



THIRRILI

Thirrili Ltd

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Meet Kaytlin Kelly

This week we are introducing Kaytlin Kelly, a Tjuparn/Willman woman from Western Australia.

While her mother's country is located in the goldfields and her father's country is part of the south west region, Kaytlin was born and raised in Port Hedland and has lived in Perth, Canberra and Melbourne!

Kaytlin has been working with Thirrili since 2018, spending a year in the Melbourne office before relocating back to Perth.

She is now working part time while finishing her education degree and continues to work

in advocating for Indigenous knowledge to be reflected within the education system. In ten years time you will probably find her teaching and learning in her community or working on



an Indigenous curriculum that reflects Indigenous Pedagogies and Values and Indigenous Knowledge. It might take longer, but that is the end game!

Kaytlin was brought onto the team to help launch our Online Record System and has been a vital component in training our staff to use this system. She also assists with admin tasks as they arise.

Despite her background in education, Kaytlin was eager to join our team because she understands that suicide and mental health issues disproportionately affect our young people when compared to non - indigenous young people. She would like to do anything she can in order to reduce those numbers.

Continued back page...

COVID-19 information updated 11 May 2020

As 'stay at home' restrictions begin to ease, it is important you have the correct information for where you live as each of the states and territories have a different 'road map' towards normal.

Click on the links on the map for information about where you live.

For up to date information from the Australian Government, click here: <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert> .

For dedicated resources/information for our mob provided by the National Indigenous Australians Agency (NIAA) on Covid-19 , [click here](#) .

For other dedicated resources/information specifically for our mob go to [page 3](#) of this newsletter.



“As a manager, it’s important to think about how to support your staff, particularly those struggling with stress and other emotions...”

Managing staff?

Some sage advice from the Black Dog Institute during the Pandemic

“Depending on your organisation, you and your team may now be working remotely, running staggered rosters, or working modified duties on site.

These changes, coupled with the ongoing health and economic threat of COVID-19, can have a significant impact on employee wellbeing. As a manager, it’s important to think about how to support your staff, particularly those struggling with stress and other emotions...”

To read the rest of the article, [click here](#)

Racism makes us sick

As much as we’d like to think that things are improving, racism and cultural ignorance (or perhaps indifference) is still an issue in some parts of our mainstream health system.

Reports from our team members in the field include instances in public facilities which we don’t wish to repeat here, but suffice to say, are the kinds of things that should be reported to appropriate authorities and which can impact on our recovery and general social and emotional wellbeing. .

While it is sometimes difficult to be the one to make a complaint, it is only through speaking up that things will change.

If you experience issues of

racism in the health system in particular, see below for how to make a complaint in your jurisdiction.

If you are a client of Thirrili, we can assist you to make such complaints, or you might want to get assistance from a friend or someone from an organisation you are comfortable with.

In **Victoria**, call to make a complaint to the Health Complaints Commissioner: 1300 582 113 or online here [click here](#)

In **NSW**, you can submit a complaint online [click here](#) . The Commission recommends contact the Commission's Inquiry Service first on (02) 9219 7444 or Toll Free 1800 043 159 to discuss your concerns.

In **QLD**, complaints can be made **online** [here](#) or by **email** at: complaints@oho.qld.gov.au

or **Write**: Fill in a health service complaint form available at [here](#) then post to:

PO Box 13281 George Street Brisbane Qld 4003

Or **Call**

133 OHO (133 646)

In **WA** go to the Health Consumers Council: [here](#) or phone: 9221 3422 Country callers phone: 1800 620 780

In **SA**, go to Health and Community Services Complaints Commissioner [here](#):

Phone: (08) 8226 8666 or 1800 232 007

In **NT**, go to Health and Community Services Complaints Commission [here](#)

Email: hcscc@nt.gov.au
Phone: 1800 004 474 or (08) 8999 1969

In **TAS**, go to the Office of the [Health Complaints Commissioner](#), phone (free from landline) 1800 001 170 or email .

health.complaints@ombudsmn.tas.gov.au

In **ACT**, go to the [Health Services Commissioner](#) or

Phone: (02) 6205 2222 or

Email: human.rights@act.gov.au

To all the mums, thank you!

Whether or not you celebrate Mothers Day, one thing is certain, you should be celebrating your mum.

Here is a virtual bouquet for all mums.

We hope your Mother’s Day was wonderful and that every day is filled with peace, love and joy.



