



## Indigenous Worker Wellbeing

### Case Studies

#### Instructions

Please read the case study below, and then in your group, look at the questions at the end and record the group's thoughts on butcher's paper, so your group can then share their ideas with the rest of the workshop participants.

### Case Study 5

An Aboriginal Health Worker (AHW) in a regional health service has 10 years work experience in a sobering up shelter. He has been to a lot of short training courses about alcohol, and feels pretty confident about working with people who are intoxicated and helping to educate clients about the effects of alcohol.

The AHW has been approached by Elders concerned about reports they've heard of young people regularly using yarrdi, and sometimes other drugs like ice.

The worker is now worried that he doesn't have the skills and knowledge needed for the job. But he really wants to know how he might go about educating himself and the community about these other drugs.

#### Questions

Thinking about what steps could be taken to support the worker to meet this goal, please discuss the following questions:

1. What could his colleagues do?
2. What could management do?
3. What could the organisation do?
4. What else could be done?

**Feeling  
Deadly,**  
*Working  
Deadly*



