



womens health
& family services



Rural in Reach Program

improving the health & well-being of women, their families & communities

Proudly supported by



Department of
Regional Development and Lands



ROYALTIES
FOR REGIONS





*Reaching 'in' :
Remote technologies
and service delivery in
rural and remote
communities*

Presented by Fiona Reid – Special Projects Manager,
Womens Health and Family Services



The Rural in Reach Team

Fiona – Special Projects manager; family therapist, AOD counsellor and project management.

Nicole: Program coordinator; social worker with experience in family and domestic violence, counselling indigenous families and their children, community education and research

Janet: Health consultant; registered nurse/midwife, family therapist and experience in AOD counselling.

Sarah: Project Officer; Health Promotion and Community Development. Particular interests include youth and sexual health

Background and Inspiration

Womens Health & Family Services (WHFS)

- Medical and Health
 - Alcohol and Other Drug
 - Family and Domestic Violence
 - Mental Health
 - Community Development
 - Aboriginal Family Support
- Delivering services to regional & remote West Australian women
- WHFS Telehealth Program, 2005-08



- Rural & Regional Health & Well Being
 - Rural & Regional Service Delivery & New Technology
 - Getting Started & Initial Consultation
- The WA Community Resource Network*
- Regional Development & Lands
 - Community Resource Centres
 - Women's Health Centres
- Rural In Reach Program launched in April 2012



Setup Phase

- Metro Staffing
- Communications Plan
- Ongoing Consultation
- Printed Resources
- Steering Committee
- Service Delivery
- Evaluation
- 2nd Year Review



Building Regional Capacity

- Partnerships
- Regional Staffing
- Existing Capacity
- Infrastructure required
- Shared Funding Opportunities
- Service delivery
- Other consideration

Community Resource Centre's EOI Process

- WA Community Resource Network
- Initial and 2nd EOI
- Participating Community Resource Centre's (CRC's)
- Introduction Packages

Regions of the Rural in Reach Program





Services:

- Information and referral
- Counselling and support (individual and family)
- Community workshops
- Professional development

Resources:

- Newsletter
- Community Talks Calendar
- Website –
www.ruralinreach.whfs.org.au
- Community Champions Reference Group

Help in reach for rural communities

Women and families living in remote and rural areas of WA can now access some of the most comprehensive health care and support services in the State through an innovative new healthcare program known as Rural in Reach.

The first of its kind in WA, the Womens Health and Family Services' program promotes that good health is more than being free from disease, it's about overall wellbeing.

It gives women access to free information, support, counselling and referrals to specialised health programs and centres.

It offers clients full privacy, confidentiality and choice in regard to their health, said WHFS special projects manager Fiona Reid.

"Some of the gender-sensitive health and wellbeing issues covered under the Rural in Reach Program include heart health, loss and grief, alcohol and other drug use, parenting strategies and depression," Ms Reid said.

"Women, their families and

communities can seek advice and information through one-on-one and family consultations and group education sessions using the latest video conferencing technology.

"Service users can speak directly with highly qualified women's health specialists via a secure video link.

"It's almost the same as if they were sitting in a room together when in reality, they may be hundreds of kilometres apart."

Rural in Reach Health consultant Janet Pages-Oliver said that rural communities were quickly embracing the new consultation method.

"One client in particular has commented that while she found the video conferencing daunting at first, she now finds it less confronting to speak with her counsellor this way than if they were in a room together," she said.

"The program is also breaking down feelings of isolation that can occur in remote areas where there's difficulty accessing health and support services."

The program is available at 30

participating Community Resource Centres across every region throughout WA and is funded by Regional Development and Lands, through Royalties for Regions, in partnership with WA Country Health Services.

The Rural in Reach Program also supports the development of CRCs as community hubs by providing access to health services, community education, increased training and support for local service providers and improved collaboration between health services.

Women's Health and Family Services is a not-for-profit organisation that provides health care services to more than 55,000 families.

To speak with a Rural in Reach Health Consultant or book an appointment, call 1800 998 399 or visit your local participating CRC.

For more information visit www.ruralinreach.whfs.org.au or contact Nicole Gale at ruralinreach@whfs.org.au or 6330 5400.

The Rural in Reach Program is proudly supported by *West Australian Regional Newspapers*.



A consultant conducts a one-on-one session via video link.

Where are we located?

227 Newcastle St, Northbridge 6003





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Regional Women's Health Centres



GOLDFIELDS
WOMEN'S
HEALTH CARE CENTRE



Hedland Well
Women's Centre



Nintiri Centre Inc



SOUTH WEST
**Women's
Health**
& Information Centre

PARTICIPATING CRC's

Augusta
Bidyadanga
Boddington
Boyup Brook
Bremer Bay
Bridgetown
Broome
Bruce Rock
Brunswick Junction
Coolgardie
Cue
Dandaragan
Denmark
Dongara

Frankland River
Gingin
Greenbushes
Hopetoun
Kalannie
Kalbarri
Katanning
Kellerberrin
Jurien Bay
Kununurra
Leinster
Marble Bar
Merredin
Mingenew

Nannup
Norseman
Nullagine
Ongerup
Onslow
Pingelly
Shark Bay
Southern Cross
Tambellup
Tjuntjuntjara
Walpole
Waroona
West Arthur
Wongan Hills
Yarloop



Making appointments and referrals

- Three referring options:
 - CRC direct
 - Rural in Reach direct
 - Service provider direct
- Made through online calendar or via 1800 998 399

Hours of Operation

- Monday to Friday: 7.30/9.00 am to 5.00 pm
- Extended time to 7.00 pm (Optional for workshops, training, counselling for shift workers)
- Option of weekend (day) workshops depending on community need

Challenges and Opportunities

- Meeting community needs and expectations
- Spreading the word: Distance and Diversity
- Limitations & Strengths
- Sustainability & Growth

Future Planning

- Outlining a draft strategic plan for funding growth and sustainability of the Rural In Reach program
- Expanding CRC locations
- Questions?



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Thank you