

YIRRA KOORL

looking forward

YOUR WELLBEING AND PREVENTION UPDATE FOR THE WHEATBELT - SEPTEMBER 2017



Welcome to the first issue of YIRRA KOORL – an Aboriginal title which means “Looking Forward”. We thank Claire McGuire and her family for suggesting this title.

This newsletter - published by the Holyoake Wheatbelt Community Alcohol and Drug Service (WCADS) - is a regional resource to highlight many of the prevention and wellbeing initiatives available in the Wheatbelt.

This issue focuses on the Specialist Methamphetamine Team in Northam which aims to address this growing concern. You will also find useful information about meetings, updates, news features, trainings, workshops, grants, events and other services.

We welcome your feedback and suggestions which can be emailed to:
yirrakoorl@holyoake.org.au

- The Editorial Team

SPECIALIST METHAMPHETAMINE TEAM IN NORTHAM

The use of methamphetamines in WA is nearly double the Australian average. Recent Holyoake data shows that methamphetamine is now the primary drug of concern for the majority of people presenting for our services in the Wheatbelt

As a result, Holyoake have now established a Specialist Methamphetamine Team in Northam thanks to funding from the WA Primary Health Alliance (WAPHA) – through its Country WA Primary Health Network. The funding provides for a trial implementation which will be evaluated by NDRI based at Curtin University. This is the first service of its kind in regional WA and will be able to provide free intensive support to individuals (16 years and over) who use Methamphetamine and their families.

This holistic specialist team will offer individuals assessments and counselling tailored to their Methamphetamine dependency. This multidisciplinary team will include a clinical coordinator, triage officer, alcohol and other drug counsellor, a general practitioner and a clinical nurse who will be able to provide screening and management of medical and mental health co morbidities. To compliment the specialist team, Peer and Family Support Workers are able to provide individuals and their families with practical support and any assistance they may require to attend their appointments.

The inclusion of case management will

enable the team to identify and address secondary problems associated with Methamphetamine dependency - including financial, housing and legal assistance.

As this team is within Holyoake WCADS, individuals can access our existing therapeutic services such as Art and Exercise Physiology Groups, Mindfulness Programs, Men's Group, and SMART Recovery Groups.



This 12 month pilot program will be available to all residents of Northam and those residing within a 100km radius of Northam town site. Individuals must attend all appointments at the clinic, located in Northam. Our vision is that this evidence-based approach will result in positive outcomes and provide a strong case for continuation and expansion of this service across the state.

For further information please contact reception on 08 9621 1055 or email adminnortham@holyoake.org.au

meetings

NARROGIN INTER-AGENCY GROUP MEETING

Interagency meeting to enhance communication and collaboration of services provided in Narrogin.

Date: 25th September 2017 Time: 10am

Venue: Narrogin Government Offices

Contact: wayde.mclean@dsr.wa.gov.au

NORTHAM YOUTH EDUCATION INTER-AGENCY MEETING

Date: 15th September 2017

Time: 9am - 11am

Venue: Wheatbelt Health Network, Northam

Contact: Sharon Wade

Sharon.Wade@education.wa.edu.au

MERREDIN YOUTH STAKEHOLDER MEETING

Local interagency meeting working towards addressing Alcohol and other Drug, Mental Health & Wellbeing and Suicide Prevention for youth and the broader community of Merredin.

Date: 12th September 2017 Time: 12pm

Venue: Merredin Community Resource Centre

Contact: jdrayton@holyoake.org.au

WA AOD PREVENTION NETWORK TELECONFERENCE

Coordinated by the Mental Health Commission, the Prevention Network aims to assist people working in the alcohol and other drug prevention sector to carry out their role.

Date: 16th November 2017 Time: 10am - 11.30am

Visit <https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/prevention-network/> for registration and more information.

