



CENTRE OF RESEARCH EXCELLENCE

**INDIGENOUS
HEALTH + ALCOHOL**

Creating pathways for Indigenous Australians to lead the way in alcohol research

Adjunct A/Prof Scott Wilson



CENTRE OF RESEARCH EXCELLENCE
INDIGENOUS
HEALTH + ALCOHOL

Acknowledgement of Country



Alcohol is a big issue

- Leading risk factor for disease and disability in ages 15 – 49 globally (WHO, 2011)
- Australia's First Peoples 3-8 times more likely to have alcohol-related hospitalisations
 - vs other Australians (AIHW, 2011)
- Severe shortage of Aboriginal or Torres Strait Islander researchers in alcohol field

Alcohol is a big issue (2)

- Alcohol a priority issue for Indigenous Australians
- Heavy toll on families and communities
- Addressing alcohol is key to improving the health of
Australia's First Peoples

Centre for Research Excellence: Indigenous Health and Alcohol

- 5-year NHMRC funding
- Aims to recruit and support Aboriginal and Torres Strait Islander researchers

Research involvement; mentoring, networking, on-the-job training

Annual training forum

Conference participation

Cert III, Cert IV

e.g.
research skills, office skills

Undergrad

P/T study
P/T work
Look for stipends for F/T study

MPhil/PhD

Traineeships
Stipends

ECR

Transition funding

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Transition funding



Professor Kate Conigrave



Adjunct Associate Professor
