NACCH OCHRE DAY

Men’s health, our way. Let’s own it!

National Men’s Health Conference
Grand Chancellor Hotel, Hobart
27 – 28 August 2018
Our Aboriginal ancestors owned and occupied Lutruwita. We acknowledge our past and present warriors and our connection to country and sea. We are a strong community, identified through our family and family connections.

**OCHRE DAY ALLOWS ABORIGINAL MALES OF ALL AGES TO SHARE KNOWLEDGE AND EXPLORE WAYS TO ENGAGE WITH THEIR LOCAL ACCHSS.**

**OCHRE DAY AIMS ARE TO:**

- Build on the recommendations and outcomes from the male only sessions at the NACCHO AGM/Members meeting and
- Provide an opportunity to draw national public awareness to Aboriginal male health, and social and emotional wellbeing.
- Commencing in Canberra in 2013, Ochre Day is an important NACCHO Aboriginal male health initiative. Ochre Day has also been held in Brisbane, Adelaide, Perth and Darwin. NACCHO has long recognised the importance of addressing Aboriginal male health as part of Close the Gap by 2030.

All too often Aboriginal male health is approached negatively, with programmes only aimed at males as perpetrators. Examples include alcohol, tobacco and other drug services, domestic violence, prison release, and child sexual abuse programs. These programmes are vital, but are essentially aimed at the effects of males behaving badly to others, not for promoting the value of males themselves as an essential and positive part of family and community life.

To address the real social and emotional needs of males in our communities, NACCHO proposes a positive approach to male health and wellbeing that celebrates Aboriginal masculinities, and uphold our traditional values of respect for our laws, respect for Elders, culture and traditions, responsibility as leaders and men, teachers of young males, holders of lore, providers, warriors and protectors of our families, women, old people, and children.

NACCHO’s approach is to support Aboriginal males to live longer, healthier lives as males for themselves. The flow-on effects will hopefully address the key effects of poor male behaviour by expecting and encouraging Aboriginal males to be what they are meant to be.

In many communities, males have established and are maintaining men’s groups, and attempting to be actively involved in developing their own solutions to the well documented men’s health and wellbeing problems, though almost all are unfunded and lack administrative and financial support.

To assist NACCHO to strategically develop this area as part of an overarching gender/culture based approach to service provision, NACCHO decided it needed to raise awareness, gain support for and communicate to the wider Australian public issues that have an impact on the social, emotional health and wellbeing of Aboriginal Males. It was subsequently decided that NACCHO should stage a public event that would aim to achieve this and that this event be called “NACCHO Ochre Day”.

The NACCHO Ochre Day Health Conference provides a national forum for all Aboriginal and Torres Strait Islander male delegates, organisations and communities to learn from Aboriginal male health leaders, discuss their health concerns, exchange share ideas and examine ways of improving their own men’s health and that of their communities.
Oxfam

Oxfam Australia is an international organisation that works in partnership with communities around the world to tackle poverty and injustice. In Australia, Oxfam has been supporting and working alongside Aboriginal and Torres Strait Islander Peoples and organisations for the past 40 years. Oxfam partners with Indigenous organisations because we believe this is the best way to achieve self-determination. Oxfam helped to launch the Close the Gap campaign back in 2006, and we remain committed to supporting this Indigenous-led coalition dedicated to achieving Indigenous health equality within a generation.
**Fred Hollows**
The Fred Hollows Foundation’s vision is a world in which no person is needlessly blind and Indigenous Australians exercise their right to good health. Through an eye health lens, The Foundation’s Indigenous Australia Program works with partners and conducts advocacy to achieve equity in health outcomes between Aboriginal and Torres Strait Islander peoples and non-Indigenous Australians.

