



THIRRILI

Thirrili Ltd

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An update from our CEO



Hi all

Welcome to the fourth edition of our newsletter.

Our aim in producing this publication is to not only keep you informed about what we are doing, but also to share important information from

other organisations that might not otherwise reach your inbox.

On occasion, we may simply be amplifying a message that has been delivered elsewhere.

With this in mind, if you have an important message you would like shared; such as an employment opportunity, a new program or initiative, or perhaps the findings of some exciting new research, send an email to peter.s@thirrili.com.au.

In exciting news of our own, applications for the Thirrili CEO

role have closed and I can tell you that the response has been deadly!

Over the next couple of weeks, the selection process will be undertaken to choose the candidate with not only the right skills, qualifications and experience, but who will also be the best fit to lead this organisation.

Until next time

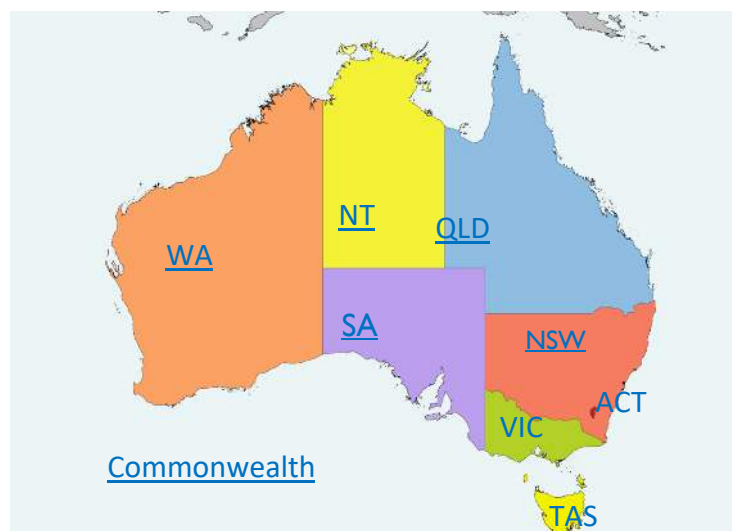
Kerry Arabena
Interim CEO

Changes to COVID-19 restrictions in NT and other updates

Last week we advised on a number of changes to restrictions in QLD, WA and NT.

In further good news for Territorians, outdoor funeral restrictions are relaxed as from 1 May and from 15 May, indoor services will also be relaxed. This is good news for those who have had their grief magnified by not being able to farewell their loved ones in a culturally appropriate way. For the details, go to the NT link on the map below:

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> To keep informed about other jurisdictions, click on the relevant link:



“In the coming months Thirrili will be leading a round of consultations in each of the seven regions to get some answers to these and other questions.”

Important questions: help us find the answers

What works to prevent suicide?

Thirrili and the University of Melbourne are looking for answers.

Over the past three years an Australia-wide project has been taking place to trial a different approach to suicide prevention.

The National Suicide Prevention Trial has been funded by the Department of Health to develop and roll-out local community-led suicide prevention programs that draw on both local knowledge of what is needed in the community and the available evidence about what works, such as the ATSIPEP.

Starting in 2017 and concluding in 2021, the trial is taking place in twelve regions across Australia, seven of which have a special focus on suicide prevention programs for Aboriginal and Torres Strait Islander people and communities.

Those seven regions are the Kimberley, Mid-Western Western Australia, Darwin, Central Queensland, Brisbane North, Western NSW, and Country South Australia.

At each of those seven sites,

communities and Aboriginal and Torres Strait Islander services and organisations have been involved in the planning and roll-out of a whole range of programs and activities focused on building community wellbeing and strength, providing information, training and support, and in some cases starting up additional services.

In 2018 the University of Melbourne was asked by the Department of Health to evaluate the National Trial.

The University asked Thirrili to come on board as a partner to lead the evaluation of the Aboriginal and Torres Strait Islander trial activities.

An evaluation plan was developed that included input from communities at all seven sites about what they hoped the trial would achieve, what it was important to evaluate and what the best methods for doing the evaluation in their community would be.

The evaluation is hoping to answer a whole range of questions about how best to set up suicide prevention activities that are right for the local community and about what types of activities

work better than others.

Some of those questions include ‘was the project community owned and led?’ ‘did the activities reflect the real needs in this community?’ ‘did people know about the programs and participate in the activities?’ ‘did community feel like the activities were valuable and helped them?’ ‘do community members who participated feel better informed and ready to support others who need help?’ and so on.

