

YIRRA KOORL

looking forward

YOUR WELLBEING AND PREVENTION UPDATE FOR THE WHEATBELT - DECEMBER 2021

Welcome to the final edition of *Yirra Koorl* for 2021.

It has been a busy year for us all, with many highlights throughout the Wheatbelt. We have enjoyed collaborating with many local organisations and communities to help improve community safety and to reduce harm.

As we move into the festive season, it is important to ensure that our own and others' wellbeing and safety is high on our 'To Do List'. The festive season can be a challenging time for even the calmest of people. Whether it's the pressure that comes with trying to create the 'perfect' Christmas, financial worries, concerns about who to celebrate with (or not!), and for some, having Christmas without a loved one.

While many of us will be celebrating the season from a distance this year, it doesn't mean being alone. If you find yourself separated from loved ones, remember that you can connect with them, even if you can't be physically together. When you are feeling more isolated, it can be helpful to reflect about what might help you to feel safer or more nurtured, and plan ahead. For some it might be spending time outside - in nature or by water. For others it may be a good book, listening to music, exercising, yoga or meditation.

If you experience feelings of social isolation and loneliness, please speak to your GP, mental health professional or call one of the support services listed on the last page of this newsletter.

We take this opportunity to wish you a wonderful and peaceful festive season. Thank you to the professionals, paraprofessionals and community members who have worked with us during 2021. We have undertaken some wonderful work and we look forward to strengthening our efforts in 2022 and beyond.

- Holyoake WCADS Prevention Team

TIPS FOR A SAFE AND HEALTHY FESTIVE SEASON



While for some, the festive season is a much anticipated and joyous occasion, for others it can be a time when stress levels, loneliness and unsafe behaviours increase. Here are some tips and strategies to ensure that everyone can enjoy the festive season as safely as possible.

An effective way to control your stress levels is to put everything into perspective. You can manage stress by thinking about how you want to spend your time, deciding what the festive season means to you, and having realistic expectations. Schedule 10 minutes for yourself every day to help reduce festive frictions, and to give your adrenal glands a much-needed break (adrenal glands produce Cortisol - the stress-response hormone). Try Box Breathing - breathe in for 4 seconds, hold for 4 seconds, breath out for 4 seconds, hold for 4 seconds; then repeat up to 10 times.

Ensure your self-care by saying "no" when you need to. You have the right to say 'no' to any activity that does not feel right for you. At this time of year, it can be more difficult as there can be

expectations and we often don't want to upset people. It is important to identify and respect your personal limits.

There are not many social occasions in Australia that don't seem to go hand-in-hand with a few drinks. The festive season is no different with the stereotypical drunk workmate at staff Christmas functions.

Unfortunately, binge drinking (drinking large amounts of alcohol in a short space of time) happens all too frequently and can lead to a range of harms. Not all drinking is about celebration - some people may drink to mask loneliness or despair during a time when others are spending time with family.

Some people may think that binge drinking only occasionally or over the holidays is ok. But even one episode can lead to significant repercussions such as falls, broken bones, arguments, car accidents, or even death. Other unexpected outcomes might include ruining a friendship or career, loss or damage to valuable items, reckless spending, or loss of a driving licence.

contd on pg 2...

cover story

contd...

The National Health & Medical Research Council (NHMRC) Alcohol Guidelines (2019) recommend that to reduce the risk of harm from alcohol-related disease or injury, healthy men and women should drink no more than 4 standard drinks in a single occasion and no more than 10 standard drinks in a week. Young people under the age of 18 years or women who are pregnant should not drink alcohol.

We can all play a part in helping to reduce the negative outcomes from alcohol consumption during the festive period. Here are some tips:

Hosts: Plan activities that can take the focus away from drinking, such as a lunch function with team games, corporate bowls, or a BBQ by the river with a game of cricket. Provide food and non-alcoholic drinks from start to finish and save some for any late comers. Avoid 'topping up' glasses so guests can keep count of their standard drinks. If a friend needs to take a taxi home instead of driving, offer to help them collect their car the next day.

Guests: Decide your limit of alcohol per occasion and only carry that amount. Pour your own drinks so that you can keep count of your standard drinks. Consider low alcohol alternatives and add in non-alcoholic spacers such as sparkling water with a lime wedge. Avoid drinking on an empty stomach and eat regularly throughout the event. Have a few responses ready to decline the offer of a drink - being the designated driver or having a big meeting the next day.

Families: The festive season is a great opportunity to spend time with loved ones. Plan activities for your family that don't involve alcohol, especially if children are attending. Demonstrate

that alcohol doesn't have to be part of every social situation by role modelling lower-risk drinking, planning alcohol-free days, and avoiding alcohol-related gifts.

It is possible to enjoy a healthy festive season by swapping food - for example, replace cheese and crackers with veggie sticks or pita bread. A healthy diet can help improve mood or overall wellbeing, increase energy levels, motivation and help banish that familiar sluggish feeling. Remember: learning to say 'no' is a gift to yourself.

Random acts of kindness can go a long way during the festive season. Connect with people who do not have family or friends around. Chat to your neighbours about their plans; you never know who may appreciate a little company. Doing something for a friend, helping a stranger, making a present, or simply taking the time to genuinely thank someone will strengthen relationships and create experiences that material gifts can't even get close to.

Happiness is a choice. It is the best gift you can give others because it's contagious! Volunteering is also a great way to help others and may help reduce feelings of stress, loneliness, and social isolation.

Practice daily gratitude by writing 3 things you are thankful for every day for 21 days straight. This can increase happiness levels, decrease stress load and boost your immune system. Try it to experience the happiness advantage.

