



Lives Lived Well

Spreading Red Dust Healing: Implementation and Evaluation within an AOD NGO Service



**Bel Little
Nick Kerswell**



Acknowledgement of Country

Lives Lived Well recognises Aboriginal and Torres Strait Islander peoples as the original inhabitants of the land now known as Australia and their continuing connection to land, air and sea. We acknowledge the traditional custodians of the lands across which we work and live, and pay our respects to elders, past and present.

Lives Lived Well is proud to work in partnership with local Aboriginal and Torres Strait Islander communities. We are committed to reconciliation through our day-to-day work and our Reconciliation Action Plan.





Recognition of lived experience

We recognise the contribution of people with a lived and living experience of mental health difficulties, problematic alcohol and other drug use, and suicidality to our work. We value the voice of lived experience, including families, carers and support people.

Recognition of service

We respect and give thanks to all who have served and are currently serving in our defence force and their families. We acknowledge the unique nature of military service and the sacrifice demanded of all who commit to defend our nation.

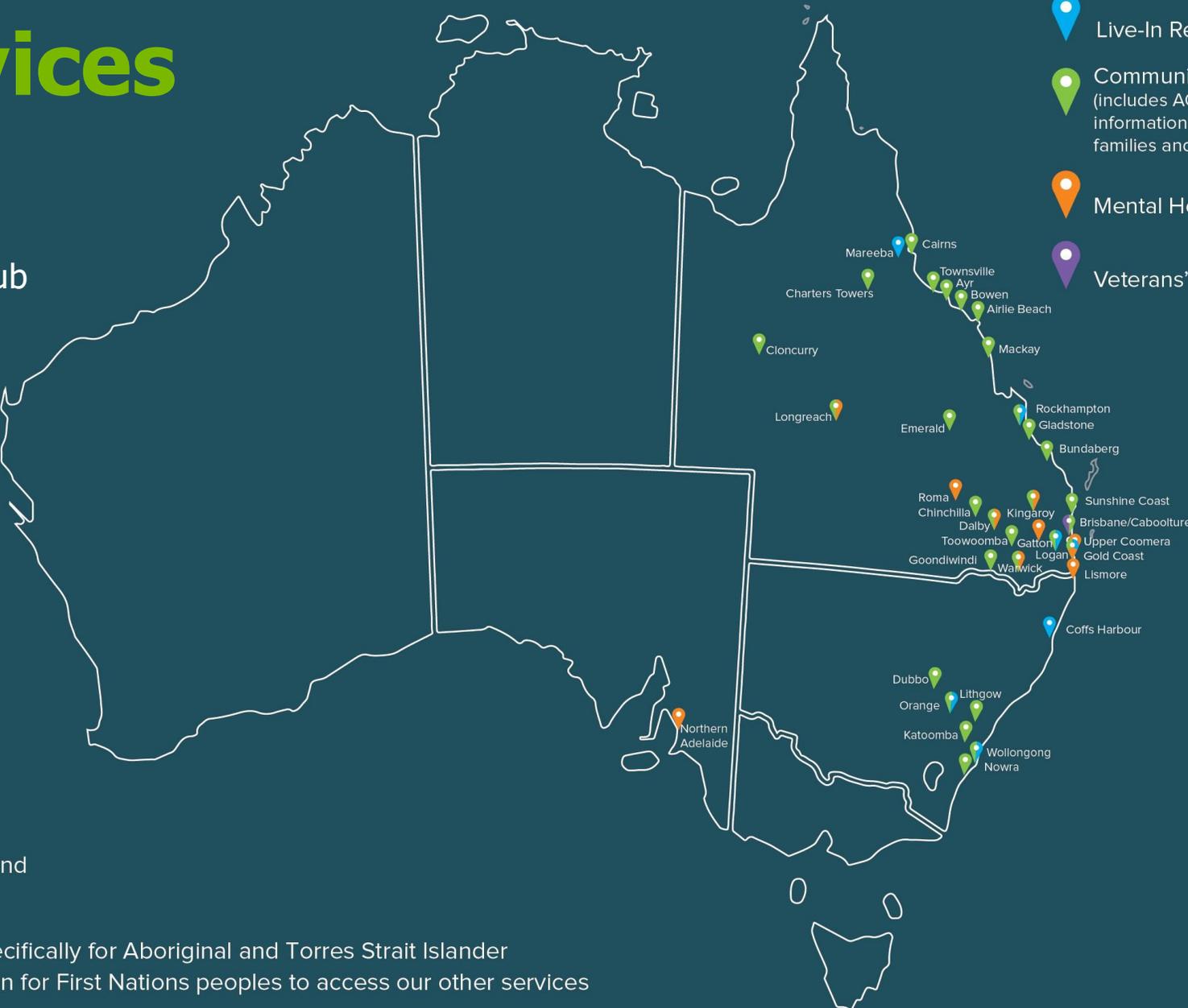
Commitment to diversity and inclusion

Lives Lived Well celebrates diversity and is committed to providing inclusive services and workplaces. Everyone has the right to live well, with dignity and respect. We offer support to all people without judgment or discrimination.



Map of services

This map displays our service hub locations across Australia. Many hubs also offer outreach to surrounding areas.



*Locations as of November 2023 and not inclusive of all outreach areas

** Lives Lived Well operates re-entry services and gambling services in Queensland only

*** Lives Lived Well offers tailored programs specifically for Aboriginal and Torres Strait Islander people while also extending a warm invitation for First Nations peoples to access our other services





Background:

