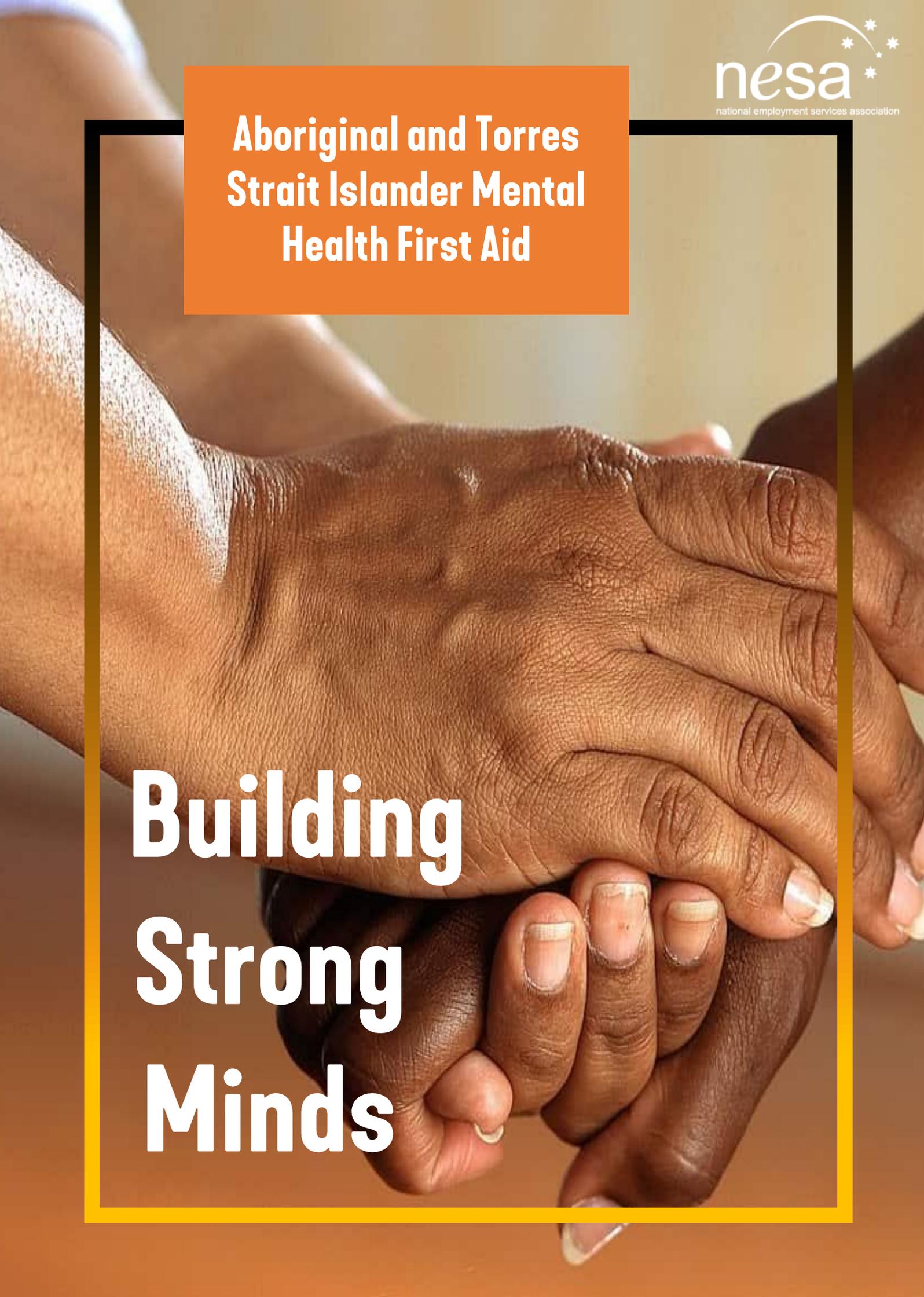


**Aboriginal and Torres  
Strait Islander Mental  
Health First Aid**



**Building  
Strong  
Minds**



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## Aboriginal and Torres Strait Islander Mental Health First Aid (AMHFA) Training Workshops

The Aboriginal and Torres Strait Islander Mental Health First Aid (AMHFA) training workshop was developed in close consultation with key Aboriginal and Torres Strait Islander health professionals and stakeholders. It provides information on culturally appropriate first aid interventions and how to access culturally appropriate mental health resources and services.

