



AUSTRALIAN
DENTAL HEALTH FOUNDATION
ADVANCING AUSTRALIA'S ORAL HEALTH

MARS WRIGLEY

ADHF and Mars Wrigley Foundation Community Service

FINAL REPORT 2022



FINAL GRANT REPORT

Project Title: **ADHF and Mars Wrigley Foundation Community Service 2022 Grant**
Name of Grantee: **Australian Dental Health Foundation**
Donor: **Mars Wrigley Foundation Fund**
Grant Amount: **US\$94,300.00**
Grant Period: **July 1, 2022 to June 30, 2023**
Grantee FY End: **June 30**

Final Report Due Date: **July 31, 2023**

****Please submit this report to your local Give2Asia representative.****

Date of this Report: _____ 10th February 3, 2023 _____

The separate bank account or general ledger account (circle one) used solely for Give2Asia funds

had a balance of _____ ZERO _____ (USD) on _____ (10/02/23).

****If there are funds remaining or unspent, immediately contact your Give2Asia representative, DO NOT proceed to fill out this report.****

Did your organization comply with the terms of the Grant Agreement during this project?

☐ Yes ☐ No

If no, please explain:

Please list any other funders who supported this project.

Funders	Amount

Narrative and Financial report

Financial report

Project Title:

ADHF and Mars Wrigley Foundation
Community Service 2022 Grant

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Final Narrative Report

The projects supported through the 2022 ADHF-MWF Healthier Smiles Community Service Grants program focused primarily on providing oral health education to vulnerable communities around Australia and delivery of dental treatment to those communities.

Esessions Vonlunteer dental clinic

Activities :

Our 2022 goal was to equip one chair in one room of our donated space by 31st of December 2022.

Differences :

We initially budgeted for an ADEC chair however upon finalisation of funds procurement the provider changed the terms of the agreements and the price agreed and did not have the cheaper chair available anymore. To date – we have procured one dental chair (Kavo), a compressor and motor, which is within the same price range as originally indicated. This Kavo chair has been delivered to the rooms in Ipswich Health Centre - 1 Murphy Street, Ipswich on the 19th of December 2022.

Outcome: Essesson Foundation has almost completed the grant term deliverables by the end of 2022. As required, the chair, motor and compressor have been procured with the support of the 2022 Mars-Wrigley Foundation and ADHF Healthier Smiles Grant funding. The chair sourced with the funds was not available until the first week of December and was delivered on the 19th of December to Ipswich Health Centre. The installation of the chair has been moved to install the chair on the 18th of January 2023.

Importance:

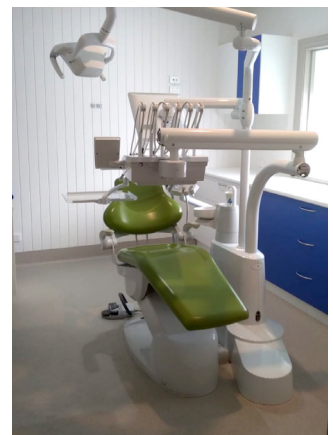
Instead of having to rely upon the generosity of other dental practices, we are now sourcing our own dental practice equipment in order to achieve long term self-sufficiency. Once the clinic reaches full operational viability, the impact we have been able to make in months can be achieved in weeks purely due to continuous access to a functional clinic that's always available for pro bono care.

Lessons Learnt:

Learnt of the significant difficulties of unreliable staff, contractors, equipment delivery, and consumable availability.

Future plans:

The plan for the project is a minimum of 10 years as that's how long we've been leased the space in the first instance. The 2022 Mars-Wrigley Foundation and ADHF Healthier Smiles Grant has enabled Essesson Foundation to begin its journey towards self-sufficiency, as well as simultaneously maintain our oral health program in private community clinics. Without this grant, Essesson would have needed to redirect resources (volunteers and funds) to conduct more fundraising and halt our community clinic days in October and November 2022. The continuation of our clinical days has empowered the comprehensive care of 8 children in October and November of 2022. Each child needed an average of 5 appointments to complete care.



Smyla Mobile Dental Service

Activities:

The objective of the Project primarily revolves around supporting and educating the importance of Oral Health to Low Social Economic population of NSW. This includes providing seminars and info sessions with 2 major groups that we have identified as high risk. 1) Kids and 2) Elders. Our team of 8 staff arranged seminars across various locations, partnering with charitable and community hubs to roll out the Program. The targeted Group in 2022 were refugee background, Low Social Economic families.

