

# Aboriginal Health

## Summary of Services Commissioned by the North Coast Primary Health Network

WE ACKNOWLEDGE THE TRADITIONAL CUSTODIANS OF THE LAND WE LIVE AND WORK, THE BUNDJALUNG, ARAKWAL, YAEGL, GUMBAYNGGIRR, GITHABUL, DUNGHUTTI AND BIRPAI NATIONS, AND THEIR CONTINUING CONNECTION TO LAND, SEA AND COMMUNITY. WE PAY OUR RESPECTS TO ELDERS PAST, PRESENT AND FUTURE.



NCPHN is committed to addressing gaps in the primary healthcare system and making the system work better. Commissioning is a new way of working to design and pay for health services that best meet the community's needs. Commissioning aims to support locally appropriate health solutions which are guided by community members, clinicians and health managers. NCPHN is currently commissioning about \$5.5 million of Aboriginal and Torres Strait Islander health services and training on the North Coast.

*Summary overview updated October 2017.*

SERVICES	TRAINING & SUPPORT PROJECTS	MENTAL HEALTH SPECIFIC	ALCOHOL & OTHER DRUGS	CHRONIC DISEASE SUPPORT (COMMUNITY)			
				ACTIVITY	DESIGNED FOR	REGION	PROVIDER
				Care Coordination and Supplementary Services (CCSS)	Aboriginal and Torres Strait Islander people with chronic health conditions who access Durri Aboriginal Corporation Medical Service.	Kempsey LGA	Durri Aboriginal Corporation Medical Service  (02) 6560 2300 <a href="http://www.durri.org.au">www.durri.org.au</a>
				Care Coordination and Supplementary Services (CCSS)	Aboriginal and Torres Strait Islander people with chronic health conditions who access Darrimba Maarra Aboriginal Health Clinic.	Nambucca LGA	Durri Aboriginal Corporation Medical Service - Darrimba Maarra Aboriginal Health Clinic  (02) 6598 6800 <a href="https://www.facebook.com/pages/Darrimba-Maarra-Aboriginal-Health-Clinic/1377430579156700">www.facebook.com/pages/Darrimba-Maarra-Aboriginal-Health-Clinic/1377430579156700</a>
				Care Coordination and Supplementary Services (CCSS)	Aboriginal and Torres Strait Islander people with chronic health conditions who access Bugalwena General Practice.	Tweed LGA	Bulgarr Ngaru Medical Aboriginal Corporation - Bugalwena General Practice  (07) 5513 1322 <a href="http://www.bugalwena.org.au">www.bugalwena.org.au</a>
				Care Coordination and Supplementary Services (CCSS)	Aboriginal and Torres Strait Islander people with chronic health conditions who access Bulgarr Ngaru MAC.	Clarence Valley, Kyogle and Richmond Valley LGAs	Bulgarr Ngaru Medical Aboriginal Corporation - Richmond Valley & Clarence Valley Clinics  (02) 6643 2199 (Grafton) (02) 6662 3514 (Richmond) <a href="http://www.bnmac.com.au">www.bnmac.com.au</a>
				Care Coordination and Supplementary Services (CCSS)	Aboriginal and Torres Strait Islander people with chronic health conditions who access Jullums AMS.	Lismore LGA	Rekindling the Spirit - Jullums Aboriginal Medical Service  (02) 6621 4366
				Care Coordination and Supplementary Services (CCSS)	Aboriginal and Torres Strait Islander people with chronic health conditions who access Werin Aboriginal Corporation.	Port Macquarie LGA	Werin Aboriginal Corporation Medical Clinic  (02) 6589 4000 <a href="https://www.facebook.com/werinmedicalclinic">www.facebook.com/werinmedicalclinic</a>

**For more information visit [www.ncphn.org.au/commissioned-services](http://www.ncphn.org.au/commissioned-services)**

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### CHRONIC DISEASE SUPPORT *cont.* (COMMUNITY)

