



CHECKUP

# IMPACT MAGAZINE

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## Contents

- 04 My See Clearer packs
- 08 Outreach service delivery statistics 2019/2020
- 10 Telehealth: Making a difference in the Outback
- 12 CheckUP's new workforce programs
- 14 Weipa eye surgery
- 16 Genomics for GPs
- 17 Access for All
- 22 Queensland Mental Health Week
- 24 CheckUP expands into the Northern Territory

## A word from our CEO



Ann Maree Liddy

Welcome to the seventh edition of our annual magazine, IMPACT. It's fair to say that we have never produced our magazine under circumstances quite like those that we have experienced in 2020.

While the pandemic required us all to pause and re-evaluate almost every program and service we deliver, after six months of "the new normal", I can confidently and proudly say that CheckUP and our many partners have collectively met the challenges posed by COVID-19 and have adapted and innovated in ways that we had never previously imagined.

We are proud to showcase in this edition of IMPACT how we have responded to the current circumstances by adapting our programs and services, so that we are continuing to make a difference to the health and wellbeing of communities across Queensland.

We are also pleased to highlight some of our newest programs of work, such as our suite of health workforce programs – Choose Your Own Health Career, Grow Your Own Workforce, Health Gateway to Industry Schools and the Health Industry Skills Advisory program – as well as our new NDIS Access for All project. These programs demonstrate how CheckUP is continuing to evolve and expand our work, by embarking on new initiatives with new groups of stakeholders from a broader range of sectors.

Other key features of this edition of our magazine are the many "provider profiles" which highlight the diverse work being undertaken by outreach health service providers, who have also innovated and adapted their service delivery in response to the pandemic.

The rapid uptake of telehealth by many of our health providers is highlighted, and we are also pleased to talk with, and gain insights from, some individual outreach health providers who describe their experiences working with Aboriginal and Torres Strait, and rural and remote communities.

As always, our work across Queensland would not be possible without the support and commitment of our many service delivery partners. Sincere thanks to all of you for your continued dedication to improving the health and wellbeing of Queenslanders, particularly those living in rural and remote communities.

I would also particularly like to recognise the continued dedication and enthusiasm of the CheckUP team – despite the challenges presented by COVID19, they have again delivered an impressive range of achievements, many of which are highlighted in this edition of IMPACT.

Take care,  
Ann Maree

## Our Vision, Purpose and Values

### Vision

Better health for people and communities that need it most.

### Purpose

To create healthier communities and reduce health inequities.

### Values



**Collaboration**

We are proactive in building long term, mutual and respectful partnerships with external organisations.



**Excellence**

We are solutions focussed and results driven to meet the needs of our customers.



**Innovation**

We are forward thinking; we embrace change and seize opportunity.



**Integrity**

We are transparent and honest in our actions and invest in socially responsible solutions.



**Compassion**

We act with care and consideration in all our interactions; everyone matters.



## My See Clearer Packs provided for cataract surgery patients

CheckUP are delighted to have been awarded a second Brighter Futures grant from Arrow Energy. Our first grant in 2018 provided important funds for the development of My CheerUP packs for children and young people in rural and remote Queensland undergoing surgery for the management of ear, nose and throat (ENT) conditions.

For our current initiative, we have received funding for the development of My See Clearer packs and resources for adult patients to receive following cataract surgery. CheckUP's Hear Better See Clearer program addresses the high rates of cataracts in Aboriginal and Torres Strait Islander adults by funding a culturally appropriate, well-supported and fast-tracked surgical pathway for this treatable condition.

While most surgeries are same day, travelling away from family and community, particularly to receive surgery, can be a highly stressful experience for patients and families. The overall aims of the My See Clearer pack initiative are to:

- alleviate fear associated with surgery,
- ensure patients feel welcome in hospital,
- provide a pleasant distraction to reduce boredom, and
- encourage rest and recuperation.

The My See Clearer packs feature the artwork "Spring Water" painted by Aunty Venus Rabbitt, a former recipient of CheckUP-funded cataract surgery, based in Cherbourg. The packs include fact sheets, sunglasses, toiletries, stress balls, water bottles, a keep cup, biscuits, hot chocolate and coffee sachets, notebook, and pens.

We would like to acknowledge the support of the Fred Hollows Foundation who donated sunglasses, stress balls and some other items for these packs.



## Men's Health Matters to Queensland Freemasons

CheckUP collaborated with Hand Heart Pocket the Charity of Freemasons Queensland to deliver a men's mental and physical health community awareness campaign from September 2019 to March 2020.

Travelling across the state, visiting towns and supporting local communities, men and their families were encouraged to come together and be empowered with support and information on improving their mental and physical health at the Men's Health Matters events.

The statewide workshops were hosted in partnership with local Freemasons in the following towns: Beaudesert, Miles, Yeppoon, Maryborough, Stones Corner, Warwick, Toowoomba, Cairns, Yungaburra, Tully, Maleny, Emerald and Gympie. Events in Buderim, Townsville and Mackay were cancelled due to COVID-19.

Hand Heart Pocket Acting Chief Executive Officer Robert Qualtrough said, "Improving men's mental and physical health both at a statewide and grassroots level is part of our charitable focus, which is why we partnered with CheckUP to bring this potentially life-saving initiative to communities across Queensland."

The workshops were delivered by a registered psychologist and covered a range of topics including nutrition and physical activity, early detection of cancer, diabetes and heart disease, mental health and relationships.

CheckUP CEO Ann Maree Liddy said the workshops provided a safe forum for men to talk about their experiences and health journey.

"Through these events, attendees were encouraged to put their health first and actually have a conversation about how they are feeling both mentally and physically," Ann Maree said.

"We have had wonderful feedback from the 272 attendees around the state and it has been heartening to see communities come together to address men's health."





## CheckUP catches up with Aunty Venus



“ I love painting with bright colours now. I can see things so much more clearly. ”

In February 2020 we decided to check back with Aunty Venus, who had cataract eye surgery through our Eyes and Ears Surgical Support Services initiative in 2016.

At the time of our visit to Cherbourg in 2016, Aunty Venus' sight had started to improve markedly following the eye surgery she had in Roma a couple of months prior to our visit. While we were talking with Aunty Venus, she was working on a new piece of artwork called, *Kangaroo Dreaming*, which we subsequently purchased and used proudly on the cover of our Reflect Reconciliation Action Plan.

In the four years since we last visited, Aunty Venus tells us that she is painting more than ever before and that her eyesight continued to improve following the cataract surgery. She said that she likes to use bright colours in her paintings now, as she can better appreciate the vivid colours.

We were thrilled that Aunty Venus had recently completed another beautiful painting, *Spring Water*, which had just won first prize in the Murgon Art Society annual art competition in the Indigenous category. It seemed perfectly fitting that we should again purchase a beautiful piece of artwork from Aunty Venus and the timing was also perfect as we were finalising our Stretch RAP and we knew that *Spring Water* would look beautiful as the front cover.

CheckUP has now submitted our Stretch RAP to Reconciliation Australia and we have continued to undertake many activities to support our RAP. A recent highlight was the Cultural Walk we undertook in late 2019 around our local area of Highgate Hill and South Brisbane.

The Cultural Walk was conducted by Professor Paul Memmott, an anthropologist and architect from the University of Queensland and Alex Bond who strongly identifies as a member of the Kabi Kabi people of south-east Queensland, but also has descent links with the Waka Waka (Burnett River), Kaanju (Cape York), and Kumu (Dirranbandi) peoples. Alex has an extensive knowledge base on Aboriginal culture and history in south-east Queensland. Alex is regularly employed at the Aboriginal Environments Research Centre (University of Queensland) for community-oriented projects.

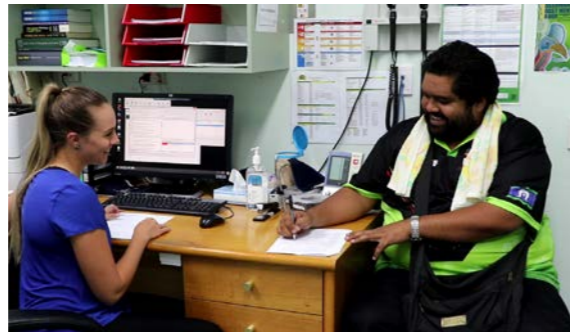


# Outreach health service delivery 2019/2020

## EESSS

Eyes and Ears Surgical Support Services

67 EAR SURGERIES  
182 EYE SURGERIES



## OUTREACH

All Outreach health services

### SERVICE DELIVERY 2019/2020

**168,309** OCCASIONS OF SERVICE

occasions of service, or appointments, were delivered through all outreach health services in 2019/2020.