Education and skills to help recognise mental health symptoms will improve early intervention and health outcomes for individuals, their families and the community as a whole.

NESA will deliver AMHFA training workshops across remote Australia and these will commence from November 2017 and will be completed by June 2019.

This is a 3 day training workshop which includes 6 sessions, covering each of the following topics:

- ▶ Mental health problems in community
- ▶ Anxiety
- ▶ Suicide or Self Injury
- ▶ Depression
- ▶ Alcohol/Drugs
- ▶ Psychosis

Each AMHFA training workshop has the capacity to support up to 20 participants. The delivery of the training workshops is free of charge which includes costs for trainers, training materials and an interpreter.

NESA will position two qualified AMHFA trainers at each AMHFA training workshop to ensure that all participants are supported throughout the entire training workshop. The NESA AMHFA training workshop team will consist of a male and female trainer to cater for men's and women's business that may present throughout the training workshop. All NESA trainers have had extensive experience working across remote Australia and working directly with Aboriginal and Torres Strait Islander communities.

Participants who successfully complete all six sessions will receive a Certificate of Completion. Additionally, all participants who complete the training will receive an email link to a short online assessment that they can complete to receive a Certificate of Accreditation.



## **NESA Aboriginal Mental Health First Aid (AMHFA) Project Across Remote Australia**

Since October 2016, NESA has delivered over **200 Aboriginal and Torres Strait Islander (ATSI) Mental Health First Aid Training Workshops** to over **3000 individuals** across remote Australia. This training has been specifically targeted not only for Indigenous workers but also **Remote School Attendance Strategy (RSAS) teams, Community Development Programme (CDP), Community Night Patrol (CNP) and School Nutrition Programme (SNP)** employees who, by the nature of their role, often come across situations involving a mental health concern or crisis.

By the end of the project, NESA will have delivered **over 400 workshops** to more than **6000 community members across 100 different remote locations** in New South Wales, Queensland, South Australia, Western Australia and the Northern Territory. Of the community members that attended the training, over **80% have attained their Certificate of Completion**, are now eligible to undertake their **Accreditation in ATSI Mental Health First Aid**.

The training is specifically designed to equip participants with a general knowledge of mental health conditions and focuses on teaching participants how to provide a “first line response” by working through a specific action plan for help and support. Current feedback indicates that approximately **90% of participants** now feel they can recognise that a person may need mental health assistance as a result of the training.

In the words of one participant from Gungahara: ***“This workshop provides relevant information and awareness to cope with situations as they arise in our communities.”*** Another person from the training at Normanton commented: ***“Mental health needs to be discussed in the community more freely. More people with the knowledge & skills to ‘spread the word’ the healthier the community will be.”***

## NESA Mental Health First Aid Workshops in Remote Australia 2017 - 2018

Alyangula (Groote Eylandt)

Ali Curung

Amata (APY Lands)

Ampilatwatja

Angurugu (Groote Eylandt)

Balgo

Barunga (Bamyili)

Beswick (Wugularr)

Boggabilla

Borrooloola

Bulman

Camooweal

Canteen Creek

Carnarvon

Cherbourg

Cooper Pedy

Derby

Doomadgee

Elliott

Epenarra

Ernabella (APY Lands)

Fitzroy Crossing

Fregon (APY Lands)

Galiwinku

Gapuwiyak

Gunbalanya

Gunyangara (Ski beach)

Halls Creek

Indulkana (APY Lands)

Injinoo and Bamaga

Jilkminggan

Kalkarindji

Kalumburu

Kenmore Park

Kooniba

Kowanyama

Lajamanu

Lockhart

Maningrida

Meekatharra

Milyakburra

Mimili (APY Lands)

Mornington Island

Mutitjulu

Ngaanyatjarra Lands

Ngukurr

Normanton

Ntaria

Numbulwar

Nyapari (APY Lands)

Oak Valley

Palm Island

Palm Island

Papunya

Pipalyatjara (APY Lands)

Pormpuraaw

Ramingining

Roebourne

Santa Teresa

South Newman

Tennant Creek

Tiwi Islands

Umbakumba (Groote Eylandt)

Wadeye

Walgett

Wilcannia

Wiluna

Woorabinda

Yalata

Yarralin

Yirrkala

Yuendumu

Yurrwi



# GOOD NEWS

FROM NESA MENTAL HEALTH  
FIRST AID WORKSHOPS





## Gunyangara/Ski Beach, NT

Two workshops were held for the Gunyangara/Ski Beach community, with 100% of staff completing the course and receiving their Certificate of Completion. This is a testament to the commitment of the Ski Beach Providers across CDP, RSAS, Night Patrol and regional PM&C staff in raising Mental Health Awareness within community. At workshop 2, NESAs were also fortunate to have Gayli Marika, a significant community elder and highly acknowledged champion of community based Mental Health initiatives attend the workshop both as a participant and an interpreter.

One participant commented:

*"This workshop provides relevant information and awareness to cope with situations as they arise in our communities"*

With another stating:

*"I would highly recommend due to the fact we deal with all different kinds of people in our job. All day every day we see and help people".*

Taylah Keeley, CDP Regional Coordinator for Miwatj Employment advised:

*"Overall it was really beneficial to our workplace as we are now able to take the knowledge gained back to our participants!"*

## Yurrwi, NT

Four MHFA Training Workshops were held in Yurrwi in 2017, with staff from across CDP, RSAS, Night Patrol and other community agencies attending. As a result of the training, there have been suggestions that there is a need to establish an Aboriginal Mental Health Support Group and a Heal the Healer program which seeks to address the issue of supporting Aboriginal Mental Health First Aid Workers. Emma Kelly, CDP and RSAS Activity Manager from ALPA advised:

*"Staff have communicated to me that it is the most engaging training they have done!"*

One workshop participant commented:

*"I am very excited to recommend this mental health first aid to every community throughout Australia to be endorsed in the Community Action Plan."*





## Yirrkala, NT

The RSAS team at Yirrkala were very strong champions of the Mental Health First Aid Training workshops in their community which were held in February and March 2017. All RSAS workers attended the training with some attending make-up sessions to ensure the full team achieved their Certificate of Completion. Due to the efforts of the RSAS Coordinator Hayley Torsney from ALPA, all staff will be undertaking their Certificate of Accreditation by completing the online MHFA Accreditation Assessment. The RSAS team together with staff from other provider groups that completed the training in Yirrkala are now community champions for mental health awareness and support. The workshops were further championed by the attendance of local elder Gayili Marika, who provided insight into Mental Health initiatives within the region and the GEC Djapirri Mununggirritj.

Hayley Torsney, RSAS Regional Coordinator for ALPA advised that the workshop was:

*"The best training delivered to RSAS group because it is so relevant. The trainer's background and knowledge made it that next step higher. Trainers were also very flexible in assisting with makeup sessions. Overall it was really beneficial to our workplace as we are now able to take the knowledge gained back to our participants!"*

GEC Djapirri Mununggirritj commented:

*"The whole 3 days was very impressive and was very professional programs for community. This was the best training we have had and the community is still talking about it. The trainers made the whole thing very interesting. It was fantastic."*



## South Newman, WA

The workshop at South Newman was an incredible success, with all completing the training. This type of intensive training builds a camaraderie and trust, quite unique to training.

The MHFA Trainers were invited to dinner by the participants, the dinner that the trainers shared with the group allowed for many to exchange personal experiences and stories and helped build on the trust formed during the training – with one participant saying:

*“After the training you guys have opened another dimension to the way I now think. Real privilege! Thank you’s too much”.*

The feedback both verbally and written was incredibly positive with area managers putting forward further participants who would benefit from the training. The feeling of jubilation at the end of the training was felt by many and will be taken forward to the benefit of many.

These staff are right in the frontline. Their jobs carry a great deal of pressure and they deal with people experiencing mental health issues on a daily basis. Sharmaine Proude, the CDP Operations Manager mentioned while reflecting on the training.

*“A lot of the staff who did attend really opened up and I found the training was amazing.”*

## Groote Eylandt, NT

Our workshop was attended by the Anindilyakwa Ranger Group which undertakes traditional and contemporary management activities across both the land and sea.

The Rangers were very engaged, there was great interest in the training and on many occasions participants stated how valuable the information was. Due to the great interest all Rangers completed the course!

The more mature participants took the younger ones under their wing and made sure they could get to the training and organised for them to participate in pre-arranged catch up sessions. The older members took on a mentoring approach and sat with them post training to ensure they understood the training. This was evident by the participation of the younger ones.