AODMP Update

An Alcohol and Other Drug Management Plan (AODMP) is a localised plan developed to create positive changes in the identified priority areas. If you would like more information in the Wheatbelt please contact Eloise Fewster: efewster@holyoake.org.au

Northam Shire AODMP

PRIORITY AREA 1:

Lack of awareness of alcohol use as a whole of community problem

PRIORITY AREA 2:

Lack of awareness of other drug use as a whole of community problem

PRIORITY AREA 3:

Lack of coordination, collaboration and promotion of AOD prevention and treatment

Moora AODMP

PRIORITY AREA 1:

Moora Needle and Syringe Program

PRIORITY AREA 2:

Acceptance of excessive alcohol use resulting in violence and child neglect

PRIORITY AREA 3:

Lack of coordination, collaboration and promotion of AOD prevention and treatment

Pingelly AODMP

PRIORITY AREA 1:

Responsible provision of alcohol in sporting clubs

PRIORITY AREA 2:

Disengaged youth resulting in antisocial behaviour

PRIORITY AREA 3:

Excessive alcohol and other drug use resulting in violence and child neglect

Next meeting date: 20th October 2017

Next meeting date: 19th September 2017

Next meeting date: To be advised.

wheatbelt suicide prevention plan update

Wheatbelt Suicide Prevention Plan 2016/2017

Mental Health / Suicide Prevention Training

Delivered in the Wheatbelt:

25 Courses (Mental Health First Aid, Gatekeeper, ASIST, safeTALK, Keeping your Farm Business and Community Safe, Youth Suicide Prevention Education sessions, A Way Through (ATSI), Talking about Mental Illness)

Local Suicide Prevention Activities /

Initiatives Delivered in the Wheatbelt:

24 Events (including Mental Health Week Events, Building Strong & Resilient Communities (response to Frost damage), Mental Health Awareness & Suicide Prevention Presentations, Post Natal Depression Week Presentations, Self Care is not Selfish Presentations and Workplace Wellbeing Presentations)

Community Stakeholder Engagement Undertaken:

24 communities

130 stakeholders / agencies

Wheatbelt Suicide Prevention Plan 2017/2018

The Wheatbelt Suicide Prevention Plan 2017/2018 has been submitted to the WA Mental Health Commission and is waiting on endorsement. An update on the 2017/2018 Plan will be provided in the next edition of Yirra Koorl.



Suicide Prevention Coordinator

The Wheatbelt Suicide Prevention Coordinator position is part of the WA Suicide Prevention Strategy 2020: Together we can save lives. This is the State Government's commitment to reducing the number of people who choose to take their own life in WA.

The Wheatbelt Suicide Prevention Coordinator's key roles are:

- Promotion/facilitation of suicide prevention and mental health training to professionals, para-professionals and communities.
- Increasing local communities and service capacity to identify and respond to suicide and related mental health issues.
- Promotion/facilitation of self-help activities and suicide prevention activities for at risk groups
- Providing suicide postvention coordinated responses to families and communities.
- Promotion of mentally healthy workplaces/schools/organisations – through initiatives such as Heads Up, the Mental Health Response Box and resources developed by beyond blue, Youth Focus, SANE and the Black Dog Institute.
- Supporting existing/established working groups/steering communities to better meet the needs of their communities.

- Providing public education campaigns and resources tailored to specific age groups and populations.
- Assisting local capacity building.
- Facilitating effective inter-agency coordination.
- Facilitating events to create community dialogue and inspire action in the area of suicide prevention.
- Collaboration with local stakeholders to strengthen suicide prevention protocols, establish ways to reduce access to means of suicide and map pathways to care to appropriate services and supports.
- Supporting organisations and/or community groups to apply for suicide prevention grants to deliver grass roots suicide prevention initiatives/activities/training.
- Working with communities and key stakeholders to develop a Suicide Prevention Community Plans to deliver community driven suicide prevention activities.

Download the WA Suicide Prevention Strategy 2020 at www.mentalhealth.wa.gov.au/Libraries/pdf_docs/Suicide_Prevention_2020_Strategy_Final_6.sflb.ashx

The development of Suicide Prevention Community Plans will use the LifeSpan model for Suicide Prevention:

LifeSpan: Integrated Suicide Prevention



Improving **emergency and follow-up care** for suicidal crisis

Using **evidence-based treatment** for suicidality

Equipping primary care to **identify and support people** in distress

Improving the competency and confidence of **frontline workers** to deal with suicidal crisis

Promoting **help-seeking, mental health and resilience** in schools

Training the community to **recognise and respond** to suicidality

Engaging the community and providing opportunities to **be part of the change**

Encouraging **safe and purposeful media reporting**

Improving **safety and reducing access to means of suicide**



For further information please visit: <http://www.lifespan.org.au/>

The nine LifeSpan strategies

1 Aftercare and crisis care

A suicide attempt is the strongest risk factor for subsequent suicide. To reduce the risk of a repeat attempt, a coordinated approach to improving the care of people after a suicide attempt is required.

