

VIBE ACTIVITIES

Healthy Vibe Stay Strong: Moving forward pages 22 & 23

HEALTHY VIBE

STAY STRONG

Moving forward

Muriel's drive helps her people manage mental-health issues.



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10th Anniversary

10th Anniversary

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BORIGINAL AND AI-SALANDER HEALTH WORKER OF THE YEAR, MURIEL JAKAĞA IS PASSIONATE ABOUT HER WORK IN MENTAL HEALTH ON GROOTE EYLANDT, AFTER A DECADE OF WORKING WITH HER PEOPLE, HER COMMITMENT AND DRIVE TO HELP THOSE WITH MENTAL HEALTH 'SICKNESS' IS JUST AS STRONG AS IT WAS WHEN SHE STARTED.

"These drives are in my role. I want to be a role model for my community and mental health workers - to reach them the right way and help them lead a better life," Muriel says.

"I could see my people experiencing mental health problems that they did not know how to get through. I am proud to be able to help and work with my people to improve their mental health, and in helping, I was chosen to be one of my country's '100' health workers in 2008."

Muriel won the Deadly Award for Health Worker of the Year at first of a capacity crowd at the Sydney Opera House on 27 September. She is a proud Anindilyakwa woman, born in the Anungurru community on Groote Eylandt, Arnhem Land. She works for the Anungurru Clinic on Groote Eylandt on health programs and services that are "making a difference."

"From our health-promotion work, we have been working to raise awareness that many people in my community know about diabetes, infectious and other people can get sick. People in my

community do not have English as their first language. You also have a different world view and many traditional practices and concepts are also today," she says.

"To use the example of someone who might be hooked on tobacco or given a heart attack from smoking or given from heavy grape use - before we started doing this work, many people would see these types of sickness as being because of 'black magic.' Sometimes this might be the case, but sometimes it was because of their smoking cigarettes or grape."

"Now from our research and health promotion - our people are starting to have more understanding of how drugs and alcohol may make some people unwell. Having this health information presented in our language and our concepts with our collaborators Dr Kylie Lee from Sydney University and Dr Muriel from the Perfect Health Project."

"Another key part of what we are doing is that our people understand that our people have these health-promotion projects, so we decide on when these health issues is tackled next."

Muriel works with patients on the mental health list, with a rotating psychiatrist and mental health nurse. She also talks to and counsel anyone who wants help dealing with mental health issues.

"I see individuals as well as families, and I also help our people for young people and women. A key part of my work is combining western medicine with traditional Anindilyakwa works. I make sure families know what is happening for their family member and, if medicines are prescribed, that they are aware of what side effects they might have," Muriel says.

In the coming 12 months, Muriel will be working on further research with

clear collaborators Dr Kylie Lee on how traditional Anindilyakwa ways can help those who are hooked on cannabis and they will be using this research to make films to help the community understand the impacts of substance abuse.

"We have been asked by the community to make another two films next year," says Muriel. "The last one we made called *Algoj* was received very well here. There is always a lot to do."

Muriel is fluent in three Aboriginal languages and helps many clients and their families across several communities. It's a job she loves.

"We have three communities (and several smaller family outstations) on our land, Groote Eylandt and Beckerton Island, Anungurru is the largest community and has about 950 people or so. Umbakumba is the second largest community and has about 600 people or so. Murrupulu is on Beckerton Island and has about 130 people or so," she says.

"My island is very beautiful. We are a unique people, so we have and swim and part (ton) of things from the sea, such as dugong, fish, mud crabs, turtle."

Her achievements have been nationally and internationally recognized, with her groundbreaking research efforts and mental health research efforts nationally recognized with a finalist nomination in the Research category at the 2010 National Drug and Alcohol Awards. The 2011 Deadly Award was also recognition for the work of Muriel, Dr Kylie Lee and the Anungurru Clinic.

"I am proud of our achievements on Groote Eylandt. There are good things in my community, and we couldn't have done it without working together," she says.

Our people are starting to understand how drugs and alcohol may make some people unwell. Having this health information in our language and concepts is a key to helping our people understand these health issues.