COVID-19 INFORMATION FOR INDIGENOUS COMMUNITIES, INCLUDING MATERIALS IN LOCAL LANGUAGES

A BIG THANKS TO [HEALTH.GOV.AU](https://www.health.gov.au) AND [NIAA.GOV.AU](https://www.niaa.gov.au)

Australian Government Department of Health

ABORIGINAL AND TORRES STRAIT ISLANDER RESOURCES

Health communication resources for Aboriginal and Torres Strait Islander people and remote communities:

[click here](#)

Department of Health flow chart - Keeping communities safe from Coronavirus: Remote area travel restrictions:

[click here](#)

GENERAL COVID-19 HEALTH RESOURCES

Health communication resources available for download :

[click here](#)

Northern Territory Government

Coronavirus (COVID-19) Remote Communities – including messages in language

[click here](#)

NSW Department of Health

Aboriginal Health Resources

[click here](#)

Victoria Department of Health and Human Services

Coronavirus (COVID-19) information for Aboriginal communities

[click here](#)

Western Australia Department of Health

Coronavirus (COVID-19) for Aboriginal people

[click here](#)

National Aboriginal Community Controlled Health Organisation (NACCHO)

COVID-19 Resources for Aboriginal and Torres Strait Islander communities

[click here](#)

Northern Land Kimberley Aboriginal Medical Services Ltd (KAMS)

Coronavirus (COVID-19) Resources

[click here](#)

Australian Indigenous Health InfoNet

COVID-19 Updates and Information

[click here](#)

Aboriginal Health and Medical Research Council

COVID-19 Outbreak

[click here](#)

Aboriginal Medical Services Alliance Northern Territory

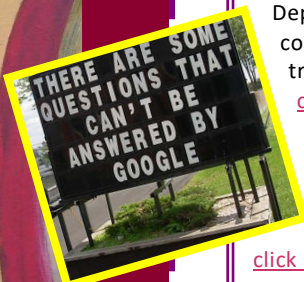
Coronavirus (COVID-19) Translated Resources

[click here](#)

Queensland Government

Resources — coronavirus (COVID-19)

[click here](#)



Want to be included on our mailing list?
email: peter.s@thirrili.com.au

Upcoming dates of significance (and links to some background)

26 May:

[National Sorry Day](#)

27 May:

[Anniversary of 1967 Referendum](#)

27 May to 3 June:

[National Reconciliation week](#)

3 June:

[Mabo Day](#)

Important reminder

THIRRILI SCHOLARSHIP PROGRAM 2020

Last week we told you about an exciting new initiative from the Thirrili Board, the Thirrili Scholarship Program. This Scholarship was developed to support Aboriginal and Torres Strait Islander people to develop skills to support families who have experienced traumatic events, including suicide; and work with organisations involved with families during this sad time. Over the six-week period of the training, participants will receive \$6,000. Conditions do apply, but they are not onerous.

Applications close on 20 May 2020, so if you are interested, or know of someone who may be interested, please download the guidelines and application form here:

<http://thirrili.com.au/events-media/news>

For further information, please contact Shannon Kearing at: shannon.k@thirrili.com.au

We are so excited by this initiative and look forward to your applications!

Don't wait

Media alert

Suicide Prevention Australia media alert

Recent University of Sydney modelling indicates a 25-50% increase in suicide rates due to COVID-19.

In response, Australia's national peak body for suicide prevention, Suicide Prevention Australia, is calling on Government to overhaul the suicide prevention system and to tackle the root causes of suicide. To read the full article, [click here](#).

From our perspective, any reform to the system must recognise that postvention services are an important part of suicide prevention, as those who lose someone to suicide are at heightened risk.

We would also highlight the importance of strengthening protocols to support sharing of real time data.

Access to such data will enable postvention support services to provide timely responses, as well as provide better understanding of the geographical areas where prevention efforts need to be strengthened.

Outreach program from CAAAPU

The Central Australian Aboriginal Alcohol Programs Unit, or as it is better known, CAAPU, is an Aboriginal-controlled primary provider of culturally appropriate alcohol counselling and residential treatment services in Alice Springs.

CAAAPU was formed in 1991 to provide a place of hope and healing for Aboriginal people suffering the effects of alcohol and substance abuse.

CAAAPU runs an outreach program which can provide culturally appropriate and individualised support to people with alcohol and drug problems. They also provide support to people with family members who have alcohol and drug problems. They can help with:

- ⇒ Prevention/Early intervention
- ⇒ Relapse Prevention
- ⇒ Safety Planning
- ⇒ Referrals to other services

The CAAAPU Outreach Officer can visit people in their own homes or transport them to and from CAAAPU for sessions.

For more information phone: 08 8955 4600 or email:

outreach@caaapu.org.au

Worth a look



On Country programs for young offenders in North Queensland are moving ahead with tenders open for the delivery of the new programs in Mount Isa, Townsville and Cairns.

To be delivered by Aboriginal and Torres Strait Islander community organisations, the trial of culture-based On Country programs was announced in March and are expected to be up and running by July.

