

Aboriginal and Torres Strait Islander Social and Emotional Wellbeing Action Plan

24 February 2017

The Action Plan – Our shared goal

To improve social and emotional wellbeing of Aboriginal and Torres Strait Islander individuals, families and communities

The Action Plan – Our shared goal

- By improving social and emotional wellbeing, the Action Plan will contribute to
 - reducing the incidence, severity and duration of mental illness,
 - reducing suicide and its impact and
 - preventing and reducing the adverse impact of alcohol and other drugs

The Action Plan – Our shared goal

What people said:

‘Social and emotional wellbeing means being resilient, being and feeling culturally safe, having and realising aspirations and being satisfied with life’

Aboriginal and Torres Strait Islander Peoples in Queensland

- Aboriginal and Torres Strait Islander people make up 4.3% of the population
- The Aboriginal and Torres Strait Islander population is younger and faster growing
- 66.1% of Aboriginal and Torres Strait Islander people identify with a clan, tribal or clan group
- 61% of Aboriginal and Torres Strait Islander people were involved in cultural events, ceremonies and organisations
- 18.1% of Aboriginal and Torres Strait Islander people speak an Australian Indigenous Language

The gap in mental and life outcomes

- **Life satisfaction:** nationally 9.7% Aboriginal and Torres Strait Islanders were not satisfied with their life compared to 4.7% (non-Indigenous)
- **Cultural safety:** nationally one third (33.5%) Aboriginal and Torres Strait Islanders felt they were unfairly treated
- **Psychological distress:** 31.4% of Aboriginal and Torres Strait Islander Queenslanders reported psychological distress (compared to 12.0% non-Indigenous)
- **Stress:** nationally 68% of Aboriginal and Torres Strait Islander people experienced one life stressor in the last 12 months
- **Suicide rates:** Aboriginal and Torres Strait Islander people are one and half times more likely to die by suicide (than non-Indigenous people)

The gap in mental and life outcomes

- **Alcohol:** nationally 27.8% of Aboriginal and Torres Strait Islander people abstain from drinking compared to 21.8% however 23.5% drink at risky levels over a lifetime compared to 18.1% non-Indigenous
- **Employment:** less than half (46%) Aboriginal and Torres Strait Islander peoples are employed in Queensland (compared to 74% non-Indigenous people)
- **Incarceration:** 32% of the adult prison population in Queensland was Aboriginal and Torres Strait Islander
- **Victimisation:** Aboriginal and Torres Strait Islander people in Queensland experienced higher victimisation rates for sexual assaults and domestic and family violence

The Action Plan

- The whole-of-government Action Plan includes 62 actions in three priority areas:
 - Inclusive communities
 - Thriving and connected families
 - Resilient people
- It builds on 17 actions in three population- level plans as part of the *Queensland Mental Health, Drug and Alcohol Strategic Plan 2014-19*.

Inclusive communities actions focus:

- Acknowledging, respecting and valuing the cultures, history and contribution of Aboriginal and Torres Strait Islander people and the broader community.
- Providing opportunities for Aboriginal peoples and Torres Strait Islanders to play leadership roles in decisions, services and programs involving their communities.

Thriving and connected families

focus:

- Supporting families to enable children and young people to flourish including housing and financial support.
- Increasing opportunities to maintain cultural identity, family and community connections.
- Support healing and reduce causes of grief and trauma

Resilient people focus:

- Provide effective culturally capable services and supports
- Improve health and mental health, including those at risk
- Provide greater opportunities for education and employment

Monitoring and Reporting

- The implementation of the Action Plan will be monitored and reported in the Strategic Plan's Annual Implementation report due December 2017.

Reviewing the Action Plan

- The Action Plan will be reviewed after 12 months to allow for emerging issues, progress at state and national level and the views of Aboriginal and Torres Strait Islander people.

The Reference Group

- The Reference Group will monitor the implementation of the Action Plan through regular reports from agencies. It will:
 - monitor implementation of actions
 - identify emerging issues and good practice
 - identify and monitor indicators of Social and Emotional Wellbeing.

Roundtable Events

- The Roundtable events will seek the input from local communities and service providers on the emerging issues impacting social and emotional wellbeing of their communities.