

TAIHS

Townsville Aboriginal &
Islander Health Service

how can we

help you?

www.taihs.net.au





We're *leading the way* in
providing accessible, integrated
health and social support
services to our people so that
they can live *healthier, stronger,*
and longer lives; preserving
our oldest surviving culture for
future generations.

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Primary Care Townsville



Our primary health services are designed to provide a range of medical and clinical services to Aboriginal and Torres Strait Islander people living in Townsville and the surrounding region.

Our health services are performed by a dedicated team of Doctors, Indigenous Health Professionals, Nurses, Visiting Specialists, Allied Health Professionals, Administration and Transport officers.

TAIHS encourages all Aboriginal and Torres Strait Islander people to see their regular GP for an annual Health Check (715).

A 715 Health Check takes approximately 45 minutes to complete which includes a general physical assessment, a blood sugar test, blood pressure test, pathology, and screening for skin, vision, and hearing.

*Your health is important to you and your family,
it is also important to us.*

Maternal and Child Health

phone
4759 4034

The Maternal and Child Health team's role is to support the health of women, babies, and children through midwifery support.

Health advice throughout pregnancy and beyond as well as child health checks, vaccinations and immunisations, ear health and family planning.

- Antenatal care
- Pregnancy nutrition advice
- Birthing information
- Breastfeeding advice
- Postnatal care
- National Immunisation Program



Dental Services



Project Outback Dental (POD) are currently being outsourced by (TAIHS) to manage our dental unit in Garbutt.

POD has also provided mobile dental services at TAIHS Outreach Clinics in Abergowrie, Charters Towers and Ingham.

POD dental services are complimentary to existing clients of TAIHS. Dental services provided include:

- Dental screening and checks
- Dental health education and oral hygiene instruction
- Emergency treatment for toothache and dental trauma
- Treatment and the prevention of infections
- Fillings and extractions
- Wisdom teeth removal

Outreach Clinics

TAIHS now provides outreach medical clinics in regional areas.

Our outreach services include service provisions consistent with those currently being provided at our Garbutt Medical Centre here in Townsville.

Each service has allocated days of operation and we also accept walk ins.

Primary Care Ingham – 4776 0268

Primary Care Charters Towers - 4787 7618

Visiting Allied Health Specialists

Our Primary Care Clinics have several visiting specialists.

- Physiotherapist
- Podiatrist
- Optometrist
- Diabetic Education
- Paediatrics
- Endocrinologist + *More*



Deadly Choices

phone
4759 4053

TAIHS is working with Deadly Choices to deliver healthy outcomes to our community.

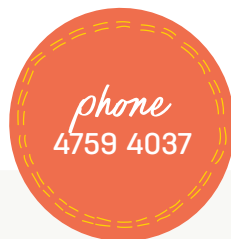
Our TAIHS Deadly Choices Youth Health Promotions team are available to deliver:

- Tobacco cessation programs
- Healthy Lifestyle programs
- Sport & Recreation
- Education programs
- Cooking programs

If you would like DC to attend one of your deadly events send an email to deadlychoices@taihs.net.au