**ABORIGINAL AND TORRES STRAIT ISLANDER PATIENTS**

**116,299**

of all outreach health services were accessed by Aboriginal and/or Torres Strait Islander people.



**17,065** VISITS

visits were undertaken by our team of outreach health providers.



**LOCATIONS 198**

towns and communities were provided with outreach health services over the 12 month period.



CheckUP is the jurisdictional fund holder for the Commonwealth-funded Rural Health Outreach Fund, Medical Outreach Indigenous Chronic Disease Program, Healthy Ears – Better Hearing, Better Listening, Visiting Optometry Scheme and Eye and Ears Surgical Support Services initiatives in Queensland.

## MOICDP

Medical Outreach Indigenous Chronic Disease Program

### SERVICE DELIVERY 2019/2020

**82,257** OCCASIONS OF SERVICE

occasions of service, or appointments, were delivered through the MOICDP program in 2019/2020.



**ABORIGINAL AND TORRES STRAIT ISLANDER PATIENTS**

**71,426**

of all MOICDP services were accessed by Aboriginal and/or Torres Strait Islander people.



**8,778** VISITS

visits were undertaken by our team of outreach health providers.



**LOCATIONS 103**

towns and communities were provided with MOICDP services over the 12 month period.



The aim of the MOICDP is to increase access to a range of health services, including expanded primary health for Aboriginal and Torres Strait Islander people in the treatment and management of chronic disease.

## RHOF

Rural Health Outreach Fund

### SERVICE DELIVERY 2019/2020

**57,300** OCCASIONS OF SERVICE

occasions of service, or appointments, were delivered through the RHOF program in 2019/2020.



**ABORIGINAL AND TORRES STRAIT ISLANDER PATIENTS**

**23,372**

of all RHOF services were accessed by Aboriginal and/or Torres Strait Islander people.



**4,946** VISITS

visits were undertaken by our team of outreach health providers.



**LOCATIONS 133**

towns and communities were provided with RHOF services over the 12 month period.



The aim of the RHOF is to improve health outcomes for people living in regional, rural and remote locations by supporting the delivery of outreach health services.

## HEALTHY EARS

Healthy Ears – Better Hearing, Better Listening

### SERVICE DELIVERY 2019/2020

**16,282** OCCASIONS OF SERVICE

occasions of service, or appointments, were delivered through the Healthy Ears program in 2019/2020.



**ABORIGINAL AND TORRES STRAIT ISLANDER PATIENTS**

**15,057**

of all Healthy Ears services were accessed by Aboriginal and/or Torres Strait Islander people.



**2,538** VISITS

visits were undertaken by our team of Healthy Ears health providers.



**LOCATIONS 73**

towns and communities were provided with Healthy Ears services over the 12 month period.



The aim of the Healthy Ears - Better Hearing, Better Listening Program is to increase access to a range of health services including expanded primary health for Indigenous children and youth (0-21 years) for the diagnosis, treatment and management of ear and hearing health.

## VOS

Visiting Optometrists Scheme

### SERVICE DELIVERY 2019/2020

**12,470** OCCASIONS OF SERVICE

occasions of service, or appointments, were delivered through the Visiting Optometrists Scheme in 2019/2020.



**ABORIGINAL AND TORRES STRAIT ISLANDER PATIENTS**

**6,444**

of all VOS appointments were accessed by Aboriginal and/or Torres Strait Islander people.



**803** VISITS

visits were undertaken by VOS health providers.



**LOCATIONS 105**

towns and communities were provided with VOS services over the 12 month period.



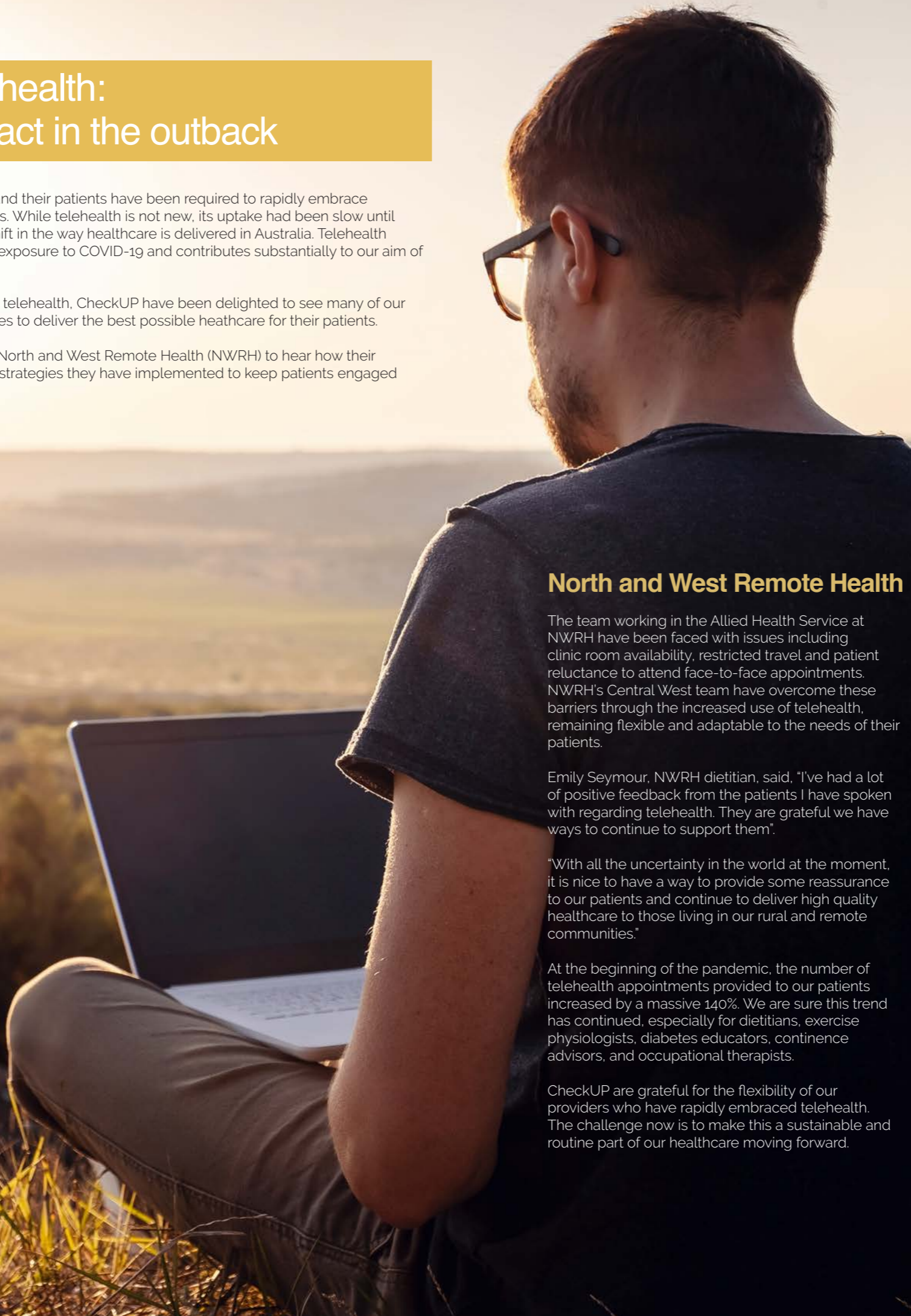
The aim of the Visiting Optometrist Scheme is to deliver outreach optometric services to people living in regional, rural and remote locations, who do not have ready access to primary eye care services.

# Telehealth: Making an impact in the outback

The impact of COVID-19 has meant that healthcare providers and their patients have been required to rapidly embrace telehealth services instead of having face-to-face consultations. While telehealth is not new, its uptake had been slow until COVID-19 came along. This has now promoted an overnight shift in the way healthcare is delivered in Australia. Telehealth protects both patients and health professionals from potential exposure to COVID-19 and contributes substantially to our aim of maintaining social distancing.

While not all conditions and consultations can be managed by telehealth, CheckUP have been delighted to see many of our providers embrace telehealth services and adapt their strategies to deliver the best possible healthcare for their patients.

We recently caught up with two of our providers, Talk HQ and North and West Remote Health (NWRH) to hear how their outreach families have adapted to telehealth services and the strategies they have implemented to keep patients engaged during sessions.



