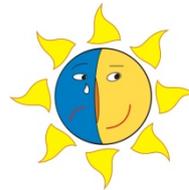




Australian Government

**BUILDING OUR FUTURE**



**LODDON HEALTHY MINDS NETWORK**

<http://loddonhealthyminds.com.au>

## Suicide Prevention – It’s Everyone’s Business Rural Strategies That Work!



Thursday 30 August

# Program



**9.00am Arrival and Registration**



**9.30am Welcome to Country**



**9.40am Introduction – Hon Damian Drum MP, Member for Murray**



**9.55am Keynote speaker: Wayne Schwass**

Born in New Zealand and raised in Warnambool, Western Victoria, Wayne Schwass began playing for the North Melbourne Football Club in 1986. Wayne played 282 games at the elite level for fourteen and a half years, both with the North Melbourne Football Club (1988-1997) and the Sydney Swans (1998-2002). Since retiring in 2002, Wayne has established himself as a highly respected AFL broadcaster on TV, radio, print and online. However, in addition to his work within the sporting world, Wayne has also become a passionate advocate for mental health awareness.

In 2006, Wayne founded the Sunrise Foundation, an organisation he founded after becoming one of the first AFL players to speak openly about his experience with depression.

The Sunrise Foundation, which ran from 2007 and 2010, focused on delivering preventative education programs to secondary school students. More than 5,000 students participated in the foundation’s Headsmart program.

Wayne’s passion for mental health advocacy led him to create Puka Up. Launched in 2017, Puka Up is a social enterprise focusing on mental health, emotional wellbeing and, importantly, suicide prevention. According to Wayne, the Puka Up vision is to create the environments for every person to have authentic and genuine conversations about mental health and emotional wellbeing.

As well as Puka Up, Wayne also delivers his powerful and honest keynote speeches to countless mental health seminars and workshops, where his message never fails to resonate with audiences.



**10.55am Morning Tea**



11.10am Concurrent session 1

## Good Space: Community Suicide Prevention Program

**Fiona Livingstone – Centre for Rural and Remote Mental Health, University of Newcastle**

Good SPACE is a Suicide Prevention Program that aims to prevent suicide through community and clinical education. Formerly known as the Farm-Link Project, Good SPACE was established in 2007 in response to the high suicide rates among farmers. Since its inception, the project has focused on farmer suicide. Good SPACE aims to increase awareness about why people die by suicide, what leads a person into that space and what we can all do to be in a good space. The program helps communities and individuals to identify how they can improve their own mental health and wellbeing and how to increase resilience during tough times.

## Suicide Prevention Initiatives – Victorian place-based approaches to suicide prevention

**Rebecca Gardner – Department Health**

Rebecca will provide an overview of the collaboration between the Victorian Department of Health and Human Services and Victorian Primary Health Networks to trial place-based suicide prevention approaches. This initiative is harnessing local skills, expertise and resources to implement tailored, evidence-based suicide prevention interventions in twelve locations across Victoria. Guided by a common agenda, operating model, communications, evaluation and other relevant frameworks; this innovative initiative will provide insight into how collective place-based approaches to suicide prevention can maximise health investment and drive real outcomes for the community.

## Stop Stigma Campaign – Mental illness does not discriminate, but sometimes people do

**Murray Primary Health Network**

It's reality for most people living with mental illness, that stigma and discrimination are part of their lives.

Stigma happens when a group in society are not regarded with the same respect as others. There are numerous definitions but, put simply, stigma is primarily a problem of behaviours resulting in the unfair and inequitable treatment of people.

Learn more about how you can stop the stigma in your workplace, group, or community.

## Suicide prevention strategies at work in Aboriginal communities

**Craig Holloway - VACCHO**



12.00noon Concurrent session 2

## The Ripple Effect and From Inside the Farm Gate – what have we learnt

**Alison Kennedy – National Centre for Farmer Health**

Hear about the work being carried out by the National Centre for Farmer Health; what outcomes have been gained to date from the Ripple Effect project (plus future directions), some background and example digital stories from the project 'From Inside the Farm Gate: Rural Women's Stories of Thriving and Surviving' and what new mental health projects are under development at the NCFH.

## Youth Suicide Prevention in the Macedon Ranges

**Pauline Neil – Live4Life, Macedon Ranges Shire Council**

**Jason Azzopardi – Youth Resource Officer, Vic Police**

Developing the community's capacity to better understand and support young people in regional Victoria, requiring a different focus to that of metro Melbourne - Live4Life is a unique suicide prevention initiative based around school and community partnerships. The presentation explores how a community wide response engaging schools, health services, local government, Vic Police, G.P clinics and the community. can support suicide prevention in rural communities.

