

WOMENS HEALTH & FAMILY SERVICES

NEWSLETTER



high quality services including clinic, counselling, support groups and education and training.

Service areas cover Mental Health, Family Domestic Violence, Alcohol and Other Drugs, Eating Disorders, Perinatal Mental Health, Aboriginal Family Support, Health Promotions and more!

On August 8, past and present WHFS staff gathered for a function to celebrate the milestone, as well as to welcome on board our new partner, The Platform, a social enterprise space that has been set up for not-for-profits to use in the middle of the CBD. It is such a fantastic venue and through the partnership there will be an opportunity to meet with many other not-for-profits.

To formally celebrate the 40 years of WHFS, we are looking at holding a major event in early 2018, so stay tuned!



TRAINING AND EDUCATION - NEW!

WHFS are pleased to announce that we are now offering training for professionals and those involved in the health industry. Our integrated services have enabled us to gain experience in a number of areas. Our staff are now sharing their knowledge and experience through a series of highly interactive and practical workshops that will enable plenty of discussion and use case studies to better understand the complex nature of the needs of women and their families in our society.

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WHFS NEWSLETTER FIRST EDITION

Welcome to the First Edition of the Womens Health & Family Services Newsletter. We are pleased to announce we are compiling a quarterly newsletter which reflects the services we offer, the women we help and the achievements and successes we have made throughout the year.

40 YEAR MILESTONE

WHFS is proud to be celebrating 40 years of delivering services to women and their families across Western Australia. From our very humble beginnings situated in West Perth we have grown over this time and see over 20, 000 clients every year.

Based at Northbridge and Joondalup, we continue to offer

TRAINING CALENDAR TERM 4 2017

Engaging Vulnerable Women in Employment, Education and Training	28 September
Smart Phones and E-Safety (WESNET presentation)	10 October
Breast Cancer Update	11 October
Negotiating Gender, Culture & Expectations: Working Across Cultures	11 October
Translating Health & Social Service Information Into Other Languages	24 October
Trauma Informed Practice	26 October
Working With Interpreters in Health & Social Services	2 November
Perinatal Health	8 November
Adapting to be Gender Safe and Sensitive	22 November
Engaging Vulnerable Women in Physical Activity	23 November
Responding with Compassion to Disclosures of DV	29 November
Family Domestic Violence Forum	Early 2018 (Details to Come)

"Why Doesn't She Just Leave?" - Learn the Basics of Domestic Violence

If you've ever wondered "Why doesn't she just leave?" this on demand, 8-lesson e-course is for you.

From understanding the depth of coercive control, to gendered experiences of violence and victimisation, to victim resistance strategies, we've got you covered. **Learn more at: www.whfs.org.au**



**For more information on our Education and Training services
Please contact us on (08) 6330 5400 or at bookings@whfs.org.au**

**TRAUMA MANUAL -NEW
3RD EDITION**

**Trauma-Informed Treatment
Guide for Working with Women
with Alcohol and Other Drug
Issues**

*-Ali Marsh, Tania Towers and
Stephanie O'Toole [2011]*

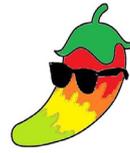
This Manual is for service providers working with women experiencing AOD and mental health issues.

The Manual covers a wide range of topics from assessment and screening, to case formulation, to the neurobiology of trauma.

The Manual takes a very practical approach with a "Tip Sheet" at the end of each chapter and a number of useful appendices, including; information sheets for clients on a range of topics, Information for workers to consider when confronting a number of issues such as domestic violence and creating a safety plan with a woman, and assessment tools.

Whether service providers are working with women in a gender specific service or program or seeing women as part of a mainstream service, the manual will be a helpful resource. Purchasing a copy of the guide: The second edition of the Trauma-Informed Treatment Guide is also now available for \$66 (plus postage & handling). This edition includes all previous content, plus an additional 4 chapters.