The program was designed to not ONLY treat the patients in that social demographic but also to educate and prevent oral diseases from happening in the first place. Topics on important topics like sugar/diet, exercise, techniques to toothbrushing and flossing were discussed.

Types:

Examinations, cleaning, fillings, fluoride treatment.

Number of info sessions:

16 to date

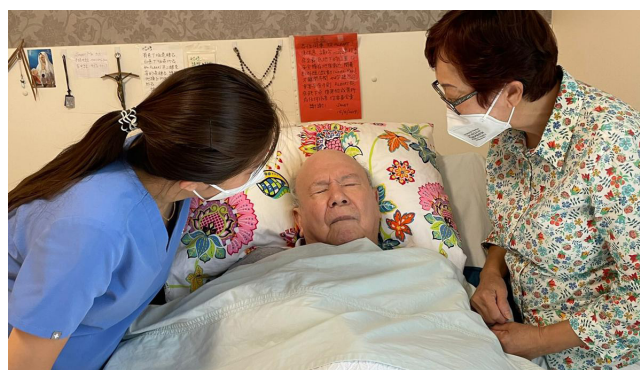
Activities:

Held over 16 fun and interactive sessions with kids in the age group of 2-17 and elders in community events to promote oral health

- Perform free oral health assessments for kids and adults.
- Perform preventative oral health procedures for kids and adults
- Hold information sessions for vulnerable elderly patients to learn about the importance of oral health

Achievements:

- Over 500 participants have listened to our oral health presentation
- Over 200 patients have received dental screening and/or preventative packages
- Gifted over 500 Smyla gift packs which included various dental products such as toothbrush, toothpaste, floss, mouth wash etc
- Over 150 of Colgate information pamphlets and gift packs were distributed during these sessions.
- We estimate around an 80% change in overall health knowledge.



Smyla Mobile Dental Service

Outcomes:

The project achievement are aligned with the goals specified in the proposal. The numbers of attendees were higher due to the Program's success in previous year of running the program which created a word of mouth amongst the community.

Importance:

This Project is important because we were able to reach out to those desperate for help. Not just help financially but also they need help educating and understanding the importance of Oral Health. Individuals and children whom were not able to access dental care are also able to receive it without cost. The impact is not only physical but mental as well as our patients are able to feel better to tackle the problems they may have in their lives. The sense of receiving help when they need it, is a great feeling to have. To feel belonging and not forgotten.

Beneficiary:

Georgina Moussa – Director of Australian Anatolian Community Service

Location: ANA Community Centre

- 15th August 2022
- Patients were able to receive diagnostic and preventative dental care for the 1st time in their life.

Lessons learned:

The power of giving. Our team learned that by doing so little, the impact can be so big but also Language barrier and education is a struggle and also Reluctance to receive help is another.

- In the future I would love to extend this service to a larger audience However, resources are limited.

Future plans:

The Program will keep running with the resources we have. The plan for the future is to expand across regional NSW areas to ensure less fortunate families and groups are able to access free dental care and products.



Smyla Mobile Dental Service at Metro Assist Bankstown


Smyla Mobile Dental Service is coming to Metro Assist Bankstown! ParentsNext has partnered with Smyla to deliver free mobile dental services children aged 2 and up. ParentsNext clients are invited to bring their children for a free dental check up and meet your ParentsNext coordinator.

Please contact your Parentsnext facilitator to book a spot!

Date
WED 14 DEC
FRI 16 DEC

Time
9AM-4PM

Venue
62 Meredith St
Bankstown NSW 2200





Sydney Dental hospital paediatric Oral health refugee Program

Activities:

Contact and discussion with stakeholders including Director of Refugee Health Services 3. Community engagement through discussions with previous CALD (Culturally and Linguistically Diverse) project teams.

Not on schedule for Grant term deliverables. Implementation of the project has been slower-paced than anticipated due to various reasons including COVID-19 restrictions on access to healthcare facilities, ethics application wait time.

At this point, no documented changes have been made to the potential beneficiaries.

Importance:

although this project is still in the first stages our aim is to reduce the administrative and logistical challenges faced by refugee patients in accessing care through the specialist paediatric dental clinic.

Successes so far:

Engagement and enthusiasm of some of the stakeholders, specifically Director of Refugee Health Service and nursing staff. - Engagement of other local health districts and other successful CALD project leaders in helping plan this project.