At the end of the training a very shy young Aboriginal participant came up to one of the trainers and gave him a hug and thanked him for the training. The trainers were very encouraged by this as it demonstrated how thankful they were for the training and information as this is an unusual practice in remote communities.





**NESA REMOTE  
TRAINING TEAM**



## **EUNICE ASTON**

Eunice is a Ngarrindjeri woman with traditional ties to all communities within the Ngarrindjeri Nation, spanning the Hills, Mallee, Coorong, Southern Fleurieu and Kangaroo Island areas. She has lived, worked and is associated within these communities, as well as Adelaide and Kingston in the south-east of South Australia. Eunice has spent most of her life working within the health domain, particularly with the Family Wellbeing Program (counselling skills), Kalparrin Community Inc (substance misuse programs), Aboriginal Education, Aboriginal Community Health and Aboriginal Women's Workshops.



## **PAUL BIRD**

Paul Bird is an experienced Indigenous facilitator who has worked in remote/regional communities in the Cape York region (Kowanyama) and in Western Australia (Carnarvon). Here he performed mentoring roles in primary and secondary school education and facilitated workshops using art therapy. Locally (Paul is a resident of Byron Bay), Paul has facilitated workshops for groups at residential drug and alcohol rehabilitation centres (Namatjira Haven) and works with the Northern Rivers Men's Group. Paul has TAFE certification in Employment and Training, Certificate III, as well as in Indigenous Mentoring and Group Facilitation. Paul is in the final stages of completing his Certificate IV TAE.



## **DIANNE BORELLA**

Dianne Borella was born and raised in Darwin on Larrakia country. She is an Aboriginal (Yawuru) and Torres Strait Islander women with links to Broome and the Torres Straits.

Dianne has over 40 years' experience in the workforce and has worked in Darwin, Nhulunbuy, Katherine, Tennant Creek, Alice Springs and Thursday Island, mainly in the Australian Public Service.

Dianne is passionate about empowering and building the capacity of Aboriginal and Torres Strait Islander communities to enable community members to identify the signs and symptoms of Mental Health.

Dianne has a great desire to raise the awareness of Mental Illness within communities and reduce the associated stigma, shame and discrimination.



## **IAN BRIDGER**

Ian Bridger has been working in remote, rural and urban Indigenous communities for the past 15 years. In addition to Ian's work with Aboriginal and Torres Strait Islander peoples he has worked in mental Health for more than 5 years. Ian is a qualified Mental Health trainer; he is passionate about taking care of our mental health because of his own lived experience. The outcomes from the delivery of the Aboriginal and Torres Strait Mental Health First Aid training has strengthened Ian's resolve to deliver the information to as many people as possible.



## **AUBREY (WAYNE) COLES**

Aubrey (Wayne) Coles is a Noongar man from the Wilman people, living most of his life in the Great Southern of Western Australia. Wayne has extensive experience in mental health and education and has been delivering Aboriginal Mental Health First Aid since 2012. With 17 years' experience as a counsellor, Wayne has a valuable insight into working with people of all walks of life and has a passion for social justice, empowerment and caring for the vulnerable.



## **BIANCA COOK**

Bianca is a proud Aboriginal woman from Armidale, NSW. Her family originates from the Thugutti and Dunghutti tribes within Dainghutti Nation on the mid north coast of NSW.

Bianca is an Alcohol and Other Drugs Practitioner at Kalwun Aboriginal and Torres Strait Islander Health Service on the Gold Coast region. In 2017 Bianca was awarded the Australia Day Award for Cultural Competency and has provided input to the "Staying Strong" projects offered by Beyond Blue and the "Learning From Each Other: Working with Aboriginal and Torres Strait Islander Young People" Guide published by Queensland's leading Youth Alcohol and Other Drug research hub. Bianca has been delivering Aboriginal and Torres Strait Islander Mental Health First Aid for many years and has passion for educating and assisting people and their communities with their journey to recovery and with Social and Emotional Wellbeing.



## **BRIAN COUNCILLOR**

Brian is a Yamatji man from Geraldton WA and has worked in Aboriginal Mental Health since 1997. With 20 years' experience, Brian has developed valuable skills and knowledge which allow him to work effectively with Aboriginal people. He has worked in the metropolitan region and throughout Midwest WA, including remote and isolated regions. Brian currently works in Perth as a Senior Recovery Support Worker and continues to provide culturally appropriate support to Aboriginal people that are diagnosed with persisting and complex mental health issues.

