

FINAL REPORT

21st May 2010

Resilience Project

Funded by the National Suicide Prevention Strategy Program
Department of Health and Ageing



The Injury Control Council of Western Australia is solely responsible for the content of, and views expressed in, this Report and any related materials.

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ICCWA is also very appreciative of the valuable in-kind support provided by the Western Australian Country Health Service - South West (WACHS-SW) in the form of administrative support, office space, IT and other administrative resources to our two staff in the south west.

We would also like to acknowledge the contribution of the following Resilience Project Reference Group members for their continued guidance and support.

- Nicolle Warren – South West Community Drug Service Team, St John of God
- Graham Fisher – Val Lishman Health Research Foundation
- Janelle Leiper & John Brearley – WACHS-SW
- June Foulds – Greater Bunbury Division of General Practice
- Robyn Church – GP Downsouth Division of General Practice
- Kate Dodson – Department of Education and Training
- Noel Wallam, Rebecca Burns & Chris Daumlier – SWAMS
- Tony Strang – West Australian Police
- Deborah Costello - ICCWA

Many thanks from the Resilience Project Team, Injury Control Council of WA

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ABSTRACT

There has been three phases to the Understanding and Building Resilience (U&BR) Project since it was initiated in the south west region in 2005. Each phase has been funded by the National Suicide Prevention Strategy. In this third phase, September 2009 to June 2010, the Resilience Project aims to continue to build community resilience for suicide prevention across the six established communities (Bunbury, Busselton, Collie, Margaret River, Bridgetown-Greenbushes and Manjimup) in the South West of Western Australia with a stronger focus on high risk groups. During this phase, the U&BR model was also defined and information about the program disseminated to regional, national and international stakeholders. Using community action plans for suicide prevention, the Project facilitated inter-sectorial collaboration via six networks or working groups. These groups have continued to work on ways in which to address local service gaps and improve access to existing services via letters of support, service provider training and other advocacy strategies. Most communities held events that encouraged community members to connect to others, and to reduce the stigma of mental illness and help seeking. Community directories and numerous community expos have promoted community awareness of referral pathways and support services. A further one hundred human service providers have attended Gatekeeper Workshops and seven south west Regional Gatekeeper Trainers are now accredited. A major factor contributing to the successful outcomes of the Resilience Project has been that the program has provided opportunities to network, collaborate, share resources and form partnerships with key stakeholders and community organisations. Project officers also provide a crucial role as connectors, facilitators, organisers, trainers, community awareness raisers and drivers, and continue to sustain strong connections within the communities in which they are working. There were some barriers to reaching men, but it is intended that Livingworks training will lead to opportunities to partner with the corporate sector to reach men in the work place.

EXECUTIVE SUMMARY

1. Project Aims

To build community resilience for suicide prevention across the six established communities (Bunbury, Busselton, Collie, Margaret River, Bridgetown-Greenbushes and Manjimup) in the South West of Western Australia with a focus on high risk groups.

To define and promote the community centred suicide prevention model used in the project to national and state key stakeholders in suicide prevention.

2. Project Objectives

- Facilitate inter-sectorial collaboration to develop and promote strategies for building community resilience in the six identified communities
- Build the capacity of local communities to address service gaps and access to existing services
- Develop local strategies to facilitate opportunities for people to connect with their communities
- Build the capacity of communities to recognise and respond to people at risk of suicide
- Build community capacity for help seeking by increasing community awareness and knowledge of referral and support services with a focus on higher risk/socially excluded groups.
- Define the community centred suicide prevention processes used in the *'Understanding and Building Resilience in the South West Project'* and promote and disseminate best practice processes to National and State key stakeholders in suicide prevention.

3. Target Groups

The six regional and rural communities of Bunbury, Busselton, Collie, Bridgetown-Greenbushes, Manjimup and Margaret River, with a focus on high risk groups such as youth, Indigenous people and men.

4. Outcomes

The following table briefly summarises specified and actual outcomes against project objectives.

PROJECT OBJECTIVES	SPECIFIED OUTCOMES	ACTUAL OUTCOMES
Facilitate inter-sectoral collaboration to develop and promote strategies for building community resilience	Working groups/ Networks meet every 2-3 months and undertake planned activities.	- All working groups/ Networks met regularly, except difficulties with Margaret River network - Interagency Reference Group - Worked directly on strategies/ events with 37 different agencies and community groups
	Provide meeting agendas and minutes; copy of revised action plans; report on progress in reports to DoHA.	All action plans were revised at Network or working group meetings, except Margaret River
	Report on effectiveness of engagement strategies and outcomes in Progress Reports to DoHA	- Strong engagement with youth and youth services - Some barriers to reaching men - Some difficulties with Aboriginal MH First Aid train the trainer
Build the capacity of local communities to address service gaps and access to existing services	Report on number and type of advocacy actions undertaken/ strategies used (e.g. letters of support; lobbying to organisations; funding applications)	- 14 letters of support for funding applications or in support of services - Involved in collaborating or supporting 24 different advocacy activities under this objective
Develop local strategies to facilitate opportunities for people to connect with their communities	Report on the number and types of socially inclusive strategies/activities, number of participants and provide participant feedback (where possible).	- Mental Health Week events - Collie Living it up Festival - Mentally Healthy WA Program
	Report on modifications/ improvements/ future planning to strategies/ programs as a result of participant feedback	Feedback provided for Collie event Debrief for MH Week
	Report on networking or planning activities that have occurred in relation to this objective.	Included in this report
	Report on any media articles/interviews in relation to this objective.	Included in this report
Build the capacity of communities to recognise and respond appropriately to people at risk of suicide	Provide Gatekeeper Workshops for professionals and para-professionals in the SW Region - Summary of participants' post-workshop evaluations - Complete Evaluation Data Record (EDR) regarding number and type of participants in Gatekeeper Workshops.	- 7 Gatekeeper workshops coordinated - 100 participants in South West workshops - Evaluation summaries provided

	<p>Work with the MCSP/ TICHR, WACHS-SW, SWAMS and DET to ensure South West Gatekeeper instructors achieve accreditation.</p> <ul style="list-style-type: none"> - Report on number of instructors to achieve Gatekeeper accreditation. 	<ul style="list-style-type: none"> - 7 Regional Gatekeeper Trainers now accredited
	<p>Work with key stakeholders to identify, promote and/or support community education programs that reduce the stigma of help seeking and mental illness, and promote resilience building.</p> <ul style="list-style-type: none"> - Report on the number and type of programs promoted. - Report on the number of new programs established as a result of the Project and provide summary of participant feedback (where possible) - Report on modifications/ improvements/ future planning related to strategies/ programs as a result of participant & key stakeholder feedback 	<ul style="list-style-type: none"> - Maggie Dent Community workshops - Busselton BPW Young Women's Forum - Ozhelp Foundation Apprentice Program
	<p>Identify and train Aboriginal worker from SW Region to become Aboriginal Mental Health First Aid (AMHFA) instructor</p> <ul style="list-style-type: none"> - Report in the number and type of activities in relation to provision of AMHFA 	<p>Not able to recruit worker for AMHFA – negotiations with DoHA to re-allocate this funding to ASIST T4T</p>
	<p>Support Aboriginal Mental Health First Aid (AMHFA) instructor(s) to provide workshops to Aboriginal community members.</p> <ul style="list-style-type: none"> - Where possible, report on the number and type of attendees to AMHFA workshops. 	<p>SW Community Drug Service Team supporting its worker to provide on-going workshops and units from AMHFA</p>
<p>Build community capacity for help seeking by increasing community awareness and knowledge of referral and support services with a focus on higher risk/socially excluded groups</p>	<p>Use of local media to promote support services & events in local communities</p> <ul style="list-style-type: none"> - Report on the number of articles/ adverts in local media. 	<p>23 media opportunities to promote services and events</p>
	<p>Ensure all local support services are included in community directories</p> <ul style="list-style-type: none"> - Report on the number of South West communities, including all local support services in their local directories as a result of the Project. 	<ul style="list-style-type: none"> - On-going - Supported dissemination of information & resources regarding change over from SW24 to Rural Link
	<p>Continue to distribute resources for suicide prevention (e.g. Information and Support Packs; pamphlets from Men's Line, Lifeline WA, etc)</p> <ul style="list-style-type: none"> - Report on types and number of resources distributed 	<p>Many resources distributed from numerous sources</p>
	<p>Support key stakeholders to hold and promote expos and community forums (as identified in Community Action Plans).</p> <ul style="list-style-type: none"> - Report on any expos and community forums supported or promoted. 	<p>SPA Community Forum; Leavers Seminar; MH Week; Premier Coal Open Day; Manjimup Cherry Festival; Walganup Youth Health Expo; Collie Living it up Festival; Black Dog Ride; Y-Safety Forum.</p>

Define the community centred suicide prevention processes used in the U&BR Promote and disseminate best practice processes to National & State key stakeholders in suicide prevention.	Define the model that has been used in the <i>'Understanding and Building Resilience in the South West Project'</i> . - Present a cohesive model that outlines processes that were used for the project and how these processes were implemented and established in the 6 stated locations. - Report on the number of presentations/ meetings and, where possible, the number and/or type of attendees.	Numerous opportunities to promote project model at conferences, seminars, meetings & community forums
	Develop conference poster and A4 fact sheets - Report on resource development and distribution - Copy of resources to DoHA	A4 Fact sheets developed & printed – 1000 ready for distribution

5. Limitations

Over the past nine months, there have been numerous collaborations and successes with the program, although adjustments to the initial plan were necessary.

Some difficulties occurred with recruitment of an Aboriginal worker to attend Aboriginal Mental Health First Aid (AMHFA) training for trainers. This was further complicated by the fact that no AMHFA training for trainers was being conducted in 2010 until after June. However, the South West Community Drug Service Team is implementing a program that will enable their staff (already trained during the second phase of the U&R Project) to provide more AMHFA workshops in the region. ICCWA's Healing through the Map Project has also provided a workshop for Aboriginal Health Worker trainees in Bunbury. Collaboration has also occurred with Walgannup Aboriginal Corporation to hold a culturally secure workshop in the Warren Blackwood and ICCWA has been invited to be on the Corporation's committee.

There were some barriers to reaching men in the workplace with an appropriate suicide prevention program. This was complicated by a financial crisis at a major Collie mine site. Resilience Project staff will become trained to provide Livingworks ASIST workshops and suicideTALK information sessions. This should improve opportunities to form business and mining partnerships to provide suicide prevention information to men in the workplace.

There have been some successes with reaching men. Ozhelp Foundation has included 40 apprentices from the region in the suicide prevention program for building and construction apprentices. The Black Dog Ride from Bridgetown to Busselton was also a huge draw card for men and provided an excellent

opportunity to raise awareness of depression and reduce the stigma of mental illness and help seeking.

Three networks and two working groups are on-going and continuing to review and act on the community action plans, however, there was considerable drop off in attendance with the Margaret River Community Network Committee. Recent efforts have been made to re-establish the network, with a meeting planned in July.

Activities such as Leavers Week seminar and ICCWA's Y Safety Forum have promoted strong involvement of young people and youth services in the Resilience Project and this is ongoing.

Lastly, it is important to again acknowledge that the Project covered a large area and at times this placed constraints on what could be realistically achieved between two part-time ICCWA staff members. Much of these constraints have been overcome by working in collaborative partnerships or supporting other organisations with their activities and initiatives.

6. Sustainability & Future Directions

A major factor contributing to the successful outcomes of the Resilience Project has been that the program has provided opportunities to network, collaborate, share resources and form partnerships with key stakeholders and community organisations. As a result, many of the activities of this Project will be on-going. Despite the sustainable outcomes, on-going funding is still required to support this successful project for the following reasons.

- Although there is commitment from three networks and two working groups to continue addressing action plans, it is unlikely that the action plans would be progressed without the presence of Project Officers, who play an important organisational, collaborative and facilitative role in driving implementation of activities or strategies in the plans.
- There is strong interest across sectors to maintain Gatekeeper Workshops in the region and all seven accredited Regional Gatekeeper Trainers are keen to continue to conduct workshops. For this to be sustained, there is a need for an organisation to organise, coordinate and promote the workshops and administer registrations. WA Country Health Service Learning and Development Unit does not have the capacity to support this. These roles continue to be carried out by Resilience Project Officers and there is concern that these workshops will not be maintained without their presence.
- Both Resilience Project Officers are enrolled to become trained as Livingworks ASIST Trainers. This will enable the provision of short suicideTALK awareness information sessions and two-day ASIST workshops more suitable to community groups and work sites. It is anticipated that this training will enable opportunities to partner with the

business and mining sector to engage men in suicide prevention training. However, there are on-going costs to conduct this Livingworks training and funding will be required to support this.

- Project officers continue to act as connectors, facilitators, organisers, trainers, community awareness raisers and drivers, and continue to sustain strong connections within the communities in which they are working. Maintaining these roles is crucial to sustaining the project activities in the South West Region.

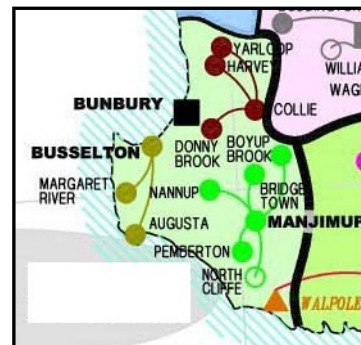
Throughout the course of the project – local, regional, state and national collaborations have occurred. Strong alliances and partnerships have been developed. In the past nine months, the Resilience Project staff have worked directly with at least 37 different organisations in the region on various strategies and events. It is hoped that ICCWA will be able to continue to assist local communities in implementing local suicide prevention strategies, building community resilience and drive intersectorial action for suicide prevention in the south west.

