

# YIRRA KOORL

looking forward

## YOUR WELLBEING AND PREVENTION UPDATE FOR THE WHEATBELT - AUGUST 2021

Welcome to the August issue of Yirra Koorl. It is the *Djilba* season - a transitional time of the year, with some very cold and clear days combining with warmer, rainy and windy days.

It is also the season for Field Days in the Wheatbelt - especially Dowerin Field Days and Newdegate Field Days. The WCADS Prevention Team will be at both events - so if you are attending, please visit the Lifestyle Pavilions and chat to our health professionals. We will have a range of health promotion and prevention fact sheets, information, booklets and giveaways.

As the days get warmer and we increase our social interactions, please remember to practice good hand hygiene to ensure that WA remains a safe place to live.

This bumper issue highlights the use of social media in health promotion and prevention. If this is undertaken safely and co-designed with young people, it can be a very effective resource. It is the ideal place to engage with young people and those living in rural and regional areas to deliver health messaging.

Our *Within REACH* social media campaign and *Within Your Wallet* initiative are good examples. They aim to improve the health of adolescents and young people, while also playing a key role in an educational context.

As always, Yirra Koorl offers you plenty of useful information such as wellbeing plans, updates, training opportunities, grants, documents, resources, events and support services. We hope you enjoy reading this issue.

- The Editorial Team

### A HEALTHIER FUTURE FOR YOUNG PEOPLE IS *WITHIN REACH*



The popularity of social media among young people is growing rapidly as they spend hours scrolling through their phones and devices. This is why the Wheatbelt Community Alcohol and Drug Service (WCADS) Prevention Team has developed a social media campaign called *Within REACH* to ensure that young people have access to reliable information.

Jessica Daniels, WCADS Health Promotion Officer, developed this campaign as part of her Australian Health Promotion Scholarship, funded by Healthway WA. She developed the Youth Early Intervention Social Media

Project (YEISMP) over the duration of her 6-month scholarship. This project uses the power of social media to provide a health and wellbeing resource for young people aged 12-18 living in the Wheatbelt.

The name *Within REACH* was developed in consultation with young people. It reflects the campaign's key outcomes: Resilience, Empowerment, Action, Connection and Health.

*Within REACH* was co-designed with young people to ensure that the campaign would resonate with the target audience through relevant, engaging and helpful content. Workshops with Year 7-10 students were conducted at Boddington District High School, Brookton District High School, and Narrogin Senior High School. They provided insights about their concerns, areas of health/life they would like more information on, and their favourite social media platforms.

Young people are exposed to plenty of inaccurate and unsafe information on social media. *Within REACH* now gives them access to reliable, evidence-based information to support and guide them to make positive and healthy life choices. Weekly posts include links to trustworthy websites and helplines, infographics and strategies to improve health and wellbeing.

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# cover story

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Topics include alcohol and illicit drug use; mental, physical and sexual health; social and emotional wellbeing; personal and online safety; life skills and career information for life after school.

*Within REACH* is also collaborating with *Within Your Wallet*, a diversionary project co-ordinated by Jo Woodruff, WCADS Alcohol and other Drugs (AOD) Prevention Officer. This project aims to minimise AOD use and increase

protective factors among young people by providing access to diversionary activities at subsidised cost. It also increases awareness of AOD and mental health services.

*Within REACH* can be accessed on Instagram and Facebook by searching @withinreachwheatbelt

For more details, please email [WCADSPrevention@holyoake.org.au](mailto:WCADSPrevention@holyoake.org.au)

## alcohol and other drug news/updates

### WITHIN YOUR WALLET - YOUTH EARLY INTERVENTION PROJECT



Holyoake's WCADS Prevention Team has been coordinating and managing a range of initiatives in the AOD harm minimisation and suicide prevention space. The latest initiative is the Youth Early Intervention Project which is funded by the Alcohol & Drug Foundation (ADF), and auspiced by the Pingelly Brookton Local Drug Action Team (LDAT). This project aims to support young people aged 11-18 years in the southern Wheatbelt to:

- Minimise the use of AOD
- Increase protective factors that minimise AOD use and improve mental health
- Increase engagement in diversionary activities
- Reduce social isolation

- Promote local, state and national AOD and mental health services

In keeping with the project's aim, we have developed innovative wallet cards which offer multiple advantages:

1. Information about youth-specific helplines, websites, chatlines, and crisis lines
2. QR code that links to the *Within REACH* Instagram page
3. QR code that links to a digital calendar with youth activities and event details
4. Free access to programs such as 3-on-3 social basketball, mixed netball, Wi-Fi at CRCs, swimming, movie nights, court hire, and gym/class passes
5. Bus transport for young people from outlying communities to specific activities.

The wallet cards have been delivered free of cost to 1,270 students in secondary schools in the Southern Wheatbelt. For more details, please call 0475 506 963 or email [jwoodruff@holyoake.org.au](mailto:jwoodruff@holyoake.org.au)

## DRUG AWARE 'LITTLE WHITE LIES' CAMPAIGN

This campaign is the second phase of the Generic Drugs '78% Don't Use' campaign which was launched on 18 August 2019 and ran on social media, online, radio and out-of-home media. It aligns to Drug Aware's Action Area One which aims to reduce and delay an individual's intent to use illicit drugs.

Young people tend to overestimate the number of other young people who use drugs. They also overestimate the number of young people who think that using drugs is acceptable and normal. We know that correcting misinformation is really important when providing information about AOD, which is why the 'Little White Lies' campaign is so important. It targets the social norms element of behaviour change theory and aims to:

- Increase awareness among young people that 4 out of 5 people aged 15-24 years don't use illicit drugs
- Increase the belief that drug use during adolescence is not the 'norm'

The campaign aims to target those aged 16-22 years who are using drugs now, thinking about using drugs, or will be in a situation where drugs are offered. For more information, please visit: <https://bit.ly/37FvQeE>



## ANNIVERSARY: MANDATORY VISIBLE HEALTH WARNINGS ON ALCOHOL PRODUCTS

Last week we celebrated the one-year anniversary of a huge milestone in the fight for an Australia free from alcohol harm. After more than 20 years of research and advocacy by health groups, community organisations and people with Fetal Alcohol Spectrum Disorder and their families, visible health warnings were made mandatory on alcohol products.

Soon all alcohol products sold in Australia will carry the warning that alcohol can cause lifelong harm to babies if used during pregnancy. We hope to see the labels on all alcohol products in Australia well before the 31 July 2023 deadline!