## North and West Remote Health

The team working in the Allied Health Service at NWRH have been faced with issues including clinic room availability, restricted travel and patient reluctance to attend face-to-face appointments. NWRH's Central West team have overcome these barriers through the increased use of telehealth, remaining flexible and adaptable to the needs of their patients.

Emily Seymour, NWRH dietitian, said, "I've had a lot of positive feedback from the patients I have spoken with regarding telehealth. They are grateful we have ways to continue to support them".

"With all the uncertainty in the world at the moment, it is nice to have a way to provide some reassurance to our patients and continue to deliver high quality healthcare to those living in our rural and remote communities."

At the beginning of the pandemic, the number of telehealth appointments provided to our patients increased by a massive 140%. We are sure this trend has continued, especially for dietitians, exercise physiologists, diabetes educators, continence advisors, and occupational therapists.

CheckUP are grateful for the flexibility of our providers who have rapidly embraced telehealth. The challenge now is to make this a sustainable and routine part of our healthcare moving forward.

## Talk HQ

Sadly, outreach speech pathology provider, Talk HQ, are accustomed to the challenges of an emergency. Eight weeks before the impact of COVID-19 was being felt in Australia, they had just moved back into their Townsville clinic following the 2019 floods. COVID-19 restrictions meant they were now faced with another closure, however this time, they were prepared.

We recently caught up with Talk HQ Director and Speech Pathologist, Jenna Mottin, who said, "We knew from experiencing the floods that there is no room for complacency, we had to act fast." In just one week, Talk HQ had transitioned 100% of their families, across all locations, including all their outreach families on Palm Island, Ayr, Charters Towers, Hughenden and Bowen, to telehealth services. "Initially, there was a lot of extra cost involved, from purchasing headsets and microphones to hours of admin support assisting families with Zoom." We created a video explaining what telehealth is, what it looks like and how it works, and sent this to all our families. We supplemented this with simple fact sheets, and instructions on how to use Zoom."

Thanks to the amazing help from the staff at Palm Island Community Company (PICC) and other community members, families were able to access telehealth services at PICC. "There were definitely parents who were sceptical at the start, so we took a soft approach and asked them to try it once and see how it goes", said Jenna. After one session, you would see their body language change and they would say things like "oh that's not so hard after all."

To help keep kids engaged, Jenna and her team started dressing up and using puppets, and now the kids are dressing up as well. "For some, we have broken the sessions into a series of smaller sessions, and for others we have incorporated dance parties for movement breaks," says Jenna.

"The Talk HQ team have been really positive and the children we were unsure if telehealth was going to work for, have been the most surprising. They are performing better using telehealth than they were face-to-face."

Feedback collected by Talk HQ indicates families are feeling supported, are enjoying using telehealth and the majority want to move to a hybrid approach once clinics reopen. The continuation of telehealth sessions will broaden Talk HQ's reach in rural and remote communities.

"Telehealth unlocks more areas for us to service and support. In the past, the bottleneck has been communities not seeing telehealth as a viable option. Now we have data suggesting it works well. We will continue to track outcomes to ensure they are consistent with what we would achieve face-to-face."



## Choose Your Own Health Career

Choose Your Own (CYO) Health Career is an online resource developed by CheckUP in partnership with Queensland Health and industry leaders to provide guidance for students that may be considering a career in health but are not sure where to start.

The CYO website has been designed for high school students, VET coordinators, career advisors, guidance officers and parents. It illustrates a range of study and job opportunities which are available within the health sector that can be achieved through a vocational education and training pathway – from entry level roles to more senior positions.

The website also includes personal stories profiling individuals who have commenced their health careers via a vocational education pathway. Illustrations of patient journeys also demonstrate some of the different roles involved in a patient's care. Additional information in the form of statistics, infographics, promotional resources and links to relevant resources are also included on the website.

A CYO Facebook page and Instagram account have also been established to support promotion of the website. CheckUP is continuing to build on and promote the CYO website through the development of additional resources and promotion through various mediums.

Visit the website here: [www.cyohealthcareer.com.au](http://www.cyohealthcareer.com.au)

Facebook: [www.facebook.com/cyohealthcareer](https://www.facebook.com/cyohealthcareer)

Instagram: [@cyohealthcareer](https://www.instagram.com/cyohealthcareer)

## Grow Your Own Health Workforce

As part of a collaborative partnership between CheckUP and Queensland Health's Workforce Strategy Branch, the Grow Your Own (GYO) Workforce resource hub is an exciting resource that has been developed in consultation with industry experts to support health providers to attract, recruit and develop their own local workforce.

GYO is a term used to describe a place-based workforce model that focuses on attracting, developing, supporting and retaining local residents, at any level and in any discipline, in an effort to create a sustainable pipeline of workers.

With health services facing growing demand, an increasingly complex service environment and workforce shortages, the sector needs to attract and develop a future workforce by adopting more contemporary and innovative workforce planning models.

Designed to be a one-stop shop, the online resource hub provides employers with easy access to a range of practical information, tools, resources and best practice case studies to support the implementation of sustainable place-based workforce solutions.

To get started, access the GYO resource hub now at: [www.gyoworkforce.com.au](http://www.gyoworkforce.com.au)

## CheckUP's New Health Workforce Programs



## Health Gateway to Industry Schools Project

The Health Gateway to Industry Schools Project is a two-year initiative being implemented by CheckUP in partnership with Queensland's Department of Employment, Small Business and Training (DESBT). The initiative aims to develop Queensland's school students' practical knowledge in, awareness of, and access to the wide array of opportunities in the health sector to enable them to contribute to the state's growing health workforce.

Over the next two years, CheckUP will engage with a wide network of schools, training providers, tertiary education institutions and health service providers to:

- Provide experiential learning opportunities for students through demonstrations, workplace trials and work sampling projects with health industry employers.
- Provide professional development and learning opportunities for teachers involved in health education and related programs.
- Create vocational education and training (VET) opportunities for high school students with an interest in a future healthcare career.
- Prepare students for and define pathways to further education and employment in health, with an aim to meet local workforce demands.
- Coming soon! - [www.gateway2health.com.au](http://www.gateway2health.com.au)

## Health Industry Skills Advisory program

CheckUP has been engaged by the Department of Employment, Small Business and Training as the Industry Skills Advisor (ISA) for the health sector. As the ISA for health CheckUP will engage with employers, small business, and industry stakeholders to provide high-quality, evidence-based industry advice and intelligence about current and emerging industry directions, regional skill needs, training solutions, and employment opportunities.

Priority areas for the ISA will include, but not be limited to:

- Aboriginal and Torres Strait Islander health workforce
- Rural and remote workforce
- Allied health
- Dental
- First aid
- Health administration
- Nursing
- Pathology including point of care testing
- Sterilisation services.

This is an exciting new and important role for CheckUP as it will provide opportunities for us to engage with our stakeholders to identify training and skills priorities and inform investment settings for the health industry.

To learn more about the ISA role or to receive updates from the ISA regarding latest industry skilling news and events please contact Vicky Meyer at [vmeyer@checkup.org.au](mailto:vmeyer@checkup.org.au).

# 20 year anniversary of the Weipa Eye Surgery pathway for patients in the Cape

In September 2019, the long-standing annual eye surgery week saw 75 Cape York patients receive life-changing eye surgery, in Weipa, Far North Queensland.

The ophthalmic surgical team of Dr Mark Loane and Dr Stephen Godfrey, along with their anaesthetist, Dr Michael Willis, completed their 20th year of operating at Weipa Hospital with the 2019 patient list in September.

The success of this unique eye surgery pathway, for people living in the remote communities of Cape York, can be attributed to consistent and smooth processes, an experienced team and good collaboration, genuine dedication, and respect for all patients on their surgical journey. The strong collaborative effort between the ophthalmologists, the anaesthetist and their specialised surgical team; optometrist Rowan Churchill, Torres and Cape HHS (South) and their staff; plus in-kind contributions by Alcon and Zeiss with lens, equipment, and tech support; and ongoing funding support, such as through CheckUP, to ensure sustainability, cannot go unmentioned.

Also of vital importance to the annual program are the 10 CheckUP funded optometric outreach clinics to the Cape York communities conducted throughout the year to feed into this referral pathway. Each community is visited by the outreach team three times each year. The mid-year circuits prior to surgery week include an ophthalmologist in the team to provide in-community consultation and treatment

for diseases such as diabetic retinopathy, and to ensure patients are ready for their cataract, lid, and pterygium surgery in Weipa.

The long days, commencing at 5:00am and finishing well after dark, were completed with good humour and selflessness as the team pulled together in the knowledge of what can be achieved through this program.

