



# YIRRA KOORL

## *looking forward*

YOUR WELLBEING AND PREVENTION UPDATE FOR THE WHEATBELT - MARCH 2018

## INTRODUCING WELLBEING PLANS THAT ADDRESS AOD AS WELL AS SUICIDE PREVENTION

Holyoake's Wheatbelt Community Alcohol and Drug Service (WCADS) Prevention Team has introduced a combined Suicide Prevention & Alcohol and Other Drug (AOD) Management Plan in the community of Pingelly. This is the first of its kind in WA.

The team has also supported the development of AOD Management Plans in the communities of Moora, Northam, and Local Drug Action Groups in Northam and Lake Grace.

The Prevention Team supports Wellbeing Plans at a community stakeholder/organisational level. This includes providing information, resources and advice about evidence-based best practice in injury prevention and harm minimisation to add value to locally owned initiatives to reduce the risk of harm to individuals, families and the community.

The development of these plans includes a thorough local consultation process. Key priority areas are identified, which can align specifically with alcohol and other drug prevention, suicide prevention, mental health and wellbeing or a combination of all three. A Community Perception Survey is also undertaken to gain an understanding of the communities' perception of issues/concerns, and to evaluate and measure the locally developed plan.

The Mental Health Commission's Alcohol Think Again, Drug Aware, and Think! Mental Health campaigns are embedded in the plans. This enables local communities to add value and localise these campaigns to reach their community or gain greater exposure at local events and initiatives.

Pingelly's Wellbeing Plan has been showcased as an effective way forward in combining AOD Management & Suicide Prevention.

Key stakeholders in Pingelly have driven the plan which ensures that all priority areas and strategies are developed at a grass roots level and are achievable.

Wellbeing Plans have been recognised as best practice, and the WCADS Prevention Team was announced as a finalist at the 2018 AOD Awards. The team was also invited to make presentations to the Ministerial Council for Suicide Prevention, and the WA AOD Prevention Network meetings.

The Pingelly Wellbeing Plan committee has kindly agreed to share their plan as an example of achieving effective prevention across these two important areas. If you would like a copy or more information about developing a Wellbeing Plan that focuses on both AOD Management & Suicide Prevention in the Wheatbelt, please contact Eloise Fewster [EFewster@Holyoake.org.au](mailto:EFewster@Holyoake.org.au) or Jo Drayton [JDrayton@Holyoake.org.au](mailto:JDrayton@Holyoake.org.au)

Welcome to 2018, the WCADS Prevention Team is looking forward to building on existing inter-agency relationships and forging new collaborative partnerships during the year.

The Mental Health Commission has approved the Prevention Plans of both the Wheatbelt Suicide Prevention Coordinator and the Alcohol and Other Drug Prevention Officer. We have started implementing evidence-based initiatives and training throughout the Wheatbelt.

Another key focus will be localising current Mental Health Commission campaigns and community kits into communities to raise awareness, inform, advise, build capacity and debunk myths and misconceptions.

If you would like more information on either the Prevention Plan or state-wide campaigns, please contact Eloise Fewster [EFewster@Holyoake.org.au](mailto:EFewster@Holyoake.org.au) or Jo Drayton [JDrayton@Holyoake.org.au](mailto:JDrayton@Holyoake.org.au)

## 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 this conference. 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:** <http://2018aodconferencewa.com.au/>

## Wheatbelt Conference 2018

This is an opportunity to network with key stakeholders and discuss transitioning regional economies to remain sustainable in an increasingly global marketplace.

**Date:** 5th & 6th April, 2018

**Location:** Jurien Bay Recreation Centre

**Contact:** Helen Westcott [hwestcott@wsquared.com.au](mailto:hwestcott@wsquared.com.au)



This biennial conference will feature a full and dynamic program to meet the diverse interests and professional requirements of the multitude of people working in the community sector - from front line staff, to policy makers, senior managers and board members.

Making PLACE is about:

**People** making a difference

**Leveraging** opportunities

**Aspiring** to a better world

**Connecting** with others

**Enacting** bold initiatives together

that create the places to thrive in

**Date:** 1st-3rd May, 2018

**Location:** Perth Convention & Exhibition Centre

**Website:** <http://wacoss.org.au/event/wacoss-conference-2018/>

## Wheatbelt Masquerade Ball



The Wheatbelt Masquerade Ball was held on 17th February 2018 in Greenhills. This event was initiated and organised by Rosie McCartney, a young Welsh backpacker who has been bereaved by suicide and also had suicidal idealisations herself.