More information on the campaign can be accessed via:

<https://fare.org.au/labelling-campaign/>





## NEW ALCOHOL GUIDELINES

Australians are being urged to consider the size of their glasses as a recent survey showed that more than half of us don't know what a standard drink is and aren't aware of the drinking guidelines. The new alcohol guidelines were developed by the National Health and Medical Research Council (NHMRC) to help Australians make informed decisions on their alcohol use. The guidelines are:

- To reduce the risk of harm from alcohol-related disease or injury - including cancer - healthy adults should drink no more than 10 standard drinks per week and no more than 4 standard drinks on any one day.
- Anyone under 18 should not drink alcohol to reduce the risk of injury and harm to the developing brain, and reduce the likelihood of riskier levels of drinking when they are older.
- Women who are pregnant, or planning a pregnancy, should not drink alcohol to reduce harm to their unborn child.

- Women who are breastfeeding should avoid drinking alcohol as it is safest for the health and development of their baby.

A standard drink may be less than you think. One standard drink consists of 10g of alcohol and equates to 285ml of full-strength beer, a 100ml glass of wine or 30ml of spirits. More information and useful resources are available on the ADF website at: <https://bit.ly/2U3lwZA>.



## DRINK SPIKING – WE NEED TO TALK ABOUT IT!

Drink spiking occurs when a person deliberately adds alcohol or another drug to someone's drink without them knowing. It is illegal in Australia; penalties include fines and imprisonment. Sometimes people spike drinks as a prank, but sometimes it is used to assault or rob someone. Estimates suggest that one-third of drink spiking incidents are associated with a sexual attack.

Usually, drinks are spiked with alcohol. Despite recent media reports, drink spiking with drugs like GHB and Rohypnol® is actually quite rare. If drugs are used, they are usually depressants that make the person feel drunk, or about to pass out. The drug or extra alcohol in the drink could be colourless, odourless and tasteless, so it is not always easy to know if the drink has been spiked. Warning signs include:

- feeling dizzy or faint
- feeling ill or sleepy
- feeling drunk even after a little alcohol is consumed
- passing out
- waking up feeling uncomfortable and confused, with memory blanks about the night before.

### Keeping safe

Nobody should feel like it is their responsibility to prevent their drink being spiked, and it is never a person's fault if they are the victim of a drink spiking incident. Here are some tips to keep safe:

- Keep your drink close to you and keep an eye on it
- Avoid sharing drinks
- If someone you don't know well offers a drink, go to the bar with them and watch the bartender pour your drink
- If you think your drink tastes strange, pour it out
- Buy or pour your own drinks - many people have their drinks spiked by someone they know
- Keep an eye on your friends and their drinks
- If you are a venue owner, install easily accessible water taps instead of having open water jugs

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## DRINK SPIKING – WE NEED TO TALK ABOUT IT! contd...

### What to do if your drink is spiked

You know your body better than anyone, so trust your instincts. If you feel like your drink has been spiked, you can:

- Ask someone you trust to help you get to a safe place
- If you are not out with people you trust, talk to the venue staff or security
- If you feel unwell or have been sexually assaulted, go to an emergency department or the nearest hospital
- Ask your doctor to test for the presence of drugs - urine or blood tests can pick up traces of certain drugs up to 24 hours later
- Report the incident to police.

Drink spiking is serious: In an emergency, call 000 or the nearest police station. For information about sexual assault, or for counselling or referral, call 1800RESPECT (1800 737 732). For more information on drink spiking, visit: <https://bit.ly/37tbWn6>

*Taylor N, Charlton K, Prichard J. National project on drink spiking: Investigating the nature and extent of drink spiking in Australia. Canberra: Australian Institute of Criminology; 2004. Report No.: 0642211248.*

## BECOME: A FREE, ONLINE PROGRAM

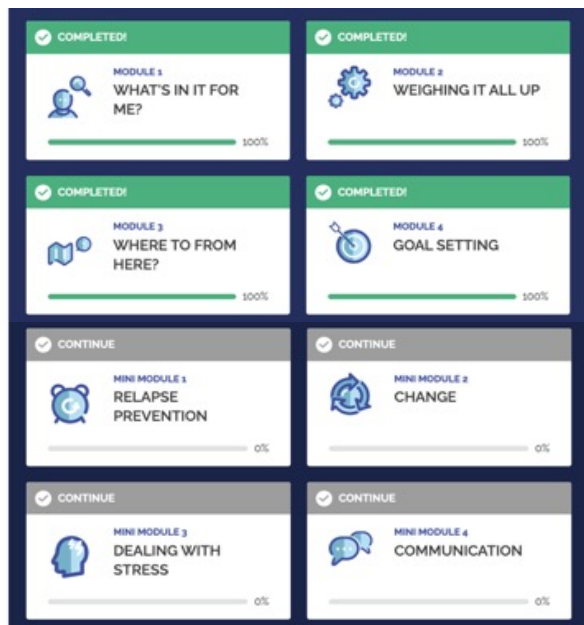


Not everyone who has experienced trauma has an issue with substance use, and not everyone who has an issue with substance use has experienced trauma. Yet there is a strong connection between the two. The 'become' program is underpinned by research about the importance of peoples' stories. It includes elements of narrative approaches, such as reflection, re-framing and journaling, as well as many opportunities for a person to consider and re-shape their own story. Relating to someone's story can be a lovely way of feeling less alone on a difficult journey. Characters are presented throughout the modules:

- Modules 1 & 2: Information and education about common experiences following trauma and how this might impact AOD use. This is done via interactive content and activities that follow the stories of characters based on real life case studies.
- Modules 2 & 3: Gentle activities, psychological techniques, and symptom management that may be useful and helpful in daily life. The focus is on building supports and working towards a plan for longer term recovery.

The online program can be accessed at: <https://become.cracksintheice.org.au/>

## Crystal Clear



Crystal Clear is a free program designed to help young people become more aware of how their current lifestyle and use of 'ice' affects their health and other areas of their life. It helps them to weigh up the important issues or problems they have identified. Young people will also be given information about where they can get information and help to make some changes if that is what they decide to do. More information at: <https://crystalclear.org.au/>

## 20% of Australians are unaware of alcohol risks

New ADF research shows that 20% of Australians are unaware of the harms caused by alcohol. It also found that 20% of people do not associate alcohol with any harm to the community. More than half of the respondents were unclear about the definition of a standard drink, and over half were uncertain of the risk level associated with following the NHMRC's Alcohol Guidelines.

Dr Erin Lalor AM, CEO of ADF, said that the number of young Australians not making the link between alcohol and harm is of serious concern. 29% of people aged 18-24, and 25% of people aged 25-29 did not associate alcohol with illness or injury.

