

B-RICH

(Building Resilience in the Central Highlands)

Final Project Report

CGS205A

SUICIDE AWARENESS & PREVENTION

November 2007

Report written by Tracey Turale

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Suicide Prevention Community Grant Program**



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Contact Details

This report has been prepared by the B-RICH Project Team in consultation with Go! Highlands Inc and the Central Highlands Regional Health Service.

For further information regarding the contents of the report please contact:

Tracey Turale

Primary Health Care Coordinator

Central Highlands Regional Health Service

Ouse

TASMANIA 7140

Phone: (03) 6287 2001

Fax: (03) 6287 2002

Email: tracey.turale@dhhs.tas.gov.au

Angela Cooper

Project Worker

B-RICH Project

Ouse

TASMANIA 7120

Phone: (03) 6287 2001

Fax: (03) 6287 2002

The B-RICH Project team are solely responsible for the content of, and views expressed in this report.

Abstract

The purpose of this project was to build the resilience of the Central Highlands' community by focusing on early intervention and suicide prevention strategies. The project aimed to increase community capacity and knowledge through the following activities:-

- Suicide Awareness and Prevention Workshops for community groups, health workers and community members
- Workshops and training for teachers
- Social skill based and confidence building for young people
- Training and support for parents of adolescents

Activities successfully implemented during this project included; Suicide Awareness & Prevention workshops and information sessions across the municipality to a variety of target groups; various health & wellbeing sessions for young people, Aquaculture & Fly Fishing Program for grade 9/10 students, Youth Transition Project; 2 Mental Health First Aid Courses to community members and health workers; student behavioural training session for teachers; community forum on suicide prevention; training & development provided to project worker; and visits by the Police Citizens & Youth Club (PCYC) Mobile Activity Centre.

Executive Summary

Project Background

Go! Highlands is an incorporated community organisation located in the Central Highlands of Tasmania, which is a predominantly rural community. The organisation aims to foster a strong, vibrant and caring community.

One of Go! Highlands' objectives is to support and assist the Community and identify and meet the need for, and promote the benefit of, well considered sustainable Community Development.

Feedback from participants of Suicide Awareness and Prevention Workshops held in the Central Highlands in 2006 identified the need for a coordinated project to provide information and skills in the municipality to the community, teachers, parents and young people.

The purpose of this project was to increase the Central Highlands Community's awareness about the importance of early intervention in the prevention of suicide. The project aimed to increase community capacity and knowledge through the following activities:-

- Training and support for parents and adolescents
- Workshops and ongoing support and training for teachers
- Social skill based and confidence building for students
- Mentoring program for young people
- Workshops for business leaders, community groups, sports clubs and community members.

A local project worker was employed and trained facilitators contracted to deliver many of these activities to build the capacity within the community to identify people 'at risk' of suicide and implement strategies to support these people and their families. The project worker worked closely with the Central Highlands Regional Health Service and

members of Go! Highlands Inc. The activities conducted focused on increasing the awareness, knowledge and confidence of people in rural isolated areas in the prevention of suicide. A strong focus was on building the capacity of our young people to assist them to become mature and resilient adults.

The project consulted with a wide range of individuals, groups, schools and businesses prior to and throughout the life of the project and targeted four main areas:

- 1. Community**
- 2. Teachers**
- 3. Young People**
- 4. Parents**

Community

Suicide Awareness and Prevention workshops and information sessions were conducted at many venues across the municipality by Tim Johnston (POSITIVE). The project worker consulted with each community regarding the most effective way of delivering these sessions. Attendance included from 2 to 24 people per session and involved a variety of groups (e.g. Hydro workers, men's groups, women's groups, CWA, remote areas). The sessions were conducted in a flexible manner to address the needs and skill level of participants. The feedback from all sessions was very positive with requests for further information in the future. Discussion indicated the need for further attention in the areas of suicide awareness & prevention and mental health information and services for the municipality.

Two Mental Health First Aid Courses were conducted by Australia Red Cross involving community members and local health workers. These two day courses were very informative and relevant to the attendees. Requests have been made for further courses in the future.

The project team assisted in the organising a community forum on suicide prevention facilitated by the Tasmanian Suicide Prevention Steering Committee - Mental Health Services (DHHS). 8 community members attended the forum and contributed enthusiastically. As a result, a group of attendees are in the process of organising a

meeting with the Central Highlands Mayor to discuss strategies to build the resilience of the community.

