



Suicide Prevention – It's Everyone's Business

Rural Strategies That Work!

Program



9.00am Forum open – time to check your connection



9.30am Opening

Welcome to Country

Aunty Marilyn Nicolls



Dja Dja Wurrung Clans
Aboriginal Corporation

Official opening



Harriet Shing
Parliamentary
Secretary for
Mental Health



Phil Pinyon
Loddon Shire Council
CEO

Introduction

Ric Raftis (MC)



0409 250 528



10.00am Keynote speaker: Ben Brooksby – The Naked Farmer



Ben Brooksby is a 5th generation farmer from St Helens Plains in Western Victoria, working alongside his dad on the family run property growing crops and breeding sheep.

The Naked Farmer social media movement all started with a cheeky photo of Ben Brooksby. It soon exploded into a worldwide phenomenon capturing the hearts and eyes around Australia and the world by starting conversations about mental health.

Join us to hear about Ben's journey that culminated in the establishment of the 'Naked Farmer' a including stories and photos from his tours around the country helping the farming community.



 **10.50am Morning tea break**



0409 250 528

 **11.10am Concurrent session 1**

Room: Plenary	Room: 1	Room: 2	Room: 3
Commissioner for LGBTIQ+ Communities Commissioner Ro Allen	PSYCH2U Sarah Richardson Tandem Marie Piu (CEO) SPAN – Suicide Prevention Awareness Network Rod Flavell and Alannah McGregor	Navigating Tough Times – National Centre for Farmer Health Alison Kennedy	Mood Mission Dr David Bakker

 **12.05pm Concurrent session 2**

Room: Plenary	Room: 1	Room: 2	Room: 3
Stop Stigma Campaign – Murray Primary Health Network Jo Rassmussen	Gotcha4Life Gus Worland	Youth mental health in a rural setting – Inglewood & Districts Health Service Dallas Coghill, Cindy Gould and Carole Payton	Loddon Mallee Mental Health Carers Network Andrea Smith

 **12.25pm Lunch break**



0409 250 528

 **12.45pm Regroup session**

What is the Loddon Healthy Minds Network?

Wendy Gladman and Ric Raftis



What is the Loddon Healthy Minds Network (LHMN), what does it do, and can you start something similar in your region? Wendy Gladman, Director Community Wellbeing at the Loddon Shire and Ric Raftis, founding member of the LHMN and community representative will talk about the LHMN model and the work being done by the network.

5 Ways to Wellbeing

Mandy Hutchinson and the Northern District Community Health team

'5 Ways to Wellbeing' introduces five simple and effective ways to improve your psychological and emotional health, based on extensive international research. Mandy Hutchinson, CEO of Northern District Community Health and her team, have a fun outlook on how to refer to and embed the 5 Ways to Wellbeing into their everyday using music and comedy in this short video.



 1.15pm Concurrent session 3			
Room: Plenary	Room: 1	Room: 2	Room: 3
LGBTIQ+ Awareness - Creating safer and inclusive communities Harry McAnulty	LGBTIQ+ supporting our young people - headspace Maree Dixon	Thorne Harbour Health – LGBTIQ+ Suicide Prevention Trial Amelia Arnold	Suicide prevention strategies at work in Aboriginal Communities Péta Phelan


2.15pm Afternoon tea break


0409 250 528

 2.25pm Concurrent session 4			
Room: Plenary	Room: 1	Room: 2	Room: 3
RAWTAS – Helping rural Tasmania through the tough times John Clark	Doctor Wellbeing – RFDS Victoria’s Mental Health Approach Lauren Zappa – RFDS Victoria	Carer Support Services – Carer Gateway Rob Gargano	Tactics 4 Tough Times (T4TT) Paul Lacy
HALT: A community Approach to suicide prevention Jeremy Forbes	Supporting mental wellness through social connectedness Bethea Robertson and Stephanie Freemantle	5 Ways to Wellbeing – improving your mental wellbeing Siobhan Sullivan	


3.30pm Program close


See next pages for more information on presentations

We would like to acknowledge support from the following organisations in presenting SPF20



Pln Commissioner for LGBTIQ+ Communities

Commissioner Ro Allen

Commissioner Allen is an experienced and longstanding advocate for LGBTIQ Victorians and has held leadership position in the community and government sectors. In 2015 Victoria established Australia's first Equality portfolio with Commissioner Allen appointed as Victoria's first Commissioner for LGBTIQ+ Communities in 2015.

