

THIRRILI NEWSLETTER

January 2022



THIRRILI



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INDIGENOUS SUICIDE POSTVENTION SERVICE

CALL 1800 805 801

24 HOURS, 7 DAYS A WEEK



MESSAGE FROM CHIEF EXECUTIVE OFFICER, ANNETTE VICKERY



As the new Chief Executive Officer at Thirrili, I would like to pay my respects to all Aboriginal community members who work with grief, loss and trauma, to the Traditional Owners of all homelands in Australia and to elders, past and present. I am ever grateful for the advice, support and guidance I receive from Elders, and I very conscious that we stand on the shoulders of giants of our communities, and I have a cultural responsibility to honour my ancestors and nurture future generations of Aboriginal communities.

I am delighted to be here contributing and enabling the important work that Thirrili does as well as searching for ways to improve and expand

our understanding of grief, loss and trauma. Thirrili does important work in the Aboriginal community and I look forward having the honour of expanding and continuing our work with Aboriginal communities across the nation.

Thirrili Vision: Is to have our families and communities heal from trauma through self-determination and drawing on our cultural ways of knowing, being and doing and supporting people to thrive and flourish. We live these words every day in all of our conversations with individual community members, families and in community groups. We work with respect. All grief, loss and trauma has an impact, and how individuals, families and communities choose to navigate through that event is respected. Our role is to advocate for, support, enable, empower and in any other way actualise positive pathways that will realise healing in the time it is needed, in the way that the person affected chooses.

Our work is done with an understanding that no one person can truly understand the grieving of another. Naturally, there is empathy and compassion, there is commonality in grief that way. However, each individual person who is grieving has their own grief to bear and needs to find their own way to adjust to their losses. Thirrili role isn't to take that grief from the person as grieving is personal and unique for those individuals and their family members. Thirrili supports that person to navigate this new world without their loved one and find a way to live with their grief at their own pace. Most of Thirrili staff have the lived experience of the impacts of suicide on families and communities, and I am grateful to say I work in an organisation that lives and breathes compassion, respect, honesty and integrity.

Our Value is that we are objective and apolitical, we work with, support, and enable communities – ensuring whatever is built is owned and controlled by that community. Postvention work focusses on restoring communities' capacity to self-determine how they will support each other going forward. This is incredibly important work and I'm very proud to be part of the Thirrili team.



Thirrili places family, individuals and community at the heart of our organization, we are community led, we are committed to self-determination. Thirrili role in community capacity is to strengthen resilience and wellbeing, and that only occurs when communities are fully self-determining their programs, activities, initiatives and actions they choose to prevent family and loved one's self-harming and further suicide.

I am mindful that there is no one person who is the holder of all knowledge and wisdom in our communities. I am open to any suggestions and ideas that you might have which can assist individuals, families and communities in grief, loss and trauma. Please send us your feedback at by filling out this [online form](#).

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BECOME AN ORGANISATIONAL MEMBER OF THIRRILI

Thirrili welcomes applications for membership from Aboriginal Community Controlled Organisations (ACCO), Aboriginal Community Controlled Health Services (ACCHS) and Aboriginal Medical Services

Thirrili is a not-for-profit organisation focused on contributing to the broader social, cultural and emotional wellbeing of Aboriginal and Torres Strait Islander people through the delivery of a culturally safe and responsive service supporting individuals and families affected by a suicide, or other traumatic incident causing death.

Thirrili also builds on the capacity of local communities and service providers to care for, and respond to, the impacts of suicides and other fatal traumatic incidents in their community, by strengthening individual, family and community resilience and social wellbeing whilst contributing to and addressing the needs of Aboriginal and Torres Strait Islander families and communities.

We do not want to duplicate the amazing work already being undertaken by our ACCOs and ACCHS, rather we want to partner with our Aboriginal Community Controlled organisations, to support each other in the crucial work we do. We want our communities to have a voice in the delivery of our services.

If your organisation would like to become a Member of Thirrili, please contact us via email communications@thirrili.com.au for additional information and a membership form.

"the voice of the community is a key component of ensuring we are working with the community and walking the path towards healing together"

OUR MOB OUR STAFF

Our staff are committed to being there for our mob in times of need

If your organisation wants to know more about our service, we are more than happy to visit your organisation in-person anywhere around the country.

It's just a phone call away.

**Ring 1800 805 801 to organise
for an advocate to come
and have a yarn**



Meet our Human Resources Officer

Felicity (Flick) Fleming is connected to Mamu Country in Northern Queensland. Flick's career and experience has been working in the private industry and government sector, specifically in recruitment and human resources.

