



### Urapuntja Health Service and Utopia community



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The Urapuntja Health Service is an Aboriginal Community Controlled Health Service located in a remote region of Central Australia. It services a population of about 1000 permanent residents who live in 16 homeland communities. The original Aboriginal nation was spread out over many thousands of kilometres but after colonisation, the massacres and then a 'buy back' of their own land the Alyawerr mob decided to cluster in the area of Utopia, with each family group having their own space 'to keep the peace'.

This has proven to be very successful and the communities live with much of their culture and traditions intact. Alyawerr language is strong and English is always a second or third language.

The Urapuntja Health service has been delivering core primary health care services to the community for more than 30 years; the health board management and community members determine how the service works and as a consequence health statistics at Utopia are better than in many other remote communities.

Employment of local Aboriginal people has been the mainstay of the service, and an exchange of language and ideas has assisted the health service to become what it is today. Although the struggle to remain viable and independent continues, the Urapuntja Health Service's aim of delivering an holistic service assists the community to make informed decisions about their lives and their health into the future.

### Ingkintja – Learning From Comprehensive Primary Health Care Experiences

Clive Rosewarne, Gai Wilson, John Liddle, Steve Lake and Korey Summers



The Ingkintja *Learning From Comprehensive Primary Health Care Experiences* project examines how the Central Australian Aboriginal Congress Male Health Program reflects the social determinants of health affecting Aboriginal male health, as articulated by Aboriginal males living in the Alice Springs region.

Aboriginal males identify the need for individuals to take responsibility for their actions, with appropriate support, as this will lead to beneficial changes for their families and then their communities, and build individual and collective capacity to address broader social issues that contribute to community health. These Aboriginal males locate their health within a social and emotional health framework.

The identified strengths of Ingkintja include: a high degree of cultural safety (and being male only); a mix of preventative, health promotion, treatment and rehabilitation services; taking a broad holistic view of health; the drop-in centre approach; multi-disciplinary staffing; advocacy on the social determinants of health; and flexibility and responsiveness in approach and service delivery. This approach has seen a significant increase in access rates by Aboriginal males.

Congress Ingkintja provides a very successful health service program, with strong community support and high utilisation rates, to Aboriginal males in the central Australian region. Utilising community development and comprehensive primary health care principles, Ingkintja staff work sympathetically and effectively with Aboriginal males to empower them to take action to address the social determinants of health. The program balances its focus on developing individual capacity to deal with these issues, with broader advocacy work at the structural and policy level.

### Revitalising Comprehensive Primary Health Care at the Victorian Aboriginal Health Service

Bronwyn Fredericks, Joanne Luke and Alan Brown



The Victorian Aboriginal Health Service (VAHS), established in the inner Melbourne suburb of Fitzroy in 1973, has been offering a Comprehensive Primary Health Care (CPHC) service to Aboriginal people for nearly 40 years. VAHS has played a vital role in the Aboriginal community controlled health service sector in Victoria and Australia.

This project, based at VAHS, has sought to conduct a historical analysis of CPHC. It explores the ongoing history of VAHS, and its overall role in driving CPHC, via a literature review, interviews and a focus group. The social determinants of health are also considered as part of VAHS's CPHC approach.

What will be demonstrated is how Aboriginal people have driven the CPHC agenda and addressed the issues that have surfaced over the past 40 years. Furthermore, it will highlight key aspects in the journey and suggest issues for the future. The project has offered a way to revitalise the past and renew enthusiasm for the future.

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