The Equality portfolio champions diversity and inclusion through developing whole-of-government policy and programs to support LGBTIQ+ communities.

Commissioner Allen's presentation encompasses the meaning of LGBTIQ+, the Victorian governments policy agenda, equality, the governments approach, the priorities of the role, events that support the LGBTIQ+ community, why LGBTIQ+ inclusion in the workplace matters, the progression of LGBTIQ+ in the community & what you can do to support and incorporate LGBTIQ+.



1:1 PSYCH2U

Sarah Richardson

Sarah Richardson will provide an overview of the PSYCH2U program. Founded in Australia in 2011, PSYCH2U is powered by GP2U, Australia's only dedicated online medial practice. PSYCH2U is delivered via telehealth services across Australia providing general child, adolescent and adult psychiatry and psychology.



Tandem

Marie Piu (CEO)



Tandem is the trusted voice of family and friends in mental health. It is the Victorian peak body with the sole focus of representing individuals and organisations advocating for family and friends of people living with mental health issues. Tandem leads campaigns and advocates to improve Victoria's mental health system for family and friends; co-ordinates sector wide best-practice response to carers; undertakes carer research and policy development; is involved in the development of training for carers and professionals; and provides direct support services to family and friends/carers.

Marie will be presenting on carers and their self-care, and what others can do to support carers; what are the signs that 'Not all is well for the carer'.



SPAN – Suicide Prevention Awareness Network

Rod Flavell and Alannah McGregor

Bendigo SPAN (Suicide Prevention & Awareness Network) was formed in 2011 and is an incorporated volunteer group which aims to raise community awareness of the incidence of suicide in our community and to help de-stigmatize suicide and has organised 8 Community Walks to date.

In 2019, SPAN was successful in gaining funding from the State Government's Pick My Project (PMP) initiative and partnered with Bendigo Community Health Services and Livingworks Australia to provide safe TALK workshops throughout Bendigo to provide basic skills to participants to have the confidence and understanding to support someone who is struggling with issues and to provide information for further assistance.

Rod and Alannah will take us through the SPAN journey and discuss the TALK workshop program.





Thankyou to Ride4Life who assisted in bringing this session to you

1:2 Navigating Tough Times – National Centre for Farmer Health

Alison Kennedy

The National Centre for Farmer Health (NCFH) is a partnership between Western District Health Service and Deakin University and is based in the agricultural hub of Hamilton, Victoria. The NCFH focuses on prevention and early identification of risk factors associated with farming populations and develops timely, appropriate, effective and popular interventions.

Alison will share the work she has been doing with digital storytelling in improving mental health, reducing stigma and improving community knowledge about the lived experience of navigating tough times. This work has been progressing over the last 4 years and has had profound impact on the people creating their story as well as the people viewing them. The presentation will include some background to the project, outcomes for storytellers and viewers, a selection of the digital stories and a discussion about how the NCFH uses these stories in their ongoing work to educate and inspire action.



1:3 Mood Mission

Dr David Bakker



Did you know that there are digital tools out there to help with mental health online? 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. Hear from David on the uses and benefits of Mood Mission and how it can improve mental health anywhere anytime.

David is passionate about making evidence based psychological techniques and mental health education more accessible to the public and has been involved in the development of two apps, Mood Prism and Mood Mission.



Pln Stop Stigma Campaign – Murray Primary Health Network

Jo Rasmussen



It's a reality for most people living with mental illness, that stigma and discrimination are part of their lives. Learn more about how you can stop the stigma in your workplace, group or community.

Jo Rasmussen is a national award-winning mental health advocate, who works as a Mental Health Data Analysis and Engagement Lead at Murray PHN. Jo's role also has a strong focus on addressing the stigma of mental illness, which has included the designing and leading of the Stop Stigma project. Jo will talk to us about the impacts they are seeing from the Stop Stigma campaign and how individual organisations are using the tools available.