If you are interested in a new role or want to look and see what is available with Thirrili Limited, please head to our [Work with Us Page](#)

Any questions or queries, please call Flick on 0474 313 662 or email at jobs@thirrili.com.au



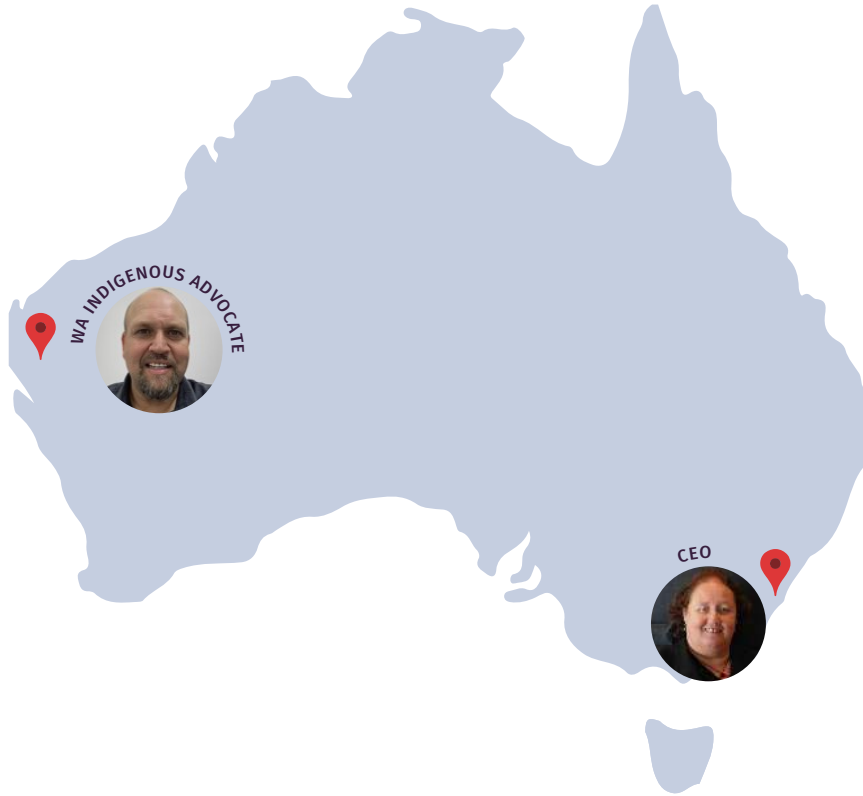
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As our Thirrili Family grows so does our reach, please join us in welcoming our new staff to the Thirrili Family.

Thirrili is pleased to share with you the two new members to the Thirrili Family. To find out more about our new staff click on their photo to read their staff bio's.



Annette Vickery, Chief Executive Officer

Annette is a Gunditjmara woman who lives and works with pride and respect on the land of the peoples of the Kulin nation. Annette has extensive experience in the public and private sector, community and stakeholder engagement, organisational capability, capacity building and change management. Annette leads Thirrili, an Aboriginal Community Controlled Organisation which provides support to Aboriginal communities suffering grief, loss and trauma through the impacts of suicide.

Annette is also a Director on Tweddle Family and Community Services and a sessional lecturer at Victoria University speaking on the social determinants of health and how its impacts Aboriginal communities. She has an active interest in social justice and human rights. Annette Vickery, B.Comm, Grad Dip. Psych, GAICD

Michael Khan, WA Indigenous Advocate

Michael Khan is a Noongar man from the Southwest of Western Australia. He is a Menang/Wiilman man but has lived in the Kimberley region of Western Australia for the past 17 years. Michael is currently living on Miriwoong Gajerrong country in the East Kimberley.

Michael has worked in community services for the past 11 years and has a background of working with people from different age demographics with many intergenerational complex issues. Michael has worked for a Homeless Breakfast Program in Broome for six years supporting people with a range of different problems from substance abuse, mental health, homelessness and food insecurity. Michael has worked as the coordinator for a not-for-profit organisation for 5 and a half years helping families (mainly children) with food insecurity, food education, support and advocacy. He has also worked for Kimberley Stolen Generation and travelled extensively throughout the Kimberley region supporting 1st generation clients and their families with family tracing, family reunions and gravesite reunions.

Michael has personal experience with the loss of his brother, several uncles, several cousins and several friends to suicide. Michael's hobbies include painting, playing music (guitar), photography and volunteering.



I am excited to work for THIRRILI with families and communities to support first nation peoples with healing as they are experiencing life changing grief and loss.

Michael Khan - Indigenous Suicide Postvention Advocates WA

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UPCOMING FORUM

Indigenous Suicide Prevention Forum, March 1-3 in Meeanjin/ Brisbane

Aboriginal and Torres Strait Islanders had some of the highest rates of self-harm and suicide in the world before the global pandemic. When COVID-19 reached Australia’s shores, there was serious concern about the potential for increased suicidal ideation and suffering.

Approximately two years on, we’ve experienced great triumphs and sad losses. Most of all, we have learnt how to remain resilient, innovative, and connected.