The event was very successful with 150 tickets sold and coupled with a charity auction managed to raise \$9,400 that will be used for suicide prevention and postvention in the Wheatbelt.

Rosie also wrote and recorded a song "It's OK" which can be played at: <https://soundcloud.com/rosieboomccartney/its-ok>

This is an excellent example of a grass roots initiative developed by one person wanting to make a difference. We wish Rosie all the very best for the future and hope that she one day returns to Australia to witness first-hand the difference she has made.



## Holyoake WCADS Outreach Service Locations

Holyoake is a leading provider of counselling and support services for people affected by AOD, and operates the WCADS. We have bases in Northam, Merredin and Narrogin in the Wheatbelt, and provide outreach services on a regular referral basis to the following locations:

Town	Days	Town	Days
Ballidu	On referral	Merredin	Weekly base
Bencubbin	On referral	Moora	Weekly
Beverley	On Referral	Mukinbudin	On referral
Bindoon	On referral	Narembreen	On referral
Boddington	Fortnightly	Narrogin	Weekly base
Brookton	Fortnightly	Narrogin Court	Fortnightly
Bruce Rock	Weekly	Newdegate	On referral
Corrigin	Fortnightly	Northam	Weekly base
Cunderdin	On referral	Nungarin	On referral
Dandaragan	On referral	Pingelly	Weekly
Dalwallinu	Fortnightly	Quairading	On referral
Dowerin	Weekly	Shackleton	On referral
Dumbleyung	Fortnightly	Southern Cross	Fortnightly

Town	Days	Town	Days
Gingin	On referral	Tammin	On referral
Goomalling	Weekly	Toodyay	Weekly
Hyden	Fortnightly	Trayning	On referral
Jurien Bay	Fortnightly	Wagin	Weekly
Kellerberrin	Weekly	Wandering	On referral
Koolyanobbing	On referral	Wickepin	On referral
Koorda	On referral	Williams	Weekly
Kondinin	Fortnightly	Wongan Hills	Weekly
Kukerin	Fortnightly	Wyalkatchem	Fortnightly
Kulin	Fortnightly	York	Weekly
Kununoppin	On referral		
Lancelin	Fortnightly		
Lake Grace	Fortnightly		

We offer counselling and support to people who may be experiencing problems with their own or someone else's substance misuse. Individual counselling is available along with specially designed programs to assist individuals and their families to cope with the consequences of AOD use. We offer a range of programs which include:

### Men's and Women's Groups

We offer confidential and non-judgemental men's and women's groups to support the journey of individuals experiencing issues arising from AOD use.

### Youth Counselling

We offer young people valuable information, counselling and education about the effects of AOD use. We support and empower them to make informed choices and decisions.

### Court Diversion Programs

Our Specialised Court Diversion Officers attend court in Northam, Narrogin, and Moora. They support people who may wish to participate in programs such as Pre-sentence Opportunity Program (POP), Supervised Treatment Intervention Regime (STIR) and Young Persons Opportunity Program (YPOP).

### Referral to other Agencies

We may refer clients to other specialised services either locally and outside the Wheatbelt region for services such as specialised detoxification units and residential rehabilitation.

## Wheatbelt Suicide Prevention Plan Update

Educating professionals and the general public about suicide risk factors and what to do when someone is suicidal is an integral part of effective suicide prevention. Effective communication, community engagement and evidence based training/education is used to mobilise professionals and the community by creating an appetite for change.

Suicide prevention and mental health training aims to upskill professionals and the community. It can increase personal resilience and competence in supporting and identifying someone with suicidal ideation or suicidal behaviour. Education in suicide prevention can:

- Increase an individual's capacity to recognise the signs and symptoms of mental illness and assist in stigma reduction
- Enable people to be more supportive of peers and colleagues who may be experiencing distress, right through to discussing suicide with someone who may be at risk
- Improve the ability to identify protective and risk factors, awareness of warning signs and the ability to refer people who are at risk or experiencing a crisis to the appropriate professional help.