READ *Moving forward* on pages 22 & 23

Mental Health worker Muriel Jaragba has just won the Deadly Award for Aboriginal or Torres Strait Islander Health Worker of the Year. She was born in the Angurugu community on Groote Eylandt and has worked for over 10 years providing mental health services.



Muriel Jaragba

She says that one key aspect of the success of her programs is that information is presented in local languages that everyone can understand. Another key part of her work is combining western medicine with traditional Anindilyakwa ways.

Over the next year, Muriel will undertake further research into the ways that traditional Anindilyakwa ways can help people reduce the impact of cannabis abuse.



Groote Eylandt

ACTIVITY 1

BUILDING READING SKILLS

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

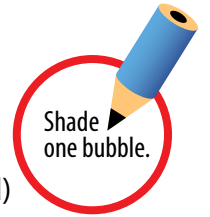
There are three levels of comprehension questions:

- | | |
|-----------------|---|
| Literal | The answer is located in one sentence in the text. |
| Inferred | You need to make links between text and graphics (such as photographs, illustrations, maps and tables) and what you already know. |
| Applied | The answer is in your background knowledge, what you already know or feel. |

1 According to the text, what drives Muriel in her role as a mental health worker?

- She wants everyone to understand the effects of drugs and to live healthier lives.
- She wants to be a role model for her community.
- She wants to help the people in her community who have mental sickness issues.
- All of the above

(inferred)



2 What award did Muriel recently win in Sydney?

(inferred)

- Angurugu Clinic
- Deadly Award for Health Worker of the Year
- Research category in the National Drug and Alcohol Awards
- Jack Thompson Award

3 What would be some advantages of combining western medicine with traditional Anindilyakwa ways?

(applied)



4 How could Muriel's research into mental health issues impact on her community?

(applied)

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.



Muriel is pashonate about her work.

She helps people who are experiensing mental health issues.

2 Each sentence has one word that is incorrect.

Write the correct spelling of the word in the box.

They do not speak English as a first language.

She is collaborating with other researchers.



ACTIVITY 3

LANGUAGE CONVENTIONS – GRAMMAR

1 In this sentence, what type of word is 'proud'?

She is a proud Anindilyakwa woman.

- a verb
- a preposition
- a paragraph
- an adjective



2 Which word correctly completes this sentence?

Muriel is working on a range of _____ to raise awareness about mental health issues.

- program
- programming
- programs
- programmed

3 Which words does 'their' refer to in this sentence?

People in my community do not have English as their first language.

- English speakers
- the people in the community
- Groote Eylandt
- the clinic

ACTIVITY 4

LANGUAGE CONVENTIONS – PUNCTUATION



1 Which sentence is punctuated correctly?

- “There are good changes in my community, and we couldn’t have done it without working together,” said Muriel.
- There are good changes in my community, and we couldn’t have done it without working together, “said Muriel.”
- There are “good changes” in my community and we couldnt have done it without working together said Muriel.

2 Which sentence has correct use of capital letters?

- Angurugu is the Largest Community, Umbakumba is Smaller and Milyakburra on Bickerton Island is the Smallest Community.
- Angurugu is the largest community, umbakumba is smaller and milyakburra on bickerton island is the smallest community.
- Angurugu is the largest community, Umbakumba is smaller and Milyakburra on Bickerton Island is the smallest community.
- angurugu is the largest community, Umbakumba is smaller and Milyakburra on Bickerton island is the smallest community.

ACTIVITY 5

WRITING AN EXPOSITION



An Exposition is a type of ARGUMENT that states one point of view about an issue.

Argument type	Social purpose	Stages	Phases
Exposition	argues one point of view about an issue	Thesis Arguments Restatement	preview evidence statistics quotes examples elaborations review conclusions

Exposition topic: Mental health is everyone's business.



Write an EXPOSITION to argue your reasons.

Think about:

- examples, statistics, elaborations and other evidence to support your ideas.

Remember to:

- research your topic and plan your writing.
- choose your arguments carefully.
- give reasons for your arguments.
- give examples to support your arguments.
- write in sentences.
- pay attention to your spelling and punctuation.
- use a new paragraph for each new idea.
- choose your words carefully to convince a reader of your opinions.
- check and edit your writing so that it is clear for a reader.