

YIRRA KOORL

looking forward

YOUR WELLBEING AND PREVENTION UPDATE FOR THE WHEATBELT - JULY 2022

UTILISING COLLECTIVE IMPACT IN PREVENTION FOR BETTER OUTCOMES FOR ALL

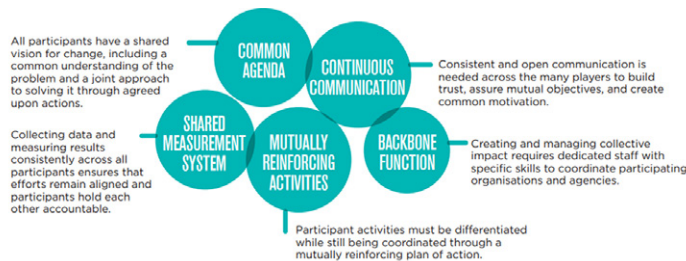
Now more than ever, we need to create and mobilise integrated, coordinated, and progressive actions to address the wickedly complex, constantly evolving problems faced by individuals, families and communities in the Wheatbelt. We must look for innovative solutions and be prepared to work alongside communities to improve health and wellbeing outcomes for all. We cannot keep doing 'what we have always done' as unfortunately this hasn't achieved the positive health outcomes that we had all hoped for, despite well intended previous efforts. With limited resourcing we need to find high-impact co-designed solutions to an array of interconnected social and environmental issues that incorporate innovative, coordinated prevention and early intervention efforts from a cross sectoral array of service providers with authentic deep level community involvement

Collective Impact is an innovative way of using collaboration to create change on issues too big for one organisation to solve alone. It acknowledges that no one is better positioned to drive change than the people most closely connected to that place or issue. It is specifically tailored to address complex problems, understood as situations in which:

- No one organisation alone can solve the situation
- There are gaps and silos in the system
- There is often a lack of coordination among organisations
- New policies or significant policy change are needed
- Innovation and new co-designed solutions are required

This is a collaborative approach to addressing complex / wicked social and health issues, ensuring that there is:

- a common agenda
- stakeholders and community involved in decision-making
- embedding evidence informed/based strategies alongside grassroots initiatives
- continuous and transparent communication
- mutually reinforcing activities
- backbone support (lead agency or group)
- shared measurement / evaluation



Source: Preskill, Parkhurst, & Splansky Juster, 2014

Collective Impact is a proven approach for addressing complex issues, that generates new and innovative solutions, and unites various sector and community leaders to work collaboratively on a shared plan of action. The [Tamarack Institute](#) in Canada is leading and supporting the utilisation of the Collective Impact Framework around the world. The Wheatbelt Human Services Managers Forum is now working within this Framework and has created five Priority Area Working Groups aligning with the priority areas identified by the Wheatbelt District Leadership Group (who will be providing backbone support):

- **Mental Health**
- **Family and Domestic Violence**
- **Ageing Well**
- **Employment Pathways**
- **Education – Attraction and Retention**

Working Groups are called working groups for a reason. Just as a Steering Group or Advisory Committee is tasked with steering the direction of the initiative, Working Groups are responsible for the work that will drive the collective impact.

“Collective impact is a network of community members, organisations, and institutions who advance equity by learning together, aligning, and integrating their actions to achieve population and systems-level change.”

This framework has been enthusiastically adopted in Australia. It is estimated that there are around 80+ collective impact-style projects currently being implemented across the country (Graham & Weaver, 2016). Examples include Logan Together; Communities for Children (CfC); Blue Mountains Stronger Families Alliance; Grow 21; Burnie Works; Justice Reinvestment in Bourke; Go Goldfields and 90 Homes for 90 Lives.

editorial

This issue moves from the Noongar season of Makuru (June – July), represented by the colour dark blue symbolising rain and cold weather, through to Djilba (August/September), represented by the colour pink symbolising the growth of wildflowers and plants.

During Makuru, as the waterways and catchments started to fill, people moved about their country with ease. Food sources changed from the sea, estuarine and lake foods to those of the land, in particular the grazing animals such as the kangaroo. Makuru is also a time for many animals to pair up in preparation for breeding in the coming season.

The season of Djilba is a transitional time of year, with some very cold and clear days interspersed with rainy and windy days, and the occasional sunny day. As the days start to warm up, we see the first of the newborns with their proud parents out and about providing them with food and protecting their family units from larger animals.

As a community, many of us are witnessing these variable weather changes while participating in the winter sport seasons – particularly those getting wet outdoors at football, hockey or soccer! Participating in community sport is a fantastic way to engage in healthy physical activity while building our social networks. For many people, particularly over the last two years of the COVID pandemic, their teammates and sporting clubs have provided invaluable support, either through being part of the team environment, interacting socially and developing connections with other like-minded individuals, or having opportunities to contribute in a volunteer capacity.

For many clubs and associations, maintaining an inclusive, safe and supportive environment is an ongoing process. Recognising that risky alcohol consumption can be a part of sporting culture in regional WA, the Upper Great Southern Hockey Association and Narrogin and Districts Netball Association recently worked collaboratively to develop a localised campaign to raise awareness of the risks associated with excessive alcohol consumption and the impacts that injuries and trauma, particularly road trauma, have on not only the individual, but also their family, sporting clubs and the first responders that support them. Recipients of a Road Safety Commission grant, the two associations ran a highly successful 'I Know What I'd Rather Be Doing – Don't Drink & Drive' sporting round utilising members of their associations that volunteer as First Responders as local 'Champions'.

Localising campaigns to suit your community can be a very effective way to raise awareness of a particular issue that you have identified as a concern in your community. If the WCADS Prevention Team can provide any support in localising campaigns specifically for your community, please contact wcadsprevention@holyoake.org.au



COMMUNITY ENGAGEMENT AND COMMUNITY CHANGE



Collective Impact also encourages us to shift how we engage with our communities. The work of community change is challenging and complex and requires changemakers to build their individual and collective leadership capacities.

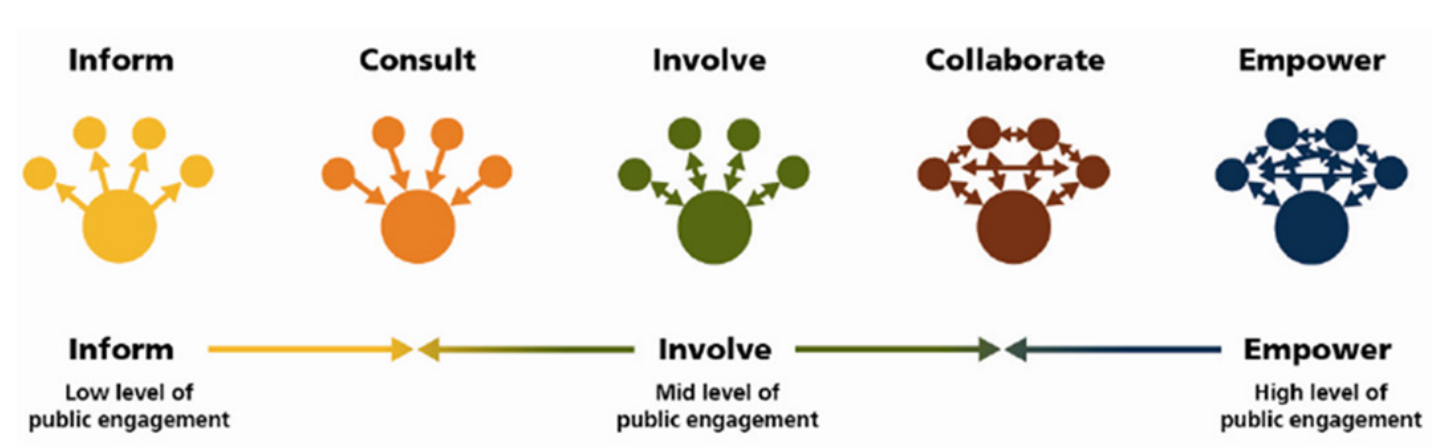
The Tamarack Institute has approached community change by identifying the five interconnected practices and deepening our understanding of the contributions and synergies of each to be able to drive change forward at a pace that is both dynamic and agile.

