# **VIBE ACTIVITIES**

**HEALTEY VIBE** 



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# Djirruwang Program offers pathway to help community tackle mental illness.

BORIGINAL MENTAL HE ALTH TRAINEE KRISTEN ELLA IS PASSIONATE ABOUT HELPING HER PEOPLE AND CHARLES STURT UNIVERSITY'S (CSU) DJIRRUWANG PROGRAM IN WAGGA NSW IS HELPING HER ACHIEVE HER GOALS.

Kristen is undertaking a Health Science (Merital Health) degree and is interring with Pyde Community Merital Health Centre in Sydney as part of her degree through (SU

The Djirnuwang Program Is specifically designed for Aboriginal and Torres Strait Islander people to gain high quality knowledge, skills and attitudes in the field of merital health. This is adhieved by building on student's knowledge and combining mental health theory with dinical practice.

"The Djimuwang Program provides the opportunity for Aboriginal peopleto help close the gap for our people,"Kristen says

"As we know there is a life expectancy gap of around 20 years, the aim of the program is to educate and employ Aborginal people in the Government sector so we can help our people receive treatment and also to prevent any illness. "I notice in my work, as do other Aboriginal Health Workers that Aboriginal people are more likely to visit a health care centre where an Aboriginal person is present."

Kirsten's experience is that her people will also open up more and generally feel more comfortable with Aboriginal Health Workers.

She first became interested in the area of mental health from her dad who is an Aboriginal Drug and Alcohol worker.

"Wy diad found the program, as I was going to study social work, however the program is Aborginal specific and you end up with a Health Science degree," the says.

The course is a marture of practical and theoretical learning over three years. Rudents attend COM four times a year and during the year submit assignments when they are not in the workplace doing the on the job' component of the degree.

This mix suits Kristen.

"I'm more of a practical learner and i like to physically do something and not just read about it," she says.

Kirsten decided to undertake her practical training at Ryde Community Mental Health Cantre for two reasons. The centre has a good reputation within the mental health care industry, and it's also dose to Kirsten's home on the Central Coast of NSW.

Twork in an acute team so that when an Aboriginal client walks in I will begin liaining with them and assessing their mental state I don't case manage alone but co-case manage, and I also undertake counselling of clients, "she says. T find a lot of mental health problems in our people item from prejudice and ration in their early lives, and they carry that negative. They still heave their pride in culture, but some of the troies there heard are but al. And there a sho the timpenet about Tauma.

There is also drugs and alcohol involved as well, in almost 100 per cent of cases.

Our culture is so significant and people forget we are the First Australians and there is a lot of history there... and so many issues with Aboriginal health and chooric disease. Aboriginal people need to help other Aboriginal people."

Kesten's passion for working in merital health to help her people his: got her through the tough times during her degree when study and work have been hard going.

Tt's not always been easy - you need time management and you also need to take time out for yourself but I have a passion to work in Aboriginal mental health," she says.

She's in the third year of her degree but hopes to continue to study after she's finished.

Twart to get a psychology degree which will involve two and a half years parttime study. My long-term goals are to work in a community in the outback and also to work with Aboriginal people with mental health problems in juit a because they need that support, "bin says.

Kirsten urges young Aboriginal people to take a look at the Djirruwang Program. "Theck it out ~ it's something

you could be interested in

And a second sec

"There are 15 third year students in the Djirruwang Program from across Australia and I want to admowledge their success in completing a degree to help our people."

To find out more head to: http:// www.csu.edu.au/study/sciencecourses/djirruwang/index.htm



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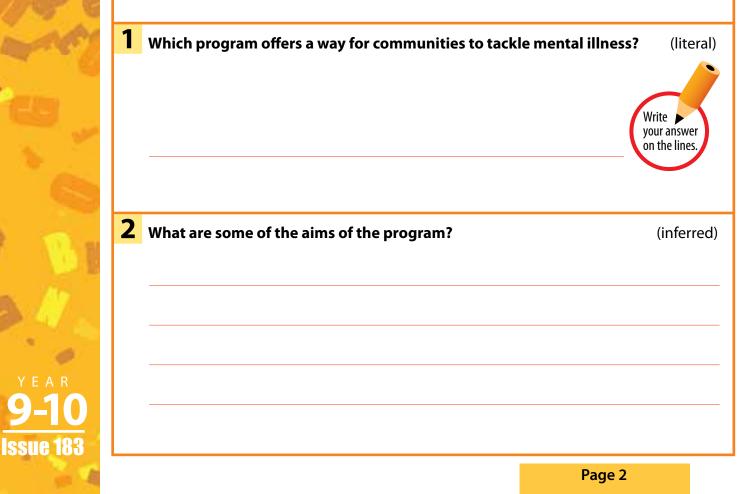
# **ACTIVITY 1** BUILDING READING SKILLS

- skimming and scanning for information.
- reading headings, text boxes and pictures.
- reading for meaning.
- making connections between the text and your world.

