

FEBRUARY 2016

# CARBAL YARNIN!



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## NEWSLETTER FEB 2016

Dear valued members of the Carbal Medical Centre Community,

Recently, I was kindly invited by our Chair, **Dr Maree Toombs**, to address a group of third year doctors who are currently enrolled in Medicine at the University of Qld. I was asked to discuss the aims and the role of an Aboriginal Medical Service (AMS). Why are specifically indigenous services so important in the delivery of health services to Aboriginal and Torres Strait Islander people?

I began by sharing one of the saddest facts of which I am aware - every day in this country, an indigenous person dies of a chronic disease having never seen a doctor during the time when that disease may have been addressed or even prevented.....and the really sad part is that the overwhelming majority of these people live in cities where there **IS** access to medical services and not just in remote areas where access is limited and difficult.

**It is 2016.....but sadly the following statistics apply:**

- The Aboriginal infant mortality rate compared to other Australians is 3 times higher.....
- There remains a much higher premature birth rate and also a much lower birth weight in Aboriginal babies than is the case for other Australians.....
- Average life expectancy for Aboriginal people compared to other Australians is a staggering 11 years less.....
- Half of all Aboriginal men and one third of all Aboriginal women die before reaching age 45.....
- The percentage of Aboriginal people suffering from diabetes is 30% ..... diabetes is completely preventable, it is a totally caused by economic and social factors.....
- There is a 60% higher chance that Aboriginal people will die from all types of cancer compared to other Australians. Cancer is the second leading cause of death in Aboriginal people.
- Death from Heart disease - 12 times greater in Aboriginal people than for other Australians.....
- Ear diseases and hearing loss - 10 times greater in Aboriginal people and the statistics are similar for trachoma and eye health.....
- Kidney disease - 15 times higher in Aboriginal people than other Australians and required kidney transplants are 100 times less.....
- Dental treatment - 14 months average wait for Aboriginal people.....
- Mental health figures show that Aboriginal people are far more likely to suffer from early onset dementia than other Australians.....
- There are around 60 000 medical doctors in Australia..... approximately 125 of these are Aboriginal.....
- 95 % of all Aboriginal people are unable to access private medical services of any kind at any time.....

That is why Aboriginal Medical Services exist.....that is why Carbal exists.....

## **THE BEST WAY TO ADDRESS ABORIGINAL HEALTH IS THROUGH THE INVOLVEMENT AND GUIDANCE OF ABORIGINAL PEOPLE.**

**The Warwick clinic has seen a 30% increase in clients over the second half of our first year thanks to the fantastic support we have had from the local indigenous communities.** The support for this service is support for all indigenous families, for their children and their children's children.

This is the only effective way we know to change those statistics. I commend the Board of Carbal for taking the decision to expand the medical and allied health services of Carbal.... and markedly so over the past year.

I thank the Qld State Government and the Commonwealth Department of Health for their ongoing confidence in Carbal and for the financial support that is so crucial to what we do.

At Carbal, we are well aware that there are a myriad of health issues affecting Aboriginal and Torres Strait Islander populations. We know this because

we necessarily collect data, through simply being a health service, every day. However, if we are to get the best use of the self-generated funds that we are prepared to inject back into our health service, or advocate successfully for government funds to help us address these issues, then we have to make a strong, robust argument that clearly highlights the cost benefits and properly determined potential outcomes of any injection of funds.

We do not have the expertise to conduct the research that is vital to identify how best to Close the Gap and that is why we are committed to and supportive of projects currently being delivered at Carbal by the University of Queensland and the Qld University of Technology.

Carbal can provide the essential cultural awareness overlay under which analysis and interpretation of results occurs. These studies will provide the essential data that can be used to develop and finance programs that will better address the health needs of our indigenous communities.

I thank the staff of Carbal in both Warwick and Toowoomba for their commitment, for their essential advice and for always caring about what they do. The rapid expansion of our services enables a further step forward in addressing the health needs of Aboriginal people - people who all matter.....