Scott Wilson



Professor Anthony Shakeshaft



Professor Noel Hayman



Professor Paul Haber



Dr Kylie Lee



Associate Professor
Rowena Ivers



Professor Chris Doran



Dr Anton Clifford



CHIEF INVESTIGATORS



Jimmy Perry



Steve Ella



Professor Dennis Gray



Michael Doyle



Annalee Stearne



Associate Professor
Angela Dawson



Associate Professor
Timothy Dobbins



ASSOCIATE INVESTIGATORS



Adjunct Associate Professor
Scott Wilson, Chair



Warren Miller,
SA representative; shared



Jimmy Perry,
SA representative; shared



Nathan Deaves
NSW representative



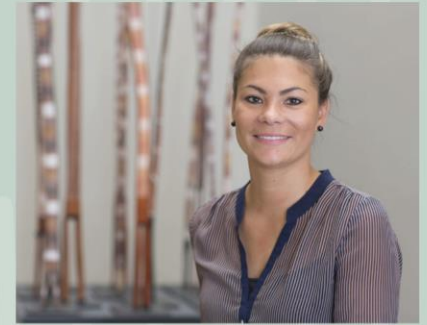
Sonya Egert,
Qld representative



Annalee Stearne,
NT/WA representative



Lee Joachim,
Vic representative



Kristie Harrison,
Early PhD representative



Michael Doyle,
Final year PhD representative



INDIGENOUS ADVISORY GROUP



Kristie Harrison



Doug James



Bonita Byrne



Teagan Weatherall



Summer Loggins



STUDENTS AND TRAINEES



Anne-Marie Eades



Michael Doyle

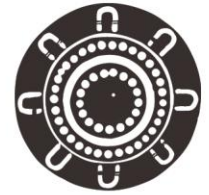


EARLY CAREER RESEARCHERS



Australian Government
**National Health and
 Medical Research Council**

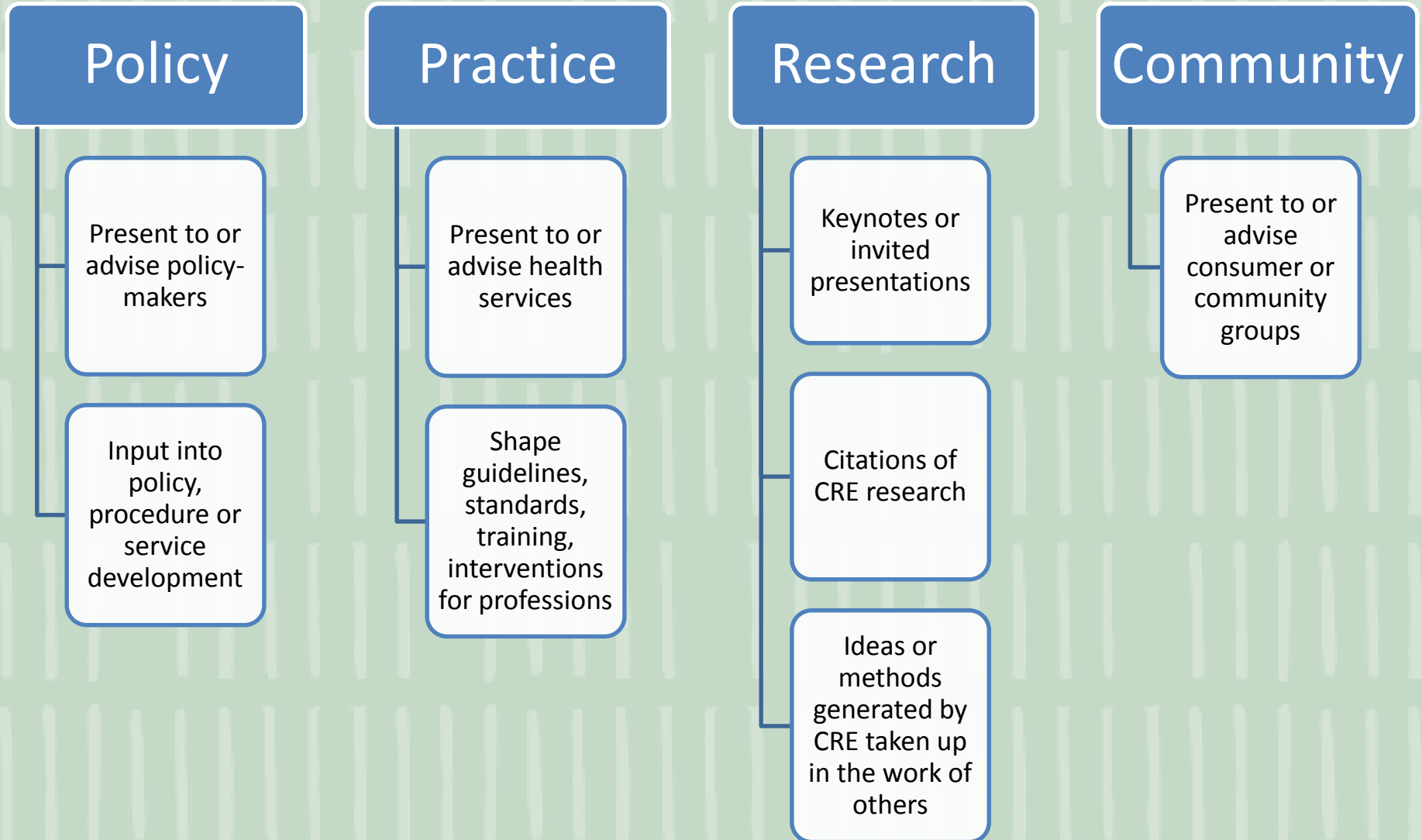
OUR PARTNERS

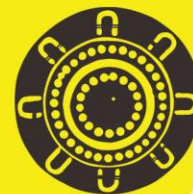


Student support

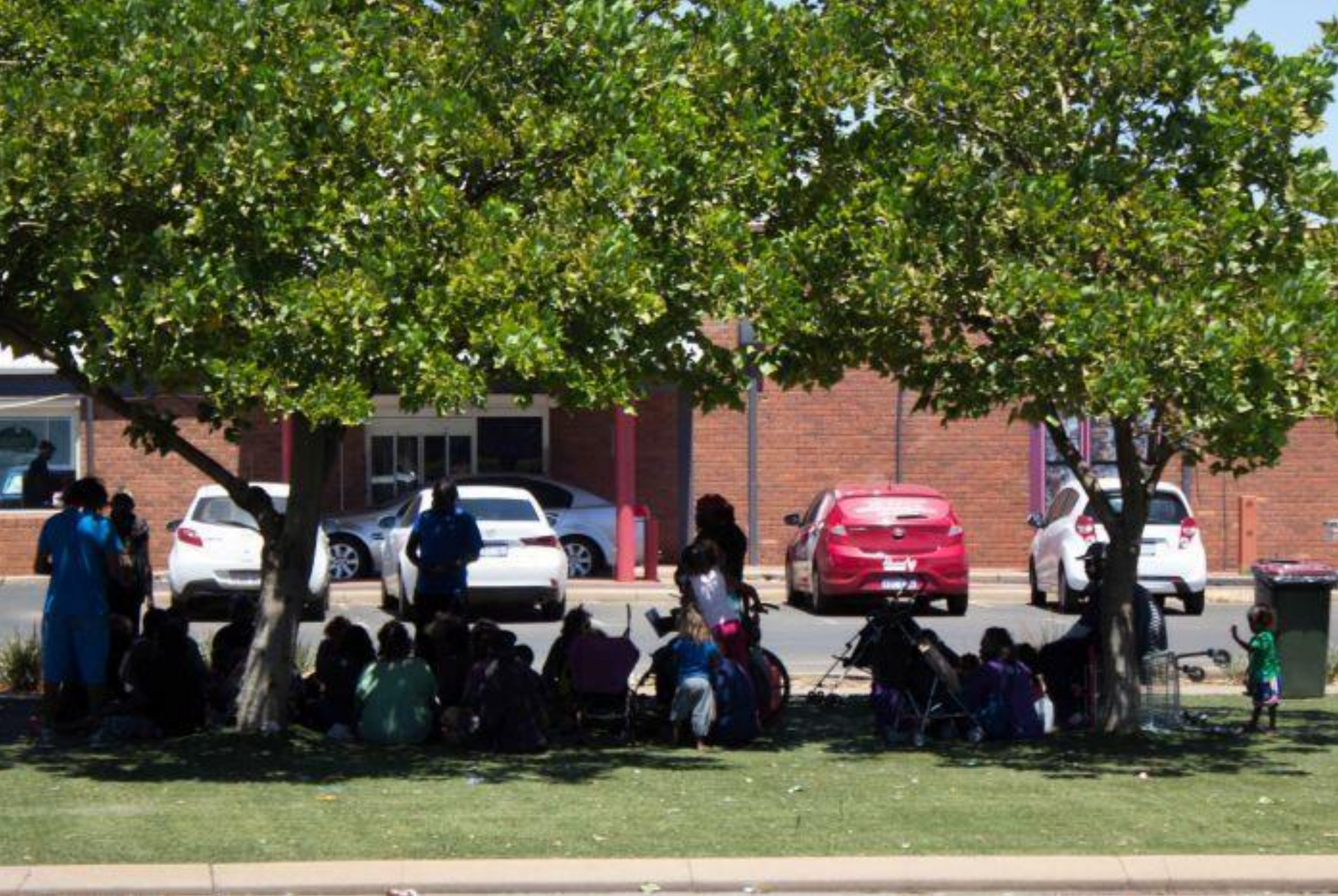
- Monthly student/trainee/ECR meetings
- I:I phone, web conference or in-person