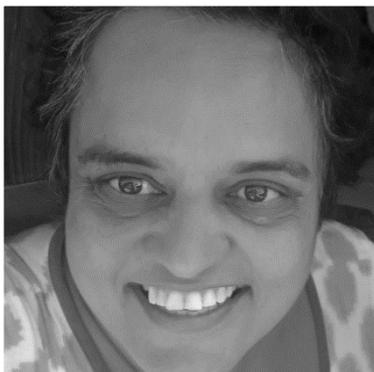


## **PATRICIA COUNCILLOR**

Patricia is a Yamaji Naaguja Nyarlu who lives in Meekatharra WA, and works across Australia specialising in Aboriginal health.

Patricia is a Director of Indigenous Allied Health Australia and sits on several Aboriginal reference groups in the Midwest Murchison area.

Patricia got into the mental health field after having to seek support for one of her three children, who now lives a stable and happy life. She is passionate about Aboriginal health and mental health and works tirelessly to help allow her people live a better life, even with mental ill health.



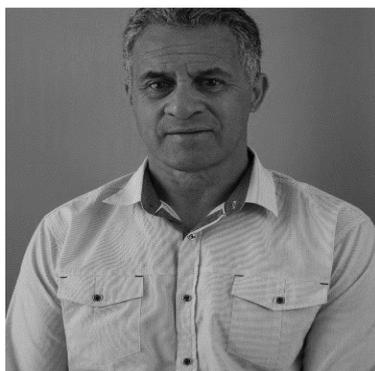
## **SUDHA COUTINHO**

Sudha Coutinho is a clinician with over 30 years' experience in the area of mental health. Of those, 18 years has been working in rural and remote areas with a predominately Indigenous client group. She has worked as a clinician, health promotion officer and trainer, and has extensive experience in facilitating group learning. Sudha holds qualifications in adult learning and is a workplace trainer and assessor. She is keenly interested in how we can work together to support those we live, love and work with, stand strong when faced with the storms of life.



## **MARC DALEY**

Marc Daley is based in Casuarina, northern NSW and identifies as a Bundjalung man. Marc is a skilled facilitator with experience in delivering training and conducting workshops across a wide variety of subject areas in remote, rural and urban environments. Marc's natural positivity and friendly demeanour allows him to establish rapport with groups and individuals quickly. This supports successful facilitation of training and professional development for his students and builds healthy and respectful partnerships with students and providers. In 2008, Marc won the Mental Health Matters Award for Mental Health of ATSI (Mental Health Assoc) as well as being awarded White Ribbon Day Ambassador (Clarence Valley).



## **JACK DE THIERRY**

Jack maintains strong tribal connections as an Indigenous Maori to Waikato Tainui, New Zealand. For the past 20 years he has facilitated key relationship management roles involving three main stream regional organisations; Waikato District Council, Waikato Regional Sports Trust and Department of Conservation (Te Papa Atawhai - Waikato). Establishing and maintaining strong, meaningful, reciprocal working relationships with diverse Iwi Maori networks based on trust, integrity and respect have been fundamental within each of his roles. Those core principles, the many successful partnerships maintained and a willingness to continue learning has inspired Jack to develop an interest and empathy to work with Aboriginal and Torres Strait Islander peoples as the traditional owners (tangata whenua) of this land.

Jack's passions include Personal and Group Training, currently an active Level 5 Touch Referee and spending quality time with his whanau including 6 mokopuna (grand-children).



## **KAREN DEMMERY**

Karen Demmery is a Wiradjuri woman from Dubbo in New South Wales. Karen has extensive experience in Government, private enterprise and the Community Services arenas. With a passion for helping women overcome adversity, Karen has spent the later part of her life learning to heal from the trauma of her childhood and helping others heal from their pain. Karen has extensive experience in program development, design and delivery of pre-employment programs, skills enhancement programs, cross cultural awareness, training and development, facilitation as well as experience in managing organisations and staff. Karen has a unique connection to people and is committed to enacting change.