Challenges:

Completion and application of ethics application for the research project - Limitations in available personnel due to COVID-19 restrictions within the facility

Future plans:

This program will improve the lives of many refugee children by ensuring that oral health care is accessed as a part of primary health care when they first arrive in Australia. The importance of managing child oral health in a timely manner is well-documented with benefits both short and long-term. Lack of pain and ability to eat healthy foods can improve a child's quality of life significantly.

Aboriginal Elders Oral Health Screening and Care

Purpose:

The Biripi Aboriginal Elders Oral Health Screening and Treatment” program was designed to conduct oral health screenings and provide necessary treatment to the Elders of the Biripi community.

The purpose and allocation of the grant was to provide dental care and to cover the laboratory expenses incurred for Elders requiring denture work as diagnosed during the screening process.

Activities:

The program consisted of 2 days of dental screening on 20th June 2022 for women and 21st June 2022 for men. Biripi’s lead dentist, Dr Khushboo Agarwal, conducted the screening, assisted by the Biripi dental team. 17 female and 11 male Aboriginal elders participated in the screening, which consisted of a thorough examination, full mouth x-ray, and formulating a treatment plan accordingly. The screening identified 24 patients who required extensive dental work, including extractions and denture work. Subsequently, appointments were scheduled for the completion of the planned treatment.

Total number and types of dental service types performed <i>For example: Number - 3 Types - cleanings, x-rays, screenings</i>	Extractions - 47 Full Dentures - 14 Partial Dentures - 11 Denture repairs - 02
Total number of individuals who received dental screenings/exams	28
Total number of individuals who received dental treatment	17
Total number of individuals educated	28
Number of direct beneficiaries served	17
Percent change in overall oral health knowledge	100%
Number and type of educational materials distributed	Denture maintenance and oral health care.
Total number of volunteers (Dentists/Therapists/ Assistants/Students/Other)	3 One Dentist and Two Dental Assistants
Total number of volunteer hours (includes planning)	148 hours
Retail cost of care provided in AUD	\$12949.20

Positive Changes:

This program allowed for the anxious Aboriginal Elders community of Biripi to come for dental screening as a group to support and motivate each other. The Elders were very happy to receive denture work at no out-of-pocket expense an issue which has prevented them from seeking dental care in the past. They were very grateful and appreciative as receiving the required dental care and denture work has not only improved their quality of life and well being but also boosted their confidence and self-esteem. Some elders have reported an overall improvement in their general health and energy levels due to being able to eat properly.

Endorsement from Community:

Biripi Aged care reported to our health service manager at Elders meeting “I have had the best dental experience at Biripi dental” and “I am not scared of seeing dentists anymore”.

Project achievements:

The initiative's initial focus was to conduct dental screenings only (due to lack of funds) for Aboriginal Elders who were hesitant to seek dental care due to lack of finances, trust in the public system and anxiety. However, the 'Mars-Wrigley and the ADHF Healthier Smiles Grant' enabled the successful addition and implementation of the 'Treatment program' to the Elders Oral Health screening initiative. The project enabled the Biripi Dental team to provide free denture work for 17 Aboriginal Elders improving their quality of life. The project met the goals and outcomes specified in the original proposal.

Aboriginal Elders Oral Health Screening and Care

Beneficiary:

A 66-year-old male indigenous patient who was not wearing any dentures for 18 months before receiving this denture in November 2022. His diet, lifestyle and confidence were seriously affected and he said "I cannot smile or eat in public only because I cannot pay to get teeth". He was seen at the Elders screening and was provided with new upper and lower dentures. He was very happy and grateful for receiving this service. He reported dramatic improvement in his energy levels due to eating well and couldn't stop smiling.



Lessons Learned:

The biggest lesson for me personally in planning and implementing the project was the necessity to think outside the box, identify barriers in seeking care and find ways to encourage anxious patients to receive desired care. The Healthier Smiles Grant strongly encouraged my belief of there is always a way to make a difference if you have the will to do so.

Improvements in future:

The 2022 Elder Oral Health screening marketing involved only using a social media post and locally placed flyers. The participants who attended the screening were mainly aged care members and some internal word-of-mouth referrals. I want to promote the screening to a much wider Elders community by utilising better marketing approaches and encouraging more Elders to participate.

Future Plans:

I want to implement this project on an annual basis in partnership with other Aboriginal Medical Services and possibly aim to acquire additional ongoing funding specifically for this project. The government funding, we receive currently is inadequate to continue this project. This project is extremely critical to ensure health and wellbeing of the Elders of the Biripi community and reduce health risks of not receiving ongoing preventative dental care.