- Annual support for conferences or training
- Direct research costs
- Annual 2-day workshop
- Annual public symposium

Planned outcomes





OUR RESEARCH
GROG SURVEY APP



<http://www.abc.net.au/news/image/8198618-3x2-700x467.jpg>

What are people drinking from?

e.g: Wine



= 40 drinks

20 drinks



2 litre

10 drinks



1 litre

6 drinks



600ml

4 drinks



350ml

Other challenges

- Cultural differences:
 - Number
 - Time
- What is 'usual' pattern of drinking?
- Language / literacy barriers
- Sensitivity / shame being asked about drinking

John

- How much do you have when you're drinking?
- 3 drinks of wine
- What do you drink it out of?



Meg

- How often do you drink?
- I don't drink

- OK. Do you have anything for grand finals or New Year?
- Yes

- How much on those days?
- Enough to get tipsy

- Is that closer to a six pack or two cases of beer?
- A case of beer

- Is that you on your own, or shared?
- Me and my partner



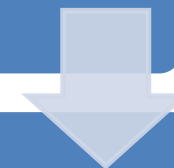
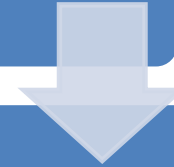
Consultation & research

Develop an iPad App

Test it in 3 communities

Refine it

Test it in 2 other communities



ENGLISH FEMALE



Have you had any grog at all in the last 12 months?
(since the AFL/NRL football grand finals last year)

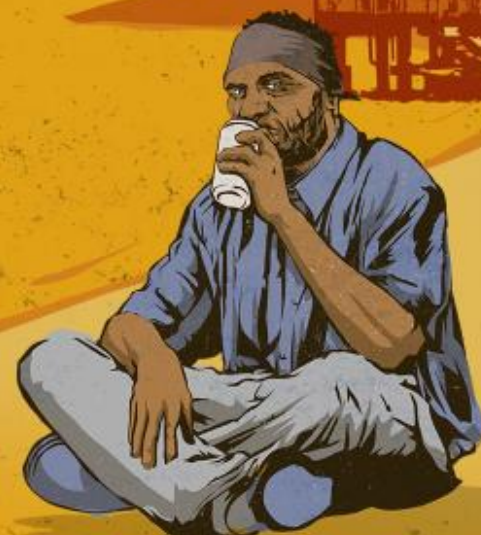
Yes

No



Can I ask you about the last day you had any grog. Where were you drinking?

