



Aboriginal and Torres Strait Islander Brief Intervention Training Program Information for Managers and Supervisors

What is B.strong?

B.strong is a Brief Intervention Training Program which aims to build the capacity of Queensland's frontline health and community workers to deliver smoking cessation, nutrition and physical activity brief interventions to Aboriginal and Torres Strait Islander clients. **Menzies School of Health Research** is delivering the program in 2017-2019 on behalf of Queensland Health.

Who can attend B.strong training?

Aboriginal and Torres Strait Islander Health Workers/Practitioners and other community workers including:

- Regional Tobacco Workers
- Hospital and Community Aboriginal and Torres Strait Islander Liaison Officers
- Closing the Gap Officers
- Community Workers-HACC
- Youth Health Workers
- Maternal and Child Health Workers and Midwives
- Health Promotion Officers
- Social and Emotional Well-being Workers/Mental Health Workers
- Medical Practitioners
- Nurses
- Allied Health

Other professionals working with Aboriginal and Torres Strait Islander clients in health and non-health settings (e.g. Education and Correctional facilities) are also welcome to participate in the training program.

What commitment is required by staff participating in the B.strong program?

There are three options for undertaking B.strong training:

Option 1: Face-to-face Workshop and eModules (preferred option)

- Attendance at a 1 day face-to-face training workshop followed up by completion of 6 x 2 hour eModules covering a refresher overview and the content areas of smoking cessation, nutrition and physical activity.
- Completion of the training program (i.e., face-to-face training workshop and eModules) and course quiz is a maximum of 20 hours across 8-12 weeks.
- On successful completion of the face-to-face training workshop, eModules and course assessments, participants will receive a B.strong *Statement of Attainment*.

Option 2: Face-to-face Workshop

- Attendance at the 1 day face-to-face training workshop (8 hours).
- On successful completion of the 1 day face-to-face training workshop (attendance in full), participants will receive a B.strong *Certificate of Attendance*.

Option 3: eModules

- Completion of the 6 x 2 hour eModules only (approximately 12 hours over 8-12 weeks).
- On successful completion of all 6 eModules and course assessments, which are included within the eModule, participants will receive a B.strong *Online Certificate of Completion*.

*All certificates are official with training hours included to support ongoing CPD requirements.

What is covered in the B.strong training workshop and eModules?

The B.strong training workshop and eModules will give health workers and other health practitioners the knowledge, skills and tools to provide brief interventions to promote healthy lifestyle changes to their clients by enabling staff to implement B.strong in health care services. On completion of training staff will be able to: identify eligible clients; discuss health risks using Motivational Interviewing techniques; advise referral pathways; and record brief interventions, referrals and treatment in patient record information systems.

What is the cost?

B.strong is proudly funded by Queensland Health. There is no direct cost to individual Queensland participants if training is undertaken in the local area. **Menzies School of Health Research** will provide training across Queensland in all Hospital and Health Service areas.

What does the health service/organisation need to consider?

- How to target all of the Aboriginal and Torres Strait Islander clients accessing your service who may benefit from participation in brief interventions (i.e., smoking cessation, nutrition, or physical activity or a combination of these areas). For example, the brief interventions may be done as part of the client pathway for the Medicare 715 Adult Health Checks or opportunistically, as part of every client contact.
- How your organisation records and tracks this information within your system.
- Referral pathways (e.g. to Quitline, Get Healthy, and My Health for Life).
- Release of staff for the B.strong training and time to complete the e-modules) and how this will impact on day to day services.
- Storage of B.strong client materials (i.e., tri-fold brochures for the 3 topic areas: smoking cessation, nutrition, and physical activity).
- Identify local programs already existing within your communities that could complement the work done within the brief interventions (e.g., walking groups, cooking classes, going on country, etc.), national and state campaigns, and other programs.
- Supervision and support of your staff, both during their training for the Workshop, and subsequently during their completion of their eModules.
- How to ensure the best possible delivery in your service of brief interventions for clients' healthy lifestyle changes, including use of continuous quality improvement approaches.

If you have any questions or would like further information, please contact the B.strong team at:

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