2 Psychosocial and pharmacotherapy treatments

Mental illness including depression is associated with a large portion of suicide attempts. Providing accessible and appropriate mental health care is essential to suicide prevention.

3 GP capacity building and support

Capacity building and education for GPs is one of the most promising interventions for reducing suicide. Suicidal individuals often visit primary care providers in the weeks or days before suicide.

4 Frontline staff and

5 gatekeeper training

Gatekeepers (those who come into contact with at-risk individuals) and frontline workers, such as paramedics, police and emergency department staff may influence a suicidal person's decision to access care. Gatekeeper programs focus on increasing mental health literacy and teaching skills to assess, manage, and provide resources for at-risk individuals.

6 School programs

Schools provide a cost-effective and convenient way of reaching young people. School-based programs are often focused on increasing help-seeking, mental health literacy, and knowledge of suicide warning signs and help strategies.

7 Community campaigns

Community campaigns delivered in conjunction with effective suicide prevention strategies help improve mental health literacy in the general population and underpin suicide prevention and intervention efforts by increasing participation.

8 Media guidelines

Suicidal behaviour can be learned from the media. Media guidelines recommending the responsible reporting of suicide can reduce suicide rates. Safe and quality media coverage can improve awareness and help seeking.

9 Means restriction

Restricting access to the means of suicide is considered to be one of the most effective suicide prevention strategies. With better data and a regional approach, communities can drive local efforts in safety and prevention.

Have your say: Development of the National FASD Strategy 2018-2028

Source: Foundation for Alcohol Research and Education [FARE], 11st August

The Department of Health is undertaking consultations to inform the development of the National Fetal Alcohol Spectrum Disorders (FASD) strategy 2018-2028. The strategy aims to strengthen efforts and address the whole-of-life impacts of FASD; address the whole-of-population issues; support collaborative cross-sectoral approaches required to prevent FASD; and provide information and support for those affected by FASD.

The Strategy will provide a national approach for all levels of government, organisations and individuals on strategies that target the reduction of alcohol-related harms relating to FASD. Your submission could help reduce the prevalence of FASD in Australia and provide advice and linkages on the support available for those affected by the disorder

Make a submission at :

<http://fasdstrategy.questionpro.com/>



National Drug Strategy 2017-2026 released

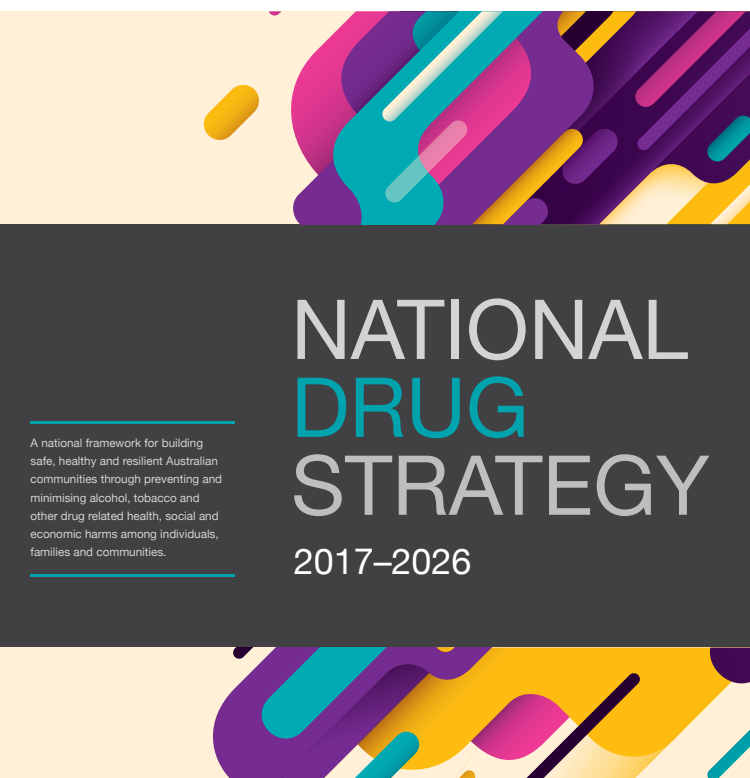
Source: Mental Health Commission

The National Drug Strategy 2017- 2026 has been endorsed by the Ministerial Drug and Alcohol Forum. It outlines the national priorities for preventing and minimising the harms of alcohol, tobacco and other drugs to individuals, families and communities.

