

NATIONAL SUICIDE PREVENTION TRIAL

Work plan covering activities in 2019-20

Country WA PHN - Kimberley

ACTION AREA	INFORMATION REQUIRED
<p>Summary of main activities</p>	<p>The Kimberley Suicide Prevention trial activities have been built on the Aboriginal and Torres Strait Islander Suicide Prevention Evaluation Project (ATSISPEP) Framework.</p> <p>The WA Primary Health Alliance (WAPHA) will continue to use the Aboriginal and Torres Strait Islander Suicide Prevention Evaluation Project (ATSISPEP) Framework as a tool for decision making, to support community driven suicide prevention initiatives.</p> <p>The trial will continue in 2019-2020 with a participatory decision-making forum, and to ensure Aboriginal-led governance principles, and arrangements for inter-sector and inter-governmental collaboration continue.</p> <p>Suicide Prevention Trial Activities to be undertaken from July 2019 to June 2020:</p> <p>The Kimberley Suicide Prevention Trial includes nine community-led suicide prevention activities across the following sites:</p> <ul style="list-style-type: none"> • Wyndham • Balgo • Kununurra • Broome • Derby • Halls Creek • Fitzroy Crossing • Dampier Peninsula • Bidyadanga

Wyndham: The Wyndham community project will hold camps that are tailored to meet the needs of men most at risk of suicide and self-harm. The camps will offer a range of cultural and therapeutic supports to allow participants to:

- explore language and concepts surrounding suicide, drug and alcohol use
- explore what it means to be an Aboriginal man in the East Kimberley
- explore local concepts of healing
- meet relevant service providers in a relaxed and non- threatening environment
- undertake early intervention training
- engage with their elders and reconnect with their culture and country in a strengths-based approach.

The Wyndham Community Project will use participatory action-based research methods and will be comprehensively monitored and evaluated.

Balgo: When Aboriginal men are healthy, their partners, children and communities have greater opportunities to prosper. Acknowledging that we cannot address Aboriginal health without addressing Aboriginal men's health, this project focuses on men's social and emotional wellbeing (SEWB). Following community consultation, it was agreed that the project should provide a dedicated focus on the SEWB of Balgo men by using a culturally centred and strength-based approach to primordial intervention, suicide awareness and reduction.

Kununurra: The project provides a dedicated focus on SEWB of men and women (including youth) in the Ord Valley region. The project focuses on the transfer of cultural knowledge and skills from community Elders to younger generations. The activities for men and boys will be delivered through the Aboriginal Family and Support Services Strong Men, Strong family's program. Activities for women and girls will be through the Gawooleng Yawoodeng Strong Women's group in partnership with the Waringarri Aboriginal Arts SEWB team. The project sets out a framework which will guide, support and build a greater sense of identity, self-

worth, cultural knowledge and healing. The activity uses a strengths-based and culturally appropriate approach to suicide prevention with vulnerable community members.

Broome: Wirriya Liyan is a multi-level life promotion campaign. The project aims to identify Broome based community members who are willing to share their lived experience; are community leaders; have cultural strength and knowledge as well as relevant stories and skills. The project aims to resource those identified community members, so they can share these skills, knowledge and experience with the broader Indigenous community. Wirriya Liyan will work with participants to promote their knowledge using traditional forms of print and radio as well as through social media. In addition, Wirriya Liyan participants will be invited to share their skills, stories and experiences via visits to schools, youth centres and other strategic venues.

Derby: The *Moving Forward for Life* Campaign – Derby, is a multi-level life promotion campaign. The project aims to identify Derby based community members who are willing to share their lived experience; are community leaders; have cultural strength and knowledge as well as relevant stories and skills. The project aims to resource those identified community members, so they can share these skills, knowledge and experience with the broader Indigenous community. The *Moving Forward for Life* Campaign – includes participants promoting their knowledge, experience, stories and their skills to develop resources to strengthen capacity and to ensure people are safe and get appropriate support.