Health Partners Giving a Smile to Women in Need

Activities:

Domestic violence education for dental health professionals- a 60 minute presentation by A/Prof Sharon Liberali, Ms Deirdre Flynn, Manager of Client Services at Catherine House, and a Catherine House client was delivered to all Adelaide Dental School clinical staff, members of the SA Dental Special Needs Network, staff of the Special Needs Unit of the Adelaide Dental Hospital and senior undergraduate dental school students.

Achievements:

Information included trauma informed care in the context of domestic and family violence as well as facts on the extent of domestic and family violence in South Australia, experience helping women who have experienced homelessness and domestic/family violence deal with and address the issues that have created this episode in their lives and the Catherine House client spoke about her personal experience.

<https://www.linkedin.com/feed/hashtag/?keywords=dentristy>

Oral healthcare packs for clients - 100 oral health packs (toothbrushes, toothpaste, floss) were delivered to Catherine House for their residents and clients during December 2022.

Provision of oral healthcare/dental treatments - To date comprehensive dental care has been completed for five (5) Catherine House residents, expending approximately 50% of the grant funding

Types of dental service performed	Total numbers
Examinations	5
Xrays – intraoral	4
Xrays – extraoral/OPG	1
Cleans	4
Partial Dentures	2
Extractions	4
Fillings	1
Total number of individuals educated	100
Professional staff	
Catherine House residents	5
Educational materials distributed with oral health packs	100
Total number of volunteers	12
Dentists	5
Dental Assistants	5
Appointment coordinator	1
Hygienists/OHT	1

Differences and variance:

Unfortunately due to COVID19 infections peaking from mid-November, combined with the significant mental health challenges faced by many clients and residents of Catherine House, some clients booked in to receive dental treatment during November and December cancelled their appointments. The cancellations of these dental appointments has meant that we have only achieved approximately 50% of the grant funding expenditure to date, however these appointments will be scheduled in the New Year, once the client's support workers inform us their clients are emotionally ready to proceed with dental treatment. In addition, due to contracting COVID19, A/Prof Liberali had to cancel the oral health session education session planned in November 2022, and this has been rescheduled to Wednesday 9th February 2023.

Importance and impact:

- Improved education of the oral health workforce on the experience of homelessness and domestic/family violence and the value of on trauma informed care.
- Access to quality oral healthcare for women who would not otherwise be able to afford this
- Improved oral health education and oral cancer screens for women who are currently experiencing homelessness

Beneficiaries quotes:

- A 57-year-old female client who received new upper and lower partial dentures, has been able to eat a greater variety of food (not relying on soft pre-processed foods) and the dentures have improved her smile. The notes recorded by the dentist states that "Pt eating everything, happy with aesthetics and no issues with sore spots."
- A 31-year-old mother of 5 small children, had been experiencing pain and swelling with her 4 partially erupted wisdom teeth, necessitating several antibiotic scripts. On sending her a text just after these teeth were extracted she stated that "The healing has been relatively smooth with minimal swelling and soreness. I am very appreciative of Ben and his Dental Assistant. They were amazing and very supportive."

Future

I would like to personally acknowledge the support provided through this funding to deliver additional pro bono dental treatments to this vulnerable group in our community, and in particular the ability to extend the funding expenditure into the new calendar year

TIMA Perth Monthly Cycle of love Volunteering clinic

Activities:

Fabricate oral hygiene packs and bought models such as large plastic teeth to demonstrate brushing and dental diseases.

We purchased 50 toothpastes toothbrushes (soft bristle), flosses and bags, on behalf of TIMA.. Each oral pack contained 1 toothpaste, 1 toothbrush and 1 floss.

Fabricate oral hygiene pamphlets and an oral health questionnaire -we design pamphlets that outline steps for oral hygiene and dental disease processes. We printed these pamphlets out were used through multiple oral hygiene activities.

Achievements:

Monthly TIMA clinics -Every month, we ran a dental clinic session at Leeming Dental Clinic, where we would deliver oral health education, when patients are waiting in the waiting room. In the first month, we ran a trial of our oral health program. The volunteers would ask the patients questions from the questionnaire and explain the questions they got incorrect. For example, if they answered a periodontal question incorrectly, we would explain periodontitis and explain why the answer is incorrect. For each patient, we aimed to perform the questionnaire twice, to observe their scores before and after the oral health education.