	ACTIVITY	DESIGNED FOR	REGION	PROVIDER
●	Care Coordination and Supplementary Services (CCSS)	Aboriginal and Torres Strait Islander people with chronic health conditions who access Bullinah AHS.	Ballina LGA	Bullinah Aboriginal Health Service (02) 6681 5644 <a href="http://www.bullinahahs.org.au">www.bullinahahs.org.au</a>
●	Care Coordination and Supplementary Services (CCSS)	Aboriginal and Torres Strait Islander people with chronic health conditions who access Galambila AHS.	Coffs Harbour LGA	Galambila Aboriginal Health Service (02) 6652 0800 <a href="http://www.galambila.org">www.galambila.org</a>
●	Care Coordination and Supplementary Services (CCSS) and Aboriginal Outreach Worker (AOW) Program	Aboriginal and Torres Strait Islander people who access mainstream general practice.	Port Macquarie and Kempsey LGA	Werin Aboriginal Corporation (02) 6589 4000 <a href="http://www.facebook.com/werinmedicalclinic">www.facebook.com/werinmedicalclinic</a>
●	Care Coordination and Supplementary Services (CCSS) and Aboriginal Outreach Worker (AOW) Program	Aboriginal and Torres Strait Islander people who access mainstream general practice.	Tweed, Byron, Ballina, Lismore, Richmond Valley, Kyogle and Clarence Valley LGAs	Rekindling the Spirit (02) 6622 1117 <a href="http://www.rekindlingthespirit.org.au">www.rekindlingthespirit.org.au</a>
●	Care Coordination and Supplementary Services (CCSS) and Aboriginal Outreach Worker (AOW) Program	Aboriginal and Torres Strait Islander people who access mainstream general practice.	Coffs Harbour, Bellingen and Nambucca LGAs	Coffs Harbour GP Superclinic (02) 6691 3573 <a href="http://www.coffsharbourgpsuperclinic.com.au">www.coffsharbourgpsuperclinic.com.au</a>
●	Healthy Kidneys Project	Aboriginal and Torres Strait Islander people who attend AMSs and are at risk of chronic kidney disease.	Tweed, Byron, Ballina, Lismore, Richmond Valley, Kyogle and Clarence Valley LGAs	NCPHN and NSW LHD partnership (02) 6618 5400 <a href="http://www.ncphn.org.au">www.ncphn.org.au</a>
●	Healthy Lifestyle Program	Aboriginal and Torres Strait Islander people at risk of cardiac disease.	Port Macquarie LGA	Werin Aboriginal Corporation (02) 6589 4000 <a href="http://www.facebook.com/werinmedicalclinic">www.facebook.com/werinmedicalclinic</a>
			Clarence Valley LGAs	Bulgarr Ngaru Medical Aboriginal Corporation (02) 6643 2199 (Grafton) <a href="http://www.bnmac.com.au">www.bnmac.com.au</a>

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	ACTIVITY	DESIGNED FOR	REGION	PROVIDER
● ●	"GarimaleH Werlu Na" (Taking Care of Yourself) Group Therapy Pilot Program	Aboriginal and Torres Strait Islander people to enhance social and emotional wellbeing, particularly with complex mental health needs in relation to disconnection, trauma and substance misuse.	Lismore, Ballina	University Centre for Rural Health University of Sydney  (02) 6620 7570 <a href="http://www.ucrh.edu.au">www.ucrh.edu.au</a>
● ●	Maayu Mali Outreach Program	Aboriginal and Torres Strait Islander people from 12 years of age needing help with alcohol and other drug misuse.	Kempsey, Bellbrook, South West Rocks, Macksville, Nambucca Heads, Bowraville	Durri Aboriginal Corporation Medical Service  (02) 6560 2300 or (02) 6560 2301 <a href="http://www.durri.org.au">www.durri.org.au</a>
● ● ●	Extended Namatjira Haven "Guljihwen" (meaning 'change') Residential Program and Withdrawal Management Service	Aboriginal and Torres Strait Islander men with both drug and alcohol and mental health issues.	Ballina, Lismore, Byron Bay, Casino, Kyogle	Namatjira Haven Drug and Alcohol Healing Centre  (02) 6626 1098 <a href="http://www.namatjirahaven.com.au">www.namatjirahaven.com.au</a>
● ●	Family Therapy Service	Aboriginal and Torres Strait Islander families living in Bowraville.	Bowraville	Durri Aboriginal Corporation Medical Service  (02) 6560 2300 or (02) 6560 2301 <a href="http://www.durri.org.au">www.durri.org.au</a>
● ●	Healthy Minds: Free, Referral-Based Psychological Services	Underserved groups needing to access mental health services.	Region wide (North Coast)	North Coast Primary Health Network <a href="http://www.ncphn.org.au/healthy-minds-practitioners">www.ncphn.org.au/healthy-minds-practitioners</a>
● ●	Mental Health Nursing Services	People for whom mental illness has a severe impact on their life. Aboriginal and youth-specific services available.	Region wide (North Coast)	North Coast Primary Health Network <a href="http://www.ncphn.org.au/mental-health-nursing-services">www.ncphn.org.au/mental-health-nursing-services</a>
● ●	The Life Tree: Mental Health and Suicide Prevention Training Program	Aboriginal and Torres Strait Islander community members	Region wide (North Coast)	CRANES 1800 289 927 <a href="http://www.cranes.org.au">www.cranes.org.au</a>



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**SERVICES** **TRAINING & SUPPORT PROJECTS** **MENTAL HEALTH SPECIFIC** **ALCOHOL & OTHER DRUGS** **MENTAL HEALTH AND ALCOHOL & OTHER DRUGS** *cont.*  
(COMMUNITY)

		ACTIVITY	DESIGNED FOR	REGION	PROVIDER
●	●	Training to become an Aboriginal Mental Health First Aid Instructor	Aboriginal and Torres Strait Islander community members interested in mental health first aid.	Lismore	Namatjira Haven Drug and Alcohol Healing Centre (02) 6626 1098 <a href="http://www.namatjirahaven.com.au">www.namatjirahaven.com.au</a>
●	●	"We Yarn" Aboriginal Suicide Awareness and Prevention Workshops	Aboriginal and Torres Strait Islander community members interested in suicide prevention.	Region wide (North Coast)	Centre for Rural and Remote Mental Health (CRRMH) University of Newcastle (02) 6363 8447 <a href="http://www.crrmh.com.au">www.crrmh.com.au</a>

**MENTAL HEALTH AND ALCOHOL & OTHER DRUGS**  
(HEALTH PROFESSIONAL)

●	●	Clinician support for the effective management and treatment of problematic drug and/or alcohol issues	Bulgarr Ngaru Medical Aboriginal Corporation staff.	Grafton and surrounds	Bulgarr Ngaru Medical Aboriginal Corporation (02) 6643 2199 (Grafton) <a href="http://www.bnmac.com.au">www.bnmac.com.au</a>
●	●	Aboriginal Mental Health Access Improvement Project: Joint Aboriginal medical organisation project to improve access to mental health services	Aboriginal Medical Service staff and associated service organisations.	Port Macquarie, Coffs Harbour	Galambila Aboriginal Health Service (02) 6652 0800 <a href="http://www.galambila.org">www.galambila.org</a>  Partnering with: Werin Aboriginal Corporation Medical Clinic (02) 6589 4000 <a href="http://www.facebook.com/werinmedicalclinic">www.facebook.com/werinmedicalclinic</a>
●	●	Clinician support to deliver best practice drug and alcohol management services	Jullums Aboriginal Medical Service staff.	Lismore and surrounds	Rekindling the Spirit (02) 6622 1117 <a href="http://www.rekindlingthespirit.org.au">www.rekindlingthespirit.org.au</a>
●	●	The Life Tree: Mental Health and Suicide Prevention Training Program	Clinicians working in Aboriginal and Torres Strait Islander health.	Region wide (North Coast)	CRANES 1800 289 927 <a href="http://www.cranes.org.au">www.cranes.org.au</a>

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