(Can choose more than one)



Park or beach



Next



Time: 2 min



What types of grog were you drinking that day?

(Choose all types of grog you drank that time)



Beer



Wine



Port or Sherry



Spirits



Other

Next



Time: 9 min



What did you mostly drink white wine out of?



Red cup
(425mL)



Pint glass
(450mL)



Juice bottle
(500mL)



**Soft drink /
water bottle**
(600mL)



Sports bottle
(600mL)



**Large soft
drink bottle**
(1.2L)

Next



Time: 1 min



How full of white wine was your soft drink / water bottle when you had a drink that day?



Next



Time: 2 min



How much did you drink on that day?

White wine - Soft drink / water bottle (600mL)



Next

Some people find it easier to
first work out
how much the group drinks

GROG SURVEY

ENGLISH MALE



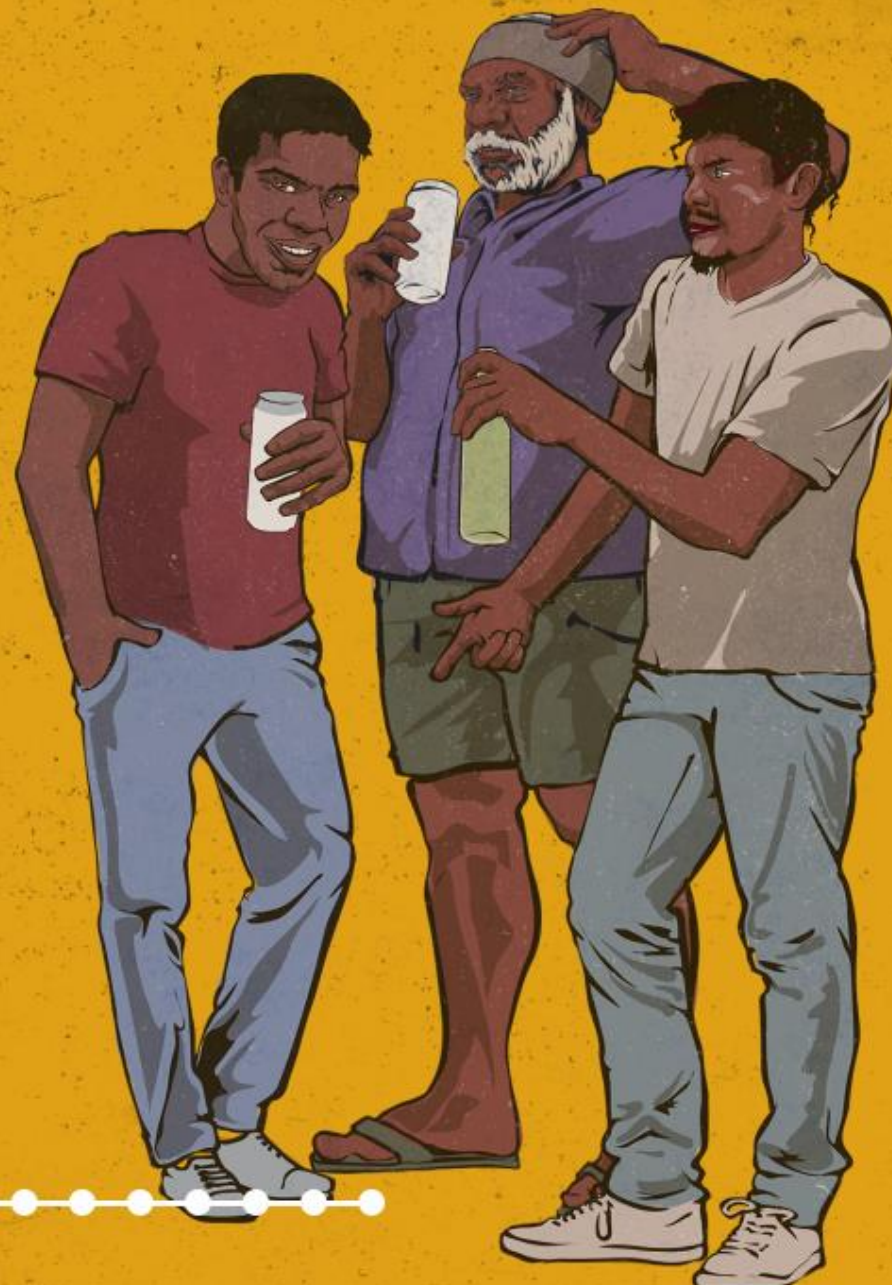
Can we work out how much
grog you drank that last day?
What's easier for you?