There were originally 100 patients identified for surgery in 2019 in Weipa, but a clinical decision was made to reduce this number by postponing a few 'less urgent' cataract cases to ensure clinical safety and not overloading the team. Therefore, 82 patients were booked to come in the weeks prior to the planned surgeries with 75 being completed, due to a few late cancellations for a variety of reasons. This is an excellent attendance rate and a tremendous accomplishment in any setting.

Bringing patients in from remote communities to a central hub by plane can be challenging; the impressive attendance rate is a testament to the faith shown in the team by the people of Cape York. That faith has been earned via long term engagement by our team, both in outreach clinics throughout the year and during surgery week. Consistent functional protocols and dates of visits, trusted relationships built on prior interactions, and exceptional surgical outcomes are just some of the factors that contribute to the success of this program.



The ability to have patients back in their community in 24 to 36 hours, with comfortable overnight accommodation and meals during their stay, are significant contributing factors to the consistently high attendance rates.

Rowan Churchill Optometry has been providing the outreach optometry service since 1995, and the current surgical team of Loane, Godfrey, and Willis has remained unchanged since first operating in Weipa in 1999. Rowan Churchill, who is a long-term CheckUP outreach provider to this and other regions, stated that he will regard this pathway as his life's work, but one that is definitely still in progress.

"Showing respect to each individual during their treatment journey means ensuring we place high regard on reducing the trauma of travelling out of community and the surgical procedure itself, and also addressing any anxieties that may arise during their journey", Rowan reflected.

It is hoped that this approach with the Weipa surgical program combined with the outreach program, as developed for the Cape York Communities, can be helpful in guiding other regions in need of improved solutions to eye health management. Each region is different and requires its own customisation, but the principles of good planning, appropriate equipment, consistent protocols, and addressing the actual needs of the patient, remain consistent.

"The team thank CheckUP for the funding and support of the outreach clinics, and for the most recent funding to support the Eye Surgery Week".



## Breaking News!

### August 2020 Update from Rowan Churchill:

A great test of any program's functionality is how it adapts in the face of sudden change and adversity and we have had a bit of that in 2020.

Since surgery week 2019, the post-operative round of outreach clinics went without a hitch, as did the first two circuits of 2020 through February and early March. The next three months saw the cancellation of one circuit, and the postponement of the first two mid-year trips that were to include an ophthalmologist. Responding to the lockdown conditions and working in collaboration with CheckUP and the Torres and Cape Hospital and Health Service, we were able to move these clinic circuits from June to August 2020.

The willingness of CheckUP, and their ability to work through the issues raised with funding when moving dates into the following financial year, were essential in putting the program back on track and allowing the surgery week to proceed in mid-October 2020. This flexibility and consideration allowed for only seven clinic days to be lost from our annual planned visits. Many thanks to all those who made this possible.

With one last circuit to go before surgery week, we already have over 50 patients booked and staff and equipment at the ready. Stable relationships between stakeholders has been invaluable as we work together and flex within the dynamic environment that is 2020.



## Genomics Education for General Practice

Genomics focuses on the unique genetic make-up of individuals and is set to revolutionise healthcare. It will lead to better prevention, prediction and diagnosis of disease, and improved treatment, management and cures.

Genomics is an important emerging field in medicine that has increasing relevance and impact in general practice and plays a role in the diagnosis and management of many health conditions including rare diseases, and chronic conditions such as cancer and diabetes.

It is becoming increasingly common for health consumers to access genetic testing directly online or via research studies or specialist services. Improvements in genetics education are needed to prepare primary care providers for the impact of ongoing rapid advances in genomics.

Queensland Genomics is a \$25 million Advance Queensland initiative which was established by the Queensland Government in 2016 to enable the implementation of genomics into Queensland's healthcare system.

CheckUP has been engaged by Queensland Genomics to work in partnership with Queensland Primary Health Networks, RACGP, the Genomic Institute and a Genomics Primary Care Advisory Group to undertake a Primary Care Genomics for GPs Project. The aim of the project is to develop and deliver genomics education for GPs across Queensland to help prepare the General Practice workforce to incorporate genomics into everyday healthcare by working towards using genomic information in clinical decision-making.

The sessions will be delivered in the final quarter of 2020 via webinar by Dr Michael Gabbett from QUT.

*"I've been fascinated by watching how, over the last 20 years, genetics has gone from being a part of a highly specialised area of medicine to being part of the mainstream."*

*Some specialities like paediatrics and oncology are now routinely ordering and interpreting genetic tests themselves and making important management decisions based on the results. Genetic testing, which was once completely unaffordable, is now available directly to people online.*

*General practitioners now not only need to know what genetic tests to order, but also how to help interpret investigations that the public can order on the internet for themselves. I'm excited to be a part of this genomics project which will empower GPs to deal with this new world of genetic mainstreaming."*

Dr Michael Gabbett, Genomics for GPs educator



## Access for All

**An exciting new project is now underway by CheckUP to develop and deliver resources and training to health professionals in regional, rural, and remote communities in Queensland aiming to improve access for people with a disability to mainstream health services.**

Access for All is a three year (2020-2023) funded project under the NDIA's Information Linkages and Capacity Building - Mainstream Capacity Building Program, to stimulate and encourage practice change in the delivery of mainstream health services in regional, rural and remote Queensland. It proposes to do this through raising awareness and providing practical strategies that address barriers faced by people with a disability through the development and trialing of more inclusive and welcoming patient-centred approaches.

For the 4.4 million Australians with a lived experience of disability, there are many barriers to accessing mainstream health services including the physical environment, the cost of care, a lack of health professional and administration staff knowledge and confidence working with people with disabilities, patient factors (including cultural and linguistic barriers) and lengthy waiting room wait times. These challenges are often compounded for those living in regional, rural, and remote Queensland communities by the lack of visiting services and continuous care, as well as travel times and distances.

The Access for All Advisory Group, comprising of consumers with a lived experience of disability, mainstream health professionals and CheckUP staff is providing advice and guidance for the project.

There has been a great deal of interest in the project and other opportunities to be involved will be offered as the project progresses. These will include the development of video case studies, resources and training opportunities.

For further information about the Access for All project, please contact Alison Berigan, Senior Project Officer at CheckUP, via [aberigan@checkup.org.au](mailto:aberigan@checkup.org.au) or 0428 449 270.



## Healthy Hustle: Just what the doctor ordered

CheckUP's Townsville hub have been working hard on tackling chronic disease through a physical activity and nutrition project, which addresses the disparity in physical activity and nutrition between people living in regional, remote and rural areas compared to those in metropolitan areas.

The initiative aims to establish stronger links between healthcare professionals, patients, and local physical activity and nutrition initiatives. Currently focused in North Queensland, the project can be further expanded into other areas with plans for the West Moreton/Darling Downs region to be next.

By investigating literature and health professional opinions towards enablers and barriers, the CheckUP

team have been able to develop a set of easy to use resources and tools, which assist health professionals like GPs to increase patient opportunities to exercise.

One tool includes an additional tile on the GoShare GP medical software platform, which will make identifying and customising region-specific information for patients, on physical activity and lifestyle activities, easier and quicker. Information can then be emailed or texted to patients at the click of a button.

By utilising GoShare, GPs and other healthcare professionals will also have the option to share health literacy information around chronic disease including patient experiences, case studies, and evidence-based health management guidelines.



## 5 Minutes with Sarah from The Whole Child

We sat down with Sarah Bartsch from The Whole Child. Sarah is an occupational therapist and an outreach provider for CheckUP.

### What is your background?

I graduated as an occupational therapist at JCU in Townsville. At university I had the opportunity to complete placements in a variety of locations including rural settings and overseas and this inspired me to head out and take whatever opportunities that came my way. Since graduating from university, I have worked in a number of locations including, Mount Isa, Rockhampton, Ireland and now the Atherton Tablelands.

### What attracted you to outreach?

I always enjoy going to new places and meeting new people and I think this is what has attracted me to working in rural and remote settings at first. Now having spent all of my career in these types of locations I could not imagine working anywhere else. I love the sense of community in small locations and the spirit of the people. I also love the opportunities it gives me to see more of our beautiful country.

### Which locations do you visit?

I am based in Atherton and currently complete outreach to Mareeba, Malanda and Ravenshoe. I have also completed trips to Cooktown in the school holidays.

### Who did you last listen to when you drive?

I often listen to audio books when I am driving. I am currently listening to Harry Potter.

