

# Baribunmaniu Wanyi Ngay

Aboriginal Youth Program



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## Introduction

Baribunmani Wanyi Ngay or Bari for short, is the youth program run by the University Centre for Rural Health (UCRH). The long-term program is for Aboriginal & Torres Strait Islander high school students in Year 8 to Year 12.

Baribunmani Wanyi Ngay means "I dreamed of you" in Bundjalung. The name was chosen to inspire our youth that they can dream big and achieve their goals. We want to show local Goori students that there are many pathways that lead to a career in health, you just need to know how to access them.

Sessions are held each year inviting students to return to the UCRH environment to learn a new health skill and expand on their health knowledge.

Increasing cultural safety for Aboriginal people accessing health services in the NSW North Coast is important, and through the Bari program we want to increase the number of Aboriginal people employed in the health sector.

## Partners

Strong partnerships is key to the success of Bari. By tapping into the knowledge networks in the existing Regional Aboriginal Education Consultative group, we have raised awareness of Bari, as well as had success connecting with rural and remote schools to participate in the Bari program. We have strong relationships with our local Aboriginal community controlled health organisations such as Bullinah Aboriginal Health Service, Solid Mob, Rekindling the Spirit and Jullums, as well as the Local Health District. Strong partnerships with Aboriginal staff members based at each school has been essential in achieving great participation rates.

## Objectives

**Long term Goal:** Through the Bari program we want to increase the number of Aboriginal people employed in the health sector and increase cultural safety for Aboriginal people accessing health services. We will achieve our long term goal by addressing the following program objectives:

**Objective 1:** Raise awareness of the program within the education, health, employment and training sectors.

**Objective 2:** Continue to build relationships across the sector, especially within schools and Aboriginal community controlled health organisations to identify ways we can work together.

**Objective 3:** Collate and promote existing Aboriginal health career paths, programs, training courses, TAFE, traineeships and universities opportunities to schools and students participating in the Bari program.

**Objective 4:** Work with local organisations to identify local champions/ role models to promote a variety of health professions at BWN events.

## Methods

**In 2020 we will hold 4 Bari sessions with each session capped at 20 students.**

**Session 1- Grafton UCRH for year 9, 10 and 11 students**

**Session 2- Lismore UCRH, for Year 11 & 12 students**

**Session 3- Lismore UCRH, for year 9 & 10 students**

**Session 4- Lismore UCRH, for year 8 students**

**What we offer:** 1/ 2 day sessions held at the UCRH, so that students become familiar with a tertiary learning environment, and get a chance to learn at least two new health related skills and hear from local Aboriginal people working in health. We also organise transport and lunch.

**Who has been invited?** All high schools within close proximity to Lismore have been invited to participate. So far we have had students from Ballina Coast, Alstonville, Richmond River, Woodlawn, Trinity and Bonalbo high schools participating. We promote the Bari program through the Regional AECG network, directly email local high schools, and also use social media.

### Remote sessions:

For high schools based in the Clarence Valley, a session will be held at Grafton UCRH.



Year 8 and 9 students from Ballina Coast, Trinity and Woodlawn high schools who attended our 3<sup>rd</sup> Bari session, at the Lismore UCRH in August 2019

High school students from Woodlawn college in Lismore, participating in the Webster pack pharmacy activity at our 3<sup>rd</sup> Bari session in August 2019. Photo taken in the Lismore UCRH simulation room.



## Lessons Learned

We have received positive feedback about our Bari program from both students and teachers

### What the students said:

- 100% of students have stated that as a result of Bari, they will now consider a career in health.
- 100% of students have said they would like to attend another Bari session.

### What the teachers have said:

- Great session- very informative. All sessions were great, they kept the students interested.
- Fun and practical- easy for students to use in everyday life.

### Role of the Aboriginal Community Champions

- The purpose of involving Aboriginal Community champions in the Bari program is to demonstrate that there are a variety of ways you can end up with a career in health. Using well known and respected community role models show that a health career is achievable, you just need to know what pathways to take.

### Relationships are key

- Building relationships with each school is both essential and worthwhile as it develops reciprocity. Our willingness to accommodate requests from Bonalbo Central school, led to a group of 20 UCRH students being invited to run Indigenous games sessions at the Bonalbo NAIDOC week event.

### Practical lessons learned after delivering 4 Bari sessions to over 60 students in 2019

- Schools need a minimum of 4 weeks to coordinate their attendance to a Bari session. It can be a challenge for students to remember to return their permission notes on time. Most schools do require assistance with transport and were grateful when we chartered a bus.
- Students respond best to a Bari session with at least 2 simulation/ skills activities. In our evaluations, students rated the Webster pack activity and the CPR skills as the most engaging sessions. Students practiced their CPR skills on the simulation mannequins and used the equipment to gauge the depth and timing of their CPR compressions.
- Always have an extra activity planned.
- Sessions are best held 3 months apart.
- You can't plan everything, just be prepared to have fun and make the most of the situation.



Students and teachers from Bonalbo central school, in year 8 to year 12 who attended the Bari program in June 2019, pictured with Emma Walke and Susan Parker Pavlovic from the UCRH



Yaegl connections: Ballina Coast high school student Patricia Laurie and Associate lecturer Susan Parker Pavlovic talk about their family connections during Bari session 3, UCRH in Lismore



Murwillumbah and Wollumbin students participating in a simulation experience at the Murwillumbah Bari session in September 2019

## Impact/What's Next?

In 2020 the Bari program will run 4 sessions. Each session is capped at 20 students to ensure an optimum experience.

We are seeking ongoing funding for this excellent program.

With ongoing funding Bari could expand to reach more students within the Northern Rivers area. Our ultimate goal is to have more Aboriginal people working within the health sector.



## Acknowledgements

- Thank you to the simulation teams at the UCRH. Huge thanks to the Aboriginal support staff working with Aboriginal students for their efforts in encouraging students to attend our Bari program. Special thanks to senior staff within the local high schools, the Regional AECG and the many Aboriginal Community controlled health organisations for your support. We especially thank the students for their time and willingness to learn.