Because many of these issues that communities face are complex and involve many interconnected factors, it is unlikely that one sector working independently can generate lasting, systemic change. One of the most effective ways to generate the new thinking required to solve community challenges is to emphasise diversity and encourage the insights and perspectives of those whose experiences are different to our own.

The best solutions to complex community issues are most often discovered when a dedicated group of community leaders, from multiple perspectives, work together to better align their individual efforts and partner together on new community innovations. It is these approaches, using the Collective Impact framework, that have been found to show the most promise for high impact.

A focus on aspiration, combined with an attitude of curiosity and continuous learning, is central to building an effective foundation for authentic community engagement. To do engagement well also requires a long-term commitment to relationship-building and an investment of adequate resources so that engagement becomes more than a “one-off” event. Ongoing community engagement contributes to the ripple effect of community change and it is important to continually invite new individuals and groups to join, reaching beyond the usual players.

Community engagement is a practice that does take work and, for organisations and individuals who embrace it as part of how they operate, it also requires a recognition that engagement work is often “messy and unpredictable.” However, there are significant rewards for those willing to engage in the sometimes unpredictable work of authentic community engagement as the knowledge, passion and capabilities of community residents is a source of innovation as well as a much-needed resource in the implementation of promising solutions to our toughest social and environmental issues.



IN SUMMARY

Collective Impact is NOT a specific technique or tool used in working with service providers and communities on a specific place based or regional issue/s. Rather, it is a systematic framework that strategically engages diverse sectors or organisations within a region interested in triggering long-term improvements over several years. It is a movement from fragmented action and results to collective action with deep and durable positive impact. In this regard, it is not a one size fits all approach; rather, it must be tailored to meet specific priority areas or needs and desired long-term outcomes.

The “old” way of doing things is no longer viable. The pandemic as a crisis has revealed cracks in our institutions, programming and communities. This is work we cannot do alone. Now more than ever, collaboration and authentic community engagement is necessary to advance our collective work for better outcomes for all residing within the Wheatbelt. A focus on place-

based approaches provides community members and stakeholders (citizens, industry, diverse non-government organisations and all levels of government) with a framework for identifying and responding to local needs and improving social, economic and physical wellbeing in a particular location. Investing in place-based approaches means supporting strong relationships between organisations and people that are working together for positive social change and improved health outcomes.

“We cannot solve our problems with the same thinking we used when we created them.” Albert Einstein

For further information on Collective Impact and the work being undertaken by the Wheatbelt Human Service Managers Forum please contact JDrayton@holyoake.org.au or WCADSpvention@holyoake.org.au

Face-to-Face Training available in the Wheatbelt

Keyworker Plus (Alcohol and other drugs (AOD) skills training for mental health professionals and 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-overview
• Youth	2 Days	https://mhfa.com.au/courses-overview
• Older Adults	2 Days	https://mhfa.com.au/courses-overview
• Aboriginal	2 Days	https://mhfa.com.au/courses-overview
• 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 and 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 Minds Ways of Working 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/
Recognise and Respond to Methamphetamine and Opioid Overdose training for professionals, first responders and paraprofessionals	1 Day	https://www.mhc.wa.gov.au/media/3473/aodtrainingcal-2021-sem1-a3-mk3.pdf
Volatile Substance Use (VSU) and Incident Reporting Program	1 – 2 hours	Presented by the WCADS AOD Prevention Officer. School presentations are conducted in collaboration with Road Safety and Drug Education (SDERA) branch representatives.
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 the Regional Men's Health Initiative)	1 Hour	https://regionalmenshealth.com.au/
Talk to a Mate (delivered by the Regional Men's Health Initiative)	1 Hour	https://regionalmenshealth.com.au/
Looking after Your Mates – Suicide Awareness (delivered by the Regional Men's Health Initiative)	1 Hour	https://regionalmenshealth.com.au/

Deadly Thinking – social and emotional wellbeing training for professionals, paraprofessionals and 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 and Professional Selfcare Workshop	½ Day to Full Day	<p>Developed and delivered by the Wheatbelt Suicide Prevention Coordinator - select from:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Mental Health Literacy – stress, anxiety, depression and situational crisis <input type="checkbox"/> Introduction to suicide prevention <input type="checkbox"/> De-briefing <input type="checkbox"/> Professional self care tips and strategies <input type="checkbox"/> Language, communication and de-escalation skills <input type="checkbox"/> Navigating change and uncertainty – with clients and organisations <input type="checkbox"/> Mentally healthy workplace <input type="checkbox"/> Burnout / compassion fatigue <input type="checkbox"/> Emotional Intelligence within the workplace <input type="checkbox"/> Mental toughness and its impact on productivity <input type="checkbox"/> Development of a workplace wellbeing strategy / strategic plan

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

Online Training

Mental Health Commission Webinars

- 26 July – An introduction to Coercive Control
- 9 August – An Introduction to Trauma Informed Care and Practice
- 29 August – Family and Domestic Violence in the Workplace
- 13 September – Let's talk about sex, syphilis, STIs and BBVs: raising the issue in an AOD setting

Email AOD.training@mhc.wa.gov.au for more information or visit <https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/aod-webinars/>

Mental Health Commission Online Training

Alcohol and Other Drug Prevention Online

This self-directed learning package has been designed to:

- Provide an overview of the theory relevant to prevention
- Provide an overview of alcohol use in Australia
- Provide an overview of how the alcohol industry increases sales
- Provide an overview of social marketing strategies
- Develop your understanding of community-based prevention

Introduction to Alcohol and Other Drugs: Part One

This online learning package is designed to provide introductory knowledge about AOD and is aimed at professionals new to the AOD sector and other professional staff working to prevent AOD-related harms. Course completion takes around 2-3 hours and consists of three modules:

- Module One: Drug use in perspective
- Module Two: Concepts, terminology, models, and theories of AOD; and
- Module Three: Psychoactive classifications, methods of use and effects

Alcohol Brief Intervention Training Package

The online Alcohol Brief Intervention training package has been developed by the Mental Health Commission of Western Australia. The package describes brief intervention and provides a rationale for conducting BI for alcohol use. An overview of how to conduct a BI using a motivational intervention is also provided. This training will suit anyone working in Human Services who has capacity to screen for risky alcohol use and outlines theory and practice to support workers to implement BI either routinely or opportunistically.

Opioid Overdose and the Use of Naloxone

This [eLearning course](#) has been developed for pharmacists, health and human service providers to develop their awareness and knowledge of opioid overdose, prevention and management, including the use of naloxone.

New Eating Disorder Online Training for Mental Health Professionals

[Eating Disorder Core Skills: eLearning for Mental Health Professionals](#) is comprehensive foundational eating disorder training developed specifically for mental health professionals. The five-hour, self-paced and interactive training is evidence-based, nationally recognised, and freely accessible.

The online training will assist people with lived experience and their families and supports by equipping mental health professionals with the knowledge and skills to identify when a person is experiencing an eating

disorder, complete a comprehensive eating disorder assessment, refer to appropriate services in the stepped system of care, and understand the components of eating disorder treatment and recovery.

This training provides all mental health professionals with the foundational knowledge about eating disorders, regardless of their workplace setting or context. For clinicians who would like to expand their skills to provide treatment for people experiencing eating disorders, it provides the foundational learning which will underpin further training in treatment approaches. This is an exciting free opportunity for service organisations to upskill staff and trainees in key information needed to provide best practice care for people experiencing eating disorders.

This training can make a major difference in early identification and treatment of eating disorders.

Working with children who have experienced trauma - Online Courses

Trauma and adverse childhood experiences – like poverty, abuse, neglect or witnessing violence – are common. In the absence of support, they can disrupt children's healthy development and increase their risk for physical and mental health difficulties now and into the future. [Emerging Minds' free resources](#) have been created in collaboration with practitioners, academics, child and family services, child mental health experts, and family members with lived experience of trauma and adversity.

Training

Mental Health Commission

- 3 August - Preventing relapse and supporting behaviour change over time
- 5 August - Coercive control
- 18 August - Motivational interviewing: Part 1
- 8 September - Trauma informed care and practice
- 21-22 September - Healthy women and pregnancy - Aboriginal focus on FASD prevention in communities
- 27 September - AOD training for administration workers

More information can be accessed via <https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/alcohol-and-other-drug-training/>

WA's Hidden Crisis: Harm From Alcohol Report



WA's Hidden Crisis: Harm From Alcohol is a new report released by Cancer Council Western Australia, in collaboration with the WA Network of Alcohol and Other Drug Agencies (WANADA), the Alcohol and Drug Foundation, and Telethon Kids Institute, on behalf of and with support from other health and community organisations.