### You have a spare week to do anything you want. What would you do?

I love to travel so any spare time that I have is usually given to that. If I had a spare week, I would definitely spend it exploring somewhere new. I love to spend time with people from different cultures. I think we have so much to learn from people who are different to ourselves. Currently on the top of my list is Mongolia or Bhutan.

### What sort of work do you most enjoy in general practice?

I enjoy all aspects of working with children, however my favourite therapy is probably play. Pretend play targets so many different areas for children including language, social skills, problem solving and motor skills. Therapy doesn't have to be strict or repetitive. The more fun you make of it the more children will engage and develop the skills you are targeting.

### What is your key primary healthcare message to communities?

My key primary healthcare message to communities would be to educate and empower themselves to be able to advocate for their healthcare needs. The needs of people

in rural and remote locations are unique, and therefore, they need to be able to ask for the specific services their community requires.

### Can you share a message with other health professionals?

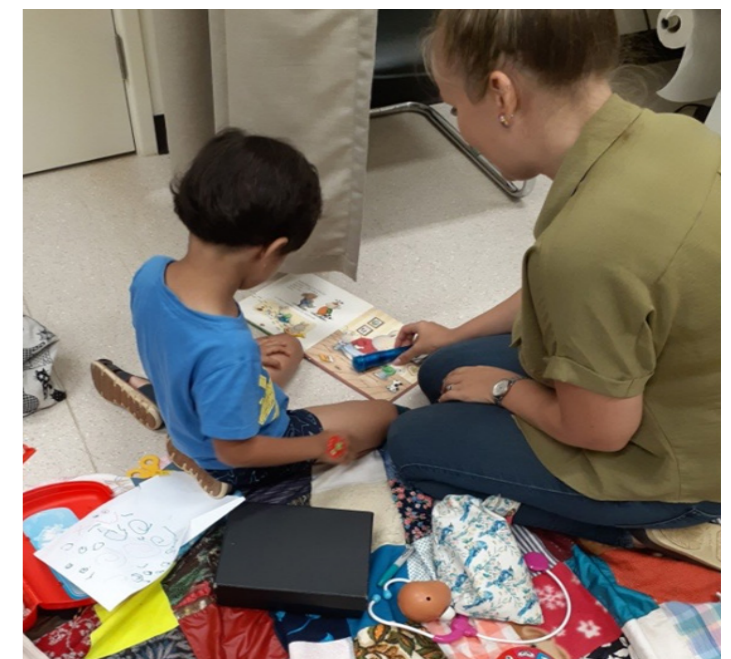
My message to other health professionals starting work in rural or remote locations is to embrace the experience. Working in these settings is all about being flexible and being able to adapt your practice to suit the clients or the situation. The skills that you learn in these situations will stay with you for the rest of your career.

### Who and what inspires you?

I am frequently inspired by the lengths that people go to access services. I have had families from remote communities fly in for the day just for an hour session before flying home. This level of sacrifice from families always drives me to provide the best possible service that I can.

### What is your ideal solution/resolution to "Closing the Gap"?

I think one of the key elements to Closing the Gap is education. Getting more young people passionate about receiving an education and educating the wider community about the different cultures of this land, to foster understanding and acceptance, and educating people to inspire them to take charge of their health and to advocate for their own needs.



# Queensland Mental Health Week partnership celebrates three years of success

Queensland Mental Health Week (QMHW) is an annual awareness week that aims to promote individual and community mental health and wellbeing, increase awareness of mental illness, and celebrate the contribution of the mental health and community sectors.

Leading the coordination of the week for the third year in a row, CheckUP has consolidated a strong cross-sector partnership to ensure the continued success of the week in 2020.

Each year, people across Queensland come together during QMHW through events, conversations, and activities to raise awareness of the importance of positive mental health.

A record 318 events were registered in 2019 and engagement with diverse communities across the state was increased. In addition, many people made use of the QMHW posters and shareables, joined the conversation on social media and participated in an Instagram challenge.

**In 2020 QMHW will take place between Saturday 10 and Sunday 18 October.**

The events of recent times have brought the importance of positive mental health into sharp focus across all our communities. To bring attention to the need to safeguard all Queenslanders' mental health during and after the COVID-19 crisis the theme for QMHW in 2020 is once again, *Take Time - for mental health*.

The theme is about the six simple, yet proven, things we can all do to improve our moods, build resilience, and strengthen mental wellbeing.

The visual identity for 2020 has been developed using the artwork *Communicate through our strengths* by Aboriginal artist Ailsa Walsh. While the artwork features a traditional yarning circle, a sacred and valued place of connection in Indigenous communities, it also highlights other methods of communication with a symbolic use of wi-fi bars.

The painting was seen to be highly relevant to the ways in which people have been able to connect while physical distancing and reflects the many online events that are expected to be held, in addition to those held in-person, for QMHW this year.

For more information visit [www.qldmentalhealthweek.org.au](http://www.qldmentalhealthweek.org.au).



### QMHW partners

Funded by the Queensland Mental Health Commission, QMHW is coordinated by CheckUP and delivered by a strong cross-sector collaboration.

- Arafmi
- Canefields Clubhouse
- Council on the Ageing (COTA) Queensland
- Education Queensland
- Ethnic Communities Council of Queensland
- Grow
- Mental Awareness Foundation
- Office of Industrial Relations
- Open Minds
- Queensland Aboriginal and Islander Health Council
- Queensland Alliance for Mental Health
- Queensland Health
- Queensland Mental Health Commission
- Richmond Fellowship Queensland



## 10-18 October 2020



“Communicate through our strengths” by Aboriginal artist Ailsa Walsh.

Funded by  Queensland Mental Health Commission

[www.qldmentalhealthweek.org.au](http://www.qldmentalhealthweek.org.au)

[#QMHW](https://twitter.com/QMHW) | [#QMHWTAKE TIME](https://twitter.com/QMHWTAKE TIME)

## CheckUP expands into the Northern Territory

CheckUP is excited to expand our outreach service delivery into the Northern Territory. We look forward to engaging with new and current stakeholders, service providers, schools and communities to successfully deliver the *Allied Health in Remote Schools Project* in the Northern Territory. Creating healthier communities in places such as Papunya, Yuendumu and Tennant Creek allows CheckUP to fulfill its purpose of creating healthier communities and reducing health inequities.

In 2019, CheckUP received funding from the Australian Government to deliver the *Allied Health in Remote Schools Project* (AHRSP). The AHRSP is an early intervention project that aims to improve school attendance and engagement for Aboriginal and Torres Strait Islander students with disability, development or learning difficulties in remote communities. The project implements education and health methods to identify and address the underlying barriers to learning that is affecting students.

The key objectives of the program are to:

- Deliver psychology, clinical psychology, occupational therapy, speech therapy and audiology services to Aboriginal and Torres Strait Islander students in the school, home, and community environment.
- Enable the student's family and the community to support and have a shared understanding of the therapy interventions to ensure best practice outcomes for the children.
- Strengthen the knowledge and build the capacity of school staff (including teachers, support staff and Remote Schools Attendance Strategy workers) to identify and address learning and development difficulties.

The project will be delivered to three remote communities: Papunya, Yuendumu, and Tennant Creek. Subject to the current travel restrictions in place because of COVID-19 the project is expected to commence in late-2020.

There is evidence to indicate the early years of development set the base for competence and coping skills that affect learning, behaviour and health throughout life. Aboriginal and Torres Strait Islander children are



at a significantly higher risk of developmental problems resulting in educational and health disadvantage (Department of Prime Minister and Cabinet, 2018; Jones, 2015).

## Introducing PATCHES Paediatrics and Therapy Services

CheckUP has partnered with PATCHES Paediatrics and Therapy Services, who deliver high-quality child development, disability, and intervention services to implement the *Allied Health in Remote Schools Project*. Founded by Dr James Fitzpatrick in 2012, the organisation specialises in the delivery of diagnostic assessment and treatment of early childhood cognitive, emotional and physical development disorders in hard to reach populations and places.

PATCHES are excited to begin their partnership with CheckUP and support the AHRSP in the Northern Territory.

The AHRSP aligns directly with PATCHES organisational values and desire to work and engage with remote communities. PATCHES aims to build strong, respectful and long-term relationships with families in Papunya. They are looking forward to beginning this important work and partnering with CheckUP through providing quality allied health therapy services to the community.

PATCHES have offices and currently deliver services in the Northern Territory, Western Australia, New South Wales and Tasmania. Initially, the PATCHES team will commence service delivery into the Papunya community.