The Strategy represents the agreement of all Australian Federal, State and Territory governments on the key policy priorities for the next ten years (2017-2026) and aims to help build safe, healthy and resilient Australian communities.

It was coordinated by the Federal Department of Health and developed in consultation with stakeholders and the public. In Western Australia, the Strategy will be used by the Mental Health Commission to inform State-specific policies and strategies relating to alcohol and other drugs.

Download the Strategy at: www.health.gov.au/drugstrategy



Tips for writing grant applications

1. Read the guidelines carefully
2. Check eligibility and key dates
3. Be clear about the project: what, where, who, why, how
4. Address the criteria and answer all questions
5. Keep responses clear, persuasive and avoid jargon
6. Include testimonials and letters of support
7. Demonstrate thorough planning by covering all aspects and costs
8. Get another opinion, proof read and complete final checks

FRRR Small Grants for Rural Communities

Grants up to \$5,000 are available for projects and activities that offer clear public benefit for communities in rural, regional or remote Australia. Priority is given to communities of 10,000 or fewer people. For further information visit: <http://www.frrr.org.au/grants/small-grants-for-rural-communities-round31>

Applications close on 5th October 2017.

For more information on grants/funding available in Western Australia please visit: <https://www.wa.gov.au/information-about/your-community/grants-funding> or <https://www.dlqc.wa.gov.au/AdviceSupport/Pages/LG-Grants-Directory.aspx>

Mental Health Week Community Grants

Every year, WAAMH provides grants to community organisations to host their own events and activities to spread mental health messages far and wide. Applications are now open for grants towards your Mental Health Week community event.

Download the grant application form at: <https://mhw.waamh.org.au/assets/mhw2017-community-grants-form-2017-08-07-v04.pdf>.

To be eligible:

- Organisations must have an ABN, and be undertaking the project / event in WA
- The planned activity must clearly tie in with the theme for Mental Health Week 2017 and promote positive mental health in the community
- Applications featuring diversified income streams (in-kind support will be considered favourably)

Applications close on 4th September 2017.



training and workshops

The Daring Way

The Daring Way explores topics such as vulnerability, courage, shame and worthiness and how it effects our lives. This 2 day workshop is for carers of persons with a mental health issue.

Date: 6th & 7th November 2017

Venue: Bridgeley Community Centre, Northam

Contact: sharon.karas@mifwa.org.au or 9237 8900

Gatekeeper Suicide Prevention Training Merredin

Suicide Prevention training for professionals and para-professionals who work with 'at risk' individuals.

Date: 18th & 19th October 2017

Venue: Merredin Community Resource Centre

Contact: Jdrayton@holyoake.org.au

Cost: Free

safeTalk Training – Bakers Hill

This half day training in suicide alertness is for community members.

Date: 17th November 2017

Venue: TBA

Contact: sharon.karas@mifwa.org.au or 9237 8900

Workshop: An introduction to AOD prevention within communities (ST275)

This workshop will provide an introduction to the principles and models to understand and apply evidence-based prevention strategies in your community to address AOD-related issues.

Date: 11th & 12th October 2017 Time: 9am - 4.30pm

Venue: Mental Health Commission,
1 Nash St, Perth WA

Register online: <https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/alcohol-and-other-drug-training/>

Gatekeeper Suicide Prevention Training Narrogin

Suicide Prevention training for professionals and para-professionals who work with 'at risk' individuals.

Date: 20th & 21st November 2017

Venue: Wheatbelt District Education Office
Conference Room - Narrogin

Contact: Jdrayton@holyoake.org.au

Cost: FREE

Wheatbelt Mental Health Managers Training Expo

Date: 16th November 2017

Venue: Bridgeley Community Centre – Northam

Contact: Andrew.Heath@health.wa.gov.au or
(08) 9690 2888

Dowerin Field Days

Date: 30th & 31st August 2017

Website: www.dowerinfielddays.com.au

Newdegate Machinery Field Days

Date: 6th & 7th September 2017

Website: <http://nfdays.com.au>

Kellerberrin Community Information Day

This event for people residing in Kellerberrin and surrounds. Service providers will present an overview of services and supports available in the Wheatbelt.

Date: 5th September 2017

Contact: Heather Sharman on 0427 454 598 or email servicesinthebush@bigpond.com

MIFWA:

Northam Walking Group for Carers

This group meets on the third Thursday of every month.