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## beyondblue welcomes National Education Initiative funding extension

The National Education Initiative will support early learning and school communities – school principals and teachers, service managers and staff, parents and carers. This initiative will support the mental health of Australian children and young people from the day they enter the education system to the end of year 12.

beyondblue is leading this initiative with the support of Early Childhood Australia and headspace. It is currently in the development and design phase and will be available free to all early learning services, primary and secondary schools from August 2018. It will:

- Provide online and on-the-ground information, support and advice to promote and maintain good mental health practices among staff and students
- Help schools to support those experiencing a mental health issue
- Provide crisis support in the event a secondary school community experiences a suicide

This is a timely initiative as research shows that 1 in 7 children in Australia has had a mental health disorder in the past 12 months and half of all mental health issues emerge before the age of 14.







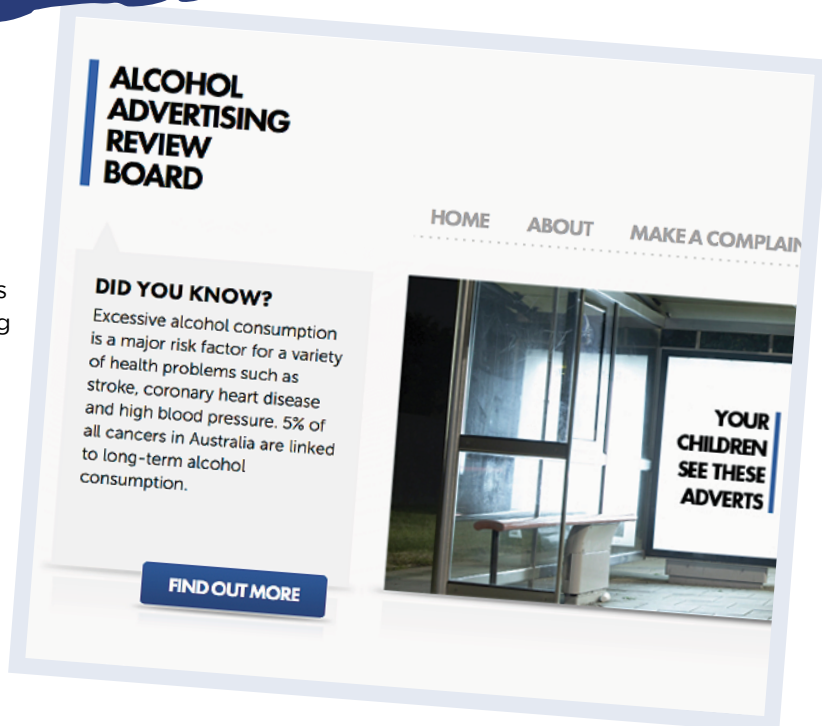
## Take Action on Alcohol Advertising

(Source: Alcohol Advertising Review Board <https://www.alcoholadreview.com.au/>)

Alcohol advertising in Australia is currently self-regulated by the alcohol and advertising industries. This system is voluntary; there are no penalties for breaching the alcohol advertising code and the system excludes major forms of advertising such as event sponsorship.

The Alcohol Advertising Review Board accepts complaints about alcohol ads from the Australian community. All you need is a picture or link to the ad and briefly explain why it concerns you and:

- Email [complaints@alcoholadreview.com.au](mailto:complaints@alcoholadreview.com.au)
- Fill in the online form at [www.alcoholadreview.com.au/make-a-complaint/](http://www.alcoholadreview.com.au/make-a-complaint/)
- Call (08) 9266 7117



## Volatile Substance Use



(Source: Mental Health Commission)

Volatile Substance Use (VSU) is the deliberate inhalation of substances - which produce a vapour or gas at room temperature - for their intoxicating effects. It is commonly referred to as 'sniffing', 'solvent use', 'inhalant use' or 'chroming'.

All volatile substances such as aerosols, solvents and gases have legitimate uses and can be legally purchased from a wide range of retail outlets. They can also be found in and around most homes, businesses and industrial sites.

VSU tends to be episodic, occurs in cycles and is often highly localised in nature. It occurs in urban, regional and remote areas; however patterns within these settings tend to differ. While the overall number of volatile substance users may not be large, it can have a disproportionate effect on a community.

Research indicates that most VSU commonly occurs among young people from the ages 12-16 years, and that it steadily decreases with age. The majority of people cease use after a short period of time with only a small minority continuing on to long-term or chronic use.

While VSU occurs across all socio-economic groups and is an issue for both Aboriginal and non-Aboriginal people, research indicates that prevalence of VSU is highest among young people from socio-economically deprived and marginalised groups, and that rates are particularly high among Aboriginal and Torres Strait Islander people (National Health and Medical Research Council, 2011).