## **NADIA DONNAN**

Nadia Donnan began her work fresh from University by celebrating her 21st birthday around a campfire on the wedge of the Timor Sea whilst embarking on a career teaching the remotest Aboriginal community in WA-Kalumburu. From here she moved back to work in the urban community of Koongamia establish a committee to allow its indigenous members to have a voice in the education of its children and also commencing the Koongamia Aboriginal Dance Group one of the first of its kind. Next stop was Broome for more teaching and then Nadia entered the training world and for ten years worked in Aboriginal School Based Apprenticeships and Traineeships. Nadia has experience working with people from many places and walks of life including those incarcerated where education and training can be a way to lifelong freedom.



## **TERESA ELLIOT**

Based in Central Coast NSW. Teresa Elliott has over 10 years of diverse skills having worked in Community Services in Government Employment Services supporting the vulnerable and disadvantaged as an Employment Consultant, Business Development (Indigenous and non-Indigenous), Facilitator / Trainer and Indigenous Mentor. Aboriginal Mentor, Aboriginal Caseworker and Facilitator for Well-being programs and Aboriginal Mental Health First Aid courses. Prior to that, 10 years' experience in the corporate industry.

Teresa has recently created her own 'Trauma to Triumph Coaching' which is an online coaching program with elements of NLP, Time Line Therapy® and many holistic approaches to serve her purpose of educating and healing people with Mental Health.



## **WILLHELMINA FARMER**

Willhelmina Farmer is a well-respected Waigyl Kaip Noongar woman from the Great Southern Region, and a member of a large extended family, with cultural and family networks from Broome in the north to Esperance in the south of WA. Willhemina has extensive knowledge and experience in community development and Aboriginal mental health. She has worked in partnerships for 30 years with government and community, implementing programs and service delivery. Willhemina currently sits on policy panels and have significant input into Aboriginal Mental health across Australia.



## **JO GOODWIN**

Jo identifies as an Aboriginal woman from the Wonnarua & Kamilaroi nations in NSW. Jo is an experienced facilitator who honours, respects and celebrates the individuality of all people with special consideration given to the Aboriginal and Torres Strait Islander people of our country. Her expertise stems from her experience working with community organisations such as Uniting Care Queensland and Early Childhood Australia. Jo's training includes facilitation of Early Childhood Australia annual Reconciliation Symposium, Applied Suicide Intervention Skills (ASIST), Cultural Competence in early childhood, Reconciliation it's down to us, Cross Cultural Awareness training.

Jo's interests include Stand Up paddle boarding, reading, cooking and flowers ... loves flowers!



## **MELANIE JOLLIFFE**

Melanie Jolliffe identifies as being Indigenous (Nga Puhī) from New Zealand. Mel was raised by parents who instilled values that she lives by today - to always respect elders, past and present, honesty, family, spirituality, community, and loyalty. She believes her success working with Aboriginal and Torres Strait Islander people is because of her acknowledgment and respect of Aboriginal and Torres Strait Islander peoples as traditional owners of this land. Melanie is a learning and development expert from South East Queensland with over 10 years' experience working for organisations such as Morris Corporation, Busy at Work, Skill Centred Queensland and Job Futures. Mel has been delivering Aboriginal Mental Health First Aid for the past 12 months in remote communities in the Northern Territory and Queensland.



## DANIEL KENNEDY

Daniel Kennedy is from the Wiradjuri and Gumbayngirr Indigenous First Nations of Australia. Daniel was also given a personal blessing from the Yolgnu People of the Northern Territory. His many travels have connected him with numerous First Nations communities, including Yarrabah, Yugembeh and Adnymathanha. Having lived with diagnosed mental health issues that shaped his childhood and adult life, has informed Daniel's strong desire to raise awareness around mental health by removing the stigma and providing the tools for education and understanding.



## JOHNATHAN LINK

Johnathan Link as a dedicated health professional working in the field of Indigenous Mental Health & Social and Emotional Wellbeing, my career has taken me across Australia including Papua New Guinea (Port Moresby). During my time with an icon of Australia, namely, the Royal Flying Doctor Service Queensland, Cairns Based, I have been fortunate enough to work in the rural & remote context of Cape York to promote and develop sustainable community based mental health initiatives which strengthened community capacity as well as to facilitate access to existing services and projects. Inclusive of this experience was the opportunity to participate in a "Senate Enquiry" into Mental Health in 2006.



## TARA McCULLOCH

Tara is a Palyku, Bunaba, Walmajetti and Nyoongar woman who's commitment to the Indigenous community and family provide the backbone to her strong work ethic. Tara has been working with the Indigenous community for many years in a number of roles, including as an Aboriginal Education Officer (AIEO), an Aboriginal School Based Attendance Officer (ASBAO), an Aboriginal Community Worker and an Aboriginal Resource Worker. Tara's enthusiasm and passion shine through in everything she does, and her ability to engage with urban, regional and remote people creates great outcomes.