Launched on Monday 6 June 2022, the report draws attention to the harms from alcohol identified in the WA community and urges action now to prevent them.

For more information or to offer suggestions, please contact the Cancer Council WA Alcohol Programs Team via alcoholprograms@cancerwa.asn.au

VicHealth Men's Risky Drinking Initiative - 'Hospo Drinking Cultures'



VicHealth's Men's Risky Drinking Initiative '[Hospo Drinking Cultures](#)' addresses the common practice of hospitality workers, especially males, of drinking alcohol during or after a shift. This campaign aims to facilitate low risk drinking behaviours, alternative ways of winding down after a shift, and improved care between hospitality workers through a series of short, animated documentaries.

The animated documentaries feature personal experiences of how men are navigating and changing hospitality drinking cultures and were informed by extensive research with hospitality students and staff in Victoria by researchers from Monash University and Turning Point.

COVID-19 sees surge in Aussies seeking alcohol support services – FARE Report

The number of Australians seeking out alcohol support services is climbing, according to a new report by the Foundation for Alcohol Research and Education (FARE).

The report, [Alcohol use and harms during the COVID-19 pandemic](#), monitored emerging evidence in Australia during the COVID-19 pandemic (2020-21).

FARE Policy and Research Director, Mr Luke Hutchins, said that the pandemic has significantly disrupted the health and wellbeing of Australians, with stress, anxiety and depression contributing to alcohol problems.

"Last year, Australians made over 25,000 calls to the National AOD Hotline – triple the numbers seen pre-pandemic in 2019.

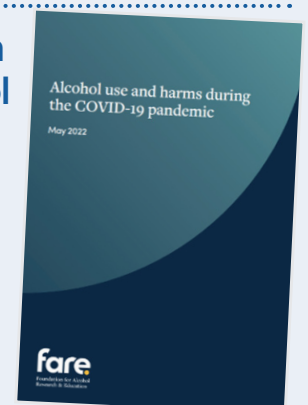
We know many of these people are calling due to an alcohol problem. Alcohol is the most common drug that people seek treatment for, accounting for a third of all AOD treatment in Australia."

With Australia now well into the third year of this pandemic, there is clear evidence of the growing harms of alcohol. The report found:

- High levels of stress and anxiety, as well as boredom and isolation, have been identified as key drivers of risky alcohol use during the pandemic
- Childcare pressures and employment instability were drivers of increased alcohol use
- Increases in alcohol-related deaths and soaring demand for support services.

Mr Hutchins said the data raises severe concerns about the health and wellbeing of Australians, with evidence showing that the psychological impacts of COVID-19 have been linked to an increase in people drinking alcohol at risky levels.

"Treatment services are doing their best with limited resources, but we know half a million Australians who need help for addiction can't access the treatment they need and deserve."



INTERNATIONAL FASD AWARENESS DAY – 9th September 2022



Foetal Alcohol Spectrum Disorder (FASD) is the leading preventable cause of non-genetic, developmental disability in Australia. There is concern that as many as 2% of all Australian babies may be born with some form of FASD.

Alcohol can cause damage to an unborn child at any time during pregnancy, even before a pregnancy has been confirmed. The level of harm is dependent on a wide range of factors, including the amount and frequency of alcohol use, parental age, maternal health (including nutrition, tobacco use and mental health) and environmental factors such as stress, making it impossible to predict the outcome of alcohol exposure to any individual pregnancy.

Alcohol is a teratogen, an agent known to cause birth defects and permanent brain injury in the foetus. Alcohol can cross the placenta into the baby's bloodstream, however the baby does not have the ability to metabolise alcohol safely. Even small amounts of alcohol can have a significant impact.

Alcohol use in pregnancy can cause miscarriage, stillbirth, and permanent damage to the brain of the developing baby. This can result in a range of significant lifelong physical, mental and behavioural disabilities known as FASDs. The effects of FASD are highly variable and often go undetected, whether because it is overlooked, ignored, or associated to another non-genetic condition.

The majority of children and adults who have FASD live with significant cognitive, behavioural, health and learning difficulties, including problems with memory, attention, cause and effect reasoning, impulsivity, receptive language and adaptive functioning difficulties. These difficulties are

lifelong and have a major impact on behaviour.

Based on research findings on the impact of alcohol consumption on the developing brain, the National Health and Medical Research Council (NHMRC) recently updated the recommended guidelines for reducing the risk of harm from alcohol consumption. The NHMRC Australian Guidelines (2020) now state 'To prevent harm from alcohol to their unborn child, women who are pregnant or planning a pregnancy should not drink alcohol; and 'for women who are breastfeeding, not drinking alcohol is safest for their baby'.

International FASD Awareness Day is observed every year at 9:09 am on 9th day of the 9th month (9th September) in recognition of the importance of being alcohol free for the nine months of pregnancy. Community events to mark FASD Awareness Day provide opportunities to raise awareness about the risks of prenatal alcohol exposure, to support pregnant women and to share this prevention message around the world.

The Red Shoes Rock campaign is an opportunity to stand out, be noticed and start conversations about FASD. The 2022 International Campaign theme is Let's C.A.R.E. – Compassion, Awareness, Recognition and Education. The [NoFASD](#) and [Red Shoes Rock](#) websites have ideas and campaign kits to support community groups keen to hold an event. Additional resources and multicultural translations are also available on the Foundation for Alcohol Research and Education (FARE) [Every Moment Matters](#) website.

WA Schools Anti-Vaping Toolkit - now available!

The WA Department of Education and the Department of Health have created the [Anti-Vaping Toolkit](#) which is now being rolled out throughout the state in the first phase of an action plan to prevent school-aged children from taking up vaping.

The Anti-Vaping Toolkit is a collection of resources and creative assets designed to raise awareness of the health risks of using electronic cigarettes (e-cigarettes, vapes). These resources can be used by schools to inform young people, parents and carers and school staff about vaping. The Anti-Vaping Toolkit aims to:

- increase awareness about vapes and the health risks of vaping; and
- address the myths and misperceptions around vaping

The WA Department of Health is also developing a new a digital campaign.



Global Alcohol Action Plan 2022-2030

The World Health Assembly, which determines the World Health Organization's (WHO) global public health priorities, adopted the [Global Alcohol Action Plan](#) last month providing a framework for the implementation of the Global Strategy to reduce the harmful use of alcohol as a public health priority. The Plan reinforces the importance of focusing on actions that address the drivers of alcohol use: price, promotion and availability.

WANADA - Reducing Family and Domestic Violence

WANADA is working with the Centre for Women's Safety and Wellbeing and Stopping Family Violence on a collaborative workforce development project to build the capability of services to address intersecting alcohol and other drug use and domestic and family violence.

Research shows that alcohol and other drug use, while not a cause, increases the frequency and severity of family and domestic violence incidents.

"The incidence of family and domestic violence has increased during the COVID-19 pandemic and Australians are now more aware of its prevalence," says WANADA CEO Jill Rundle. "Alcohol and other drug workers have an important role in identifying family and domestic violence and intervening sensitively and appropriately."

Participating services include an alcohol and other drug residential treatment service (both a mixed gender residential program, and a women and children's residential program); a service/program that supports men who are perpetrators of family and domestic violence; and a service/program that supports women experiencing family and domestic violence.

Services will be able to review their capability to meet the needs of people with intersecting family and domestic violence and issues associated with alcohol and other drug use through a new supported self-review tool developed as part of the project.

Other activities include family and domestic violence training for alcohol and other drug service workers, as well as alcohol and other drugs training for family and domestic violence service workers.

The Intersecting family and domestic violence and alcohol and other drug capability building initiative is supported by the WA Department of Communities.

For more information, please download the pdf [Intersecting family and domestic violence and alcohol and other drug capability building initiative project summary \(188 KB\)](#) or contact WANADA on (08) 6557 9400 or via drugpeak@wanada.org.au

Take Home Naloxone Program

The Take Home Naloxone program makes naloxone available free from 1 July 2022 to people who may experience, or witness, an opioid overdose. No prescription is needed.