The new Alcohol Guidelines help provide clarity and consistency for people who drink alcohol. More information at: <https://adf.org.au/>

## Alcohol remains a national drug of concern

The Australian Institute of Health and Welfare (AIHW) issued a media statement to highlight the fact that alcohol remains a national drug of concern. Key points include:

- Alcohol continues to be the most common principal drug of concern for clients seeking treatment from publicly funded specialised AOD treatment services. The report shows around 139,300 Australians aged 10 and over received treatment for AOD use.
- Alcohol was the most common principal drug of concern in 2019-20, accounting for 34% of all treatment episodes, followed by amphetamines (28%), cannabis (18%), and heroin (5%). These four drugs accounted for 85% of all treatment episodes.
- While alcohol remains the most common principal drug of concern, treatment for amphetamine use has been increasing, with nearly 5 times as many treatment episodes in 2019-20 than 10 years ago.
- From 2015-16 to 2019-20, around 469,000 Australians received treatment for AOD use from publicly funded treatment services, some having sought treatment in more than one year.
- Alcohol was the most common principal drug of concern in the older age groups: almost 3 in 5 clients (58%) aged 50-59, and over 7 in 10 clients (74%) aged 60 and over received treatment for alcohol. Most clients receiving AOD treatment services were male (64%); similar to those receiving treatment for alcohol use (65% male).
- AOD treatment services reported changes in service provision and impacts on usage in response to the COVID-19 pandemic. The restrictions caused a number of AOD services to either suspend treatment or operate in new or different ways in 2020.
- Specialised treatments provided by AOD services were affected by the introduction of social distancing measures and reduced availability of treatment venues. In response, a number of treatment services adapted practices by expanding access to online services and telehealth appointments.

The full media statement is available at:

<https://bit.ly/3xDBFDU>

## Australia's first Suicide Prevention Network

Black Dog Institute's Suicide Prevention Network is designed to connect professionals who are working to lower the rate of suicide in their community and Australia. Members get access to:

The Suicide Prevention Network member portal

Expert-led and moderated online forums

- A growing library of evidence-based guides, resources and research
- Monthly members-only articles: Let's talk about suicide prevention: Community of practice events and Thought-leadership

For more information, please visit: <https://bit.ly/37tHoSn>

## Reframing Children's Mental Health - Communications Toolkit

Emerging Minds have released a toolkit that aims to assist child mental health experts to communicate more effectively with a broad base of practitioner groups. It is designed to support the creation of communication strategies and materials that deepen understanding of child mental health and build support for proactive solutions. It was developed from research on how practitioners understand children's mental health, and how this impacts their support for policies to promote better mental health outcomes for Australia's children.

This online toolkit is for child mental health experts and organisations who communicate with practitioners about child mental health. More information is available at:

<https://bit.ly/3iOEfSR>

## National Suicide Prevention - Final Advice to Government

The National Suicide Prevention Adviser - Ms Christine Morgan - has released the Final Advice to Government after 18 months of research and engagement with Australians. Presenting the Final Advice, Ms Morgan said a "seismic shift" was needed in suicide prevention, which would require a whole-of-government approach. It consists of three connected reports detailing key enablers and key shifts to drive this connected and compassionate change:

1. Compassion First
2. Connected and Compassionate
3. Shifting Focus

The full report can be accessed at: <https://bit.ly/3fQDR4Z>

## Patterns of disease that cause death

AIHW has published a report on patterns of diseases that cause death. This is a vital measure of Australia's health and provides information on patterns of diseases that cause death by population groups and over time. Examining death patterns can help explain differences and changes in health status, evaluate health strategies, and guide planning and policy making. Some of the main points of this report are:

- The leading causes of death vary by sex and age. Chronic diseases feature more prominently among people aged 45 and over, while the leading causes of death among people aged 1-44 are external causes, such as accidents and suicides.
- Land transport accidents were the most common cause of death among children aged 1-14 (12%). Suicide was the leading cause of death among people aged 15-24 (37%), followed by land transport accidents (20%). For people aged 25-44, it was also suicide (23%), followed by accidental poisoning (13%).

The full report can be accessed at: <https://bit.ly/3CMvAsA>

Figure 3.2: Leading causes of death, by age group, 2017-2019

Age group	1st	2nd	3rd	4th	5th
Under 1	Perinatal and congenital conditions	Other ill-defined causes	Sudden infant death syndrome	Accidental threats to breathing	Cardiomyopathy
1-14	Land transport accidents	Perinatal and congenital conditions	Brain cancer	Accidental drowning and submersion	Suicide
15-24	Suicide	Land transport accidents	Accidental poisoning	Other ill-defined causes	Assault
25-44	Suicide	Accidental poisoning	Land transport accidents	Coronary heart disease	Colorectal cancer
45-64	Coronary heart disease	Lung cancer	Suicide	Colorectal cancer	Breast cancer
65-74	Lung cancer	Coronary heart disease	COPD	Colorectal cancer	Cerebrovascular disease
75-84	Coronary heart disease	Dementia including Alzheimer disease	Cerebrovascular disease	Lung cancer	COPD
85 and over	Dementia including Alzheimer disease	Coronary heart disease	Cerebrovascular disease	COPD	Influenza and pneumonia



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## Trauma-informed approach for Suicide Prevention

*By Freya Lingard, Human Factors Consultant*

One of the many reasons someone may be experiencing changes or difficulties with their mental health may be trauma. Trauma is relatively common in Australia, with the majority of people experiencing at least one traumatic event in their lifetime. There are many factors that determine how a person reacts to a traumatic event, such as the nature of the event, their personality, and their support system. There is no 'right' way to react to such events, and two people who experience the same event may react very differently.

### Trauma and Suicide

Trauma surrounds all aspects of suicide. It may be one of the reasons someone attempts to take their life. It may come from losing someone close to you to suicide. It may even be a result of witnessing a suicide if it occurs in a public place or attending to a suicide if you are a first responder. Research suggests 90% of public mental health clients have previous experiences of trauma (Jennings, 2004). This is why a trauma-informed approach is so important.

### What is a trauma-informed approach?

A trauma-informed approach refers to an overall framework of how trauma should be viewed and how a service working with survivors of trauma should be run. It suggests that within a service a strength based framework should be implemented that enables members of staff to: understand and recognise trauma; treat each person as an individual; and create a psychologically, emotionally, and physically safe environment where survivors of trauma can feel empowered and in control (SAMHSA, 2014).

### Who can use this approach?

Anyone can become trauma-informed. Whether you are a professional working with someone who has experienced trauma, or you have a friend who has recently experienced a traumatic event, the principles of this approach can be applied. By understanding that the majority of people you come into contact with will have experienced trauma throughout their life, and by shifting the focus from "what is wrong with you?" to "what has happened to you?" our interactions can become more inclusive and less judgemental (Rosenberg, 2011).