Red Dust Healing



Red Dust Healing

*Red Dust Healing examines the nature of rejection, the causes of rejection, the results of rejection and most importantly the **remedies** for rejection.*

When the dust is settled on our lives, all we get to keep and take with us is our dignity, our integrity, and the love and respect we shared with people.

- Uncle Tom Powell



Visual Holistic Tools

- Red Dust Healing promotes a **holistic** approach to healing and recovery, supported by visual holistic tools including:
 - The Model of Oppression
 - The Tree
 - The Bird and Fish (and Pelican)
 - JIG Syndrome (Jealousy Insecurity Greed)
 - Two Laws (LAW and LORE)
 - POUCH (Pride vs Proud)
- The tools tie back to each other holistically



Decolonising Practice

- Red Dust Healing is developed from an Aboriginal and Torres Strait Islander perspective
- Encourages using personal stories and metaphors to bring the tools to life
- Requires unlearning unhelpful practices (rigid boundaries and no self-disclosure)
- Acknowledges the reality and impact of colonisation, without pointing the finger or blaming individuals



Colonisation and the Model of Oppression

- In Australia, the model of oppression began with **colonisation** and continues into the **present**, using the tactics of **power** and **division** to attack four key values
 - Identity
 - Responsibilities
 - Relationships
 - Spirituality
- Works from the top down
 - Decisions made at the Federal level (**Government**) flow to **communities, households, families, and individuals**



Colonisation and the Model of Oppression

- In Red Dust Healing we start with healing the **individual**
- Healthy individuals create healthy **families**, which contribute to healthy **communities**
- Healthy **communities** have the power to change our **society** and our **systems**
- **Empowering** people, families, and communities overcomes **division**

