



RURAL RESEARCH FORUM:

Realising Research in Rural Areas
Community Mental Health Drug and
Alcohol Research Network

Centre for Rural and Remote Mental Health
Orange, NSW

Aboriginal Health and Mental Health Research:
the challenge is relevance

June 2013

BIDGE CAKES

LUNACY

GIFTS GALORE AND MUCH MUCH MORE!
PROP. Nancy Lambton 941508

RYANS GUNDAGRI ME



2P



LUNACY

BerNor's Fashions

BerNor's Fashions

Fuel



HUNGRY?



THIRSTY?



REDUCE
SPEED
NOW





Aboriginal Health Workforce

- In 2006 Indigenous Australians were under-represented in almost all health-related occupations and comprised 1% of the health workforce.
- Indigenous students were also under-represented among those completing graduate courses in health (approx 1%).



Research

- It is not clear how many Aboriginal people are in the research community
- It is not clear how many Aboriginal organisations are actively involved in Aboriginal research activity
- It is not clear how many non-Aboriginal organisations are actively involved in Aboriginal research activity



NH&MRC Values and Ethics: Guidelines for Ethical Conduct in Aboriginal and Torres Strait Islander Health Research

- The six values that lie at the heart of these guidelines are:
 - ☐ Spirit and Integrity
 - ☐ Reciprocity
 - ☐ Respect
 - ☐ Equality
 - ☐ Survival and Protection
 - ☐ Responsibility



NSW Aboriginal Health Plan 2013 - 2023

- Strategic Direction 2: Implementing what works and building the evidence
 - by supporting quality research and evaluation, disseminating evidence of effective programs and services, and supporting the translation of evidence into policy and practice.

Strategic Actions	Responsible
Review research programs supported by NSW Health and identify opportunities to strengthen their focus on Aboriginal health.	MoH, Pillars
Work in partnership with the AH&MRC to support quality evaluations of Aboriginal programs to ensure they measure meaningful outcomes.	MoH, LHDs, Pillars
Support quality evaluations of mainstream programs to ensure their effect on Aboriginal people is measured.	MoH, LHDs, Pillars
Implement quality improvement strategies in data collection (particularly identification of Aboriginal clients) and reporting related to Aboriginal people in all health system settings.	MoH, LHDs, Pillars
Work in partnership with the AH&MRC to disseminate and apply the findings of research and evaluation through strategies to help translate evidence into practice.	MoH, LHDs, Pillars
Work in partnership with the AH&MRC to review the needs of the health workforce across NSW with regard to research and evaluation skills, and implement strategies to build the capacity of the workforce to undertake research and evaluation in Aboriginal health.	MoH, LHDs, Pillars

⁶ Introduction to Program Evaluation for Public Health Programs: A Self-Study Guide, Centers for Disease Control and Prevention, 2011 <http://www.cdc.gov/eval/guide/introduction/index.htm> accessed on 21/11/2012.




AH&MRC Ethics Committee

- Operates as a Human Research Ethics Committee (HREC) under the National Health and Medical Research Council (NH&MRC) legislation.



Role of the AH&MRC Ethics Committee

- To assess research proposals affecting the health and wellbeing of Aboriginal people and communities in NSW, and to monitor the collection of data on Aboriginal health to ensure these activities will be conducted ethically. This role is endorsed by the NSW Health Department and embodied within the NSW Aboriginal Health Information Guidelines which guide all NSW government agencies responsible for the management of Aboriginal health and health-related information.

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- With a few exceptions, Indigenous Australians are more likely to live in neighbourhoods with high rates of unemployment, low rates of employment in general, and low rates of employment as managers or professionals in particular.



Changing the landscape

- There has to be a better story
- Linking with existing services/programs
- Making sustainable relationships
- Making the story relevant
- Building evidence where it doesn't exist
- Supporting existing programs/organisations to build the evidence base

CRRMH

- **key stakeholders**, with expertise in Aboriginal social and emotional well-being, to provide guidance and advice regarding the Centre's strategic directions.
- **Aboriginal Advisory Committee to provide targeted advice and guidance to the Centre** regarding the social and emotional well-being needs of Aboriginal communities in rural and remote NSW.
- opportunities for the building of a **'critical mass' of academic staff of Aboriginal and Torres Strait Islander background** to improve the usefulness and benefit of health research for Aboriginal people.
- **Building of cross-cultural respect**, so the Centre can ensure that there is an effective policy infrastructure that embeds the notion of reciprocity of participation of Aboriginal people.
- **Commitment to working with Aboriginal communities in a respectful manner.**



Key messages

- Usefulness to recipients (value)
- Who's priorities, agendas (relevance)
- Relationships development (sustainable)
- Identification issues (quality)
- Current and future datasets (planning)
- Build evidence (support)
- Publish with Aboriginal people (acceptance)
- Create the workforce (capacity)



Key Aboriginal developments

- Constitutional recognition for Australia's First Nations
 - Continuing campaign
- National Congress of Australia's First Peoples
 - Agreed by the Commonwealth (2011)
- UN Declaration on the Rights of Indigenous Peoples'
 - Australia is now a signatory (2009)

Key message - Aboriginal Community

(everything else revolves around this)

- Community identity
- Community involvement
- Community as decision makers
- Community worth and value in your work
- Community ownership and control of process
- Community Community, Community, Community





Recent mental health developments Nationally

- LIFE Framework
- Australian Suicide Prevention Advisory Council
- Aboriginal and Torres Strait Islander Suicide Prevention Advisory Committee (1st ever)
- The Hidden Toll
- Apology to Stolen Generations – plus programs
- Close The Gap Commitment
- National Reform Agenda for Mental Health
- Fourth National Mental Health Plan
- National Mental Health Commission
- Taking Action to Tackle Suicide



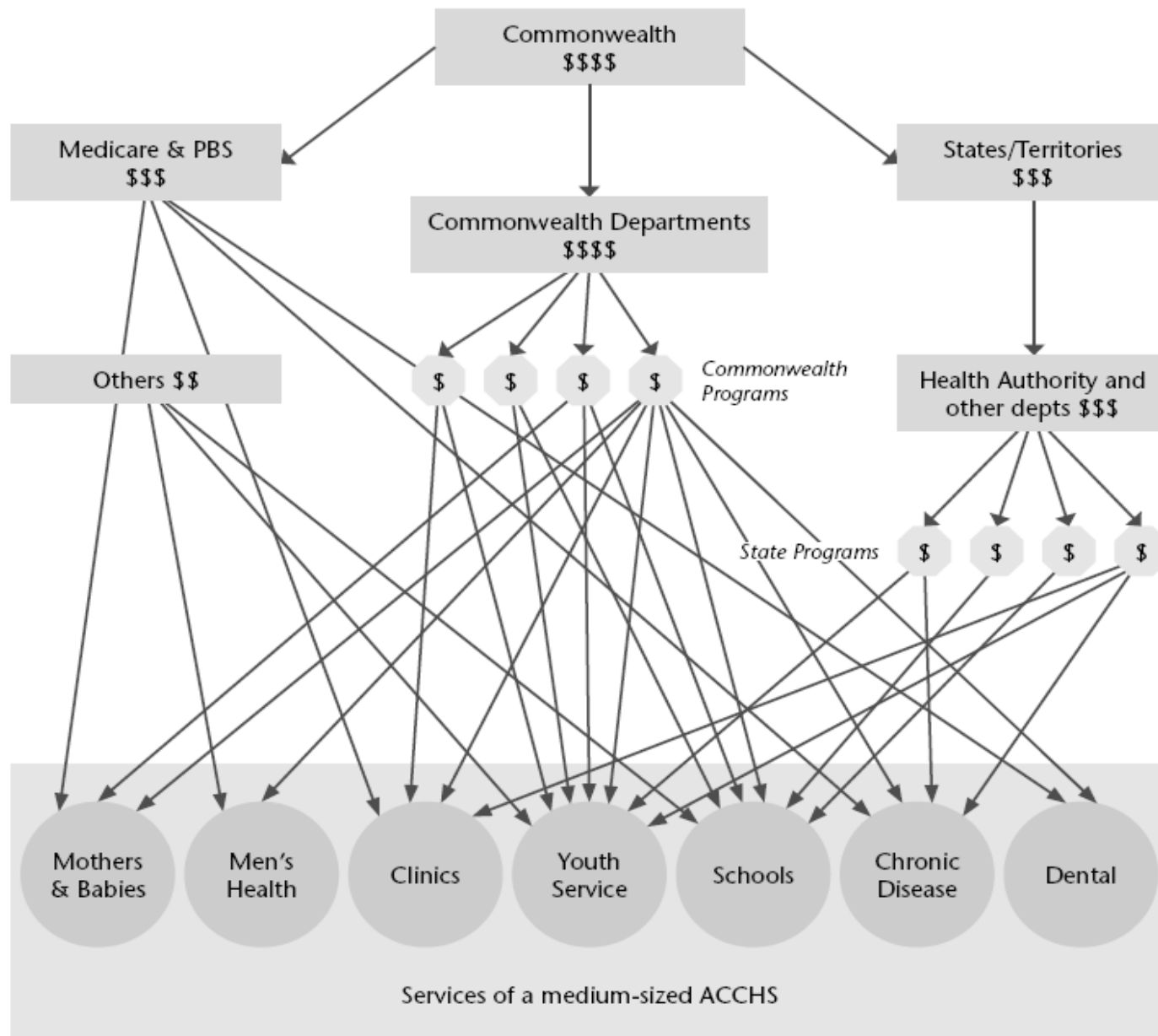
Lowitja Institute, CRCATSIH

- Program 1: Healthy Start, Healthy Life – research focused on reducing the chronic illness risk across the life-course, and improving early intervention and chronic illness management.
- Program 2: Healthy Communities and Settings – research focused on the capacity of local communities and organisations to develop interventions that address the determinants of health across a range of local sectors and settings.
- Program 3: Enabling Policy and Systems – research enabling the reform of policy and programs, workforce development, and whole-of-government approaches to Aboriginal and Torres Strait Islander health.
- Each Program is overseen by two Program Leaders, one of whom is Aboriginal and Torres Strait Islander.

CRCATSIH

- The CRCATSIH aims to:
- promote high-quality research through **increased Aboriginal and Torres Strait Islander control of the health research agenda and through partnerships** with key stakeholders in the Aboriginal and Torres Strait Islander health sector, government agencies and research institutions;
- undertake strategic research to investigate **health conditions, health service delivery systems and the social determinants of health**;