Teachers

One Suicide Awareness and Prevention session was conducted with teachers from Bothwell District High School. Feedback from the teachers that participated in this session was very positive. As a result of this there may be opportunities in the future to deliver similar sessions at this school. Teachers from Ouse District High School had attended a similar session with Tim Johnston prior to this project.

Bill Rogers facilitated training with teachers in dealing with positive discipline and classroom management. Teachers from three local schools attended this workshop. Feedback from participants was very positive and they commented that the strategies discussed could easily be integrated into their classrooms. This was a great opportunity for teachers from small local schools to discuss their issues and work on strategies that would be useful in their classrooms immediately.

***Bill Rogers:** B.Th. (Hons), Dip Min., Dip.Teaching, B.Ed., (Melb), M.Ed, (Melb), Ph.D., (Melb), F.A.C.E., Adjunct Professor (Education), Griffith University, Australia.*

Parents

The project worker found it difficult to organise activities involving parents as a single target group. One information session was held at the Ouse District High School with a small number of parents. Parents did participate in the 'community' workshops and sessions as mentioned above. For future planning, more time would be required to build relationships with parents to encourage them to participate in such sessions.

Young People

A large component of this project involved activities involving young people in the municipality. The strong relationship that already exists between the Ouse District High School, Central Highlands Regional Health Service, young people and their families, assisted in the delivery of this objective.

The project worker found it difficult to engage with the Bothwell District High School due to a variety of factors including time constraints with the school curriculum and communication with the school principal.

Bothwell District High School - Students attended a theatre production on suicide & depression organised through this project. The project was also involved in a Rural Health Week event (Active Spring Carnival) held at the Bothwell School that included a variety of health and physical activity related activities. Plans to facilitate a girl's health and well being group at the school did not eventuate. The Regional Health Service Youth Worker and the project worker have planned to work closely with the young people at Bothwell in 2008 and have consulted with a teacher from the school who is a committee member of the Central Highlands Community Health Service Advisory Committee. This teacher has indicated her commitment to work closely with the Regional Health Service during 2008. The Youth Worker has also made a commitment to dedicate a large percentage of her time to Bothwell in 2008. This has formed part of planning included in the Regional Health Service 2008 Service Implementation Plan.

Ouse District High School - The project worked closely with the Ouse District High School on a number of activities including; girl's health & wellbeing sessions; Mother/Daughter outing; attendance at theatre production; Youth Transition Project funded through Office Child & Youth Affairs; Aquaculture & Fly Fishing Project; Police Citizens & Youth Club (PCYC) Mobile Activity Bus; and attendance at the Rural Health Week Event at Bothwell.

Positive changes in behaviour and school attendance have been observed by teachers, parents and local workers in some of the young people participating in this project. The project has fostered positive relationships between workers, young people and their families. The young people are exhibiting increased confidence, a willingness to participate in activities, respect for others, and a sense of fun and adventure. The increase in confidence in some Grade 10 school leavers has assisted them to effectively gain placement into courses at Claremont College including being successful in their interviews.

The work conducted during this project involving young people has resulted in the planning and development of other youth projects in the area. These include;

- Funding provided by Colony 47 – Reconnect Program to implement a project working closely with at risk young people and their families.
- Planning of an Aquaculture Program involving growing fish (trout) at the Ouse District High School in aquariums and using these to stock a newly developed dam at Tarraleah Village for trout fishing. The whole school could be involved in parts of this project including growing of the fish, creation of a suitable environment at the dam at Tarraleah (e.g. planting trees, creating weed beds), fly fishing and tourism (marketing & hospitality). Consultations have commenced with Ken Orr (Trout Guide), Ouse School Principal, Tarraleah Holdings, Inland Fisheries Service, Central Highlands Regional Health Service, Go! Highlands Inc. and SALTAS.
- Planning for a youth mentoring program involving Ouse District High School students
- Health & Wellbeing sessions

Women Get Active Program - Due to time restraints and availability of program facilitators the project did not organise a Women Get Active Program for young women. This program has been organised in 2008 and is included in the Central Highlands Regional Health Service 2008 Service Implementation Plan.