**MSD**
For more than a century, MSD, a leading global biopharmaceutical company, has been inventing for life, bringing forward medicines and vaccines for many of the world’s most challenging diseases. MSD is a trade name of Merck & Co., Inc., with headquarters in Kenilworth, N.J., U.S.A. Through our prescription medicines, vaccines, biologic therapies and animal health products, we work with customers and operate in more than 140 countries to deliver innovative health solutions. We also demonstrate our commitment to increasing access to health care through far-reaching policies, programs and partnerships. Today, MSD continues to be at the forefront of research to advance the prevention and treatment of diseases that threaten people and communities around the world — including cancer, cardio-metabolic diseases, emerging animal diseases, Alzheimer’s disease and infectious diseases including HIV and Ebola. For more information, visit www.msd.com and connect with us on Twitter, LinkedIn and YouTube.

**NPS**
NPS MedicineWise is an independent, evidence based organisation primarily funded by the Department of Health to educate health professionals and consumers about the appropriate use of medicines and medical tests. NPS MedicineWise improves the way medicines and other medical technologies are prescribed and used in practice. We do this through behaviour change interventions, evidence-based information to support decision making, educational programs which aim to address evidence-practice gaps, and targeted health communications campaigns.

**Heart Foundation**
The Heart Foundation has been working closely with Former AFL football champion Nicky Winmar, to encourage more Aboriginal and Torres Strait Islander people to think more about their Heart Health. Nicky has always looked after his health, apart from having been a light smoker for years. But he had a heart attack at only 46, after losing his own father to a heart attack at 50.

Heart disease is the number one killer of Aboriginal and Torres Strait Islander peoples. “The people you love, take them for heart health checks,” Mr Winmar says. “Learn the warning signs of a heart attack and make sure to ring 000 (Triple Zero) if you think someone in your community is having one.”

He also urges Aboriginal and Torres Strait Islander peoples to give cigarettes the boot: “If you smoke, stop. I was only a light smoker but it still did me harm, so now I’ve given up.” To watch and hear Nicky’s story, please visit https://www.heartfoundation.org.au/your-heart/aboriginal-health/nicky-winmars-message

**TONIC**
Australia’s leading health media network Tonic Health Media, has welcomed the recent announcement by Federal Minister for Indigenous Health, the Hon. Ken Wyatt AM MP, that an audience targeted, culturally relevant Aboriginal Health Television (AHTV) network, will be delivered to hundreds of Aboriginal community controlled health services across the country. AHTV, with its Advisory Group, will work closely with Aboriginal Peak Health Bodies and leading Aboriginal health service providers, to develop and deliver culturally relevant health messaging and lifestyle content to improve health literacy in Aboriginal communities. Tonic Health Media’s existing digital platforms reaches 4,500+ GP Practices, Hospitals, Pharmacies and Health Centre waiting areas across the country, as well as online.

**ACT Government**
NACCHO acknowledges the support provided by the ACT Government to ACT conference delegates.
NACCHO

The National Aboriginal Community Controlled Health Organisation (NACCHO) are strengthening and expanding the Aboriginal Community Controlled Health Sector. Our network of 144 Members’ in 303 clinics and health settings have delivered millions of episodes of care that were provided by almost 6,000 staff.

Our staff team work is always based on current best-practice, evidence-based research in the Aboriginal Community Controlled Health Sector and supports equitable access to accessible, economically affordable, locally available, and culturally appropriate comprehensive primary health care, in urban, rural and remote locations.
Monday 27 August 2018

8:00am
Conference registration

9:00am
Introduction
John Havnen

9:10am
Welcome to Country
Craig Everatt

9:50am
Welcome to NACCHO Ochre Day
NACCHO Chairperson — John Singer

10:05am
Key Note Address 1 — video address to Conference
The Hon. Ken Wyatt AM MP
Minister for Aged Care and Indigenous Health

10:35am – 11:00am
Morning Tea

11:00am
Karadi Aboriginal Corp Men’s Group
Thomas Riley

11:15am
Drug rehabilitation
Aaron Everett

11:30am
Back on Country
Andry Sculthorpe, Adam Thompson

11:45am
The health and formation of adolescent males
Stuart McMinn — Interrelate

12:00pm – 12:50pm
Lunch

12:50pm
Trauma Informed Care — Intergenerational Trauma
Danielle Dyall

1:40pm
Family violence
Greg Telford

1:55pm
Anger management
Jack Bulman

2:10pm
Strategies to deal with family violence
Q & A

3:00pm – 3:20pm
Afternoon Tea

3:20pm
The Engaging Men
— Male Health Promotion Training Program AMHF
— Engaging Aboriginal and Torres Strait Islander men effectively
Greg Millan