Dental fair held at Foundation Housing, which provides affordable housing for people in need. A team of TIMA volunteers set up the venue and designed the PowerPoint on oral health education. Of note, we included pictures of sugar content in the slides to aid understanding. We also asked the audience questions, to increase engagement. We also provided oral hygiene packs and oral hygiene pamphlets to encourage patients to maintain oral hygiene and learn about dental conditions.



Distribution of pamphlets to rural – we printed off the oral hygiene pamphlets and mailed them to Dr. Tsz Wai Yau, who is a rural dentist in Busselton. We asked him to distribute it to patients in rural areas.

Promoted oral hygiene on social media platform for TIMA we have been posting content such as our oral hygiene pamphlets on TIMA's Facebook page to promote oral hygiene, especially for people in rural areas.

Oral health talk by Dr. Sonny Lee at Tzu Chi office for volunteers- Dr. Lee volunteered his time and clinic expertise to talk about "The connection between oral health and systemic health". As the practice owner of Leeming dental clinic, he is one of the greatest sponsors for TIMA's ongoing project by offering his private practice to run TIMA monthly clinics. He stressed the importance of oral health in preventing secondary dental complications and oral pathogens related systemic health diseases. In his presentation, he showed how poor oral hygiene causes bacterial plaque build-up in the oral cavity with microscopic views of bacterial activities. He hoped the volunteers can benefit from the health talk and impart the oral hygiene knowledge to the patients during the monthly clinics and home visits.

TIMA Perth Monthly Cycle of love Volunteering clinic

Examinations	10 appointments
Cleans	4 appointments
Dentures	14 appointments (included primary impressions, secondary impressions, MMR, try-ins, inserts and reviews. All denture patients had dentures fabrication for both maxillary and mandibular arches)
Fillings	4 appointments / teeth
Extractions	4 appointments / teeth
Total	35 appointments

Total number of individuals who received dental screenings/exams	10
Total number of individuals who received dental treatment	16
Total number of individuals educated	45

Importance and Impact:

This project was important as TIMA was heavily focused on tertiary dentistry and treating the disease. To alleviate the load on tertiary dentistry, there is a need to focus on preventative dentistry. Hence, we created an oral health education and oral hygiene program for patients.

Additionally, the patients who are from low socioeconomic, rural, or regional areas and have special needs are more vulnerable to developing dental diseases. Hence, providing preventative dentistry to these populations, can alleviate some of the existing burden in tertiary dentistry.

Overall, this project empowers patients from vulnerable social groups, to maintain good oral hygiene, which will ultimately improve the dental health and longevity of teeth.

Future:

Continue to fund the Monthly TIMA clinic – In addition to the oral hygiene education, TIMA also provides treatment for dental conditions. The grant money also covered denture laboratory costs and some equipment costs.

All Access CQU Oral Health Outreach Project

Activities:

Our project involved providing treatment onsite to residents of the Lives Lived Well Rockhampton Residential Rehabilitation Centre, Binbi Yadubay “Healthy Beginnings”. The NSK portable dental equipment and portable dental chair was received on 30th August 2022. This enabled Oral Health Therapy students and supervisors to perform dental examinations, debridement, restorations and preventive treatments on site.

A total of 23 residents were assisted onsite at Binbi Yadubay during the program. 8 Residents of an aged care facility were also assisted in a trial with our local area health service.

Examinations	31
Adhesive Restorations	8
Debridement	11
Oral Hygiene education	23
Fluoride	23 \$851

Project differed:

An opportunity which arose since the acquisition of the equipment was a partnership between CQUniversity and Central Queensland Hospital Health Service (Oral Health) where dental practitioners from both stakeholders provided examinations, debridements and restorative work onsite at Eventide residential aged-care facility, in Rockhampton. In this ancillary project, an additional eight clients were able to be treated using the portable equipment in the outreach clinic.

Importance and Impact:

Having access to CQUniversity’s portable dental unit has been invaluable during our nursing home visits. Being able to provide on the spot care for vulnerable residents without the need for them to travel to a dental clinic to have simple treatment completed is patient centred care at its finest. It also ensures that clinicians’ time is optimally utilised whilst they are visiting aged care facilities. In addition, patient and consumer satisfaction is improved because clinicians feel that they are making a real difference whilst consumers feel that they are being provided with the care they need timeously and conveniently.

Clients at the Aged-care facility and the Rehabilitation services are no longer facing the barrier of finding transport to attend clinics for dental treatment. It was also noted that many of these clients were unable to find affordable dental care and the wait list for public dental services is currently at 15+ months in our region.