MODEL OF OPPRESSION

5 KEY PRINCIPLES OF COLONISATION

WEALTH ABOVE THE GROUND AND BELOW THE GROUND

RETRAIN THE YOUNG PEOPLE

CHANGE LANGUAGE AND LITERACY

CHANGED OUR DIETS

CHANGED OUR NAMES





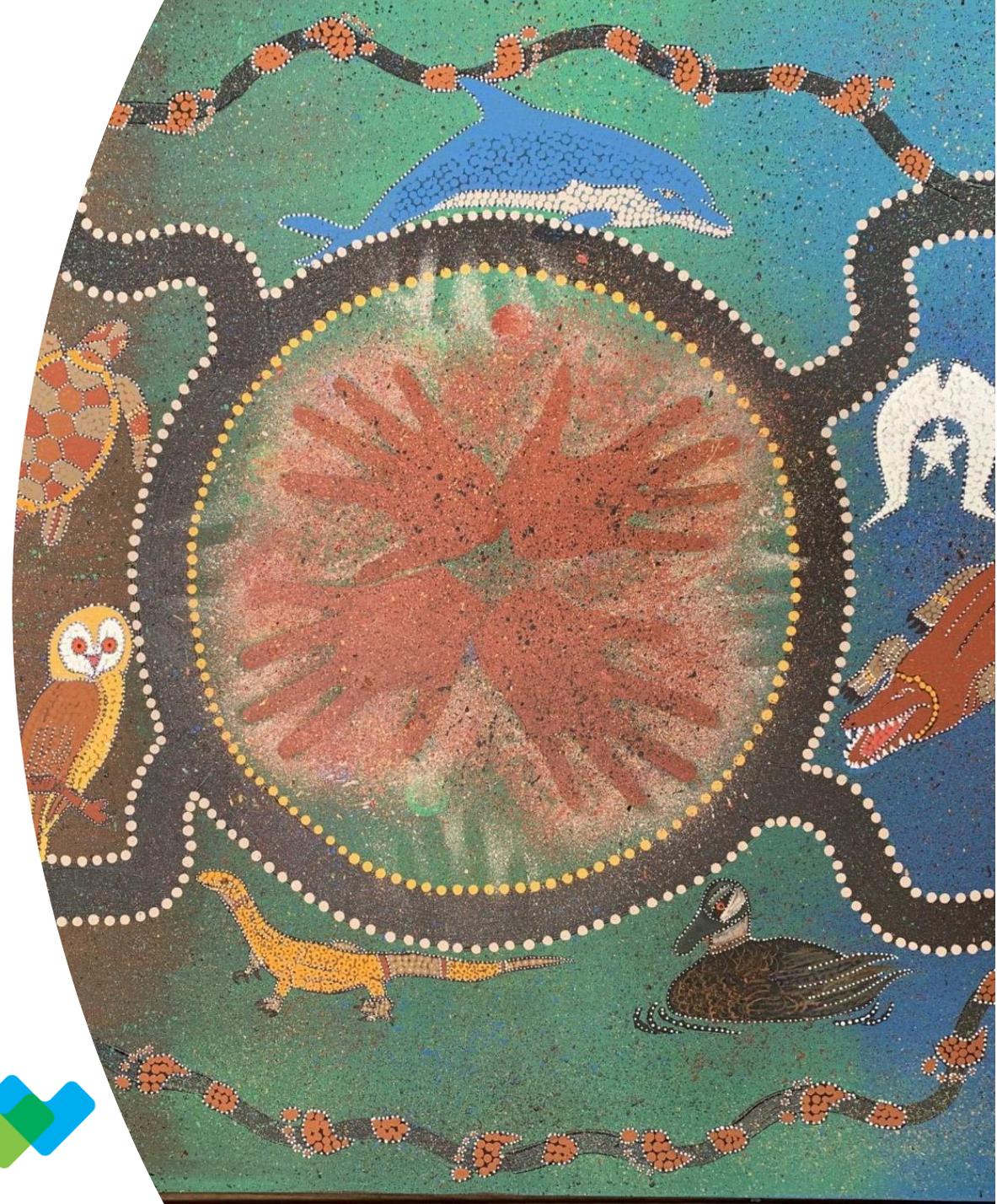
Red Dust at LLW

Getting the Red Dust Rolling



Red Dust Healing at Lives Lived Well

- Red Dust Healing is a priority for LLW to facilitate culturally informed healing
- Incorporates Aboriginal and Torres Strait Islander perspectives into our programs
- Improving cultural safety for clients and cultural competence of staff
- Core to the LLW Reconciliation Action Plan
- An **endorsed clinical approach** in the LLW evidence-based practice policy