3:40pm
Aboriginal male sexual health — RM1
Dr. Mark Wenitong

Nicotine addiction — RM2
Tina Goodwin

4:00pm
Ice addiction — RM1
Jahrrod Edwards

Sexual reproduction — RM2
Mick Adams

4:20pm
Selection of Ochre Day host state for next year
NACCHO Chairperson — John Singer

5:00pm
Close

Jaydon Adams Oration Memorial Dinner

6:45pm
Introduction

6:50pm
Welcome to Country

7:05pm
Dinner

7:45pm
The Jaydon Adams Memorial Oration Award
NACCHO Chairperson — John Singer

8:15pm
The importance of women as partners in men’s health
— the Hobart Statement
John Paterson

8:30pm
Key Note Address 2
TREATY/Rod Little

9:10pm
NACCHO Ochre Day Shield hand over
Tacinc

9:15pm
Entertainment
Reggae Band — Boil Up

11:00pm
Close

MC
Charlie King

Supporting MCs
John Havnen
Mick Adams
Patrick Johnson
Patrick AhKit
John Paterson
Tuesday 28 August 2018

8:00am
Conference registration

8:30am
Introduction

8:40am
Engaging Aboriginal men in community health and wellbeing programs
Kootsy Canuto

9:10am
How men's clinics was established
1. Why men's health clinics are needed
Anyinginiyi Health — Ross Williams, Stan Stokes

9:25am
How men's clinic was established
2. Why mens health clinics are needed
Wuchopperen Health — Charlie Adams

9:40am
Group Work
— How can a men’s health clinic be established within your health service
— How to make men’s health a priority
RM1, RM2

10:20am – 10:40am
Morning Tea

10:40am
Group Work Presentation
— How can a men’s health clinic be established within your health service
— How To make men’s health a priority
RM1, RM2

11:20am
Aboriginal male suicide
Glen Poole

11:50am
Suicide prevention
Group Work
RM1, RM2

12:00pm – 1:00pm
Lunch

1:00pm
Suicide prevention
Group work presentation

1:40pm
The Enemy Within
Joe Williams

2:00pm
Current issues affecting Aboriginal male health practitioners
Karl Briscoe

2:20pm
Group work — Aboriginal male health practitioners
— Where would we like to be — outcomes
— What are the obstacles
— How do we get there
RM1, RM2

3:00pm – 3:30pm
Afternoon Tea

3:30pm
Group work presentations
Aboriginal male health practitioners

4:10pm
The MomentTIM Program
IUH — Charlie Jia, Deon Bird

4:30pm
Deadly choices — Using sport to achive healthy outcomes
IUH — Patrick Johnson

4:45pm
Closing ceremony

5:00pm
Close
Welcome to Country
Mr Craig Everatt

Speakers

Dr Mick Adams
Dr Mick Adams is Senior Research Fellow at the Australian Indigenous HealthInfoNet and Kurongkurl Kattijin at Edith Cowan University in Western Australia. He is a descendent of the Yadhaigana/Wuthathi people of Cape York Peninsula in Queensland, the Gurindji people of central western Northern Territory with extended family relationships with the people of the Torres Straits. Dr Adams is recognised and credited as one of the leading Aboriginal researchers on male health. Mick has worked in the health sector for over 30 years and has experiencing working in both government and community-controlled health service sector.

Kootsy (Justin) Canuto
Kootsy (Justin) Canuto is a Torres Strait Islander whose PhD thesis with the School of Medicine, University of Adelaide is entitled “Reducing barriers and improving access: a qualitative study of Aboriginal and/or Torres Strait Islander men’s experiences of Primary Health Care Service utilisation from South Australia and Far North Queensland”. Kootsy is extremely passionate about improving the health and wellbeing of Aboriginal and Torres Strait Islander people, particularly Aboriginal and/or Torres Strait Islander men. Kootsy’s goal is to continue from his PhD research by working with Primary Health Care Services in assisting them to improve their engagement with Aboriginal and/or Torres Strait Islander men by shaping services to maximise their accessibility. Kootsy believes that if services engage local men to co-design local strategies barriers can be reduced, and accessibility improved. Rigorous evaluation of the strategies implemented will provide evidence that can assist other services and drive practice and policy change.