VSU can be a hidden activity, and the extent occurrence in any given location can be difficult to determine. If you witness or become aware of an incident in the Wheatbelt, please contact [AdminNortham@Hollyoake.org.au](mailto:AdminNortham@Hollyoake.org.au) for an incident report form. This information will be helpful in determining the extent of VSU in the Wheatbelt.

For information on signs and symptoms of VSU and state laws, visit: <https://vsu.mhc.wa.gov.au/>

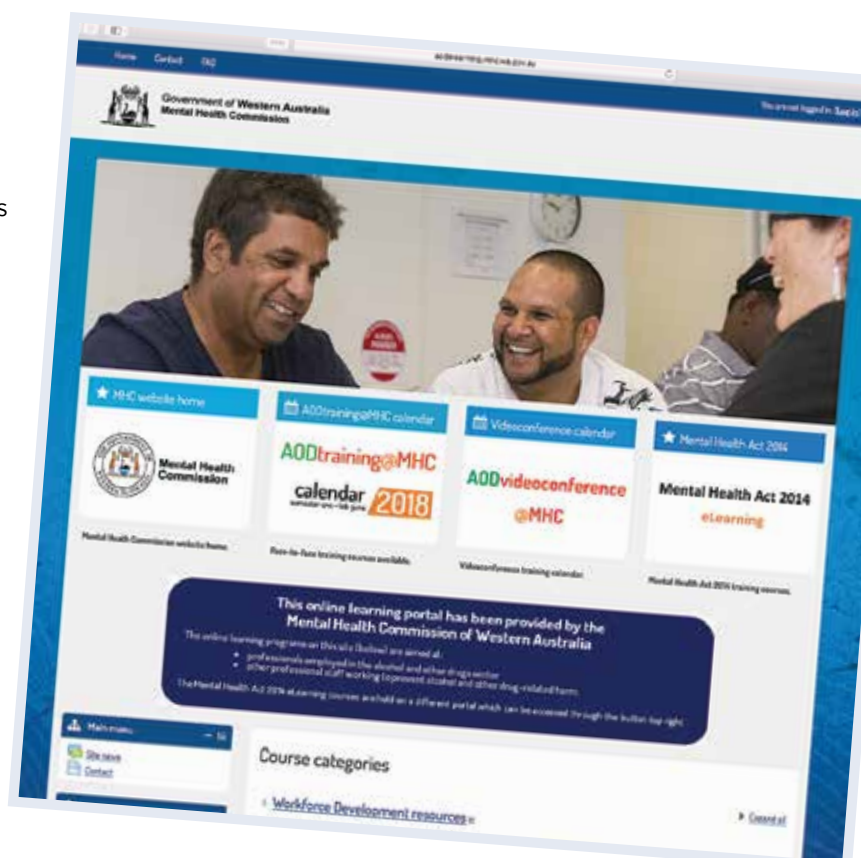
## Updated Online NSP Training

The Sexual Health and Blood-borne Virus Program - in collaboration with the Mental Health Commission - recently updated the Online Needle and Syringe Program (NSP) orientation and training package. This is available at <http://aodelearning.mhc.wa.gov.au/>

This 3-hour online training package aims to enhance the knowledge, confidence and skills of health workers who deliver NSP services. It can be undertaken by those who are new to working in NSP, as a refresher for those who work in NSP and/or have attended face-to-face NSP coordinator training in the past, or anyone interested in learning about NSP.

This program is endorsed by the Australian College of Nursing (ACN) as per their Continuing Professional Development Endorsed Course Standards. It has been allocated 3 CPD hours by the Nursing and Midwifery Board of Australia - Continuing Professional Development Standard.

For more information, please call 08 9388 4841 or email [nsp@health.wa.gov.au](mailto:nsp@health.wa.gov.au)



## WA Banksia Hill Project shows 1 in 3 youth in detention have FASD

(Source: Telethon Kids Institute)

The Banksia Hill Project is the first study in Australia to assess and diagnose young people in a youth custodial facility for Fetal Alcohol Spectrum Disorder (FASD). This neurodevelopmental disorder is caused when an unborn child is exposed to alcohol in the womb.

A Telethon Kids research team led by UWA Professor Carol Bower and Clinical Associate Professor Raewyn Mutch spent two years working with 99 young people aged between 10-17 years who were incarcerated in the Banksia Hill Detention Centre.

The research found that almost 89% were severely impaired in at least one area of brain function and 36% had FASD. The study authors noted that this is the highest known rate of FASD among any population involved in the justice system worldwide.

