



Menzies School of Health Research
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Aboriginal and Torres Strait Islander Brief Intervention Training Program

Information for Health Workers/ Practitioners

What is B.strong?

B.strong is a Brief Intervention Training Program which will give you the knowledge, skills and confidence to deliver smoking cessation, nutrition and physical activity brief interventions to your Aboriginal and Torres Strait Islander clients.

Who can attend the B.strong training program?

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 do I need to make?

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 20 hour in total 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 (12 hours over 8-12 weeks) and participation in peer support groups (i.e., small groups within the workplace working together to support each other in completing the eModules and delivering the program, or joining the B.strong Facebook group).
- 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**.

Learning outcomes

The B.strong face-to-face training workshop and eModules will give you the knowledge, skills and tools to provide brief interventions to promote healthy lifestyle changes for your clients. From the training you will learn how to:

- Identify eligible clients;
- Discuss health risks and provide information to clients on the impact of smoking, poor nutrition and physical activity;
- Assess readiness of clients for behavioural change;
- Influence behaviour change and deal with resistance (e.g., Motivational Interviewing strategies);
- Access referral pathways and support, and links to key public health messages, programs and resources;
- Record brief interventions, referrals and treatment in patient record information systems; and
- Order program resources for client interventions.

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.

Please contact your manager to register or email B.strong@menzies.edu.au.

For additional information about the B.strong program visit our website at www.bstrong.org.au.