## TERESA MILLER

Teresa is a proud Bibulmen, Beeliar Noongar Yorg from the South West of Western Australia. She has spent 25 years in the community services sector with the last 10 years focusing on Aboriginal mental health.

Teresa has specific skills in Indigenous Community Management and Development; Mentoring and Leadership, Social and Emotional Wellness, Spiritual and Cultural Healing, Facilitator, Cultural Awareness Training, Developing, Implementing and Managing Aboriginal Programs. Manager of MOORDITJ KAART (Strong Minds) Aboriginal Mental Health and Suicide Prevention.

As a qualified and experienced Trainer and Assessor, and is passionate about promoting mental health education, removing stigma's and raising awareness within the community to create an environment where everyone has the skills to support people with mental health problems.



## **TRACEY MICKLEY**

Tracey Mickley Her Aboriginal background is Wiradjuri, however she was raised in the inner city of Sydney and has lived on the far North coast of NSW for the past twenty years. Tracey is currently working as a Community Development worker, her primary role is to engage and support the local Aboriginal communities into the appropriate services for their particular family needs. Tracey's personal ideology focuses on empowerment to all people and the sharing of knowledge to give individuals the opportunity to embrace the best possible outcomes for their lives. She has an empathy and understanding of cross-cultural issues, particularly the issues that relate to Aboriginal people. She has a natural warmth and, with a sense of humour, supports other team members and collaborative partners. Tracey is an advocate for raising awareness of mental health illness and for starting and continuing to elevate the conversation amongst the Aboriginal and non-Aboriginal community.



## **TRISHA NEWTON**

Trisha Newton is a descendant of Princess (Yarga, Granny) King whose cultural connections are with the Wakka people of the Bunya Mountains. Her historical connections are with Quandamooka people of Minjerribah (South Stradbroke Island) and the Yugambah language group of the Gold Coast. Trisha is the CEO of Innovative Native. Since 2010 Trisha has applied her skill as a lived experience trainer and mentor to develop and facilitate Aboriginal and Torres Strait Islander programs across Australia. Trisha takes pride in sharing a passion for educare and cultural inclusion. The opportunity to be an AMHFA Instructor has enabled her to share her knowledge through education, support and practical solutions with other communities and individuals to understand mental health, to talk about how they feel and seek help.



## **MAUREEN (NGARIDJIT) O'MEARA**

Maureen (Ngaridjit) O'Meara is a descendant of Ngaridjit of the Baniol Burr, Bard Nation on the Dampier Peninsula in the West Kimberley region, Western Australia. Maureen spent more than ten years in government in WA and the NT and has extensive experience in health programs, projects and management. She has worked in both government and non-government senior roles and can communicate with a broad range of audiences. She is now working with Australian Red Cross as the Coordinator of the Home Interaction Program for Parents and Youngsters (HIPPY), Director Community Housing Ltd, Chairperson Aboriginal Community Housing Ltd and Director Bardi and Jawi Nimidimin PBC. Maureen is passionate about working to empower and inspire Aboriginal people to achieve the best that they can, and has excellent skills in establishing rapport and cultural respect for Aboriginal people across Australia.



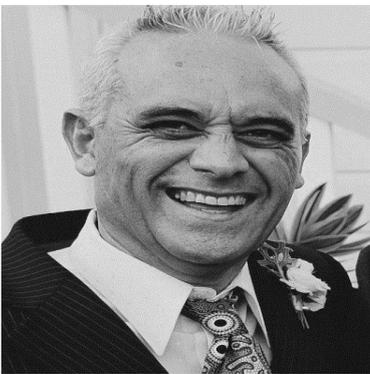
## **RICKY PICKETT**

Ricky is a proud Nyaki Nyaki man with ties to the Ballardong region in the South West of WA. Ricky currently lives in the Wheatbelt where he has worked for the past 10 years in Aboriginal Health and Mental Health. Ricky works in these fields so that he can help his people live longer lives, and so that Aboriginal cultural knowledge can be passed through the generations to come. Ricky is a passionate trainer who openly shares his knowledge.