Project Worker

This project has provided the project worker with the skills, confidence and training to continue to be involved in other projects in the municipality. Since the commencement of this project, the project worker has enthusiastically been involved in a variety of health activities throughout the community including women's health & wellbeing days, Rural Health Week events, and the Hamilton Bush Dance (drought funding). The worker has also been employed to coordinate the Colony 47 – Reconnect funded project in partnership with the Central Highlands Regional Health Service Youth Worker, and will be involved in activities in 2008 targeted at mentoring young people.

Recommendation 1

Suicide Awareness & Prevention Information sessions to continue in the future

Recommendation 2

Go! Highlands Inc. and Central Highlands Regional Health Service continue to source opportunities for funding and/or resources to implement activities and programs that add value to this project

Recommendation 3

Access and provide training and skill development for the community & health workers

Recommendation 4

Continue to provide opportunities for young people in the municipality

<p>Project Objectives</p>	<ol style="list-style-type: none"> 1. Increased Resilience in Young People in local schools 2. Increased Knowledge of ‘Suicide Awareness and Prevention’ by Teachers 3. Increased Knowledge of ‘Suicide Awareness and Prevention’ by the Community 4. Increased Knowledge of ‘Suicide Awareness and Prevention’ by Parents of Adolescents
<p>Project Report</p>	<p>INCREASED RESILIENCE IN YOUNG PEOPLE IN LOCAL SCHOOLS</p> <ol style="list-style-type: none"> 1. Consult with Ouse and Bothwell District High Schools The project consulted with both schools in the municipality. Consultation was more extensive with Ouse District High School due to relationships that had already been fostered prior to this project. Consultation with schools will continue after the conclusion of this project between the project worker, Central Highlands Regional Health Service and Go! Highlands Inc. 2. Implement a Bullying Awareness & Prevention Program in Bothwell & Ouse High Schools The project proposed to conduct Bullying Awareness & Prevention sessions utilising trained facilitators such as Relationships Australia. Although consultation occurred with Relationships Australia they were unable to deliver sessions due to time restraints on their organisation and the prospective schools.

Although a specific 'bullying program' was not conducted, all activities and programs involving young people during this project assisted in positive changes in behaviour of young people as reported by facilitators, health workers, parents & teachers(e.g. increased level of respect for facilitators, improved relationships with peers, adults & family members, and improved school attendance). The Central Highlands Regional Health Service Youth Worker will be dedicating a large percentage of her hours working with students from Bothwell High School in 2008, including dealing with issues associated with bullying and anti-social behaviour.

3. Implement a self-esteem / confidence building program in Bothwell & Ouse District High Schools

A variety of activities were implemented that increased self-esteem and built confidence in young people including activities and sessions mentioned elsewhere in this report.

- Two Health & Wellbeing Days were conducted with Ouse High School girls.
- A Mother/Daughter Day was organised where 18 mothers/daughters and support staff attended the Savoy Baths in Hobart.
- Theatre Production – Youth Depression & Suicide – Mudlark Theatre ('Café') 32 participants. The play explored the issues of depression and suicide and delved into the themes of loss and grief, sex and relationships, and life choices. This was a great opportunity for young people and the community to experience a theatre production, and participate in discussion after the production with the actors and a social worker from Clare House. Ouse and Bothwell District High School students attended.

Further sessions were organised involving girls groups at Bothwell and Ouse District High Schools. Due to time restraints for both schools these sessions did not eventuate. The Central Highlands Regional Health Service Youth Worker and the project worker have planned to work closely with the young people at Bothwell in 2008 and have consulted with a teacher from the school who is a committee member of the Central Highlands Community Health Service Advisory Committee. This teacher has indicated her commitment to work closely with the Central Highlands Regional Health Service during 2008. The Youth Worker has also made a commitment to dedicate a large percentage of her time to Bothwell in 2008. This has formed part of planning included in the Regional Health Service 2008 Service Implementation Plan.

Evaluation – Self esteem & confidence building in young people

The girls that attended the health & wellbeing sessions were interested in future sessions on a regular basis and were interested in cooking and deportment classes. The participants started to form a trusting relationship with the project worker and were keen to continue meeting.

