



THIRRILI

Thirrili Ltd

VOLUME 1 ISSUE 3

28 APRIL 2020

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Meet our newest team member!



April Barry
COVID -19 Project
South Australia

Last week we told you about new funding from the South Australian Government to work with Aboriginal and Torres Strait Islander people around the issues of COVID-19. We are

excited that April Barry has now been appointed and has 'hit the ground running'.

April is a very proud Pitjantjatjara and Yankunytjatjara woman from the APY Lands. Her large family, the Ken family, are traditional owners from the lands and include many renowned and award- winning artists.

April and her siblings grew up in Alice Springs and regularly travelled on the holidays to visit family on the lands. April and her brothers would visit Fregon, with the odd occasions visiting Amata/ Kanpi and Kenmore too. She says she "Absolutely loved growing up

in what she says, two worlds, living in Alice Springs but also living in part on the APY Lands". April adds that she "...loves being a part of a very large family orientated group". She is an extremely proud mother of 2 beautiful young boys.

April is excited about having started work with Thirrili this week. She adds she feels "super welcomed" and looks forward to her future with Thirrili.

April is excited about working among an intelligent group of staff and cannot wait to work more closely with the wider Aboriginal community.

Changes to COVID-19 restrictions QLD, WA and NT

From **2 May 2020** the **Queensland Government** is relaxing restrictions on movement in Queensland, so you will have more opportunities to go outside for enjoyment. See here for full details:

https://www.health.qld.gov.au/__data/assets/pdf_file/0036/957267/home-confinement-out-and-about-info.pdf

From **27 April 2020**, **Western Australia** has announced a 'Cautious easing' of restrictions on indoor and outdoor led constraints. For further information, go to: <https://www.wa.gov.au/organisation/departments-of-the-premier-and-cabinet/covid-19-coronavirus-latest-updates>

In the **Northern Territory**, the government is easing restrictions on access to some parks and reserves. For further information, go to: <https://coronavirus.nt.gov.au/steps-to-restart>

Qld Government Grant funding and more...

Edited message from the Queensland Mental Health Commissioner Mr Ivan Frkovic

The Queensland Government has announced that its **\$27.75 million COVID-19 Grant Fund** is open for applications.

The fund is designed to help support community healthcare service responses during the COVID-19 pandemic.

For Application forms and more information, [click here](#).

Queensland Health is managing the fund and processing applications as quickly as possible.

Immediate housing response

As COVID-19 places additional pressure on community service providers, the Queensland Government has established an Immediate Response Fund of \$24.7 million to deliver enhanced housing support to vulnerable Queenslanders.

This includes:

- ◆ additional funding for people in urgent housing need, including temporary accommodation
- ◆ enhanced outreach services for rough sleepers
- ◆ Home Assist Secure services for older people or people with a disability
- ◆ access to bond loans and rental grants for people affected by the pandemic
- ◆ support to help frontline housing and homelessness services access and pay for casual replacement staff.

Peak body progress

The QLD Government has announced the appointment of project team to progress establishing the new Queensland mental health consumer peak body.

Zoe Cunningham will join the Commission as Project Manager next week. Her most recent role has been with Arafmi, and prior to that she was the Director of Mental Health Alcohol and Other Drugs Services at Brisbane South PHN.

Zoe will be supported by

Angela Davies who was the Consumer Consultant at the Gold Coast Hospital's Mental Health and Specialist Services. Angela will join the Commission as a Senior Project Officer on 11 May.

Healing strategy consultation extended

Online engagement for the Aboriginal and Torres Strait Islander Healing Strategy has been extended until the end of April 2020.

People can get involved by:

- ◆ completing the online survey
- ◆ submitting an artwork
- ◆ having a yarn over the phone, and
- ◆ joining virtual yarning circles for community members in Rockhampton, Cairns and Yarrabah.

The Healing Foundation are on track to deliver the Healing Strategy by 30 June 2020.

To participate in developing the Healing Strategy, click this [link](#).

“The Queensland Government’ has announced that its \$27.75 million COVID-19 Grant Fund is open for applications”



Reminders and other information

COVID-19 free training

Opportunity for care workers across all health care settings.

Users must register, but registration is open to anyone.

<https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>



Advocacy for funerals/ Sorry Business

We encourage families and communities bereaved by suicide and other traumatic events to contact us, if you need additional information, advocacy or support in relation to funerals/Sorry Business, please email:

funeralmatters@thirrili.com.au

Changes to staffing in the Kimberley Postvention Service (KPS)

Please note changes to the staffing at the KPS are detailed [here](#)

Meet Chenoa Dowling: Brisbane CRSA

Chenoa Dowling, our Brisbane Critical Response Support Advocate hails from Townsville, however, she made the big move to engage in tertiary studies. With a love for learning new languages, she was initially studying a Bachelor of Languages but made the switch to a Bachelor of Social Work (BSW) and hasn't looked back.

In the first year of her studies, Chenoa began a Cadetship with Department of Communities, specifically working within Child Safety. It was from this experience that her passion of working with families grew, with the focus of keeping the family unit together.

Chenoa has been a part of the NICRS team since 2017. "I love my role and credit this massively to the strong and resilient families that I have been able to work alongside.

