



Wesley LifeForce

**Wesley LifeForce Progress Update
Report to Bila Muuji
1 July 2018 – 30 September 2018**





Progress:

Submission of new background reports for new Aboriginal Community Network sites:

Background reports have been submitted to the WNSWPHN for two prospective sites of Bathurst and Coonabarabran NSW. It is envisaged that key stakeholder meetings will take place in late November 2018 in view of establishing Aboriginal Community led Networks in the proposed sites early 2019. This will involve first engaging with Aboriginal Community working parties in respective areas.

Update of Suicide Prevention Networks Activity:

Brewarrina (Wallan Bulla)

The Brewarrina Network has recently held a strategic Planning workshop with Wesley LifeForce and developed a Draft Strategic and Action Plan. It is envisaged that the Network will host an annual General Meeting during the months of either October or November 2018 to elect its executive committee to drive the action plan of the Network and support sustainability.

Condobolin (Condobolin Community Suicide Prevention Network)

A strategic planning workshop was scheduled with the Community Network during October, however, due to a community event being supported by the Western Plains Regional Development (WPRD) the date of the workshop was required to be rescheduled to support members attendance. As such a strategic planning workshop is scheduled for 8 November with the Network. It is envisaged that the Network will host a special general meeting in December 2018 or January 2019 and elect an executive committee to coordinate and lead work on its action plan. The Network has strong support from the lands council and the local community working party. This has helped the Network to gain momentum with a membership of approximately 8 to 10 members.

Dareton (Murray Darling Suicide Prevention Network)

The Dareton Network completed its strategic planning workshop during late September. A review meeting of the strategic plan will take place on 14 November to finalise details of its action plan. It is envisaged that the network will elect an executive committee and be sustainable by December 2018. Recent application to fund Desert Pea media and was successful. Other projects include developing packs for emergency services to give bereaved families, coordinating community training and developing a Network logo. Network members are confirmed to attend Wesley LifeForce's upcoming national conference in Proserpine QLD.

Broken Hill

The Network has coordinated logo naming competition, an Out of the Shadows Walk along side Lifeline Broken Hill and has Coordinated Aboriginal Mental Health First Aid training in partnership with Maari Ma Aboriginal Medical Centre. The Network is continuing to collaborate with the Wilcannia Local Suicide Prevention Network about supporting community members post a discharge from a hospital admission. Network members are confirmed to attend Wesley LifeForce's upcoming national conference in Proserpine QLD.

Menindee

The network will sit alongside the Community's Child Safe Community working group. The network is mobilised and has already held Canoe Camps in partnership with the local school to support young people in building relationships with local services and encourage help seeking. Menindee School, staff and the community have very strong representation in this network.

Wilcannia Suicide Prevention Group



Wilcannia have care packs being made up to assist families at times when services are closed. The network is looking at purchasing a satellite phone for the care packs to help families contact services. The Network a gravestone project to give more than 20 graves without headstones an individualised mosaic. Stones are to be made by family members. Network members are confirmed to attend Wesley LifeForce's upcoming national conference in Proserpine QLD.

Walgett (Two Rivers Suicide Prevention Network) (Support federally funded by the Department of health)
The Network has engaged new members and has a strategic planning workshop booked in with Wesley LifeForce on 29 October. Network members are confirmed to attend Wesley LifeForce's upcoming national conference in Proserpine QLD.

Dubbo (Support federally funded by the Department of health)

Network will be accessing support from Wesley LifeForce to re-develop its strategic plan in November 2019. The network has no secretary at this time and is looking to engage new members. The network will look to re-name its Network in local language to support host a community engagement event later this year to encourage new membership.

Parkes – Lachlan Area Suicide Prevention Network (Support federally funded by the Department of health)

Network held a Ripple Effect showing in July 2018 in Forbes. This was in conjunction with RAMP (Rural adversity mental health program) held a movie showing on 'Suicide: The Ripple Effect'. "Suicide: The Ripple Effect" is a feature length documentary film and MOVEMENT, currently in production, focusing on the devastating effects of suicide and the tremendous positive ripple effects of advocacy, inspiration and hope that are helping millions heal & stay alive.

Orange (Support federally funded by the Department of health)

Network recently held a community event to coincide with RU Ok day. Network continues to meet bi-monthly and membership is comprised primarily of service providers. The Network will be meeting next in early November.

Challenges:

Access to Suicide Data -

Wesley LifeForce has access to statistical area 2 (SA2) data for incidence of suicide over a ten year period (2007-2016), however SA2 data does not indicate Aboriginal and Torres Strait Islander suicide, with the Australian Bureau of Statistics limiting Wesley LifeForce access due to the identifiable nature of the nature. Wesley LifeForce therefore is utilising Aboriginal and Torres Strait Islander population numbers coupled with SA2 Suicide Index data and local stakeholders feedback when identifying new sites for Network establishment.

Potential for duplication in suicide prevention initiatives –

As previously noted, the Western Plains Regional Development has established a local stakeholder reference group in Condobolin as part of its suicide prevention trial work. The Western Plains Regional Development (WPRD) has fed back to Wesley LifeForce that some community stakeholders are getting confused between the function of the stakeholder reference group and that of the Aboriginal Community Suicide Prevention network in Condobolin. Additionally, there is potential for duplication in suicide prevention initiatives. Wesley LifeForce and the WPRD are supporting community understanding and reducing the potential for duplication through having workers of the WPRD sit on the Aboriginal Community Network. Additionally, the WPRD lead worker is liaising with Wesley LifeForce's Aboriginal Community Development Coordinator about meeting dates, community events and initiative planning.



Other Information

Planning of Regional Forum for April 2019

Wesley LifeForce will be working with the WNSWPHN to coordinate and plan a regional community forum on suicide prevention in early April 2019. This forum will look to host delegates from Community Suicide Prevention Networks from within the WNSWPHN region as well as a number of key suicide prevention stakeholders in view of developing a regional strategy/plan for suicide prevention.

2018 National SPA Conference

During July 2018, Delegates from both the Dareton (Murray Darlin Suicide Prevention Network) and Wilcannia Suicide Prevention Group attended the 2018 National Suicide Prevention Australia Conference in Adelaide. Delegates were provided the opportunity to hear from key note speakers both nationally and internationally in suicide prevention.

Wesley LifeForce Conference

Delegates from Dareton, Wilcannia, Broken Hill, Dubbo, Walgett, Parkes will be attending this year's annual Wesley LifeForce conference in Proserpine QLD.

Overview of Project Deliverables 2018-19

- To continue to support the establishment, development and sustainability of Aboriginal Community Suicide Prevention Networks in Broken Hill, Wilcannia, Menindee, Brewarrina, Dareton and Condobolin
- Establish up to 2 new Aboriginal Suicide Prevention Networks in communities identified as high risk
- Provide Network members and the WNSW PHN with access the Wesley LifeForce community hub (online resource centre)
- To provide each of the 6 established and the 2 emerging suicide prevention Networks with \$15,000 seed funding to undertake suicide prevention initiatives
- Provide delegates of each network the opportunity to attend both the Suicide Prevention Australia Conference, Wesley LifeForce Conference as well the National Aboriginal and Torres Strait Islander Suicide Prevention Conference in 2018.
- To organise and facilitate a regional forum for representatives of all suicide prevention networks to meet with each other and all relevant WNSWPHN commissioned services to discuss their work, share insights and identify priorities for action