1. INTRODUCTION

ICCWA has been managing the *Understanding and Building Resilience (U&BR) Project* in the south west region since early 2005. During this time there has been three phases to the project, each of which has been funded by the National Suicide Prevention Strategy, Department of Health and Ageing.

The first phase of the project used action research to produce an evidence-based and community endorsed report for the south west region of Western Australia (U&BR Project Final Report, May 2006). The report provided recommendations on how to build resilience and reduce risk factors for suicide in the six communities of Bunbury, Busselton, Margaret River, Collie, Bridgetown-Greenbushes and Manjimup.

Recommendations from this report informed key objectives and strategies for implementation in the second phase of the U&BR Project, February 2007 – June 2009 (U&BR Project Final Report, June 2009). As a result, the project developed a model that elicited widespread community engagement and participation from across all sectors. Local input was the key factor in the model's success, with opportunities for this occurring during the original action research phase and then sustained through the establishment and input of the local working groups in the implementation phase. Consequently, project objectives and the six community action plans were informed by a combination of suicide prevention and resilience research, and local experience and expertise. Project Officers acted in many different roles as connectors, facilitators, trainers, awareness raisers, organisers, collaborators and drivers. In many instances, the project officer's local community and service provider networks assisted in promotion, advertising and building collaborative partnerships. A broad range of training and information sessions were provided to an equally broad range of target audiences, with sessions kept at low or no cost and provided locally to promote accessibility. The success of this phase was acknowledged by Suicide Prevention Australia when ICCWA was awarded the 2009 LIFE Award for Healthy Communities.



In this third funded phase, September 2009 to June 2010, the Resilience Project aimed to sustain what had already been achieved, but with a stronger focus on working with 'at risk' target groups. The Map of Loss workshops that had been so well received in the second phase were funded in the new projects area of the NSPS and became the "Healing through the Map" project. This project has taken the Map of Loss and Aboriginal cultural connections work out to other regions in Western Australia to the important target groups of Aboriginal people and related service providers.

1.1. Project Description

1.1.1. Project Aims

To build community resilience for suicide prevention across the six established communities (Bunbury, Busselton, Collie, Margaret River, Bridgetown-Greenbushes and Manjimup) in the South West Region of Western Australia with a focus on high risk groups.

To define and promote the community centred suicide prevention model used in the project to national and state key stakeholders in suicide prevention.

1.1.2. Project Objectives

- Facilitate inter-sectorial collaboration to develop and promote strategies for building community resilience in the six identified communities
- Build the capacity of local communities to address service gaps and access to existing services
- Develop local strategies to facilitate opportunities for people to connect with their communities
- Build the capacity of communities to recognise and respond to people at risk of suicide
- Build community capacity for help seeking by increasing community awareness and knowledge of referral and support services with a focus on higher risk/socially excluded groups.
- Define the community centred suicide prevention processes used in the *'Understanding and Building Resilience in the South West Project'* and promote and disseminate best practice processes to national and state key stakeholders in suicide prevention.

1.1.3. Target Groups

The six regional and rural communities of Bunbury, Busselton, Collie, Bridgetown-Greenbushes, Manjimup and Margaret River, with a focus on high risk groups such as youth, Indigenous people and men.

2. OUTCOMES

The following table briefly summarises specified outcomes for the Resilience Project. Actual outcomes are then described in detail.

PROJECT OBJECTIVES	SPECIFIED OUTCOMES
Facilitate inter-sectoral collaboration to develop and promote strategies for building community resilience	Working groups/ Networks meet every 2-3 months and undertake planned activities.
	Provide meeting agendas and minutes; copy of revised action plans; report on progress in reports to DoHA.
	Report on effectiveness of engagement strategies and outcomes in Progress Reports to DoHA
Build the capacity of local communities to address service gaps and access to existing services	Report on number and type of advocacy actions undertaken/ strategies used (e.g. letters of support; lobbying to organisations; funding applications)
Develop local strategies to facilitate opportunities for people to connect with their communities	Report on the number and types of socially inclusive strategies/activities, number of participants and provide participant feedback (where possible).
	Report on modifications/ improvements/ future planning to strategies/ programs as a result of participant feedback
	Report on networking or planning activities that have occurred in relation to this objective.
	Report on any media articles/interviews in relation to this objective.
Build the capacity of communities to recognise and respond appropriately to people at risk of suicide	Provide Gatekeeper Workshops for professionals and para-professionals in the SW Region <ul style="list-style-type: none"> - Summary of participants' post-workshop evaluations - Complete Evaluation Data Record (EDR) regarding number and type of participants in Gatekeeper Workshops.
	Work with the MCSP/ TICHR, WACHS-SW, SWAMS and DET to ensure South West Gatekeeper instructors achieve accreditation. <ul style="list-style-type: none"> - Report on number of instructors to achieve Gatekeeper accreditation.
	Work with key stakeholders to identify, promote and/or support community education programs that reduce the stigma of help seeking and mental illness, and promote resilience building. <ul style="list-style-type: none"> - Report on the number and type of programs promoted. - Report on the number of new programs established as a result of the Project and provide summary of participant feedback (where possible) - Report on modifications/ improvements/ future planning related to strategies/ programs as a result of participant & key stakeholder feedback
	Identify and train Aboriginal worker from SW Region to become Aboriginal Mental Health First Aid (AMHFA) instructor <ul style="list-style-type: none"> - Report in the number and type of activities in relation to provision of AMHFA
	Support Aboriginal Mental Health First Aid (AMHFA) instructor(s) to provide workshops to Aboriginal community members. <ul style="list-style-type: none"> - Where possible, report on the number and type of attendees to AMHFA workshops.
Build community capacity for help seeking by increasing community awareness and knowledge of referral and support services with a focus on higher risk/socially excluded groups	Use of local media to promote support services in local communities <ul style="list-style-type: none"> - Report on the number of articles/ adverts in local media.
	Ensure all local support services are included in community directories <ul style="list-style-type: none"> - Report on the number of South West communities, including all local support services in their local directories as a result of the Project.
	Continue to distribute resources for suicide prevention (e.g. Information and Support Packs; pamphlets from Men's Line, Lifeline WA, etc.) and

	report on types and number of resources distributed
	Support key stakeholders to hold and promote expos and community forums (as identified in Community Action Plans). - Report on any expos and community forums supported or promoted.
Define the community centred suicide prevention processes used in the 'Understanding and Building Resilience in the South West Project' and promote and disseminate best practice processes to National and State key stakeholders in suicide prevention.	<p>Define the model that has been used in the '<i>Understanding and Building Resilience in the South West Project</i>'.</p> <p>Present a cohesive model that outlines processes that were used for the project and how these processes were implemented and established in the 6 stated locations.</p> <p>- Present a cohesive model that outlines processes that have been used for the project and how these processes were implemented and established in the 6 stated locations</p> <p>- Report on the number of presentations/ meetings and, where possible, the number and/or type of attendees.</p>
	Develop conference poster and A4 fact sheets: report on resource development and distribution; provide a copy of resources to DoHA

2.1. Facilitate Intersectorial Collaboration to Promote Resilience

The Resilience Project has continued to be guided and supported by an interagency Reference Group. Meetings were held every 2 – 3 months (see Attachment One for meeting minutes). Current members include

- Nicolle Warren –South West Community Drug Service Team, St John of God
- Graham Fisher – Val Lishman Health Research Foundation
- Janelle Leiper & John Brearley – WA Country Health Service – South West
- June Foulds – Greater Bunbury Division of General Practice
- Robyn Church – GP Downsouth Division of General Practice
- Kate Dodson – Department of Education and Training
- Noel Wallam, Rebecca Burns and Chris Daumlier – South West Aboriginal Medical Service
- Tony Strang – West Australian Police (resigned from Group due to time constraints, November 2009)
- Deborah Costello – CEO, ICCWA
- 'Resilience Project' and 'Healing through the Map Project' staff

ICCWA has continued to work with Local Working Groups in Manjimup and Bridgetown and with interagency networks in Bunbury, Busselton, Collie and where possible, with Margaret River. Project officers attended meetings every two months to firstly review Community Action Plans and then to support actioning these plans. The Collie Interagency Network, and the Manjimup and Bridgetown Local Working group meetings are organised by project staff. Revised Community Action Plans can be found in Attachment Two. Working group and network meeting agendas and minutes are in Attachment Three.

Action plans include four key areas –

- Suicide prevention education and resilience building through the provision of education, training and skill development to build the capacity of communities to recognise and respond appropriately to people at risk of suicide.
- Connecting to community – identifying and promoting strategies that facilitate opportunities for people to connect with their local community.
- Addressing service gaps and access issues – building the capacity of communities to address service gaps and improve access to existing services
- Referrals, networks and help seeking – to build community capacity for help seeking by increasing awareness and knowledge of referral pathways and support services.

Due to very low attendance at the Margaret River Community Network Committee meetings, it was not possible to review the action plan for Margaret River. No meetings have occurred as yet in 2010. The community development officer at the Shire of Margaret River has made plans to re-activate this interagency group. A meeting has been arranged for July 8th to fit with ICCWA staff being able to attend.

Over the course of the Project, Project Officers have collaborated with many organisations, agencies and government departments to action strategies and activities in the Community Action Plans. These are listed below.

	Advocacy South West		MacKillop Catholic College
	Agencies for South West Accommodation		Manjimup Family Centre
	Bridgetown Family and Community Centre		MATES Men's Support Service
	Bunbury Pathways		Manjimup Volunteer & Resource Centre
	Busselton Dunsborough & Manjimup-Bridgetown Times		Mentally Healthy WA
	City of Bunbury		Mission Australia
	Collie Adult Day Care Centre		Regional Training Services
	Collie Family Centre		Relationships Australia
	Collie Mail		Shires of Augusta-Margaret River, Busselton, Collie, Bridgetown-Greenbushes and Manjimup
	Department of Education and Training WA		Skill Hire
	Disability Services Commission		South West Aboriginal Medical Service
	DOVES Domestic Violence		South West Community Drug

	Education & Support		Service Team
	Edith Cowan University Suicide Prevention Research Project		South West Regional College of TAFE WA
	Fire and Ambulance Services, Busselton		South West VETLink
	Gatekeeper Training Unit, Telethon Institute for Child Health Research		Steve Andrew's Black Dog Ride
	GP Downsouth Division of General Practice		Trinity Outreach Services True Colours Program
	LAMP Inc. (Busselton)		Val Lishman Health Research Foundation
	Lions Clubs of Busselton and Bridgetown		WA Police – Bunbury & Dunsborough
			Western Australian Country Health Service – South West

The Project also worked with the support of the following intersectorial networks. These networks meet regularly and have extensive email contact lists across the region.

- Bridgetown-Greenbushes Human Services Network
- Collie Inter-Agency Network
- Collie Youth Coordination Network
- South West Mental Health Network
- South West Youth Coordination Network
- SWAP Network
- Vasse Alliance Network
- Warren Blackwood Human Services Network

2.2. Service Gaps and Access Issues

Varying outcomes have resulted from intersectorial collaboration, lobbying and advocacy actions of the Project team, local working group members and key stakeholder organisations. Many occurred as a result of progressing action plans.

During the past nine months, fourteen letters of support have been written from ICCWA or on behalf of Local Working groups or networks. These were in support of the following funding applications and lobbying purposes.

- Mission Australia's funding submission to City of Bunbury for Map of Loss workshops and camps for at risk youth (September 2009)
- Mission Australia's 'Kids in Focus' funding application for a program in Greater Bunbury for at risk children and youth 0 – 18 years (December 2010)
- Bunbury Pathways' Adult Community Education grant application to the Department of Education and Training for Map of Loss Workshops for community mental health clients (November 2009) – successful

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- Monarch House committee's application for a Chefs Long Table Lunch grant for their proposed programs in support of people suffering from loss and grief in the South West Region (September 09)
 - Monarch House committee's application for a Royalties for Regions grant to provide programs for people suffering from loss and grief in the South West Region (February 2010)
 - Letter detailing in-kind support (Royalties for Regions funding 2009) to the Bridgetown Family and Community Centre for the Maggie Dent community workshops held in the Warren Blackwood region in September 2009
 - Collie Adult Day Care Centre's Living it Up Festival grant applications to the Collie Shire and SW Development Commission (August & October 2009) – successful
 - Support letter for Youth Focus to lobby the Federal Government for on-going funding to maintain their counselling service for 'at risk' youth in the south west (October 2009)
 - Warren Blackwood Emergency Accommodation Centre's proposal to the Department of Housing for funding approval to build a new purpose-built emergency accommodation facility for the Warren Blackwood district (September 2009)
 - Walganup Aboriginal Corporation's grant application to the Office for Youth, Youth Development and Support Program (October 2009)
 - Bridgetown Family and Community Centre's application for a South West Development Commission Events Grant to hold a men's festival in Bridgetown December 2010 (October 2009)
 - Manjimup Family Centre's application to Lotterywest to hold a Maggie Dent Training for Trainers weekend for service providers working with children and young people in the Warren Blackwood region (April 2010)
 - Manjimup Family Centre's application to Department for Communities for funding to provide a creche for a mothers' support group (April 2010)

Other outcomes in the area of advocacy and addressing service gaps and access issues include the following.

- ICCWA's 'Professional Development and Capacity Building Project' and the Public Health Advocacy Institute of WA provided a free *Advocacy and Media: getting your message out there* workshop in Bunbury on the 11th February 2010. Twenty people attended from a diverse range of agencies. Feedback through an evaluation survey was positive around the skills and information presented, as well as suggestions of ways both ICCWA and PHAIWA could further support or work with local organisations.
- An Aboriginal Culturally Secure Workshop will be held June 18 for Warren Blackwood human service providers. Planning has occurred in collaboration with Walganup Aboriginal Corporation and local elders. The workshop is supported by funding from ICCWA's 'Professional

Development and Capacity Building Project' and from the Manjimup Volunteer and Resource Centre. The aim is to improve access to services for Aboriginal people in the Warren Blackwood area by increasing cultural awareness of local human service providers.

- On-going membership of the Project Advisory Committee for the South West Suicide Prevention Research Project being conducted by Edith Cowan University Bunbury campus. This research is funded by Val Lishman Health Research Foundation and Lotterywest. The project has developed eight different surveys and interview tools using the LIFE framework to identify gaps in suicide prevention services, training and referral pathways in the SW region. It also seeks to identify the mental health and suicide prevention service needs of men in the region. The final report is expected to be completed by September 2010.
- Providing support to the WA Country Health Service South West (WACHS-SW) project officer to promote the change over from South West 24 help line to Rural Link as the major mental health after hours referral service in the region. Resilience project officers assisted by distributing posters, pamphlets and information to service providers through email networks and at expos. Also assisted the Rural Link project officer to make contact to change numbers in local service directories across the region. Pathways of referral are being clarified as this change over takes place.
- Collaborating with the new dual diagnosis officer (mental health and substance abuse) for South West Community Drug Service Team to coordinate Gatekeeper Training and Dual Diagnosis training for staff in the region. Also assisted in promoting this training.
- Assisting Monarch House, a new Grief and Loss Centre being established in Bunbury, to disseminate information about their new service.
- Inviting Jobs South West Youth Outreach Program (YOP) and Parenting WA coordinators to Bridgetown and Collie working group and network meetings to share information and raise awareness of their services. Also to advertise YOP mentor positions in Bridgetown and Manjimup.
- Bridgetown and Manjimup Family Centres are collaborating to apply for Lotterywest funding to hold a Maggie Dent's training for trainers' weekend in October 2010. This will be targeted at up to 40 community, youth and health workers who work with children, adolescents and their families in the Warren Blackwood region. The workshop will enable participants to provide information and presentations in the region to build resilience.
- Project staff and the community development officer from the Shire of Busselton met with the TAFEWA Youth Work lecturer to place a student at the Shire to assist with the update of the "Need a Hand" directory, available to the community on the Shire's web site.
- The Mental Health Network planned and coordinated a week of activities and a service display at Paisley Square during Mental Health

Week, October 2009. This included coordinating the WA Mental Health Week closing ceremony, enjoyed by consumers, carers and service providers.

- The Mental Health Network is supporting the progression of a possible men's shed for Bunbury. The Program Manager for men's services at Relationships Australia is progressing this with South Bunbury Rotary Club that is interested in funding the initiative. Land needs to be secured.
- Supported DOVES Domestic Violence Education and Support service in Manjimup to promote a new program of MATES – domestic violence prevention workshops (20 week program) and weekly counselling sessions for men in Warren Blackwood. The MATES program has already been very successful in the Busselton area in addressing issues directly with men to reduce and prevent recurrence of domestic violence. The MATES program has been operating in Manjimup for five months and DOVES is now investigating avenues for funding to support this service.
- Bridgetown Family and Community Centre (BF&CC) are applying for funding to run a Protective Behaviours train-the-trainer workshop for local community workers. This will enable them to run workshops themselves for parent and children in the community.
- Assisted BF&CC to apply for an events grant to hold a men's festival in Bridgetown. This grant was not successful, however, the working group is now supporting promotion and participation in another community initiative to hold a men's health event at Harvey Dickson's Music Country Music venue in September 2010.
- Warren Blackwood Emergency Accommodation Committee (WBEAC) has reapplied for funding for spot purchase for a new facility. The outcome of the application will take at least a year.
- The Shire of Manjimup has allocated some funding to trial a local bus service around the region to support community members to access services and community events. The trial has not gone ahead as yet.
- The Mentally Healthy WA (MHWA) Act-Belong-Commit Program was promoted in the region and the Shire of Manjimup promoted the mentally healthy messages at their Australia Day Breakfast, January 2010. When needed, Resilience POs have been acting as sponsorship officers on behalf of MHWA at Healthway funded events in the region.
- Bunbury Pathways has received further funding to conduct Map of Loss workshops across 12 weeks for community mental health consumers.
- Healing through the Map workshops have been provided to Aboriginal Health Worker trainees at South West Aboriginal Medical Service in Bunbury (May) and to service providers and youth workers in Collie (June).
- Collaborated with Margaret River Senior High School (MRSHS) to hold a Leavers Seminar to raise awareness with Year 12 students about how to keep safe during Leavers Week and what services are available

to students after leaving school. Ongoing collaboration is occurring to disseminate this initiative to other schools. For example, the project officer has met with staff at MacKillop Catholic College to plan a Leavers seminar for their students for October 2010. (More detail of this initiative and a summary of feedback is provided later in this report.)

- A meeting has occurred between project staff, WACHS-SW social worker in Collie and Collie Rotary Club to investigate ways in which to address transport issues for disadvantaged clients (outside Home and Community Care criteria) trying to access services in Bunbury and Perth. On-going enquiries are being made to investigate the capacity for either HACC or the local health service to assist in this venture. Collie Rotary Club will consider assisting with volunteer drivers and some funding.
- WACHS-SW Mental Health Program manager has met with WA Minister for Mental Health to discuss difficulties with on-going support to Child and Adolescent Mental Health Service in the south west.
- Collie Youth Coordination Network is investigating possibility of the Shire of Collie funding a youth officer position.
- ICCWA staff have participated in youth service reviews for the Busselton and Manjimup Shires, and for WACHS – South West health promotion review of youth services in Bunbury.

Ongoing discussions and advocacy continues to occur between services and key stakeholders as part of the role of the established interagency networks in the region.

Resilient Young Communities Proposal

Added to this, in February 2010, ICCWA collaborated with the City of Bunbury's Community Law and Safety team to submit a Royalties for Regions funding application to the South West Regional Grants Scheme. The "Resilient Young Communities Project" aims to build the resilience of Greater Bunbury's vulnerable young people so they can participate more fully in educational and community life and contribute meaningfully to social and economic development. The proposal uses a community participatory action research process and social network analysis component to engage young people personally in the project. Information gathered will assist in

- understanding how Greater Bunbury's young people are connected and networked
- discovering which groups and individuals are genuinely vulnerable to becoming disengaged from positive educational and community life
- understanding why young people become disengaged
- revealing the opportunities that exist to improve their social, educational and economic futures.

Information or “intelligence” gleaned from reaching diverse and disenfranchised groups of young people in the Greater Bunbury Region will be used to identify different interventions to re-engage young people. Interventions will be mapped against the drivers identified from the research and then these interventions will be rolled out (including trials). As a result, it is expected that young people in Greater Bunbury region will feel safer and more empowered to act for themselves and work in partnership with their youth agencies and the mainstream planning community.

Y Safety Forum

Another complementary project is ICCWA’s Y-Safety Forum for youth, to be held on June 10th and funded by WA Department for Communities, the Drug and Alcohol Office and Healthway. This forum aims to consult directly with young people in the Greater Bunbury Region and improve the understanding of young people’s perceptions of priority community safety issues. With the funding support of South West VETlink, a launch event for this initiative was held to engage key stakeholders in December 9th, 2009, with 22 stakeholders attending. A working party was formed to assist with organisation and recruitment of youth from diverse backgrounds and consists of representatives from: ICCWA; WA Police; health promotion and mental health staff from WA Country Health Service-South West; South West VETLink; Mission Australia; Uniting Care West- True Colours; City of Bunbury; South West Community Drug Service Team, St John of God; and Nola Marino’s office (Federal Member for Forrest).

ICCWA was successful in an application for additional funding from the WA government’s Drug and Alcohol Office and Healthway. This has meant the project has grown and a facilitator has been contracted from St John of God Community Drug Service team to work with the young people. Other sponsorship for the event has been received from the local business community. Meetings have progressed with enthusiasm and support from the working party members as well as the wider youth and community safety networks. Schools, workplaces and youth agencies have been engaged in the youth panel recruitment process.

Currently, a diverse group of young people aged 12 – 25 years is working with a facilitator to identify their key issues of concern and develop questions for the forum. The event has been promoted widely to all regional community safety, mental health and crime prevention stakeholders in the region. On the day of the forum, four separate panels of youth, grouped by age, will address the stakeholder audience. Youth will be asking questions and discussing issues of concern and possible strategies to address these concerns. The forum will provide an opportunity for community safety stakeholders to engage in discussions with young people and glean ideas for improving community safety. The event will also emphasise the importance of community consultation when developing new policies and implementing strategies to improve community safety for young people and all community members. A

summary report outlining identified priority safety issues and recommendations will be made available to all participants of the forum, regional stakeholders and the Minister for the WA Office for Youth. It is anticipated that this will lead to the development of more community safety and resilience building programs for youth in the region.

2.3. Connecting to Community

To provide opportunities for people to connect with their community and promote social inclusion, varied activities were supported or organised in collaboration with other agencies involved with the Resilience Project

2.3.1. Mental Health Week



Fortnightly meetings were held from July between mental health (MH) agencies resulting in a truly collaborative and energetic process to plan the state closing ceremony and two other events during Mental Health Week in Bunbury, October 2009. Consequently, a public lecture was held at Edith Cowan University featuring Cath Billi, who told her story of surviving post natal depression. The presentation was on behalf of GROW, a community organisation working towards mental health through mutual help and a 12-step program of recovery. An art exhibition and a community service information display were held in Paisley Square, within a major shopping precinct in Bunbury. Service provider and information resources were included in give away bags for the public. The WA State closing ceremony was held at the Big Swamp Wild Life Park. The event included a free BBQ, guest speakers, and music and dance. Over 200 mental health consumers, carers and service providers participated in this fun and positive lunchtime event.

On 27th August, collaborating MH agencies met to debrief and plan for next year's MH Week. All agreed that the collaboration and planning had made the events easier to coordinate and run, as communication was effective and consistent. The atmosphere of the events was relaxed and non-threatening, which made it easier to



engage with people of the community. The art exhibition, music and give away bags assisted in engaging people and promoted participation in the events. Next year, there is consideration of holding the Paisley Square event

during Thursday night shopping time. As MH Week is in school holidays, there was also discussion about how to engage more youth, possibly through inviting schools to participate in the art exhibition. Another improvement was to augment the BBQ event with more games and activities. There was concern that the events had not been promoted adequately, with some media articles not being sent in time. Next year, a person will be nominated to coordinate media releases and promotion via school newsletters and the like.

2.4.1. Collie Living It Up Festival

ICCWA was represented on the planning committee for the Collie Living it Up Festival for over 50s, held on 17th March 2010. The event was initiated and coordinated by the Collie Adult Day Centre. It featured healthy aging activities aimed at keeping people active recreationally, physically and mentally, and encouraged connection to community.

The Living It Up Festival was funded by events grants from the Shire of Collie Shire and the South West Development Commission. Over 50 different services, businesses, community groups and activity groups from the Collie area participated to man display booths and promote their services and activities, with over 300 people attending on the day. Information resources were handed out in over 250 give away bags to all that attended. ICCWA's display included suicide prevention and mental health information. The event included entertainment such as boot scooting, a country music band, craft activities and a fashion parade. Food was provided by the Collie Lions Club and Collie Adult Day Centre volunteers.

Leading up to the Living It Up Festival, two media adverts were placed in the Collie Mail and one story was placed in the Stay on Your Feet WA Newsletter. The Collie Mail also published an article about the event. Some members of the planning committee have been away on leave, so the debrief meeting for this event will be held in June 2010.

Although 37 feedback forms were collected from the Living it Up Festival, many were from stall holders which were not kept separately from those of event participants. Future planning for any festivals will include an incentive for event participants to complete surveys.

LIVING IT UP FESTIVAL FEEDBACK

	Strongly Disagree	Disagree	Agree	Strongly Agree
I enjoyed the Living it Up Festival			21	15
I learned some new things by attending the Living it Up Festival			18	14
I found out about some local activities, community groups and/ or services in Collie by attending the Festival			18	15
The timing of the event was convenient for me			22	14
The event was well organised			15	21
The event facilities were satisfactory			18	18
The event was well advertised			22	11

How did you find out about this event?

Several respondents gave more than one source: newsletter and community radio had least responses; email and word of mouth had most responses

What did you like best about the event?

- How well it was organised x 2
- Well organised, considerate of exhibitors (eg food vouchers /folders)
- Finding out about other services and meeting people
- The large amount of community services represented
- Interaction with others / public, opportunity to introduce program
- Plenty of space to walk around x 3
- Everything
- General friendliness of other stall holders, pleasant day
- Good opportunity to network with other providers x 2
- Information about community services I was unaware of
- Access to community members to distribute information
- Well organised friendly atmosphere
- Entertainment and helpful volunteers
- Venue
- Friendliest x 2
- Strong support of exhibitors
- Well cover with activities
- Great atmosphere
- Lots of information and freebies
- Smooth and efficient organisation
- All of the day was very good
- Information available x 2
- Collie community bank was the only bank there

- Friendly staff
- Environmentally friendly coffin, general friendliness of stall holders
- Clarity of stall layout x 2

How can we improve upon this event?

- Keep up the good work
- PA in exhibition hall to remind about people outside, otherwise great
- More fun activities for seniors to do
- All good
- Possibly put events all in the one hall
- Nothing
- No comment
- Hard to see – maybe busker style ‘moving around’ music or ...
- Suggest structured program of events / presentations with times, announcements, advertising, written program, suggest not having events and presentations at same time
- It was well organised except a bit warm
- Could we suggest time change 4pm-8pm to catch workers who also may care for older parents
- Air conditioning x 2
- More structured with activities, not having activities competing but compliments, ideally keep all activities in one room
- Should be open to all ages as you learn about facilities
- Ensure festival happens again – even 2 yearly
- Quicker canteen
- Hold one for 40 – 60 yrs
- Have it on longer and when people are not working
- Have a few more stalls selling goods, ie jewellery, plants, goods from lavender farm (these could all be local people)
- More stalls with things to buy and recreational activities

Will you consider joining a new group or attending a local activity in Collie as a result of attending this event? YES – 13 NO – 12

Two of the ‘No’s said they already belonged, several said because they were out of town / booth holders

What other community events/ programs would you like to see held in Collie in in the future?

- Food and wine of local area
- One for the 40 – 60 years
- Local produce / accommodation / attractions
- Encouraging more services to participate in future events
- More of the same
- More of similar type expo
- Physical fitness, mental health info

-
- Doing well so far, keep up to good work
 - Back again next year same time

Respondents demographics

Male: 12 Female - 27 (note: 4 joint responses)

Age in years: Under 50 yrs – 11; 50 to 60 yrs – 14; 60 to 65 yrs - 2; 65 to 79 yrs – 1; 80+ - 0

Resident of the Collie Shire? Yes - 18 No - 17

If not please state the town you are from: Australind, Donnybrook, Mandurah, Bridgetown, Bunbury, Burekup, Nedlands

2.3.3. Mentally Healthy WA Program

The Mentally Healthy WA (MHWA) Act-Belong-Commit message was again promoted at the Shire of Manjimup's Australia Day breakfast. This year it was held in Walpole with over 550 people of all ages attending the event. The MHWA campaign aims to raise awareness of factors that boost mental wellbeing, with local community development strategies complimenting the campaign and providing avenues to act, belong and commit. The 'A-B-C' guidelines for good mental health encourage people to keep active physically, socially and mentally (act); join in community activities (belong); and to take up a challenge, volunteer, or make a commitment to an interest or cause (commit). Project staff continue to support MHWA by acting as sponsorship officers in the south west region whenever the Act Belong Commit message is being used at a community event sponsored by Healthway.

Other very successful community expos and forums were held in partnership with key stakeholders to encourage connection to community, reduce stigma of mental illness and increase awareness of support services. These are outlined in 2.5.5.

2.4. Suicide Prevention Education and Resilience Building

2.4.2. Gatekeeper Workshops and Accreditation of Instructors

An important objective of the Resilience Project has been to maintain the provision of Gatekeeper Workshops for professionals and para-professionals in the region. These two-day Workshops were again provided at a cost of ten dollars per participant to enable university and TAFE students, and volunteer services to attend. The fee covered the cost of the Gatekeeper Training Unit workbooks only. The Gatekeeper Workshop provides participants with a range of knowledge and skills that aims to improve ability and confidence in responding to people at risk of suicide. It includes information about: the extent of the problem and understanding suicide; mental disorders and suicide; recognising and understanding (repetitive) self-harm; understanding the needs of the suicidal person, their carers and workers; recognising

warning signs; how to approach someone at risk of suicide and raise the issue; doing a risk assessment; and postvention strategies to help after a suicide.

To ensure sustainable training in the region, ten health and allied health professionals were trained as Gatekeeper instructors in December 2008. This required a commitment from WA Country Health Service – South West (WACHS-SW), Department of Education and Training (DET), South West Aboriginal Medical Service (SWAMS) and ICCWA to support newly trained instructors to run one or two workshops per year. Although three instructors withdrew from their original commitment because of other study and/ or work commitments, seven instructors have now achieved accreditation as regional Gatekeeper Instructors.

In order to achieve accreditation, each instructor had to present two workshops with an accredited regional trainer and had to be assessed by contracted staff from the Telethon Institute for Child Health Research (TICHR) Gatekeeper Training Unit for both workshops. This required considerable time in consultation and coordination. Four of the South West instructors presented their first two workshops with staff from the TICHR Gatekeeper Training Unit. (One of these presented two workshops with a TICHR Trainer outside the south west region to attain accreditation.) Once these four instructors had achieved accreditation, they then presented workshops alongside the other three instructors. To assess instructors doing their second workshop, contracted staff from the TICHR Gatekeeper Training Unit conducting attended on day one of their workshop.

**Number of Accredited Regional Gatekeeper Trainers
South West Region, April 2010**

WA Country Health Service – South West	3
South West Aboriginal Medical Service	1
Department of Education & Training	1
Injury Control Council of WA	2

Seven workshops were coordinated and promoted by Resilience Project staff during November to December 2009, and February to March 2010. WACHS-SW assisted with registrations of 100 participants from across many sectors including education, health, counselling, and community and youth services. The only workshop under-attended was held in Harvey, with only four people attending from the original nine registered.

Workshop Locations and Numbers

Date	Location	Presenters	No.
2 & 3 Nov 2009	Busselton	TICHR trainer & South West instructor (2 nd workshop)	16
16 & 17 Nov 2009	Collie	TICHR trainer & South West instructor (2 nd workshop)	18
30 Nov & 1 st Dec, 2009	Bunbury	TICHR trainer & South West instructor (2 nd workshop)	18
14 & 15 Dec, 2009	Bunbury	TICHR trainer & South West instructor (1 st workshop)	14
16 & 17 Feb, 2010	Manjimup	SW accredited regional trainer & SW Instructor (2 nd workshop)	20
23 & 24 Feb, 2010	Harvey	SW accredited regional trainer & SW Instructor (2 nd workshop)	4
10 & 11 March, 2010	Eaton	SW accredited regional trainer & SW Instructor (2 nd workshop)	15

Post workshop evaluations have been collated into two summaries. The first summary is of workshops held with one instructor being from the TICHR Training Unit and one south west instructor conducting their first or second workshop. The second summary is of workshops held where both instructors were from the South West, with one instructor being newly accredited and one instructor conducting their second workshop. This was to compare participant satisfaction with Gatekeeper Workshops with and without the participation of contracted staff from the TICHR Gatekeeper Training Unit.

SUMMARY OF POST-WORKSHOP EVALUATIONS NOVEMBER – DECEMBER 2009

Dates	Nov – Dec 2009	No. of attendees	66
Number of w’shops	4	No. of evaluations returned	64
Presenters	TICHR trainer & South West instructor (1st or 2nd workshop)		

(1 = not at all, 5 = Greatly)

Workshop structure & organisation	1	2	3	4	5
The workshop objectives were clear to me			1	16	47
The topics covered were relevant to my work		2	5	29	28
Frequency and lengths of breaks were good			2	16	46

Comments

*More time would be great, but was well managed.
 Very well done.
 Well organised, good venue.
 Overall result = very good!
 Decent breaks were needed due to the nature of the workshop.
 Great venue.
 Very helpful for my future intended work.*

Presenters characteristics & styles	1	2	3	4	5
The presenters were well prepared			2	15	47
The presenters knew their subject material well				11	53
The presenters were enthusiastic			2	11	51
The presenters related well to me			2	13	49
The presenters were clear and understandable in their presentations			5	12	49
The presenters encouraged participation between members			1	13	50

Comments

*Air conditioner noise made it impossible at times to hear speakers. Pale ink made it difficult to read board writings.
 Very enjoyable.
 Great presenters with experience and good stories to relate issues too.
 The trainers voice (Anja) can be raised a little higher.
 Environment difficult to hear (x 2 comments)
 Professional and approachable with logical attitude to problems and questions.
 Presenters were excellent. It was great that they were not dramatic about the content.
 Acoustics bad in the church hall (x 2 comments)
 I got a lot out of it thanks.
 Would like to have seen presenters carry out role play too.
 Hard to understand Sanjay at times.
 Excellent x 2.
 Very well informed.*

(1 = not at all, 5 = Greatly)

Workshop	1	2	3	4	5
The workshop handouts were well presented and easy to follow		1	1	17	45
The pace of the workshop was appropriate	2	3	6	19	34
Comments <i>Fantastic resources in a great format. Will be used!!!</i> <i>Very slow day one, day 2 better.</i> <i>Good pace.</i> <i>I would have liked to have spent more time on some of the subject matter.</i> <i>Good indeed.</i> <i>Very helpful having all the handouts already in a book. Very easy to follow PPT.</i> <i>Excellent.</i> <i>Very hard to stay focussed for such a long time.</i> <i>Freezing.</i>					
Workshop impact for you	1	2	3	4	5
Please indicate the effect this workshop has had in updating:					
The extent of the problem		1	3	22	38
Your understanding of the causes of suicide		2	3	26	33
Your knowledge of the relationship between mental illness and suicide	1		6	30	27
Your knowledge of a model of self harm			4	25	35
Your ability to identify suicide risk			3	29	32
Your ability to assess suicide risk			5	31	28
Your knowledge of consultation and referral processes and options			9	30	24
Your knowledge of intervention strategies for low, medium and high risk			7	27	29
Your knowledge of postvention			4	29	29
I think the following changes might be worth considering: <i>Lecturers' material A1. Air conditioning needs looking into/ use black pens or bright new ink pens.</i> <i>I enjoyed the participation of many varied members of the community. A lot of the content was revision for me in my current role. Well presented info.</i> <i>Turn off air con (venue issue, not yours). Great to have received email reminder and map.</i> <i>Fabulous, well presented course, but a bit too much for 2 days. I would have liked to spend more time covering the different parts.</i> <i>The cold air on the 1/12/09. Fruits besides sweet cookies will be nice! Thanks!</i> <i>Not so much role playing.</i> <i>All excellent. Thanks Anja and Martin.</i> <i>More interactive + activities + case studies, etc</i> <i>Consider the impact of the material on participants who have either attempted or contemplated suicide.</i> <i>Booklet and PowerPoint presentation were not sequential.</i>					

SUMMARY OF POST-WORKSHOP EVALUATIONS FEBRUARY – MARCH 2010

Dates	Feb – March, 2010	No. of attendees	39
Number of w’shops	3	No. of evaluations returned	37
Presenters	SW accredited regional trainer & SW Instructor (2nd workshop)		

(1 = not at all, 5 = Greatly)

Workshop structure & organisation	1	2	3	4	5
The workshop objectives were clear to me			2	9	26
The topics covered were relevant to my work			4	11	22
Frequency and lengths of breaks were good		3	2	8	23

Comments

*Most breaks were delayed and not enough time for lunch.
Great content.
A little longer for lunch, less for MT and AT.
Frequency of breaks good. Lunch interrupted because running late not good.
Good pace.
The workbook was really clear and useful. The presenters were very clear about the objectives.
Working in Acute Mental Health brings me into close contact with people with suicidal ideation.
I do not work in industry – student.*

Presenters characteristics & styles	1	2	3	4	5
The presenters were well prepared			2	5	30
The presenters knew their subject material well			2	4	31
The presenters were enthusiastic				4	32
The presenters were clear and understandable in their presentations			2	4	31
The presenters encouraged participation between members			2	4	31

Comments

*Very good!
Both presenters were well prepared.
Allow a time for participants to share their stories more.
Excellent presenting, was engaged throughout.
The presenters were great.
Very interactive.
Both presenters were well educated in all areas of discussion.
Fantastic presenters. They worked well as a team together.
Excellent presentation.
Really good, but at time some tasks were a bit difficult to follow and understand.
I enjoyed the course and the presenters were really helpful.*

(1 = not at all, 5 = Greatly)

Workshop	1	2	3	4	5
The workshop registration was well managed			3	9	25
The workshop was well organised			1	7	29
The workshop handouts were well presented and easy to follow			1	8	28
The pace of the workshop was appropriate			3	6	28
Comments					
<i>After lunch second day till afternoon tea was long.</i>					
<i>Not good at keeping to timetable. Ran over on almost all sections.</i>					
<i>I need more time on each module.</i>					
<i>Long time frame to discuss self harm and suicide and counselling technique more.</i>					
<i>They did not put the address of College on rego form: I had to phone college.</i>					
<i>Would have liked overheads to match booklet – graphs, etc.</i>					
Workshop impact for you	1	2	3	4	5
Please indicate the effect this workshop has had in updating:					
Your understanding of the problem of suicide			3	11	23
Your knowledge of the link between mental illness and suicide			3	14	20
Your knowledge of a model of self harm			3	6	27
Your ability to identify suicide risk			3	12	22
Your confidence with linking with a person at risk of suicide			3	19	15
Your ability to assess suicide risk			4	16	14
Your knowledge of consultation and referral processes and options		1	6	17	13
Your knowledge of intervention strategies for low, medium and high risk			3	15	16
Your knowledge of postvention			4	20	13
I think the following changes might be worth considering:					
<i>More around self care especially as is such a draining topic.</i>					
<i>More useful page of useful contact numbers.</i>					
<i>More role play, longer?</i>					
<i>Maybe the course could be run over three days, so more time could be spent on each module.</i>					
<i>Ensuring (as much as you can) not one person hogs feedback/ comment time/ opportunities.</i>					
<i>Incorporate mental health training as in introduction?</i>					
<i>An earlier finish and stretch it out for three days – I was struggling after 3pm each day (maybe because I'm a teacher 😊)</i>					
<i>Homework? More role modelling before role plays: for those with limited experience in the area.</i>					
<i>Maybe discuss other age groups and community group situations.</i>					
<i>Booklet to match PowerPoint e.g. graphs would have been good to have.</i>					

Any other comments:

*Thank you very helpful. Well done. Given me more insight and helped personally
Well done girls you present well together.*

*While the group participation was strong, it perhaps could have been reined in so as
not to go over time.*

More info on talking to people with intellectual disabilities.

Not too many "I had a client" stories. Not relevant to the particular participants.

Very well run, got a lot out of the training and will be able to apply to my role.

Thank you so much, I feel I have had my questions answered and am more confident.

A good workshop, hoping to get through another workshop.

I can generalise this information to my private practice.

*The Gatekeeper Workshop has helped me heaps, as I don't know any thing before we
started.*

Loved it – thanks.

Thanks for helping to understand a little better – self harming.

Thank you for all the effort you both put into the workshop and the chocolates!

Really good workshop.

Excellent workshop – interactive and informative.

*Really valuable PD for anyone working with youth or other at risk groups. Wish I had
done it years ago!*

Number pages; explain there are notes in back, so I don't write on my booklet.

The evaluation summaries indicate that there were consistently high levels of satisfaction with Gatekeeper Workshops both with and without the participation of a contracted trainer from the TICHR Gatekeeper Training Unit. This includes areas of workshop organisation and structure; presenters' characteristics and styles; and workshop impact for participants.

There were some areas that needed attention. Workshop pace and timing was an issue during one workshop held with a newly accredited south west trainer and south west instructor holding their second workshop. This was reviewed by the trainers with a plan to improve this aspect during their next workshop presentation. The TICHR supervising trainer provided some suggestions on how to deal with sessions that may be going over time. Another area of concern for all workshops was that some participants indicated that the impact on their knowledge of consultation and referral processes and options was not high. This could be because they already had a good knowledge of consultation and referral options. However, this issue will be addressed in future, with an emphasis on handing out contact numbers and referral services for the local areas in which the workshops are being held. Another option will be to provide the new South West Mental Health Resource Directory, recently developed by the Rural Link Project Officer for WA Country Health Service-South West.

2.4.3. Community Initiatives

There were several opportunities to work with key stakeholders towards providing or supporting community education programs to build resilience and promote mental well being.

Maggie Dent Community Workshops

Family Centres in Collie, Bridgetown and Manjimup have continued to contract Maggie Dent to present a variety of parenting workshops, including a women's retreat workshop in Collie. Through the Resilience Project action plans, ICCWA supported the Bridgetown Family and Community Centre (BF&CC) to apply for Royalties for Regions funding to hold the workshops in collaboration with the Manjimup Family Centre (MFC). The funding application was successful and Maggie Dent was engaged to present two workshops in both Bridgetown and Manjimup in September 2009.

'Real Kids in an Unreal World' covered information and tips on building resilience and self esteem in today's children. These workshops were held in the morning for families and community members interested in younger children, with a creche provided. 'Adolescents Unplugged' was a presentation about supporting the millennial adolescent on the very bumpy ride down the road to adulthood. These workshops were held in the evenings to enable working parents to attend. Over 210 parents, teachers, youth workers and community workers attended these workshops and all feedback was very positive (see below). The Resilience Project supported the workshops in the planning phase with: funding applications; the events on the day: and collating the feedback summaries.

ICCWA assisted with promotion to schools and community newsletters. Promotion also occurred via advertising in the Manjimup Bridgetown Times and an interview was arranged for Maggie Dent on the ABC's morning radio for the South West Region.

To sustain this important information to community members, Bridgetown and Manjimup Family Centres are collaborating to apply for Lotterywest funding to hold a Maggie Dent's training for trainers' weekend in October 2010. This will be targeted at up to 40 community, youth and health workers who work with children, adolescents and their families in the Warren Blackwood region. The two day workshop will enable participants to provide information and presentations in the region to build resilience in children and young people. The proposal includes the following train-the-trainer workshops from Maggie Dent –

- Dare to be Exceptional
- Playful Hearts
- Bringing Out the Best in Adolescents
- Nurturing Kids Hearts and Souls

Maggie Dent Workshop Feedback Summaries

MANJIMUP REAL KIDS IN AN UNREAL WORLD 17/09/09 – 70 RESPONSES

	Poor	Fair	Average	Good	Very Good	Excellent	N/A or no response
I enjoyed the workshop and learned some new ideas					8	62	
The presenter was entertaining, informative and easy to understand					1	69	
The timing of the workshop was convenient for me				6	11	53	
The support services provided (i.e. creche) met my needs	1			4	4	33	28
I feel more empowered about my parenting/ work with children and/ or adolescents after the workshop				2	14	54	
Overall evaluation					4	66	
Advertising and registration		2	1	9	18	38	2
Facilities				7	18	44	1

How did you find out about the workshop?

Word of mouth, posters and fliers, local newspaper advertising and school newsletters were the most common ways of finding out about this workshop.

Responses (Many mentioned more than one source)

<i>Posters/ fliers (school, Post Office, shop window)</i>	16
<i>School newsletters</i>	11
<i>MFC Newsletter</i>	1
<i>Word of mouth (play group, MFC, Northcliffe FC, partner, family, school, work)</i>	26
<i>Email</i>	3
<i>Local paper</i>	16

What is one thing you will change after this workshop?

Many participants stated they would slow down, relax, lighten up, listen and play more with their kids. Others wanted to reduce the use of the television and DVDs. Some participants decided they would support family rituals – at bed time, with family time or when a pet dies. Others plan to be less critical of themselves, their children or of others. For some, the workshop reinforced what they were already doing as parents/ grandparents and several participants wanted to pass on information to others.

Responses

<i>Slow down x 3</i>	<i>Slow down, appreciate his littleness</i>
<i>I think I'll slow down</i>	<i>Slow down and play!!</i>
<i>Taking more time to get where I'm going without feeling guilty</i>	<i>Will sit down & listen & play more</i>
<i>Relax more with kids</i>	<i>Be a bit more relaxed</i>
<i>Positive outlook</i>	<i>Focus more on the positive</i>
<i>My reactions to things</i>	<i>My life</i>
<i>My thoughts</i>	<i>My understanding</i>
<i>Time spent for fun</i>	<i>Lots... don't growl as much</i>
<i>Laugh more</i>	<i>I'll lighten up</i>
<i>More fun, less stress on kids</i>	<i>Get back to enjoying more simple things with the kids</i>
<i>How I perceive mess!</i>	<i>Play even more, instead of housework</i>
<i>Cut down on TV, play more board games.</i>	<i>More play</i>
<i>Do 'burial ceremony' for animals on the farm & garden. Invite the mother's group to get dirty on the farm, play in the hay, play with the friendly goats instead of staying in the house.</i>	<i>Family rituals – meaningful involvement</i>
<i>Bed time ritual</i>	<i>Nothing/ nil x 4</i>
<i>Less DVD</i>	<i>Turn TV off more!</i>
<i>Stop over parenting</i>	<i>Let children be children.</i>
<i>Improve child's self esteem</i>	<i>I'll be less critical</i>
<i>My temper</i>	<i>Less judging of myself & others</i>
<i>"A little birdy told me"</i>	<i>The 3 'S's</i>
<i>Mothering</i>	<i>(Grandmother) Good to know that I'm doing lots of things WELL!! Work on the strengths.</i>
<i>Can't wait to get home to my 2 ½ year old and make changes. Reinforced 'lapsed' or 'forgotten' ideas</i>	<i>Communication with lads</i>
<i>Just carry on doing my best</i>	<i>Spending and promoting quiet time in the class room.</i>
<i>Many things</i>	<i>Targeted at men's role</i>
<i>Tips provided to parents</i>	<i>Send my wife to next session</i>
<i>Tell more people to come</i>	<i>Spread the knowledge</i>

What did you most like about this workshop?

The majority of participants reported that what they liked most about the workshop was Maggie's presentation style and content. They found the presentation to be down to earth, honest, real, practical, easy to understand, fun and informative. Many enjoyed Maggie's use of humour and found her to be an excellent/ fantastic presenter.

Responses

<i>Down to earth</i>	<i>Reality</i>
<i>Down to earth advice</i>	<i>It was real</i>
<i>Real situations being addressed</i>	<i>Real people, real examples, real solutions, real issues</i>
<i>Practical and down to earth</i>	<i>Honest, funny, real</i>
<i>Honesty x 2</i>	
<i>Humour & wealth of info</i>	<i>Relaxed, humorous</i>
<i>The humour & normalising</i>	<i>Sense of humour, info.</i>
<i>Humour x 2</i>	<i>Humour & lessons</i>

<i>Ease and authenticity</i>	<i>Whole thing equally</i>
<i>Everything/ All of it x 10</i>	<i>Everything! Totally gave me confidence.</i>
<i>Everything – very engaging presenter</i>	<i>Everything – great and very knowledgeable presenter</i>
<i>Educational & touching</i>	<i>Very entertaining & informative lady</i>
<i>Easy to understand</i>	<i>Easy to listen to</i>
<i>Common sense</i>	<i>Presentation was excellent</i>
<i>Focus on play</i>	<i>Hearing that my life is same as others</i>
<i>The presentation</i>	<i>Content</i>
<i>Information</i>	<i>Information very useful. Hard to take everything in. Sure the web site will be great.</i>
<i>Valuable information, very well presented</i>	<i>Maggie's talk!</i>
<i>The overall talk</i>	<i>Fun and informative</i>
<i>The way it was presented</i>	<i>Excellent speaker</i>
<i>Maggie/ presenter x 5</i>	<i>Maggie, she reminds me of my best friend</i>
<i>Excellent presenter</i>	<i>Fantastic presenter</i>

What did you least like about this workshop?

Twenty four of the participants who responded to this question stated there was nothing they liked least about the workshop, or that they liked/ loved it all. Twelve wanted more or wanted the workshop to go for a longer period of time. Two participants wanted more room at the venue (this workshop was very well attended); and one felt there was too much information about food.

Responses

<i>Nothing/ None/ N/a x 20</i>	<i>Nothing, it was brilliant</i>
<i>None, it was just great.</i>	<i>All good</i>
<i>Loved it all</i>	<i>Not long enough / Longer x 5</i>
<i>Want more</i>	<i>Longer – love to do 6 hour session</i>
<i>It ended</i>	<i>Too short x 2</i>
<i>It was over too quickly</i>	<i>A little bit rushed</i>
<i>Lots to think about</i>	<i>Needed more room x 2</i>
<i>Too much about food</i>	

What other topics would you like to have covered in future workshops?

A variety of suggestions were made for further topics in future workshops.

Responses

<i>Mums with boys</i>	<i>Separated families</i>
<i>Raising young boys/ Raising boys x 2</i>	<i>Teen girls</i>
<i>How to calm the "bouncy" child</i>	<i>Friendly communities</i>
<i>Puberty, especially girls</i>	<i>Pre-teen children</i>
<i>Come back MAGGIE</i>	<i>I think she covered everything</i>
<i>Same again</i>	<i>More about boundaries</i>
<i>Different age groups & families</i>	<i>Time for questions</i>
<i>Adult relationships – conflict resolutions</i>	<i>Disconnection of males' roles</i>
<i>Anything child related</i>	<i>Thumb sucking & teeth development</i>
<i>Adolescence because I missed it!</i>	<i>Anything along same lines</i>
<i>Cr.M.O.s in kids diet</i>	<i>All</i>

Further comments

All of the participants who provided further comments highly commended Maggie and the workshop, and appreciated having the opportunity to attend.

Responses

<i>Fantastic x 3</i>	<i>Fantastically informative. Thank you 😊</i>
<i>I think Maggie Dent is absolutely brilliant, very informative and entertaining. You make people feel at ease and are not condescending or judgemental. My sister works in child care services and advised me to see Maggie should I ever have the opportunity. I am very glad I did!</i>	<i>Sensational, entertaining presentation. Great, sensible advice. I've laughed until I cried during the workshop! I'm so glad to be raising my boys in the country, with loads of room to explore & pets to play with.</i>
<i>Would have appreciated the "Adolescents Unplugged: to be on in the daytime also.</i>	<i>Would talk the husband into coming next time</i>
<i>It's just lovely to hear a real woman who has raised boys that what I am doing & his little personality is NORMAL!! Big hugs Maggie 😊 xxx</i>	<i>Thank you so much for taking the time to come to our little country town. Xx Bless you.</i>
<i>What a great thing to make this available on a community level. KEEP IT UP.</i>	<i>Fantastic. I hope Maggie will be visiting this town again. I will be recommending this workshop to others.</i>
<i>Very emotional. I could relate to most situations. Thank you for a great workshop.</i>	<i>Please keep up the great work Maggie!! All parents need this.</i>
<i>Thank you.</i>	<i>Truly real. Thank you.</i>
<i>Please come back to Manjimup for my husband and friends!</i>	<i>Thank you – we all need constant reminders that our children are young for a short time.</i>
<i>Maggie Dent is a treasure!</i>	<i>Couldn't make the adolescent workshop and would have liked to!</i>
<i>Great thank you.</i>	<i>Absolutely fascinating. Could really connect.</i>
<i>Great workshop. Would strongly recommend.</i>	<i>Would like a follow up visit so more people could come.</i>
<i>Great. Thanks.</i>	<i>Wonderful!</i>
<i>Excellent.</i>	

MANJIMUP ADOLESCENTS UNPLUGGED 16/09/09 – 42 RESPONSES

	Poor	Fair	Average	Good	Very Good	Excellent	N/A
I enjoyed the workshop and learned some new ideas				1	7	34	
The presenter was entertaining, informative and easy to understand						42	
The timing of the workshop was convenient for me				8	8	26	
The support services provided (i.e. creche) met my needs				4	4	10	24
I feel more empowered about my parenting/ work with children and/ or adolescents after the workshop				2	14	26	
Overall evaluation					5	37	
Advertising and registration			1	4	17	20	

Facilities				4	15	23	
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How did you find out about the workshop?

Most commonly, people found out about the workshop via: posters/ fliers; the local newspaper; word of mouth; and school newsletters.

Responses (many mentioned more than one)

<i>Posters/ fliers (school, TAFE, MFC, Northcliffe PO,)</i>	16
<i>School newsletters</i>	9
<i>MFC</i>	1
<i>Word of mouth (wife, friend, family, work, school, clinic nurse)</i>	11
<i>Email</i>	2
<i>Local newspaper</i>	14

What is one thing you will change after this workshop?

Many participants stated they would change the way they communicated with teens. For example by: listening more; being more patient and relaxed; being more positive; cutting them some slack; and showing more love and understanding. Several stated they would change their attitude towards teenagers. Some mentioned some practical things they would use when communicating with teenagers.

Responses

<i>Give more wait time and breath</i>	<i>My approach to battles</i>
<i>Breath & breath</i>	<i>More laughter</i>
<i>Relax</i>	<i>Planting seeds</i>
<i>Listen more</i>	<i>Back off kids at home</i>
<i>Listen more, talk less</i>	<i>Stop ranting & raving</i>
<i>Listen more, eyes open</i>	<i>Attitude/ Attitudes x 3</i>
<i>Be a better listener and tell my children I love them more</i>	<i>Attitude to what's important</i>
<i>Communicate more</i>	<i>The way I look at teenagers</i>
<i>Love more</i>	<i>My attitude and behaviour. Eager to put into action – just talk to my boys!</i>
<i>Love them more</i>	<i>Way of thinking</i>
<i>Being more open to tell them you love them</i>	<i>My perceptions</i>
<i>Be more understanding and patient!</i>	<i>Outlook on life</i>
<i>Probably make some changes toward being more positive</i>	<i>My relationship with my eldest</i>
<i>Cut my teenagers some slack</i>	<i>The language to use</i>
<i>Nothing x 3</i>	<i>How I speak to teens</i>
<i>Year 8/9 Class???</i>	

What did you most like about this workshop?

The majority of participants enjoyed Maggie's presentation style and the content. They found the presentation content informative, practical, clear and realistic. They reported that Maggie's presentation style was humorous, interesting, entertaining, engaging and down to earth.

Responses

<i>Topic/ everything</i>	<i>Down to earth</i>
<i>Topic / Loved it all/ All of it/ Everything x 9</i>	<i>Humour x 4</i>
<i>Presenter and info</i>	<i>Informative with great humour</i>
<i>Engaging presenter</i>	<i>Very informative</i>
<i>Excellent presenter</i>	<i>Information & stories</i>
<i>Maggie (she's FAB!)</i>	<i>Facts and humour presented</i>
<i>Positive attitudes</i>	<i>Tangible, realistic, down to earth. Learned some new ideas about parenting.</i>
<i>Entertaining</i>	<i>Common sense, but passionate about CARING!</i>
<i>Entertaining & information</i>	<i>Practical & research based</i>
<i>Getting advice that I think will help</i>	<i>Very clear</i>
<i>Being honest</i>	<i>Reinforces that I DO do some things right.</i>
<i>Learned that everything is normal</i>	

What did you least like about this workshop?

Most participants who responded wanted the workshop to go on for longer. Two reported that they felt emotional and two reported that they spent money, followed by a lol (laugh out loud) comment. As the workshop was free, this was most likely in reference to them choosing to buy Maggie's resources.

Responses

<i>Only had 2 hours</i>	<i>Time</i>
<i>That it ended</i>	<i>Nothing x 4</i>
<i>Too short x 2</i>	<i>Can't fault it</i>
<i>A bit longer maybe</i>	<i>I am tired – not you</i>
<i>Not long enough/ Not enough time x 3</i>	<i>I have work to do</i>
<i>Sometimes felt emotional</i>	<i>Made me teary</i>
<i>Have no boys</i>	<i>Spending \$\$, laugh out loud x 2</i>

What other topics would you like to have covered in future workshops?

A variety of suggestions were made for further topics in future workshops.

Responses

<i>Specific issues/ emotions in step families as there are some emotions which are unique and so many families are split</i>	<i>Separate workshops that address needs in boys and in girls</i>
<i>Teen girls</i>	<i>Hormones</i>
<i>Promiscuity in girls</i>	<i>Spec for Dads please!!</i>
<i>The non-communicative adolescent</i>	<i>Not sure want to come again</i>
<i>Pre-adolescents</i>	<i>Difficult adults</i>
<i>Other age groups – parents, etc.</i>	

Further comments

All participants who provided further responses made very positive comments about the workshop.

Responses

<i>Coming back tomorrow. Thank you.</i>	<i>Absolutely fantastic listening and reassuring</i>
<i>Absolutely brilliant. New information & research presented in an entertaining way. I loved it and would encourage all parents to attend. Many thanks Maggie.</i>	<i>Great communication. Fantastic. Loved it thank you.</i>
<i>Brilliant X 2</i>	<i>Great x 2</i>
<i>Inspiring stuff</i>	<i>Thoroughly enjoyed</i>
<i>Loved your presentation Great thank you very much ☺</i>	<i>Fantastic – thanks</i>
<i>Fantastic presentation</i>	<i>Valuable, so needed. Thank you.</i>

BRIDGETOWN ADOLESCENTS UNPLUGGED 17/09/09 – 44 RESPONSES (48 ATTENDEES)

	Poor	Fair	Average	Good	Very Good	Excellent	N/A
I enjoyed the workshop and learned some new ideas					7	37	
The presenter was entertaining, informative and easy to understand					3	41	
The timing of the workshop was convenient for me				9	11	24	
The support services provided (i.e. creche) met my needs				2	7	15	20
I feel more empowered about my parenting/ work with children and/ or adolescents after the workshop				3	16	24	
Overall evaluation					6	38	
Advertising and registration				7	10	26	
Facilities				9	11	24	

How did you find out about the workshop?

Most commonly, people found out about the workshop via the school newsletter. Other common ways were via posters/ fliers, word of mouth, and the local newspaper advertisement.

Responses

<i>Posters/ fliers (schools, BFCC)</i>	7
<i>School newsletters</i>	16
<i>BFCC Newsletter</i>	2
<i>Mailbag (Bridgetown Newsletter)</i>	1
<i>Word of mouth (friend, work, school)</i>	9
<i>Email</i>	2
<i>Local newspaper ad</i>	8

What is one thing you will change after this workshop?

The majority of participants stated they would change the way they communicated with teens. For example by: not arguing, lecturing, nagging and criticising; taking time to listen more; using more humour and affection; being more patient; and being more aware of the limitations due to frontal lobe development during adolescence. One talked about practical changes (removing the internet from bedrooms). Several wanted to pass on information to relatives and friends.

Responses

<i>How I work with adolescents</i>	<i>More patience, as I understand the way they work</i>
<i>Dealing with adolescence</i>	<i>Be more patient, understanding, supportive with my adolescent boys</i>
<i>Attitude toward teens</i>	<i>Be more patient when dealing with adolescents</i>
<i>Communication</i>	<i>Listen more to that non-frontal lobe</i>
<i>Not argue with kids</i>	<i>Listen more x 2</i>
<i>Not buy into arguments</i>	<i>Listening</i>
<i>Don't argue</i>	<i>Know that he does have a brain</i>
<i>Stop lecturing</i>	<i>Understanding my teen</i>
<i>Won't criticise/ nag</i>	<i>My awareness</i>
<i>Less nagging</i>	<i>Hope to remember it when boy is older</i>
<i>Conversations with boy</i>	<i>More humour</i>
<i>Talking more to my teenager</i>	<i>Give my kids more smiles and make everyone's life more enjoyable; short term memory loss</i>
<i>Slow down</i>	<i>Find out about EFT</i>
<i>Expect less from kid!</i>	<i>Too many things</i>
<i>Internet in rooms</i>	<i>Talk to my brother and his wife</i>
<i>Talk to other parents</i>	<i>Send my wife to next session</i>
<i>Tell their father about all of it</i>	

What did you most like about this workshop?

Most commonly, what participants most liked about the workshop was Maggie's presentation style and the content. They found the presentation content informative, practical and understandable. They enjoyed Maggie's sense of humour and her relaxed style of presentation, finding it interesting and entertaining. Participants also liked the inclusion of handy hints and brain development information.

Responses

<i>The theme</i>	<i>Mix of humour and shock facts</i>
<i>Maggie's intelligence</i>	<i>Way it was presented x 2</i>
<i>Maggie x 3</i>	<i>Maggie's entertaining presentation of quite complex info</i>
<i>Skills and entertaining</i>	<i>Brain development info</i>
<i>Great entertainment</i>	<i>Physiology in context</i>
<i>Entertaining presentation</i>	<i>Ideas to cope</i>
<i>Info & humour</i>	<i>Handy hints to deal with adolescents</i>
<i>Funny and relaxed</i>	<i>Loads of useful info</i>
<i>Interesting speaker</i>	<i>So much info</i>
<i>The presenter and the information</i>	<i>Easy to understand</i>
<i>Way info was delivered</i>	<i>Simple, easy to understand terms</i>

<i>Humour x 3</i>	<i>Positive</i>
<i>Humour, practical</i>	<i>All was great</i>
<i>All of it</i>	<i>Everything x 3</i>
<i>Well presented, made me feel normal, Maggie Dent knows her stuff</i>	<i>Down to earth presentation and use of humour</i>
<i>Made me think</i>	

What did you least like about this workshop?

Most participants who commented found there was nothing they liked least about the workshop. Two commented in the seats; one on the cold room; two wanted the presentation to be longer; and two thought the workshop was too late at night.

Responses

<i>None/ nothing/ nil x 8</i>	<i>Cold room</i>
<i>I loved it all</i>	<i>Not long enough/ Not enough time</i>
<i>Scary reality</i>	<i>Bit late / Too late at night</i>
<i>Hard chairs/ Seat</i>	

What other topics would you like to have covered in future workshops?

A variety of suggestions were made for further topics in future workshops.

Responses

<i>More of the same x 3</i>	<i>Raising boys</i>
<i>All good</i>	<i>Any parenting/ mental health</i>
<i>Any relevant</i>	<i>Adult's mental health</i>
<i>More depth</i>	<i>More 'how to's' for parents</i>
<i>More on ways to energise/ take over from computer games</i>	<i>How to engage the intelligence</i>
<i>How to deal with rudeness</i>	

Further comments

All participants who provided further information made very positive comments about the workshop.\

Responses

<i>Looking forward to tomorrow's (workshop), as my kids are 3 & 5. However, I find how children's brains work absolutely fascinating and help me understand them and others a lot more. Thanks ☺</i>	<i>Thank you, it was very informative, lots of useful tools</i>
<i>Great job, thank you</i>	<i>Thank you</i>
<i>Thank you for such a wonderful workshop</i>	<i>Great info – gives ideas and confidence</i>
<i>Inspiring, informing</i>	<i>Fantastic x 2</i>
<i>Everything very good</i>	<i>Maggie is a legend!!</i>

BRIDGETOWN REAL KIDS IN AN UNREAL WORLD 18/09/09 – 36 responses (47 attendees)

	Poor	Fair	Average	Good	Very Good	Excellent	N/A
I enjoyed the workshop and learned some new ideas				1	4	31	
The presenter was entertaining, informative and easy to understand					3	33	
The timing of the workshop was convenient for me				2	5	29	
The support services provided (i.e. creche) met my needs				1	3	22	9
I feel more empowered about my parenting/ work with children and/ or adolescents after the workshop				2	5	29	
Overall evaluation				1	1	32	
Advertising and registration			1	6	9	20	
Facilities				2	10	24	

How did you find out about the workshop?

Poster and fliers, school and Family Centre newsletters, and word-of-mouth were the most common ways of finding out about the workshop. There was two suggestions for improvements: “fliers too ‘busy’”; and “lots of advertising and just a little confusing perhaps”.

Responses

<i>Posters/ fliers (workplace; Balingup Post Office; BF&CC)</i>	10
<i>School newsletters</i>	7
<i>BFCC Newsletter</i>	4
<i>Word of mouth (play group, music class, friend, BF&CC, child health nurse work)</i>	9
<i>Email</i>	2
<i>Local paper</i>	1

What is one thing you will change after this workshop?

The most common things that participants stated they would change after the workshop were to: slow down and lighten up; use humour, fun and laughter more; spend more time with their children; be more positive with their children (including taking time to be calm before addressing something with your child); allow plenty of time for play (including outdoors) as this is important for kids; and reduce the use of the internet and TV.

Responses

<i>Not to worry so much</i>	<i>Taking a second before speaking, so approaching things more calmly</i>
<i>Lighten up; validate</i>	<i>Take more time</i>
<i>Lighten up x 2</i>	<i>How I address something my child has done wrong</i>
<i>Humour</i>	<i>Play more games</i>
<i>Laugh a lot more</i>	<i>The importance of play</i>
<i>Be less serious</i>	<i>Kids need to play like when I was a kid</i>
<i>Will lighten up and have more fun</i>	<i>Letting my son learn more outdoors</i>
<i>"Slowing down"</i>	<i>More clapping games</i>
<i>Lightening up; slowing down</i>	<i>Pets, play</i>
<i>Became aware of how I need to reduce rushing/ stressing/ hurrying</i>	<i>I don't know – no kids yet</i>
<i>More time for my child</i>	<i>Looking more closely at the label; OK "neglect" in my work</i>
<i>Spending more time with the children</i>	<i>TV, Internet, fairy wings</i>
<i>More positive time with kids</i>	<i>Turn off the TV</i>
<i>A lot/ Lots x 2</i>	<i>Confidence</i>
<i>All</i>	<i>Pass info to hubby</i>
<i>Increase "circle of family" with friends</i>	

What did you most like about this workshop?

Overwhelmingly, participants enjoyed Maggie's sense of humour. They related strongly to the real and practical examples she described, and her presentation of great information and advice.

Responses

<i>Values; self esteem K/S</i>	<i>The presenter's realness!</i>
<i>How easy to apply</i>	<i>Real stories</i>
<i>Practical ideas</i>	<i>Good examples</i>
<i>No-ones perfect</i>	<i>Inspiring</i>
<i>Mix humour and facts</i>	<i>Presentation/ info/ slides</i>
<i>Maggies sense of humour and knowledge</i>	<i>Maggie x 2</i>
<i>Fun and informative</i>	<i>Education in teaching kids</i>
<i>Humour, real life experience</i>	<i>I found that it was all very good</i>
<i>Love the humour and practical advice</i>	<i>Everything x 3</i>
<i>Made us laugh so we can be ready to go home and do the same</i>	<i>Revisiting my childhood memories and my 3 sons childhood experiences – thanks Maggie</i>
<i>Humour x 2</i>	<i>Funny stuff</i>
<i>Humour and emotional</i>	<i>Entertaining/ informative</i>

What did you least like about this workshop?