The Australian Government is investing \$19.6 million over four years from 2022-23 to deliver the Take Home Naloxone program nationally.

This investment ensures access to this life-saving medicine and will also help people who need naloxone to use it when they need it.

Naloxone is a drug that can temporarily reverse the effects of an opioid overdose or adverse reaction. If someone has overdosed on opioids they will be unconscious or awake, but unable to talk. It's unlikely they will be able to administer naloxone themselves.

Naloxone is administered by injection or delivered through a nasal spray. It works by blocking opioid drugs, such as heroin and oxycodone, from attaching to opioid receptors in the brain.

After administering naloxone it is vital to call an ambulance (000) because naloxone only lasts about 30-90 minutes and the person can overdose again once it wears off.

Who can access the program?

The Take Home Naloxone program is for:

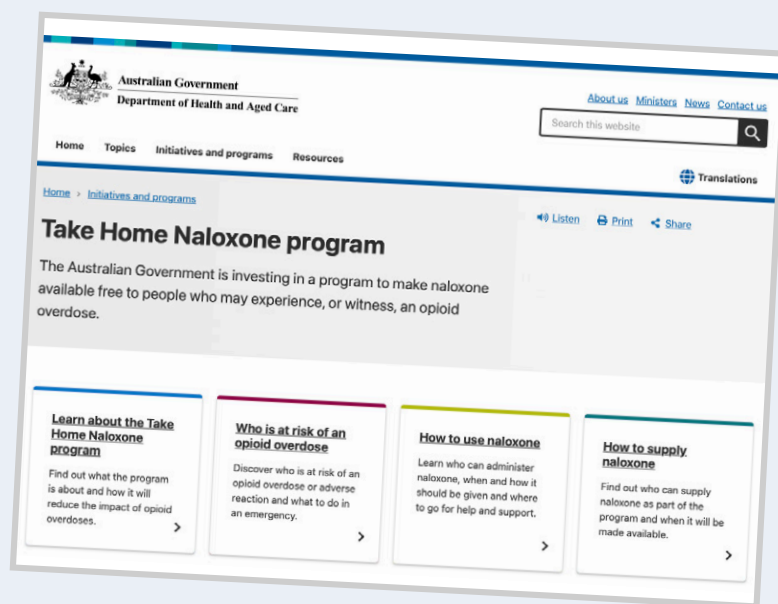
- people who are at risk of an opioid overdose or adverse reaction, their carers, friends, and family members
- approved providers such as community pharmacists, dispensing doctors and hospital pharmacists
- authorised alternative suppliers such as needle and syringe programs, alcohol and other drug treatment centres and outreach services.

Naloxone will be available at all participating pharmacies across Australia.

In non-pharmacy settings each state will identify where naloxone will be available in their state. Sites may include:

- community and hospital-based pharmacies
- alcohol and drug treatment centres
- needle and syringe programs
- custodial release programs

The Take Home Naloxone program is funded by the Australian Government with the Department of Health overseeing the program and working with state and territory governments on delivery.



Launch of 13YARN - Aboriginal and Torres Strait Islander Crisis Support Line

13YARN provides crisis support 24/7 to yarn without judgement and provide a confidential, culturally safe space to yarn about needs, worries or concerns. Crisis Supporters will work with individuals to explore options for on-going support.

13YARN is an Aboriginal and Torres Strait Islander crisis support line funded by the Australian Government with the support of Lifeline and developed in collaboration with Gayaa Dhuwi (Proud Spirit) Australia. It is run by Aboriginal and Torres Strait Islander people.

13YARN was co-designed using Lifeline expertise with several Aboriginal mental health professionals including NACCHO, Black Dog Institute Aboriginal Lived Experience team and the Centre for Excellence in Suicide Prevention

along with input from Torres Strait Islander, remote, regional, and urban peoples with lived experience. 13YARN crisis supporters will work to explore options for ongoing support and community members will always be reassured they will be connected to another Aboriginal and Torres Strait Islander person who will understand where they are coming from and value knowing HOW to listen, without judgement or shame.

If you, or someone you know, are feeling worried or no good, we encourage you to connect with 13YARN on 13 92 76 (24 hours/7 days) and talk with an Aboriginal or Torres Strait Islander Crisis Supporter.



R U OK? in Trucks and Sheds

R U OK? and Healthy Heads in Truck and Sheds have teamed up to ensure those in the road transport, warehousing and logistics industries know when and how to meaningfully connect and genuinely ask "are you OK?"

Life's ups and downs happen to us all, but those working in the road transport, warehousing, and logistics industries can face unique challenges.

Tight deadlines, long hours, shift work and isolation are all factors that contribute to feeling less connected.

One thing we can all do is drive conversations with our work mates who might be doing it tough, to help them feel connected and supported at work.

A [Conversation Guide](#) has been prepared providing practical tips to learn when and how to ask "are you OK?"

More information can be accessed at <https://www.healthyheads.org.au/ruok/>



Closing the Loop Series - Alcohol and Other Drugs in Suicidality and Trauma informed approaches to Suicide Prevention

Suicide Prevention Australia and The Matilda Centre's have partnered to produce the 'Closing the Loop' series which translates research from the National Suicide Prevention Research Fund into policy directions and advice.

CLOSING THE LOOP SERIES:

- [Closing the Loop - Alcohol and Other Drugs in Suicidality](#)
- [Closing the Loop - Trauma informed approaches to Suicide Prevention](#)

This series is designed to 'close the loop' between research and policy by translating research evidence into policy directions and advice.

The publications review key findings from National Suicide Prevention Research Fund projects (including best practice guides to support accreditation) and identify evidence-based policy recommendations.

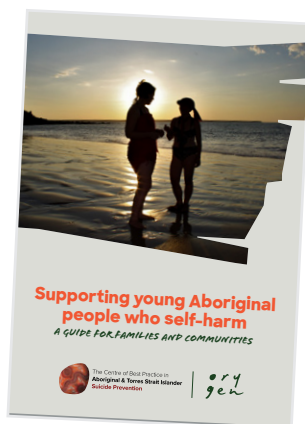
The Research Fund is supported by the Australian Government Department of Health to drive world-class research and build best practice in suicide prevention.

suicide prevention news/articles

contd...

New Guide to Support Aboriginal Young People who Self Harm

Orygen has partnered with The Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention to co-develop a guide for families and communities, outlining how they can support young Aboriginal people who self-harm.



The [Supporting Aboriginal Young People Who Self-Harm](#) guide for families and communities looks at early warning signs of self-harm, factors that may influence young Aboriginal people to self-harm and how to get help, including managing a crisis and injuries.

Importantly, it promotes social and emotional wellbeing and healing for young people, their families and communities.

National Guidelines to improve coordination of treatment and supports for people with severe and complex mental illness

The Department of Health has released the [National Guidelines to improve coordination of treatment and supports for people with severe and complex mental illness](#), developed in consultation with key stakeholders including MHCC. The Guidelines are part of Action 9 of the Fifth National Mental Health and Suicide Prevention Plan which identifies priority areas and actions for better integrated mental health and related services in Australia. Action 9 focuses on the coordination of treatment and supports for people with severe and complex mental illness.

A [Plain language summary – National Guidelines to improve coordination of treatment and supports for people with severe and complex mental illness](#) is also available.



Self-care plan designed by people with lived experience of suicide

Planning our self-care is a proactive step to looking after our mental and emotional wellbeing.

This [Self-Care Plan](#) from Roses in the Ocean considers a series of questions about emotionally confronting circumstances and a plan to manage them.



Mental Health Australia Position Statement – Social Participation and Mental Health

Social participation is about engaging with other people. It's related to personal feelings of connectedness and societal inclusion.

Social participation is important for everyone's mental health and wellbeing, as well as supporting recovery for people with experience of mental ill-health.

This [position statement](#) outlines actions that governments and communities should take together to support social participation and mental health.

Mental Health Australia thanks the member organisations, people with lived experience of mental health challenges, carers, and researchers who all contributed to this position statement.

