

Autumn 2018

# Newsletter



**Aboriginal  
Sobriety  
Group**  
INDIGENOUS CORPORATION

## ASG Success stories



Klynton Graduated the Lakalinjeri Tumbetin Waal Program in October 2017. Klynton returned to the community, secured his own accommodation and continued to work with the support services available to him, including the ASG Substance Misuse Team, counselling, and his job network agency. Klynton reunited with his children, and enjoyed a camping & fishing holiday with them over the Easter long weekend. Klynton has found employment as a support worker, helping people with disabilities gain independence and live fulfilling lives. Klynton is a wonderful example of how hard work, commitment to sobriety, and utilising supports can lead to happiness and prosperity.

Bradley Graduated the LTW program in February 2017. After leaving LTW Bradley spent time focusing on his sobriety, engaging with supports Nunkuwarrin Yunti, MMCMH, his job network agency and aiming on improving his education and employment opportunities. Bradley found work in a local nursery, completed a TAFESA course and was then promoted to a supervisory role. Bradley continues to do well, now working with a group of volunteers who live with disabilities, helping them to work and engage with the community. Bradley's journey comes with his own unique challenges, but he continues to move forward each day and reaps the rewards of his hard work.





# Graduations...

Lakalinjeri Tumbetin Waal (LTW) our Rehabilitation centre was privileged to hold a Smoking and Graduation Ceremony for two clients recently. Staff, clients, support personnel, and family members gathered around the fire, where Uncle Gerald performed a Smoking Ceremony. Site Supervisor James then officiated the Graduation Ceremony, where all in attendance spoke to the graduates, passing on their best wishes and positive thoughts for the future. The group then sat down to share a feed, having a BBQ lunch, celebrating the hard work, commitment and positive changes our graduates have made during their time at LTW.





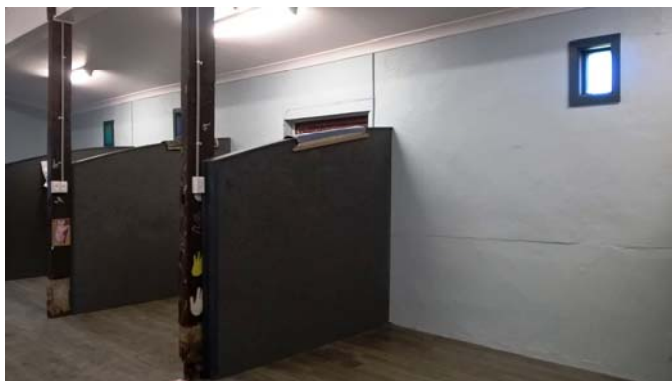




## Rehabilitation Reno...

During March Lakalinjeri Tumbetin Waal completed a refurbishment of the bottom dorm. The walls were repaired and painted, the dorm was cleaned and each room was outfitted with new bedding, floor rugs, lamps, toiletries, and towels.

Bunnings Woodville donated the paint, rollers, scaffolding, spray guns. The West Lakes/Seaton Lions Club donated \$1000 to help purchase pillows, sheets, quilts, and towels. A big thank you goes out to all the volunteers who put it all together.





**“Engaging in the supports and services provided while prioritising health and wellbeing became important to Rhys and as he slowly became better, he found that he was able to commit to setting other important goals for himself”**



**Rhys with ASG Case Worker , Julie**



In early 2016 Rhys engaged with ASG Substance Misuse Program for drug and alcohol support. Rhys asked to go to Lakalinjeri Tumbetin Waal our Rehabilitation Centre and complete the 12 week program.

At LTW Rhys engaged in mental health support and services that supported his recovery, including counselling, group work and organised activities.

Focusing on improving mental and physical health was helpful for Rhys. While at LTW Rhys regularly exercised in the gym to improve his fitness and strength. He also found his workouts helpful in reducing stress and anxiety.