A paper detailing the team's findings was published in the BMJ Open: <http://bmjopen.bmj.com/content/8/2/e019605>



Bower C, Watkins RE, Mutch RC, et al. Fetal alcohol spectrum disorder and youth justice: a prevalence study among young people sentenced to detention in Western Australia. *BMJ Open* 2018;8:e019605. doi: 10.1136/bmjopen-2017-019605

## Dream It Forward Grants

The 2018 round of Dream it Forward small grants program is now open. It focuses on the social and emotional wellbeing of Aboriginal and Torres Strait Islander people, families, and communities in WA.

Dream it Forward projects keep culture strong and are based on needs identified by community, for community, and delivered by community. Grants are capped at \$7000 and the application deadline is 1st March, 2018.

For further enquiries, email [christine@connectgroups.org.au](mailto:christine@connectgroups.org.au) or visit [www.connectgroups.org.au/services/current-projects/dream-it-forward/](http://www.connectgroups.org.au/services/current-projects/dream-it-forward/)

## The Ian Potter Foundation – Community Wellbeing Grants

These grants support organisations that deliver early intervention programs in the community such as:

- Transitioning from detention under the justice system
- Reducing long-term unemployment with a focus on youth
- Assisting families at risk of, or experiencing, family violence to improve financial skills and maintain suitable, safe accommodation

Grants from \$100,000 are available. Expressions of interest open on 26th March 2018 and applications close on 20th April 2018. More details at [www.ianpotter.org.au/what-we-support/community-wellbeing/](http://www.ianpotter.org.au/what-we-support/community-wellbeing/)

## Shire of Northam 2018/2019 Community Grants

Community Grants are available to non-profit community based organisations, sporting groups and schools that implement a project or an event that is of benefit to the community. The Shire of Northam will favourably view initiatives that clearly demonstrate their benefit to the community, have additional funding partners and have a degree of sustainability.

As well as applying for small non-recurring community grants for one-off initiatives, groups can apply for sponsorships, scholarships, donations, prizes or other support and assistance through this program.

This grant round is now open. For more information visit: [www.northam.wa.gov.au/community/funding-opportunities/community-grants.aspx](http://www.northam.wa.gov.au/community/funding-opportunities/community-grants.aspx)

## DCA Community Engagement Grants Program

Funding of up to \$40,000 is available for activities that promote the participation and active engagement of WA communities in arts and culture. The activities must deliver on one or more of the following objectives:

- Promote or facilitate greater engagement of WA communities in arts and culture
- Deliver artistic, cultural and social outcomes for the community through the art
- Provide opportunities for communities to create and share their stories
- Encourage communities to engage with and express their culture
- Increase the relevance and accessibility of arts and culture within communities

Register or Log in to Online Grants to apply online <https://onlinegrants.dca.wa.gov.au>

Contact a Grants and Programs Officer if you need assistance <http://www.dca.wa.gov.au/contact-us/grant-contacts>

## Sisters of Charity Foundation Grant

This Foundation provides grants of up to \$10,000 to smaller grass-roots organisations that restore hope and build dignity. Priority is given to programs that fall between the cracks of other funding sources, are not associated with well-established organisations with significant reserves or are not capable of raising their own funds, and are not eligible for funding from government or other sources.

For more information visit [www.sistersofcharityfoundation.com.au/applying-for-grants/](http://www.sistersofcharityfoundation.com.au/applying-for-grants/)

## Successful Suicide Prevention Grants

Congratulations to the Shire of Pingelly, the Shire of Victoria Plains and the Lake Grace Community Resource Centre who were all successful in obtaining suicide prevention grants during the last grant round from the Mental Health Commission. The Wheatbelt Suicide Prevention Coordinator will be working collaboratively with the successful recipients to roll out suicide prevention training and mental health literacy during 2018.

## State Government Grants

[www.dlgs.wa.gov.au/AdviceSupport/Pages/LG-Grants-Directory.aspx](http://www.dlgs.wa.gov.au/AdviceSupport/Pages/LG-Grants-Directory.aspx)



## Recognising and Responding to Amphetamine Intoxication/Toxicity & Opioid Overdose

This free training is for first responders and front line workers and will be facilitated over two evening sessions (attendance at both sessions is required).