Halls Creek: The camps will be tailored to meet the needs of young people, men, women and possibly family units. Separate camps will be offered for each group to ensure cultural safety and specific age or gender related sensitivities are recognised. The camps will offer a range of cultural and therapeutic supports to allow participants to:

- explore language and concepts surrounding cultural healing
- meet relevant service providers in a relaxed and non-threatening environment
- undertake early intervention training

- engage with community Elders in a range of ways to explore and promote identity, resilience and levels of connectedness.

Fitzroy Crossing: The Kimberley pilot of the Mibbinbah “Be the Best You Can Be” program: An Aboriginal Men’s Healing program. The program uses the film “*Mad Bastards*” to explore critical themes relevant to men’s mental health, identity, family and cultural connections, in the Kimberley. This program is envisaged to provide ongoing benefits to Aboriginal men (and their families and communities) in the following ways:

- Strengthening and empowering men to help themselves and help others
- Increasing awareness of the role of men as fathers and caregivers
- Reducing violence including family violence
- Dealing with issues of connection and identity
- Encouraging participants to become trained in this program and help deliver it to other groups of men in the Fitzroy.

Dampier Peninsula: Kimberley Aboriginal Medical Service is finalising community action plans with community.

Bidyadanga: The CARE project is a multi-level community led empowerment project. The project aims to identify, train, resource and support community members to build individual levels of resilience and SEWB knowledge. In addition, the project will offer pathways for community members to engage in local suicide prevention planning and delivery. The CARE project will involve three elements to deliver upstream, community led, and culturally specific interventions focussed on healing, resilience and better linkages to existing SEWB/suicide prevention services. The project will also include the following elements:

- Achieving a critical mass of community members with skills and knowledge to understand their own social and emotional wellbeing and healing journey

	<ul style="list-style-type: none"> • Upskilling community members to interface with family and/or community members who are engaging in suicidal ideation/behaviours • The Kimberley Empowerment Healing and Leadership Program (KEHLP) graduates work with the Community Liaison Officer (CLO) to deliver local community-based suicide prevention and awareness initiatives (this could include initiatives such as an on-country swag out for young men affected by a peer’s suicide; midnight basketball competition with life promotion messaging, language classes being held at the local youth centre • Developing a traditional healer’s model to compliment western clinical models; GP training and clinic level capacity to identify and respond to individuals at risk; Culturally relevant Kimberley-wide awareness raising campaign • Training local youth to deliver a peer to peer suicide prevention training program for young people in East and West Kimberley • Equine therapy project • Co-designing the Kimberley postvention approach in partnership with United Synergies Ltd and Thirrili Ltd • Developing Self-harm protocols • Implementation of an Aboriginal cultural safety framework • Mapping clinical pathways • Improving experience and services in emergency departments (ED) and post ED release; • Commissioning Aboriginal Community Controlled Health Organisations (ACCHOS) and Aboriginal community organisations, where possible • Employment of Community Liaison Officers • Evaluation framework.
<p>Key partners</p>	<p>The PHN will continue to consult with a range of key stakeholders at a state and national level including:</p> <ul style="list-style-type: none"> • Kimberley Aboriginal Medical Service (KAMS)