**Brian Hewitt**  
**CEO**

NO JAB - NO PAY

# IMMUNISE TODAY

\$\$\$\$\$\$\$ To KEEP YOUR PAY!!! \$\$\$\$\$\$\$

OUR NURSES CAN CHECK YOUR CHILD'S IMMUNISATION HISTORY.

WHAT DO I DO IF I GET A LETTER FROM CENTERLINK ABOUT  
'NO JAB, NO PAY'

- If your child is overdue for immunisations, you will receive a letter from Centrelink.
- Contact our nurses on 46397300 and we can check your child's records.
- You can also check your child's immunisation history if you have a My Gov account.



## WHAT CARBAL WILL DO:

- Help you to understand Centrelink requirements of NO JAB NO PAY.
- Assist you to get your child's immunisation history.
- Assist you in booking an appointment to get your child up to date.

## WHAT SHOULD YOU BRING TO YOUR APPOINTMENT:

- Your letter from Centrelink.
- Your child's "red" book.
- Any other immunisation records you may have.





**DO YOU WANT TO HAVE ACCESS  
TO HIGHER REBATE MENTAL HEALTH  
ITEM NUMBERS AND THE INDIGENOUS  
HEALTH INCENTIVES?**

**MENTAL HEALTH SKILLS TRAINING AND  
CULTURAL AWARENESS TRAINING IN ONE!**

Carbal Medical Centre, Toowoomba, in partnership with the  
Darling Downs West Moreton PHN invites you to attend

## **DEADLY MHST: Substance Misuse**

A culturally appropriate training program for Health Professionals

**FACILITATED BY:** Dr Hume Rendle-Short and Therese Landers

**DATE:** Saturday 27<sup>th</sup> February 2016

**VENUE:** Fitzzy's Function Room, 153 Margaret St, Toowoomba

**TIME (6 Hours):** 8.30 Registration for a 9am start

**COST:** Free of Charge

**\*Places are Limited**

**RSVP: By Monday 15 February 2016**



Please email your details, along with any dietary requirements to  
[admin@carbal.com.au](mailto:admin@carbal.com.au) and your pre-activity materials will be emailed to you.  
Please ensure that you allow adequate time (at least a week) before the event to  
familiarise yourself with this material.

**Questions?** Christina Barron: 0487 800 350/ 4688 0500

## DEADLY MHST: SUBSTANCE MISUSE INFORMATION SHEET

### WHAT IS MENTAL HEALTH SKILLS TRAINING or MHST?

Mental Health Skills Training, often referred to as Level One, provides training in mental health assessment, treatment planning and review of mental problems commonly presenting in general practice. Upon completion of the training it allows you to access MBS items 2715 and 2717 – a higher rate of payment for mental health consultations.

### WHAT IS CULTURAL AWARENESS TRAINING?

One of the Indigenous Health Incentive requirements is that at least two practice members (one of whom must be a GP) must undertake approved cultural awareness training within 12 months of committing to the incentive. By completing this training, not only do you receive 40 QI+CPD points and access to mental health item numbers, you also gain access to the PIP Indigenous Health Incentive.

### WHAT IS DEADLY MHST: SUBSTANCE MISUSE?

Deadly MHST: Substance Misuse is a 6 hour mental health skills and cultural awareness training package that focuses on the use of alcohol, drugs and ICE in Indigenous communities. It is aimed at those of you who have Aboriginal and Torres Strait Islander patients and want to know how to approach their care in a culturally appropriate manner and understand the substance misuse in this context. It is facilitated by a GP and Mental Health Professional.

There are six modules:

- MODULE ONE – Overview of mental health in Aboriginal and Torres Strait Islander culture
- MODULE TWO – Alcohol
- MODULE THREE – Drugs & developing a mental health care plan
- MODULE FOUR – Ice
- MODULE FIVE – What it means to be Aboriginal and Torres Strait Islander
- MODULE SIX – Summary and role-plays

Each module contains a DVD presentation and lots of interactive activities.



# CARBAL CAN TACKLE INDIGENOUS SMOKING

Workshops in schools, staff training, community and corporate events.

Make friends with our team if you haven't already done so.