Join us from March 1-3 in Meeanjin/ Brisbane to hear from Indigenous suicide prevention counsellors, community workers, researchers, and cultural healers, on how you can build practical programs and skills to help First Nations Australians experiencing mental distress.



Guest speakers include our very own



Annette Vickery
Chief Executive Officer



Tegan Schefe
Regional Coordinator –
QLD & NT



Register here

Reasons to Attend

- Finding the best resources to help train staff
- Discovering how to provide culturally safe support
- Identifying the best placed community members to lead prevention efforts
- Recognising that support comes in numerous forms
- Managing support services through communication and collaboration
- Utilising funding to ensure maximum efficacy
- Networking with communities and services
- Sharing what works for you to help others prevent Indigenous suicide
- Realising how suicide prevention can be tailored to your community
- Responding to suicide to prevent further harm

AIPA Conference Committee

The Australian Indigenous Psychologists Association (AIPA) is the national body representing Aboriginal and Torres Strait Islander psychologists in Australia. AIPA has partnered with event partner Aventededge to bring you the 2022 Indigenous Suicide Prevention Forum. To ensure the agenda is culturally safe, relevant, and engaging, AIPA has selected an expert advisory board to curate the program.

Bursary Opportunities

Organisers are offering bursaries to cover the cost of registration if you are an Indigenous community member from a remote location, or if you are an Indigenous employee working at a non-funded community organisation.

If you think you would qualify for a bursary ticket, please write into info@aventedge.com, explaining how you would benefit from attending the forum (max. 300 words).



NEWS STORIES

Cultural healing workshops in Perth

Over two Saturdays in late November and early December, Thirrili Ltd's [Regional Coordinator Lesley Radloff](#) facilitated cultural healing sessions with Noongar Elder Mrs Vivienne Hansen from Binyaarns Bush Medicine and Natural Skin Products.

The first workshop was limited to a family group, while the second workshop was opened to Aboriginal women from the Perth community. Participants gained the benefit of Mrs Hansen's qualifications in Naturopathy, research and experience, followed by hands-on sessions. During these sessions, participants gained an insight on how Noongar people used natural remedies in the past and how they remain relevant today.



Smoking Ceremony - Cultural Healer Vivienne Hansen & Lovine Samson

During the course of the two workshops which was attended by over 30 individuals, Mrs Hansen taught both groups all about natural soap, medicinal remedies for pain, cold, headaches, teas and abrasions. The workshop as presented was definitely a safe place and as the day progressed, participants felt comfortable enough to share their stories, their personal journeys, as well as their grief and loss. Mrs Hansen took participants through a Smoking Ceremony, to ward off unwanted and unpleasant spirits and to surround everyone with blessings to end the workshop.

Each happy participant left the sessions, armed with sachets of bush brew for teas, bush foot spa products and bush potpourri, which were all made with the guidance of Mrs Hansen, along with extra supplies to replenish their sachets.



Cultural Healer Vivienne Hansen and attendees



Adella-May Bartlett with Noongar Elder Margaret Colbung



Cultural Healer Vivienne Hansen



Jill Abdullah & Regional Coordinator Lesley Radloff

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QLD team visiting their communities

Recently, [Chenoa](#) and [Karen](#) completed an engagement in Cairns, Mareeba, Kuranda & Yarrabah. Throughout the five days that they were there, they met with numerous service providers – a particular highlight was being invited to attend the Elders Christmas Luncheon in Cairns. This group meets together monthly, to have something to eat and network. Participating in this luncheon included correctional services and Social and Emotional Wellbeing (SEWB) Team from Wuchoperan along with other members of the Cairns community. Overall, it was great to meet face to face, and to further discuss the ways our services could work together in the future.

Chenoa and Karen made the trip up to Kuranda to meet with the lovely staff from Ngoonbi Community Services, and they were able to map out where their staff are located throughout the region and how they have been travelling considering the pandemic. They were lucky enough to make a quick pit stop to see the flowing Barron Gorge before heading off to their next meeting. This engagement highlighted just how important it was for services to band together and work collectively to ensure families bereaved by suicide are robustly supported in such a challenging time.

This year the QLD team plan to travel to Mt Isa, Mornington Island, Roma & St George – so if your service would like to catch up and learn more about what we do, please give us a call 1800 805 801.