## **TRACY RITSON**

Tracy Ritson is a descendant of Stella Sandy/Bungaree of the Yugambeh language group in South East QLD. She grew up in the Tweed/Gold Coast community and continues to maintain her close connection to this area with her family. Tracy's background is in education and she currently works at Kalwun Health Service in community engagement and as a facilitator for Partners in Recovery (PIR), working with people who have complex persistent mental health. In her community engagement capacity, she is responsible for networking with other services to ensure culturally appropriate service delivery is maintained and engages with local universities to teach perspectives on Indigenous Health and Social Emotional Wellbeing.



## **JODI SAMPSON**

Jodi Sampson is recognised as a proud Gomeroi Man from North-West NSW. Jodi was raised in "Two-Worlds" in Moree. Having a transparent respect & cultural integrity for the oldest living and recorded cultures in the world today, Jodi brings a "shared vision" to his work and has the unique ability in connecting the dots. Jodi's career spans across all levels of Government, Non-Government, Peak Bodies and Community-Based Organisations. He is experienced as a seasoned Community Engagement specialist and has conducted front, middle and back-end engagement and activities involving the most vulnerable (including First Nations Elders, People living in hard-to-reach & remote Communities, People with Disabilities). Jodi holds skills, experience & qualifications as an Indigenous Trainer, Mentoring & Coaching, Business Governance & Economic Development.



## **MARGARET SAUNDERS**

Margaret Saunders is a Wiradjuri woman who grew up in Trangle, in the Central West of NSW near Dubbo. Margaret is passionate about supporting Aboriginal and Torres Strait Islander people in the social and emotional wellbeing area. Through her work delivering mental health workshops she seeks to assist and support people to understand the early warning signs around mental health. Her pride is her family and her community.



## DENNIS SIMMONS

Dennis Simmons has had many years' experience mentoring and educating Aboriginal and non-Aboriginal people and communities. A Nyoongar man, Dennis is a passionate and talented mentor and advisor who has had experience designing and implementing programs in a wide range of projects, including education, employment, youth, arts and cultural awareness. Dennis' balance of cultural and stakeholder understandings, his gentle nature and engaging communication are an asset to all who work with him.



## DARREN SMITH

An Ngemba man with cultural and historical connections to North Western New South Wales and South Western Queensland, Darren is committed to advancing self-determination through enabling Aboriginal and Torres Strait Islander people to participate fully in mainstream society, whilst still retaining culture and values.

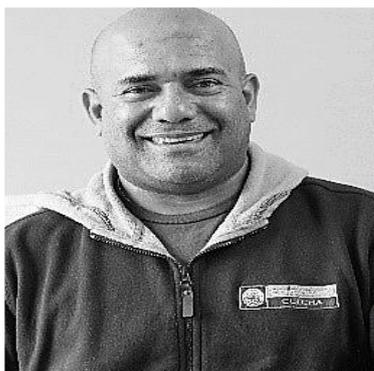
Darren has studied Community Development through Macquarie University and Project Management through the University of New England has the following specialised capabilities:

- ▶ Project Management
- ▶ Business Coaching
- ▶ Aboriginal Mental Health First Aid
- ▶ Aboriginal Cultural Competency



## ANAHITA TONKIN

Anahita Tonkin was adopted by the Mungurra/ Nirpri/ Wanambi and Dhamaranji families of Gapuwiyak. They have advised I belong to the Duwah group, skin name is Bulinjan and my totem is Morning Star of the Yolngu people. My family heritage is Persian. Through the Clarity Group and their charitable project one million and one their goal is to positively impact the lives of one million and one people globally. This project would allow them to make a difference to the lives of so many. Ana believes that these workshop are providing a platform to start conversation and raise awareness around mental health and especially suicide. For some communities this is a first opportunity they have had and to be part of this is remarkable. Ana is passionate about this as not only has there been positive impact from the, trainers have received regular feedback from within communities on how important they believed this program is.



## MARK WATEGO

Mark Watego is a descendant of Emily Williams of the Yugambeh language group in South East QLD. He grew up in the Tweed/ Gold Coast community and now resides at Reedy Creek with his wife and children. Mark is employed by The Kalwun Health Service as a Community Support Worker/ Health Worker and works closely with the Indigenous community around health & social issues. Mark facilitates the Kalwun Health Indigenous men's group. Mark has a natural rapport with his clients and is driven by his desire to improve general and mental health outcomes for his community.



# NESA

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