TIS Coordinator **Mike Salbro** servicing the Toowoomba region on:

Ph: 07 4688 0500

Mob: 0409 011 375

E: [msalbro@carbal.com.au](mailto:msalbro@carbal.com.au).



TIS Coordinator **Lee Lingwoodock** servicing the Warwick & Goondiwindi region on:

Ph: 07 4639 7310

Mob: 0409 196 014

E: [jlingwoodock@carbal.com.au](mailto:jlingwoodock@carbal.com.au)



## CARBAL CAN TACKLE INDIGENOUS SMOKING

Our aim is to establish and work with reference groups and tobacco control networks to prevent the uptake of smoking and support smoking cessation among the Aboriginal and Torres Strait Islanders of our community.

We will be running workshops throughout the schools in each region, staff training, 3 big community events throughout the year and corporate events.

Clients can be self-referred, by GP, external agencies and friends or families

Our team consists of a TIS Coordinator Mike Salbro who will be looking after the Toowoomba region and TIS Coordinator Lee Lingwoodock who will be servicing the Warwick and Goondiwindi region.

Funded by the  
Australian Government,  
Department of Health





## OPENING OF RELOCATED WARWICK CLINIC

On Friday 29 January 2016, the Warwick community gathered together to celebrate the opening of the re-located Warwick Clinic, now located at 55 Wood Street.

**THE EVENT WAS ATTENDED BY MORE THAN 100 GUESTS INCLUDING ELDERS AND COMMUNITY MEMBERS, LOCAL HEALTH STAFF, REPRESENTATIVES FROM OUR FUNDING BODIES AND CARBAL STAFF.**

The family friendly and smoke-free (except for the BBQ....) event was well received with facility tours, access to the travelling IDEAS van (Indigenous Diabetes Eyes And Screening), an amazing selection of entertainment, an official opening ceremony, lunch and healthy refreshments.

The CEO Brian Hewitt discussed the challenges faced by the Aboriginal Health sector and how Carbal is working to improve the health outcomes of Aboriginal and Torres Strait Islander people in the Toowoomba, Warwick and Goondiwindi regions.

The Chair of the Carbal Board of Directors - Dr Maree Toombs - shared the Board's gratitude for community members and staff who have embraced the new service from day one.

Community members generously presented paintings to the clinic. These paintings along with some information about the artist and the significance of the imagery will be displayed around the clinic for years to come.



Dr Toombs officially opened the building and a celebratory cake was cut to share with all those in attendance.

In the first year of the Carbal Warwick clinic, client numbers have continued to grow. Our staff provide a broad range of medical, chronic disease, midwifery and allied health services.

**The Warwick team can be contacted on 46397310.**



A BIG THANK YOU  
TO ALL OF THE STAFF WHO HELPED OUT  
ON THE DAY



CELEBRATING THE OPENING OF THE RE-LOCATED WARWICK CLINIC....  
MORE PICS ON OUR WEBSITE!







CELEBRATING THE OPENING OF THE RE-LOCATED WARWICK CLINIC....  
MORE PICS ON OUR WEBSITE!







## TOOWOOMBA RECONCILIATION GOLF CLASSIC

On the 6<sup>th</sup> of November 2015, Carbal were a proud sponsor of the Toowoomba Reconciliation Golf Classic held at the Toowoomba Golf club.

**THIS IS NOW AN ANNUAL EVENT WHERE GOLFERS FROM ALL OVER AUSTRALIA COME AND ENJOY A ROUND OF GOLF.**

There are professionals, amateurs and of course the every-day hackers, but that is alright because we are all out there having a go, connecting and socialising with other communities.

In total there were 148 players involved this year. Congratulations to the Cutters Crew from Allora who took out the Ambrose competition.

The Carbal team performed brilliantly, but unfortunately were outclassed by every other team in the tournament.....and by some kids who weren't even in the competition..... and by a pidgeon who accidentally nudged a ball into the hole.....and by....never mind....

All monies raised from this event go towards the newly developed partnership of Toowoomba Driving School, Carbal Medical Centre, Goolburri Aboriginal Health and South West Indigenous Network. The New Driver initiative will allow Indigenous youths to participate in learner driver lessons at half normal cost.