On behalf of Holyoake, we wish you a *Happy Festive Season!* 

alcohol and other drug news/updates

#ALCOHOL: PORTRAYALS OF ALCOHOL IN TOP VIDEOS ON TIKTOK

TikTok has become a popular social media tool. In this study, researchers looked at the content and themes present in user-generated TikTok videos portraying alcohol. They found many popular TikTok videos that reference alcohol focus on its positive associations and ignore the negative ones. More information can be accessed at: <https://bit.ly/3pAyfQh>

NEW AUSTRALIAN GUIDELINES FOR THE TREATMENT OF ALCOHOL PROBLEMS

The Australian Guidelines for the Treatment of Alcohol Problems have been periodically developed over the past 25 years. They are evidence-based clinical guidelines that aim to provide best-practice approaches and information on available treatments for people experiencing alcohol problems. To read an overview of the latest guidelines, please visit: <https://bit.ly/3xZJNAC>

NATIONAL ROLL OUT OF THE INROADS PROGRAM



Researchers from the University of Sydney developed the Inroads Program for young adults aged 17-30 with concerns about their anxiety and alcohol consumption. Over five online modules, the program will help participants to develop new skills to encourage

self-reflection about alcohol use and overcoming anxiety. The modules are completed weekly and regular email support is provided.

What is the link between anxiety and drinking?

Anxiety is very common as young people experience new challenges, including:

- A new job or study program
- Establishing new friendships
- A new living situation

People who experience anxiety often consume alcohol to cope with these challenges. Some people also experience anxiety from drinking too much. When an individual is feeling anxious, and perhaps drinking more often, alcohol can initially lift their mood and help them relax. However, once these effects wear off, alcohol can increase feelings of anxiety and have a negative impact on mood or emotions.

How can the Inroads Program help?

This program aims to offer skills to cope with anxiety and life stresses. Participants will be encouraged to think about what's important to them and plan out the steps needed to work towards their goals.

To determine if the Inroads Program is right for interested participants, they will be asked questions about their anxiety, alcohol consumption and other related concerns. They will then receive feedback about their symptoms and whether the program would be beneficial for them.

For more information, please email info@inroads.org.au

CLIMATE SCHOOLS PROGRAM IS NOW FREE FOR AUSTRALIAN SCHOOLS

Developed by the Universities of NSW & Sydney, Climate Schools is an innovative, engaging program aimed at empowering students to gain knowledge about their health and wellbeing. The modules provide curriculum-consistent health education courses proven to reduce the harms associated with alcohol and other drug use, and to improve student wellbeing.

As a show of support for the challenges that school staff, parents and young people are facing during COVID-19, the Matilda Centre is offering schools FREE access to the Climate Schools Program.

Prior to registering your school, you can preview the Climate Schools course material including a section of the cartoons from the 'Alcohol' module, 'Alcohol and Cannabis' module, and 'Psychostimulant and Cannabis' module. Please visit:

<https://www.climateschools.com.au/>



ALCOHOL. THINK AGAIN CAMPAIGN RECEIVES FUNDING BOOST

The McGowan Government has announced Healthway funding of \$1.18 million to boost the Mental Health Commission's Alcohol.Think Again campaign. The campaign helps raise awareness about the serious health risks associated with alcohol, urging Western Australian adults to reduce their alcohol use.

The partnership between Healthway and the Mental Health Commission is part of the State Government's commitment to achieving a 10% reduction in risky alcohol use by 2024, as recommended by the Sustainable Health Review.

Evaluation of the Alcohol.Think Again campaign to date has demonstrated its success. 14% of high risk drinkers in WA reported that they have taken action to reduce their drinking as a result of the campaign.

Mental Health Minister Stephen Dawson said: "This new element of the Alcohol.Think Again campaign, scheduled for early next year, will build on the current advertising campaign, with specific messaging to increase knowledge about how to reduce alcohol use. By providing educational information to the community, the McGowan Government is empowering people to create healthier communities and reduce future impacts on communities across WA."

More information can be accessed at: <https://bit.ly/3IGcAVT>

BURDEN OF DISEASE STUDY - NEW RELEASE

Every year in Australia, many years of healthy life are lost because of injury, illness, or premature deaths in the population. This loss of healthy life is called the 'burden of disease'. This report from AIHW provides information on burden of disease among Aboriginal and Torres Strait Islander people. Key findings include:

- Indigenous males experienced a greater rate of total burden than Indigenous females in all age groups.
- In 2018, males experienced 1.4 times the rate of fatal burden experienced by females.
- The 5 disease groups that caused the most burden among Indigenous Australians were mental and substance use disorders (23%), injuries - including suicide (12%), cardiovascular diseases (10%), cancer (9.9%), and musculoskeletal conditions (8%).

The full report can be downloaded at: <https://bit.ly/3oDFnwI>

ALCOHOL, TOBACCO AND OTHER DRUGS IN AUSTRALIA: NEW RELEASE

Alcohol, tobacco and other drug use is a major cause of preventable disease, illness and death in Australia. This report from the Australian Institute of Health and Welfare (AIHW) consolidates recent information on the availability and consumption of alcohol, tobacco and other drugs in Australia, and related impacts, harms and treatment. The sections and fact sheets within this report have been updated to include the latest available data from the following sources:

- AIHW analysis of National Ambulance Surveillance System for AOD misuse and overdose
- AIHW analysis of the National Hospital Morbidity Database
- Australian Burden of Disease Study 2018 - key findings
- National Wastewater Drug Monitoring Program, Report 13
- ADAPT study bulletin 4
- OECD 2021 health statistics
- UNODC World Drug Report 2021
- IDRS overdose bulletin
- Australia's annual overdose report 2021
- Australian NSP Survey National Data Report 2016-2020

More information and the full report can be accessed at: <https://bit.ly/3DCME3K>



LivingWorks: I-ASIST Program

Suicide rates for Aboriginal and Torres Strait Islander communities are currently twice that of non-Indigenous communities, with young people particularly at risk.

Building on the success of the existing LivingWorks ASIST program - the global gold standard in suicide prevention training - I-ASIST was co-designed with Indigenous leadership and consultation, specifically for Aboriginal and Torres Strait Islander communities.

Led by Professor Maree Toombs, proud Euralie and Kooma woman from the University of Queensland, I-ASIST trains friends and family and other outreach services to help identify people with suicide thoughts early and use their skills to develop an individualised safety plan.

I-ASIST was officially launched in November 2021 by the Federal Minister for Indigenous Australians, The Hon Ken Wyatt AM MP.