### How can I, or my organisation, start to become more trauma-informed?

We should all take it upon ourselves to be trauma-informed. As an individual, some ideas on where to start may include:

- Recognising the widespread impact of trauma
- Learning some of the common symptoms or signs of trauma
- Encouraging self-care for your friends/family
- Being open and non-judgemental should someone come to you for support.

Or as an organisation:

- Suggesting an organisational cultural change, such as implementing a trauma-informed framework
- Encouraging self-care within your team
- Ensuring your organisation is catering to the cultural, historical and gender needs of its staff and clients.

By adopting a trauma-informed approach, we are contributing to a trauma-informed society where survivors of trauma can feel safe, supported, and heard. We can all play our part in reducing the risk of re-traumatisation, which is vital for the healing process, by increasing our awareness and understanding of trauma and how to support those who have experienced it. More information at: <https://bit.ly/37F0uoy>

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## National trial of Minds Together Program

As part of a national trial, Everymind is seeking people who support someone experiencing symptoms of depression or anxiety to participate and share feedback for their new Minds Together online program.

Dedicated to educating and building the skills of people who provide care, this program aims to support the mental health and wellbeing of carers while informing and connecting them with helpful resources and tools. The program also empowers those in a caring role to recognise how their mental health contributes to and influences the care and support they provide.

The Minds Together program has been developed with carers who have either supported or are currently supporting someone experiencing symptoms of depression or anxiety. Each module includes information sheets, interactive activities, case studies, videos, and podcasts featuring real-life carers, clinicians, and others working in the mental health sector.

Participants in the program trial must be aged 16 years or older, currently supporting someone experiencing or has experienced symptoms of depression or anxiety, be living in Australia and have access to the internet and a computer/device. For more information or to take part in the national trial, please visit: <https://bit.ly/3yAwRRF>



## Update on Young People's Mental Health and AOD Use

The Minister for Mental Health, Hon Roger Cook MLA, released the Young People's Mental Health and AOD Use: Priorities for Action 2020-25 (YPPA) in December 2020. It aims to guide the State Government, the Mental Health Commission and other agencies, the mental health and AOD sector, and other stakeholders across the community, in supporting and responding to the mental health and AOD needs of young people aged 12-24 years. The June update of the implementation of YPPA includes:

### Engagement with key stakeholders

Many of the Immediate Actions identified in the YPPA are already underway. The focus is also on considering how the 78 Top Priority initiatives in the YPPA may be prioritised further. Key stakeholders and young people will be involved in the prioritisation process.

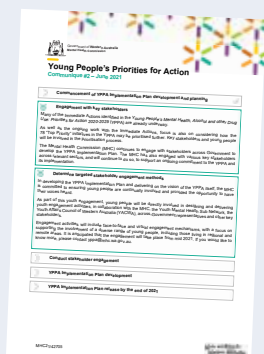
### Determine targeted stakeholder engagement methods

In developing the YPPA Implementation Plan and delivering on the YPPA vision, the MHC is committed to ensuring young people are continually involved and provided the opportunity to have their voices heard. As part of this engagement, young people will be directly involved in designing and delivering youth engagement activities, in collaboration with the MHC, the Youth Mental Health Sub Network, the Youth Affairs Council of Western Australia (YACWA), across-Government representatives and other key stakeholders. Engagement activities will include face-to-face and virtual engagement mechanisms, with a focus on supporting the involvement of a diverse range of young people, including those living in regional and remote areas. It is anticipated that the engagement will take place from mid-2021. For more information, please contact

[yppa@mhc.wa.gov.au](mailto:yppa@mhc.wa.gov.au)

The YPPA is due for completion in October 2021.

The full update is available at: <https://www.mhc.wa.gov.au/media/3764/yppa-implementation-communiqu%C3%A9-2-june-2021.pdf>



## A localised response to youth mental health



Since August 2020, headspace Northam has supported 89 young people aged 12-25 to access specialised and localised mental health treatment. Operating as a satellite site, it was designed to provide part of a full headspace service, with three part time Youth Access Clinicians working Tuesday to Thursday. Young people, families and communities can access free counselling, referral, advice and education relating to mental health, AOD, education and employment and physical health.

Through recent consultation with young people and service providers, headspace Northam has transitioned to a Single Session Framework. This framework assists workers to make the most of the first, and what may be the only session, needed by a young person. The process includes:

- Completion of a pre-session questionnaire
- One face-to-face session
- A follow-up phone call booked in by the counsellor at the end of the session, which functions both as a clinical contact and a means to determine future treatment or referral options.

This framework provides an opportunity to ensure that young people are being provided a point in time service enabling them to manage their mental health issues proactively by focussing on what is important to them.

For more details about this new framework, make a referral or to speak to a staff member, please visit: <https://headspace.org.au/headspace-centres/northam>