Social & Emotional Wellbeing Service

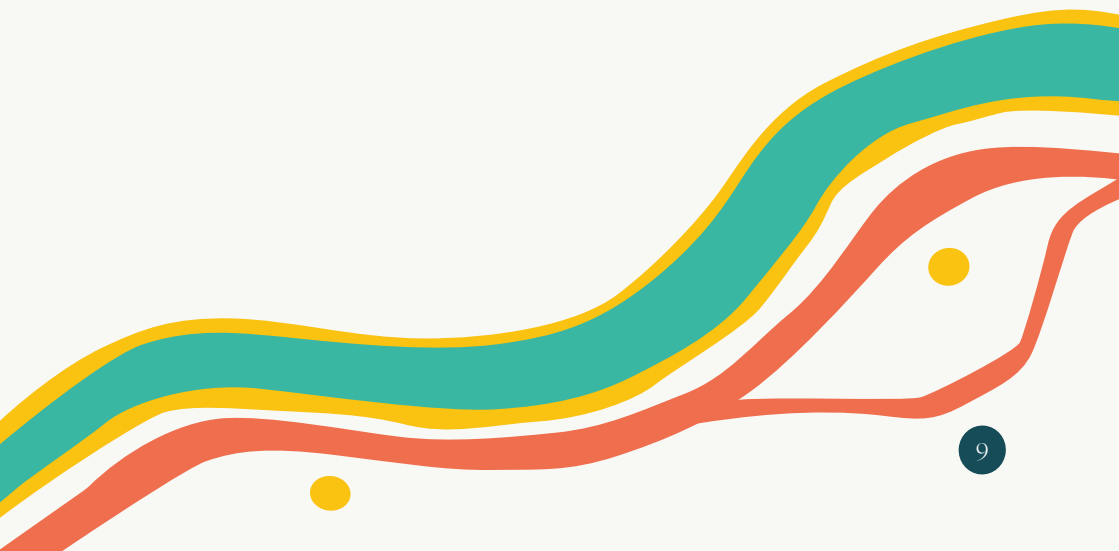


SEWB Counselling services operate Monday to Friday from 9am-4pm, please speak with your Doctor, a Nurse or any TAIHS team member that you feel comfortable to request to see a Counsellor.

Counselling services may be accessed face-to-face or via telephone support.

Counselling services include:

- Confidential assessment, counselling, and intervention
- Referrals to internal and external support services within TAIHS
- Referrals to Link-Up for Family / Stolen Generation tracing
- Women's Group
- Men's Group



Family Wellbeing Service



Family Wellbeing Workers support the family to identify the areas of support that are required to promote strong connection to family; culture and to minimise the risk of children entering or re-entering the Out of Home Care System.

The Family Wellbeing staff work with families to identify strengths and individual needs in one or more of the domains below:

- Child Wellbeing
- Cultural Identity and Connectedness
- Family Safety
- Family Interactions
- Parenting
- Health

Supportive activities may include information, advice, and referral to other services; activities at our early childhood space and assigned a Wellbeing Worker that does a variety of activities based on a family led plan.

For more information, please call 07 4431 1458

Yamani Meta



Established in 2018, Yamani Meta (Yamani meaning Rainbow and Meta meaning House) is our dedicated deadly space for early and family learning.

There are activities and programs specifically designed for raising smart, healthy and deadly kids.

Yamani Meta is a culturally safe environment, that offers award winning programs, that have a clear focus on key family development domains, including:

- Nutrition
- Cultural Activities
- Early Learning
- Safety and Security
- Playgroup

Please email yamanimeta@taihs.net.au



Foster & Kinship Service



Foster and Kinship Service (FKS) delivers services to Foster and Kinship Carers in Townsville, South to Home Hill and Ayr, West to Hughenden and north to Ingham.

The over-representation of Aboriginal and Torres Strait Islander children and young people within the child protection system is a major concern.

TAIHS Foster and Kinship Service is dedicated to helping these children.

When Aboriginal and Torres Strait Islander children and young people need to live away from home for their own protection, we are committed to ensuring that their cultural identity and relationship with their families and communities is maintained.

Family Participation Program



Family Participation Program (FPP) aims to empower Aboriginal and Torres Strait Islander families to participate in child protection decisions that affect their lives.

FPP strives to develop family-based solutions that can provide protection and care needs of children.

The TAIHS FPP follows the Family Led Decision Making Process (FLDM), which gives parents, families, and children a voice to create their own plans and lead decision making in a culturally safe space.

“Finding your way through” Child Safety business:

- FPP work with families to make processes regarding child protection needs understood.
- Strengthen and identify support networks.
- Supporting families to make choices and take action to keep children safe and connected to family, community, and culture.
- Create case plans that detail family, community, and cultural connections.
- Participate in Family Group Meetings (FGM) to explore all options and the best way through using the FLDM process.
- Identify and choose further support upon agreed outcome.