## Being well is learning well: Improving learning outcomes in remote Queensland

Beginning in 2017, the Be Well Learn Well (BWLW) program, funded by the Queensland Department of Education, aims to improve Aboriginal and Torres Strait Islander student learning outcomes through targeted allied health services. BWLW services incorporate input from principals, teachers, guidance officers, student's families, and the wider community in the process of improving the learning outcomes for the student. In addition to the delivery of therapy services to students, BWLW allied health professionals strengthen the knowledge and capacity of school staff through training in identifying learning difficulties and utilising evidence-based strategies in the classroom environment.

Lucy Magann is an occupational therapist at Apunipima Cape York Health Council (Apunipima) and has been a part of the BWLW program since July 2019. Lucy is one of five allied health professionals who provide services into six schools as part of the BWLW program in the Cape York region.

Lucy identified early in her career that she had a passion for rural and remote healthcare and this has guided her career, having worked in remote western NSW for 3.5 years and on Palm Island. Through her work, Lucy wants to reduce the significant gap in healthcare service access faced by Aboriginal and Torres Strait Islanders. When the opportunity to be involved in the BWLW program in the Cape York presented itself Lucy knew it was the role for her!

We asked Lucy a few questions about her experience as a BWLW provider.

### What do you like best about the BWLW program?

The best part of the job is working with the kids. I love seeing the kids, getting to know them and them getting to know me. The ability to develop strong relationships, trust and rapport with Aboriginal and Torres Strait Islander children is vital in developing a therapeutic relationship. Playing games with them, talking, laughing and learning is my favourite part. The kids up here are resilient, strong people. They have taught me a lot about life.

### Do you have any memorable moments you would like to share?

I have so many memorable moments. One of my favourites was in Kowanyama, western gulf country. My colleague and I went for a walk down to the local river and many of the kids from the school were there refreshing in the river (apparently this part of the river does not get crocs). The kids said, "Miss you won't jump out of this tree into the river?" Safe to say I proved them wrong! It was so great to see the kids all laughing, having fun, and enjoying themselves in the water.

“The kids are some of the bravest, strongest, and most resilient children I have ever met.”

While participating in the program, have you gained any insights about the barriers to learning that Aboriginal and Torres Strait Islander students face?

Yes, of course. There are so many challenges these kids face every day, but they are some of the bravest, strongest, and most resilient children I have ever met. We are there to help support them socially, emotionally, and developmentally as needed.

What feedback have you received from schools about the program?

The school staff love having our service and our support having a positive impact on students in the classroom. The ability for kids to access regular allied health is not often seen within remote communities so this program is very well received. The schools would love to see us more and see a great need for ongoing services within the schools.

The BWLW team's ability to promote and support capacity building for local teacher aides in implementing allied health programs has been great, as it has upskilled locals to ensure sustainability of the program and has increased the frequency of interventions. We also provide one-on-one training and support to teachers to support them to facilitate whole classroom allied health interventions. This has not only been beneficial to the children but also has increased the teacher's skills in a range of occupational therapy, speech pathology and psychology.





# Tucka-Time

*Funded by the Australian Government Department of Health, CheckUP in partnership with the Centre for Rural and Regional Indigenous Health ("the Centre") engaged six Queensland schools to deliver the Tucka-Time program. This nutrition and healthy lifestyle program targets Aboriginal and Torres Strait Islander students.*

The excitement in the Tucka-Time kitchen is almost at fever pitch at Tagai College's Thursday Island Primary Campus. The aspiring Year 3 cooks are keen to have a turn at measuring and preparing ingredients. For older Tucka-Time participants at Bwngcolman Community School on Palm Island, who are completing the program in conjunction with their Year 7 Home Economics subject, the mood is a little more serious and focused, with students gathering in their groups and carefully chopping onions and heating their electric frypans.

As the final Tucka-Time programs are delivered at the conclusion of the Australian Government Department of Health's three year schools' contract, the nutrition and healthy lifestyle program has by all accounts been a success. In all six participating schools, students have demonstrated over the course of the 10 week program an overall improvement in their knowledge of nutrition and healthy food choices and developed their skills in the kitchen. Perhaps more importantly, their confidence has increased remarkably, with the majority of students now interested in helping to prepare and cook meals at home with their families and in many instances, passing on their newly acquired knowledge and skills to parents and other family members.

Parents who have provided feedback on the program some months after completion have consistently commented on the enthusiasm their children now have for preparing food at home, many helping to cook the family dinner. One Townsville mum, like many others, talks about how her daughter, Shilo, now helps to cut up vegetables, stir and cook dinner with her each evening. She also proudly shares that Shilo no longer asks her to buy processed foods like chicken nuggets anymore and will cook something at home instead. She also aspires to be a chef when she grows up.

Schools have also noticed positive changes in their students. Class teachers have noted improved attendance rates and high engagement levels in their students during Tucka-Time sessions. In some cases, students with behavioural issues who had inconsistent class attendance, attended all Tucka-Time sessions and actively participated in all activities.

On this note, the Deputy Principal of Cunnamulla State School, Meaghan Clarke, also noted Tucka-Time's capacity to "cater the program to the needs of students with complex learning capabilities to enable them to achieve their full potential - through smaller group sizes, scaffolding and the support of external facilitators" (trained local health workers). This is particularly important for Aboriginal and Torres Strait Islander students in rural, regional and remote communities where health outcomes lag behind those in mainstream Australian schools.

While it may be too early to know the long-term impact of the program upon students, it is hoped the knowledge and skills the students have gained will stay with them.

As the Principal of Bwngcolman Community School, Beresford Domic, observed, "It is difficult to evaluate. Programs like Tucka-Time are about providing opportunities for students and planting the seeds for later in life."

For more information:  
[https://www.checkup.org.au/page/CheckUP\\_Health\\_Services/Tucka-Time](https://www.checkup.org.au/page/CheckUP_Health_Services/Tucka-Time)



## Clinton Schultz Psychologist

**As a proud Gamilaroi man, descending from the people of Gunnedah/Manilla NSW, is this where you were born and raised?**

I was born in Redcliffe and spent most my childhood on Yuggara/Turrabal (North Brisbane suburbs), Yugarabal (west of Ipswich) and Yugambah (Gold Coast) lands. I moved permanently to the Gold Coast when I was about 16 and have been here ever since. My family has always maintained a strong connection with the areas between Gunnedah and Tamworth and I get back to country as much as possible.

**What made you decide to become a psychologist and specialise in Aboriginal & Torres Strait Islander health?**

I fell into psychology really. I was looking for a qualification that would allow me to work with Aboriginal youth and the staff at the GUMURRII unit at Griffith University suggested psychology may be a good fit, so I enrolled.

**After graduating as a psychologist, where did your professional journey begin and where has this extended to now?**

I started my journey as a psychologist in Centrelink. I was fortunate enough to gain an Indigenous Cadetship with Centrelink while still studying and this allowed me to walk straight into a junior professional role in Centrelink as a Job Capacity Assessor and Counsellor, on graduating. After Centrelink, I worked in community-controlled health and the NGO sector for a while, developing and implementing social and emotional wellbeing based programs in community. I then decided to go back to academia and furthered the work being done to implement Aboriginal and Torres Strait Islander health into health curriculum. I've worked with several universities doing similar work over the years and I'm currently at Bond University, in the Health Sciences and Medicine faculty.

**In 2010, you founded Marumali Consultations; sparked by identifying a clear gap in access to culturally appropriate mental health services in south-east Queensland. Tell us, how has Marumali Consultants expanded and what services do you now provide?**

It was very apparent from early in my psychology degree that what people are being taught was unlikely to meet the needs of many people from culturally diverse backgrounds. Working as a psychologist reinforced this further. At Marumali Consultations we work differently to many other psychologists. We tend to have a lot more focus on cultural principles and processes, as tools for healing, than you are likely to find in mainstream services. We look at how we can work holistically with people and their connections and encourage the incorporation of traditional healing knowledges and practices.

Today, I provide a range of services for organisations and their staff from cultural responsiveness training through to worker wellbeing programs. All based on positive Gamilaraay principles of lore and culture. This is where most of our work exists these days. I personally feel we can have a greater impact by helping our workforce to stay strong in the work they do with our communities as they are the foot soldiers, they are the ones on the ground day in day out. A lot of the time I am only in an area for a brief period and consistent access directly to me by community members is often difficult. I guess I try and constantly look at how I can amplify the impact I can have for community, and I've found a good way of doing that is to work with a group of workers and to then support them to do the great work they do.



**What do you hope to achieve through the work that you do at Marumali Consultations?**

The intent of the work of Marumali Consultations is to provide greater access to culturally responsive services, research and programs. Be that with individuals and families or with government agencies and private organisations.

**In 2018 you began delivering social and emotional wellbeing sessions to the students and teaching staff at participating schools as part of the Centre's school-base nutrition program, Tucka-Time. What impact are the sessions having on students, their families and their futures?**

It's difficult for me to comment on the impact the program is having as I haven't been involved with any of the evaluation or research side of the program. However, what I have witnessed is kids getting an opportunity to learn awesome life skills and to gain a bit of health knowledge in a fun way that is likely to influence them in making better choices into the future.

**What has been most rewarding about delivering the social and emotional wellbeing sessions to students involved in the Tucka-Time program?**

Just hanging out with the kids. Listening to all the cool responses they have to questions I put to them about wellbeing is always entertaining and inspiring. Kids know far more than we give them credit for and I think the level of innocence they hold allows them to speak far more truly than us as adults at times.

**Marumali Consultations isn't the only business you run, tell us about some of your other businesses, including your non-alcoholic craft beer 'Sobah'?**

Sobah is a non-alcoholic craft beer company. We produce a range of products that are all infused with different bush tucka's. One of the aims of Sobah as a company, is to raise independent money to be able to undertake and support other culturally grounded healing initiatives, and to gather the data needed to help validate such work so further funding opportunities become more readily available.

**You have received a few awards over the years. What have been some of your biggest achievements?**

I was awarded the Griffith University *First Nations Alumnus of the Year* award in 2018 and in 2019 the *Indigenous Allied Health Association's (IAHA) Professional of the Year* award. In February 2020, I was awarded my Doctorate and am currently nominated for the Griffith University Chancellors award for research, which will be voted upon at the end of this year.

While I am grateful for all the awards and professional recognition, they by no means actually rank on my 'biggest achievements' list. The top three on that list are marrying my beautiful wife, raising three awesome boys and getting (and staying) sober.



## Gurriny Yealamucka Health Services Aboriginal Corporation (GYHSAC)

**Gurriny Yealamucka means "good healing water" in the language of the Gunggandji Peoples of Yarrabah. The significance of this name draws on the cultural and spiritual importance of the Aboriginal way of wellbeing and healing.**

Gurriny Yealamucka Health Services Aboriginal Corporation acknowledges the Traditional Owners of Yarrabah, the Gunggandji Peoples, their Elders past and present, on which our Services operate and where our business name comes from. We would also like to acknowledge the Historical peoples of Yarrabah who were brought to Yarrabah as part of the Stolen Generations and who have worked side by side with the Gunggandji People to build Yarrabah to what it is today.

About an hour's drive south-east of Cairns, nestled between the Murray Prior Range and 60kms of crystal coastline, lays the Gunggandji Traditional land of Yarrabah, home to roughly 2500 Aboriginal and Torres Strait Islander people. Well-known for their abundance of native marine life, their football team the Sea Hawks and their traditional and historical ties to the land, the Yarrabah community continues to face the adversity of poor health outcomes.

Fortunately, since the incorporation of the Yarrabah Health Council in 1991, now known as Gurriny Yealamucka Health Service Aboriginal Corporation (Gurriny), and the coordination of government funded outreach programs, the community now has access to much needed health services closer to home. However, there is still a way to go in closing the gap for the people of Yarrabah.

Gurriny Yealamucka is the leading health agency in Yarrabah with their primary focus on preventative healthcare and early intervention strategies. Their goal is to improve and maintain the health and wellbeing of the local community.

Gurriny is a hub of highly coordinated health services delivering integrated care between GPs, health workers and health service providers. "Having CheckUP services on site means clinicians have direct access to patient health records and Gurriny staff are able to assist and support patients with their follow up care," explains Ruth.

"Between myself, my dietitian and my exercise physiologist, we only visit Yarrabah once every three weeks," says Ingrid, "which makes it hard, so this support in-between is paramount"

One of Ingrid's patient's, Valda Miller, is an advocate for Ingrid and the services available to the community. As a health worker herself when she was younger, Valda educated the community about diabetes and took patient's blood pressure and blood sugar levels. "I was surprised when I was diagnosed with diabetes in 1997. I have always been concerned about my health and it does worry me as I get older, but when I was younger, I didn't look after myself. We didn't have access to the same levels of education and care back then. I'm now 73 and I've only come this far because I started looking after myself and getting help."

Chronic disease, such as diabetes, is prevalent in the Yarrabah community and often leads to other complications including cardiovascular, eye, and skin disease. Gurriny's collaborative model of care enables the early detection of health conditions and referral to appropriate service providers on-site.

Outreach podiatry provider, Debbie Lewry, identifies at least one cardiovascular patient per week. "Sometimes a sore knee can be passed off as arthritis, but it turns out there's a clot behind the patient's knee," she explains. "Early identification means less hospital visits and potentially less amputations, because we are identifying issues early." Optometry provider, Vicki Sheehan, treats up to 15 patients per day at Gurriny and 50% of these are people with diabetes. Ocular trauma and

cataracts are also common. Those requiring surgery are referred to ophthalmologist, Dr Brian Todd, who has been visiting Yarrabah since 2006.

In recent times, Dr Todd, and his team from Cairns Eye Surgery, treat in excess of 50 patients per visit. "With improvements in community health, I am seeing a trend of less severe diabetic retinopathy, both at Yarrabah and throughout Far North Queensland; and with improvements in medical science we can manage these cases much better. Similarly, with CheckUP's assistance, the cataracts I am treating are usually not as advanced. The CheckUP-funded service means the pathway to restoring Aboriginal and Torres Strait Islander people's sight is much more direct and culturally appropriate," said Dr Todd.

In July 2019, CheckUP was approached by the Northern Queensland Primary Health Network (NQPHN) to undertake Indigenous Eye Mapping across the NQPHN footprint. One outcome of this exercise was to identify equipment gaps. CheckUP identified and coordinated the supply of much needed eye health equipment, currently being utilised by Vicki and Dr Todd at Gurriny's Workshop Street Clinic.

Later this year, the Workshop Street Clinic is set to be developed into a \$2.5 million primary healthcare centre, to accommodate health and wellbeing services and other visiting service clinics, due for completion in late 2021. This will include a dedicated eye clinic which, Vicki notes, "will be fully equipped to the same standard seen in the average Australian practice. Only then will we approach our goal of closing the gap by providing the same level of care available elsewhere."

Maintaining these relationships and increasing awareness of the visiting services is crucial, now more than ever, as is the ongoing access to these services during the pandemic, which is vital to sustaining and improving health outcomes for the people of Yarrabah. This is CheckUP's priority throughout 2020-21 and into the future.



**GURRINY YEALAMUCKA**  
HEALTH SERVICES  
ABORIGINAL CORPORATION



# Meet our members



We provide a comprehensive primary health and medical service delivering culturally appropriate healthcare.



Accoras is a for purpose organisation and registered charity working to strengthen the mental health, wellbeing and futures of people and communities.



Providing nursing care and domestic assistance in the home and many other services.



AGPAL is a leading NFP organisation, that provides general practice accreditation and quality improvement services within Australia.



The Brisbane Area Branch includes more than 2100 APS members in the greater Brisbane area.



Ballycara is a charitable organisation that has been serving the community of Queensland for over 115 years.



CQWBSCPHN is an independent NFP commissioning organisation funded to improve the health outcomes of the region.



CPCRE was established by Queensland Health to enhance palliative care services through education and research.



DDWMPHN is a NFP organisation who partners with many organisations to improve primary healthcare services in their region.



For over 50 years Diabetes Queensland has been caring for and providing a collective voice for the diabetes community.



Epilepsy Queensland exists to help people with epilepsy live their best lives and bring epilepsy out of the shadows.



ECCQ has been working directly with Queensland's many communities since 1976.



Goondir is an ACCHS providing primary healthcare and related health services to the local communities in south-east Queensland



GPTQ is a leading vocational education and training provider for doctors training to become vocationally recognised General Practitioners.



GPpartners is an independent membership organisation for GPs in the northern and western suburbs of Brisbane.



Health Consumers Queensland is the peak organisation representing the interests of health consumers and carers in Queensland.



HWQ is a NFP that ensures remote, rural and Aboriginal and Torres Strait Islander communities have access to highly skilled health professionals.



Hear and Say is a world-leading paediatric auditory-verbal and cochlear implant centre.



The Heart Foundation supports over 580,000 Australians living with heart disease.