## Face-to-Face Training in the Wheatbelt

Keyworker Plus (AOD skills training for mental health professionals and paraprofessionals)	3 days	<a href="https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/mental-health-training/">https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/mental-health-training/</a>
Trauma informed Care and Practice	1 day	<a href="https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/mental-health-training/">https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/mental-health-training/</a>
Mental Health First Aid		
• Adults	2 days	<a href="https://mhfa.com.au/courses">https://mhfa.com.au/courses</a>
• Youth	2 days	<a href="https://mhfa.com.au/courses">https://mhfa.com.au/courses</a>
• Older Adults	2 days	<a href="https://mhfa.com.au/courses">https://mhfa.com.au/courses</a>
• Aboriginal	2 days	<a href="https://mhfa.com.au/courses">https://mhfa.com.au/courses</a>
• Custom Mental Health Workshop for Teens		Developed and delivered by MIFWA
Blended Online Mental Health First Aid Regional Course	Online & 2 x ½ days	<a href="https://www.mifwa.org.au/event/blended-online-mental-health-first-aid/">https://www.mifwa.org.au/event/blended-online-mental-health-first-aid/</a>
Gatekeeper Suicide Prevention Training for professionals, first responders and paraprofessionals	2 days	<a href="https://www.mhc.wa.gov.au/training-and-events/suicide-prevention-training/">https://www.mhc.wa.gov.au/training-and-events/suicide-prevention-training/</a>
Applied Suicide Intervention Skills Training (ASIST) for community members and volunteers	2 days	<a href="https://www.livingworks.com.au/programs/asist/">https://www.livingworks.com.au/programs/asist/</a>
safeTALK suicide awareness training for community members and volunteers	½ day	<a href="https://www.livingworks.com.au/programs/safetalk/">https://www.livingworks.com.au/programs/safetalk/</a>
Strong Spirit Strong Minds Ways of Working with Aboriginal People trainin	2 days	<a href="https://www.mhc.wa.gov.au/training-and-events/strong-spirit-strong-mind-aboriginal-programs/ways-of-working-with-aboriginal-people/">https://www.mhc.wa.gov.au/training-and-events/strong-spirit-strong-mind-aboriginal-programs/ways-of-working-with-aboriginal-people/</a>
Recognise and respond to methamphetamine toxicity/intoxication and opioid overdose training for professionals, first responders and paraprofessionals	1 day	<a href="https://www.mhc.wa.gov.au/media/3473/aodtrainingcal-2021-sem1-a3-mk3.pdf">https://www.mhc.wa.gov.au/media/3473/aodtrainingcal-2021-sem1-a3-mk3.pdf</a>
Volatile Substance Use and Incident Reporting Program	1-2 hours	Presented by the WCADS AOD Prevention Officer. School presentations will be conducted in collaboration with School Drug Education & Road Aware (SDERA) branch representatives. Topics include: what is a volatile substance; effects and harms of volatile substance use; prevalence of use; harm minimization strategies; incident reporting system, and coordination of community response.
Rural Minds Training – mental health training with modules on risk and protective factors for rural communities	½ day	<a href="https://www.rrmh.com.au/programs/rural-minds/">https://www.rrmh.com.au/programs/rural-minds/</a>
Distress and why Mental Health and Wellbeing Matters (delivered by Regional Men's Health Initiative)	1 hour	<a href="https://regionalmenshealth.com.au/">https://regionalmenshealth.com.au/</a>
Talk to a Mate (delivered by Regional Men's Health Initiative)	1 hour	<a href="https://regionalmenshealth.com.au/">https://regionalmenshealth.com.au/</a>

## Face-to-Face Training in the Wheatbelt cont...

Looking after Your Mates – Suicide Awareness (delivered by Regional Men's Health Initiative)	1 hour	<a href="https://regionalmenshealth.com.au/">https://regionalmenshealth.com.au/</a>
Deadly Thinking – social and emotional wellbeing training for professionals, paraprofessionals and communities	1 day	<a href="https://www.rrmh.com.au/programs/deadly-thinking/">https://www.rrmh.com.au/programs/deadly-thinking/</a>
Staying SAFE with SOLID Yarning - suicide prevention yarning for communities	½ day	Delivered by Elders/Aboriginal & Torres Strait Islander professionals and paraprofessionals through peer support.
DV (Domestic Violence) Alert Training	2 days	<a href="https://www.dvalert.org.au/">https://www.dvalert.org.au/</a>
Accidental Counsellor	½ day	<a href="https://www.lifeline.org.au/get-involved/corporate-training/accidental-counsellor/">https://www.lifeline.org.au/get-involved/corporate-training/accidental-counsellor/</a>
Workplace Wellbeing & Professional Selfcare Workshop	½ day to full day	Developed and delivered by Wheatbelt Suicide Prevention Coordinator - select from: <ul style="list-style-type: none"> <li>• Mental Health Literacy – Stress, Anxiety, Depression and Situational Crisis</li> <li>• Introduction to Suicide Prevention</li> <li>• De-Briefing</li> <li>• Professional Self Care Tips and Strategies</li> <li>• Language, Communication and De-Escalation Skills</li> <li>• Navigating Change and Uncertainty - with Clients and Organisations</li> <li>• Mentally Healthy Workplace</li> <li>• Burnout / Compassion Fatigue</li> <li>• Emotional Intelligence within the Workplace</li> <li>• Mental Toughness and its impact on Productivity</li> <li>• Development of a Workplace Wellbeing Strategy/ Strategic Plan</li> </ul>

To express your interest in any of the above training please email: [WCADSpvention@holyoake.org.au](mailto:WCADSpvention@holyoake.org.au)

## Online Training

### Positive Choices Webinar: E-Cigarettes and Vaping

This webinar is for school staff, parents, health professionals, and youth who are seeking information on electronic cigarettes (e-cigarettes) and vaping - which is an increasing concern for schools and parents. This webinar will provide up-to-date and relevant information on the research around vaping and trends among youth. Information will also be provided on how to best prevent e-cigarette and vaping use among youth. Topics include:

- Current research findings on vaping among youth
- Information about what e-cigarettes and vaping are and the effects of their use

- Strategies for schools and parents to prevent vaping among youth

This webinar was developed by Professor Hayden McRobbie, National Drug and Alcohol Research Centre, University of New South Wales. It was informed by a review of research evidence on this topic.

Webinar access: <https://positivechoices.org.au/teachers/webinar-vaping>

Webinar handout: <https://positivechoices.org.au/documents/tv1k57rcdJ/webinar-handout/>

## Blended Online Mental Health First Aid for Regional Communities

This course for adults living in regional grain growing communities across WA teaches participants how to assist a friend, family member, or other members of the community who may be developing a mental health problem or experiencing a mental health crisis.

Tailored for the online learning environment, this course involves 5-7 hours of self-paced pre-course work and 2 x 2.5-hour online training. On completion of the course, attendees can complete a short online assessment and become an Accredited Mental Health First Aider for 3 years.

This free training is supported by CBH Group and MIFWA with thanks to the CBH Regional Mental Wellness Program. You must live in a regional grain growing region across WA to attend this course. For more information, email janine.ripper@mifwa.org.au or call 08 9237 8900.

Note: All components must be completed to qualify as an accredited Mental Health First Aider for 3 years.

For more information, please visit: <https://www.mifwa.org.au/event-category/regional/>

## inter-agency collaborations

### Empowering students at Narrogin Senior High School



The WCADS Prevention Team was contracted to deliver a series of presentations to Year 11 and 12 students at Narrogin Senior High School. The WCADS Suicide Prevention Coordinator and the WCADS Health Promotion Officer upskilled around 160 students aged 16-18 on:

- Youth Mental Health literacy
- Resilience and Self Esteem
- Peer Mental Health First Aid
- Life Skills and Mental Toughness

Students were informed about *Within REACH* through a variety of presentations and a quiz. Students showed an excellent level of information retention by achieving high scores on the quiz.

If you would like the WCADS Prevention Team to empower students at your school, please email your expression of interest to [WCADSprevention@holyoake.org.au](mailto:WCADSprevention@holyoake.org.au)



## Increasing mental health literacy and suicide awareness in Narembeen



In August the Narembeen Community Resource Centre hosted the Rural Minds workshop facilitated by Jo Drayton – WCADS Suicide Prevention Coordinator.