2:1 Gotcha4Life

Gus Worland



In 2016, Gus hosted the Man Up documentary series on ABC which exposed the issues of stoicism and isolation in today's society and how it can lead to significant mental health issues. At the end of this journey of discovery, Gus decided to set up a Foundation, to proactively encourage Aussies to speak up, express their emotions and ensure they all have a close friend in life that they can go to when times are tough.

Gotcha4Life is a non-for-profit foundation dedicated to taking action and having a positive outcome on mental health, championing the idea of mental fitness, building the social and emotional muscle and the resilience required to deal better with the challenges that life throws at us.

Join Gus as he discusses how important it is to be open with your mates, how to have the deep conversations with your mates about your/their mental health and hear about the training and programs available from Gotcha4Life.

2:2 Youth mental health in a rural setting – Inglewood & Districts Health Service

Dallas Coghill, Cindy Gould and Carole Payton

Inglewood and Districts Health Service (IDHS) is a rural health service in a small rural community located in Inglewood in the Loddon Shire. IDHS provides a range of services including acute care, residential aged care and community services.

Find out more on how IDHS's role in community health and development adds value in improving mental health outcomes for young people? The team from IDHS will present a range of on the ground strategies that have worked in rural areas.



2:3 Loddon Mallee Mental Health Carers Network

Andrea Smith

The Loddon Mallee Mental Health Carers Network (LMMHCN) understands that mental health is unpredictable, complex, inconsistent and largely invisible to the community and that a carer's role can be both emotionally and physically draining. The LMMHCN listens to carers of people with mental ill health to identify issues of concern that can influence and inform mental health services and inform advocacy opportunities with state and federal governments and peak carer bodies.

Hear more about the LMMHCN, the work they do, the assistance they can provide and how providers can access the resources that the LMMHCN have to offer.





1.15pm Concurrent session 3

Pln Harry McAnulty Consulting

Harry McAnulty

In recent months Harry Mc Anulty Consulting has developed an online LGBTIQ+ Awareness eLearning training program. The creating safer and inclusive communities course is designed for individuals, teams, workers, community leaders and managers. The training aim is to improve the quality of care and services provided to the lesbian, gay, bisexual, trans and gender diverse, intersex and queer (LGBTIQ+) consumers, staff and volunteers. The training is due to be launched in early November. The online course package delivers six key learning modules and takes approximately 7 hours to complete – this can be completed at the learners own pace within 12 months. The modules are a mix of educational resources, reading materials, videos, reflections and short reply surveys to accommodate a range of learning styles. The presentation delivered at the Loddon Healthy Minds Suicide Prevention Forum will provide a broad overview of the below six key learning modules.

Module 1 - LGBTIQ+ Language, terminology, and cultural considerations

Module 2 - Understanding Privilege

Module 3 - Exploring Intersectionality

Module 4 - LGBTIQ+ Research, Health Disparities and Exploring Equity Vs Equality

Module 5 - LGBTIQ+ Communities and the law

Module 6 - Creating Safe and inclusive LGBTIQ+ Practice and Services

For more information contact us on hello@harrymcanulty.com.au



**HARRY
MC ANULTY
CONSULTING**

3:1 LGBTIQ+ supporting our young people

Maree Dixon - headspace

Maree has been working as the HEY Diversity worker at headspace Bendigo for the past three years, specifically working with LGBTIQ+ young people and is very passionate and dedicated to her role. It is common for young people to be unsure of their sexuality. 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?

Headspace has a strong commitment to supporting young people and especially around the LGBTIQ+ sector. During this presentation you will learn how our young people, especially those in rural communities can access and obtain support from headspace.



3:2 Thorne Harbour Health – LGBTIQ+ Suicide Prevention Trial

Amelia Arnold



Thorne Harbour Health was formed in 1983 (initially as the Victorian AIDS Action Committee and later the Victorian AIDS Council) and continues to evolve, now include a broadening of their portfolio to serve the health needs of LGBTI communities.

Find out more about Thorne Harbour Health, and the LGBTIQ+ Suicide Prevention Trial. Amelia will help us to understand why we use the LGBTIQ+ acronym, how mental health affects the LGBTIQ+ communities, the risks, trauma, stress and why sometimes the LGBTIQ+ people feel uncomfortable seeking help along with the affirmative practice available for the LGBTIQ+ people and organisations.