She feels incredibly privileged that families share their space and their time, despite the fact they are navigating through an extremely personal experience that is also compounded with grief.

Chenoa hopes through her work, she can encourage families and individuals to grow and be aware of their personal strengths — and she will continue to advocate and stand beside families on their journey until they no longer need her.

When Chenoa isn't working, she can be found at home with her two poodles, studying or planning her next travel adventure—she has just recently returned from a solo trip to Sweden, Denmark, Budapest and Russia.

From what we know about Chenoa from her work with Thirrili is that she will be a success in whatever she puts her mind to. That said, there is no way we're ready to let her go any time soon!

Chenoa has had experience working with a local Family & Child Connect Service as a Case Manager, which she described as a challenging but rewarding time, which has enabled her to grow—not only as a practitioner—but also as a person.

Prior to taking on her role within the NICRS, Chenoa was working at Headspace as an Intake & Outreach Officer, completing psychosocial assessments for young people and helping to create programs they could engage in at the center.

Chenoa has always enjoyed being able to work with little ones and young people, as one of her career goals, once she completes her social work studies, is to help little people learn emotional regulation (which refers to the child's ability to manage their emotions, thoughts, and behaviours).

"I Love my role and credit this massively to the strong and resilient families that I have been able to work alongside."



Chenoa Dowling
Thirrili Critical Response
Service Advocate (CRSA)

Bake a classic

With ANZAC day having just passed, cooler weather approaching and plenty of time at home, why not bake up some ANZAC biscuits? The following recipe is as shown on the RSL Queensland's website: <https://rslqld.org/news/latest-news/anzac-biscuits>

INGREDIENTS

- 1 cup plain flour
- 1 cup rolled oats
- 1 cup desiccated coconut
- 1 cup brown sugar
- 125g butter
- 1 tbsp golden syrup
- 1 tbsp hot water
- 1 tsp bicarb soda

METHOD

Preheat the oven to 175 degrees Celsius. Combine the flour, oats, coconut and sugar in a large bowl. In a



saucepan, melt the butter and then add the golden syrup. Bring it to the boil before removing it from the stove.

Mix the hot water and bicarb soda and add it to the butter and syrup

– it should froth up. Pour this into the dry ingredients and stir together. If the mixture is a little dry, add some water.

Taking spoonfuls of the mixture, roll them into balls and put them on a greased baking tray, about 5cm apart. Use a fork to flatten them and then put them in the oven for 15 minutes or until they're golden brown.

Let them cool on the baking tray for about a minute, and then move them to a wire rack to cool properly.

Enjoy!

Message to community from Gugan Gulwan

Gugan Gulwan Youth Aboriginal Corporation work with our young people in the Australian Capital Territory. They have asked that the below post be shared with family and friends. It is our pleasure to do that here.



MESSAGE TO COMMUNITY

GUGAN GULWAN YOUTH ABORIGINAL CORPORATION IS PROVIDING SUPPORT TO COMMUNITY MEMBERS THAT ARE STRUGGLING!!

YOU DON'T HAVE TO BE A CLIENT OF GUGAN GULWAN - THIS IS INCLUSIVE OF KINSHIP CARERS, AND FOSTER CARERS.

ANYONE WHO IS FEELING ISOLATED AND DOESN'T KNOW WHO OR WHERE TO TURN FOR HELP, CALL GUGAN GULWAN ON 6296 8900.

PLEASE SHARE THIS POST TO FAMILY AND FRIENDS.

STAY SAFE AND REMEMBER IT IS OK TO SAY YOUR NOT OK!

Gugan Gulwan Youth Aboriginal Corporation

Resources

In this space, we provide links to a number of resources relevant to our work: suicide prevention, postvention and the social wellbeing of our people.

Thirrili Literature review: Defining and addressing Aboriginal and Torres Strait Islander trauma, grief and postvention:

http://thirrili.com.au/sites/default/files/2019-06/Literature%20Review_Final.pdf

This literature review largely underpins our work

Aboriginal grief and loss: a review of the literature

Published in the July 2016 –

September 2016 ((Vol 16 No 3), edition of the peer-reviewed electronic journal from the Australian Indigenous HealthInfoNet, this paper is based on a



literature review that was conducted in 2013 as part of the NSW Aboriginal Grief and Loss Training Project funded by the NSW Ministry of Health and delivered by the NSW Institute of

specifically related to Aboriginal grief, and a lack of training, resources and support for Aboriginal Mental Health and Social and Emotional Wellbeing Workers.

<http://healthbulletin.org.au/articles/aboriginal-grief-and-loss-a-review-of-the-literature/>

If you are not familiar with HealthInfoNet, check it out. There are lots of great resources including on social and emotional wellbeing:

<https://healthinonet.ecu.edu.au/learn/health-topics/social-and-emotional-wellbeing/>

NICRS notifications 2020: updated every issue

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	32	10	13	12	6	11	42

	17 and younger	18 to 30 inclusive	Older than 30	Not known at this time	Total
	Age range: completed suicides	7	18	14	

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'

All other incidents include attempted suicides and/or other traumatic incidents with or without fatalities.	Total
	23

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

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