More information and the media release can be accessed at: <https://livingworks.com.au/programs/asist/i-asist/>

Progress on commitment to Aboriginal Youth Wellbeing: Media Statement

Mental Health Minister Stephen Dawson released the first annual progress report tracking the Government's implementation of its Commitment to Aboriginal Youth Wellbeing.

This report outlines significant actions taken by Government to support the wellbeing of young Aboriginal people since the Commitment was released in March 2020.

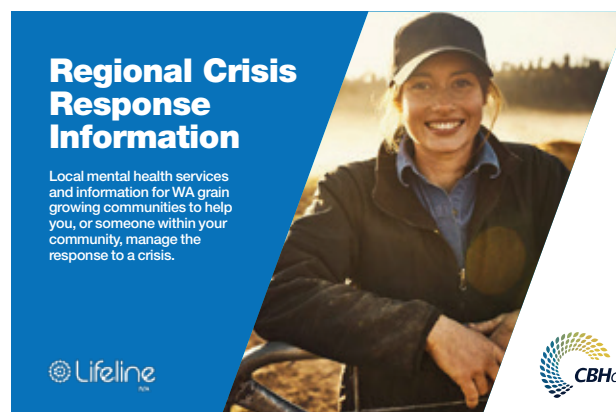
Actions include:

- Providing \$9.8 million for development of regional Aboriginal Suicide Prevention Plans across WA
- Commencing an overarching Aboriginal Suicide Prevention Strategy
- This year's State Budget commitment to provide \$17.6 million over the next three years for Aboriginal Community Controlled Health Services in five regional areas to deliver social and emotional wellbeing programs.

The full media statement can be accessed at: <https://bit.ly/3y2PH3P>

The progress report is available at: <https://bit.ly/31A48Af>

Media Release: CBH Mental Health Program marks milestone



The CBH Group, in partnership with Lifeline WA, has launched the Regional Crisis Information Resource, a booklet containing mental health information specifically for WA grain growing communities. The launch marks the first anniversary of CBH's 3-year partnership with four leading mental health service organisations. Lifeline WA, Youth Focus, Mental Illness Fellowship WA (MIFWA), and Black Dog Institute joined CBH's 'Regional Mental Health Program', which seeks to increase access to mental health services throughout the grain growing communities.

As part of the program, Lifeline WA led the development of the Regional Crisis Information Resource, a 36-page booklet that includes local contact information for someone in a crisis or for anyone supporting a person in crisis. The booklet was produced in conjunction with CBH and supported by Youth Focus, MIFWA and Black Dog Institute.

This program accomplished several key achievements in the first year. MIFWA delivered 20 workshops to 249 people across the grain growing regions, 65% of which were aged 12-18 years. Several workshops were delivered through a whole school approach enabling both students and staff to access training which was previously not available.

Youth Focus supported 29 young people through 217 web service sessions. Youth Focus delivers frontline services and education programs which aim to reduce symptoms associated with suicide, depression, anxiety, and self-harm, and build long-term mental wellbeing to help young people reach their full potential.

The full media release can be accessed at: <https://bit.ly/3GkQ7Wb>

The Regional Crisis Information Resource can be downloaded at: <https://bit.ly/31tOuHK>

New release from the Australian Institute of Health and Welfare (AIHW)

Australians collectively lost more than 145,000 years of healthy life in 2019 due to suicide and self-harm, according to a new report by the AIHW. The report, *'The health impact of suicide and self-inflicted injuries in Australia, 2019'*, updates and extends data from the Australian Burden of Disease Study 2018 to calculate the combined impact on individuals of dying prematurely from suicide (the fatal burden) and of injury and illness from self-harm (the non-fatal burden). This is measured using Disability-Adjusted Life Years (DALY).

This report has been funded through the National Suicide and Self-harm Monitoring System and is part of the AIHW's ongoing contribution to the national effort to prevent suicide and self-harm in Australia. Key findings include:

- In 2019, Australians lost 145,703 years of healthy life due to suicide and self-harm. This represents around 3% of the total burden of disease and injury in Australia, and 10% of total burden among those aged 15-24 years. Nearly all (99%) of the burden of suicide and self-harm was due to dying prematurely (fatal burden).
- On average, persons lost 42 years of life due to dying from suicide in 2019. This was much higher than leading causes of death such as coronary heart disease (12), dementia (7), and lung cancer (17); and similar to road transport injuries (43) and drug use disorders (41). Suicide is among the top 5 causes with the highest average years of life lost each year. Three-quarters of the total burden of suicide and self-harm injuries in 2019

occurred in males, and it was highest among those aged 25-34.

- The highest rates of burden (DALY) from suicide and self-harm were among people living in remote and very remote areas, being 2.3 times higher than in major cities. In addition, burden (DALY) rates among people living in the most disadvantaged socioeconomic areas was twice as high as those in the least disadvantaged socioeconomic areas.
- Four potentially modifiable risk factors were included in analyses as having sufficient evidence in the literature of a causal association with suicide. These included child abuse and neglect during childhood of persons aged 5 years and over; alcohol use among persons aged 15 years and over; illicit drug use among persons aged 15 years and over; and intimate partner violence against females aged 15 years and over. The study estimated that almost half (48%) of the burden of suicide and self-inflicted injuries is estimated to be due to these four risk factors.
- There were 3,318 deaths by suicide in Australia during 2019, and 3,139 in 2020. There were more than 28,600 hospital admissions due to intentional self-harm in 2019-20.