Media:

<https://www.youtube.com/watch?v=wz0EeAHZ5ik>

<https://www.cqu.edu.au/cquninews/stories/general-category/2022-general/grant-brings-smiles-to-cqus-oral-health-students-and-patients>

Success:

Students in the Bachelor of Oral Health program have been able to engage with vulnerable populations in Central Queensland and with the media coverage so far, we are being approached by new populations who are interested in including us in their programs for health. The opportunities currently are encouraging that we can continue to roll out the program and that it will have longevity in the community.

Lessons Learned : The main challenge was getting the program started before the teaching year ended. There was quite a delay with delivery of the equipment, however we continued the outreach clinic beyond the teaching term , with local student volunteers and teaching staff.

Future:

The project will continue in 2023 and additional sites such as a local Indigenous community kindergarten, over 55’s community and a residential care facility will also be serviced with the portable dental equipment by student oral health therapists. These sites have been selected based on the goal to service vulnerable population groups.

The Pyjama Fairy: Brush, Book, Bed Project

Activities:

The Pyjama Fairy Brush, Book, Bed Project will be based on successful overseas Brush, Book, Bed Programs (BBB) by the American Academy of Pediatrics (AAP) and the UK Book Trust. These programs recommend tooth brushing and reading aloud as part of children's bedtime routines. The BBB programs provide a simple, "sticky" message to help families understand the importance of good night-time routines for young children, especially tooth brushing, reading together, and getting to bed at a regular time each night. It is also a way to help oral health providers communicate more than one health message in a single delivery. By implementing BBB and providing families with a bedtime bag that includes a toothbrush, toothpaste, age-appropriate children's oral health and sleep health resources, providers can talk with parents about establishing good oral hygiene, early literacy and healthy sleep habits.

- We have added a "Sustainable Smiles" program for the Grade 5/6 students to implement in their schools, with a focus on sustainability issues with the use of dental products (with a special focus on recycling used toothbrushes, toothpaste tubes and floss containers)
- Individuals educated 520 children and their families, from rural, Indigenous and low socio-economic backgrounds took part in the program.

Direct beneficiaries:

- Wodonga West Children's Centre (260 kindergarten and primary school children and their families)
- Glenroy Public School (215 primary school children and their families)
- Wangaratta Public Library (45 pre-school children and their families)
- Online resources for oral health professionals, early childhood educators, school teachers (ongoing resources)

Also :

- 500 'Pyjama Fairy/Tooth Fairy' activity books
- 474 x Children's paper back picture books – "Sleep with Kit" series, "Who is the Tooth Fairy's best friend?" and "The Tale of a Toothbrush – a story of plastics in our oceans"
- 520 x Tooth Fairy Bedtime Bags (children's toothbrush, toothpaste, 'Tooth Troll' brushing timer, mini floss, stickers, brochures)
- 22 x "Tooth Fairy" Oral Health Professional Resource Kits

Importance:

The project was important as the oral health knowledge taught addresses The Early Years Learning Framework for Australia. With a focus on actively supporting children to learn about hygiene and to model and reinforce health, nutrition and personal hygiene practices. Children become socially responsible and show respect for the environment. Embed sustainability into daily routines and practices.

Impact:

Primary school students at Wodonga West Children's Centre and Glenroy Public School have been able to practice good night-time routines, involving brushing their teeth before bed and reading an oral health story using the resources provided in the Tooth Fairy bedtime bags.

Parents have been given useful, practical strategies to encourage positive night-time tooth brushing habits, enjoyable book reading times and healthy sleep routines, to optimise their child's growth and learning



The Pyjama Fairy: Brush, Book, Bed Project

Acknowledgements:

"We are excited to be able to offer the Tooth Fairy oral health literacy project and oral care recycling program at Wodonga West Children's Centre. It is incredibly important for our young children to develop positive oral health care routines early in their life so that their long term oral and physical health is not compromised. This project is designed to engage and educate our community in a fun, age-appropriate way through literature, as well as promoting sustainability through recycling to reduce landfill. An excellent, well-designed project that will have a positive, long-term impact on our community."