Actions

Together, governments and communities should take these actions to support social participation and mental health:

Community infrastructure – prioritise planning and investment in community infrastructure, including grants for community groups and activities

National campaigns – expand effective campaigns to promote social participation

Research and evaluation – invest in more research to understand the best ways to improve social participation; this should include continuing to track the effect of the COVID-19 pandemic on social isolation and mental health

Social prescribing – fund further trials of social prescribing (as recommended by the Productivity Commission),²² and promote connection to non-clinical services through government health and mental health services

Community mental health services – address the gap in non-government community mental health services outside of the NDIS, including carer respite

Group programs – increase availability of group programs that successfully promote social participation for people with experience of mental ill-health.

The Outback Mind Podcasts for Men's Mental Health in Rural Australia

Over 170 [podcasts](#) from [The Outback Mind Foundation](#) to support men's experiences in overcoming mental health challenges as well as practical advice from professionals who can provide support and guidance which fosters positive physical and emotional wellbeing.

Family Connect



In 2021, Relationships Australia became custodians of the popular [Family Connect](#) program – an online learning tool for families looking to build trusting and respectful relationships.

The [Family Connect](#) program provides families with a healthy emotional system to implement at home which supports listening, appreciation, emotional literacy and self-responsibility for the family. Uniquely, the whole family learns these skills together to support great relationships and good mental health outcomes.

At a time when relationships have been under great pressure, the importance of meaningful connection within families has never been more apparent. Through open, honest communication, respectful and sustainable relationships can be built and nurtured.

Relationships Australia encourages all Australians to make use of this Program, and to discover these practical tools for emotional wellbeing and resilience.

Find out more and visit: www.familyconnect.org.au

NOW STREAMING: R U OK? MOB WAY Podcasts



In this podcast series we yarn with First Nations people and their experiences of life's ups and downs, how we have conversations and how we open up and ask that simple question 'are you OK?', in our way: Mob Way.

Available wherever you get your podcasts.

Wheatbelt Suicide Prevention Project – Successful Grants

The Wheatbelt Suicide Prevention Project (WSPP) Governance Committee would like to congratulate the following organisations on being a successful applicant of a WSPP grant:

- Jurien Bay Community Resource Centre
- Shire of Wongan Hills – Ballidu
- Shire of Cunderdin (Seniors Event)
- Cunderdin Agricultural College
- West Arthur Community Resource Centre
- Narembeen District High School
- Shire of Narembeen
- Badgingarra Community Resource Centre
- Babakin Primary School
- Wickepin Community Resource Centre
- Dalwallinu District High School
- Wandering Community Resource Centre
- St Josephs – Northam
- Wagin District High School
- Beverley Community Resource Centre
- Shire of Pingelly
- Shire of Cunderdin (Youth Event)
- York District High School
- Merredin College
- Kulin District High School
- Central Midlands Senior High School
- Northam Senior High School
- Pingelly PRACC
- Shire of Cunderdin (Men's and Women's Event)
- Kondinin Community Resource Centre
- Bencubbin Community Resource Centre
- Shire of Boddington
- Narembeen Community Wellbeing Plan/Shire of Narembeen

An overview of funded activity will be provided in future editions of Yirra Koorl.



New mobile app to break down barriers to seeking help

Mental health crisis support service, [Sayf](#), launches a mobile app that allows users to send text messages to a support crew with updates on how they're feeling.

[Sayf](#) allows you to check in with those who care about you, and let them know when you are okay, and when you are not.

[Sayf](#) has been developed by those with lived experience of suicide. We understand what you are feeling, and we are here to help you feel safe when you need it the most.

Thank a Volunteer Day Grants

This grant supports communities to celebrate Thank a Volunteer Day as a whole of community event to acknowledge and celebrate the role of volunteers in the community.

To ensure a balance of events/activities across the State, only one [Thank a Volunteer Day Celebration Grant](#) will be awarded per community (defined as a Local Government Authority area). Consideration will be given to supporting more than one event in a Local Government Authority area in those regional areas where distances between communities are deemed large.

Details -

Status: Open
Amount: Grants up to \$2000
Open date: 02/06/2022
Close date: 28/07/2022
Contact phone: 0432 841 405
Contact email: grants@communities.wa.gov.au

Drug Aware YCulture Regional Grants

This program aims to support youth arts and culture projects developed by young people living in regional Western Australia. Grants of up to \$4,000 (or up to \$6,000 if applicants live above the 26th parallel or in very remote WA) are available.

As per the 2020 annual report, Regional Arts WA has committed a budget of \$55,833 for this program.

Eligible applicants include individuals, groups or collectives that must:

- Reside in Regional WA as determined by Regional Development Boundaries.
- Have two key project organisers aged 12-26.
- Secure an incorporated organisation to auspice the grant. Applicants can include group-mart configured references.

Status: Open
Opening Date: 21 Jan 2022
Start by Date: 2 Dec 2022
Closing Date: 16 Dec 2022

More information and the application form can be accessed via <https://regionalartswa.org.au/funding/drug-aware-yculture-regional/>

2022 FRRR ABC Heywire Youth Innovation Grants Program

ABC Heywire is an annual regional youth program run by the ABC that gives regional and rural youth the opportunity for their voice to be heard. At the annual Heywire Youth Summit, youth from all over Australia come together to develop project ideas aimed at improving the lives of young people in regional Australia.

In partnership with the ABC, FRRR run an [annual grant program](#) that provides grants of up to \$10,000 for youth led projects that align with these project ideas.

These project ideas have been developed by youth to improve the lives of young people in regional and rural Australia. As such, we encourage grant applications for projects that are youth led and driven, and truly meets the needs and desires of youth in your community.

This year the six project ideas are:

- The Allies Project: How might we celebrate the strength of regional LGBTQIA+ people and educate rural communities on the importance of being an ally?
- Hands on Learning: How might we support young people to learn in ways that work for them?
- Take Care: How might we promote healthier communities in regional Australia?
- SPIN – Supporting People In Need: How might we improve morale in regional communities?
- Triple H - Humanity Helping Homelessness: How might we reduce homelessness and support people who are experiencing it?
- Fusion Festival: How might we raise cultural awareness and stop racism in regional communities?

If your organisation is connected with local youth, we encourage you to spread the word about this grant program and see if there is a project idea there that resonates with them that they could deliver at a local level. You can either adopt the project idea in its entirety or adapt it to suit your local needs. If your project outcomes align with the general intent of the project idea, it remains eligible.

WA State Budget Analysis 2022

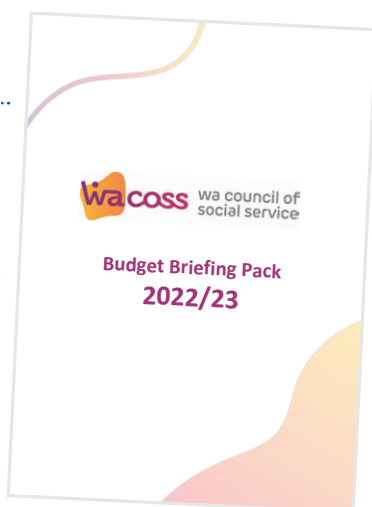
The Western Australian Council of Social Service (WACOSS) has welcomed measures in this year's state budget to address rising cost of living pressures, expand family and domestic violence support, provide essential services in remote Aboriginal

communities, and invest in early intervention and prevention programs for at-risk youth.

The Premier rightly identified cost of living pressures as the major issue for Western Australian households, however, the impact of the rising cost of essential goods and services varies greatly across our community, with a growing number of WA households really struggling to get by.

The [WA State Budget Briefing Pack](#), is the WACOSS response to the State Budget, which includes a series of in-depth fact sheets on:

- Aboriginal Services and Initiatives
- Alcohol and Other Drugs
- Children, Young People and Families
- Climate, Energy and Disaster
- Community Health
- Disability
- Education and Training
- Family and Domestic Violence
- Household Fees and Charges
- Housing and Homelessness
- Justice and Corrective Services
- Mental Health
- Regional Investments
- Women



COTA WA: New Guide

– Understanding the Mistreatment of Older People

COTA WA's newest Guide, [Understanding the Mistreatment of Older People](#), draws together in one easily accessible resource, all the help you will need in identifying different kinds of abuse, common reasons for its occurrence and how victims and potential victims and their families may help to prevent it.