Evaluation – Café Theatre Production

Participants completed a feedback form at the completion of the theatre. Comments included:

- good, effective way of getting message over
- liked it but found personality changes difficult to understand
- thought it was alright and believable

- interesting
- didn't understand it

4. Implement a Transition Program for young people into further education & employment at Ouse High School

Following the commencement of this project additional funding was made available to fund the Youth Transition Program (Office of Youth and Child Affairs). The aim of this project was to assist young people in the transition to further education and/or employment. The program involved site visits to various service-oriented locations as well as guest visits to the school from the PULSE Youth Health Team to conduct the initial phase of the 'Rock & Water' program. These included:

- 'Rock & Water' Program - Youth Health Team
- "Try a Trade' day - Guaranteeing Futures
- Leadership and teambuilding activities at Molesworth
- Orientation Days – New Norfolk High School & Claremont College
- PULSE Youth Health Centre visits incorporating music & singing

Benefits of this program to participants have included greater awareness and understanding of the issues involved with the transition from school in a rural and remote area to further education or work opportunities in an urban or city environment. Geographical knowledge of the city and its environs were enhanced as well as increasing self-esteem, self-confidence and self-efficacy, along with the further development of social and interpersonal skills. The program included 9 site visits with 30 young people participating (as well as 11 parents).

Evaluation – Youth Transition Program

All activities conducted within the Transition Program were evaluated through feedback forms completed by the participants. The students were asked what they did or didn't like about the activity and what could be done differently next time. They also rated the activity from 1-10. All activities were rated highly, particularly the visits to Pulse Youth Health in Hobart where students had the opportunity to participate in music activities not available at their school. The Molesworth Team Building activities were also rated highly with students reporting the activities were fun and they enjoyed learning new things. Comments regarding the College Orientation days highlighted the lack of opportunities available to students at Ouse District High School and the benefits of providing these rural young people with activities and programs such as the Youth Transition Program (full program report available on request).

5. Introduce a Youth Mentoring Program

Aquaculture and Fly Fishing Program

This project developed an Aquaculture and Fly Fishing Program in consultation with Ken Orr, a world-renowned Fly Fishing Guide with a strong commitment to the Tasmanian trout fishing and tourism industries. The program involved the mentoring of six grade 9/10 students (4 male & 2 female) and involved two fishing guides, a professional fly tier, a teacher and the Central Highlands Regional Health Service Primary Health Care Coordinator. The project was also supported by Inland Fisheries Service, SALTAS, Centralinc (Central Highlands Community Development Inc.) and E.J Todd & Sons (an Australian retail fishing business).

The students that volunteered to participate attended ten 4-hour sessions and concluded with a weekend at a private trout-fishing venue. Over the course of the program, students learnt about entomology, flora & fauna appreciation, fly tying & casting, tourism, the trout fishing industry, bush craft, and reward for participation (the fish on the fly line). The facilitators were keen to mentor the students throughout the program and teach them respect for fellow anglers, the environment, and patience, and leadership qualities.

This program commenced in July with a trip to the Salmon Ponds and the Inland Fisheries Trout Hatchery at New Norfolk, followed by six training sessions at Ken Orr's training centre at Brady's Lake. A family BBQ was held at the Ouse Country Club so the parents and families of the participants could have the opportunity to meet the facilitators and find out about the program. Feedback from all parents on this occasion was positive. Some parents commented on the difference this program has made to their son/daughter's enthusiasm to attend school, willingness to learn, and improvement in communication within the family environment. They were pleased to see the enthusiasm and excitement their children expressed in relation to this program.

The program concluded with a Fly Fishing weekend at Currawong Lakes, Lake Leake. Ken and Wayne were joined by Tracey Turale (Central Highlands Regional Health Service), Brodie Phillip (teacher) and Marca Orr (chef & enthusiastic helper). Currawong Lakes comprises of 3 fly fishing lakes and is now Tasmania's premier private fishery and is situated adjacent to Lake Leake and only half an hour from the East Coast. It is sited in the middle of some 2 1/2 thousand acres of private forest and farm land. The students were very fortunate to have the opportunity to spend three action packed days at this wonderful facility. Students were able to put into practice everything that they had learnt over course of the program, from casting to catching to cooking and having a fun and

fulfilling weekend. Accommodation was in very comfortable cabins and the group shared all meals in a large fully enclosed lakeside BBQ building. All students had the opportunity to catch trout and there were some exciting moments for students and adults alike.

