



# Aboriginal social and emotional wellbeing

GP Forum, 24 August 2019



# Health

- A state of complete physical, mental and **social** well-being and not merely the absence of disease or infirmity.

[WHO definition]



# Social & emotional wellbeing

- Refers to the **way a person thinks and feels about themselves and others.**
- Includes being able to adapt and deal with daily challenges (resilience and coping skills) while leading a fulfilling life

[AIHW, 2012]



# Policy framework

- Fifth Mental Health Plan
- Health Performance Framework
- National Aboriginal & TSI Health Plan
- Cultural Respect Framework
- SEWB National Strategic Framework
  
- Cf Closing The Gap

# Social & Emotional Wellbeing



# Human rights foundation

- Self-determination / participation
- Non-discrimination
- Cultural rights



# AUSTRALIAN CHARTER OF HEALTHCARE RIGHTS

The Australian Charter of Healthcare Rights describes the rights of patients and other people using the Australian health system. These rights are essential to make sure that, wherever and whenever care is provided, it is of high quality and is safe.

The Charter recognises that people receiving care and people providing care all have important parts to play in achieving healthcare rights. The Charter allows patients, consumers, families, carers and services providing health care to share an understanding of the rights of people receiving health care. This helps everyone to work together towards a safe and high quality health system. A genuine partnership between patients, consumers and providers is important so that everyone achieves the best possible outcomes.

## Guiding Principles

These three principles describe how this Charter applies in the Australian health system.

**1** Everyone has the right to be able to access health care and this right is essential for the Charter to be meaningful.

**2** The Australian Government commits to international agreements about human rights which recognise everyone's right to have the highest possible standard of physical and mental health.

**3** Australia is a society made up of people with different cultures and ways of life, and the Charter acknowledges and respects these differences.



For further information please visit [www.safetyandquality.gov.au](http://www.safetyandquality.gov.au)

AUSTRALIAN COMMISSION FOR  
SAFETY AND QUALITY IN HEALTHCARE

## What can I expect from the Australian health system?

MY RIGHTS	WHAT THIS MEANS
<b>Access</b> I have a right to health care.	I can access services to address my healthcare needs.
<b>Safety</b> I have a right to receive safe and high quality care.	I receive safe and high quality health services, provided with professional care, skill and competence.
<b>Respect</b> I have a right to be shown respect, dignity and consideration.	The care provided shows respect to me and my culture, beliefs, values and personal characteristics.
<b>Communication</b> I have a right to be informed about services, treatment, options and costs in a clear and open way.	I receive open, timely and appropriate communication about my health care in a way I can understand.
<b>Participation</b> I have a right to be included in decisions and choices about my care.	I may join in making decisions and choices about my care and about health service planning.
<b>Privacy</b> I have a right to privacy and confidentiality of my personal information.	My personal privacy is maintained and proper handling of my personal health and other information is assured.
<b>Comment</b> I have a right to comment on my care and to have my concerns addressed.	I can comment on or complain about my care and have my concerns dealt with properly and promptly.

# Cultural respect



CULTURAL  
RESPECT  
FRAMEWORK  
2016 – 2026

**FOR ABORIGINAL AND TORRES  
STRAIT ISLANDER HEALTH**

A NATIONAL APPROACH TO  
BUILDING A CULTURALLY  
RESPECTFUL HEALTH SYSTEM



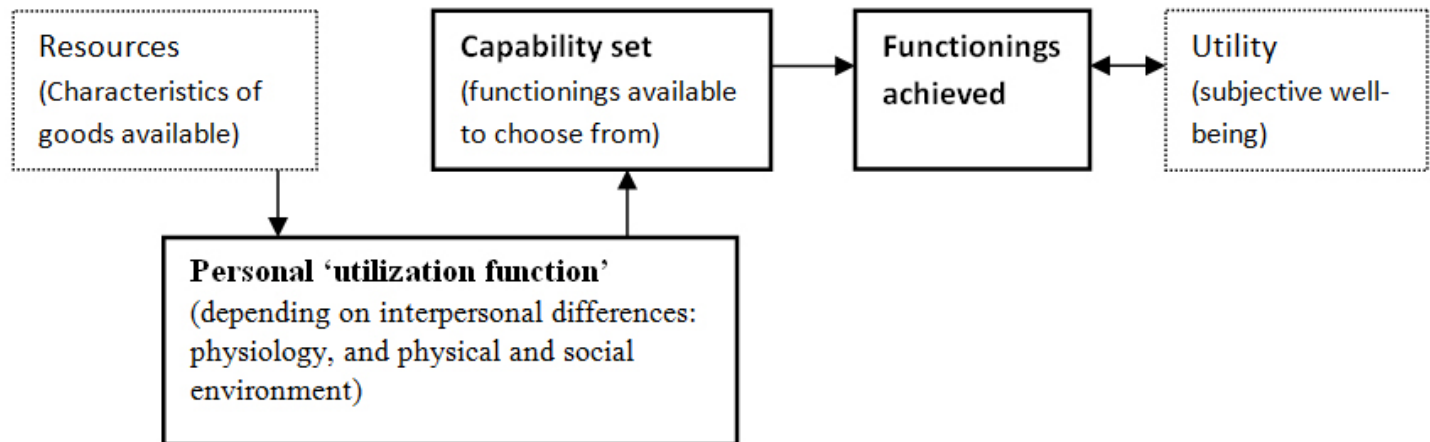
# SEWB model



# Potential reach of a SEWB team



# Capability approach



# Narrative therapy



# Narrative therapy



# Narrative therapy and agency



# Narrative therapy and neuroscience



As our brains evolved, it was much more important that we respond to negative affect



# Incorporation into general practice

- GP Mental Health Treatment Items
- MBS Focussed Psychological Strategies
- Embrace of narrative approach