**WORKING WITH
TEENAGERS -
HEAT PROGRAM**



After being a successful recipient of a Criminal Confiscation Grant through the Department for the Attorney General, WHFS researched and developed the HEAT program.

The HEAT program is an 8 week anger management program for young people aged 12 to 18 years old. The program is an early intervention, strengths based, solution-focused program that incorporates Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, Music Therapy and Mindfulness.

The Program was piloted at Mt Lawley SHS and Willetton SHS in Term 2 with two groups of year 8/9 boys. Feedback from the program was incredibly positive and the majority of the participants highlighted the "environment", "food" and "fun activities" as things that worked well.

Furthermore all participants reported they were more aware of their triggers and had developed prosocial ways of dealing with their anger. Additionally, post group assessments revealed that all participants experienced an increase in school connectedness, family relations, academic success, sporting interest, peer acceptance and acceptance of appearance.

This program is currently being piloted at Willetton SHS with Year 7 boys. We hope to finalise

a thorough evaluation and develop a training package to offer schools and community services, and potentially create online learning modules.

GIRLS HIGH TEA

"Best Recess Ever!" was some of the feedback received from our recent "High Tea Forums" held at Willetton Senior High School for year 7-12 female students.

The High Tea Forums were created to find out current trends in adolescent girl's social media use, issues around peer pressure, self-esteem, mental health and body image, with great success.

We hope to use the information gathered to develop #Realtalk workshops for adolescent girls during the school holidays to promote online safety, build resilience and empower young women in this challenging world of social media.



The beautiful display at Willetton SHS



WAAMH AWARDS

The Western Australian Association for Mental Health in partnership with the Mental Health Commission hosted the WA Mental Health Conference and Awards at the Perth Concert Hall in July of this year.

The conference took place over two days from 13 to 14 July. The theme of this year's conference was **Integrated Lives**. There were three main formal conference streams:

Emerging Practices
Dignity and Diversity
Wangking Danjoo Kwop Wiirin
(Working together in good spirit)

The conference was attended by over 470 delegates, with more than 90 speakers. The conference offered a wide range of workshops and presentations including presentations from speakers with a lived experience of mental health issues.

One of the workshops was delivered by a WHFS client, Kalaivani. Kalaivani entitled her workshop "Colours-Spirit of my life". Kalaivani spoke about her journey from depression and "darkness" to living a life filled

with colour and purpose.



Kalaivani described the steps she took to make this happen. She described creating her own special mantra, setting out her goal and using external supports to achieve this goal. Kalaivani gave the example of passing her driving test. She described multiple attempts of trying to pass her test- this was her goal! She spoke about engaging in Womens Health & Family services through groups and individual counselling.

Kalaivani described how being in a supportive environment helped her feel inspired and improved her self esteem. She mentioned that in groups she was moved by other people's stories, she didn't feel so alone. She felt inspired by their skills and talents. This helped her create her own mantra "I can do it!". She described that using these external supports helped her achieve her goal of passing her driving test.

Kalaivani provided participants with a handout where they could write in their own goals and mantras and find their own colours in life.



She did an amazing job of presenting her story and her journey. Natalie and Jennifer felt very privileged to be able to help Kalaivani on the day.

CAMINO WALK - CHELLE FISHER

Ever thought of setting yourself a personal challenge to raise money for a good cause? Chelle Fisher and 4 friends did just that for WHFS!

Chelle recently decided to replicate the Spanish 'Camino Trail' and walked 132km from Subiaco to New Norcia. The journey started on July 19 and they completed the distance after 8 days, 6 of which were wet and cold!

They camped out overnight for 6 nights and spent the other 2 in a warm, cozy farmhouse (well deserved).

Chelle, who is a tour operator for Down Under Discoveries, decided to raise money for women in need who have experienced family domestic violence and had difficulty accessing support. She said "the walk was extremely challenging" both mentally and physically, but through their efforts, and the donations of crowdfunders, she raised close to \$2000 for WHFS. Well Done Chelle!



WHFS CEO Ann Deanus and Chelle Fisher