- ensure the **effective transfer of research findings into policy and practice** to improve primary healthcare, to build sustainable prevention and to reduce the disease burden on Australia's Aboriginal and Torres Strait Islander people;
- build capacity in Aboriginal and Torres Strait Islander people to allow greater control of health research through **increased formal education and training opportunities**;
- advocate in line with our communications strategy for **research-informed changes to the delivery of health services** to Aboriginal and Torres Strait Islander people.

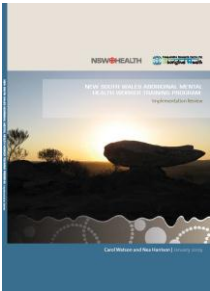
Figure 12: Typical funding to a medium-sized ACCHS



Publication sample located on Lowitja Institute website

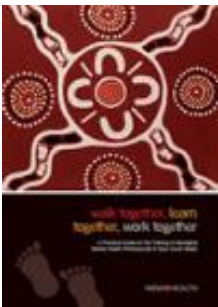
- Kelly, K., Dudgeon, P., Gee, G. & Glaskin, B. 2009, *Living on the Edge: Social and Emotional Wellbeing Risk and Protective Factors for Serious Psychological Distress among Aboriginal and Torres Strait Islander People*, Discussion Paper No. 10, Cooperative Research Centre for Aboriginal Health, Darwin.
- Jackie Street, Fran Baum & Ian Anderson 2008, *Making Research Relevant: Grant Assessment Processes in Indigenous Research*. CRCAN Discussion Paper No. 3.

Program Publications



Watson, Carol and Harrison, Nea (2009) *New South Wales Aboriginal Mental Health Worker Training Program: Implementation Review*. Cooperative Research Centre for Aboriginal Health and NSW Health

http://www.lowitja.org.au/files/crcah_docs/NSW%20Training%20Manual%20interactive.pdf



Watson, Carol and Harrison, Nea with Brideson, Thomas and Greenwood, Catherine (2010) *Walk Together, Learn Together, Work Together: A Practical Guide for the Training of Aboriginal Mental Health Professionals in New South Wales*. Cooperative Research Centre for Aboriginal and Torres Strait Islander Health

<http://crrmh.com.au/Aboriginal-Mental-Health-Workers-Training-Program/>



Program Articles

NSW Aboriginal Mental Health Workforce Program

http://www.auseinet.com/resources/auseinet/netter29/auseinetter_29.pdf

Jones, Carmel and Brideson, Tom (2009) *'Using policy and workforce development to address Aboriginal mental health and wellbeing'*, Australasian Psychiatry, 17:1, S72 — S74

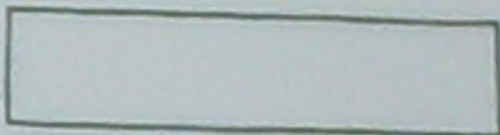


Challenge – no gap

2.5%:2.5%

BUSH FIRE!

**FIRE
PERMIT
REQUIRED**



Contact your local fire service



Contact

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