The Rural Minds workshop was developed by Rural and Remote Mental Health. It is a comprehensive program designed for people living and working in rural Australia by people living and working in rural Australia. This 4-hour workshop combines practical, culturally relevant

information around risk factors, signs and symptoms, prevention tips/techniques and where and how to get assistance. It includes compelling accounts of mental health issues from those involved in the agricultural sector, and a suite of Rural Minds videos. It is tailored particularly for primary producers, their families and those who work and/or live in rural communities. More details at: <https://www.rrmh.com.au/programs/rural-minds/>

## Women's Field Day

The Liebe Group hosted over 130 people for the 23<sup>rd</sup> annual Women's Field Day on June 15. The event was aimed at increasing the management capacity of women to build a sustainable future for their families, farm businesses and the agricultural industry. A variety of speakers covered topics from business diversification, mental and physical health,

farm safety and HR, autonomy in farming, insurance, and business management.

Jo Drayton, WCADS Suicide Prevention Coordinator, facilitated one of the sessions 'Navigating Situational Distress: Tips and strategies to support yourself, your family and your community during challenging times'.

## Aboriginal and Torres Strait Islander Suicide Prevention

By Professor Pat Dudgeon, Director - Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention, School of Indigenous Studies, UWA



The *Manual* is a collection of practical resources and tools that people, both Aboriginal and Torres Strait Islander and non-Indigenous, can use to make a real difference in promoting positive mental health and social emotional wellbeing, and preventing suicide.

It responds to a need that many people have expressed: for simple guidance focused on positive actions that can be taken in a crisis or to address an ongoing issue. The *Manual* is organised in three sections:

1. For individuals, families, Elders and community members

2. For clinicians and other front-line workers, both Indigenous and mainstream
3. For Primary Health Networks and other service and commissioning organisations.

Each section includes downloadable resources, checklists, online decision tools and best practice case studies that support users to respond positively and proportionately to situations. These materials have been carefully selected in partnership with Indigenous communities to cover an extensive range of circumstances for many different audiences. Everything that has been included (with a handful of exceptions, clearly labelled) was originally co-designed and developed with Indigenous people for Indigenous people.

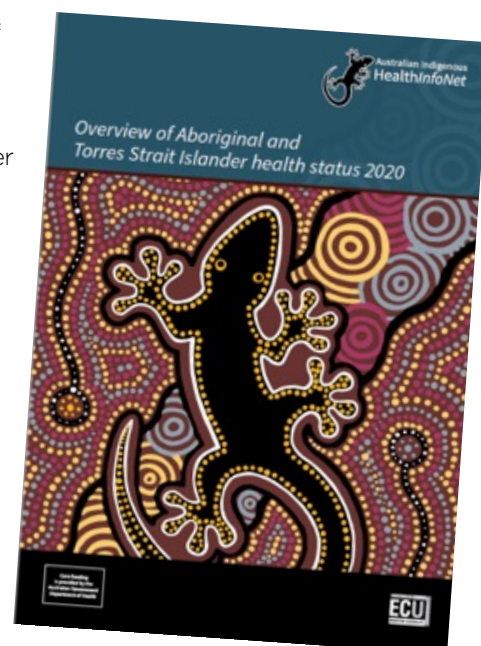
Because the *Manual* is an online toolkit, it can live and grow as new resources become available. We look forward to hearing how people have used the *Manual*, and their suggestions for improving it. Resources can be downloaded at: <https://cbpatsisp.com.au/the-manual-of-resources/>

## Overview of Aboriginal and Torres Strait Islander Health Status 2020

This *Overview* aims to provide a comprehensive outline of the most recent indicators of the health and current health status of Australia's Aboriginal and Torres Strait Islander people. The initial sections provide information about the context of Aboriginal and Torres Strait Islander health, social determinants, the Aboriginal and Torres Strait Islander population, and measures of population health status including births, mortality and hospitalisation.

The other sections cover selected health conditions and risk/protective factors that contribute to the overall health of Aboriginal and Torres Strait Islander people. This includes an introduction and evidence of the extent of the condition or risk/protective factor. Information is provided for states and territories, Indigenous regions and remoteness, and for demographics such as sex and age, when the information is available and appropriate.

The *Overview* is relevant for the health workforce, students and others requiring access to up-to-date information about the health of Aboriginal and Torres Strait Islander people. The full report is available at: <https://bit.ly/2Ubd6kg>



## Mind the Distance Report 2021



Following the declaration of the global pandemic in March 2020, WA implemented a soft lockdown and closed state borders. Health services across the state responded rapidly to these restrictions by adopting, implementing, and upscaling telehealth services. There was also an increase in the use of other non-face-to-face mental health services such as digital

mental health interventions, crisis lines and online supports. Researchers from Embrace initiated a state-wide survey to better understand the experiences of accessing, using and/or delivering non-face-to-face mental health services by young people, parents and professionals in the child and youth mental health sector. Prior to survey development, they

hosted four focus groups to inform the survey design. These groups were: i) young people, ii) parents/carers of children and young people, iii) clinicians and iv) child and youth mental health sector administrators and executives. Embrace launched the survey in July 2020 in partnership with 13 clinical and community organisations across WA. In order to recruit a broad and representative sample, the following groups were invited to complete the survey:

- Young people aged 14-25
- Parents/carers of children aged 0-25 years
- Mental health professionals working in the child/youth mental health sector

Participants were asked about their experiences regarding telehealth, crisis phone lines, web chat services, digital mental health interventions, and preferences for future mental health service delivery. An overview of key findings is included in this report: <https://bit.ly/3s5BvUR>

## A Parent's Guide to Instagram

According to research released by ReachOut Parents, approximately one third of Australian parents are concerned about their teens' use of social media and are unsure about the role they can play in helping to keep their teens safe on social media. The summary of statistics include:

- 36% of parents feel unsure about the role they can play in keeping their teens safe on social media.
- 32% of parents are not quite sure how to use the safety controls on social media.
- Almost 40% of parents are not quite sure what to do if their teen had a safety issue on social media.
- 40% of parents said they need more support to understand social media in order to talk to their teen about it.

