

Social and Emotional Wellbeing - An Aboriginal Service Model Approach

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WA Aboriginal Community Controlled Services (ACCHS) are well positioned to refine and expand the delivery of holistic health care. Through the SEWB Service Model, WA ACCHS can achieve and sustain health holistically for Aboriginal people in their communities.

Between 2018-2022 staff from 17 AHCWA Member Services identified that the term 'mental health' was challenging for many Aboriginal people as it was associated with the stigma of mental illness. Culturally secure awareness and de-stigmatisation were seen as priority activities for ACCHS. As a result, ACCHS implemented the four pillar approach to deliver culturally secure prevention and early intervention services to improve SEWB and mental health outcomes (Aboriginal Health Council of WA).

A four pillar approach is used to define a sector wide method of delivering SEWB services but is flexible in allowing individual ACCHS to determine the service or activity needs based on their community. The four pillars are:

- culturally secure community development
- psychosocial support
- targeted interventions, and
- supported coordinated care.

SEWB is broader than the confinements of clinical models and includes social support, practical support, brief intervention and professional psychological support. This model is intended to deliver optimal, culturally appropriate SEWB outcomes for Aboriginal people, their families, and communities (Aboriginal Health Council of WA).

The ACCHS SEWB Service Model Pilot, funded by the Mental Health Commission WA, began in June 2022 and is being delivered across five regions of WA. The presentation will share how these organisations have delivered services to their communities and will include:

- ACCHS SEWB Service Model four pillar approach
- Workforce: the importance of interdisciplinary teams
- Aboriginal ways of working: service and activities undertaken
- Coordinated care: coordination between SEWB, primary health, acute services and external community services.

References

Aboriginal Health Council of WA. (n.d.). ACCHS Social and Emotional Wellbeing Service Model. Retrieved from https://www.ahcwa.org.au/wp-content/uploads/2022/05/ACCHS-Social_-Emotional-Wellbeing-Service-Model.pdf