It also includes comprehensive details of where to go for help and support, depending on the circumstances of the mistreatment.



Women In The Spotlight: How online abuse impacts women in their working lives

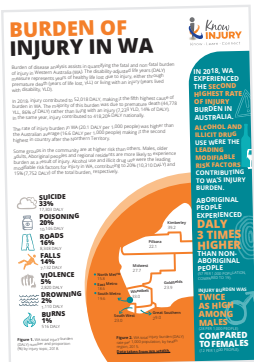
This research highlights women's lived experiences of online abuse and points to the need for greater action by online platforms and employers to prevent and respond to abuse.

- One in three women surveyed experienced online abuse in a work context. Rates of abuse were even higher for women with a public online or media profile, women with disability, those who identify as LGBTIQ+ and younger women.
- The women reported different types of behaviour including harassment, doxing and trolling. Most of the abuse happened on social media and many talked about the negative impact it had on their mental wellbeing and personal confidence.
- Many women took a backwards step professionally, avoided leadership positions and stopped discussing topics they felt were inflammatory as a result of the abuse. Women retreated from online spaces and lowered their public profiles because of online abuse.

Further information and the report is available on the esafety.gov.au website.



New Resource - Injury Matters - Burden of Injury in WA



Injury Matters' Know Injury program and the WA Department of Health's Epidemiology Directorate have recently collaborated to produce a new factsheet [Burden of Injury in WA](#).

Utilising data collated from the 2018 Australian Burden of Disease Study, this resource assists in quantifying the fatal and non-fatal burden of injury in WA, and reinforces the significant impact that injury continues to have on the WA community.

The resource highlights a number of WA injury statistics, including that in 2018;

- Injury was the fifth-highest cause of burden in WA.

- Suicide was the injury topic with the highest burden, contributing to 33% of all injury burden.
- Injury burden was twice as high among males than females.
- Aboriginal people experienced disability adjusted life years due to injury three times higher than non-Aboriginal people.
- Alcohol and illicit drugs were the leading modifiable risk factors contributing to WA's injury burden, contributing to 20% and 15% of the total burden respectively.

The resource also includes data regarding the estimated WA healthcare expenditure on injury in 2018-19, with injury estimating to cost \$1,075 million. Falls-related injuries are estimated to have contributed to over a third of this cost at \$408 million.

SHINE for Kids WA - Building the connection between parents in custody and their children

SHINE for Kids began in 1982 as the Children of Prisoners' Support Group, created following the release of The Children of Imprisoned Parents Report commissioned by the Family and Children's Service Agency. In 2004 we changed our name to SHINE for Kids and now work across five states, NSW, QLD, ACT, WA, and VIC. We have successfully delivered programs and provided crucial support to children and young people who have contact with the criminal justice system for over 40 years. We work together to build a better future for and with children and young people.

Currently at Acacia, we deliver Storytime (where parent in custody gets to record themselves reading a story to their

child and make their own story or artwork which is all sent to the child); Keeping us Together (based on Bringing up Great Kids) and Stay Together Play together (A Playgroup style setting where parents in custody spend an hour with their child to put their parenting skills into practice).

Please visit our website www.shineforkids.org.au to read more about these programs, and if you feel our organisation can be of benefit to any clients of yours that may have a family member incarcerated and would like advice or support in connecting the children with their parent in custody, please do not hesitate to contact us, or complete a referral form which you will find on the website.

New release from the Australian Institute of Health and Welfare: National framework for protecting Australia's children indicators

The [National Framework for Protecting Australia's Children 2009-2020](#) includes measures that report on the safety and wellbeing of Australia's children.

This release updates data under these two indicator sets. It includes updated child protection indicators, along with a variety of other measures that focus on the safety and wellbeing of Australia's children.

Key Findings:

- 58% of children aged 10-17 under youth justice

supervision had received child protection services in the last 5 years

- 58 per 1,000 Indigenous children and young people aged 0-17 are in out-of-home care
- 87% of foster carer households were retained in 2019-20
- 54% of children aged 0-17 in out-of-home care are placed with relatives or kin

Injury Matters: Supporting Communities After Road Trauma



Recent events affecting the Wheatbelt community, such as fires, road trauma and other unexpected traumatic events, can bring with them varying experiences of grief and loss. It is the response to tragic events that exemplify community spirit and showcase the best attributes of human compassion, empathy, support, and unity. However, it is vital to pay attention to your own wellbeing, and that of your loved ones, following a trauma.

Specialised support services exist to provide integrated assistance to individuals, families, and communities after a traumatic event. This includes Injury Matters' Road Trauma Support WA (RTS WA) service.

RTS WA is a free state-wide service providing support, information, and counselling to anyone in WA who has been affected by a road crash. We support those who have been involved in and/or injured in a road crash, their family members, friends, carers, witnesses, first on scene, emergency responders, and those who may have caused a road crash to occur.

The impact of road trauma is significant and can affect people in many ways, including:

- Physical health impacts: Experiencing pain and suffering, hospitalisation, medical testing, disability, and recovery/rehabilitation.
- Social impacts: Loss of job, wages, increased use of social services, community division.
- Financial impacts: Medical costs, loss of income and legal concerns.
- Emotional impacts: Experiencing a decrease in quality of life, reliance on others, relationship impact, loss of freedom, feelings of guilt, mental trauma.

Road incidents can leave a person in a state of shock, and in the days following an incident may experience:

- Changes in their normal day-to-day functioning.
- Playing the scenario repeatedly over in the mind.
- Feeling overwhelmed by simple tasks.
- Difficulties sleeping.
- Feeling of guilt and questioning of "what if" constantly.

- Developing fears/phobias of driving and avoiding driving altogether.

These reactions are normal, as a person processes what occurred and come to terms with the experience. However, if these feelings are ongoing for longer than 4-6 weeks, reach out to your doctor or RTS WA.

The specialised team at RTS WA help individuals through their experience of road trauma, regardless of when the road incident occurred or level of involvement. If you know someone, a community, or organisation affected by road trauma and would benefit from our services, contact us on:

Call: (08) 6166 7688 or 1300 004 814 (free call)

Website: <https://www.rtswa.org.au>

Email: admin@rtswa.org.au

Noongar Version of Better Beginnings Baby Ways - book launched!

- Initiative to build a strong sense of pride in Aboriginal culture and help close the gap in early education
- Almost a million copies of the English version of Baby Ways have been distributed State-wide since 2004
- The Better Beginnings Family Literacy Program reaches 97 per cent of Western Australian families

An award-winning early years literacy program has been expanded to include the Noongar language, with the launch of the first dual language Baby Ways book.

Maawit Mart/Baby Ways will be given to Aboriginal families living on Noongar land and aims to help narrow the gap between literacy rates for Aboriginal and non-Aboriginal children.

The Baby Ways book is an engaging and fun-to-read book that features Western Australian babies sitting, bathing, reading and playing. It is included in the Better Beginnings pack that is presented to all new families in Western Australia at birth as part of a wider program that encourages parents to read to their children.

Read the full [media release](#).

2021 Census data: over 8 million Australians have a long-term health condition

2021 is the first time Census has collected information on diagnosed long-term health conditions. Over two million people reported having at least one of the following conditions - mental health (2,231,543), arthritis (2,150,396) or asthma (2,068,020), with these being the most reported long-term health conditions.

Almost 4.8 million (4,791,516) people reported having one of the ten long-term health conditions listed on the Census form, while nearly 1.5 million (1,490,344) had two of these health conditions and over 750,000 (772,142) had three or more of these long-term health conditions. A further one million (1,009,836) indicated that they had at least one other long-term health condition that was not listed on the form.

The proportion of those with a long-term health condition increased with age. More than three out of every five (62.9 per cent) people aged 65+ reported having at least one long-term health condition compared with one out of every five (22.1 per cent) 15-34-year-olds.

Females were more likely to report a long-term health condition than males, with 34 per cent (33.9 per cent) of females having one or more long-term health conditions compared with 30 per cent (29.5 per cent) of males. Males most commonly reported asthma and mental health conditions, while the most commonly reported long term health conditions reported by females were arthritis and mental health conditions.

Asthma is the most commonly reported health condition for 0-14-year-olds, with a notable difference between male children with 7.4 per cent reporting asthma compared to 5.3 per cent of female children.

