Yarning About Work - What could we yarn about?

What's changed since we last had a yarn?

Good Things

Things that are going well

- Learning new skills
- Helping the community
- Talking better to people

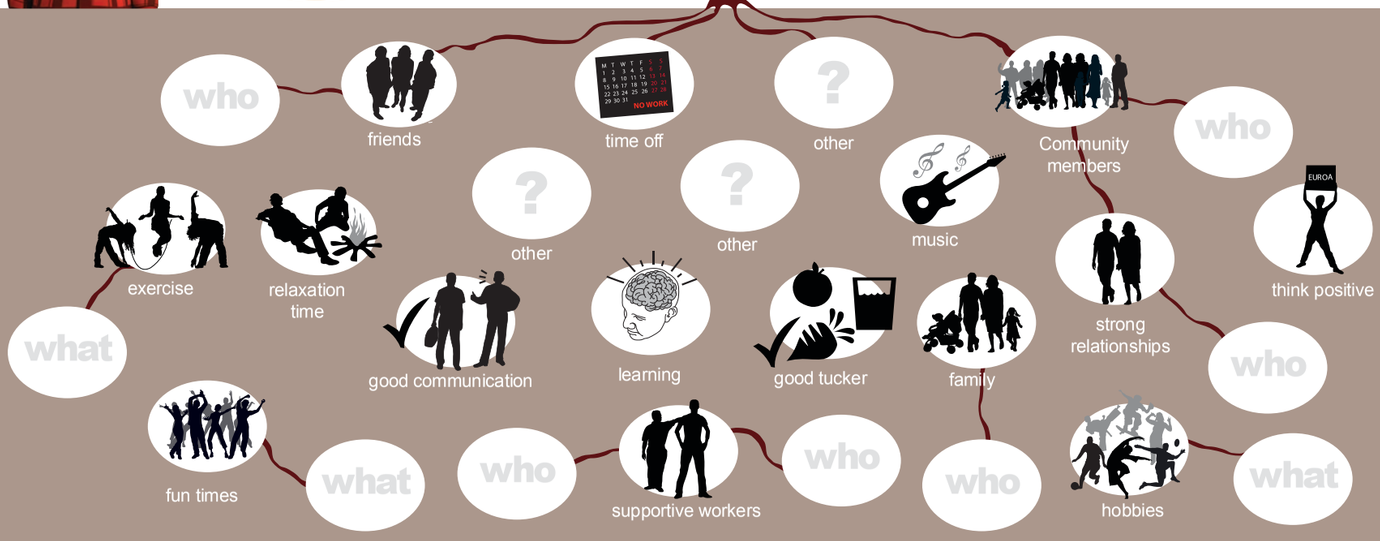
- .....
- .....
- .....
- .....
- .....
- .....
- .....

Ethical worries - feeling something is not right and needing to talk about it with someone.

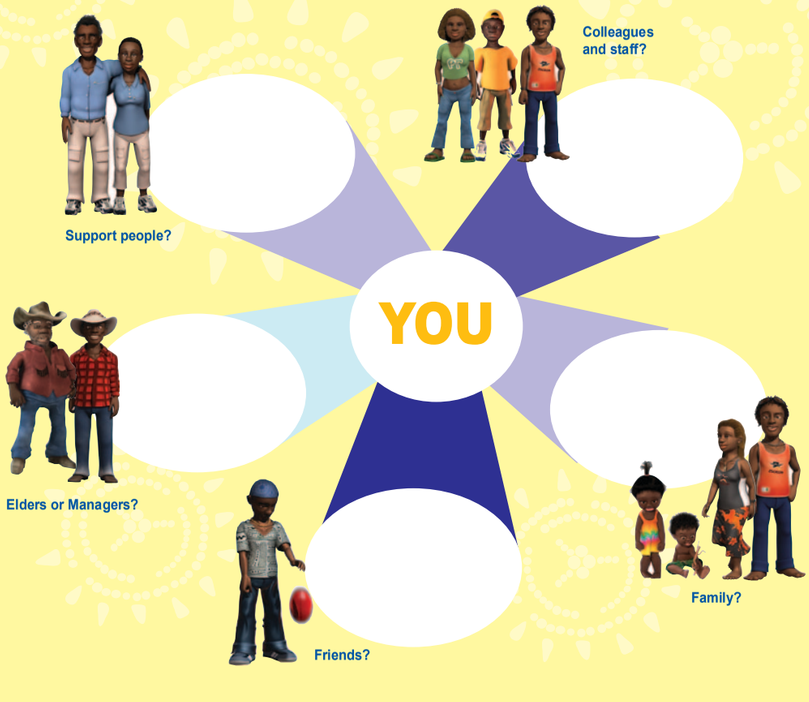
Boundaries - feeling something is outside of the work that you do.