It was a pleasure to observe all 6 students show enthusiasm and responsiveness throughout the program and attend all sessions. The behaviour of all participants was exemplary and they should be proud of their achievements. At the commencement of the program many people stated that the students would not stick with the program, would misbehave and be inattentive. Some of the students didn't even attend school on a regular basis, particularly on a Friday (this program was conducted on Fridays). From the beginning of the program the students were respectful towards the facilitators and each other, were enthused and had fun, and were willing to learn. Not only did all the students complete the entire course (only one student missed one day due to illness), they all requested to have a training session on a student free day.

Some of the facilitators have organised to continue mentoring these young people during the school holidays and into next year for the Grade 9 students (4 out of the 6).

Evaluation – Aquaculture & Fly Fishing Program

The Aquaculture & Fly Fishing Program was evaluated using feedback forms from the participants at intervals during the program. The students were asked what they enjoyed about the program and what could be done differently. They also rated the program from 1-10. This program was rated extremely highly by all participants and comments received from facilitators, teachers and parents were very positive and encouraging, especially in relation to positive changes in behaviour and communication skills of the

participants. The participants stated that they enjoyed spending time with the facilitators and enjoyed the opportunity to learn about fly fishing. One student stated, “I enjoyed really being able to spend time with Ken, Marea, Wayne and Tracey and actually catching a fish when I didn’t think I could. And Yeah, I enjoyed everything, we’re very lucky”. Another student commented after the final weekend if anything could have been done differently, “No, the whole weekend has been awesome. I’ve really enjoyed myself.”

Comments from participant at the conclusion of the weekend included:

- I really enjoyed the whole weekend, it was excellent. I’d love to be able to do it again. I really like fly fishing now.
- Thanks heaps to everyone – Wayne, Ken Tracey, Marea and everyone else
- It was good
- It was fun – thank you all

The final rating for the program was an average of 9.8 out of 10.

Following on the success of this program, consultation has commenced between Ken Orr, Ouse District High School Principal, Central Highlands Regional Health Service, Inland Fisheries, SALTAS and Tarraleah Village to develop a program for young people in 2008.

Ideas for this initiative include:

- The development of a program at Ouse District High School involving growing fish (trout) in an aquarium and involving all students

- Involvement in the preparation of a new fishing dam being developed at Tarraleah Village (e.g. planting trees, creating sustainable weed beds, preparing the dam for stocking of trout)
- Stocking the dam with fish grown at the school
- Training & education for older students in areas of land-care management & hospitality at Tarraleah Village
- Opportunities for fly fishing at the completed dam
- Employment opportunities for young people (fishing industry, hospitality, natural resource management)

This is an exciting program initiated by the Fly Fishing Program.

6. Implement a Women Get Active Program (WGAP) for young women

The project planned to conduct a Women Get Active Program for young women. Due to time restraints for facilitators and local schools this program did not eventuate. A Women Get Active Program for young women is planned for 2008 and is included in the Central Highlands Regional Health Service 2008 Service Implementation Plan.

7. Coordinate the Police Citizens and Youth Club (PCYC) Mobile Activity Bus (MAC) to visit Ouse & Bothwell High Schools on a monthly basis

The PCYC visited the Ouse District High School on a monthly basis during the project. This was a valuable resource to the students and allowed them the opportunity to participate in types of physical activity not readily available in this area.

The PCYC bus attended the Bothwell High School during a Rural Health Week event on 5th September – Active Spring Carnival

Expected Outcomes

- Decrease in the incidents of bullying in schools - **achieved**
- Increased self esteem and confidence in young people - **achieved**
- Increased awareness in young people of available support services - **achieved**
- Increased confidence in young people to access support services - **achieved**
- Increased knowledge in young people of post education and employment opportunities - **achieved**

INCREASED KNOWLEDGE OF ‘SUICIDE AWARENESS AND PREVENTION’ BY TEACHERS

1. Consult with Ouse and Bothwell District High Schools

The project consulted with both schools in the municipality. Consultation was more extensive with Ouse District High School due to relationships that had already been fostered prior to this project. Consultation with schools will continue after the conclusion of this project between the project worker, Central Highlands Regional Health Service and Go! Highlands Inc.

