Yugambeh Speaking Peoples Country

(Gold Coast area)

First Nations Mental Health Services

Community Consultation

Closing date: Applications will be reviewed as they are submitted, applications will close 1st January.

Gold Coast Health

The goal of this project is to look closely at the mental health services provided by Gold Coast Hospital and Health Service to First Nations people. They want to know how these services are currently being used and hear from consumers on how they can be made better so that First Nations community members have a better experience and are more satisfied with their care.

Get paid to contribute your thoughts

You can contribute to this project in one of two ways:

1. **Host a Yarning Circle:** Gather up to 10 community members to discuss mental healthcare services and how to improve them.
2. **Have a one-on-one yarn:** Share your thoughts on mental health services in a confidential and safe way with an Aboriginal consultant.

Who are we looking for to host a Yarning Circle?

**You do not need any specific skills or experience to host a Yarning Circle. Aboriginal people and Torres Strait Islander people have been sharing this way for millennia.** You just need an open mind and connections to people in your community who want to get involved in a meaningful way and make a difference.

We will provide you with individual support and training along the way on how to support group discussions and how to manage tricky conversations if they should happen. We tailor our support to your needs.

This opportunity would suit Gold Coast First Nations people that:

* Can host an inclusive and supportive conversation with First Nations community members;
* Have local connections to hear from people with diverse lived experiences, who would not ordinarily have influence over health system design;
* Have an interest in the health and wellbeing of their local community; and
* Want to actively contribute to making change for the local community.

[Read more about Yarning Circles](https://www.hcq.org.au/yarningcircles/)

Who are we looking to have one-on-one yarns with?

**First Nations people who live in the Gold Coast area and do not feel comfortable sharing feedback ionm a large group. This could be because you are experiencing a current mental health event, or for any other reason that would make sharing in a group uncomfortable for you.**

**Yarns will be facilitated in a neutral location close to you.**

Key dates

We are aware the holiday period can be a difficult time for people experiencing mental health challenges, and therefore we are suggesting to consumer hosts that they can facilitate their yarning circles at any time between the following dates:

**22nd December – 21st January:** Yarning Circles hosted

**18th December and 22nd January:** one-on-one yarns held.

**22nd January:** Written notes from yarning circle discussions need to be back to Health Consumers Queensland

Payment and support

**Hosts –** you will be paid **$429.00** for hosting an in-person session at a venue of your choosing and **$230** if hosting an online session. You will also be reimbursed up to **$100.00** to cover catering and venue costs for an in-person session (on return of receipts).

To support you with hosting, you will receive:

* A video about our Kitchen Table and Yarning Circle process
* A project briefing and training on how to host a discussion via a Zoom video conference call. Zoom is free to download.
* A comprehensive Host Guide and toolkit
* Questions to ask participants during the discussion.
* Support from Health Consumers Queensland to ensure you have a successful session.

**Participants –** Health Consumers Queensland will provide a **$70 visa card** to participants for giving their time and sharing their stories.

How to apply

**Please complete this consumer application form and return to****consumer@hcq.org.au**by (Insert date).

Any questions? Contact Health Consumers Queensland via consumer@hcq.org.au or by phone on 07 3012 9090.

First Nations Mental Health Services

Community Consultation

Full name:

Preferred phone number:

Email:

Postal address:

Postcode:

* By completing this application, I consent for my details to be added to the Health Consumers Queensland network database ☐ YES | ☐ NO
* I would like to receive email updates from Health Consumers Queensland ☐ YES | ☐ NO

Please highlight any groups you identify as being a part of:

* Living with a disability/chronic condition
* Caring for someone with a disability
* Living in a rural or remote location
* Culturally or linguistically diverse
* From a non-English speaking background
* LGBTIQ+

Do you identify as: Aboriginal | Torres Strait Islander | Both | Neither | Prefer not to state

***Genuine occupational requirement***

*To perform this role it is essential that the person is an Aboriginal Person or Torres Strait Islander person. It is therefore a genuine occupational requirement under section 25 of the Anti-Discrimination Act 1991.*

Age range: 16-24 25-29 30-39 40-49 50-59 60-69 70+

The activity I am applying for is:

* Hosting a yarning circle between 22nd December –21st January
* Having a one-on-one yarn between 18th December and 21st January

Please describe any support you need to take part in this activity *(examples include support person, interpreter)*

What mental health services have you or someone you care for accessed?

*Your responses to the following questions only need to be a brief sentence or two*

* Why would you like to influence mental health services for Gold Coast First Nations people?
* If you are applying to host a Yarning Circle, what community connections and networks would you use to gather guests for your Yarning Circle?