

SALT

Staff Assistance, Learning and Training Program

Working in remote communities provides wonderful learning and lifestyle opportunities. It can also provide unique challenges for staff.

The Staff Assistance, Learning and Training (SALT) Program is for those working in regional and remote communities in the Northern Territory, to take 'time-out' of busy work schedules, to reflect and learn with a professional coach.

Through SALT staff can access:

- Confidential, one-on-one professional development, debriefing, support and reflection in a culturally safe space
- 4 x 1-hour video call sessions per year
- Coaching and reflecting on:
 - Working in remote settings
 - Communication across cultures
 - Balancing work, life and community work worries, incidents or challenges
- Resources recommended by the coaches



What is a Professional Coach?

A Professional Coach helps you perform at your best, sustain this performance and keep enjoying what you do.

A Professional Coach is an expert listener, mentor and trainer. They often have a background in human services such as psychology and social work.

SALT Professional Coaches have a deep understanding of working in remote communities.

"SALT helped me gain confidence with the challenges I was facing at work. I am continuing to listen and learn from my colleagues and community."



**Partnership
Support Service**
AnglicareNT

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anglicare-nt.org.au



About the coaches

Dr Craig San Roque is a Psychologist and Psychotherapist. Craig has worked in Indigenous mental health services through his practice in Sydney and Alice Springs since 1992.

Craig is a member of the Australian Psychological Society.

To make an appointment, text Craig on 0401 730 660 and mention SALT.

P 0401 730 660

E roq@ozemail.com.au



Sarah Haythornthwaite has been working for over 20 years as a Clinical Psychologist, including 10 years with an Aboriginal health service.

Sarah is registered with the Psychologists' Board of AHPRA, with endorsed area of practice Clinical Psychology, and she has been a member of the Australian Psychological Society (APS) throughout her career.

To make an appointment, text Sarah on 0414 964 679 and mention SALT.

P 0414 964 679

E sarah.haythornthwaite@amsant.org.au



Carmen Cubillo is a Clinical Psychologist and Play Therapist. A proud saltwater woman originating from Larrakia and Wadjigan country in Darwin. Carmen has spent most of her working life as a psychologist in private practice and in the academic world.

Carmen's passion is helping children and families who may have been affected by trauma.

To make an appointment, email Carmen on carmen.psychology@gmail.com and mention SALT.

E carmen.psychology@gmail.com

Confidential and free

Your four sessions are free and are funded by the Partnership Support Service (PSS). The Professional Coach will not communicate the content of your discussions with anyone except as per their ethical/legal requirements.

Need more information?

Please contact the Partnership Support Service.

T 08 8985 0000

E pss@anglicare-nt.org.au