2. Implement Suicide Awareness & Prevention workshops in each school with teachers to assist in identifying ‘at risk’ young people – POSITIVE / Tim Johnston

It was difficult negotiating time for teachers to attend workshops outside of their individual school commitments. This project did not expect this strategy to be as difficult to implement. Due to Ouse District High School students attending New Norfolk High School two days per week from Term 2, they had limited school time at Ouse. The teachers from Ouse District High School had also attended a workshop with Tim Johnston prior to this project.

One Suicide Awareness and Prevention sessions was conducted with teachers from Bothwell District High School. Feedback from the teachers that participated in this session was very positive. As a result of this there may be opportunities in the future to deliver similar sessions at this school.

The Central Highlands Regional Health Service will continue to work closely with Ouse District High School and build on relationships formed at Bothwell District High School as part of their Service Implementation Plan.

Evaluation – Bothwell District High School Teachers

9 teachers attended the session and participants completed a feedback form after the workshop and commented it was “very interesting and informative” and a “great workshop”.

3. Implement a Bullying Awareness and Prevention Program in Bothwell & Ouse District High Schools (Teacher Supported program)

A training session was conducted involving Ouse District High School, New Norfolk High School and Glenora District High School

Bill Rogers facilitated training with teachers in July dealing with positive discipline and classroom management. Teachers from three local schools attended this workshop including Ouse, New Norfolk and Glenora High Schools. Feedback from participants was very positive and they commented that the strategies discussed could easily be integrated into their classrooms.

This was a great opportunity for teachers from small local schools to discuss their issues and work on strategies that would be useful in their classrooms immediately. Bill Rogers usually conducts workshops with large groups so he was pleased to be able to work with a small group and personalise the session. This opportunity is not readily available to teachers in small schools that are unable to access relief staff for training.

4. Offer Mental Health training for teachers– e.g. Red Cross First Aid or Suicide Prevention Training (e.g. Assist /

Gatekeeper

Teachers were invited to attend the Mental Health First Aid Courses conducted during this project, but they were unable to attend due to school commitments. Planning has commenced to organise further courses in 2008 and teachers will be invited to attend these courses.

Expected Outcomes

- Increased awareness in teachers in identifying young people at risk of suicide and other destructive behaviours (e.g. self-harming) – **achieved**
- Improved management of bullying in schools – **achieved (Ouse District High School)**
- Increased awareness in teachers of available support services for young people – **achieved**

INCREASED KNOWLEDGE OF 'SUICIDE AWARENESS AND PREVENTION' BY THE COMMUNITY

1. Consult with local community groups / sports & social clubs / organisations / and individuals

Numerous individuals and groups were consulted throughout the project including businesses, health providers, service clubs, council, schools, and individuals. These individuals and groups provided the project worker with assistance and support and assisted in the promotion and marketing of sessions, catering and provision of accommodation and venues for facilitators. The willingness of the community to assist and support this project was encouraging.

Community Forum on Suicide Prevention

The project team assisted in the organising a community forum on suicide prevention facilitated by the Tasmanian Suicide Prevention Steering Committee - Mental Health Services (DHHS). 8 community members attended the forum and contributed enthusiastically. As a result, a group of attendees are in the process of organising a meeting with the Central Highlands Mayor to discuss strategies to build the resilience of the community.

2. Implement workshops with a variety of community groups in remote communities – POSITIVE / Tim Johnston

Numerous Suicide Awareness and Prevention workshops were conducted by Tim Johnston across the municipality. The project worker consulted with each community regarding the most effective way of delivering these sessions. Attendance included from 2 to

