

ASPIRE KOORI SUPPORT PROGRAM

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**Aspire - A Pathway To Mental
Health Inc.**

• What and where

- 2 year pilot project with 1.0 EFT
- South West Region of Victoria covering 5 municipal areas and 5 separate Aboriginal communities
- Position auspiced by Aspire
- Funded by Department of Human Services

Project Goals

- **Promote awareness of Mental Health issues**
- **Support community initiatives to improve access to services**
- **Increase support for individuals in the community**

This is being achieved through

- **Community forums to identify needs**
- **Assistance with the planning of future services and programs**
- **Provision of information about available services from mainstream and Aboriginal service providers**

This is being achieved through cont.

- **Promoting information and resource sharing between the various aboriginal communities, and non-aboriginal services**
- **Promote rehabilitation and healing for individuals, families and communities**

Key Principles of the Program

- **Community control and ownership through Steering Committee**
- **Commitment to create opportunities for personal and professional development of community members**
- **Flexibility to meet changing needs/priorities**

•Key Outcomes

- Established a regional network of service providers
- Developed collaborative partnerships between Aspire and Aboriginal Health Services
- Supported the formation of women's and men's health groups in Hamilton and Portland
- Facilitated a range of one-off events and weekly activities

Key Outcomes cont.

- Provision of advocacy, referral and support service for consumers
- Promotion and assistance to meet cross cultural training needs
- Provided information and assistance to address training needs of community volunteers
- Joined the dots

Current Status

- **Initial two-year funding period finished May 2003**
 - **Interim Report March 2003, Final Report June 2003**
 - **Currently funded for 1 year at .5 EFT**
 - **Pursuing further funding to allow program to remain Regional**

• *Key Lessons*

- **New programs need time to develop and become established**
- **Longer time frames needed for Indigenous programs**
- **No progress without trust and respect**
- **Gaining acceptance requires patience**

• *Key Lessons cont.*

- **Community ownership is vital for Koori programs**
- **A holistic approach is required**
- **Service providers need to be sensitive and have knowledge of Koori culture**
- **Trust once lost, is almost impossible to regain**
- **Collaboration works best if these lessons are learnt early**

Related Documents

- **Koori Support Program Reports**

Aspire - A Pathway to Mental Health

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- **Further Information, feedback or questions**

Aspire Koori Support Program Steering Committee via

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