Contact: Andrew McCann on 0437 924 892 or email Andrew.mccann@mifwa.org.au

Northam LDAG 'Pause for Cause'

Join this exciting 'Flash Mob' style pregnant pause for 99 seconds to raise awareness of Fetal alcohol Spectrum Disorder (FASD).

Date: 8th September 2017 Time: 9.09am

Venue: Old Fitzgerald's hotel site, Avon Street.

Contact: Rose Power on 0427 479 781

Act Belong Commit

Kellerberrin NAIDOC Celebration Day

This free family friendly event includes a flag raising ceremony and activities.

Date: 21st September 2017 Time: Flag raising ceremony at 10.30am

Venue: Flag ceremony at Shire of Kellerberrin, activities to follow at Kellerberrin Noongar Centre.

Lancelin Health & Wellbeing Expo 2017

Date: 23rd September 2017

Contact: Lancelin Community Resource Centre on 08 9655 2033 or email reception@lancelin.net

MENTAL HEALTH WEEK 2017

In 2017, Mental Health Week will celebrate 50 years of promoting mental health awareness and helping reduce stigma in WA. There will be two complementary themes:

- Connect with nature, connect with community, connect with self for mental wellbeing;
- Connect with country, connect with community, connect with you for strong social and emotional wellbeing.

Date: 7th to 14th
October 2017



Mental Health Week events in the Wheatbelt

7th Oct: Narembeen – Ladies Long Table Lunch in conjunction with the Narembeen CRC

9th Oct: Merredin – Community events targeting priority sub-populations in conjunction with WACHS Eastern Wheatbelt

10th Oct: Narrogin – Early Years Networks/Mothers Group Presentations in conjunction with Amity Health and WA Country Health Service

13th Oct: Shire of Pingelly – A Morning of POSitiviTEA

13th Oct: Narrogin SHS – Resiliency & Self Esteem Presentation

If you would like to schedule a Mental Health Week event in your community or organisation and would like a presentation/talk from the Wheatbelt Suicide Prevention Coordinator please contact Jo Drayton on 0436 000 514 or email JDrayton@holyoake.org.au as soon as possible.

Mental Health Week Community Grants are available, please see the Grants section of this Newsletter for more information.

Mental Health Week Competition for Primary and Secondary Schools

Act-Belong-Commit invite students to make an A4 poster showing how they act, belong and commit towards better mental health.

- This competition is open to all WA primary and secondary school students
- 5 finalists will be selected from which the public vote for a winner during Mental Health Week
- The winner will receive a \$50 book voucher and an Act-Belong-Commit prize pack
- All finalists will receive certificates

Download the entry form and guidelines at: http://www.actbelongcommit.org.au/images/School_Poster_Competition_2017.pdf

**FASD Day:**

9th September 2017
More information:

www.nofasd.org.au

World Suicide Prevention Day:

10th September 2017

More information:

wspd.org.au/

RU OK Day:

14th September 2017
More information:

<https://www.ruok.org.au>

MIFWA Carers Week Event:

19th October 2017

Fish & Chips at Fremantle
Fishing Boat Harbour.

Leaves Northam at 9am.

Contact:

Andrew.mccann@mifwa.org.au

or call 0437 924 892

Local Drug Action Groups (LDAG):

More information:

<http://localdrugaction.com.au>

DRUMBEAT Facilitator Training Workshop:

27th - 29th November 2017

More information:

www.holyoake.org.au/drumbeat

If you're
pregnant,
no alcohol
is the safest
choice.

Visit alcoholthinkagain.com.au
for more information.

alcoholthinkagain

YIRRA KOORL

looking forward



support services

Wellness Day in Watheroo, 21st May 2017

Rural Link: 1800 552 002 (24 hours)

Mental Health Emergency Response Line:

1300 555 788

www.mentalhealth.wa.gov.au

Suicide Call Back Line:

1300 659 467

www.suicidecallbackservice.org.au

LifeLine: 13 11 14 (24 hours)

www.lifelinewa.org.au

Mensline: 1300 789 978 (24 hours)

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: yirraoorl@holyoake.org.au

Phone (08) 9621 1055

Holyoake Community Alcohol & Drug Service

4 Elizabeth Place, NORTHAM, WA 6401

YIRRA KOORL SUBSCRIPTION

If you would like free issues of
our newsletter for yourself and
anyone else please

[click here](#)

and send us names and contact details.