Following this research, ReachOut Parents partnered with Instagram Australia to launch a new Parents Guide to Instagram which can be downloaded at: <https://parents.au.reachout.com/landing/parentsguidetoinsta>

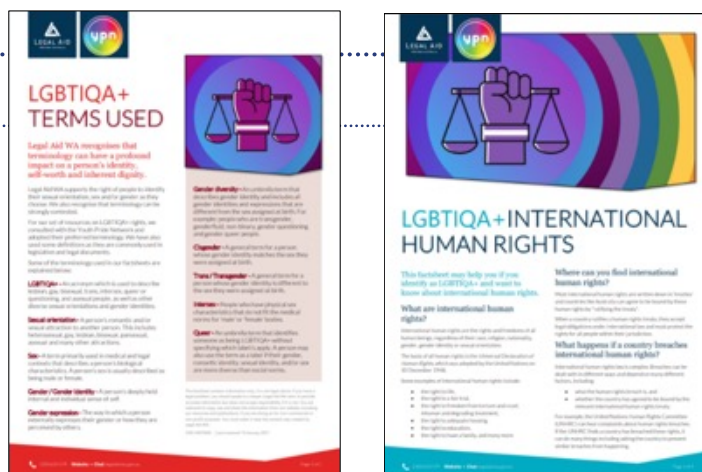
## Recovery Orientated Language Guide

This guide was developed by the Mental Health Coordinating Council (MHCC) in 2013 because language matters in all aspects of life. It continues to be particularly important in the context of mental health and recovery. It is vital to use words that convey hope and optimism, and support and promote a culture that fosters recovery.

People living with mental health conditions are amongst some of the most disadvantaged people in the Australian community, and many live with psychosocial difficulties exacerbated by historical and current trauma, poverty, poor physical health and stigma and discrimination which often feature as part of everyday experiences. The words that we use may affect a person's sense of self and lead to more disadvantage and social exclusion. The guide can be accessed at: <https://bit.ly/3jNjCpW>

## LGBTIQA+ Fact Sheets

Legal Aid WA partnered with the Youth Pride Network to create a suite of resources for the LGBTIQA+ community. These new fact sheets summarise the law and address frequently asked questions on a range of topics, including discrimination, international human rights, changing gender, and health rights. The fact sheets can be downloaded at: <https://www.legalaid.wa.gov.au/resources/lgbtqiqa-factsheets>



## Breaking the Silence – Community Summary Report 2021

This new WA study, the first of its kind, explores the experiences of those living at the intersection of being both Indigenous and part of the LGBTIQ+ community. Launched in the leadup to NAIDOC week, the research was conducted by Indigenous LGBTIQ+ researchers and led by ECU's Kurungkurl Katitjin Centre for Indigenous Education and Research.

The summary report presents key findings of a state-wide survey completed by Aboriginal and/or Torres Strait Islander people, living in WA and identifying as LGBTIQ+. It includes findings about discrimination, homophobia and the ways in which participants are included and accepted within their

own families and the wider community. The report also provides a focus on the positive aspects of participants' lives – including how they experience pride and inclusion and a sense of belonging to their Aboriginal and/or Torres Strait Islander and/or LGBTIQ+ communities.

The report also has important information for organisations that provide health and social support services to Aboriginal and Torres Strait Islander people who identify as LGBTIQ+, including the extent to which diverse health, social and emotional wellbeing; education and community services meet the needs of participants. The full report can be accessed at: <https://bit.ly/3iKnA3A>

## Butterfly Body Bright Program

This strength-based, evidence-informed program was developed by the Butterfly Foundation. Designed to be integrated into Australian primary schools, it provides resources and support to teachers and their broader school community. The program aims to promote healthy attitudes and behaviours towards the body, eating and physical activity in children, so they can thrive at school and in life. It takes a village to raise a child! Butterfly Body Bright takes a whole school approach to supporting positive body image in children.

Register your school or access more information via this link: <https://bit.ly/3CrM8pE>

## Multilingual Resources

This Way Up have developed multilingual resources for mental health. These resources are available in many different languages and can be downloaded as a bundle or individually at: <https://bit.ly/3jULgkO>

## MindMum App

This mobile app provides information, tips, monitoring and planning tools to help pregnant women and new mothers feel confident in dealing with parenting and emotional challenges they may face. It is available for both Apple and Android platforms via: <https://www.mumspace.com.au/>



## New Aboriginal and Torres Strait Islander Resources

*Cracks in the Ice* has launched the first national website providing resources about crystal methamphetamine ('ice') for Aboriginal and Torres Strait Islander peoples. The development of this website was led by an expert advisory group including Aboriginal elders, researchers, and health workers together with input from Aboriginal and Torres Strait Islander community members from across Australia. These resources can be accessed at: <https://cracksintheice.org.au/aboriginal-and-torres-strait-islander-peoples>

## R U OK? Tradies



R U OK? is calling on Australian tradespeople to add conversation skills to their toolkits and has released 'Tradies Tools to Talk' to help them know when and how to ask their workmates 'are you OK?'.

Tradies face a range of challenges across their working lives – from job uncertainty to financial pressures, intense physical demands and workplace culture issues. In an industry where stigma is high, these pressures can build up and impact mental and emotional wellbeing for tradies if they don't feel they can talk to others about their struggles.

The R U OK? Tradies resources provide practical tools and tips for family, friends and workmates to spot the signs that someone on their work site may be struggling, to empower them to spark a meaningful R U OK? conversation and to help them find support if needed. More information at: <https://www.ruok.org.au/r-u-ok-tradie>

## Think Again Resources



Strong Spirit Strong Mind and Alcohol. Think Again have developed a limited suite of print and online publications that are appropriate for Aboriginal audiences, based on feedback received from the campaign concept testing with Aboriginal women and other consultations. This includes A3 posters, social media assets and a co-branded Strong Spirit Strong Mind 10-page brochure about alcohol use and pregnancy. These resources can be accessed at: <https://bit.ly/2VLWmjH>

## Steering Straight: My plan to keep on track

This resource, developed in collaboration with members of the farming community, aims to help farmers look beyond the endless cycle of tasks. It helps with reflection, planning for the challenges ahead, and preparing for action, with a focus on wellbeing. Some of the features are:

- Knowing what activities are helpful to stay positive during tough times
- Achieving future goals, and break them down into manageable steps
- Knowing who to call on for support when tackling a goal or a challenge

More details at: <https://bit.ly/3s7I3IH> *Steering Straight* is available as a standalone resource and as part of the Managing Stress on the Farm booklet: <https://bit.ly/3jHhRuB>

# events/awareness dates

DATE	EVENT
Daffodil Day	27 <sup>th</sup> August 2021
Wear It Purple Day	27 <sup>th</sup> August 2021
Women's Health Week	6 <sup>th</sup> - 10 <sup>th</sup> September 2021
R U OK? Day	9 <sup>th</sup> September 2021
World Suicide Prevention Day	10 <sup>th</sup> September 2021
World Smile Day	1 <sup>st</sup> October 2021
Borderline Personality Disorder Awareness Week	1 <sup>st</sup> - 7 <sup>th</sup> October 2021
World Mental Health Day	10 <sup>th</sup> October 2021
WA Mental Health Week	10 <sup>th</sup> - 17 <sup>th</sup> October 2021
National Carers Week	10 <sup>th</sup> - 16 <sup>th</sup> October 2021
Sock it to Suicide Week	17 <sup>th</sup> - 23 <sup>rd</sup> October 2021