The full media release can be accessed at:

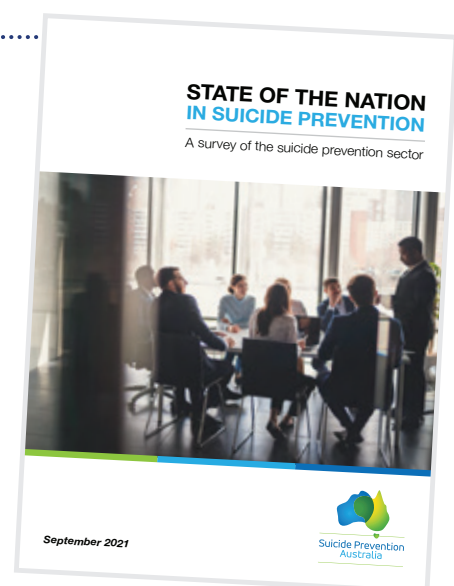
<https://bit.ly/3lGdMbP>

State of the Nation in Suicide Prevention

Suicide Prevention Australia (SPA) released the State of the Nation Report on World Suicide Prevention Day. It provides an annual snapshot of the state of our sector, the state of the community, and our national policy platform. Its offers important on-the-ground insights about the operations, opportunities and challenges facing the suicide prevention sector in Australia. The report focuses on three pillars:

1. State of the Sector
2. State of the Community
3. State of the Platform

The full report can be accessed at: <https://bit.ly/3DwWio8>



ReachOut's impact on the wellbeing of young people living in regional, rural and remote Australia

This report aims to shine a light on the everyday lives of regional, rural and remote (rural) young people, their strengths and challenges, their mental health, and the impact ReachOut has in improving their mental health and wellbeing.

Using evaluative research conducted between 2017 and 2021, they looked at changes over time, drawing comparisons with similar research conducted in 2017 and shared in the Lifting the Weight report. This allowed them to assess the effectiveness of ReachOut's new tailored and targeted approach to supporting this population over the past five years.

The full report can be downloaded at: <https://bit.ly/3DpVlhC>



New National Communications Charter

The National Communications Charter is a resource and uniting document to guide the way people in the mental health and suicide prevention sectors, government, business, and community members talk about mental health and suicide prevention. It serves as a formal commitment to working together and developing better structures and processes for collaboration so that together we can reduce stigma and promote help-seeking behaviour.

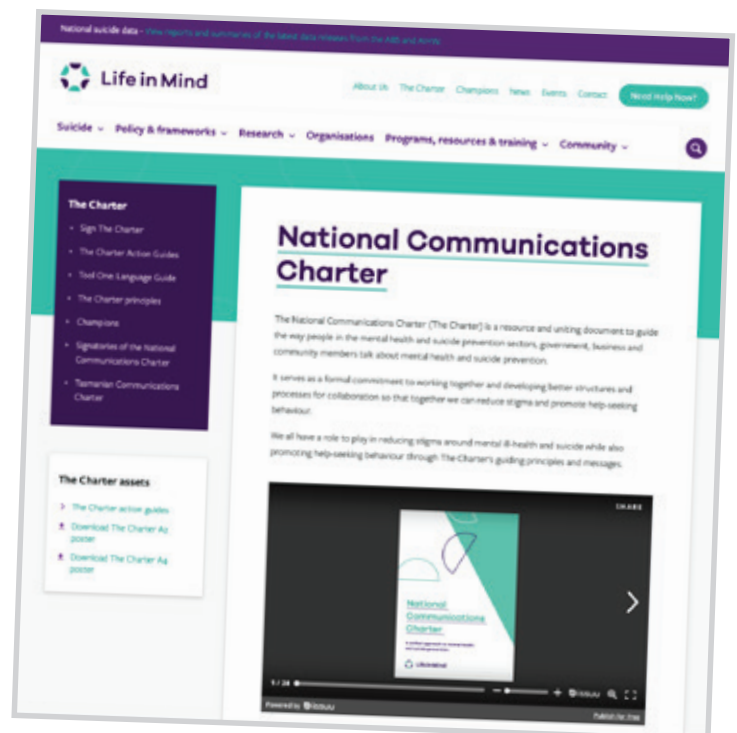
We all have a role to play in reducing stigma around mental ill health and suicide while also promoting help-seeking behaviour. The Charter's guiding principles and messages include:

- Suicide prevention is in the interests of every person, community, and government.
- Every suicide is a tragedy with far-reaching, long lasting, significant impact on individuals, families, workplaces, and communities.
- The reasons for suicide are complex and multifaceted.
- Suicide is preventable.
- Suicide is not always connected to mental illness.
- All suicidal behaviour should be taken seriously.
- Reducing discrimination, stigma and prejudice associated with suicidal behaviour and those impacted can encourage people to seek help.
- Building social connections and networks is a good place to start in suicide prevention.
- Communities can play a critical role in suicide prevention by giving people a sense of belonging or a feeling of connectedness, reducing stigma, developing their skills to support someone in crisis, and providing social support or referrals to appropriate services.

- People can have needs that are specific to their identity or community. It is also important to recognise that people can have multiple, overlapping, and sometimes
- conflicting, roles and responsibilities within communities, which can affect how they understand and seek help for suicidal behaviours in themselves or others.

More information can be accessed at:

<https://lifeinmind.org.au/the-charter>



Training

Keyworker Plus (Alcohol and other drugs skills training for mental health professionals & paraprofessionals)	3 Days	https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/mental-health-training/
Trauma informed Care and Practice	1 Day	https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/mental-health-training/
Mental Health First Aid · Adults	2 Days	https://mhfa.com.au/courses
· Youth	2 Days	https://mhfa.com.au/courses
· Older Adults	2 Days	https://mhfa.com.au/courses
· Aboriginal	2 Days	https://mhfa.com.au/courses
· Custom Mental Health Workshop for Teens		Developed and delivered by MIFWA
Blended Online Mental Health First Aid Regional Course	Online & 2x ½ Days	https://www.mifwa.org.au/event/blended-online-mental-health-first-aid/
Gatekeeper Suicide Prevention Training for professionals, first responders & paraprofessionals	2 Days	https://www.mhc.wa.gov.au/training-and-events/suicide-prevention-training/
Applied Suicide Intervention Skills Training (ASIST) for community members and volunteers	2 Days	https://www.livingworks.com.au/programs/asist/
safeTALK suicide awareness training for community members and volunteers	½ Day	https://www.livingworks.com.au/programs/safetalk/
Strong Spirit Strong Mind 'Ways of Working (WOW) with Aboriginal People' training	2 Days	https://www.mhc.wa.gov.au/training-and-events/strong-spirit-strong-mind-aboriginal-programs/ways-of-working-with-aboriginal-people/
Recognising and Responding to Amphetamine Intoxication/Toxicity and Opioid Overdose - training for professionals, first responders & paraprofessionals	1 Day	https://www.mhc.wa.gov.au/media/3473/aodtrainingcal-2021-sem1-a3-mk3.pdf
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 Road Safety & Drug Education (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 responses.
Rural Minds training - mental health training with modules on risk and protective factors for rural communities	½ Day	https://www.rrmh.com.au/programs/rural-minds/
Distress and Why Mental Health and Wellbeing Matters (delivered by Regional Men's Health Initiative)	1 Hour	https://regionalmenshealth.com.au/
Talk to a Mate (delivered by Regional Men's Health Initiative)	1 Hour	https://regionalmenshealth.com.au/

Training cont...