## TRANSPORT.....

### DEAR CLIENTS

Just a reminder that Carbal Medical Centres Toowoomba and Warwick offer transport to our clients, if it is available, to attend appointments.

Please be very mindful when you are making your booking that you notify reception of the correct address for pick up and drop off.

If you need to change your address whether it be a pick up or a drop off, you must notify reception 24hrs in advance. On the day changes will not be accepted.

This just helps with the smooth operation of our service and for our drivers to work collaboratively in the process.

Do not hesitate to contact us if you have any queries on 07 4639 7300



## PROGRAMS

### WARWICK WALKING GROUP:

9am – Monday to Friday

Transport Available.

If you are interested, please contact Carla on: **46397310**

Carla Murphy

**ABORIGINAL HEALTH WORKER**

### WARWICK PERSONAL TRAINING SESSION:

Weekly

Tuesday's – 5pm

Park end across from Bunnings.

\$10 per session

(\$5 for concession card holders)

Transport is not available.

If you are interested, please contact Carla on: **46397310**

Carla Murphy

**ABORIGINAL HEALTH WORKER**

**DIABETES EDUCATOR  
DIETICIAN  
EXERCISE PHYSIOLOGIST  
SPEECH PATHOLOGIST  
PODIATRIST**

**Podiatry  
Tanya Venamore  
Russell St**

TBH provides a weekly service to our Carbal patients through the CTG (Close the Gap) initiative. Tanya sees patients that have a chronic disease or are at risk of a chronic disease to maintain healthy feet. You can ask for a referral from your GP or health care nurse.

**Dave Johnston  
Toowoomba Russell St**

Dave provides a fortnightly clinic for patients on a Tuesday and supports them in a number of areas including movement, exercise and muscle strengthening. Dave has also completed training in lung strengthening for people who suffer from asthma and other lung conditions. Please see your GP for a referral to Dave.

**Diabetes Educator  
Lynne McCleary  
Mary St**

Lynne supports both the Toowoomba and Warwick clinics for Carbal patients providing diabetic care and information for another of our chronic diseases at Carbal. Please see your GP for a referral to Lynne.

**PHARMACIST  
COPD/ASTHMA CARE  
SMOKING CESSATION CLINIC  
CHILD/YOUTH PSYCHOLOGIST  
PSYCHOLOGIST**

**Dietician Amutha Kandasamy  
Russell St**

Amu is the CTG Dietician for the Toowoomba region. Amu currently attends clinic once a week on a Wednesday to support Carbal patients on dietary management for a range of issues including Diabetes and weight management.

**Dietician  
Rikki Fung  
Russell St**

Rikki will be available on the first Tuesday of every month and clinics will be at 114 Russell St. Rikki will support Carbal Patients in their dietary management and care. A referral from your GP is required for this clinic.

**Home medicine reviews/ Smoking cessation /  
COPD clinic  
Johanna Bou-Samra  
Mary St**

Joh provides a few services to our Carbal patients including Home medication reviews. Joh is a qualified pharmacist and runs information sessions and one on one clinic for smoking cessation, supporting patients on their journey to quit smoking. COPD and respiratory conditions are also a part of her service talking to patients about their lung care. You can ask your GP or Nurse for a referral or you can self refer to this clinic.

**Speech Pathologist:  
Sarah Ryan  
Russell St**

Sarah provide speech therapy to Carbal clients on a fortnightly basis on a Tuesday. Speech pathology not only supports young people with speech issues but has a range of other benefits including swallowing techniques for the elderly.

