



Chief Psychiatrist's Community of Practice Summary

Waalbirnininy Wirran Healing Spirits Co-designing a culturally secure Child Adolescent Mental Health Service (CAMHS)

Welcome

Kaya Wanjoo. Ngarn Djerupin noonook djiny. Wanjoo Yorgas, Maaman, Burdiyahs. Wanjoo Noongar Whadjuk Boodga. Hello welcome. I am happy to see you all. Welcome women, men, and managers/ bosses. Welcome to Noongar Whadjuk Country.

Welcome to the Chief Psychiatrist's Community of Practice on the topic of *Waalbirnininy Wirran Healing Spirits Co-designing a culturally secure Child Adolescent Mental Health Service*. I'd like to acknowledge Whadjuk Elders past, present and emerging on this Whadjuk country that we are meeting on today.

As a separate process, I would like to recognise the contributions of people with lived experience of mental illness, alcohol and other drug issues and of the people who care for and support them. Their voices and insights are essential in the development and delivery of safe, high quality mental health services.

Glenda Humphries, Clinical Reviewer (Office of the Chief Psychiatrist)

Comments from the Chief Psychiatrist

Thank you everyone for your support of the Community of Practice. The gaps in mental health standards of care, and social and emotional wellbeing for Aboriginal peoples are a critical challenge for WA mental health services and the whole of government.

The Office of the Chief Psychiatrist is committed to the Gayaa Dhuwi Declaration (Proud Spirit in Yuwaalaraay and Gamilaraay language). This declaration that promotes Aboriginal and Torres Strait Islander Peoples' leadership across all parts of the mental health system as well as the need for a mix of both cultural and clinical approaches to achieve the best possible system for good mental health, SEWB and suicide prevention.

In May 2022, Aunty Sandra Wilkes presented me with a boorna wangkiny (message stick) to make very clear the Chief Psychiatrist's responsibility for overseeing the standards of care of mental health treatment provided to Aboriginal people in WA. And not only to oversee it but to make change. My Office and I have made a long-term commitment to work with Noongar Aboriginal Elders and young people to co- design better ways to embed cultural security into all modes of treatment and care through building trust, authentic engagement and truth telling. Following recent events, my office and I remain steadfast in our commitment to listening, collaborating with, and walking with Aboriginal people, and we understand the importance of self-determination in improving mental health outcomes for Aboriginal peoples. I am very grateful to have Aaron Panaia and Terry Preston with us today to provide information on Waalbirnininy Wirran (Healing Spirits) co-designing a culturally secure Child Adolescent Mental Health Service.

Dr Nathan Gibson, Chief Psychiatrist

Key Messages

What is Cultural Security?

A commitment to cultural security means building a system where Aboriginal people feel safe, secure and able to participate as staff and consumers of the WA Health Service without fear of judgement or discrimination. Cultural security is everyone's business.

State-wide Specialist Aboriginal Mental Health Service (SSAMHS) CAMHS

- 10 Aboriginal Mental Health Workers (AMHW) within Metro CAMHS Clinics.
- AMHW provide consultation and liaison work, to build trust and rapport in community.
- AMHW support Aboriginal ICA person's journey through CAMHS from assessment, diagnosis, management planning/review to discharge, transfer of care and post discharge into community.
- Establish a truly flexible CAMHS Aboriginal mental health service staffed with gender choice and diversity of cultural family groups.
- Place AMHW into the acute and specialised settings.
- Provides monthly Aboriginal Cultural Supervision to staff. Supported with cultural security awareness and in-clinic scenario training to ensure staff have a better knowledge of how to engage their AMHW.



"To make your service/ system culturally secure you've got to engage with Aboriginal people from the get-go – from all your committees, right up and all the way through."

Terry Preston, CAMHS Senior Project Officer

CAMHS Aboriginal Mental Health Service Cultural security initiatives

- *Aboriginal Cultural Security Review (ACSR): Recommendations.* Process led to the following projects:
 - *CAMHS Aboriginal Cultural Awareness and Clinical Development Training:* Dance of Life, Aboriginal Cultural Security training workshop - 85% CAMHS staff attendance.
 - *Aboriginal Cultural Reference Group:* held in the community with Aboriginal Elders, consumer and carers, and CAMHS Executive Director. Discussions to facilitate expert cultural guidance to CAMHS on strategic and operational matters (e.g., barriers to young people coming to the service).
 - *Aboriginal Mental Health Worker Planning Day and Guideline Consultation:* Co-design process attended by CAMHS AMHW, Aboriginal MH Coordinator, Director Community CAMHS and Mental Health Co-Director.
 - *Aboriginal Mental Health Service Guidelines:* co-design development and yearly review.

Co-designing a culturally secure service

- Engage with Aboriginal consumers, carers and community from the very beginning and all the way through.
- Leadership support and accountability crucial.
- Importance of a dedicated resource, such as a project officer, to progress this work.
- Importance of Aboriginal workforce planning – including career pathways and opportunities.

Resources

- CAMHS Aboriginal Mental Health Service Guideline
- Email questions to communityofpractice@ocp.wa.gov.au

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CAMHS

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