The Improvement Foundation is a not-for-profit organisation providing consultancy and training services in quality improvement.



IHCA provides professional management consulting to organisations in the health and community services sector.



IUIH is a regional not-for-profit Aboriginal Community Controlled Health Service .



Micah Projects is a not-for-profit committed to providing services and opportunities in the community to create justice and respond to injustice.



My Community Directory is the one place Australians find quality, online health and community information.



Dowdall Optometry Group aims to provide high quality eye care at an affordable price for areas of regional Queensland.



National Disability Services is the Australian peak body for non-government disability services.



NWRH services over 50 communities across remote, rural and regional areas of Australia.



NQPHN is an independent, NFP organisation who commissions services to meet the health needs and priorities of our region.



OTA is the peak professional body representing the interests of OTs across Australia.



Palliative Care Queensland is an independent not-for-profit peak body representing those with an interest in palliative care.



PSA is the only Australian Government-recognised peak national professional pharmacy organisation.



QAIHC is the peak organisation representing all Aboriginal and Torres Strait Islander Community Controlled Health Organisations in Queensland.



We support our members and the wider mental health community in meeting the needs of people who have lived experience with mental health issues.



Queensland Health is a ministerial department of the Queensland Government responsible for operating Queensland's public health system.



RFQ are a community-owned organisation that supports people facing mental health challenges and social disadvantage.



RFDS provides extensive primary healthcare and 24-hour emergency service to people that live, work and travel across the 7.69 million square kilometres of Australia.



Rural Health Management Services has over 25 years experience in health service planning within the primary healthcare sector.



As the founding Director of TOG Consulting, Lindy Fentiman is an accomplished professional who has worked in the health, education and community services sectors for many years.



Tonic Health Media has a long standing passion for delivering insightful health and wellbeing information to Australians.



Toowoomba and Surat Basin Enterprise (TSBE) is the go-to organisation linking business with opportunity to create sustainable growth and diversity for the region.



True was founded over 40 years ago to provide expert reproductive and sexual health services to women.



Veriti prides itself on delivering evidence based, interdisciplinary training, program development, and support for organisations and their staff in the health and community care sectors.



Vision Australia is a leading national provider of blindness and low vision services in Australia.



WQPHN aims to improve the efficiency and effectiveness of primary care services for patients, particularly those at risk of poor health outcomes.



Wuchopperen Health Services main aim is to improve quality of life for Aboriginal and Torres Strait Islander peoples.



The Queensland Rural Medical Service (Darling Downs Health) is an independent statutory body, providing services from the border south of Stanthorpe to west of Goondiwindi.

# Thank you

Click on the organisational logos to learn more about the work undertaken by each of our members,



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# GP MENTAL HEALTH TRAINING

LEVEL 1 - MENTAL HEALTH SKILLS TRAINING (MHST)

LEVEL 2 - FOCUSED PSYCHOLOGICAL STRATEGIES (FPS)



Register your interest NOW!

P: 1800 527 837  
E: [hollie@larter.com.au](mailto:hollie@larter.com.au)

## About the training

CheckUP and Larter are pleased to provide a Mental Health Training suite to General Practitioners. We offering both Level 1 - Mental Health Skills Training (MHST) and Level 2 - Focused Psychological Strategies Skills Training (FPS-ST).

### Level 1 - MHST

Duration: 6 hours  
Style: eLearning - interactive and role play via Zoom.

The program is designed to be practical and interactive and to build on participant's existing knowledge and skills.

The program has been developed with a strong consumer and carer focus to enable participants to further develop their understanding of the perspectives of people who have a lived experience of mental illness and the carers and family who support them.

GPs who complete this training will be able to claim MBS Item numbers 2715 and 2717 for the preparation of General Practice Mental Health Treatment Plans (GPMHTPs).

### Level 2 - FPS

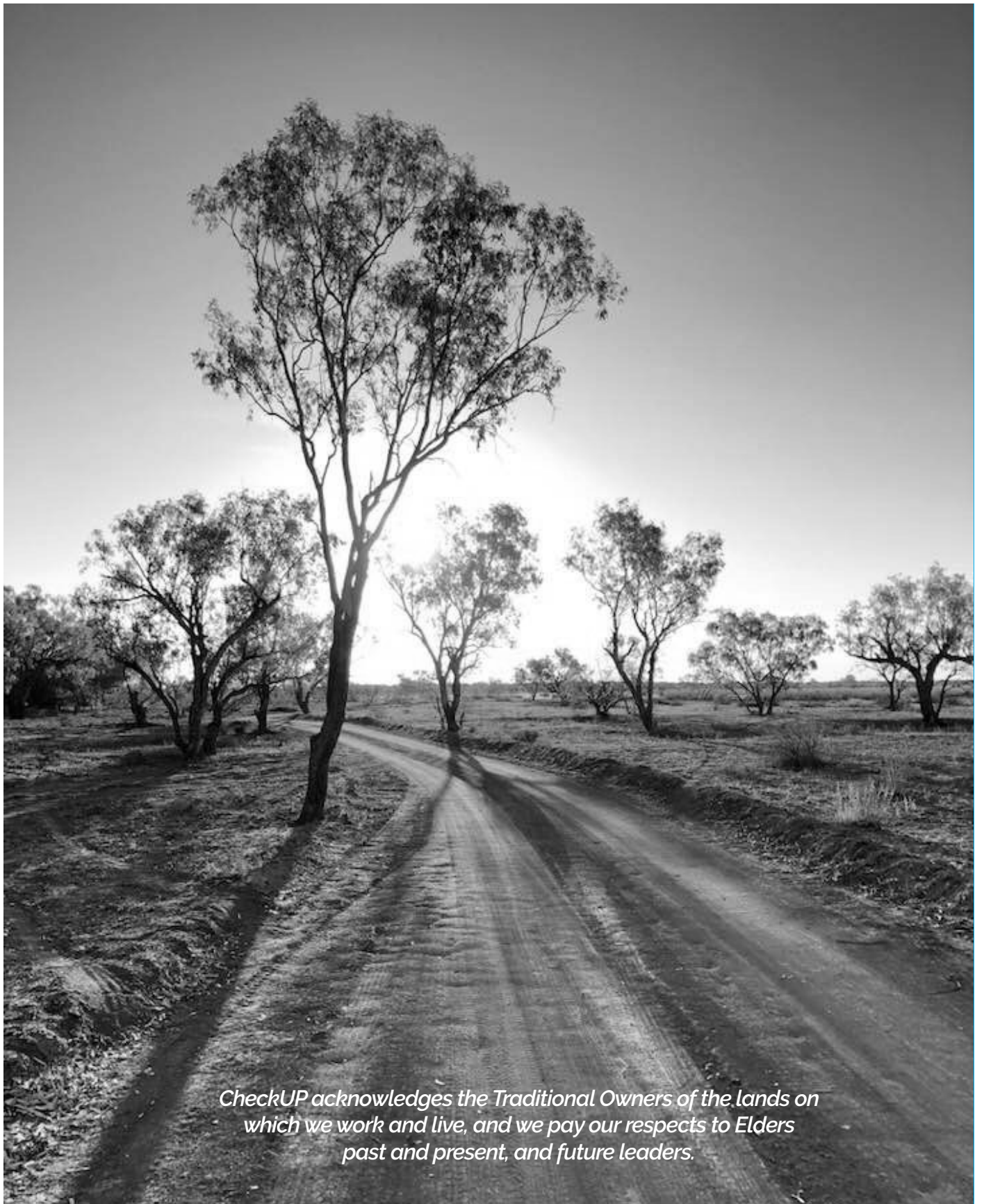
Duration: 20 hours  
Style: 8 hour online learning component in addition to 4 three-hour eLearning sessions via Zoom.

- Prerequisites:
- Current Medicare Provider number/s.
  - Successfully completed level 1 MHST

Our FPS course provides a flexible approach with eight hours of online modules to provide the background and knowledge required to deliver FPS followed by four eLearning workshops of three hours each. The eLearning workshops are primarily activity based and feature demonstration of techniques, videos, supervised practice of skills, a consumer and carer panel discussion and case-based discussions.

Completion of the training course will allow GPs to claim MBS Item Numbers 2721, 2723, 2725 and 2727 for the provision of FPS.





*CheckUP acknowledges the Traditional Owners of the lands on which we work and live, and we pay our respects to Elders past and present, and future leaders.*



[info@checkup.org.au](mailto:info@checkup.org.au)



[www.checkup.org.au](http://www.checkup.org.au)



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