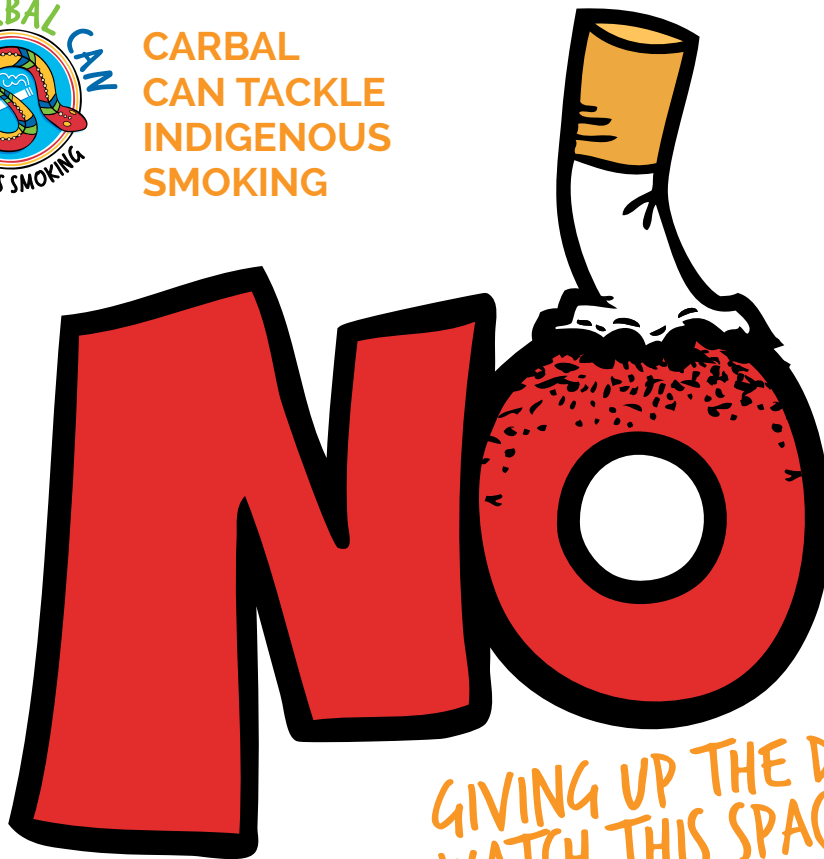
**Child Youth Early Intervention Specialist  
Therese Landers**

HUB If your children are going through a rough patch and you need some help with how to help them, come and make an appointment. Therese can see you on your own with family or as part of a group.

**Please see your GP for a referral to Therese.**



**CARBAL  
CAN TACKLE  
INDIGENOUS  
SMOKING**



**GIVING UP THE DURRIE  
WATCH THIS SPACE.....!**





## STRONG FATHERS PROGRAM

Sharing your experiences, Come on and have a yarn!

### STRONG FATHER PROGRAM DELIVERS IN WARWICK

**A FATHER himself dedicated to supporting the role of indigenous fathers in their children's lives, Charlie Rowe is a humble man.**

As the Program Development manager at Carbal Medical Centre, Charlie developed a six-week program under the Strong Fathers Strong Families banner.

Initiated by the Department of Health and Ageing, the program aims to support the Aboriginal and Torres Strait Island men in their family role.

Charlie is passionate about the role of men in their families, and said a lot has changed over the years.

**"The family dynamics have changed," he said.**

**"Us men need to understand things have changed and it's a partnership to keep the household running.**

**"It's about bonding and connecting with your kids."**

Charlie said he talked to participants about the importance of bonding and communicating with their children.

**"Babies can hear you before they are born. They learn to recognise mum and dad's voices," he said.**

**"It's like when you take the kids to the park, it's not just doing that, you are creating good memories and bonding with them."**

Charlie said the program provided a chance for men of varying ages to talk about their experiences.

**"We sit and have a yarn, it give the guys an opportunity to talk," Charlie said.**

**"I like to have a few different ages of men in the group, so we can hear of the different journeys or stories, and there might be someone there who has had an experience before so they can yarn to each other about it.**

**"It's not just for dads, but pops, uncles and carers too."**

The program was first delivered as a pilot program, gaining national recognition before funding was stopped in 2014.

When chief executive officer Brian Hewitt started in 2015, he saw the need to continue the program and it was decided Carbal would fund it.

Charlie said he spent about three to four months initially planning the program, meeting with elders and the community.

**"I thought about what the needs of the dads were and how I could develop a program that incorporated those needs," he said.**

Charlie said the feedback from participants was positive

**"It's all about making a difference," he said.**

**"I encourage them to share the program with others - share it with their family then that filters to the community.**

The program covers a range of topics in three-to-four hour sessions, one day per week for the six weeks in a comfortable location

**"It doesn't have to be here at Carbal Medical Centre - we can go to Leslie Park or wherever," he said..**

Charlie is hoping to hold four-five programs in Warwick this year.