Jocelyn Owen
School Principal
Wodonga West Children's Centre, Wodonga VIC

"Thanks for bringing the program and presentations to our school/kinder. The children really enjoyed the day. The Tooth Fairy Book Reading Day offered our kindergarten students an age-appropriate session on the importance of cleaning your teeth. The digital story kept the children engaged and focused and they really enjoyed the opportunity to help dramatize the story with the story props and puppets. Providing the students with the take home bag of resources helps promote the importance of oral health with the entire family. Thanks again."

Kylie Whitsed
Early Childhood Teacher
Wodonga West Children's Centre, Wodonga VIC

"I enjoyed the part where they liked my costume. Brush every day and night and floss"

"I enjoyed the conversation. My idea is to brush teeth 3 times a day"

"I enjoyed that you showed what toothbrushes can do to our environment"

"I enjoyed that so many people cared and that there's even a book about it"

Primary School students
Wodonga West Children's Centre, Wodonga VIC

"It was a pleasure having Cath and her team visit our school again. Cath provided excellent communication about the program and we were eager to have the team revisit our school. The lessons were tailored to suit the needs of each year level and students found sessions engaging, with many opportunities for interactive activities. The students understood the important messages from the program and thoroughly enjoyed receiving the gifts to take home."

Janita Stephens
Learning and Support Teacher
Glenroy Public School, Albury NS

Lessons learned:

Developing digital oral health literacy and healthy bedtime routine resources is important to enable greater dissemination of positive health messages during the ongoing Covid19 Pandemic. These resources are also more sustainable and can be utilized in future health promotion initiatives.

It is important to have an oral health champion in each school – who is the point of contact for collaboration and organising the oral health promotion activities and follow-up evaluation of the program.

Future:

The Carevan Foundation would like to offer the digital resources that have been developed as part of this Mars Wrigley Foundation ADHF Grant to be freely available in the future to the Australian public on the Australian Dental Association's consumer oral health information website: www.teeth.org.au

The project will continue to be rolled out in 2023 with the support of the Bendigo Oral Health and Dentistry Society. BOHDS is a student led organisation, representing all undergraduate Dentistry and Bachelor of Oral Health students studying at La Trobe University in Bendigo, Victoria. BOHDS volunteers are committed to be involved with the Carevan Foundation oral health promotion activities within 5 rural communities where 3rd Year Oral Health Therapy students and 4th and 5th Year dentistry students are undertaking their clinical placements, including: Wodonga, Mildura, Ballarat, Bendigo and Maryborough.



Homeless Smile Project:

Activities:

The grant has been divided between Wheels of Wellness (outreach charity service- homeless people requiring dentistry who are transported to the dental clinic) and permission was also given to include the provision of sports mouthguards to the children living at Cape York AFL House (Indigenous and Torres Strait, boys and girls).

Activities Differed:

Wheels of Wellness has an inherent difficulty of finding the homeless and getting them to come back for further treatment. Hence, the request to update the plan to include the supply of mouthguards to AFL house.

Sample table	Example
adhesive restoration – direct	compomer composite resin glass ionomer cement
custom fabricated metal framework	cobalt-chromium
metallic restoration – direct	amalgam
Dental screening	34
Exams	8
OHI	28
Extractions	16
Scales	2
Chart Volunteers:	5 x Dentist sts 1 x Hygienist 10x Dental Assistants 50x Students 3 x Lab Technicians

Outcomes:

90% change in overall health knowledge.

Endorsement Quotes:

"It's a unique life experience for the kids," Sean Hunter (Boarding Manager AFL House) says. "They get to come here and learn a few things and take home some new information and these special mouthguards. Ultimately, it's about the protection of the mouth, but having them branded in Aboriginal or Torres Strait Island colours creates a really deadly message for these young people. They'll be proud to wear it and they'll be representing where they're from every time they smile on the footy field."

Sean Hunter *"Sometimes our young people don't know who they can be because they can't see them. It's incredibly powerful to be able to have some Indigenous dentistry students build a relationship and make them feel safe and secure and have conversations around careers and pathways."*

Successes:

Cape York AFL House project is ongoing and has proven very successful in providing sports mouth guards 2. Wheels of Wellness project helping some homeless people to understand their dental health requirements

Media:

Playing with pride and protection - JCU Australia

Playing with pride and protection < Latest News | Cairns Local News - Free to read No subscriptions

Future:

The project has been extended to 30 June 2023.



Cherbourg Volunteer Dental Clinic

Activities:

The purpose of the project is to provide dental treatment to members of the community who are otherwise unable to access it. Each year, the team is comprised of a different group of 4th and 5th year dental students, who provide treatment at the Cherbourg medical centre (CRAICCHS). This is achieved through scheduling appointments with patients, as well as accepting any patient that may enter without an appointment who have heard about the clinic through promotion (for example, we advertised the clinic over the local radio).