Most participants who commented were disappointed when the workshop ended. One participant did not like the seating; one felt it was angled too much to younger kids.

Responses

<i>How short it was</i>	<i>Nothing x2</i>
<i>That it finished!</i>	<i>All good</i>
<i>Wanting/ seeking more</i>	<i>It's sad that it has to come to this</i>
<i>Could have kept going</i>	<i>Seating</i>
<i>The nutrition part, only because I went to the Helen Frost workshop last week</i>	<i>Angled toward younger kids!</i>

What other topics would you like to have covered in future workshops?

A variety of suggestions were made for further topics in future workshops.

Responses

<i>Foster children</i>	<i>Difficult kids!</i>
<i>Sibling rivalry</i>	<i>Special needs kids</i>
<i>Educational environment</i>	<i>I think it would be too much to include more</i>

Further comments

All of the participants who provided further comments expressed their enjoyment and good opinion of the workshop.

Responses

<i>Thank you for giving me confidence in what I am doing already and new ways to improve my parenting 😊</i>	<i>How to manage the stifleness of our school system... the lack of reverence! Excellent</i>
<i>Wonderful x 2</i>	<i>Brilliant x 3</i>
<i>Good energy</i>	<i>Thank you</i>
<i>All parents/ educators should be made to attend Maggie Seminars!!</i>	<i>Come back! She is great.</i>

Busselton Business and Professional Women's Forum for Girls

ICCWA was invited by the Busselton Business and Professional Women's Association to assist with the planning and coordination of a Young Women's Mentoring Forum. This included life skills, goal setting and problem solving activities and discussions. The half-day event was attended by 150 Year 10 girls from various Busselton high schools. The event featured four key note speakers who addressed the group regarding their life experiences and the difficulties they have overcome. Facilitators then promoted small group discussion and questions from the girls around overcoming adversity.

Ozhelph Foundation

The OzHelp Foundation is a workplace based early intervention suicide prevention and social capacity building program. In 2009, the Foundation established a branch in Perth, Western Australia and aims to work mainly within the building and construction industry. ICCWA met with Ozhelp in 2009 to investigate ways in which it might be possible to support Ozhelp to reach worksites in the South West Region. As a result, Ozhelp have included 40 South West building and construction industry apprentices in their 100 apprentices' scheme. This scheme is aimed at providing suicide prevention

and resilience building information to apprentices. Some of the issues that Ozhelp can address in workshop presentations include:

- Conflict resolution & communication
- Financial stress & debt management
- Relationship & family difficulties
- Dealing with anger & other strong emotions
- Addictions
- Depression
- Thoughts of self harm
- Dealing with grief & loss
- Problem solving at work & home

With the aim of reaching more men in the region, consultation has also occurred to investigate whether Ozhelp would extend their suite of workshops to five mine sites in the Collie region. This took some time as the Ozhelp Board is keen to stay focussed on establishing services with the building and construction industry in WA. Eventually, Ozhelp trainers provided a quote for suicide prevention training. To enable these workshops to go ahead, it would be necessary to persuade several Collie mine sites to fund the training. However, but that time, a financial crisis had occurred with a major Collie mine site. This meant that this mine site would be reducing activity, with another in the area increasing production at the end of the June 2010. On consultation with the mine sites' chaplain, it was advised that the Ozhelp training initiative would have a better chance of being funded if left until later in 2010, when these major mine sites had progressed through this transition period.

2.4.4. Aboriginal Mental Health First Aid

A key strategy for reaching Aboriginal people with suicide prevention education was to fund an Aboriginal worker in the region to train as an Aboriginal Mental Health First Aid (AMHFA) trainer. In order to recruit a worker, meetings occurred with SW Aboriginal Medical Service who identified an interested staff member. Further discussions with Michael Mitchell, Indigenous Mental Health Program manager for the WA Health Department identified other options for training as part of Charles Sturt University course in Perth in 2010, which would include AMHFA. However, SWAMS administration decided not to fund the new staff member to attend the university course. Added to this, the interested SWAMS staff member decided to pursue a different course of study and there were no other Aboriginal staff currently able to attend the AMHFA trainers' course.

This process took until the end of 2009. By that time, further enquiry with the national coordinators of the AMHFA trainers' course identified that the course was being reviewed and updated. This would take until mid- 2010 and

during that time no other AMHFA trainers' courses would be held until later in 2010.

However, AMHFA training has been available in the region. In June 2009, an Aboriginal drug and alcohol counsellor from the South West Community Drug Service Team (SWCDST) trained to become an AMHFA trainer with funding support from the Understanding and Building Resilience Project. This counsellor has used units of this course for a youth program developed by SWCDST called Head to Head. This program was recently piloted in Harvey in November 2009, with 12 Wadjella and Nyoongar adolescent boys. It included topics such as suicide prevention, substance abuse issues and anger management. The day also involved some fun activities with Sumo wrestler suits, golf and a family BBQ at the end of the day. The event had strong support from local high school and SWCDST is now planning to run one for girls in Harvey. Also, this full day workshop for Indigenous youth in Collie will happen in 2010. The SWCDST manager is working with the counsellor and they are currently planning more programs and seeking funding to enable the on-going provision of AMHFA workshops to the region.

2.4.5. Livingworks ASIST

On consultation with the Resilience Project Reference Group, it was decided that a request go to the Department of Health and Ageing that Resilience Project staff be funded to attend Livingworks ASIST training for trainers. This would enable Resilience Project staff to offer short suicide prevention awareness raising sessions and ASIST two-day workshops in a format that is more suitable for community level education. DoHA agreed to this proposal and the two Resilience Project staff members are registered to attend the five-day Livingworks ASIST training for trainers in Canberra in June 2010. It is hoped that this will greatly assist staff to reach both Aboriginal community members and men in worksites with this important and quality community-level training.

2.5. Increasing Community Awareness and Knowledge of Referral and Support Services

The project has aimed to build community capacity for help seeking by increasing awareness and knowledge of referral pathways and support services using several strategies: local media; community directories; dissemination of existing resources; and community and service provider expos.

2.5.1. Use of Local Media to Promote Support Services & Events

The media has been used to facilitate promotion of services, crisis lines and/or events. When suicide prevention information was provided, media releases included available crisis lines and a link to the Mindframe quick reference guidelines for journalists.

Media articles are in Attachment Four and include the following.

- Six newspaper articles were published regarding the Resilience Project winning Suicide Prevention Australia LIFE Award, Healthy Communities (attached)
- Several feature articles have been included in the Collie Mail's community file which occurs every three weeks. This is an on-going initiative between the Collie Mail and the Collie Interagency Network. So far, three Collie service providers – Tender Care, Parenting WA, and Bunbury Pathways – have had an article published.
- Four newsletter articles (Bridgetown Mailbag & school newsletters), one radio interview and several newspaper articles were published to promote Maggie Dent's community workshops in Bridgetown and Manjimup (attached)
- Three articles have been published in ICCWA's quarterly newsletter, which is circulated to 5,000 community safety stakeholders (attached)
- Two newspaper articles were published about Mental Health Week activities in Bunbury October 2009 (attached)
- One newspaper article was published regarding the Margaret River Senior High School Leavers' Seminar
- One newspaper article was published about the Busselton Business and Professional Women's Forum for Year 10 girls
- One article has been published about the MATES men's domestic violence prevention service commencing in Manjimup
- The West Australian newspaper's health editor did a feature section on suicide prevention, including the Resilience Project and the Map of Loss workshops, March 2010.
- The Black Dog Ride was featured in a Busselton newspaper

2.5.2. Community Directories

Local community directories have been updated by services as needed. This has been supported by reminders at network meetings in all six targeted communities. Through suggestions at Busselton's Vasse Health Alliance Network the Community Development Officer for the Shire of Busselton consulted with the Community Services lecturer at TAFEWA, Busselton. As a result, a student placement will occur at the Shire to carry out an update to the Need a Hand directory. This extensive service provider directory for the Vasse area is available on the Shire's web site.

Project officers also supported the changeover from South West 24 help line, previously the first point of contact with the mental health service in the SW Region to Rural Link. Liaison with the WA Country Health Service project manager for this Rural Link transfer ensured the most expedient updating of community directories.

2.5.3. Distribution of Information Resources

Project officers have continued to distribute well researched information resources in the region and have supported WACHS-SW staff in the changeover from South West 24 service to Rural Link in January 2010. This occurred through distribution of resources (as below), assistance with disseminating information to service providers via email networks; information to assist with updating contacts in community directories; and information to assist the development of a new South West Mental Health Resource Directory. Some of these pamphlets are still in our stock, but are regularly made available at training events and community expos.

RESOURCE DISTRIBUTION SEPTEMBER 2009 – MAY 2010

Source	Resource	Amt	Distributed via
Department for Communities	Information & Support Pack for those caring for someone at risk of suicide	120 (another 80 in stock for distribut'n)	Community Health centres, libraries, community expos, training events
	Feeling Winyarn pamphlets	100	Community expos, training events
	Aboriginal people working together to prevent suicide and self harm	20	Community expos, training events
Beyond Blue	Men and Separation Booklet	20	Community expos
	Info Card – Depression Checklist	100	
	Info Card – Practical Ways to Help Someone with Depression	100	
	Fact Sheet 6 – Reducing Stress	20	
Men's Line	Help line pamphlets	50	Community expos
	Is Your Relationship in Trouble?	30	
	Separation – Looking after yourself	30	
	Men & Emotions	30	
	Managing conflict	50	
	10 Ways to Become a Better Partner/ Communication	50	
	Same Sex Relationships	20	
	Anger Mgmt/ Family Violence	30	
	Older men	30	
Crisis Support Services	LIFE Living is for Everyone resource kit fro suicide and self harm prevention	50	Community expos, training events
	Suicide Call Back Service	100	
Dept of Health & Ageing National Mailing & Marketing	Information and Support Pack for those bereaved by suicide and other sudden death	Not available in bulk order	Training events <i>Emailed info to services to order their own resource</i>
	"What is" series Eating Disorder Anxiety Disorder Bipolar Mood Disorder Schizophrenia	50 each	Community expos, training events
	Better access to Mental Health Care	50	Community expos
	Tips for Parents 5-11	20	
	Tips for Parents Adolescents	20	
	Tips for Parents Relationships	20	
WA Country Health Service SW	Rural Link pamphlets	100	Network meetings, community expos, training events
	Rural Link Posters	6	
Lifeline WA	Connect with Someone Who Cares	100	Community expos and training events
	Dads@Lifeline	50	

Kids Help Line	Wallet cards Posters	400 15	Bridgetown & Greenbushes community - noticeboards; 3 primary schools; 1 high school
SW Community Drug Service Team;	Various drug and alcohol information pamphlets and help lines		Community expos
Service provider pamphlets	E.g. Relationships Australia; Kids and Teens Waratah; Waratah Support Centre; Gay and Lesbian Community Services; South West Counselling; Family Centres; Warren Blackwood Service Provider pamphlet; MATES, etc	Numerous	Community expos and training events

2.5.4. Raising Awareness through Community Events and Expos

Suicide Prevention Australia (SPA) Community Forum & LIFE Awards, September 2009

ICCWA was represented on the planning committee for SPA's World Suicide Prevention Day Community Forum and LIFE Awards evening. Each year, SPA coordinates these national events and in 2009, the events were held in Perth. On September 10th, a free public forum was held which included displays from a range of mental health and suicide prevention-related services. ICCWA displayed a range of suicide prevention resources and information about the Resilience Project and Map of Loss workshops.



The Forum included presentations and facilitated panel discussions involving a number of people affected by suicide. Guest speakers were the WA State Coroner, the WA Deputy Police Commissioner and a member of the Australian Suicide Prevention Advisory Council. The panel consisted of representatives from a variety of organisations - Wheatbelt GP Network; WA AIDS Council; Standby Response Service; Lifeline WA; Inspire Foundation; State-wide Indigenous Mental Health Service – and audience were encouraged to participate in a facilitated discussion with panel

members.

The LIFE Awards gala evening recognises outstanding achievements and contributions made to suicide prevention, intervention and postvention in Australia across a number of awards categories. The Understanding

and Building Resilience (U&BR) Project received significant recognition when ICCWA was awarded the Suicide Prevention Australia 2009 LIFE Award for Healthy Communities.

Margaret River Senior High School Leavers' Seminar, October 2009

Resilience Project staff assisted in co-coordinating a one-day information seminar for all year 12 students at Margaret River Senior High School (MRSHS). The event involved input from more than a dozen departments, agencies and organisations, including police, emergency services, Red Frog, accommodation services, True Colours program, and sexual health. The event also has sponsorship support from local business and is an on-going initiative of the school. It provides "Leavers" with important help seeking and harm minimisation information and messages of care and support from the school and the wider community. A pack of service provider, help seeking and 'keep safe' information is handed out along with a Year 12 class photo.

The 2009 MRSHS Leavers Seminar was evaluated, with 98.5% of attendees rating the seminar useful to them. The evaluation was extremely positive and the young people have made considerable effort to make ample comment and indicate specific safety messages they have learnt on the day.