## Digital tools to support mental health

**David Bakker – Founding director MoodMission mental health app**

Digital tools to support mental health are becoming more prevalent and evidence is accumulating to support their efficacy. This presentation will highlight MoodMission, a free iOS and Android app for the prevention and management of depression and anxiety, and the encouragement of help-seeking. Other mental health websites and apps will be discussed and some suggestions will be provided on how to find evidence-based and engaging digital products designed to support mental health.



1.00pm Lunch



1.40pm

Bringing us back after lunch - Cath Styles



1.55pm

Concurrent session 3

### **HALT: A community Approach to suicide prevention**

**Jeremy Forbes – HALT**

HALT builds the bridge between the tradie community and both local and national support services. Hear about the origins of HALT, the community's role in the establishment and continued expansion of HALT across regional and rural areas and how a whole of community approach is needed for suicide prevention.

### **LGBTIQ+ supporting our young people**

**Maree Dixon - headspace**

What can you do to support LGBTIQ+ young people and those who are gender questioning? Why is there need for support, what are the issues and challenges facing young LGBTIQ+ people?

### **Carers as Collaborators**

**Sandra Goode – Bendigo Community Health Services**

**Marlene Lamprell - Anglicare**

What are the issues faced by mental health carers in the Loddon Mallee region and what can facilitate mental health carers being included as part of a care team? Find out more on how you can be more inclusive of mental health carers in your practice.



2.40pm

Concurrent session 4

### **RFDS: Psychological Service Pilot Project and Look Over the Farm Gate**

**Lauren Zappa and Jacalyn Grose – RFDS Victoria**

#### RFDS Psychological Service Pilot Project

RFDS Victoria are currently implementing a two year pilot project that focuses on increasing access to mental health access services for people living in remote communities of Far East Gippsland. Funded in part by the Gippsland PHN, the pilot integrates with the local Bush Nurses Centres to promote a referral pathway, in line with the stepped model of care framework. Community members experiencing low level mental health needs can access free support via consultations with mental health clinicians. Up to two face-to-face sessions are available with ongoing session held via telehealth (video-conferencing). This presentation explores the strengths and challenges that RFDS Victoria has faced in the implementation of this pilot to date, and will discuss the improvements in progress to increase service utilisation and effectiveness.

#### Look Over The Farm Gate

In 2018, RFDS Victoria provided small grants to rural communities across Victoria allowing them to run local events that promoted mental wellbeing and social inclusion. RFDS has learnt some valuable lessons about the pros and cons of community mental health events and has used these lessons in developing their ongoing strategy for mental health.

### **Youth focussed mental health**

**Emily Slater - headspace**

What is the 'headspace' model and what does headspace Bendigo do? Hear more about the mental health conditions prevalent in youth and some indicators for these. Learn how to have conversations with young people about suicide and find out about the supports available in the rural context and what online resources are recommended.

**Alannah McGregor – SPAN Central Victoria**

Alannah will discuss her journey from the lived experience of two children taking their own lives, to the development of the SPAN walk. There have been five Suicide Prevention Awareness Network (SPAN) walks through the CBD of Bendigo, raising awareness and reducing the stigma associated with suicide in the community. The work done by SPAN was instrumental in bringing the Standby Response Service to Bendigo.



3.30pm

Cath Styles – closing session



3.45pm

Finish with Afternoon tea



### Conference Host: Cath Styles

Cath Styles is a stand-up comedian, storyteller, producer, and writer, who also works in the closely related field of mental health as a psychiatric nurse in a crisis team. Cath has also specialized in the areas of maternal mental health, youth mental health, and working with carers, and children of parents who have a mental illness.

A passionate storyteller, Cath has performed at Edinburgh Fringe Festival, and has produced and performed shows on the Australian Comedy Festival Circuit for the past 10 years, including the iconic storytelling showcase 'Darkness and Light', which has a focus on mental health awareness, and was featured on the ABC2 special 'Felicity Ward's Mental Mission.'

She juggles her national comedy commitments with her clinical commitments in Central Victoria, and lives in Bendigo with her four sons and an enthusiastic Labrador.

Cath will host our conference, head up the presentations in the afternoon and will close out our day.



**General registration    \$250**

<https://www.eventbrite.com.au/e/suicide-prevention-forum-tickets-47045450208>

To register, please click on the link to the Eventbrite booking schedule above.

The registration form provides the bank account details to allow payment to be made. Please include your name in the description section.