Looking after Your Mates – Suicide Awareness (delivered by Regional Men's Health Initiative)	1 Hour	https://regionalmenshealth.com.au/
Deadly Thinking – social and emotional wellbeing training for professionals, paraprofessionals & communities	1 Day	https://www.rrmh.com.au/programs/deadly-thinking/
Staying SAFE with SOLID yarning - suicide prevention yarning for communities	½ Day	
DV (Domestic Violence) Alert Training	2 Days	https://www.dvalert.org.au/
Accidental Counsellor	½ Day	https://www.lifeline.org.au/get-involved/corporate-training/accidental-counsellor/
Workplace Wellbeing & Professional Selfcare Workshop	½ Day to Full Day	<p>Developed and delivered by Wheatbelt Suicide Prevention Coordinator - select from:</p> <ul style="list-style-type: none"> · Mental Health Literacy – Stress, Anxiety, Depression and Situational Crisis · Introduction to Suicide Prevention · De-Briefing · Professional Self Care Tips and Strategies · Language, Communication and De-Escalation Skills · Navigating Change and Uncertainty – with Clients and Organisations · Mentally Healthy Workplace · Burnout / Compassion Fatigue · Emotional Intelligence within the Workplace · Mental Toughness and its impact on Productivity · Development of a Workplace Wellbeing Strategy / Strategic Plan
Mental Health Literacy, Suicide Awareness and Alcohol and Other Drug Harm Minimisation Education to assist LGA's with their mandated changes to Public Health Plans	2-4 Hours	Custom made training to suit specific LGA Public Health Planning documentation.

To express your interest in any of the above training, please email WCADSPrevention@holyoake.org.au

Valuable Conversations: Reducing the impact of alcohol use during child-bearing years

The Valuable Conversations training covers the following:

- Reflective Practice - to identify areas of practice that require development for improved client engagement and outcomes.
- Trauma Informed Care and Practice - to consider the broader context in which alcohol use (during pregnancy) may occur.
- Motivational Interviewing - to empathically explore client behaviour around alcohol use (including during pregnancy).
- Fetal Alcohol Spectrum Disorder (FASD) prevention - in the context of the National Strategic Action Plan and a holistic prevention framework.
- Brief Interventions - to combine course content with skills practice using the AUDIT-C and 'Five As'.
- Useful resources - for ease in recalling training information and strategies.

Narrogin: 24th- 25th February 2022. Northam: 21st- 22nd February 2022.

For enquiries regarding event registrations and other FASD learning opportunities from the Mental Health Commission, please contact Dionne Aitken via email:

dionne.aitken@mhc.wa.gov.au

Note: This training does not provide information on FASD diagnosis or treatment. Prior FASD knowledge is highly desirable but not compulsory.



Cracks in the Ice Online Training and Resources

Cracks in the Ice provides a range of evidence-based resources and online training modules for health workers supporting clients who use methamphetamine. These resources help enhance existing skills and knowledge to effectively assist clients, as well as their family, friends, and colleagues.

Topics that can be accessed include:

- Ice training for frontline workers
- Working with children & young people affected by parental methamphetamine use
- Evidence-based treatment options for methamphetamine use disorders
- Safer injecting course
- Training for managing co-occurring AOD & mental health conditions
- Meth Check: 'Ways to Stay Safe' harm reduction booklet

More information can be accessed via the following link: <https://cracksintheice.org.au/health-professionals/online-resources>



Healthway Grants Programs – Refreshed

As part of its 30th anniversary celebrations, Healthway has refreshed its grants programs to better align to the vision of creating a healthier WA. It will continue to provide funding for the same great health promotion activities and to the same types of organisations, however four separate grant programs are now available:

1. **Healthy Partnerships:** Funding to sports, arts, racing and community events to provide healthy environments, and to educate and promote good health. This relates to its current Partnership Program funding.
2. **Healthy Spaces:** Funding that focuses on creating healthy environments in sport and recreational settings. The 'Healthy Club' and 'Healthy Venues' programs will fall into this grant program.
3. **Healthy Communities:** Funding for health promotion projects within our community. This relates to its current Health Promotion Program funding.
4. **Healthy Research:** Funding for health promotion research that builds the evidence base and research capacity through fellowships and scholarships. This relates to its current Health Promotion Research Program funding.

More information at: <https://www.healthway.wa.gov.au/our-funding/> or call 133 777, or email healthway@healthway.wa.gov.au



Youth Week WA Grants Program now open for applications

Community organisations and local governments across WA are invited to apply for funding to stage events during Youth Week WA, an annual state-wide celebration of the positive contributions of young people to the community. It will run from April 6-18, 2022.

The week-long celebration of the state's youth, provides young people in WA with the opportunity to express their ideas, raise important issues, make decisions, and create entertainment.

Grants of up to \$1,500 are available for eligible organisations to deliver a range of projects including festivals and events, workshops, seminars and presentations, award ceremonies, and youth forums. Grants of up to \$3,000 are also available for collaborative, community-wide events involving a range of partners, such as community-wide youth festivals with multiple organisations hosting activities and programs of multiple events.