For more information, go to: <https://www.northweststar.com.au/story/6748734/tenders-open-for-new-on-country-programs-to-tackle-youth-crime/>

NICRS notifications 2020: updated every issue

Updated 11 May 2020. We have had feedback from readers that they are interested in seeing our statistics and would like even more information, such as ages of those people involved in incidents. While we will do our best to provide as much information as we can, we hope you understand that the more detailed the information we provide, the greater the likelihood that a person involved in an incident (and their families), will be identified. You will also understand that we are not only morally compelled, but also legislatively compelled to protect private information. For this reason, we will trial the inclusion of a series of age ranges: up to and including 17 years old., over 17 and up to and including 30 and older than 30. We hope that will help... Please continue to provide your feedback: it is welcomed and it is valuable.

	Gender		State or Territory*				Total
	Male	Female	QLD	WA	VIC	All other	
Completed suicides	36	10	15	12	6	12	46

	17 and younger	18 to 30 inclusive	Older than 30	Not known at this time	Total
	Age range: completed suicides	7	21	15	

Notes: To ensure that individual cases cannot be identified:

*Figures for states or territories with less than 4 completed suicides have been aggregated into 'All other'

	Total
All other incidents include attempted suicides and/or other traumatic incidents with or without fatalities.	26

Crisis contact numbers

- ⇒ Lifeline: 13 11 14
- ⇒ Suicide call back service: 1300 659 467
- ⇒ Coronavirus mental health support line 1800 512 348
- ⇒ Kids Help Line: 1800 551 800
- ⇒ MensLine Australia: 1300 78 99 78
- ⇒ Beyond Blue: 1300 845 745
- ⇒ GriefLine: 1300 845 745 (midday to 3am AEST 7 days a week)
- ⇒ Thirrili After Suicide support 1800 805 807

Thirrili Ltd ABN 617 635 828

Administration office:
 2/2 Bromham Street
 Richmond
 Victoria 3121



T H I R R I L I

Website: thirrili.com.au Telephone: (administration only) (03) 8578 1414

Introducing Kaytlin Kelly continued

From front page...

She also understands how vital our work is in supporting Indigenous families in times of grief and stress and it is this knowledge that continues to motivate her to do her part.

Kaytlin is keen to ensure that the CRSA's are well supported and that their work is reflected accurately. She is also very excited with the direction the organisation is heading and what the future of Thirrili looks like.

Outside of work Kaytlin enjoys getting out in nature, running and spending time with her family.

Family violence in spotlight

This month is Domestic and Family Violence Prevention Month in Queensland and the Premier of Queensland, the Honourable Annastacia Palaszczuk MP, and the Honourable Di Farmer MP, Minister for Child Safety, Youth and Women and Minister for the Prevention of Domestic and Family Violence hosted a COVID-19 Domestic and Family Violence virtual summit on Wednesday, 6 May.

The summit - a major feature of Domestic and Family Violence Prevention Month - brought together experts, organisations and key stakeholders to provide ideas on how to maintain and adapt existing and future support for domestic violence victims in the context of COVID-19.

An online survey to enable every Queenslanders to contribute information about the impacts of the pandemic on service delivery and service experience in the domestic violence sector is open until 29 May.

The Queensland government wants to hear from Queenslanders to add their knowledge and experience to the conversation and be part of finding new solutions to protect and support victims in the current environment.

To get involved, visit getinvolved.qld.gov.au and have your

say on these important issues.

Mental health impacts of COVID-19

The Queensland Mental Health Commission has been examining the likely mental health impacts of the pandemic - looking at what we know about the mental health effects of natural disasters and how this pandemic may differ.

This [short video](#) explains the common mental health impacts, the responses we can provide to help deal with psychological

Resources

During 2019, Thirrili engaged Healthcare Management Advisors (HMA) to undertake an analysis of National Coronial Information Service (NCIS) data to support the continuing development of Thirrili's service model for the National Indigenous Critical Response Service (NICRS), which supports individuals' families and communities affected by suicide.

This analysis aimed to:

- inform the rollout of NICRS services throughout Australia
- provide information that will inform appropriate staffing needs, based on insights into the distribution of revealed demand at a regional level, and
- serve as a source of information for Thirrili staff to refer to when preparing presentations or reports.

Links to two papers resulting from that analysis and produced by HMA are below. The first of these presents the findings from the NCIS analysis for non-Indigenous Australians in the Northern Territory during the period 2003 to 2018. To download the document, go to <https://thirrili.com.au/nicrs/systems-change/resources/national-coronial-information-service-suicide-data-analysis-non>.

The second of these presents the findings on indigenous suicide rates for each jurisdiction in Australia. This paper is available at: <https://thirrili.com.au/nicrs/systems-change/resources/national-coronial-information-suicide-data-analysis-2003-2018-1>

Watch this space!!!

A number Thirrili staff have been busy planning new initiatives to both broaden the service offering to our communities and to improve the way we do things as an organisation.

The team is excited in the introduction of this bottom up process which draws on the skills knowledge and experience of our people in order to make what we do even better.

Over the next few weeks, we will highlight some of these initiatives: all of which will demonstrate the absolute commitment of the staff team to the organisation, the sector, but more importantly, our people and communities.