Danielle Dyall
Danielle Dyall is a proud Minjungbal woman from Tweed Heads Bundjalung Country and a mother of two beautiful boys. Danielle is currently enrolled in a masters of public health at Charles Darwin University and has been awarded a Bachelor degree in (Trauma and Healing) Indigenous Studies and a graduate diploma in public health.

Danielle moved to the Northern Territory in 2015 where she has taken up work with Aboriginal Medical Service Alliance Northern Territory (AMSANT) as Team Leader in Trauma informed care and Social Emotional Wellbeing.

Danielle draws from her cultural ancestry, her lived experiences and also education when working with communities and organisations to support healing practices that strengthens social emotional wellbeing in a trauma informed way.

Deon Bird
Deon has been a part of the Institute of Urban Indigenous Healths (IUIH) MomenTIM program since 2015 as Facilitator and more recently has moved into a Workforce Development Role. A proud Wakka Wakka man, Deon has developed an unwavering passion for this work around mens mental health, which has seen him become an Aboriginal and Torres Strait Mental Health Trainer as a part of his role with IUIH.

Formerly, Deon was the Founder & CEO of the Australian Indigenous Youth Academy Inc. AIYA was established in 2010 as a not-for-profit organization, which existed to ‘inspire future generations’ of Indigenous youth to achieve higher educational outcomes through a school-based traineeship program & healthy lifestyle initiatives. Prior to his move to the not-for-profit and health services sector, Deon played professional rugby league in the English Super League for 11 years from 1996 to 2006.

Karl Briscoe
Karl Briscoe is a proud Kuku Yalanji man from Mossman — Daintree area of Far North Queensland and has worked for over 17 years in the health sector at various levels of government and non-government including local, state and national levels which has enabled him to form a vast strategic network across Australia. Karl has taken up the position as the Chief Executive Officer of NATSIHWA to progress and represent the invested interests of Aboriginal and/or Torres Strait Islander Health Workers and Health Practitioners. Previous to NATSIHWA Karl was the Clinical Services Manager at the Galambila Aboriginal Health Service in Coffs Harbour. He has a vast array of experience at Senior Executive levels including previous positions as the Executive Director of Indigenous Health and Outreach Services in Cape York and Torres Strait Hospital and Health Service, which provided the skills and knowledge to coordinate strategic intent to address the health needs of Aboriginal and Torres Strait Islander people.
Charlie Jia
Charlie is a proud Yindinji man (Cairns, North Queensland) and Torres Strait Islander. Charlie Jia has worked in private and public positions at local, state and national levels. His drive, commitment and passion are with his community, its people, friends and family. Charlie sits on various committees representing his immediate community and is a founding member of the South East Queensland Indigenous Chamber of Commerce (SEQICC) and the inaugural President from 2006 to 2011. He recently returned to the Chamber after moving to North Stradbroke Island to live and set up his small business, CJ’s Island Pizza which he still owns, being managed by his eldest son. Charlie is the Regional Coordinator Men’s Mental Health overseeing MomenTIM which is one of many health-related programs delivered by the Institute for Urban Indigenous Health.

John Havnen
John Havnen commenced work with NACCHO in December 2016 as a Senior Policy Officer. His career has involved work as a CEO of Aboriginal Housing organisations and as a Regional Director of a Government Department focussed on Public and Aboriginal Housing and Local Government. He has also worked as a Senior Policy Officer in Aboriginal Housing. His work experience has included a stint as CEO of an Aboriginal Enterprise Development organization and work within the building industry. John has also had experience on the Boards of Aboriginal Housing, Health, Legal Aid and Enterprise Development organisations.