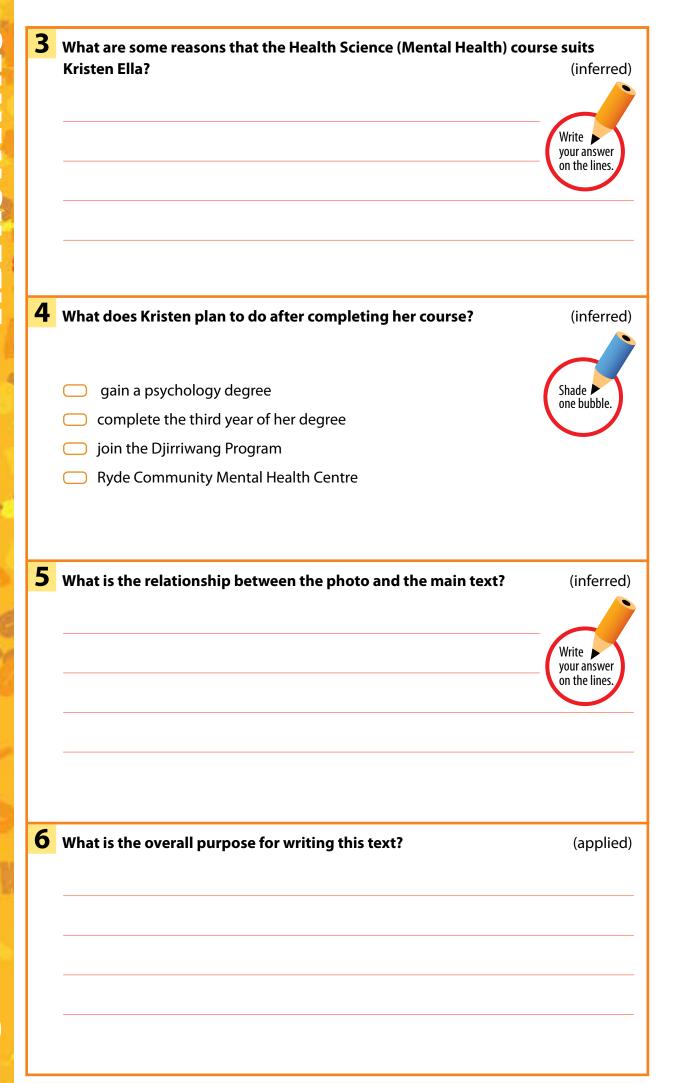


Division of Student Services Indigenous Student Services

There are thre questions:	ee levels of comprehension
Literal	The answer is located in one sentence in the text.
Inferred	You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.
Applied	The answer is in your background knowledge and what you already know or feel.



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# **ACTIVITY 2** LANGUAGE CONVENTIONS – SPELLING

#### **1** The spelling mistakes in these sentences have been underlined. Write the correct spelling for each word in the box.

The <u>coarse</u> is helping her to achieve her goals.

It builds knowledge, skills and attitudes in the <u>feild</u> of mental health.

The program is aimed at improveing mental health.

We can help people <u>receeve</u> mental health treatment.

**2** Each sentence has one word that is incorrect. Write the correct spelling of the word in the box.

It is important to maintane your mental health.

Kristen is gaining important experiense.

Kristen will also undertake client councilling.

Kristen has a pashon for her career.

# **ACTIVITY 3** LANGUAGE CONVENTIONS – GRAMMAR

#### **1** Which word correctly completes this sentence?

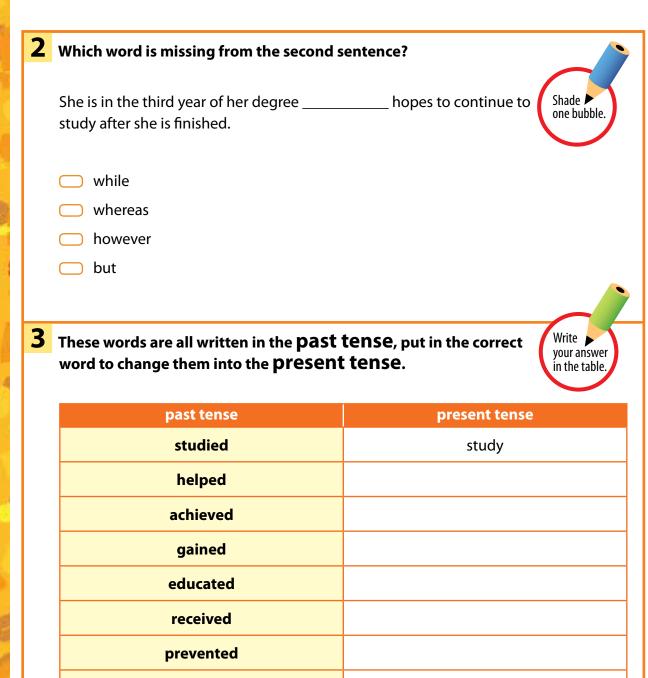
Kristen has already \_\_\_\_\_ her second year.

- 🔵 complete
- completed
- completely
- completing

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one bubble.

Write your answer in the box.



#### **4** Which words are *NOUNS* in this sentence?

visited

worked

managed

My long-term goals are to work in a community in the outback.



- My, are, to, in
- goals, community, outback
- 🔵 long-term
- 🔵 work

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# **ACTIVITY 4** LANGUAGE CONVENTIONS – PUNCTUATION

## **1** Apostrophes for contraction and possession.

One of the most common uses of the apostrophe is to show two words that have joined together, called a **CONTRACTION**.

We use an apostrophe to show where there are missing letters in a contraction.

#### Match the contraction.

should not	
he will	
he is	
we have	
they will	

they'll	he'll	we've	he's	shouldn't	
	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •		• • • • • • • • • • • • • • • • • • • •	

## **2** Write this sentence correctly, adding the missing punctuation.

im more of a practical learner and i like to physically do something and not just read about it kristen says



Write your answer in the table.

