

# YIRRA KOORL

## looking forward

**YOUR WELLBEING AND PREVENTION UPDATE FOR THE WHEATBELT - DECEMBER 2017**

Welcome to the December issue of Yirra Koorl – Looking Forward.

The Holyoake Wheatbelt Prevention Team was honoured to receive a commendation certificate in the 2017 Injury Prevention & Safety Promotion Awards. Congratulations to the winners in this category - Northam Roadwise Committee's #AvonLocalsDrivingChange campaign.



*Sandy Lukjanowski - Chief Executive, Injury Matters & David Beattie - Board President, Injury Matters pictured with Eloise and Jo*

We would like to share a mental health Christmas message. This is based on the Act-Belong-Commit campaign:

- Make time for yourself and do something relaxing like reading, meditating or walking
- Eat well, exercise and get enough sleep to reduce stress
- Be social and get together with family and friends
- Invite a neighbour or friend who will be alone this Christmas over for lunch
- Consider volunteering or donate to a charity
- Send a card to someone you haven't been in contact with
- Get involved in your local community's celebrations, such as Christmas in the Park

For more ideas to boost your mental health over the festive season visit: [actbelongcommit.org.au](http://actbelongcommit.org.au)

- The Editorial Team

## DEDICATED CAMPAIGN ENCOURAGES MEN TO SPEAK UP AND SEEK HELP

A new campaign called Think Mental Health is being rolled out in the Wheatbelt to encourage men to seek help early and to urge their family and friends to check in with them if they notice they aren't going so well. The campaign aims to improve the community's mental health and wellbeing, and reduce the risk of suicide.



*Owen Catto from the Regional Men's Health Initiative pictured with Jo Drayton*

Holyoake's Wheatbelt Suicide Prevention Coordinator Jo Drayton said the campaign highlighted the importance of talking, listening and supporting mates and family. "It is vital to encourage men to take the first step of talking to someone they trust. This campaign emphasises the power of simply talking, listening and being there for the people around you."

Almost half of all Australians will experience mental health issues in their

lifetime. This campaign encourages everyone to heed the message and to take action.

The Wheatbelt has experienced harsh climatic and economic situations over the last decade. Individuals, families, friends, workplaces and communities need to pull together and support anybody experiencing difficult situations. A conversation and connection can be extremely important.

Each year 1 in 5 Australians will experience mental health issues, and 3 out of 4 deaths by suicide in WA are male. The first phase of the campaign targets men aged 25 to 54 because the rate of suicide is higher in this group.

This state-wide campaign includes a community resource kit, materials for GPs and a website with a wealth of information and resources - including a mental health self-assessment checklist and check-up tool. Visit [www.thinkmentalhealthwa.com.au](http://www.thinkmentalhealthwa.com.au) for more information.

For more details about this campaign, contact Jo Drayton on 0436 000 514 or email [JDrayton@holyoake.org.au](mailto:JDrayton@holyoake.org.au) If you need support within the Wheatbelt region, contact your local GP, community mental health service or Amity Health.

You can also call Beyondblue on 1300 224 636, Mensline on 1300 789 978, Lifeline on 13 11 14 or the Suicide Call-back Service on 1300 659 467.

## Wagin Woolorama

**Date:** 9th & 10th March 2018

[www.woolorama.com.au](http://www.woolorama.com.au)



## WA AOD Conference 2018

The Mental Health Commission and the WA Network of Alcohol and other Drug Agencies (WANADA) are hosting the WA Drug and Alcohol Conference 2018. The theme is 'Leading the Way: Embracing New Opportunities in the Alcohol and Other Drug Sector'.



**Date:** 20th & 21st March 2018

**Location:** Novotel Langley Hotel, Perth

**Website:** [2018aodconferencewa.com.au](http://2018aodconferencewa.com.au)

## Mental Health Week 2017

Mental Health Week was held from 8th to 14th October 2017 and the theme was connecting with nature, community and self for mental health. The Wheatbelt hosted numerous activities which showcased a variety of collaborative partnerships targeting a cross section of populations.



