

BRAMS

Aug 2022

NEWSLETTER





Broome
Regional Aboriginal
Medical Service

BRAMS *August 2022* NEWSLETTER

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CEO Report



The end of financial year is always a busy time at BRAMS, and this year was no exception.

Year on year, we continue to source additional funding to help expand our footprint in Broome, and provide even better care to the local community.

We recently undertook an analysis of our progress over the past 3 years and the numbers reveal extraordinary growth across the organisation. Staffing levels have more than doubled from 43 to 94 positions, and in the past year alone, the number of episodes of primary healthcare delivered has increased from 36,000 to 56,000.

A big thank to you all the BRAMS team for playing their part in this very substantial boost to our output.

Speaking of staff - in response to feedback, we have now developed a Staff Health and Wellbeing Program, comprising our very own health and wellbeing 8-week challenge. More than 50 staff have signed up, which is fantastic!

Finally, with the reduced number of COVID-19 cases in Broome, we are now back in the community hosting a range of health promotion events. Follow our Facebook Page for details of upcoming events.

Cassie



Vaping Education in Schools



BRAMS Tackling Indigenous Smoking

Vaping is now a very popular trend amongst young people, causing considerable concern across the health community.

The BRAMS Tackling Indigenous Smoking Team has been delivering Vaping Education Sessions to the Broome Senior High School and St Mary's College.

These education sessions provide information around the harms of vaping and the effects it has on a young person's body.

We've also created a series of short series educational videos which unpack some of the myths around vaping and explain the harmful chemicals which vapes contain.



National Aboriginal and Torres Strait Islander Children's Day

On 4 August, BRAMS joined schools and other organisations to celebrate National Aboriginal and Torres Strait Islander Children's Day at Nyamba Buru Yawuru.

National Aboriginal and Torres Strait Islander Children's Day is our national day dedicated to celebrating First Nations children.

It has been running annually since 1988 and is the initiative of SNAICC. Children's Day is a time when Aboriginal and Torres Strait Islander families and communities - and indeed all Australians - celebrate the strengths and culture of our children.

It is an opportunity for us to show our support for First Nations children, as well as learn about the crucial impact that culture, family and community continue to play in the life of every Aboriginal and Torres Strait Islander child.



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Australian Digital Health Agency

On 19th August, BRAMS welcomed a visit from Shaylen Padayachey and Nicolle Marchant of the Australian Digital Health Agency, which through the AHCWA have funded our Advanced Care Planning Project.

This is an important project for BRAMS, as we have the flexibility to design an Advanced Care Planning document that meets the needs of those in our care and gives them choice and control around their end-of-life wishes.

Thank you to Jonathan Blundell (SMO), Delia Lawford (Practice Manager), Soli White (Chronic Disease Coordinator) and Telithia Matthews (Aged and Disability Coordinator) for finalising the first draft of the Advanced Care Planning document.



Art Therapy with the Year 8 Broome Senior High School Stars Girls

The BRAMS SEWB team has been facilitating a weekly Art Therapy group with the BSHS Stars Year 8 students.

The group is aimed at providing a safe space for students to engage in art therapy, to explore identity, connection to self, connection to each other, build resilience, develop coping strategies for strong emotions and promote positive help-seeking behaviors.

The students have been working on creating a joint 'Happy' painting exploring strengths, what's working well and what makes them feel strong, along with an "Angry" painting exploring what makes them feel frustrated, shame, sad and no good.

Other activities have included exploring identity through vision boards, making self-care products, creating safe places and practicing deep-breathing techniques.

Well done to the SEWB team for creating such an engaging and positive experience for the students.



Deadly Sista Girlz Football Cup

Our Tackling Indigenous Smoking Team attended the Deadly Sista Girlz Football Cup on 25 August.

BRAMS used this opportunity to provide short education sessions to the participating girls on the dangers of smoking and vaping.

The event was also a great way to coordinate and collaborate with local youth organisations like Garnduwa, DSG, Alive and Kicking Goals, and the STARS Foundation.



Strategic Plan Update



Our Board of Directors meet with our Senior Management Team at the beginning of August to review our progress towards our five-year strategic plan.

It was pleasing to see that despite the many challenges of managing the COVID-19 outbreak, BRAMS has still been able to make considerable progress toward meeting its strategic goals, including the addition of NDIS and Aged Care to our service profile over the past two years.

Goolari Radio



BRAMS is on the radio!

Don't forget to tune in to Goolari Radio every second Wednesday from 10.00am to 11.00am to listen to health news and updates from BRAMS.