(Choose one only)

To work out how much
the whole GROUP drank

To work out how much
YOU drank

Next



Time: 4 min



How many people were you drinking grog with?

(Drag how many people were in your drinking circle)

5 people



Next



Time: 3 min



CROC SURVEY

ENGLISH MALE



How much did the group drink on that day?

24-pack throwdowns (24x250mL)



Next



Time: 4 min



Sometimes when people drink together they all have the same amount. Other times some drink more than others. That day, what was your share?

24-pack throwdowns (24x250mL)



Next



Time: 5 min



So....

- Electronic aids potentially allow more accurate and culturally appropriate alcohol history taking
- Tablet may make it easier to tailor drinking guidelines to each person's drinking (comparison with clinical interview underway)
- Getting people thinking about their drinking
- Better understanding of drinking patterns and context can help inform policy development and monitor policy effectiveness



OUR RESEARCH

**SUPPORTING PRIMARY
CARE SERVICES**



Kristie Harrison, Wiradjuri



Teagan Weatherall, Kamilaroi



Anne-Marie Eades, Noongar

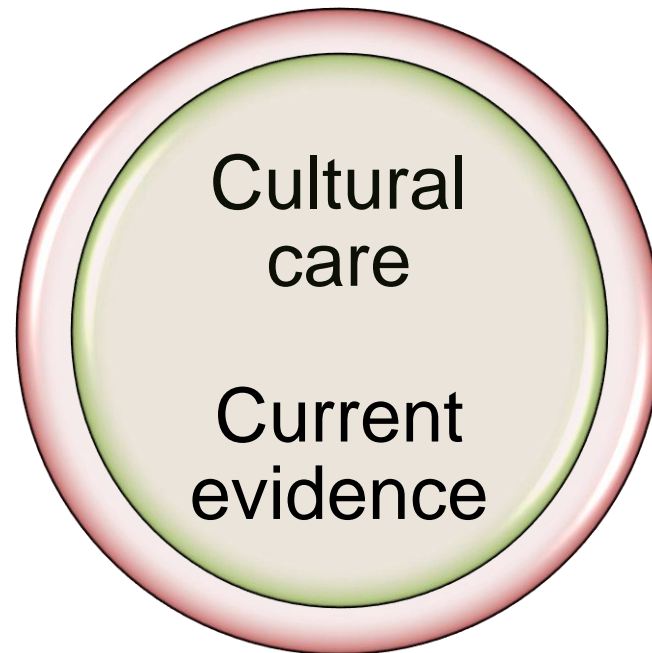


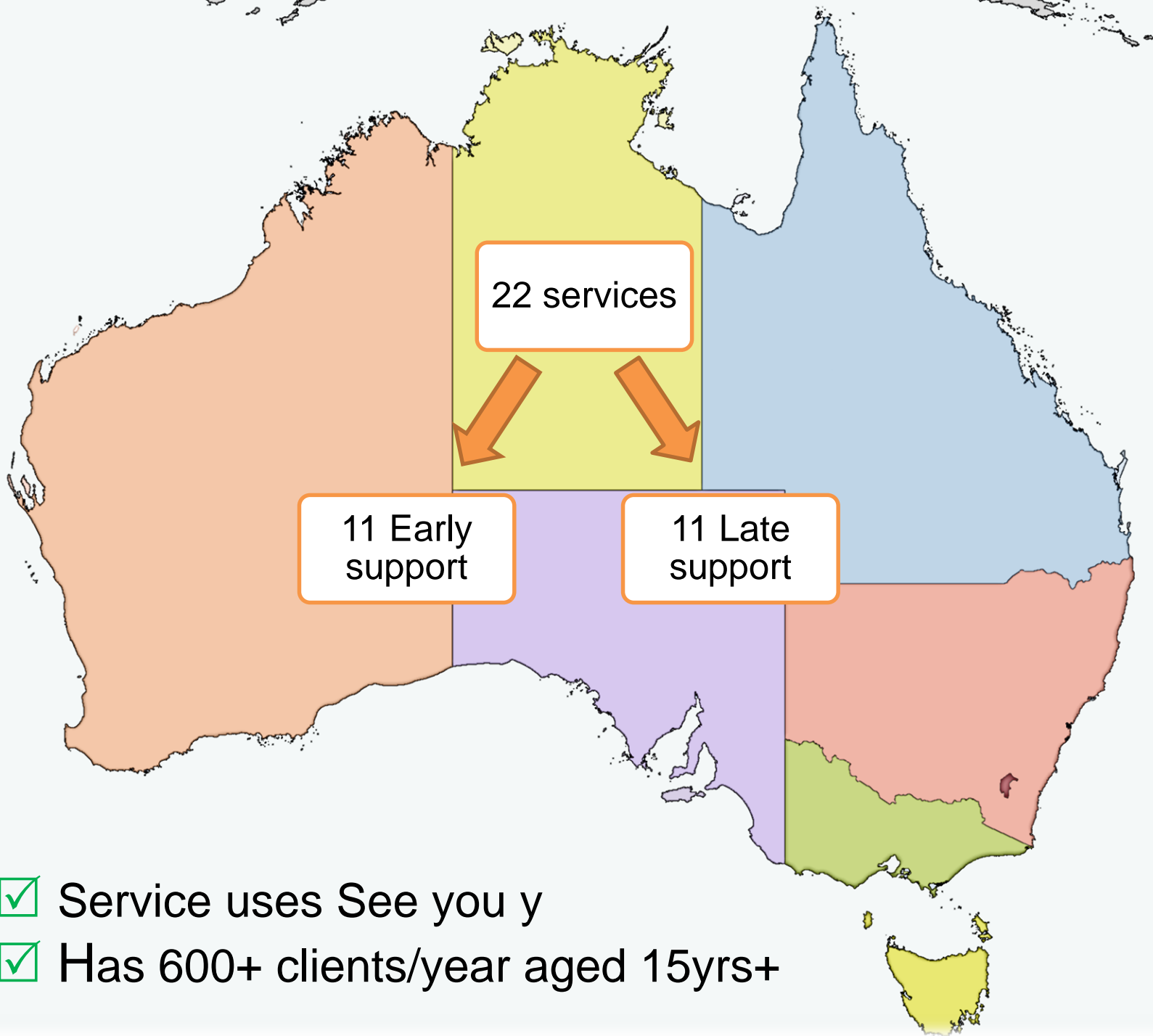
Summer Loggins, Bunjalung and
Gadigal

What are we trying to do...

Support ACCHSs to do their best
for unhealthy drinking

Allow services to inform
the research process





- ✓ Service uses See you y
- ✓ Has 600+ clients/year aged 15yrs+

Services leading change

- Each service chooses two reps
- Services share experience and learning
 - Face-to-face workshops
 - Second-monthly teleconferences
- The project supports services to:
 - Work to improve care
 - Monitor how they are going (data feedback 6x /year)

Benefits of the study

- Greater staff skills and confidence