Rod Little
Rod Little is from the Wiluruyu-Angaw and Wajuk peoples of Geraldton and Perth areas of Western Australia and lives in Canberra. He is the Co-chair of the National Congress of Australia’s First Peoples. Before this role he was a Director at Congress and has previously been an elected member and Chairperson of the ACT Aboriginal and Torres Strait Islander Elected Body since its inception in 2008. He is a native title applicant and a member of a negotiation team of traditional owners’ negotiating long lasting outcomes for his mob through an alternative settlement agreement process with the Western Australian Government. Rod has a long employment history in Aboriginal and Torres Strait Islander affairs in education and senior leadership positions in social policy areas and has represented first peoples at international forums including the United Nations Permanent Forum on Indigenous Issues and the Commonwealth Peoples Forum. He passionate and committed to our peoples and improving their lives, particularly through advocating for our rights; equal education and health; and through consulting, encouraging and collaborating with our leaders, professionals and institutions.

Stuart McMinn
Stuart McMinn is cultural man whose heritage comes from the Dharug and Waka Waka people. Stuart is currently Interrelates Aboriginal RAP Coordinator/Community Liaison and his role consists of internal culturally appropriate policy development and external program development and delivery. Stuart has spent many years working with Aboriginal communities throughout NSW and continues to develop programs that are born out of community need through deep consultation and discussion with the communities he is working with.

As part of his role Stuart sits on the NSW Men’s Health Executive, On the Central Coast Community Councils Board and serves as a member on Interrelates internal Aboriginal Advisory committee Kutanya and actively carries out the actions that arise from the internal meetings as part of his role. Stuart believes that when programs are developed from community need and in consultation with community they have better outcomes, larger capacity building opportunities, long term sustainability outcomes and creates a larger sense of ownership and community pride in what has been developed.

Greg Millan
Greg Millan is one of Australia’s leading experts on men’s health and wellbeing with over 30 years’ experience in the men’s health promotion area. He has developed and implemented many health programs, professional training sessions, and community events and developed resources covering a wide range of male health and wellbeing issues. Greg is a social work trained health educator who has worked for over 35 years in Government, non-government organisations and the private sector. He is currently involved in various men’s health and wellbeing projects and is the author of Men’s health & wellbeing: an A–Z guide.

Kim Mulholland
An Aboriginal descendant of the Larrakia Nation and Yanyuwa Clan group of the Northern Territory, Kim has lived a contrast between traditional Yanyuwa and contemporary Larrakia, granting him a unique insight and depth of understanding the rich tapestry that is our modern Aboriginal Australia. Kim has a wealth of experience in community development & Aboriginal social & emotional wellbeing, and works from a unique integrative perspective with deep respect, drawing on lessons from his traditional cultural knowledge, and forging with principles in western education.
John Paterson
John Paterson is a born and bred Territorian, John’s family is affiliated with the Ngalakan tribe, located in the Roper River region. John was appointed as the EO of AMSANT in June 2006 and immediately outlined his priorities for the organisation in the coming years. “John’s goal is to strengthen and enhance our community-controlled health services in the NT so we can improve both the quality and duration of life for Aboriginal people,” John says. “I’m particularly keen to help improve the mental health of the people in our region, with a holistic approach to primary health care. “His other important agenda is to advocate vigorously for the further roll-out of the Primary Health Care Access program (PHCAP) to improve the access of Aboriginal people to comprehensive primary health care services.”

Glen Poole
Glen Poole is employed by the Australian Men’s Health Forum is a men’s health and wellbeing champion from the UK. Glen relocated to Australia in 2015 and is the founder of the Stop Male Suicide project. Glen is well known in the Australian men’s health sector, having presented at the National Men’s Health Gathering in Brisbane (2013) and Central Coast (2015). He has also worked with Greg Millan of Men’s Health Services in Australia to deliver a series of his ‘Helping Men Get Help’ workshops to frontline professionals in Sydney, Melbourne, Newcastle and Tasmania.