### 7th October:

350 women gathered for the Narembeen Ladies Long Table lunch organised by the Narembeen Community Resource Centre. The focus was wellbeing and self-care for women and Jo Drayton delivered a presentation titled 'Self-care is not Selfish'.

### 9th October:

WACHS Health Promotion Officer Zoe Ashby-Deering hosted an event for older adults at the Merredin the Senior Citizen. Jo Drayton presented tips for staying mentally healthy during retirement, stress management and the importance of the 'Act-Belong-Commit' messages.



*Merredin Seniors Mental Health Week event held in collaboration with WACHS Health Promotion Officer Zoe Ashby Deering*

### 10th October:

Amity Health in conjunction with WACHS and Holyoake hosted a wellbeing morning for parents and carers. It included yoga, mindfulness and presentations by Belinda Smith and Jo Drayton.

### 12th October:

The Northam 'Turned Blue 4 a Day' event highlighted collaboration by agencies in Northam. Held in the Village Green in the main street, agencies showcased their services while DRUMBEAT (Holyoake), MHW Pledge Wall (WACHS Primary Health) and Inflatable Soccer (AVIVO) were available for community members.

### 12th October:

The Shire of Pingelly hosting a 'PositiviTea' morning tea in the Council Chambers. Jo Drayton presented tips and strategies to build strong, resilient and connected communities.



An Alcohol and Other Drug Management Plan (AODMP) is a localised strategic plan to create positive changes in identified priority areas. Contact Eloise Fewster [EFewster@Holyoake.org.au](mailto:EFewster@Holyoake.org.au) for details. If you would like to develop a wellbeing plan - focusing on both substance abuse and suicide prevention - in the Wheatbelt, contact Eloise Fewster or Jo Drayton: [JDrayton@Holyoake.org.au](mailto:JDrayton@Holyoake.org.au)

## Northam Shire AODMP

As this plan approaches the end of its two year span, it will be reviewed and a new strategic direction will be developed. For more information moving forward, contact Elouise Hawkins  
[Elouise.Hawkins@health.wa.gov.au](mailto:Elouise.Hawkins@health.wa.gov.au)

*Next meeting date: 16th February 2018*

## Moora AODMP

This committee is organising a workshop to focus on stakeholder re-engagement and the appropriateness of current priority areas. For more details, contact Nicole Beard  
[cdo@moora.wa.gov.au](mailto:cdo@moora.wa.gov.au)

*Workshop date: 8th & 22nd February 2018*

## Pingelly AODMP

A wellbeing plan combining both AOD and MH/SP strategies is being developed for the Shire of Pingelly. For more details, contact Lee Steel  
[pingellycsrc@westnet.com.au](mailto:pingellycsrc@westnet.com.au)

*Meeting date: To be advised*

## Cunderdin AODMP

The community of Cunderdin is organising a workshop to introduce its first AODMP. For more details, contact Kayla James  
[cdo@cunderdin.wa.gov.au](mailto:cdo@cunderdin.wa.gov.au)

*Workshop date: 2nd February 2018*

## Merredin Youth Wellbeing Plan

The Merredin Youth Stakeholder Interagency Group has met over the previous months to discuss the potential of developing a youth wellbeing plan. If your organisation/agency has an interest, contact Eloise Fewster [EFewster@Holyoake.org.au](mailto:EFewster@Holyoake.org.au) or Jo Drayton [JDrayton@Holyoake.org.au](mailto:JDrayton@Holyoake.org.au)

*Meeting date: To be advised*



## Suicide Prevention Community Plans

Interested communities are invited to work with the Wheatbelt Suicide Prevention Coordinator to develop localised Suicide Prevention Community Plans. The LifeSpan Suicide Prevention model will be used to guide communities and key stakeholders and will address the following areas:

- Means Restriction: Restricting access to the means of suicide
- Raising Awareness: Community campaigns and media guidelines
- Connectedness: Self, community, spirit, environment
- Capacity Building: GPs, frontline staff and gatekeepers, school programs

Strategies will be developed to prevent illness by maintaining and/or enhancing the wellbeing of the general population which will include 3 tiers of prevention:

1. Universal: Interventions for the whole population
2. Selective: Interventions for subgroups who are at increased level of risk
3. Indicated: Interventions for high risk groups



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## Fifth National Mental Health and Suicide Prevention Plan



The release of this plan marks a significant point in the history of the National Mental Health Strategy which commenced in 1992. Over the next 5 years, it will build on the achievements of the first 25 years of national mental health reform.

For the first time the plan commits all governments to work together to achieve integration in planning and service delivery at a regional level. Importantly it demands that consumers and carers are central to the way in which services are planned, delivered and evaluated. It acknowledges the tragic impact of suicide on so many Australians and sets a clear direction for coordinated actions by both levels of government to address this issue more effectively.

Download a copy of this plan: [health.gov.au/internet/ministers/publishing.nsf/Content/health-mediarel-yr2017-hunt14-10.htm](https://health.gov.au/internet/ministers/publishing.nsf/Content/health-mediarel-yr2017-hunt14-10.htm)

## Northam Postvention Committee



This committee includes a number of agencies in the community that can help a family deal with suicide bereavement. This includes safe, coordinated, confidential and culturally-appropriate referrals to people bereaved by suicide in Bakers Hill, Cunderdin,

Goomalling, Northam, Toodyay and York.

Jo Drayton said this is a much-needed service: “When people are bereaved by suicide, they can feel alone and might not actively go out and look for support. Many people are unaware there are more services offered than just grief and loss. It can be logistical, practical or financial support to individuals, families and even whole communities and workplaces.”

She believes postvention support services can play a part in suicide prevention. The agencies on the committee work together to meet the needs of clients.

Share and Care Suicide Bereavement Support Service will provide support to clients, following referrals from the Northam Postvention Committee.

At the beginning of the launch, Deborah Moody delivered a Welcome to Country and Northam Postvention Committee Chairperson Tendai Makanyanga presented an overview. Guest speakers included Mia Davies - the Hon. Member for Central Wheatbelt, Sue Jones - Mental Health Commission Assistant Commissioner, Geoff Dickson - WA Police, Fiona Bush - WAPHA Wheatbelt Regional Manager, Kate Edgar & Jean McGready - Share and Care Suicide Bereavement Support Service staff, and Sharon Karas - Mental Illness Fellowship of WA spokesperson.

WAPHA provided funding for the provision of a 12 week project to formalise and document the policies and practices of the Northam Postvention Committee.

For more details, please contact Jo Drayton [JDrayton@Holyoake.org.au](mailto:JDrayton@Holyoake.org.au) or Tendai Makanyanga Tendai. [Makanyanga@health.wa.gov.au](mailto:Makanyanga@health.wa.gov.au)

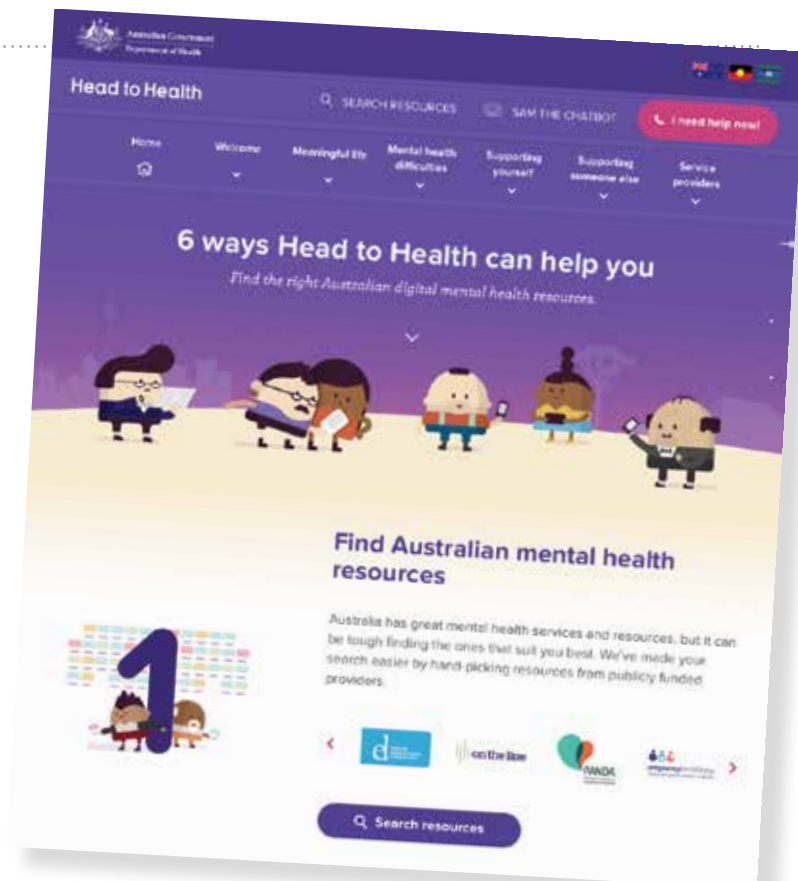
## New Website – Head to Health

This new website connects people to online and phone mental health services appropriate for their individual needs. It will help people to take control of their mental health, at a time and place convenient to them, complementing or in place of face-to-face services.

This website supports people seeking help for themselves or someone they care about. It is useful not just when seeking support for a mental health condition, but can also help every Australian to stay mentally well.

Services and resources listed on Head to Health are delivered by Australia’s mental health service providers and includes free or low cost apps, online support communities, online courses, and phone services that are private and secure.

This website was developed in collaboration with the community, the mental health sector and the Department of Health. Visit [www.headtohealth.gov.au](http://www.headtohealth.gov.au) for more information.



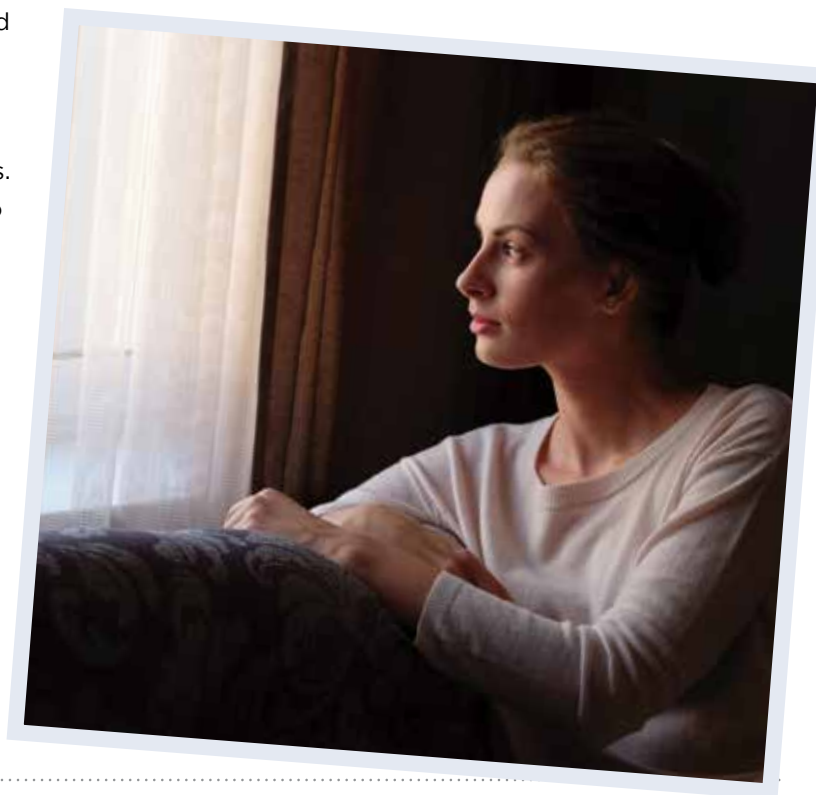


## Alcohol and Drug Foundation – LDAT program

The Local Drug Action Team (LDAT) program delivered by the Alcohol and Drug Foundation (ADF) brings people together to implement evidence informed, community designed and driven primary prevention programs to reduce harm from alcohol and other drugs. It is funded by the Department of Health in response to the National Ice Action Strategy [www.health.gov.au/internet/main/publishing.nsf/Content/MC15-009596-national-ice-taskforce](http://www.health.gov.au/internet/main/publishing.nsf/Content/MC15-009596-national-ice-taskforce)

What you need to do to become part of the program:

1. Visit the LDAT website: [adf.org.au/programs/local-drug-action-teams/](http://adf.org.au/programs/local-drug-action-teams/)
2. Round 3 will be open from 18th January to 18th February 2018
3. Contact ADF Regional Community Development Manager Samantha Menezes on 0438978591 or email [Samantha.menezes@adf.org.au](mailto:Samantha.menezes@adf.org.au)



## National Drug Strategy Household Survey 2016 – Detailed Analysis

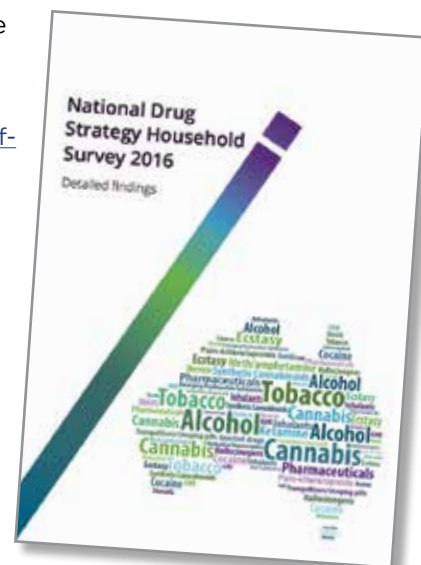
Following the report's key findings released in June 2017, this report presents a more detailed analysis including comparisons between states and territories and for population groups. Here are some results:

- The most commonly used illegal drugs consumed at least once in the past 12 months were cannabis (10.4%), cocaine (2.5%), ecstasy (2.2%) and meth/amphetamines (1.4%).
- People who live in remote and very remote areas, unemployed people and Indigenous Australians continue to be more likely to smoke daily and use illicit drugs than other groups
- The majority of Australians support policies aimed at reducing the acceptance and use of drugs, and the harms resulting from drug use. There was generally greater support for education and treatment and lower support for law enforcement measures.

- Use of illicit drugs in the last 12 months was far more common among people who identified as being homosexual or bisexual; ecstasy and meth/amphetamines use in this group was 5.8 times higher than heterosexual people.
- 10% of drinkers drove a vehicle while under the influence of alcohol in 2016; this declined from 12% in 2013.

Download/view the full detailed report:

[www.aihw.gov.au/reports/illicit-use-of-drugs/ndshs-2016-detailed/contents/table-of-contents](http://www.aihw.gov.au/reports/illicit-use-of-drugs/ndshs-2016-detailed/contents/table-of-contents)



## Facts about Methamphetamine

Amphetamine, first developed for medical purposes in Germany in 1887, was used to treat everything from depression to respiratory illnesses. Methamphetamine, a purer version of amphetamine, was developed in Japan in 1919. When used in small amounts, amphetamine and its derivatives can be useful in a medical capacity to treat a variety of illnesses such as colds, asthma, allergies, narcolepsy, obesity, depression and ADHD.

Methamphetamine raises the levels of three main hormones that are naturally produced by the brain; Norepinephrine (type of adrenaline-type hormone that prepares our body for the “fight or flight” response), Serotonin (regulates moods and appetite) and Dopamine (pleasure hormone and reward centre of the brain). It is a stimulant, which means that it speeds up or stimulates the central nervous system.

There are all kinds of stimulants – coffee, cigarettes and sugar – but methamphetamine is significantly more potent. Many users describe the “high” as feeling focussed, motivated, confident and bullet-proof. People can use this drug for a long time, without obvious impact on their health and daily functioning. However, when used heavily and over long periods of time, it can lead to some ugly side effects including damage to the circulatory system and heart failure. From 2009-2015 there were 1,649 deaths in Australia associated with this drug.

If methamphetamine is used for 3-5 days on a binge, the “crash” can be intense. Over time, the brain stops producing Dopamine naturally, and the lack of drugs can cause clinical depression. This is what professionals call “the cycle of dependency”.

The effect on mental health is arguably the most under-reported feature of methamphetamine. Psychosis is common; users report at least one psychotic episode in 12 months of use. It can also result in severe depression, anxiety and other psychological disorders.

Supporting those in need is not just getting people into treatment. It is also about offering help and support, providing activities to keep people engaged and creating opportunities for people to be more productive.

There are many free services that can help people and their families with drug and alcohol issues. The first step is to have a conversation about what help they can get. Help and support is also available for loved ones to get through this difficult process.

*Written by Erica Lucas – Senior Clinical Case Coordinator  
Holyoake Specialist Methamphetamine Team – 9622 1029*

# grants

## Lotterywest Community Grants

These grants are available for not-for-profit organisations and local government authorities. Applications can be submitted throughout the year [www.lotterywest.wa.gov.au/grants](http://www.lotterywest.wa.gov.au/grants)



## Grants for Women



Grants of up to \$10,000 are available for local governments and community service organisations to implement projects that focus on addressing unique issues faced by women.

Funding of up to \$5,000 is available for short term initiatives that contribute to a program's priority areas. Longer term (over 6 months) funding of up to \$10,000 is available for strategic initiatives involving a range of partners that will contribute to creating sustainable or systemic change in a program's priority areas. Projects should address one or more of the following:

- Women's economic independence
- Women in leadership
- Women's consultative fora outcomes

Contact the Grants Officer for more details [www.dlqc.wa.gov.au/GrantsFunding/Pages/Grants-for-Women.aspx#sthash.lmNwwHq9.dpuf](http://www.dlqc.wa.gov.au/GrantsFunding/Pages/Grants-for-Women.aspx#sthash.lmNwwHq9.dpuf)

## Youth Engagement Grants

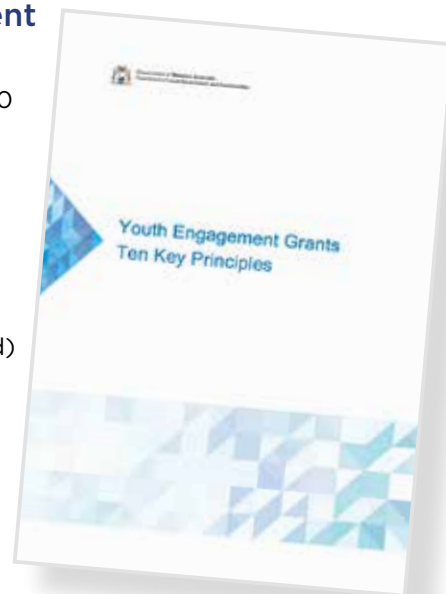
Grants of up to \$10,000 are available for local governments and community service organisations to implement projects that engage young people (10–18 years old) in creative ways and help achieve positive outcomes.

Funding of up to \$5,000 is available for short term initiatives involving one or more partners to achieve program objectives. Funding of up to \$10,000 is available for longer term (over 6 months) community-wide strategic initiatives involving a range of partners to achieve one or more of the following objectives:

- Develop the knowledge, confidence and skills young people need to be actively involved in community life and to respond to issues impacting on their lives
- Provide opportunities for young people to learn and develop life skills to help them achieve their goals
- Promote and/or create environments and accessible services and programs to keep young people well and promote lifelong healthy lifestyles

Applications for this program will be accepted on an on-going basis. Contact the Grants Officer for more details [www.dlqc.wa.gov.au/GrantsFunding/Pages/Youth-Engagement-Grants-Program.aspx#sthash.s0kqdQDu.dpuf](http://www.dlqc.wa.gov.au/GrantsFunding/Pages/Youth-Engagement-Grants-Program.aspx#sthash.s0kqdQDu.dpuf)

Download a copy of the [10 principles in developing youth-friendly communities](#)



## State Government Grants

To learn more about grants available from the state government, visit: [www.dlqc.wa.gov.au/AdviceSupport/Pages/LG-Grants-Directory.aspx](http://www.dlqc.wa.gov.au/AdviceSupport/Pages/LG-Grants-Directory.aspx)



## Online AOD Training

The Mental Health Commission offers free online training for professionals and para-professionals in the AOD sector on the following:

- Community Program for Opioid Pharmacotherapy (CPOP)
- Introduction to Fetal Alcohol Spectrum Disorders (FASD)
- General AOD Skills
- Culturally and Linguistically Diverse (CALD)
- Alcohol Brief Intervention
- Needle and Syringe Program

For more details or to begin a training module, go to [aodelearning.mhc.wa.gov.au/](http://aodelearning.mhc.wa.gov.au/)

## Recognise and Respond Training

This training, designed by the WA Mental Health Commission, is available for first responders and front line workers in the Wheatbelt. It covers the following:

- Recognise and Respond training
- Harms and effects of opioids and amphetamines
- Identifying signs and symptoms of opioid overdose and amphetamine intoxication/toxicity
- Effective approaches in a range of settings and use of de-escalation skills
- Administration of Naloxone
- Issues pertinent to event/festival settings

If you are interested in organising training within your community, please send expressions of interest to Eloise Fewster

[EFewster@Holyoake.org.au](mailto:EFewster@Holyoake.org.au)

## Gatekeeper Suicide Prevention Training

This free two day workshop provides knowledge and skills to improve the ability and confidence to work with suicidal people and make referrals to professional help. It is suitable for professionals and para-professionals whose roles bring them into regular contact with young people and adults at risk of suicide. The course covers the following:

- Extent of the problem
- Understanding the problem
- Mental disorders
- Self-harm: Suicidal behaviour Non-Suicidal Self-Injury (NSSI)
- Recognising warning signs and tipping points
- Understanding needs
- Framework for risk assessment
- Intervention guidelines
- Intervention in a suicide crisis
- Intervention strategies and ongoing management
- Postvention

Gatekeeper Suicide Prevention Training will be held in the first half of 2018 in Moora, Narrogin and Northam. If you would like this training for your organisation/agency or within your community, please send expressions of interest to Jo Drayton [JDrayton@Holyoake.org.au](mailto:JDrayton@Holyoake.org.au)



*Gatekeeper Suicide Prevention Training participants at the Narrogin course on 29th & 30th November 2017*

# notice board

## Free Mental Wellbeing App

Holyoake has developed a free wellness app called My Wellbeing Mate. It provides easy access to helplines, websites, guides, videos, inspiring talks, apps and more [www.holyoake.org.au/wellbeing-mate-app/](http://www.holyoake.org.au/wellbeing-mate-app/)

## WA Youth Week

13th - 22nd April

## Support for Yourself or LGBTIQ clients

QLife: 1800 184 527  
WA AIDS Council: 1800 671 130  
Living Proud: [www.livingproud.org.au](http://www.livingproud.org.au)  
Lifeline: 13 11 14  
SANE Australia: 1800 187 263

## AOD Information

Resources to help you, or help you support someone you care about  
[www.druginfo.gov.au](http://www.druginfo.gov.au)

## New Tool for Mental and Physical Health

The My Medicines and Me (M3Q) tool helps people to understand, track and communicate side-effects of medications with their health care professional. [www.mediastatements.wa.gov.au/Pages/McGowan/2017/12/New-collaborative-tool-to-help-improve-mental-and-physical-health-of-Western-Australians.aspx](http://www.mediastatements.wa.gov.au/Pages/McGowan/2017/12/New-collaborative-tool-to-help-improve-mental-and-physical-health-of-Western-Australians.aspx)

## Free Telehealth Counselling for Separation and Bereavement

These sessions from Lifeline WA are now available in a secure online environment or over the phone [reception@lifelinewa.org.au](mailto:reception@lifelinewa.org.au)

## AOD Information

Resources to help you, or help you support someone you care about  
[www.druginfo.gov.au](http://www.druginfo.gov.au)

## DRUMBEAT Facilitator Training Workshop

Perth: 13th-15th February 2018 [www.holyoake.org.au/drumbeat/drumbeat-facilitators/facilitator-training-calendar/](http://www.holyoake.org.au/drumbeat/drumbeat-facilitators/facilitator-training-calendar/)

## My Healthy Wheatbelt

WA Country Health Service [www.facebook.com/MyHealthyWheatbelt/](http://www.facebook.com/MyHealthyWheatbelt/)

## Cracks in the Ice

Online toolkit [cracksintheice.org.au/](http://cracksintheice.org.au/)

## Take Action on Alcohol Advertising

The Alcohol Advertising Review Board accepts complaints about alcohol ads. All you need is a picture or link to the ad and briefly explain why it concerns you. Email [complaints@alcoholadreview.com.au](mailto:complaints@alcoholadreview.com.au) call 9266 7117 or visit [www.alcoholadreview.com.au/make-a-complaint/](http://www.alcoholadreview.com.au/make-a-complaint/)

## Regional Wellbeing Survey

Have your say on issues ranging from how your community is changing, to your health and wellbeing [www.regionalwellbeing.org.au](http://www.regionalwellbeing.org.au)





campaigns

  
**think**  
MENTAL HEALTH

# Talking and listening are powerful.

**We all experience mental health issues.  
Check in on a mate if they're not going so well.**

**Visit [thinkmentalhealthwa.com.au](http://thinkmentalhealthwa.com.au) for more information**





# YIRRA KOORL

looking forward

## support services

**Rural Link:** 1800 552 002 (24 hours)

**Mental Health Emergency Response Line:**

1300 555 788

[www.mentalhealth.wa.gov.au](http://www.mentalhealth.wa.gov.au)

**Suicide Call Back Line:**

1300 659 467

[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

**LifeLine: 13 11 14 (24 hours)**

[www.lifelinewa.org.au](http://www.lifelinewa.org.au)

**Mensline:** 1300 789 978 (24 hours)

[www.mensline.org.au](http://www.mensline.org.au)

**Alcohol & Drug Support Line:** 1800 198 024

**Parent & Family Drug Support Line:** 1800 653 203

**Meth Helpline:** 1800 874 878

**Alcohol & Drug Support Line:**

1800721997

**Women's Domestic Violence Helpline:** 1800 007 339

**Men's Domestic Violence Helpline:** 1800 000 599

**PANDA (Perinatal Anxiety & Depression**

**Australia National Helpline:**

1300 726 306

Mon-Fri – 9am - 7.30pm (AEST)

**SANE Helpline:** 1800 18 SANE (7263)

**Kids Helpline:** 1800 55 1800

## subscription, queries and submission information

Email: [yirrakoorl@holyoake.org.au](mailto:yirrakoorl@holyoake.org.au)

Phone (08) 9621 1055

Holyoake Community Alcohol & Drug Service

4 Elizabeth Place, NORTHAM, WA 6401

## YIRRA KOORL SUBSCRIPTION

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our newsletter for yourself and  
anyone else please

[click here](#)

and send us names and contact details.