**Date:** 16th & 17th April 2018

**Venue:** Southern Cross – TBA

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

This training is designed by the WA Mental Health Commission's Workforce Development Team. It is available for appropriate agencies and organisations in the Wheatbelt, and participants will be introduced to:

- 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 and issues pertinent to event/festival settings

If you are interested in organising this training in your community, please send your expression of interest to Eloise Fewster [EFewster@Holyoake.org.au](mailto:EFewster@Holyoake.org.au)

## Mental Health Commission AOD Training

The Mental Health Commission's Workforce Development Team develops and delivers a range of training focussing on AOD and related harms. All trainers are experienced AOD clinicians and trainers. Training can be delivered through face-to-face sessions, workshops, video conferencing and online learning.

To view the AODtraining@MHC calendar visit: [www.mhc.wa.gov.au/training-and-events/training-for-professionals/alcohol-and-other-drug-training/](http://www.mhc.wa.gov.au/training-and-events/training-for-professionals/alcohol-and-other-drug-training/)

In addition, this team can develop bespoke training on AOD and mental health issues to meet specific needs of agencies. For more information, contact [AOD.training@mhc.wa.gov.au](mailto:AOD.training@mhc.wa.gov.au) or call (08) 6553 0560.

## Online Webinars

NHMRC Centre of Research Excellence in Mental Health and Substance Use has a number of recorded webinars on identifying, managing and treating co-occurring mental and substance use disorders. For more information visit <https://cormorbidity.edu.au/training>

## Applied Suicide Intervention Skills Training (ASIST)

This 2-day workshop teaches participants to recognise when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. Participants will learn to:

- Understand how personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first-aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required for implementation
- Appreciate the value of improving and integrating suicide prevention resources in the community
- Recognise other important aspects of suicide prevention including life-promotion and self-care

## safeTALK Training

This half day training in suicide alertness helps participants to identify people with thoughts of suicide and connect them to helpful resources. No formal preparation is required to attend this training - anyone aged 15 or older can learn the safeTALK steps. Participants will learn to:

- Notice and respond to situations where suicidal thoughts may be present
- Recognise that invitations for help are often overlooked
- Move beyond the common tendency to miss, dismiss and avoid suicide
- Apply the TALK steps: Tell, Ask, Listen, Keep safe
- Connect someone with thoughts of suicide to community resources for further suicide-safer help

If you feel there is adequate interest in your community for ASIST or safeTALK training, please send your expression of interest to Jo Drayton [JDrayton@holyoake.org.au](mailto:JDrayton@holyoake.org.au)

## School Drug Education and Road Aware (SDERA) consultants:

- Northern Wheatbelt: Rose Power  
[Rose.Power@education.wa.edu.au](mailto:Rose.Power@education.wa.edu.au)
- Southern Wheatbelt: Ann Rintoul  
[Ann.Rintoul@education.wa.edu.au](mailto:Ann.Rintoul@education.wa.edu.au)

## WA Youth Week

13th - 22nd April

## Safety in School Resource Kit

This free resource has been developed by Kidsafe WA with the support of Healthway and is available to primary schools across WA. For more details contact Anita Tsvetkov [Anita@kidsafewa.com.au](mailto:Anita@kidsafewa.com.au)

## World Health Day

7th April

**Holyoake's DRUMBEAT** is the world's first structured learning program using music, psychology and neurobiology to reconnect with ourselves and others. Perth facilitator workshop: 12-14th June [www.holyoake.org.au/drumbeat/](http://www.holyoake.org.au/drumbeat/)

## Australian Men's Health Forum

This peak national forum promotes social approaches to male health and wellbeing.

<http://www.amhf.org.au/>

## NHMRC Centre of Research Excellence in Mental Health and Substance Use

provides up to date information on AOD and mental health at a national level.

<https://comorbidity.edu.au/project/prevention>

## Cracks in the Ice mobile app

This free online toolkit provides trusted, evidence-based information and resources about crystal methamphetamine (ice). <https://cracksintheice.org.au/>

## World No Tobacco Day

31st May

**AOD Media Watch** aims to improve reporting of AOD issues by highlighting stories that contain misinformation, perpetuate unnecessary moral panic and stigma. <http://aodmediawatch.com.au>

No one  
should  
supply  
alcohol to  
under 18s.

**alcohol**thinkagain

[alcoholthinkagain.com.au](http://alcoholthinkagain.com.au)





# 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

**National Alcohol and Other Drug Hotline:** 1800 250 015

## subscription, queries and submission information

Email: [yirraoorl@holyoake.org.au](mailto:yirraoorl@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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and send us names and contact details.