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NDS CEO and Leadership Breakfast

The National Disability Service (NDS) CEO and Leadership breakfast was an event for the CEOs and senior leaders in disability services to come together and hear presentations by the NDS's CEO and board members.

Topics included the recent Disability Royal Commission hearings, current challenges with the NDIS system, how these are impacting service providers in WA and other states, and opportunities for the bigger issues to be addressed.

After the breakfast and presentations, there was an opportunity for networking with other attendees, and I spent some time talking about BRAMS and our NDIS services with representatives from service providers based in Perth who also deliver support coordination.



Perth Visit

Diandra Cox (Corporate Services Manager), Erina Tanka (Model of Care Manager), Chris Bin Kali (Chairperson) and Cassie Atchison (CEO) travelled to Perth on 16th and 17th August to meet with the Health Minister, the Hon Amber-Jade Sanderson.

The team discussed our building plans for the new clinic with the Minister and talked about possible funding opportunities.

We also met with our local member, Divina Di'Anna MP, who kindly hosted the team for lunch at Parliament House and provided us with a tour.



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Alive and Kicking Goals

The BRAMS Population Health Team had the opportunity to meet with the Alive and Kicking Goals Team when they visited last month.

This was a great occasion to exchange ideas on programs and to see how we can better work together in addressing the importance of our young people's health.



BRAMS Fitness Challenge

The BRAMS team has started its very own 8-week health challenge, with more than 50 staff on board.

Participating staff members have completed a Body Scan with Life and Soul, and at the conclusion of the challenge will complete a final Body Scan to determine the winner.

Each week we are taking part in different mini-challenges, and have also hosted special guests to provide us with personal training, and education and information. In eight weeks' time, you may not recognise us at all!

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for updates >>>



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Model of Care Update

Work on improving our Model of Care has begun in earnest, and Manager Erina Tanaka has started the project off by looking at our Patient Transport System.

Erina has met with our Patient Transport Officers, Clinic Staff and Management to review our processes and better align them with our Model of Care, with a view to being more effective and efficient.



Wear it Purple Day

**Friday 16th August was
Wear it Purple Day.**

This is a significant day for us at BRAMS, as it encourages us to reflect on how we provide services that are diverse, and empower people to have choice and control over their lives without fear of judgment.

Kara and Mikka from our SEWB team did a fabulous job organising a staff morning tea, where we were able to have a yarn about how we work as a team and what we can do to further improve our services.



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Staff Profiles

Mikka Poelina McKenzie – SEWB Case Worker

I am a Social & Emotional Wellbeing Case Worker and I love my job engaging with our community.

It has been my long-term goal to work at BRAMS as it is very important to me that we encourage good physical and mental health in our community, and for everyone to be strong and to live healthier, longer lives.

So, come into BRAMS and "Get Your Check Up" for your physical and mental health!

The SEWB Program supports your journey with goal-setting, cultural activities, counselling, outreach, advocacy, transport assistance to other services and appointments, and referrals to specialist services and group activities.



Albert Bevan – SEWB Case Worker

My name is Albert, I am a Bardi, Nyul Nyul and KIja man.

I grew up in the Broome community and went to school here as a child. My Dad worked in the Pearling industry and Mum worked in education; they were both hard-working people who taught me a lot about how to give back to our community. I was an Indigenous Ranger for nearly ten years, and I own my own business as an Indigenous Consultant.

I also work in film and television, both in front of and behind the camera. I am a touring musician, and I present talks about Indigenous science to a variety of Institutions around Australia. I am now working in health, here at BRAMS, as a Social Emotional Well-being Worker.

I live here with my partner and three children, and our three dogs. I joined the team here at BRAMS just over a year and half ago and have loved every minute of it. Growing up in Broome was a great experience, and I feel proud to be able to give back, by helping and supporting the community that helped shape me to become who I am today.



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Patient Profile

Marisha Wynne

How long have you been attending BRAMS?

I have been attending for 10 years.

What do you enjoy most about BRAMS?

BRAMS provides good quality of treatment from the doctors and health workers.

Are there any improvements you wish to see within BRAMS?

Would be good if they had tea and biscuits in the reception.



Patient Profile

Thomas McKenzie (from Broome)

How long have you been attending BRAMS?

I have been attending for 40 years.

What do you enjoy most about BRAMS?

BRAMS provides good health service for our people.

Are there any improvements you wish to see within BRAMS?

BRAMS to provide more home visits, and for reception staff to answer the phone.





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Regional Aboriginal
Medical Service**

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