Training in Red Dust Healing

- 2022-2023
 - Grassroots requests from LLW clinicians
 - Two 'train the trainer' workshops held at Logan House and Shanty Creek in 2022 with Uncle Tom
 - Trainers commence localised implementation
- 2023-2024
 - Trainers request LLW executive endorse Red Dust Healing for organisation-wide rollout
 - Formally supported by LLW executive
 - LLW executive participate in Red Dust Healing training with Uncle Tom
 - Red Dust Healing Rollout an official LLW project



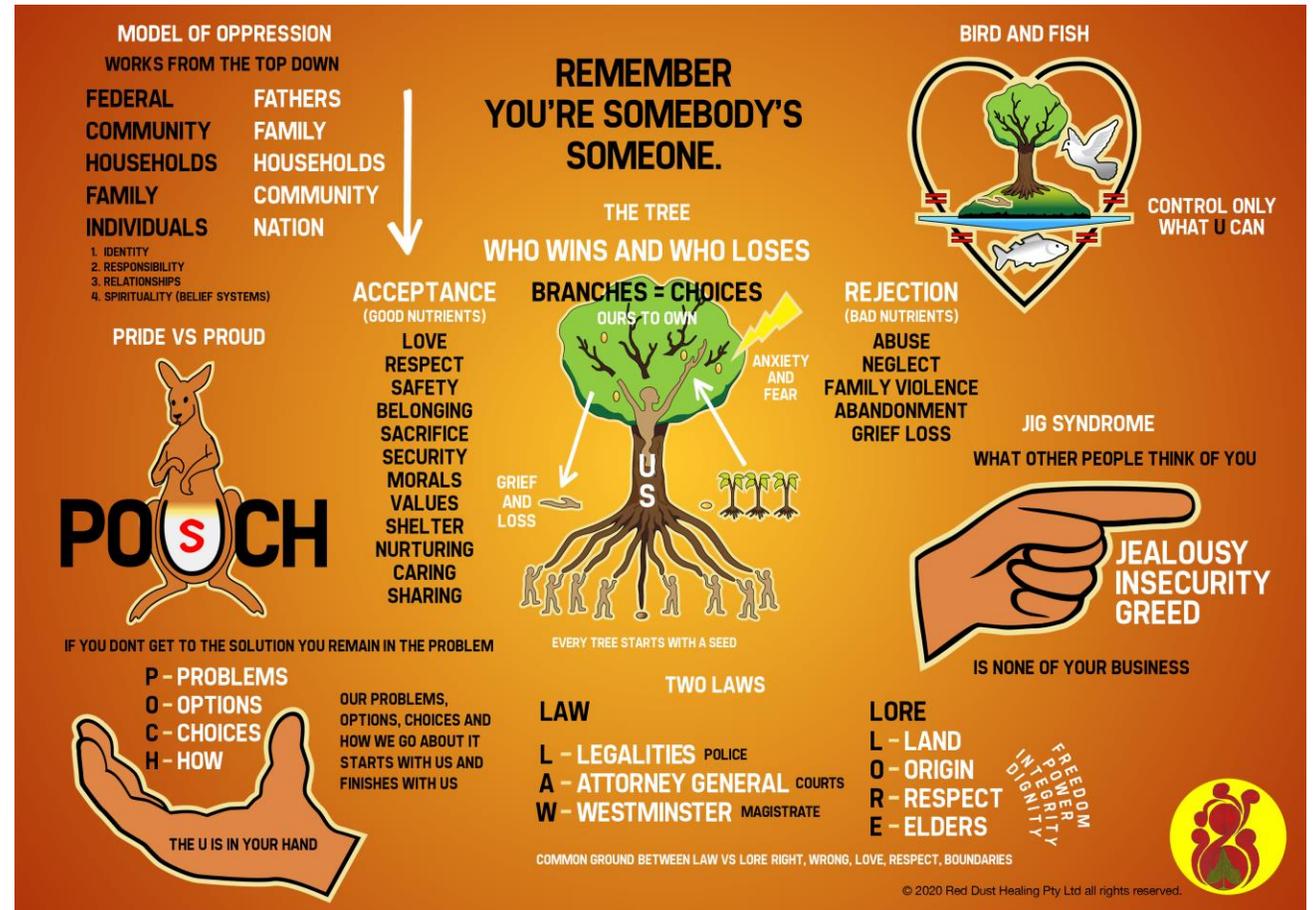
Red Dust Healing Working Group

- 29-30 July 2024
- A two-day workshop was held at LLW head office in Spring Hill
 - Involved all Red Dust trainers and clinical implementation specialist
- Clarified vision of how Red Dust Healing could operate within LLW, and outlined the tasks to accomplish
- Established the Red Dust Healing Working Group



Adapting for LLW

- August to November 2024
- Working Group met fortnightly
- Developed a comprehensive 4-Module adaptation of Red Dust Healing
- Includes all the Red Dust tools
- An **authentic** experience of Red Dust Healing
- Clinicians are supported by:
 - Comprehensive session guides (i.e. manual)
 - **Optional** session PowerPoints
 - Audio/visual resources (including videos of Uncle Tom teaching tools)
 - Client handouts/resources
 - Post-training support

