral, available through OLE.
- Incorporated ongoing feedback from ANKA users to increase useability.
- Next release still on target for end of Feb release.



## Congress Visit

Over the month of February, Annette and Mursal from the NPC travelled to Alice Springs to provide face-to-face Unit 1 training for the FPWs, get an update on the implementation of the DFV pathway and visit the 2019 conference venue. The trip also provided an opportunity for a refresher training for our FPWs who had been in the program for many years. It was wonderful to meet the Congress team and connect.

The team would like to thank everyone for their engagement and hospitality and to all the staff for their feedback on the DFV education. The feedback provided to the NPC is very important and will be used to better inform future development and implementation in the area, leading to better outcomes for our clients. On the last day, we travelled to Hermannsburg, Alukura service (Womens only) was extremely informative and and it was wonderful to see that the program's clients are provided with a safe and comfortable space. The NPC team is very much looking forward to a return trip to Alice Springs for the ANFPP conference in July 2019.



INDIGENOUS DATES OF  
SIGNIFICANCE

February 13th Anniversary of 2008 apology

March 21st National Close the Gap Day

May 26th National Sorry Day

May 27th Anniversary of the 1967 Referendum

May 27th - June 6th Reconciliation week

June 3rd Mabo Day

July 1st Coming of the Light festival

July 7th - 14th NAIDOC Week

August 4th National Aboriginal and Torres Strait  
Islander Children's Day

August 9th International Day of the World's  
Indigenous Peoples

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





# VOICE TREATY TRUTH

07 - 14  
JULY 2019

*Lets work together for a shared future.*

# 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 4677  
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

## **Nunkuwarnin Yunti**

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**

Palmerston NT  
(08) 8999 3344

## **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