[Census data](#) on long-term health conditions can be split by other characteristics such as geography, cultural background or family type. For example, the 2021 Census shows over half of people born in Greece (56.1 per cent) and Italy (53.7 per cent) reported one or more long-term health conditions.

[Census data](#) will help provide a more detailed picture of Australians' health. Census data complements existing ABS health surveys by providing additional insights about the communities that require services to support complex health needs".

New release from the Australian Institute of Health and Welfare:

Cultural safety in health care for Indigenous Australians: Monitoring Framework

The [Cultural safety in health care for Indigenous Australians: monitoring framework](#) brings together available data to

assess progress in achieving cultural safety in the health system for Indigenous Australians. The framework includes measures on culturally respectful health care services; Indigenous patient experience of health care; and access to health care services. The data are presented at the national, state and regional levels.

New release from the Australian Institute of Health and Welfare:

Family, domestic and sexual violence data in Australia

1 in 5 women



18% or 1.7 million

experienced sexual
violence at least
once since the age
of 15

1 in 21 men



4.7% or 429,000

Family, domestic and sexual violence is a major health, welfare and social issue. It affects people of all ages and from all backgrounds, but mainly women and children.

This release brings together a range of sources to report a core set of data in an interactive format, and summarise changes in measures of family, domestic and sexual violence over time. It complements the Australian Institute of Health and Welfare's (AIHW) Family, domestic and sexual violence in Australia report series.

More information is available on the [AIHW's](#) website.

Australian Institute of Health and Welfare Update

- Alcohol, tobacco and other drugs in Australia

This report consolidates recent information on the availability and consumption of alcohol, tobacco and other drugs in Australia, and related impacts, harms and treatment. Key findings include –

- In 2020, benzodiazepines continued to be the largest contributor to drug-induced deaths.
- Alcohol was the principal drug of concern in 37% of treatment episodes provided for clients' own drug use in 2020-21.
- In 2018, tobacco use contributed to the highest portion of the total health gap between Indigenous and non-Indigenous Australians, accounting for 20% of the gap.
- The estimated social cost of alcohol use in Australia was \$66.8 billion in 2017-2018.

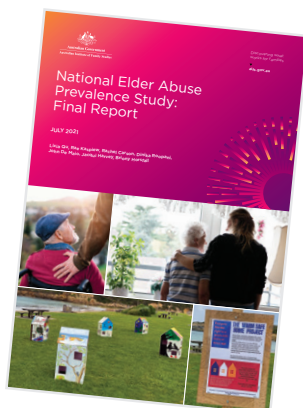
Australian Institute of Family Studies

- National Elder Abuse Prevalence Study: Final Report

Elder abuse has gained significant attention in Australia in recent years as a serious problem requiring increased policy focus. Five abuse subtypes are commonly recognised: financial abuse, physical abuse, sexual abuse, psychological abuse (otherwise known as emotional abuse), and neglect.

The increasingly older age profile of the Australian population makes it particularly important to address elder abuse effectively. The 65 and over age group is expected to more than double from 3.8 million to 8.8 million in the next 25 years.

As part of the National Plan to Respond to the Abuse of Older Australians, the Attorney-General's Department commissioned the most extensive empirical examination of elder abuse in Australia to date, the National Elder Abuse Prevalence Study. This [final report](#) presents the findings of that research program.



FASD Justice Employment Resource



Developed by Patches in partnership with the UWA School of Psychological Science (Dr Carmela Pestell), 360Edge and Real Drug Talk, this online educational resource is for employment agencies, employers and those working in the justice system. The FASD Justice Employment Resource adopts a FASD-informed approach which acknowledges that the challenges associated with FASD, can make it difficult for the individual to always meet workplace expectations.

The FASD Justice Employment Resource is designed to raise awareness of the vocational implications of FASD and provide skills, strategies and tools that can assist employment professionals, employers and those within the justice workforce to effectively support people with FASD as they transition out of the justice system into meaningful employment.

'Learning with FASD'

Developed by the Matilda Centre in collaboration with researchers, experts and educators across Australia and funded by the Australian Government Department of Health, the [Learning with FASD](#) website aims to assist primary school educators by providing evidence-based resources to help them understand and support children with FASD in Australian primary schools.

Topics covered on the website include –

- What's is FASD?
- Understanding FASD in a school environment
- Guide to the referral and diagnostic process
- Classroom strategies
- Tips for engaging with parents and caregivers

events / awareness dates

DATE	EVENT
Febfast	February
#OK2SAYNO Day	22 nd February 2022
International Family Drug Support Day	24 th February 2022
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
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

DATE	EVENT
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
International Day of Persons with Disabilities	3 rd December 2022
Human Rights Day	10 th December 2022

The 41st APSAD Scientific Alcohol and Other Drugs Conference: 9 – 12 October 2022



The Australasian Professional Society on Alcohol and Other Drugs (APSAD) is hosting the [41st APSAD Scientific Alcohol and Other Drugs Conference](#) from 9-12 October 2022 in Darwin.

Joint Australasian HIV and AIDS and Sexual Health Conferences 2022

The Joint [Australasian HIV & AIDS and Sexual Health Conferences](#) are being held from 29 August - 1 September 2022 at the Sunshine Coast Convention Centre

Australian Winter School Conference - Brave New World: innovation in the AOD Sector

The [Brave New World: innovation in the AOD sector](#) conference is being held from 18 - 19 August 2022 at the Brisbane Convention and Exhibition Centre, Brisbane, Queensland

WA Mental Health (WAAMH) Conference: 7 & 8 November 2022

The fourth [Western Australian Mental Health Conference](#) is being held on 7-8 November 2022 at Perth's very own Optus Stadium.

The conference aims to develop, strengthen, and support WA's mental health sector, so we can work better together in the interest of the community's mental health.

This event will provide collaborative opportunities for people with lived-experience, clinical staff, and non-clinical mental health workers; offering the chance to share resources, perspective, and best practices.

notice board

LAUNCH: Friend in Need App

The Friend in Need App has been developed to support and strengthen our communities by giving people the knowledge and confidence to reach out and support one another in times of need. Help can come in so many forms and from so many places and with this App we hope that more people will reach out to someone they see struggling.

The content is based on research, input from expert practitioners, and lived experience and is supported by a range of partner organisations including Rise, Palmerston, Holyoake, Ngala, Wanslea, Sexual Health Quarters, Multicultural Services Centre of WA and Women's Legal Services WA.

The Friend in Need App has everything you need to help a friend going through a tough time:

- Learn tips to have a good conversation when things get tricky
- Learn about what you can do to help when life happens and what professional help is available
- No matter what the Life event the App provides you with the 'need to know' information so you can understand what it feels like, know what questions might be useful and get ideas about practical things you can do to lighten the load.

Developed by Anglicare WA and proudly supported by Lotterywest the App is available to download on the Apple store and Google Play for free.



WA Mental Health Week: 8 - 15 October 2022

Mental Health Week is a national week celebrated each year in October, scheduled around World Mental Health Day on 10 October.

Coordinated by WAAMH, with support from the WA Mental Health Commission, Mental Health Week (MHW) provides a prime opportunity to address and highlight the important connection between social determinants and mental health; and promote effective prevention strategies to keep people mentally healthy.

In 2022, Mental Health Week in WA will be held from 8-15 October with the theme: "Where we live. How we live. What we've lived."

Understanding how the body, mind and environment intersect is essential to overall wellbeing. Physical health - both inside of us and in the world around us - has a major impact on mental health. The nutrition we consume, movement of our bodies, the health of the planet and quality of our housing and neighbourhoods all play a part in building healthy communities and individuals.

Our bodies keep physical score of what we experience - it's important to encourage a trauma-informed lens in trying to understand challenging behaviours, intrusive thoughts, and reactions. Learning how to process, heal and grow from negative experiences shapes our resilience, access to new opportunities, coping skills, strong connections and relationships, and quality of life.

National Survey of Aboriginal and Torres Strait Islander LGBTQA+ Young People

Researchers are seeking input from young people aged 14-25 years old who are Aboriginal and Torres Strait Islander and also LGBTQA+ for a national research project, [Walkern Katatdjin](#), which means Rainbow Knowledge.

