

Peel, Rockingham and Kwinina Suicide Prevention Trial



Stakeholder Update # 2

Training puts focus on LGBTI youth mental health



More than 30 mental health professionals in the Peel, Rockingham and Kwinana region received training to assist them with their work in supporting LGBTI (lesbian, gay, bisexual, transgender, intersex) young people.

Participants attended a one-day training workshop, co-delivered by the National LGBTI Alliance and Living Proud, on October 30 and 31.

Statistics reveal that people who identify as LGBTI are significantly more likely to be diagnosed with a mental health issue or experience suicidal ideation.

The training, funded by WA Primary Health Alliance, aims to support mental health professionals and

organisations to identify barriers LGBTI people may experience accessing mental health services or support and equipping them with therapeutic strategies to work meaningfully and responsively with the LGBTI community.

The recent workshops are part of a training series being delivered across the Trial site which includes Applied Suicide Intervention Skills Training (ASIST), Youth Mental Health First Aid Training and SafeTALK.

World Indigenous Suicide Prevention Conference in Perth

The Trial has a focus on young people, including the significant Maori community. We were delighted to have 18 community members attend the 2nd World Indigenous Suicide Prevention Conference hosted Perth in November. Participants learnt about challenges faced by other Indigenous communities and current international best practice in suicide prevention.

“Seeing people our age in leadership roles, spreading messages of empowerment and connection to culture was really powerful.” – Karlyn at the World Indigenous Suicide Prevention Conference, pictured here with Chris, Ravin and Tina on the left and Martesana on the right.



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Peter Kenyon consultations: Strengthening Community Connections



Peter Kenyon facilitated a series of *Community Conversations* in three neighbourhoods of the City of Mandurah; Lakelands, Coodanup and Greenfields.

The aim was to bring together young people, local residents and community workers who have a passion for how to build greater neighbourhood connection and social inclusion, including deeper community support for and involvement with young residents.

The conversations were about how we ‘wrap community around our young people’ and it was an opportunity to think outside the box about

neighbourhood strengthening and creative engagement.

The conversations are an initiative of the WA Primary Health Alliance as part of the Trial and they were co-hosted by the City of Mandurah and facilitated by Mayor Rhys Williams and Peter Kenyon from Bank of I.D.E.A.S.

Rockingham teens use culture as focus to build resilience

Getting out on the water on the weekend might seem like just a bit of fun, but for a group of youngsters, it is a way to reconnect with their Maori cultural traditions and improve their social and emotional wellbeing.



The Outrigger/Waka Ama program is run by Rockingham-based organisation Te Urupe Indigenous Community Development Inc., whose project co-ordinator Tina Tuira-Waldon takes the group out in canoes called a waka most weekends.

Ms Tuira-Waldon said helping young Maori and Pacific Islander youth to build their strength and resilience through reconnecting with their cultural values was at the forefront of the program.

She said it was great to see the importance of culture highlighted at the recent second World Indigenous

Suicide Prevention Conference held in Perth. Some local youth attended the conference with support from the WA Primary Health Alliance.

Tina is also involved in the Trial, as a member of the PaRK Community Steering Group.

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New video training resource for GPs

Identifying and Treating Depression in Primary Care is a new training resource for GPs in Western Australia. This 45-minute video lecture is a collaboration between WA Primary Health Alliance and Dr Geoff Riley, Professor of Rural and Remote Medicine and Honorary Senior Research Fellow, Faculty of Health and Medical Sciences, UWA Medical School. It qualifies as self-directed learning in a GP's professional development plan.

Presenters Dr Daniel Rock and Dr Geoff Riley draw on their extensive knowledge and experience to deliver a contemporary perspective on how to effectively identify and manage the depressed patient in primary care and why this is so important in the treatment of depression and prevention of suicide. Dr Rock presents some of the context and evidence on depression and multi-morbidity in our population. He also introduces the principles of the Alliance Against Depression (AAD) an approach recognised as the world's best practice for the care of people with depression and in the prevention of suicide. It is a community-led and GP-centric model.

Further information on the Alliance Against Depression framework is available at <https://phexchange.wapha.org.au/AAD> or by contacting the AAD Coordination Centre on 6287 7948.

Mindframe training

We benefitted from a recent visit from Everymind, the organisation which runs the Mindframe program that aims to encourage responsible, accurate and sensitive representation of mental illness and suicide in the Australian mass media. Visits to local media outlets were organised, as well as training with local agencies and others involved in suicide prevention.

We look forward to working with the media on proactive suicide prevention stories to raise the profile of this important topic and encourage supportive community conversations around depression and suicide. Mindframe has some useful information on suicide prevention that you can read here <https://everymind.org.au/suicide-prevention>

More information

To find out more about the Trial, please contact Suicide Prevention Trial Project Coordinator, Chloé Merna on **0408 462 549** or chloe.merna@wapha.org.au