Another questionnaire was disseminated to MRSHS Leavers after Leavers Week to assess its effect on the students' behaviours, thoughts and outcomes, during Leavers week and beyond. MRSHS supported dissemination of the surveys. To date, 26 surveys have been returned. Early indications are that the young people mostly had positive experiences at 'Leavers' and that they mostly strongly agreed that the seminar helped them prepare for 'Leavers'. They were mostly positive about the information that they received at the seminar, reporting it to be useful in helping them to understand the consequences of their decisions during Leavers Week. The Police sessions and the Red Frog Crew received very enthusiastic responses and mostly all respondents believed that the educative and informative sessions had a positive impact and made a difference to their actions. Resilience Project staff are continuing to collect another dozen surveys from these students to contribute to the evidence base for the usefulness of the Leavers Seminar.



Leavers
Questionnaire 09 (3).

With support of the MRSHS, ICCWA is assisting to disseminate this initiative to other schools. MacKillop Catholic College has now planned to hold their first Leavers Seminar on September 1st 2010, involving multi-agency collaboration to improve safety awareness and assist help

seeking behaviours in these young people. Several agencies have already committed to participate, including Agencies for SW Accommodation, Mission Australia, Dunsborough Police, Busselton Fire and Ambulance and the Red Frog volunteers.

Mental Health Week, October 2009

Three community events were held during Mental Health Week in Bunbury. Organised by a collaborative group of mental health service providers, carers and consumers in the area, events consisted of a public lecture, a service provider expo in a central Bunbury shopping precinct and a community BBQ as part of the WA's closing ceremony for Mental Health Week. Detail has already been provided about these events in 2.3.1.

Premier Coal Open Day, November 2009

The Resilience Project held a display booth at Premier Coals community open day. Around 3,000 people attended the day. Information and resources were distributed about local services, suicide prevention, alcohol and drugs, and men's and family issues.

Manjimup Cherry Festival December 2009

Six services from the Warren Blackwood region provided information which was displayed in a shop window during Manjimup's annual Cherry Festival, which runs across three days. To augment this, Manjimup Volunteer & Resource Centre held stall and provided a comprehensive collection of service provider pamphlets to the public.

Walganup Aboriginal Corporation Youth Health Expo, February 2010

In collaboration with the Walganup Aboriginal Corporation, the Walganup Youth Group has been formed in Manjimup and the young people have been identifying self development activities and events that they have wanted to progress. On February 18, the first Manjimup Youth Health Expo was held, directed by Walganup Youth. They identified the theme of alcohol and drug prevention, with the SW Community Drug Service Team providing mocktails and interactive drug aware messages. There were many



other activities organised or supported by the 33 agencies who were invited. Over 400 students attended the event from both of the

Manjimup high schools and one primary school. Walganup Aboriginal Corporation also organised young Aboriginal men to demonstrate traditional Aboriginal dance and hip hop dance, exposing Manjimup school students to positive Aboriginal role models and promoting Aboriginal respect and pride. This event was very well received and Walganup Youth plan to hold the event again in 2 years time. ICCWA provided a display of suicide prevention, mental well being and service provider information at the event, and 200 Kids Help Line wallet cards were distributed.

Collie Living It Up Festival, March 2010

This Festival, aimed at, featured healthy aging activities aimed at keeping over 50's people in the Collie Shire active recreationally, physically and mentally. Over 50 different services, businesses, community groups and activity groups from the Collie area participated to man display booths and promote their services and activities, with over 300 people attending on the day. Information resources were handed out in over 250 give away bags to all that attended. This expo and survey summaries are detailed in 2.3.2.

Black Dog Ride, April 2010

The Resilience Project Officer joined a working committee to assist in planning for the Black Dog Ride – a motor bike ride from Bridgetown to Busselton – to raise awareness of depression and raise funds for Lamp Inc. Lamp is an organisation that delivers a range of support services for mental health consumers, their families and friends in Bridgetown, Manjimup, Busselton and Margaret River. Through its livings skills program, Lamp assists consumers to work towards recovery, offering a range of social and skill building activities, such as music and art workshops. It also provides support, information and education to families and carers of people with a mental illness.



Black Dog Rides are an initiative of Steve Andrews, who did an around Australia ride in 2009 to raise awareness of depression in 2008. It was his original collaboration with Lamp that led to this inaugural event. Dr Graham Jacobs, WA Minister for Mental Health, launched the ride in Bridgetown, where the Lions Club provided breakfast. The ride progressed via Manjimup to Nannup where morning tea had been organised by local volunteers. Riders then proceeded to Busselton's Signal Park, where the Busselton Lions provided a sausage sizzle and LAMP Inc had organised a family fun day of entertainment and a bike display. ICCWA organised a mental health expo at the event, with participation from WA Country Health South West Mental Health, Lamp and GP Downsouth as well as another local service provider.

The Black Dog Ride was a resounding success, with 250 motor bikes and 315 people participating. The added advantage of this type of event was that the majority of participants were men. The event also raised about \$10,000.00 for Lamp. This will allow LAMP to: approach the Shire of Busselton regards the rezoning issue; provide ramps and bathroom modifications; and other expansion of existing premises. Most importantly the Ride raised awareness of mental health issues, particularly depression, with a display that supported dissemination of information, referral services and help lines.



A de-brief meeting has occurred since the event, with plans now set for the next Black Dog Ride from Bridgetown to Busselton to happen on April 17th, 2011.

2.6. Defining and Promoting Project Model

The Understanding and Building Resilience (U&BR) Project received significant recognition when ICCWA was awarded the Suicide Prevention Australia 2009 LIFE Award for Healthy Communities at the national award ceremony held in Perth, September 2009. ICCWA was asked to disseminate information about of the model to other regional, national and international stakeholders. To this end, an eight page booklet was developed summarising the project for the period of February 2007 to June 2009 (Attachment 5). Already, 500 of these have been distributed at stakeholder network meetings, seminars, conferences and community expos, with another 500 recently ordered.

The Project model and outcomes have been presented to regional, state and international stakeholders at

- 10th National Rural Health Conference, Cairns, Queensland – May 2009
- Australian Health Promotion Conference, Perth, WA – May 2009
- WA GP Network Suicide Prevention Forum, Perth, WA – June 2009
- ICCWA’s “Strengthening Rural and Remote WA – Community Safety and Injury Prevention” Conference, Geraldton, WA – June 2009
- National Injury Prevention Conference, Melbourne, Victoria – July 2009
- U&BR Project release of Final Report to South West Region – August 2009 (90 attendees)
- TheMHS Conference, Perth, WA – September 2009
- Display booth at the Suicide Prevention Australia Community Forum, World Suicide Prevention Day, Perth – September 2009
- ICCWA’s Lunchtime Forum – November 2009 (40 attendees)
- South West Community Nurses network meeting, Donnybrook, WA – May 2009

In the near future, ICCWA will be presenting at

- One day meeting of community safety and suicide prevention stakeholders from the Kimberley region, Broome, WA – June 2010
- The Australian Health Promotion Conference, Melbourne, Victoria – June 2010.
- World Injury Prevention Conference – London – September 2010.

In addition to this

- Project information is available on the ICCWA web site www.iccwa.org.au

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- ICCWA has participated in briefings in relation to the tendering process for roll out of the WA Government's Suicide Prevention Strategy. A key element of the WA Strategy is community coordinators and community action plans.
 - Three senators from the Senate Community Affairs Committee - inquiry into suicide in Australia – visited ICCWA on March 30th 2010 to listen to a presentation of the Resilience Project and the Healing Through the Map and discuss ICCWA's experience with the projects.
 - Project staff attended a south west mental health stakeholder organisation meeting with WA Minister for Mental Health at Bunbury Pathways, May 2010.

Most recently, an A4 flier has been developed outlining the processes and strengths of the U&BR Project model (attached). This will be distributed at the Australian Health Promotion Conference in Melbourne, at the Kimberley stakeholder meeting and at any future stakeholder conferences or presentations.

3. PROJECT LIMITATIONS

Over the past nine months, there have been numerous collaborations and successes with the program. Activities such as Leavers Week seminars and ICCWA's Y Safety Forum have promoted strong involvement of young people and youth services in the Resilience Project. However, some adjustments to the initial plan were necessary and there have been some barriers to reaching some 'at risk' target groups.

Firstly, a key strategy for reaching Aboriginal people with suicide prevention education was to fund an Aboriginal worker in the region to train as an Aboriginal Mental Health First Aid (AMHFA) trainer. However (as detailed in 2.4.3) recruitment of an interested worker and availability of the AMHFA training became an issue. ICCWA staff have since consulted with South West Community Drug Service Team (SWCDST) in support of their Aboriginal Drug and Alcohol counsellor that has already trained in AMHFA. The SWCDST manager is working with the counsellor and they are currently planning more programs and seeking funding to enable the on-going provision of AMHFA workshops to the region.

ICCWA's 'Healing through the Map Project' has been taken across several regions in WA and has engendered great interest and engagement from many Aboriginal communities. This includes a workshop held for Aboriginal Health Worker Trainees at SW Aboriginal Medical Service in Bunbury.

Added to this, there has been positive collaboration with Walganup Aboriginal Corporation, with ICCWA and Manjimup Volunteer and Resource Centre now providing an Aboriginal Culturally Secure Workshop in the Warren Blackwood region.

Recently, ICCWA has also been invited to be on the committee of the Walganup Aboriginal Corporation.

Reaching men as a target group has proved more difficult. However, it is envisaged that once project officers have trained to provide Livingworks ASIST workshops and the shorter suicideTALK presentation, there will be more opportunity to engage men in worksites. This will require partnerships to be established with business and mining sectors in the region. There is some support for this within community networks.

There has, however, been some success with reaching men. Ozhelp Foundation has included 40 apprentices from the region in the suicide prevention program for building and construction apprentices. The Black Dog Ride was also a huge draw card for men and provided an excellent opportunity to raise awareness of depression and reduce the stigma of help seeking and of mental illness.

Three networks and two working groups are on-going and continuing to review and act on the community action plans, however, there was considerable drop off in attendance with the Margaret River Community Network Committee. Recent efforts have been made to re-establish the network, with a meeting planned in July. However, this was an impediment to reviewing and actioning the Margaret River Action Plan.

Lastly, it is important to again acknowledge that the Project covered a large area and at times this placed constraints on what could be realistically achieved between two part-time ICCWA staff members. Much of these constraints have been overcome by working in collaborative partnerships or supporting other organisations with their activities and initiatives. Project officers continue to act as connectors, facilitators, organisers, trainers, community awareness raisers and drivers, and continue to sustain strong connections within the communities in which they are working.

4. SUSTAINABILITY AND FUTURE DIRECTIONS

A major factor contributing to the successful outcomes of the Resilience Project has been that the program has provided opportunities to network, collaborate, share resources and form partnerships with key stakeholders and community organisations. As a result, many of the activities of this Project will be on-going. Despite the sustainable outcomes, on-going funding is still required to support this successful project in the following areas.

The intersectorial networks, three of which were established during the U&BR Project phase, are on-going, with Margaret River Community Network Committee meeting again in July. The Manjimup and Bridgetown Working Groups still have a core group of members who are interested in continuing to work together on the action plans. However, it is unlikely that the action plans would be progressed without the presence of Project Officers, who play an important organisational,

collaborative and facilitative role in driving implementation of activities or strategies in the plans.

Another 100 south west regional service providers from across diverse sectors have been trained via Gatekeeper Workshops and seven Regional Gatekeeper Trainers have now been accredited in the South West Region. There is strong interest across sectors to maintain workshops in the region, with the majority of workshops being well attended. All instructors are keen to continue to conduct workshops, but have expressed the need for an organisation to take on the role of coordination, registration and promotion of the workshops. Five of the instructors provide direct care to clients and usually manage heavy case loads. They do not have the time to organise workshops, other than to prepare and present.

Unfortunately, the Learning and Development Unit, WA Country Health Service South West (WACHS-SW), no longer has the capacity to support registration payments. Added to this, it is increasingly difficult to access free venues, so that it appears that there will also be a need to charge for venue hire and catering for future workshops. This means that workshop fees will vary from \$10 - \$40. This requires administration time and due to limited staff, the WACHS-SW Learning and Development Unit have not been able to support coordination of the Gatekeeper Workshops. These roles continue to be carried out by Resilience Project Officers and there is concern that these workshops will not be maintained without their presence. This would be a serious waste of human resources in the region, as trainers need to conduct at least one Gatekeeper Workshop per year to maintain their hard earned accreditation, and there is on-going interest from across sectors to maintain this accessible suicide prevention training in the region.

Currently, both Resilience POs are enrolled to become trained as Livingworks ASIST Trainers. This will enable them to provide short suicideTALK awareness information sessions more suitable to community groups and work sites. They will also be able to provide two-day ASIST workshops. Livingworks sessions are aimed at both community and professional level. It is anticipated that this training will enable opportunities to partner with the business and mining sector to engage men in suicide prevention training. However, there is a financial commitment to Livingworks. Whenever an ASIST workshop is held there is a cost of \$55 per participant to be paid to Livingworks. If the business and mining companies are not committed to providing funding for suicide prevention training, the lack of funding will become a barrier.

Throughout the course of the project – local, regional, state and national collaborations have occurred. Strong alliances and partnerships have been developed. In the past nine months, the Resilience Project staff have worked directly with at least 37 different organisations in the region on various strategies and events. It is hoped that ICCWA will be able to continue to assist local communities in implementing local suicide prevention strategies, building community resilience and drive intersectorial action for suicide prevention in the south west.

5. CONCLUSION

The Resilience Project has continued to have strong community engagement and participation from across all sectors. Project Officers play a key role as connectors, facilitators, trainers, awareness raisers, organisers, collaborators and drivers. Much has been achieved in this nine month period on the strength of the intersectorial collaboration and partnerships that have been facilitated by the project model and through the endeavour and networks of the project staff. The numerous stakeholders and community members that have been involved with this project over the years are extremely supportive of this project, the staff and it's many achievements. It has been a privilege for ICCWA to have been involved in such an important and groundbreaking project, and believes continued funding is essential in maintaining the current momentum.