Chenoa Dowling and Karen Dodd, Indigenous Suicide Postvention Advocates - QLD

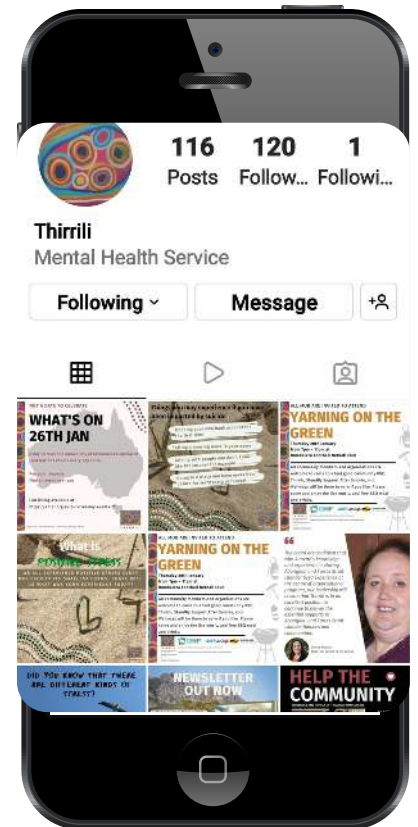
OUR DIGITAL COMMUNITY

MOB SUPPORTING MOB

We connect and engage with community every day through our social media platforms and website. Over the last month, we have seen a significant increase across all of our channels.

Thirrili would like to take the opportunity to thank you for sharing our Facebook, Instagram and LinkedIn posts regarding opportunities with Thirrili.

We look forward to sharing our progress and stories with you.



Followers 1,608
Our fans
86 % women
14 % men



Followers 118
Our fans:
86 % women
14 % men



Followers 326
Page views
83



Over the last 3 months our following has grown with more and more followers to our socials and we are so grateful for all your counting support

Delivering the Indigenous Suicide Postvention Service

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OUR SERVICES

Your call will always be answered by an Aboriginal and/or Torres Strait Islander person

We support Aboriginal and/or Torres Strait Islander individuals, families and communities to deal with grief and trauma experienced as a result of:

- The suicide of an immediate family member; and/or
- The death of an immediate family member because of a fatal traumatic incident other than suicide

National Indigenous Suicide Postvention Service can be contacted
24 hours a day, 7 days a week on 1800 805 801

Proudly supported by the National Indigenous Australians Agency

WHO TO CONTACT - OTHER SERVICES?

If you, or someone you know, may be at risk of harm you can also contact any of the services listed below for help:

- [StandBy Support After Suicide](#) 1300 727 247
- [Lifeline](#) 13 11 14
- [Suicide Call Back Service](#) 1300 659 467 (cost of a local call)
- [Kids Helpline](#) 1800 55 1800
- [MensLine Australia](#) 1300 78 99 78
- [Beyond Blue](#) 1300 22 4636
- [Standby NT](#) 0418 575 680
- SA Virtual Mental Health Response 1800 841 313 (SA only)

CALLING CULTURAL & TRADITIONAL HEALERS

Join our register now!

Here at Thirrili, we work with Aboriginal and Torres Strait Islander individuals, families and communities to support their cultural, social and emotional wellbeing following a loss to suicide or other fatal traumatic incidents. As part of our work, many of our clients request support and access to cultural and traditional healing. As a national service, that means we need to know who is available in what locations to support our people.

If you, or your organisation or business, provides cultural and/or traditional healing (you might even be a Narrative Therapist) – either to be delivered individually, or to a community, and you would like to be on our Register Of Healers, please send the following information to communications@thirrili.com.au

1. Name (individual and organisation)
2. Region where you work or provide supports
3. Do you offer group healing or individual or both?
4. ABN number (if no ABN, please advise)
5. Your hourly rates (exclusive of GST)
6. Types of Services you provide

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STATISTICS – SUICIDE DATA UPDATE

Thirrili recognises that each number reported below represents an individual and wishes to acknowledge the devastating effects suicide and self-harm can have on people, their families, friends, and communities. This data is notification received to our service and consent given by families

The following tables shows a total of 5 Aboriginal and Torres Strait Islander completed suicides have been reported to Thirrili from 1 January to 31 January 2022, by jurisdiction, age and gender.

Jurisdiction	NSW	VIC	QLD	SA	WA	TAS	NT	ACT	Other	Total
Completed Suicide	1	0	1	0	2	0	1	0	0	5

Age	Under 18	18 - 24	25 - 34	35+	Not known at this stage	Total
Completed Suicide	0	2	2	1	0	5

Gender	Male	Female	Not known at this stage	Total
Completed Suicide	3	2	0	5

The following tables shows a total of 4 Aboriginal and Torres Strait Islander fatal incidents have been reported to Thirrili from 1 January to 31 January 2022, by jurisdiction, age and gender.

Jurisdiction	NSW	VIC	QLD	SA	WA	TAS	NT	ACT	Other	Total
Other Trauma involving a Death	0	1	0	0	1	0	2	0	0	4

Age	Under 18	18 - 24	25 - 34	35+	Not known at this stage	Total
Other Trauma involving a Death	1	1	0	0	2	4

Gender	Male	Female	Not known at this stage	Total
Other Trauma involving a Death	3	1	0	4