DATE	EVENT
Movember	November
International Drug Users Day	1 <sup>st</sup> November 2021
World Kindness Day	13 <sup>th</sup> November 2021
International Men's Day	19 <sup>th</sup> November 2021
16 Days in WA	25 <sup>th</sup> November - 10 <sup>th</sup> December 2021
White Ribbon Day	26 <sup>th</sup> November 2021
World AIDS Day	1 <sup>st</sup> December 2021
International Day of People with a Disability	3 <sup>rd</sup> December 2021
International Volunteer Day	5 <sup>th</sup> December 2021
International Migrants Day	18 <sup>th</sup> December 2021

## notice board

### Wear it Purple Day - 27<sup>th</sup> August

This year's theme focuses on the important conversations about sexual orientation and gender identity. It aims to remind people that the issues highlighted by Wear it Purple Day should be considered every day. <https://www.wearitpurple.org/>

### State of the Nation in Suicide Prevention

Every year, Suicide Prevention Australia conducts a survey to gather insights from people working in suicide prevention and the mental health sector. It helps to develop a clear picture of the state of suicide prevention in Australia and the trends over time. The 2021 survey results can be accessed at: <https://bit.ly/2XjzoBt>

### Aboriginal Community Liaison Officer (CLO) Program

Moorditj Youth Foundation Aboriginal Corporation (MYFAC) is one of 9 Aboriginal Community Controlled Organisations in WA that have been contracted to roll out MHC's CLO Program. They will assist developing the WA Aboriginal suicide prevention plans for the next 3 years. The CLOs will meet with community, Elders and Government and non-Government agencies to introduce the program, frameworks and action plans in more detail. <https://bit.ly/3xJ1SKM>

### R U OK? Day - 9<sup>th</sup> September

This year's message is: Are they really OK? Do you know how the people in your world are really going? Chances are someone you know might be struggling. Your genuine support can make a difference whatever they are facing, big or small. So make a moment meaningful and ask them how they're really going. <https://www.ruok.org.au/every-day-resources>

### Alcohol. Think Again - One Drink Campaign

This campaign highlights the critical message that 'any amount a mother drinks, the baby drinks'. It challenges the inaccurate belief that a mother's placenta protects a developing baby from alcohol.

In collaboration with Aboriginal people, the MHC developed a suite of resources that are more inclusive and appropriate for Aboriginal audiences while being consistent with the central campaign. AOD Prevention Officers also recommended using radio and localising the ads for Aboriginal audiences. The MHC engaged with Holyoake WCADS to collaborate with local Aboriginals to develop a culturally appropriate radio script. Malcolm Jetta (WACHS and Moorditj Youth), Kristy Jetta (Moorditj Youth) and Patricia Jetta (WACHS) guided the development of the radio script which reflects the culture and language of local Aboriginal people in the Wheatbelt. This radio ad was launched in May 2021 and will continue until May 2022. <https://alcoholthinkagain.com.au/campaigns/alcohol-and-pregnancy-one-drink>





*really*  
**Are they OK?**

**Ask them  
today**

**Make staying connected  
and asking R U OK?  
part of your everyday.**

**Start by asking "Are you OK?"**

**No, I'm not OK.**

**Dig a bit deeper:**

"What's been happening?"

"Have you been feeling  
this way for a while?"

"I'm ready to listen  
if you want to talk."

**Yes, I'm fine.**

**But your gut says they're not:**

"It's just that you don't seem to  
be your usual self lately."

"I'm always here if  
you want to chat."

"Is there someone else  
you'd rather talk to?"

**Listen with an open mind**

**Encourage action and offer support:**

"How can I help?"

"What would help take the pressure off?"

"What do you enjoy doing? Making time for that can really help."

"Have you thought about seeing your doctor?"

**Make time to check in:**

"Let's chat again next week."

Learn how to ask  
at [ruok.org.au](http://ruok.org.au)

**RUOK?**<sup>TM</sup>  
A conversation could change a life.

# YIRRA KOORL

looking forward

## support services

**Emergency:** 000

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

**Grief, Loss & Separation Free Counselling** – 9261 4444

**Mental Health Emergency Response Line:** 1300 555 788  
[www.mentalhealth.wa.gov.au](http://www.mentalhealth.wa.gov.au)

**QLife:** 1800 184 527

**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)  
**Text Service:** 0477 13 11 14

**Lifeline Text Service:**  
 Text Service: 0477 13 11 14  
 Free Counselling – 9261 4444  
 (grief, loss and separation)

**Beyond Blue:** 1300 224 636

**Kids Helpline:** 1800 551 800

**Headspace** (9am – 1am EST):  
 1800 650 890

**Samaritans Crisis Line:** 135 247

**The Salvation Army:** 1300 363 622

**Reachout:** [www.reachout.com](http://www.reachout.com)

**Crisis Care (Child Protection & Family Support):** 1800 199 008

**Mensline:** 1300 789 978 (24 hours)  
[www.mensline.org.au](http://www.mensline.org.au)

**Grief Line** (midday – 3am EST):  
 1300 845 745

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

**National AOD Hotline:** 1800 250 015

**PANDA**  
 (Perinatal Anxiety & Depression  
 Australia National Helpline:  
 1300 726 306  
 Mon-Fri – 9.00am – 7.30pm (AEST)

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

**Elder Abuse Helpline WA:**  
 1300 724 679

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

**Narrogin & Upper Great Southern Domestic Violence Helpline:**  
 1800 007 570

**Wheatbelt Domestic Violence Helpline:** 1800 353 122

**AOD Support Line:** 1800 198 024

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

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

**Kids Helpline:** 1800 551 800

**1800 RESPECT:** 1800 737 732

**Elder Abuse Helpline WA:**  
 1300 724 679

**Suicide Bereavement Service:**  
 0474 076 849

**Sexual Assault Referral Centre:**  
 1800 199 888

**HealthDirect:** 1800 022 222

**WACHS Wheatbelt Mental Health Service:** 9621 0999

**Butterfly Foundation:** 1800 334 673  
 (Eating Disorders & Body Image)

**1800RESPECT:** 1800 737 732

**Gambling Help:** 1800 858 858

## subscription, queries and submission information



**Northam:** 9621 1055

**Narrogin:** 9881 1999

**Merredin:** 9081 3396

**Victoria Park:** 9416 4444

**Midland:** 9274 7055

**Freecall:** 1800 447 172

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and send us names and contact details.