- Kimberley Aboriginal Law and Cultural Centre (KALACC)
- Warringari Aboriginal Arts
- Emama Nguda Aboriginal Corporation
- Telethon Kids Institute
- Goolari Media Enterprises
- Nous Consultancy
- Kimberley Suicide Prevention Working Group with membership including:
 - The Honourable Ken Wyatt AM MP, Minister for Indigenous Australians (Chair)
 - Rob McPhee, Kimberley Aboriginal Medical Services, Deputy Chief Executive Officer (CEO), (Co-Chair)
 - Senator Pat Dodson, Senator for Western Australia
 - Emma Gleeson, Australian Government Department of Health
 - Alistair Sherwin, Department. of the Prime Minister and Cabinet
 - Gailene Chulung – Empowered Communities, East Kimberley
 - Vicky McKenna, Kimberley Suicide Prevention Trial Project Coordinator for Kimberley Aboriginal Medical Services
 - Marty Sibosado, Aarnja Ltd, Empowered Communities, West Kimberley
 - Jacob Corpus, Kimberley Aboriginal Medical Services , youth representative
 - Kate Alderton, WA Department of Premier & Cabinet
 - Ann-Marie Cunniffe, Mental Health Commission
 - Fiona Fischer, Department of Communities
 - Superintendent Greg Crofts, WA Police Force
 - Bec Smith, WA Country Health Services
 - Nicole Jeffery-Dawes, WA Country Health Services
 - Alarna Maher, Aarnja Ltd, youth representative

- Tonii Skeen, Fostering Generational Change Project Officer Empowered Communities, West Kimberley
- Bernadette Kenny, General Manager State-Wide Commissioning and Clinician Engagement, WA Primary Health Alliance
- Maureen O’Meera, Chief Executive Officer, Aarnja Ltd
- Bianca Graham, Nyamba Buru Yawuru
- Henry Loos, Winun Ngari Aboriginal Corporation, Derby representative
- Kelly-Hunter, Derby Suicide Prevention Network
- Jean O’Reeri, Community Liaison Officer - Wyndham
- Rowena Cox, Community Liaison Officer – Halls Creek
- Corina Jadai, Community Liaison Officer - Bidyadanga
- Trent Ozies, Community Liaison Officer - Derby
- Wayne Barker, Kimberley Aboriginal Law and Cultural Centre
- Merle Carter, Kimberley Aboriginal Law and Cultural Centre
- Maria Morgan, Wyndham community representative
- Allan Wedderburn, Kununurra community representative
- Maureen Carter, CEO Nindilingarri
- Chris Bin Kali, Broome community representative
- Henry Loos, Winumngari
- Brenda Garstone, Halls Creek Community Representative, Yura Yungi Medical Service
- Des Hill, Empowered Communities, East Kimberley
- Sharleen Delane, Suicide Prevention Program Manager, WA Primary Health Alliance t Turner, National Aboriginal Community Controlled Health Organisation (NACCHO)
- Lawford Benning, East Kimberley community representative
- Tracey Gillett, WA Regional Services Reform Unit, Department of Communities
- Sue Luketina, Kimberley Mental Health and Drug Service

	<ul style="list-style-type: none"> ○ Michael Haji-Ali, Community Liaison Officer ○ Vicki O’Donnell, Chief Executive Officer, Kimberley Aboriginal Medical Services ○ Joanna Fox, WA Department of Education ○ Erica Bernard, Catholic Education of WA <p>The Kimberley Suicide Prevention Trial Steering Group has the authority to endorse projects that are in line with the ATSIPEP Framework. Steering Group membership consist of representative/s from the following organisations:</p> <ul style="list-style-type: none"> • Australian Government Department of Health • Centre for Best Practice in Aboriginal Suicide Prevention • Department of Communities • Kimberley Aboriginal Law and Cultural Centre • Kimberley Aboriginal Medical Services • National Aboriginal Community Controlled Health Organisation • WA Country Health Services • WA Primary Health Alliance.
<p>Enhanced services for people who have attempted or are at higher risk of suicide</p>	<p>Activities to support people who have attempted or are at risk of suicide include:</p> <ul style="list-style-type: none"> • Community Plans: The nine community projects will be tailored to meet the needs of the populations deemed to be at risk of suicide and self-harm. The community projects will offer a range of cultural and therapeutic supports to allow participants to explore language and concepts surrounding suicide, drug and alcohol use, and what it means to be an Aboriginal person living in the Kimberley. Community projects will provide an opportunity to explore local concepts of healing and meet relevant service providers in a relaxed and non- threatening environment, with the option to participate in early

intervention training. The community projects will provide the opportunity to engage with community Elders and reconnect with culture and country using a strengths-based approach.

- **The equine project** (EAL) experience involves connecting with horses as a therapeutic response to learn boundaries, build relationship skills through listening and empathy, as well as understanding and managing feelings. These new learnings and skills can influence behavioural change. The presence of the horse naturally engages and interests young people, thus enhancing engagement in social and emotional learning and trauma recovery. Being in natural surrounds with calm, regulated horses, can offer an experience that co-regulates the participants' nervous system and moves the brain and body towards greater coherence. Young people can experience feelings of being safe, calm, settled, and thus the fight-flight system (of the stressed or traumatised state) is managed more effectively. This means there is less stress and perception of danger and threat (that the traumatised state learns to expect), resulting with the young person experiencing a shift in both perception and relating. Over time and with repetition, the traumatic state that is commonplace for Aboriginal youth, participating in regular EAL programs begins to heal. The aim of this intervention is to reduce suicidality and increase hope, resilience, connection and a stronger sense of purpose. The horses offer a unique opportunity for safe touch, movement, expression and emotional 'holding' – meeting unmet needs. A bio-feedback mechanism, where the horses' behaviour communicates to the young person how their approach or behaviour is impacting the horse, so they are receiving essential relationship feedback from a non-judgemental other. An environment of trust is created, as many young people who have been harmed have been harmed may feel safer with animals. Horses can model many healthy behaviours, such as being present, clear, non-judgemental and accepting. In these ways, EAL is a unique opportunity for growth and healing, and a 'good fit' for Aboriginal young people.

- **The Kimberley Cultural Security Framework (Framework)** aims to provide best practice care, using a continuous quality improvement approach by providing mental health and SEWB services and support to Kimberley Aboriginal clients/patients. The framework sets out measures that can be taken to achieve best practice, culturally safe service delivery that is:
 - Respectful of Aboriginal cultural values;
 - Responsive to local needs and realities; and
 - Provides non-Aboriginal employees with a working environment where they do not inadvertently cause offence, or act in ways that are counter-productive to good treatment/intervention outcomes.The Framework was developed by Aboriginal representatives from the Kimberley Aboriginal Mental Health subcommittee of the Kimberley Aboriginal Health Planning Forum (KAHPF) to respond to the cultural variation across the Kimberley and different age-groups. It is acknowledged that the protection and promotion of culture is critical to building resilience and progressing improvements in Aboriginal mental health and SEWB.

The Framework aims to:

 - Provide and promote best practice care;
 - Use a continuous quality improvement approach; and
 - Provide mental health and SEWB services for Kimberley Aboriginal clients / patients.
- **The self-harm protocol (Protocol)** provides a standardised approach to support human services staff to identify and support high risk individuals presenting to services. The Protocol was developed by the Kimberley Aboriginal Mental Health Subcommittee of the KAHPF and recently endorsed by the DAMS for implementation across the region. The self-harm protocol is the result of a collaborative and evidenced based co-design process, between many agencies providing support to individuals at risk of self-harm or suicide ideation.

- **The Empowered Young Leader project** is aligned to the summary of success factors identified by ATSIPEP (2016, p.16) in the following ways:
 - primordial prevention program- the project will have pronounced social and cultural elements that are focused on promoting positive identity, enhanced SEWB, sharing and recognising the healing journeys as well as strength and power that exists within Aboriginal young people in the Kimberley;
 - primary prevention project- the project will raise awareness of the suicide risk for the target cohort by focussing on life promotion, strength-based messages and activities;
 - at risk groups(youth)- the project will support the establishment of Peer-to-Peer networks with mentoring, education and leadership on suicide prevention. Activities will also focus on place-based planning by the young leaders. The plans will include engagement and diversionary activities for young people in their communities. The project will provide connection to culture, country and Elders through mentoring and support from communities. The project aims to provide hope for the future, through investing in education and supporting youth led place-based activities and actions;
 - community leadership/ cultural framework – will be embedded through mentorship and community support. Community empowerment, development, ownership and community-specific responses developed and led by the empowered young leaders is at the core of this project.

- **Implementation of Cultural Mapping supports** five Kimberley art centres to continue a successful regional collaboration. The project established in 2008/09, focuses on promoting and sharing the diversity and richness of Aboriginal art, language and identity of the Kimberley region. The ongoing collaboration will develop the *Wirnan Creative Project* as a framework for revitalising cultural connections & creative intersections between communities, ensuring the vitality and maintenance of Kimberley cultures and that cultural knowledge is sustained for future generations. *Wirnan* refers to cultural knowledge sharing & trade practices of Kimberley communities. The Kimberley Art centres will engage artists, youth and community in strengthening intergenerational learning through the development of a series of

community activities. The activities will include skill development programs with multi-media exhibition outcomes reflecting the significance of this cultural practice. The five art centres are:

- Mangkaja Arts located in Fitzroy Crossing
- Mowanjum Art & Culture, located in Derby
- Kira Kiro Artists located in Kalumburu
- Waringarri Aboriginal Arts located in Kununurra
- Warmun Art Centre located in Warmun.

The centres will work in collaboration to develop the *Wirnan Project* to achieve:

- Engagement of youth and other community members in cultural activities
- Inter-generational learning through a creative project development & mentoring by senior cultural leaders
- Facilitation of activities that will document cultural skills & knowledge
- The development of cultural knowledge archives
- Strengthening of cultural identity and practice across the region
- Improved social/cultural well-being
- Annual regional exchanges for inter-community cultural sharing.

- **GP Capacity Building** involves implementation of GP Training and Clinic Level Capacity and aims to increase the skills and confidence of GP's, health professionals and clinic staff in taking a detailed suicide history, and to develop a collaborative management plan to increase the safety of people planning suicide and presenting with self-harm and suicidal ideation. The objective of this training and capacity improvement is not only the up-skilling of clinic GP's and staff to screen, assess and manage people presenting with suicidal thoughts, but to also make health services more user friendly for mental health presentations. This will be supported by a media campaign that will encourage people to present to their GP or clinic to seek assistance with mental health and suicidal thoughts. The training and capacity building will aim to provide practical tools to equip GP's, clinic staff and other identified agencies to:
 - effectively undertake a suicide risk assessment

- develop a collaborative safety plan
- implement a team-based approach to treatment planning
- provide effective management planning following a suicide attempt
- respond to the needs of people bereaved by suicide.

GP training and clinical level capacity building will be offered to Aboriginal Community Controlled Health Organisations, WA Country Health Services clinics, private GP's, as well as other relevant Kimberley agencies as they are identified.

- **Development of Traditional Healers Model**

The Yiriman Project began in 2000, when Elders from the West Kimberley communities of Karajarri, Nyikina, Mangala and Walmajarri, became concerned about youth in the community who were harming themselves and their families, by using alcohol and drugs, and performing criminal behaviours. Following long established traditions, the Elders set up an organisation that would help take young people, Elders and other members of the community on cultural trips to country.

The Yiriman Project assists local 'at risk' Indigenous youth in a culturally appropriate manner, through collaboration with the broader community, relevant agencies and philanthropic groups. The aim of the Project is to develop and provide culturally appropriate strategies to address issues of self-harm and suicide in young Aboriginal people. The project reaches towns and communities in the stated language groups. Yiriman is being recognised as the "go-to" model, with other Aboriginal communities wanting to develop their own "Yiriman Project". The recognition and additional requests to develop local based Yiriman Projects are the result of many years of hard work.