TAIHS Youth Support Service + TYSS Mental Health

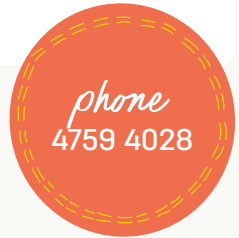
TYSS provides general youth support services including the provision of information, referral, advice, assessment and case management.

TYSS covers all communities located within the Townsville Region.

TYSS supports young people who are aged 12-21 years old (and younger siblings 8 years and over) that are experiencing any of the below:

- Homeless or at risk of homelessness
- Wanting help for drugs, alcohol, or other substances (eg. sniffing)
- Having problems with family at home
- Not in school, training, or employment
- Harming themselves
- TYSS Mental Health provides counselling services to young people aged 0-25.

Please email TYSSinfo@taihs.net.au



Lighthouse



The Lighthouse is designed to support children between the ages of 10 to 17, no matter their circumstances or background.

The program is specific for young people who may:

- not have adequate adult supervision;
- not feel safe at home and need a place to go;
- be in trouble;
- need someone to talk to

Young people who attend are able to access meals, shower facilities and a bed for the night. The centre provides support for disengaged youth and offers a safe place to form connections including cultural connections.

Each child who attends is assigned a case worker to help them with everyday tasks and guidance.

Please email diversionary@taihs.net.au

Youth Shelter



Our Youth Shelter provides crisis accommodation for all young people aged between the ages of 16-21 with the possibility of assisting up to 25 years of age, no matter their circumstances or background, The program is specific for young people who may experience any of the following.

- currently homeless
- at risk of homelessness
- couch surfing
- sleeping rough
- constantly moving between friends and families' homes

All young people residing at the Youth Shelter are supported and engaged in case management support, with case managers assisting them to get things back on track and access appropriate services.

Please email ysinfo@taihs.net.au

Specialists Homelessness Services

phone
4725 8481

We currently have (17) self-contained units, 12 units are allocated for male clients while the remaining 5 units are allocated for female clients to reduce homelessness within our community.

Case work and direct support is available for all clients utilising our service. We achieve to empower all clients to be able to gain a stabilised income, connect with family and community via a holistic approach.

A strong emphasis is on positive measures and individual planning with each person. The main priority is to seek an outcome of long-term sustainable housing.

Referrals are either; Self, via QHIP (online platform for services - Queensland Homelessness Information Platform), or through inter-agency emails, calls or other requests.

All potential participants are required to participate in a compulsory intake and assessment interview by our case worker to ascertain eligibility into the SHS service.

Please email campstshs@taihs.net.au

Bail Support Service



The Bail Support Service supports young people, who are subject to a bail order, through mentorship and case management.

During the week the day workers follow up on each of the young people to provide case management and engagement activities, and to provide support to adhere to conditions, for example, adhering to curfew and engaging in court ordered programs, attending court, as necessary.

The Bail Support Service will provide court support for young people within the Intensive Family Proposal for Program Funding to be used for Love Bites and Desert Pea Media Program Page 2 of 4 Partnership component including fresh arrest court on Saturdays and where applicable court attendance during holiday periods.



Services Directory

Primary Care

4759 4000

info@taihs.net.au

Deadly Choices

4759 4053

deadlychoices@taihs.net.au

**Social & Emotional
Wellbeing Service**

4759 4037

info@taihs.net.au

Family Wellbeing Service

4431 1458

info@taihs.net.au

Yamani Meta

4759 4039

yamanimeta@taihs.net.au

Foster & Kinship Services

4721 1766

info@taihs.net.au

Family Participation Program

4431 1460

info@taihs.net.au

**TAIHS Youth Support Service
+ TYSS Mental Health**

4759 4028

tyssinfo@taihs.net.au

TAIHS Lighthouse

4729 4800

diversionary@taihs.net.au

TAIHS Youth Shelter

4724 3396

ysinfo@taihs.net.au

**Specialists
Homelessness Services**

4725 8481

campstshs@taihs.net.au



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