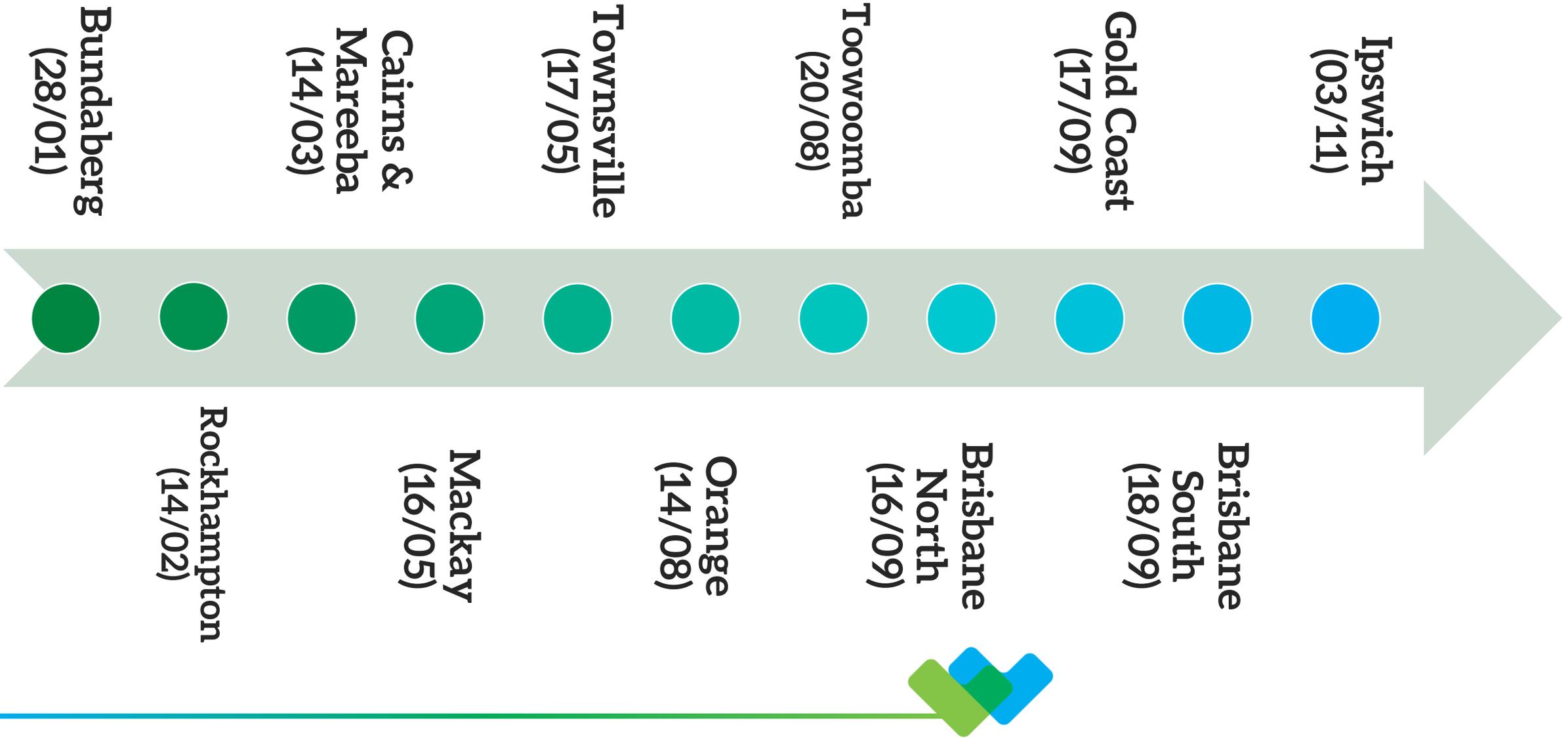


Wollongong and Nowra Pilot

- 19-21 November 2024
 - 19-20th: Two-day workshop in Wollongong to finalise preparations
 - 21st: One-day training with Wollongong and Nowra services at the Wollongong Botanic Gardens
- Services commenced delivery in the following weeks



Organisation Wide Rollout



Training Feedback

- Feedback from participants has been positive
 - Overall rating for training 3.66/4.00
 - Highest for **learning experience** (3.68/4.00), **facilitator knowledge** (3.76/4.00) and **expanding cultural awareness** (3.63/4.00)
 - Lowest for **readiness to commence facilitation** of Red Dust (3.15/4.00)
 - Confidence with **post-training support** was higher (3.45/4.00)
 - Qualitatively, participants valued the healing tools, focus on culture, and the videos with Uncle Tom demonstrating the tools



Implementation

- Red Dust Healing is now being delivered across all LLW residentials and day-programs
- Target is 100% of the 4 modules each 6-week cycle (residential) or each program cycle (day programs)
- Group delivery is recorded on the LLW CRM, and monitored via:
 - Clinical Directorate
 - Clinical Governance Committee
 - Level 10 Meetings (key metrics)
- Clinicians are supported by a fortnightly community of practice facilitated by the Red Dust Healing trainers



Client Feedback

- “You get connected to how you feel within, made us understand as men to be a leader – deadly, forever this program.”
 - 50 year-old Aboriginal man
- “It’s an understandable methodology, a way of looking at ourselves and our path in life.”
 - 61 year-old Aboriginal man
- “Spiritual energy and relation to nation.”
 - 22 year-old Aboriginal man
- “Tools and emotion and the reality of it hits hard – best session we’ve had 😊.”
 - 35 year-old non-Aboriginal woman
- “It made me look deeper into myself to remind me I am enough.”
 - 43 year-old non-Aboriginal woman
- “The way it was presented, metaphorical and allegorical. Cool overall, from a new enlightened perspective.”
 - 60 year-old non-Aboriginal man



The Road Ahead



- Red Dust Healing is a long-term commitment from LLW to meet the cultural healing needs of clients, and improve cultural competence
- Training LLW mental health services in Q1 2026
- Supporting reconciliation by embedding Aboriginal and Torres Strait Islander wisdom at the heart of our practice
- Developing additional trainers and advanced practitioners to keep the Red Dust rolling





Lives **Lived** Well

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