Successful applicants will be required to deliver projects and events that support vulnerable or disadvantaged young people in the community. Eligible organisations must be an incorporated not-for-profit community organisation, a local government authority, or an unincorporated organisation or community group, applying through the auspice of an incorporated body or a local government authority.

Applications close at 4pm on December 23, 2021.

More information and application form can be accessed at: <https://bit.ly/31xcUPT>



Make Healing Happen

Community organisations and local governments across WA are invited to apply for funding to stage events during Youth Week WA, an annual state-wide celebration of the positive contributions of young people to the community. It will run from April 6-18, 2022.

The week-long celebration of the state's youth, provides young people in WA with the opportunity to express their ideas, raise important issues, make decisions, and create entertainment.

Grants of up to \$1,500 are available for eligible organisations to deliver a range of projects including festivals and events, workshops, seminars and presentations, award ceremonies, and youth forums. Grants of up to \$3,000 are also available for collaborative, community-wide events involving a range of partners, such as community-wide youth festivals with multiple organisations hosting activities and programs of multiple events.

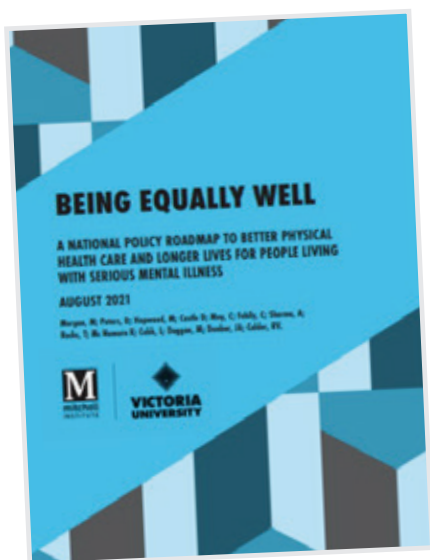
Successful applicants will be required to deliver projects and events that support vulnerable or disadvantaged young people in the community. Eligible organisations must be an incorporated not-for-profit community organisation, a local government authority, or an unincorporated organisation or community group, applying through the auspice of an incorporated body or a local government authority.

Applications close at 4pm on December 23, 2021.

More information and application form can be accessed at: <https://bit.ly/31xcUPT>



Being Equally Well Report



A new report from 60 leading Australian health experts recommends major improvements to primary healthcare services in Australia to stop people with serious mental illnesses from dying between 14 and 23 years earlier than other Australians. Nearly 80% of people with serious mental illness die prematurely of chronic physical

health conditions that could be effectively managed and often prevented.

The Federal Health Minister Greg Hunt launched the Australian Health Policy Collaboration's (AHPC) Being Equally Well Report. Developed in partnership with GPs, psychiatrists, mental-health consumers and carers, and

other health professionals, this roadmap lays out changes to how medical services can work, including:

- Implementing shared care between psychiatrists and GPs, and with pharmacists to manage mental and physical health together.
- Mental health nurse navigators to support people in navigating the complex health system.
- Medicare Benefits Scheme funding for GPs to set up dedicated supports to ensure regular health checks and screening as well as treatment of chronic conditions.
- Ending gap payments for medication, including for cardiovascular diseases risk reduction medication and nicotine patches.
- Establishing a federally funded national clinical quality registry to support and monitor improvements in life expectancy for people with serious mental illnesses.
- Establishing a National Office for Quality in Physical and Mental Healthcare Outcomes.

More information at: <https://bit.ly/3EDQmeM>

Recovery Orientated Language Guide: Quick Reference

To mark Mental Health Week 2021, the Mental Health Coordinating Council released a new Recovery Orientated Language Guide: Quick Reference Tool. It recommends respectful language to use when talking about people with lived experience of mental health conditions or mental health concerns. Words are important. The language we use and the stories we tell have great significance to all involved.

The Quick Reference Guide can be downloaded at: <https://bit.ly/3lvzBEW>



Hey Sport, R U OK? – New Resources

R U OK? have released new resources for community sport as the summer season begins around Australia. The 'Hey Sport, R U OK?' FREE resources include practical tools and tips to build an R U OK? culture and encourage everyone in clubs, teams and associations to stay connected.

The FREE resources can be downloaded at: <https://bit.ly/31AKG6T>



Blue Knot Foundation Resources

Talking about Trauma factsheets are designed to support safe conversations with different people. They include advice for having safe conversations with a friend, family member or colleague who may have experienced trauma. The factsheets can be downloaded at: <https://bit.ly/32UNZQ7>

Supporting Recovery factsheets are designed to help people who are supporting a family member, friend, partner, or someone they care about to recover from childhood trauma or abuse. The information helps to understand what happened to the person, how it affected them, how they coped and how they can be supported. They also highlight the importance of building a safe trusting relationship with the person. The factsheets can be downloaded at: <https://bit.ly/3rIOLIL>

Introducing the FFSP Mobile App

Alcohol and drugs not only affect people who use them, but also has an adverse impact on their family, friends, and community. Families and friends can play a critical role in the recovery of people using alcohol and other drugs. The Family & Friends Support Programs (FFSP) are designed to help friends and family members who are supporting a loved one with a substance use issue. They also offer information and support for people who are living in rural or remote regions. These online programs were developed by researchers and clinicians, with the help of families and friends who are supporting loved ones.

FFSP project partner organisations include the Australian Government's Department of Health, University of

Newcastle, University of Sydney's Matilda Centre, and Premise – NHMRC Centre of Research Excellence.

More information can be accessed at: <https://ffsp.com.au/>



Path2Help - new online portal to support family and friends

Research found that most people (71%) find it difficult to access alcohol and other drug information and support because they don't know where to look or what questions to ask.

Path2Help is a free and confidential online portal that searches through more than 7,000 specialist services. It asks users up to 11 questions and then provides local support services based on the answers provided.

Path2Help can help family and friends to have conversations about alcohol and other drugs, manage conflict, find support and treatment, and more.

More information at:

<https://adf.org.au/help-support/path2help/>

R U OK? Your Natter Matters resources

Ageing is not without challenges - health, relocation, loss, isolation or difficulties completing tasks that were once simple. Any of these can lead to friends, family members or neighbours becoming disconnected from their community and support networks.