- **Evaluation Framework**

	<p>This evaluation will align to the National Suicide Prevention Trial evaluation. This is a localised approach to determine the impact of the nine regional responses that align to the ATSPIP Framework. Findings will help inform future interventions in the Kimberley region.</p> <ul style="list-style-type: none"> • Community awareness campaign <p>Goolarri Media has been contracted to facilitate a workshop with health professionals and others working in this field (a list of workshop participants is at Attachment A), to brainstorm campaign ideas and assist the group to develop an engaging campaign, that is relevant to the identified target audience.</p> <p>The agreed primary target audience is the Kimberley Aboriginal people.</p> <p>The project scope includes the following:</p> <ul style="list-style-type: none"> ○ Branding - in the form of a logo, will be developed for the trial communications. The intent is to develop communications about the Kimberley Aboriginal Suicide Prevention Trial that are culturally appropriate, appealing, easily recognisable and consistent ○ Awareness campaign - to build the capacity of community members to recognise people who are at risk and to support themselves as well as others, ○ Media Training - will be provided to identify people involved with media and the trial site ○ Social media - will be utilised to target vulnerable groups, areas or times ○ Design and printing will also be utilised where needed. <p>The media and campaign will be flexible and responsive to the needs of the Trial Site. This will include a campaign over Christmas/New year to promote help seeking behaviour.</p>
<p>Other suicide prevention activity</p>	<p>Other planned activities include:</p> <ul style="list-style-type: none"> • Evaluation of the Kimberley Empowerment, Healing and Leadership Program (DAMH).

	<ul style="list-style-type: none"> • Understanding of national and state policy and its impacts on Kimberley Aboriginal mental health and social and emotional wellbeing. • Development of the WA Aboriginal Community Controlled Health Organisations Mental Health SEWB model. • Within existing resources, the delivery of gatekeeper training to the nine sites (training to include Aboriginal and Torres Strait Islander Mental Health First Aid, Applied Suicide Intervention Skills Training, SafeTalk, Youth Mental Health First Aid Course and KEHLP). • Collaboration with the WA Country Health Services Suicide Prevention Coordinator.
Recruitment and workforce	<p>The current workforce is made up of the following positions:</p> <ul style="list-style-type: none"> • The WAPHA Suicide Prevention Program Manager has oversight of the Suicide Prevention Trial in three regions • KAMS have been commissioned for the coordination of Trial Site • KALACC have been commissioned for their cultural expertise. <p>Commissioning of ACCHO's and community people are integral to the ATSIPEP approach. Commissioned organisations include:</p> <ul style="list-style-type: none"> • Warringari Aboriginal Arts • Emama Nguda Aboriginal Corporation • Kimberley Aboriginal Law and Cultural Centre • Kimberley Aboriginal Medical Services <p>Planning to recruit Community Liaison Officers is occurring.</p>
Data collection and reporting	<p>Services providing face to face programs and activities within the Trial Site regions and commissioned by WAPHA, will be required to provide data to the Primary Mental Health Care-Minimum Data Set (PMHC MDS).</p> <p>All activities will be input into the new Suicide Prevention Trial Stream of the PMHC MDS retrospectively and ongoing until the end of the Trial. Some of the activities include community consultation, training, group</p>

	activities, media and campaigning to address stigma and promote help seeking behaviour. All activity has been recorded using a variety of methods including, documenting observations and verbal conversations, feedback from focus groups, personal interviews and case studies.	
Other		
Transition arrangements	The Cultural Security Framework, GP training and the Self-harm Protocol will continue post trial and improve better responses and interventions. Community Liaison Officers and the Youth Empowerment Project will help strengthen leaders within the Kimberley to carry work forward.	
Planned expenditure 2019-20	Project management, coordination and administration	\$
	Individual client services, group and other activities	\$2,050,000.00
	Major items not related to above <i>Please specify</i>	\$
	Other	\$
	Total (GST exclusive)	\$2,050,000.00