- Improved systems
- More community awareness of safe drinking levels and of treatment
- Ongoing quality improvement system



OUR RESEARCH
RESI REHAB



Doug James, Wiradjuri

- Little evidence on outcomes from resi rehabs services in Australia
- Need to define outcomes that mesh with Aboriginal priorities
- Research in partnership with six Aboriginal resi rehabs in NSW



OUR RESEARCH

**COMMUNITY EFFORTS TO
PREVENT INJURY**



Bonita Byrne, Wiradjuri

- Empower Aboriginal communities to address alcohol problems in a multi-pronged community-led way
- Prevention of alcohol-related harms in young people, and breakdown of culture



OUR RESEARCH
PRISONS



Michael Doyle, Bardi

Alcohol dependence in prison

- Over half NSW inmates drink enough to warrant a clinical intervention (Indigenous and non-Indigenous) (Doyle et al. 2015)
- In Queensland, nearly half Indigenous inmates had histories suggestive of alcohol dependence (Kinner et al. 2012)

Establishing a pilot model of care

- To reduce relapse to drinking on release
- Qualitative interviews with inmates, Justice Health staff and family members of inmates; quantitative data from Connections and NSW Health

Summary

- Opportunity to build on skills of Indigenous Australians in a supportive and enduring network
- Projects aims to give short- and long-term benefit to communities
- Aboriginal leadership and research offers potential for sustained and meaningful improvements
- Scholarships for Aboriginal and Torres Strait Islander Australians available for research masters or PhD now open!



Original art by Max Mansell



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WAY IN
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RESEARCH

ABOUT US





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