What keeps me strong at work?

- .....
- .....
- .....
- .....



Who keeps me strong at work?



Things I need to work on

- **Thinking positive**
- **Talking more with people**

- .....
- .....
- .....
- .....
- .....
- .....

Debriefing - Taking time to share your feelings and worries after something happened.

Goals for change

What is the most important thing for me to work on changing right now?

Goal: _____

What would be my steps for making that change?

Step 1: _____

Step 2: _____

What is another important thing for me to work on changing right now?

Goal: _____

What would be my steps for making that change?

Step 1: _____

Step 2: _____

Yarning about clients

What are my main client worries?

_____

_____

Are there any clients I need to talk about today?

☐ YES ☐ NO

What steps can I take to help them?

_____

_____

Do I need to do something right away?

☐ YES ☐ NO

What do I need to do?

_____

This pamphlet has been developed by the Remote Alcohol & Other Drugs Workforce Program in collaboration with Menzies School of Health Research's Aboriginal and Islander Mental Health Initiative (AIMhi)NT. For further information or more copies of this resource contact the Remote Alcohol and Other Drugs Workforce, Department of Health on 08 8958 2503 or www.remoteaod.com.au

Reasons to change

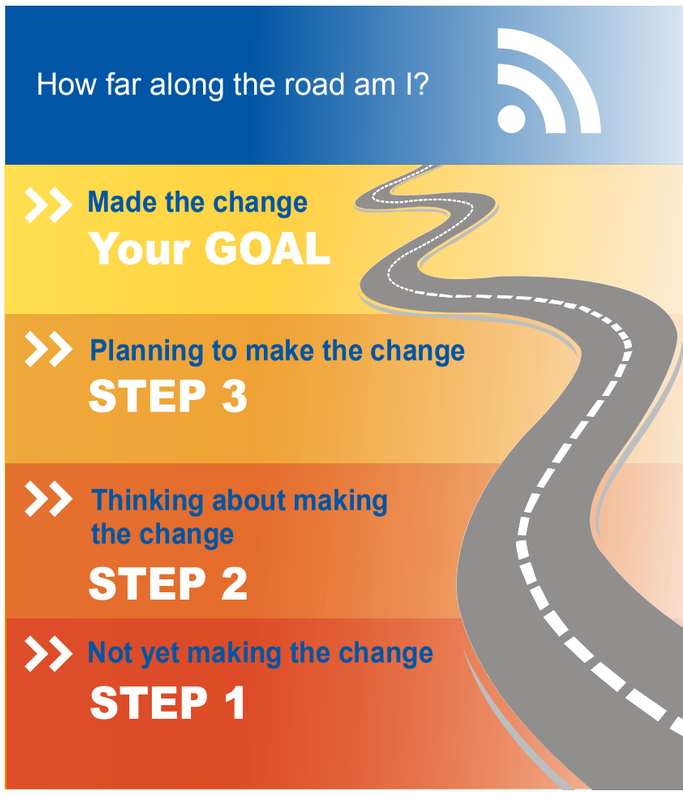
- Family
- Learning

Helping you change

Who will help?

What will they do to help?

How far along the road am I?



- Made the change **Your GOAL**
- Planning to make the change **STEP 3**
- Thinking about making the change **STEP 2**
- Not yet making the change **STEP 1**

All images supplied by the Department of Health ICD Unit - September 2012

www.health.nt.gov.au

NORTHERN TERRITORY GOVERNMENT

Who to see

Name:

Health Centre:

Date:

Supervisor: