

Focusing on what is STRONG, not what is wrong



GOAL
Local Aboriginal and Torres Strait Islander people in the North West Metropolitan Region are supported to becoming active in the holistic health and well-being of their communities.

enables change • strengths focussed • PRINCIPLES • community participation and control • partnerships • supports existing and developing leadership

16 Dreaming Circles reached 178 participants co facilitated by 13 Wellness Dreaming Messengers

Weekend camp on country where we can take our pets (Elders)

Youth-led community arts festival

Open day to meet more community and invite our family (Elders)

Bringing community together to learn about culture

Planning for Local Aboriginal Network youth centre, Integrated Health Promotion

WELLNESS DREAMING, A STRENGTH BASED APPROACH ...

Aboriginal and non-Aboriginal people

Advisory Group

Holistic view of wellness

Community-led

Culture

Cross-sectoral collaboration

Culturally competent

Groups of Elders, youth, women, community groups, students and workplaces across Melbourne's north-west

Demand exceeded available places in Wellness Dreaming Messenger training. Prior cultural awareness essential.

...TO COMMUNITY LED ACTION

Sharing the story to promote strength-based practice through film, images, spoken word and presentations

Increase workforce capacity and cross-sectoral partnerships

Strengths enabled inclusive community-led action for wellbeing

Agency buy-in enabled staff to attend two days of training

Cohealth project lead, drawing upon learning from Health Champions

Koolin Balit initiative 2015 - 2016

Wellness Dreaming Messenger training flipped the thinking of 44 Aboriginal and non-Aboriginal workforce across sectors, away from needs, towards strengths

NEXT STEPS

- Aboriginal and Torres Strait Islander voice to be present at every stage of planning and delivery
- Embedding strength-based approaches in Aboriginal health and community sector
- Continued support and facilitation of community led action
- Intellectual, physical and capital INVESTMENT by government and NGOs
- Develop new and existing cohorts of Wellness Dreaming Messengers
- Promote cultural awareness training as a pre-requisite for Wellness Dreaming Messengers