From the beginning of his LTW program, Rhys found it helpful to set goals for himself and then ‘chip’ away at them to eventually feel like he was achieving what he set out to. Engaging in the supports and services provided while prioritising health and wellbeing became important to Rhys and as he slowly became better, he found that he was able to commit to setting other important goals for himself, including following his dream of stepping into the Octagon and becoming an MMA fighter.

## Ngangkari healers were considered the treasure of Aboriginal communities, and now their 60,000-year-old tradition has made its way to South Australia's Royal Adelaide Hospital and rural clinics.

Eighteen registered Ngangkari healers set up the Anangu Ngangkari Tiutaky Aboriginal Corporation (ANTAC) more than seven years ago. Chief executive Francesca Panzironi heads a team visiting major hospitals and rural clinics in Victoria, New South Wales, South Australia and Western Australia. "It all started with friendly chats, a cup of tea and kangaroo tails," she laughed.

### Getting recognition in mainstream health

ANTAC's objective is to provide a platform for Aboriginal healers to be recognised in the mainstream healthcare system as a form of complementary alternative medicine. While she was a university lecturer, Ms Panzironi identified a gap in literature on Australian Aboriginal healing. She said the most comparable form of alternative medicine to Ngangkari healing was reiki, a Japanese technique for stress reduction. Depending on a client's problems, Ngangkari healers offer three main techniques — a smoking ceremony, bush medicines or spirit realignment. "The healer identifies where the issues are and, through a specific method of healing, which is called panpooni, they take away whether it's pain, a blockage, or some kind of obstruction, with their hands," Ms Panzironi said. "The most unique method of healing they use is the realignment of the human spirit. "They see the spirit as the core component of the human body. "If it's not in the right place it can cause problems, whether physically, emotionally, mentally. With their health.



The Ngangkari healers are popular with clients of all backgrounds. Ms Panzironi said some people who used the healing technique for pain management experienced relief of their symptoms. But for Indigenous people especially, the healers have been making a world of a difference by improving attendance rates at medical appointments. Ms Panzironi said the treatment did not replace the role of mainstream medicine, but it could be used in conjunction with other treatments. "I remember once the manager of the hospital said to me 'Oh my god, I have never seen so many Aboriginal people in the hospital smiling and being so happy to be here'," she said

Riverland Community Health has been inviting the Aboriginal healers to its clinic for only a few months, and the results have been life-changing for some. Aboriginal health consultant Kelly Matthews said before the healers' involvement, it was a struggle to get Indigenous clients to see a conventional doctor. "It's a fear. It's how a doctor communicates. The first thing is to listen and not be judgemental," she said. "Sitting in the sitting room they feel self-conscious. I hate it myself and my skin is pale. "I'd rather go to the Aboriginal clinic or organisation where you sit back, can have a yarn, catch up with family and friends." Since the healers have been involved with the clinic, appointments have been completely booked. They have been held at ASG in The Riverland.





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## YOUR FEEDBACK IS IMPORTANT TO US

If you have any questions, ideas or suggestions regarding this newsletter, please contact Don Scordo on 8580 8700 or [dons@asg.org.au](mailto:dons@asg.org.au)

## Office Locations

### Head Office

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Adelaide. Phone: 8223 4204

### Substance Misuse Team

34 Hookings Terrace, Woodville  
Gardens. Phone: 8224 5988

### Homelessness Program

32 Third Avenue, Woodville  
Gardens. Phone: 8243 1698

### Lakalinjeri Tumbetin Waal

Men's Residential Rehabilitation  
26 Wattle Road, Monarto  
Phone: 8534 4028

### House Of Hope

Woman's Residential Rehab  
26 Wattle Road, Monarto  
Phone: 8534 4028

### Mobile Assistance Patrol

34 Hookings Terrace, Woodville  
Gardens. Phone: 8224 5988

### Inner City Youth Service

34 Hookings Terrace,  
Woodville Gardens 8224 5988

### Arkaringa House

Disability Services  
5 Beatrice Street, Ottoway  
Phone: 7127 0821

### Riverland

3 Wilson Street, Berri  
Phone: 8580 8700  
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