## **STRONG FATHERS PROGRAM**

Phone Charlie on **0400 644 657** for more information

**DO I HAVE TO BE IN THIS STUDY?** No, you do not have to be in this study. If you say no, this will not affect your child's ongoing care. You can also choose to leave the study at any time for any reason.

**ARE THERE ANY COSTS TO ME?** No, it will not cost you anything to be in this study.

**WHO IS FUNDING THIS RESEARCH?**

The National Health & Medical Research Council (NHMRC)

**WHO HAS APPROVED THE STUDY?** The ethics committee at the Queensland Children's Health Service in Brisbane and the Directors of the clinics have given approval. We also have a group of Indigenous elders, researchers and clinicians from the Brisbane area (called the Indigenous Research Reference Group) who are making sure the study is done properly with Aboriginal and Torres Strait Islander communities in Brisbane.



Thank you for taking the time to read this information. If you have any questions, please ask the research assistant when they talk to you about the study. If at any time you would like to contact one of the researchers, please contact:

**Dr Kerry-Ann O'Grady**

**Phone: 3069 7270**



**RICCi Kids Flyer V2 05Jun2015**

## **RICCi Kids Study -** Researching Intervention into Chronic Cough in Kids

**We want to know more about kids who have a bad cough that lasts more than 4 weeks.**



We would like to acknowledge  
The Traditional Custodians of land  
we stand on today, both past and  
present and future.



### WHAT IS THE STUDY ABOUT?

The lung health of Aboriginal and Torres Strait Islander children is not as good as that of non-Aboriginal and Torres Strait Islander children in Australia. When a child is sick it also affects their families and communities involved in the child's care.

We want to work out better ways to help Aboriginal and Torres Strait Islander children with bad lungs so we are asking about 700 children in 3 different communities to participate.

This project is to find out if a "new plan" for cough that lasts for 4 weeks helps it go away more quickly than on the current plan. We also want to know what germs make children sick for a long time and what is the cost to the family and community.

We need children to be on both plans so we can really see if there is a difference so if your child is still coughing after 4 weeks of being in the project, they will be randomly selected to be in one of the two groups.

### WHO CAN BE IN THIS STUDY?

Your child can be in this study if:

- ♦ He/she is less than 15 years old **and** has a cough
- ♦ Child identifies as Aboriginal and/or Torres Strait Islander.
- ♦ Child does not have any known long term problems with his/her immune system or lungs
- ♦ You are able to complete the study tasks eg. Doctors appointments
- ♦ A parent/guardian provides written consent.
- ♦ Able to do daily cough diary cards up to 8 weeks

**ARE THERE ANY BENEFITS FOR ME?** Information collected will help us improve how we treat lung problems in Aboriginal and Torres Strait Islander children. The information will be collected by an Indigenous researcher and will be treated with respect. If your child needs to see a doctor at The Lady Cilento Children's Hospital, we will pay for parking and transport costs.

### WHO ARE THE CHIEF RESEARCHERS?

The researchers include: Dr Kerry-Ann O'Grady - a senior researcher who studies respiratory illnesses in children; Professor Anne Chang, a doctor who specialises in lung problems in children; Professor Theo Sloots, a scientist who leads laboratory research; Dr Michael Otim, a Post doctoral Training Fellow who specialises in health economics and Dr Maree Toombs, an Aboriginal woman and senior researcher at the University of Queensland. We also have other Senior Researchers and Clinicians who work in respiratory diseases here and overseas

**ARE THERE ANY RISKS FOR ME IF I TAKE PART?** There is only minimal risk with participating in this study.

- 1) The nose swabs are uncomfortable but over very quickly.
- 2) Completing the Diary Cards and answering the weekly phone calls will involve your time. We will try and work around you and your family for the least amount of disruption.
- 3) If the doctor requests a blood test this may be uncomfortable but we offer numbing cream