John Singer
John Singer was appointed as the Chairperson of the National Aboriginal Community Controlled Health Organisation (NACCHO) in November 2017. John is an experienced administrator and visionary thinker. He worked in Community Administration from 1989 to 1996 at Iwantja, Fregon, Pukatja and Papunya. In 1997, he became the Manager of Iwantja Clinic, which is one of Nganampa Health Council’s 6 clinics. In 2000, he was appointed Executive Director of the Nganampa Health Council and still holds this position today. Mr Singer’s family is from Ngaanjatjarra, Pitjantjatjara and Yankunytjatjara Lands, which is the cross-border area of Northern Territory, South Australia and Western Australia. He began working in community control at the Ceduna Koonibba Aboriginal Health Service where he started his health worker training, later completed in the late 1980s with the Nganampa Health Council.

Joe Williams
Joe Williams is a Wiradjuri, 1st Nations man born in Cowra, raised in Wagga, NSW, having lived a 15-year span as a professional sports person, playing in the NRL for South Sydney Rabbitohs, Penrith Panthers and Canterbury Bulldogs before switching to professional Boxing in 2009. As a boxer he is a 2x WBF World Jr Welterweight champion and also won the WBC Asia Continental Title. Although forging a successful professional sporting career, Joe has battled the majority of his life with suicidal ideation and Bipolar Disorder. After a suicide attempt in 2012, he felt his purpose was to help people who struggle with mental illness. Recently Joe developed a cultural wellbeing program which concentrates on First Nations people becoming the best version of themselves and released his autobiography titled Defying The Enemy Within; which not only tells his story, but offers practical wellbeing tips that anyone can implement in their lives to keep themselves mentally well.

Ken Wyatt AM MP
The Hon Ken Wyatt AM MP is the Federal Minister for Aged Care and Minister for Indigenous Health. He was born at Roelands Mission Farm, a former home for young Aboriginal children removed from their families, located near Bunbury in Western Australia (WA). Ken’s heritage is Yamatji, with Irish ancestry on his father’s side, and Wongi and Noongar ancestry on his mother’s side. In 2015, Ken became the first Aboriginal member of the Federal Executive after being sworn in as the Assistant Minister for Health and Aged Care. He made history again in 2016, as the first Aboriginal Minister to service in a Federal Government after being appointed as the Minister for Aged Care and Minister for Indigenous Health. Ken is an active member of the Health and Human Rights Committees and is the Chair of the Joint Select Committee on Constitutional Recognition of Aboriginal and Torres Strait Islander Peoples.

More detailed speaker biographies are on the website at: https://xeniaconsulting.eventsair.com/QuickEventWebsitePortal/ochre-day-2018/event
JAYDON ADAMS MEMORIAL DINNER

JAYDON ADAMS WAS A PROUD YOUNG MAN FROM THE MARDIGAN PEOPLE OF SOUTH WEST QUEENSLAND. THE YOUNGEST OF FOUR CHILDREN, HE WAS MUCH LOVED BY FAMILY AND FRIENDS. TRAGICALLY, JAYDON LOST HIS LIFE IN A CAR ACCIDENT, BUT HIS SPIRIT AND PASSION FOR LIFE WILL CONTINUE THROUGH HIS MEMORIAL ESTABLISHED IN HIS HONOUR.

Jaydon's passion for his people and dedication to his culture was reflected through his involvement with Indigenous Health and his many youth leadership roles. He was a talented football player who education others about Aboriginal culture and the need to close the gap on disadvantage. Although Jaydon's life was cut short, his contribution to youth participation in Aboriginal health at all levels will live on.

Conference Dinner
Conference delegate: $22.00
Guest: $79.00
Extra tickets see website for details:
https://xeniaconsulting.eventair.com/QuickEventWebsitePortal/ochre-day-2018/event

Boil Up
Boil Up are a ten piece band based in Hobart. A melting pot of contemporary Australia, their roots stretch from the traditional owners of Tasmania, New Zealand and Fiji, to as far away as Ireland, England and Croatia; celebrating the coming together of different cultures into one family. Featuring rich harmonies blended together with traditional reggae, funk and R&B, Boil Up have created their own unique sound of reggae fusion. The musical ingredients and recipe have evolved over the years to create an energetic and entertaining human boilup that will leave you wanting a second helping.