A simple chat can mean everything to a friend or loved one who might be struggling. The R U OK? 'Your natter matters' campaign is backed by Stockland CARE Foundation and calls on members of the older generation to use their life experience to support each other through life's ups and downs.

The campaign resources include a conversation guide that will empower people with the tools and confidence to reach out and have an R U OK? conversation.

Resources can be downloaded at: <https://bit.ly/3du2ouZ>

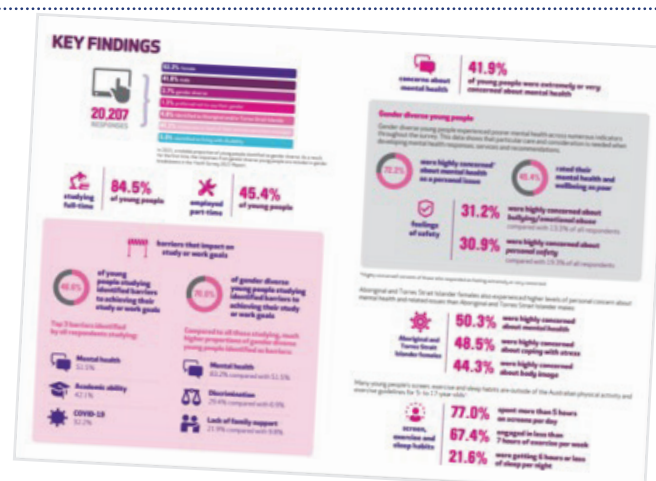


Mission Australia - Youth Survey Report 2021

Mission Australia's Youth Survey Report 2021 details findings from its 20th annual survey of young people aged 15-19 years. It provides rich and compelling evidence collected during the second year of the COVID-19 pandemic about young people's challenges, concerns, experiences and barriers to achieving their goals.

With 20,207 young people surveyed across Australia, the report reveals their greatest issues in 2021 relate to COVID-19, the environment, equity and discrimination, mental health, education, and job prospects.

The full report can be accessed at: <https://bit.ly/31xdzkl>



Intoughtimestext.org

How can people support those who may have suicidal thoughts? This online resource offers helpful messages to support people via text. Or people can start a WhatsApp group of supportive people using the recommended messages. These messages have been approved the Australian Suicide Prevention Foundation.

More information can be accessed at: <https://intoughtimestext.org/>



Commissioner for Children and Young People - Speaking Out Survey

Thousands of children and young people across WA have shared their views on their health, mental health, education, community and access to support in the Commissioner for Children and Young People's Speaking Out Survey.

The findings will be valuable for anyone working with children and young people, across both government and non-government organisations, helping to guide policy and programs that ensure the needs of children and young people are met.

A summary report can be accessed at: <https://bit.ly/3rJnZYY>



collaborations

R U OK? Day

The Wheatbelt Suicide Prevention Coordinator travelled to Dalwallinu to attend two events for R U OK? Day on September 9.

The first was the Liebe Group Spring Field Days which saw 180 grain growers and those involved in agriculture come together to undertake crop inspections and listen to a variety of presentations. The Coordinator facilitated a session on 'Men, Maintenance and Mental Health' which was very well received. In the afternoon, the Coordinator attended an event at Dalwallinu District High School and worked with students to capture important peer led R U OK? messaging and artwork which was then gifted to the school.



Dowerin and Newdegate Field Days



The WCADS Prevention Team attended both the Dowerin & Newdegate Field Days in August and September 2021, respectively. The theme of the Newdegate Field Days was 'Growing Mental Health'.

These events are significant for the WCADS Prevention Team as it is an opportunity to connect with community and key service providers. Both events were highly successful with high levels of engagement and a gamut of resources disseminated and collaborations scheduled for 2022 and beyond.

The Hon Stephen Dawson, Minister for Mental Health, attended and officially opened the Field Days. The WCADS Prevention Team had an opportunity to chat to him about a variety of prevention and harm minimization work currently being undertaken in the Wheatbelt.



Mental Health Week

Mental Health Week ran from the 9th to 16th of October and the theme was 'Mental health starts with our children'. Events in the Wheatbelt included:

- Presentation at East Narrogin Primary School
- Presentation at St Matthew's Primary School in Narrogin
- Community Event in Pingelly hosted by the Community Resource Centre
- Community Event in Narembreen hosted by the Community Resource Centre
- Turn up in Blue Day in Northam on 14th November saw 22 organisations/service providers come together to host a family friendly event which attracted over 500 people including 4 school excursions.



The WCADS Prevention Team look forward to expanding on these significant events that support individuals and communities in 2022.

events / awareness dates

DATE	EVENT
Febfast	February
International Women's Day	8 th March 2022
National Day of Women Living with HIV	9 th March 2022
Harmony Week	15 th - 21 st March 2022
National Close the Gap Day	18 th March 2022
National Day of Action Against Bullying and Violence	18 th March 2022
International Day of Happiness	20 th March 2022
National Drug & Alcohol Facts Week	21 st - 27 th March 2022
Neighbour Day	27 th March 2022
World Bipolar Day	30 th March 2022
World Health Day	7 th April 2022
WA Youth Week	8 th - 16 th April 2022
World Day for Safety & Health at Work	28 th April 2022
Pay it Forward Day	28 th April 2022
Rail R U OK? Day	28 th April 2022
International Day Against Homophobia, Biphobia and Transphobia	17 th May 2022
Australia's Biggest Morning Tea	19 th May 2022
Schizophrenia Awareness Week	22 nd - 28 th May 2022
National Sorry Day	26 th May 2022
National Reconciliation Week	27 th May - 3 rd June 2022
Wear White to Work Day	29 th May 2022
Reconciliation Day	30 th May 2022