**thorne
harbour
health***

3:3 Suicide prevention strategies at work in Aboriginal Communities

Péta Phelan



Péta is a Koori woman with family connections to Deniliquin in the Riverina region of south western New South Wales. Péta is a professional rehabilitation counsellor and academic, employed with the University of Melbourne in the Poche Centre for Indigenous Health in the Faculty of Medicine, Dentistry and Health Science, as the Manager of Alumni Development in Indigenous Health Leadership.

Join Péta to learn more about the suicide prevention strategies at work in Aboriginal communities; what are the trigger warnings, working with the experts, understanding the statistics and the regional differences in Aboriginal suicide, risk and protective factors, and effective engagement guidelines for suicide assessment with indigenous Australians.



2.25pm Concurrent session 4

Pln RAWTAS – Helping rural Tasmania through the tough times

John Clark



Rural Alive & Well Inc. (RAW) is a not-for-profit organisation helping individuals, families and communities through mental health issues with a focus on suicide prevention. Reaching out to rural Tasmanians, RAW works with communities to undertake well-being initiatives, aiming reduce the rates of suicide in rural communities by assisting and supporting communities and individuals to respond to adversity through early intervention, facilitation and prevention. Hear more about how RAWTAS was initiated and what assistance they provide and how they educate the community on the risk and warning signs of suicide.



HALT: A community Approach to suicide prevention

Jeremy Forbes



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. Find out more about HALT and the support that is available to men and tradies in Australia who struggle with their mental health.



4:1 Flying Doctor Wellbeing – RFDS Victoria's Mental Health Approach

Lauren Zappa – RFDS Victoria

Royal Flying Doctor Service provides mental health services across 21 rural and remote communities in Victoria. This presentation provides an overview of the service, it's history and the impact and outcomes the service has seen since it commenced in 2017.



Supporting mental wellness through social connectedness

Bethea Robertson and Stephanie Freemantle

We know that social connectedness is critical for good health and that people with limited social connectedness have poorer mental and physical health outcomes. The connections made through social activities helps people build a physical and mental health safety net.

Bethea and Stephanie will share the work they have been working on developing and implementing a range of activities to improve the social connectedness in the Loddon community.



4:2 Carer Support Services – Carer Gateway

Rob Gargano

Carer Support Services (Bendigo Health) is part of a consortium of Victorian health providers that offer free, early intervention support under the brand Carer Gateway, in an effort to avoid carers reaching a crisis point.

Anyone caring for a family member or a friend with a disability or mental health illness, or is frail, aged or has a chronic condition may be eligible for support.

There have been many changes in the sector recently, Rob will lead us through what supports are available for carers through Carer Support Services.



An Australian Government Initiative

A network led by Merri Health supporting carers across Victoria

4:2 5 Ways to Wellbeing – improving your mental wellbeing

Siobhan Sullivan



Over the past two years, BCHS is changing the way the community think about mental wellbeing. 5 Ways to Wellbeing is 5 simple things you can do to have a happier and healthier life. Backed by international research, Connect, Give, Take Notice, Be Active, and Keep Learning, can be used whether you are at home, work or studying to improve your mental wellbeing. Join BCHS in spreading the word about 5 Ways to Wellbeing. Presented by Siobhan Sullivan, Health Promotion and Community Development officer at Bendigo Community Health Services (BCHS).

4:3 Tactics 4 Tough Times (T4TT)

Paul Lacy

The Tactics for Tough Times (T4TT) program was developed in early 2019 to support rural people with their mental health challenges. Now having delivered over 50 sessions to more than 1,000 people the program's success is unrivalled.

Acknowledging that farmers, local businesses and rural people are doing it tough; the Tactics program engages with concerned businesses, service providers and community members across the four shires of Swan Hill, Gannawarra, Buloke and Loddon. T4TT provides a package of resources (including referral pathways) and upskilling opportunities which can be utilised when communicating with farmers and other individuals whose mental health is impacted by the climatic conditions, dairy industry downturn, water prices and now COVID-19.

Paul will discuss the T4TT program and how it supports you to have the often tough conversations in rural communities.