The team visited Cherbourg during NAIDOC week. We participated in the NAIDOC week celebrations, by interacting with members of the community to learn more about Cherbourg and its history. Moreover, during these celebrations, the team handed out OHI packs which contained toothpaste, toothbrushes, and interdental cleaning agents. These OHI packs were also given to people after their appointments, to promote the importance of preventative dentistry and maintaining a high level of oral hygiene.



Total number of individuals who received dental screenings/treatment	33
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OHI packs including toothbrushes, toothpaste, floss, piksters and instructions	100
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Volunteers	9 Dental students and 1 dentist
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Outcome:

Ultimately, the positive change beneficiaries experienced because of this program was improved dental health. Patients attending the dental clinic received dental treatment, allowing students to diagnose and treat the causes of pain in individuals otherwise unable to see a dentist. Additionally, dental students were able to treat caries and perform supragingival debridement, thereby reducing the chance of developing dental pain in the future.

Arguably more important than this however was the oral health promotion the group did while on the trip. At each appointment, patients were given oral health instruction, as well as a bag containing toothbrushes, floss, toothpaste, and instructions on how to best use these. It is hoped that through this, the dental students will have a positive impact within the community by increasing dental literacy long after they have left Cherbourg.

Endorsement Quotes :

"It is great to see you all here again. You are doing great work"

A local mother who came into the clinic with her children

"We are more than happy to help for such a great cause"

Lead dental assistant at Griffith University, who greatly assisted with sterilising the instruments and provided the mobile dental units.

Media:

<https://www.bitemagazine.com.au/putting-a-smile-into-cherbourg/>

<https://www.abc.net.au/news/2015-12-06/dental-student-michael-baker-drives-cherbourg-volunteer-clinic/7003232>

Cherbourg Volunteer Dental Clinic

Successes:

The project saw success in that students from Griffith University were able to provide dental treatment to members of the Cherbourg community, and importantly provide OHI also. Through this, the team was able to take patients out of pain and assist in preventing pain from occurring in the future.

Another success was the team being able to learn more about Cherbourg and its history. Moreover, we interacted with the community and built relationships, for example during NAIDOC week celebrations or through exercising with Cherbourg locals. It is hoped that through this more people will know about the clinic and feel more comfortable coming to see us.

Challenges: The challenges associated with the program are primarily related to finding a registered dentist who is employed at Griffith University to supervise us. Understandably, many supervisors have commitments during the break when students are available to go, meaning finding a supervisor who is willing and able to come with us has proven difficult.

Importance:

According to the Australian Institute of Health and Welfare, the prevalence of dental disease is greater in Indigenous Australians than non-Indigenous Australians, and Indigenous Australians are less likely to have received preventative dental care. This project is therefore important as it addresses health inequality by treating dental disease and offering preventative dental treatment in a high-risk group of people. The impact the project had was treating dental disease and thereby eliminating pain, and arguably more importantly promoting oral health and handing out oral health packs. The goal of this is to reduce this identified increased risk of developing dental disease that Indigenous Australians face.

As a proud Indigenous Australian, I have continued to appreciate the importance of giving back to those sharing the same heritage I do, especially those who find themselves in a situation less fortunate than my own. I have learnt more about my own culture and the hardships my fellow Indigenous Australians face, and this motivates me to increase my personal set of skills (be it clinical or leadership/organisational skills) to ultimately give more back.

Future:

In future, I would ask for more help in organising the trip, as well as perhaps holding the clinic in the mid-trimester break as opposed to the holiday after trimesters one and two would make it easier to find a supervisor to come with us.



CERTIFICATION

Project Title: **ADHF and Mars Wrigley Foundation Community Service 2022 Grant**
Name of Grantee: **Australian Dental Health Foundation**
Donor: **Mars Wrigley Foundation Fund**
Grant Amount: **US\$94,300.00**
Grant Period: **July 1, 2022 to June 30, 2023**
Grantee FY End: **June 30**

Date of Report: _____

I certify that the grant funds described in this report have been received and expended as detailed in this narrative report and the attached financial report in accordance with the terms and conditions of the Grant Agreement.

These expenditures are substantiated by documentation in our files.

Signature _____

Name _____

Title/Position _____

Date _____

*****This signed certification MUST be submitted with any report for Give2Asia.*****