DATE	EVENT
World No Tobacco Day	31 st May 2022
Pride Month	June
Men's Health Week	13 th June - 19 th June 2022
World Drug Day	26 th June 2022
Dry July	July
NAIDOC Week	3 rd - 10 th July 2022
World Hepatitis Day	28 th July 2022
International Youth Day	12 th August 2022
Daffodil Day	23 rd August 2022
Wear It Purple Day	30 th August 2022
Women's Health Week	5 th - 11 th September 2022
R U OK? Day	8 th September 2022
International FASD Awareness Day	9 th September 2022
World Suicide Prevention Day	10 th September 2022
Borderline Personality Disorder Awareness Week	1 st - 7 th October 2022
World Smile Day	7 th October 2022
World Mental Health Day	10 th October 2022
WA Mental Health Week	10 th - 17 th October 2022
National Carers Week	10 th - 17 th October 2022
Movember	November
International Men's Day	19 th November 2022
16 Days in WA	25 th November to 10 th December 2022
International Day of Persons with Disabilities	3 rd December 2022
Human Rights Day	10 th December 2022

notice board

National Digital Health Strategy

What would you like the future of Australian digital healthcare to look like? Telehealth and My Health Record are helpful resources that increase access to services and improve health outcomes. You have an opportunity to shape the next Digital Health Strategy by filling out the Australian Government's Digital Health Survey at:

nationalstrategy.digitalhealth.gov.au

Alcohol Think Again & Drug Aware - Leavers Resource

The MHC campaign team have released a new resource for leavers: campaigns@mhc.wa.gov.au
More information for leavers at: <https://bit.ly/3lF2ISM>

Good Sports Program

The ADF Good Sports Program is Australia's largest community health sports program. Clubs are provided free online tools and resources to build policies around alcohol management, smoking regulations, mental health, illegal drugs and safe transport. The program has a new online portal to make it even more relevant and convenient for clubs. More details at: <https://goodsports.com.au/>

WA Seniors Strategy

The Department of Communities will lead the development of a 10-year WA Seniors Strategy in consultation with key stakeholders including community services providers, peak bodies, WA state government agencies, local government agencies, and older Western Australians.

The strategy, expected to launch in late 2022, will include a series of 2-year action plans that will connect, coordinate, and evaluate activities across government agencies. It will aim to support older Western Australians of all backgrounds to live their best life as they age. More details at: <https://bit.ly/3EwHJ5D>

National FASD Program

The National Fetal Alcohol Spectrum Disorder (FASD) Program aims to increase awareness of the risks associated with alcohol consumption during pregnancy and while breastfeeding, including FASD.

NOFASD Australia will develop and disseminate prevention and awareness resources tailored to priority groups. It will also provide advice and feedback to Foundation for Alcohol Research & Education (FARE) on content and resources produced for the general public.

The National Community Controlled Health Organisation (NACCHO) will raise awareness among regional and remote Aboriginal and Torres Strait Islander communities of the impacts of alcohol use during pregnancy and while breastfeeding. It will also provide advice and feedback to FARE on development of content and resources.

More details at:

<https://fare.org.au/FASD-program/>

Mental Health Act - Community grants

13 grants worth \$208,000 have been awarded to 12 organisations to undertake targeted engagement for the statutory review of the Mental Health Act (2014). This is part of an extensive engagement strategy which includes working with service providers, clinicians, advocacy and advisory groups, Aboriginal corporations, local and state government agencies, researchers, and representatives from across the social services sector to ensure individuals with lived experience of the Act from across WA have the opportunity to share their feedback. The results will inform recommendations to Parliament. More details at: <https://bit.ly/3y5osWj>

FAMILIES

- The festive season is a great opportunity to spend time with friends and family. Plan activities, such as a pool party or Secret Santa games - that don't involve alcohol, especially if children are attending.
- Plan some alcohol-free days.
- Role-model low risk drinking patterns.
- Avoid giving alcohol-related gifts.

COMMUNITIES

- Plan a lunch or event for those in your community that don't have family near by to spend the festive season with
- Invite someone on their own to yours for Christmas lunch
- Donate a present or food hamper to a family in need

Alcohol Guidelines

Australian guidelines to reduce health risks from drinking alcohol

1. HEALTHY ADULTS

Drink no more than 10 standard drinks a week

no more than 4 standard drinks on any one day

to reduce the risk of harm from alcohol

The less you drink, the lower your risk of harm

2. CHILDREN AND PEOPLE UNDER 18 YEARS OF AGE

Should not drink alcohol

to reduce the risk of harm from alcohol

3. WOMEN WHO ARE PREGNANT OR BREASTFEEDING

Should not drink alcohol

to reduce the risk of harm from alcohol

COMMUNITY ALCOHOL/DRUG SERVICE
WHEATBELT

GUESTS

- Do your research about standard drink measures. Different drinks have different alcohol content. So plan your number of drinks in advance.
- Only take the number of drinks you need, or pour your own.
- Opt for low or non-alcoholic alternatives
- Add non-alcoholic 'spacers' like sparkling or still water.
- Plan your 'thanks, but no thanks' responses in advance.
- Eat regularly throughout the day/event.
- Have a getaway plan - taxi, uber or designated driver.



STAYING ALCOHOL SAFE DURING THE FESTIVE SEASON

HOSTS

- Provide food & non-alcoholic drinks throughout the day.
- Plan activities to reduce the focus on alcohol eg. barefoot bowls, backyard cricket.
- Avoid 'topping up' glasses so guests can keep track of their standard drinks.
- Provide plenty of water.
- Offer to help a friend to collect their car the next day if they need a lift home.
- Provide a bed when needed.

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

QLife: 1800 184 527

Suicide Call Back Line: 1300 659 467
www.suicidecallbackservice.org.au

LifeLine: 13 11 14 (24 hours)
www.lifelinewa.org.au

Text Service: 0477 13 11 14
Grief, Loss & Separation Free Counselling – 9261 4444

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

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

Mensline: 1300 789 978 (24 hours)
www.mensline.org.au

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

Alcohol & Drug Support Line:
1800 198 024

National Alcohol and Other Drug 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

Narogin & 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

Narogin: 9881 1999

Merredin: 9081 3396

Victoria Park: 9416 4444

Midland: 9274 7055

Freecall: 1800 447 172

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.