[Walkern Katatdjin](#) is a national research project that aims to understand and promote the mental health and wellbeing of Aboriginal and Torres Strait Islander Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Asexual + young people, and to work with services to develop appropriate interventions.

There is very little locally specific information and guidance available for services that work with young people on how best to support someone who is both Aboriginal and/or Torres Strait Islander and identifies as Lesbian, Gay, Bisexual, Transgender, Queer, or Asexual (LGBTQA+). This means that young people (14-25 years) who are Aboriginal and Torres Strait Islander and LGBTQA+ may not receive the same level of social support and health care as other members of the community.

Mission Australia's Youth Survey 2022 - Now Open!

Young people aged between 15 -19 years are invited to complete [Mission Australia's Youth Survey 2022](#).

Last year, Mission Australia's Youth Survey 2021 was completed by more than 20,207 young people between April and August. COVID-19 (45.7%), the environment (38.0%) and equity and discrimination (35.4%) topped the key issues in 2021 that young people feel Australia must address.

Responses this year will provide crucial insight into young people's experiences, barriers and concerns including work, study and mental health.

The survey takes 20 minutes to complete. Young people can record their responses online, either through arrangements with participating schools or groups or individually through Mission Australia's website.

Mission Australia's Youth Survey 2022 is open until 12th August to all young people aged 15-19 years old who are living in Australia.

Share the word across social media using #YouthSurvey2022

notice board

Curtin University Research Project - Mistreatment of Older Aboriginal People in WA

The mistreatment of older people is a global issue that is being addressed through research and targeted interventions. In rural and remote Western Australia, there is limited literature regarding the topic and associated service responses to it. This project seeks to research this topic, through exploring how services respond to the mistreatment of older Aboriginal people in rural and remote Western Australia.

In this study, the mistreatment of older people has been defined as actions by someone in a position of trust that causes harm and/or distress to an older person. This mistreatment can be classified into categories, inclusive of: financial, physical, psychological, social and sexual abuse, and neglect. Older Aboriginal people have been defined as those aged 50 years or older, in line with the Australian Institute of Health and Welfare's definition.

What it involves:

- A 15-20 minute anonymous online or hard-copy survey
- An optional 30-minute follow-up interview via videoconference

Who we are looking for:

- Employees (18 + years) that work within a service

that responds to older adult mistreatment in rural or remote Western Australian communities (examples of services include legal centres, hospitals, health services, financial services, accommodation services, AOD services, etc)

- Employees must have worked with older Aboriginal individuals who have experienced mistreatment in the past six months.

This is an honours research project being undertaken by 4th year Social Work Student, Hannah Pitts. For further information, please contact supervisors:

- Dr Barbara Blundell: Barbara.blundell@curtin.edu.au or (08) 9266 4748
- Dr Sue Gillieatt: S.gillieatt@curtin.edu.au

To access the anonymous online survey, please follow this link:

https://curtin.au1.qualtrics.com/jfe/form/SV_cOWJVu1A0oxaLb0

Note: All information provided will be used only in this project. Your survey responses will be confidential and anonymous. Your interview responses will be confidential and anonymous to all but the researchers. Curtin University Human Research Ethics Committee (HREC) has approved this study (HREC number HRE2022-0223).

New Act Belong Commit website now LIVE!

Check out the revamped [Act Belong Commit](#) website full of new content and easy to use tools! The new website meets accessibility standards, has a fresh new look with more content than ever.

A key feature is the interactive Mental Wellbeing Quiz, which enables you to check your lifestyle against the Act Belong Commit principles. At the end you will receive your own overall wellbeing score and Act Belong Commit scores and suggestions.

Still to come is the revamped Activity Finder making it easier to search and find events and activities across WA. More on this soon!

Disability and Wellbeing Monitoring Framework

The Centre of Research Excellence in Disability and Health has released a report presenting the first national data using the [Disability and Wellbeing Monitoring Framework](#) and Indicators developed by the Centre.

Ballardong Noongar Waangkany (Ballardong Noongar Dictionary)

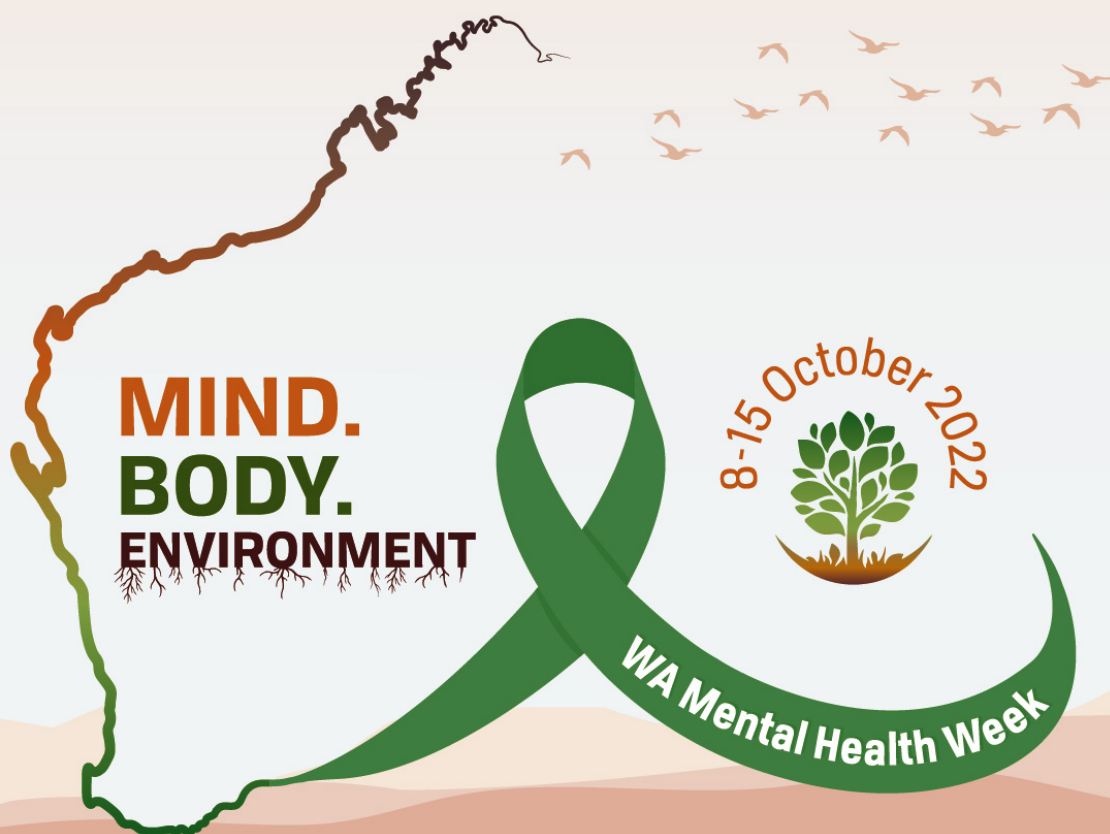
Wheatbelt Natural Resource Management (through the Australian Governments National Landcare Program) have published the [Ballardong Noongar Waangkany](#) (Ballardong Noongar Dictionary).

This dictionary has been collated by Sandra Harben on behalf of the Wheatbelt Natural Resource Management Ballardong Noongar Elders Advisory Group.

'Look after your mental health' video in five languages from CALD people with lived experience

Access a series of new [mental health support videos](#) in five languages from people with lived experience and Culturally and Linguistically Diverse backgrounds, from the Embrace Multicultural Mental Health project.

Where we live. How we live. What we've lived.



mentalhealthweek.org.au

f @MentalHealthWeekWA #mhw2022

How the mind, body and environment intersect is essential to overall wellbeing. Physical health – both inside of us and in the world around us – has a major impact on our mental health. The nutrition we consume, movement of our bodies, the health of the planet and the quality of our housing and neighbourhoods all have a part to play in building healthy communities and individuals. Our bodies keep score of traumas we've experienced, it's important to be able to recognise our trauma bonds and responses, move forward to processing and healing to live our best lives possible.



Government of Western Australia
Mental Health Commission



WAAMH
Western Australian Association
for Mental Health



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

Here for You Helpline: 1800 437 348

13 YARN: 13 92 76

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

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and send us names and contact details.