<p>24 people per session and involved a variety of groups (e.g. Hydro workers, men’s groups, women’s groups, CWA, remote areas). The sessions were conducted in a flexible manner to address the needs and skill level of participants. The feedback from all sessions was very positive with requests for further information and sessions in the future. Discussion indicated the need for further attention in the areas of suicide awareness & prevention and mental health information and services for the municipality.</p> <p>Sessions were conducted at Wayatinah, Miena, Bothwell (x3), Hamilton, Gretna (2), Campbell Town and Ouse.</p> <p>Evaluation – Suicide Awareness & Prevention Workshops</p> <p>86 people attended workshops and information sessions across the municipality. Feedback forms were completed by participants of the Suicide Awareness & Prevention Workshops and Information sessions. Overall the feedback was positive and those who attended found the sessions informative and relevant. Participants comments included:</p> <ul style="list-style-type: none"> ▪ More of this. Make it compulsory to all (Wayatinah) ▪ More sessions in the future (Wayatinah) ▪ Great Workshop ▪ This was an excellent and unique way of presenting the information ▪ I found the session reinforced much of what has previously been learned and in many cases at least partially forgotten (Gretna Men’s Night) ▪ An excellent presentation (Men’s Night – Bothwell) ▪ Well presented. Much needed exercise. Hope it continues (Bothwell) 	
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<ul style="list-style-type: none"> ▪ It made a lot of things a lot clearer to me (Gretna) ▪ Very informative and good general overview. Would be worthwhile following up with another session (Wayatinah) ▪ I spent 12 months with a guy that gave every impression he was normal and well balanced. When he committed suicide 2 years later, I stopped for a day or two & thought, why what a waste. This course has taught me why & the reasons he took this course of action. 	<p>All sessions rated highly on a scale of 1-10</p> <p>3. Offer Mental Health training for the community – e.g. Red Cross First Aid or Suicide Prevention Training (e.g. Assist / Gatekeeper</p> <p>Two Mental Health First Aid Courses were conducted by Australia Red Cross involving 16 community members and local health workers. These two day courses were very informative and relevant to the attendees. The courses taught participants skills regarding the initial assistance that can be given to someone experiencing a mental health problem. With such a high incidence of disorders occurring in our communities, any one of us may encounter a mental health crisis at home, at work or in a public place. The Mental Health First Aid Course covered issues including:</p> <ul style="list-style-type: none"> ▪ Why Mental Health First Aid ▪ Common mental health problems ▪ Depression, anxiety disorders, psychotic disorders, panic attacks ▪ Crisis first aid for suicidal behaviour ▪ Substance use and overdose
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Requests have been made for further courses in the future and a waiting list has been developed. Go! Highlands Inc and the Central Highlands Regional Health Service will organise further courses in 2008.

Expected Outcomes

- Increased awareness in the community in identifying people at risk of suicide - **achieved**
- Increased awareness in the community of available support services - **achieved**
- Increased awareness in local service providers in identifying people at risk of suicide - **achieved**
- Increased awareness in local service providers of available support services - **achieved**

INCREASED KNOWLEDGE OF ‘SUICIDE AWARENESS AND PREVENTION’ BY PARENTS OF ADOLESCENTS

1. Consult with Parents and local schools

Parents and schools were consulted throughout the project.

2. Implement workshops with parents of adolescents to assist in identifying ‘at risk’ young people – POSITIVE / Tim

Johnston

The project worker found it difficult to organise activities involving parents as a single target group. One information session was held at the Ouse District High School with a small number of parents. Parents did participate in the ‘community’ workshops and sessions as mentioned above. For future planning, more time would be required to build relationships with parents to encourage them to participate in such sessions.

Expected Outcomes

- Increased awareness in parents in identifying young people at risk of suicide and other destructive behaviours (e.g. self-harming) – **partially achieved**
- Increased awareness in parents of available support services for young people – **partially achieved**

Note: These outcomes will be addressed in the Colony 47 – Reconnect Project.

<p>Evaluation</p>	<p><i>Refer Project Report above</i></p> <p>This project has provided many opportunities for the community to gain skills, knowledge and an awareness of the importance of early intervention strategies to deal with suicide. Participants have expressed increased confidence in recognising signs and responding to people they believe may be at risk of suicide. This project has assisted to remove some of the stigma attached to this subject.</p> <p>Mental Health First Aid Courses</p> <p>The Mental Health First Aid Courses were very well attended and there is now a waiting list for people who have heard about the benefits of this course. Go! Highlands Inc. and the Central Highlands Regional Health Service have had discussions with Australia Red Cross and have commenced planning for further courses early in 2008. It has been found in the past that more people attend courses such as this if the facilitators conduct the course in the area. Many people don't have the time or finances to attend training in Hobart.</p> <p>Suicide Awareness & Prevention Workshops</p> <p>Consultation will continue with Tim Johnston (POSITIVE), and based on community need further Suicide Awareness and Prevention Workshops will be conducted in the Central Highlands. Tim has offered to facilitate further sessions on request. Tim is also commencing sessions targeting men's health which is currently an area of priority for the Central Highlands Regional Health Service.</p>
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Tasmania Rural Alive & Well Project

A project targeting men's health is being developed in the Central Highlands and Southern Midlands Local Government Areas. The success of the Suicide Awareness Project is supporting the development of the Rural Alive & Well Project. This is a joint project between the 2 councils, Central Highlands Regional Health Service, Southern Midlands Multi-Purpose Health Centre, Tasmania Farmers & Graziers Association, local General Practitioners and the combined Churches. This proposed 5-year project will involve a range of interventions including individual and group counselling, group information sessions and workshops, and training for professionals and the community, and will build on the strategies identified and learnings from the current project in the Central Highlands (Project Plan available on request).

Women Get Active Program (WGAP) for young women

A Women Get Active Program for young women is planned for 2008 and is included in the Central Highlands Regional Health Service 2008 Service Implementation Plan. Three trained facilitators for this program are current residents in the Central Highlands and available to conduct courses.

Colony 47 Project – The 'Connections' Project

Colony 47, through its Reconnect Project has provided funding to Go! Highlands Inc. to enable workers to build on the outcomes achieved through the Youth Transition Program. The Connections Project will target young people at risk of homelessness and their families. The project worker for the B-RICH project has been employed to assist in the coordination of the Connections Project and will build on the relationships formed during this project, extending to families of young people.

This project will involve excursions with young people and their parents to assist in the transition to school and/or employment and strengthening meaningful relationships with peers, family members and the community.

Youth Mentoring - Aquaculture Project

Following on the success of the Fly Fishing & Aquaculture Program, consultation has commenced between Ken Orr, Ouse District High School Principal, Central Highlands Regional Health Service, Inland Fisheries, SALTAS and Tarraleah Village to develop a program for young people in 2008.

Ideas for this initiative include:

- The development of a program at Ouse District High School involving growing fish (trout) in an aquarium and involving all ages
- Involvement in the preparation of a new fishing dam being developed at Tarraleah Village (e.g. planting trees, creating sustainable weed beds, preparing the dam for stocking of trout)
- Stocking the dam with fish grown at the school
- Training & education for older students in areas of land-care management & hospitality at Tarraleah Village
- Opportunities for fly fishing at the completed dam
- Employment opportunities for young people (fishing industry, hospitality, natural resource management)

This is an exciting program initiated by the Aquaculture & Fly Fishing Program.

Mentoring

Planning has also commenced to develop a mentoring program in 2008 involving grade 9/10 Ouse High School students. Each student will be matched with a mentor during the year involving Central Highlands Regional Health Service employees, project worker, and identified community members (e.g. fly fishing program facilitators). Participants will agree on individual or community projects to develop and implement together or in small groups.

Health & Wellbeing

Planning has commenced for the B-RICH project worker and Central Highlands Regional Health Service Youth Worker to conduct Health & Wellbeing sessions at Bothwell District High School in 2008. These sessions will be aimed at increasing resilience in young women and will incorporate topics such as self-care, communication skills, confidence building & positive relationships.

Skills Development – Project Worker

This project has provided the project worker with the skills, confidence and training to continue to be involved in other projects in the municipality. Since the commencement of this project, the project worker has enthusiastically been involved in a variety of health activities throughout the community including women’s health & wellbeing days, Rural Health Week events, and the Hamilton Bush Dance (drought funding). The worker has also been employed to coordinate the Colony 47 – Reconnect funded project in partnership with the Central Highlands Regional Health Service Youth Worker and will be involved in activities in 2008 targeted at mentoring young people.

	<p>Future Funding</p> <p>Go! Highlands Inc. and the Central Highlands Regional Health Service will continue to source funding and form partnerships to assist in the delivery of planned projects.</p>
<p>Budget</p>	<ul style="list-style-type: none"> • Attach a financial statement for your Project. • The financial statement should clearly indicate the Commonwealth NSPS funding and show that the funds are being held separate to other funding sources. • The statement should identify income and expenditure against specific line items ie staffing, administration, as set out in the contract budget. • Briefly account for any changes to the budget for this reporting period. • Audited reports must be attached to FINAL REPORTS and Progress Reports due in the first half of the financial year (July – December. • Financial statements must include a Certification Statement from the CEO (Progress Reports) or Auditor’s Opinion (Final Report.)