In the coming months Thirrili will be leading a round of consultations in each of the seven regions to get some answers to these and other questions. We are planning to partner with local consultants to do those consultations in each areas around July and August 2020 and will be shortly be posting a position description.

In the meantime if you are interested contact Catherine Elvins, Project Manager, National Indigenous Critical Response Service: catherine.e@thirrili.com.au and we will send you more information when it is available.

We’d love to hear from you!

Worth a look



See this article about a group of deadly women who use an art therapy group to work through chronic grief and loss:

<https://www.abc.net.au/news/2020-05-03/aboriginal-women-healing-chronic-grief-and-loss-through-art/12202688?nw=0>

NT & QLD Communities resilient in the face of COVID-19

Aboriginal Territorians are 'significantly represented' in disease outbreaks, but not coronavirus

According to this ABC article released online on 4 May 2020, the official data says that no Aboriginal or Torres Strait Islander people have yet tested positive to COVID 19.

CEO of AMSANT and former Thirrili Chair John Paterson expressed surprise that no Aboriginal people had contracted COVID 19 in the NT and suggested that one of the reasons was that COVID-19 health messages had been received so well in remote communities— because the posters and advertisements targeting Aboriginal people had been written by Aboriginal people, health groups and organisations. He added that the pandemic showed how well governments could collaborate with the health sector in such times.

The article also discussed the need for to address the poor living conditions of people in remote Aboriginal communities, including unreliable power, food insecurity, environmental health issues and shortages in primary health workers.

The article noted that overcrowded living conditions in particular exacerbated the risk and likely potential spread of a pandemic in urban and remote Aboriginal communities.

[Read the full article here.](#)

Aboriginal community health's success with Covid-19

In this article by Amy McQuire in the Saturday paper of 2 May 2020, our own Thirrili board member Dr Mark Wenitong talks about how his organisation, the Apunipima Cape York Health Council,

which delivers primary health to 11 Cape York communities, "...began assembling the weaponry to safeguard their people against an as yet undeclared pandemic."

Mark is further quoted as stating: "At first it looked like a severe flu"; "And then when the epidemiology started coming out of China on the amount of deaths, and particularly the risk factors – age and chronic disease – that's when we started worrying." By the time the virus hit Australia, his organisation was already delivering public health messages and the Northern Land Council was delivering messages in 18 languages. "We just needed to react quickly ... honestly, it took two weeks for public health to catch up."

Says Mark, "This was the most proactive response I had seen from our mob."

[Read the full article here](#)

"This deadly messaging, when our mob see it, they take notice of it".



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](#)

Gayaa Dhuwi Australia: job vacancies and more...

Established in late March 2020, Gayaa Dhuwi (Proud Spirit) Australia is the new Aboriginal and Torres Strait Islander (Indigenous) social and emotional wellbeing, mental health and suicide prevention national leadership body.

Gayaa Dhuwi is governed and controlled by Indigenous experts and peak bodies working in these areas, promoting collective excellence in mental health. It is our pleasure to introduce Gayaa Dhuwi here and to reproduce their recent job advertisement opposite.

To find out more about what Gayaa Dhuwi will be doing, check out their website [here](#).

For some great hints from Gayaa Dhuwi for staying healthy and strong during the COVID-19 'lockdown', [click here](#).

We look forward to working with Gayaa Dhuwi and all organisations within the sector towards our shared focus areas of improved social and emotional wellbeing, mental health and suicide prevention.



Gayaa Dhuwi (Proud Spirit) Australia
Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention

INTERESTED IN SOCIAL AND EMOTIONAL WELLBEING, MENTAL HEALTH AND SUICIDE PREVENTION?

APPLY NOW

SENIOR POLICY AND RESEARCH OFFICER
identified position

POLICY AND PROJECT OFFICER
two positions

COMMUNICATIONS OFFICER

OFFICE ADMINISTRATOR

CANBERRA BASED

Gayaa Dhuwi (Proud Spirit) Australia began operating in late March 2020. The new Indigenous led and independent organisation aims to be a national inclusive representative Indigenous voice, leader and advocate for system-wide changes to approaches to our social and emotional wellbeing, mental health and suicide prevention.

go to **www.gayaadhuwi.org.au**

APPLICATIONS WITH CURRICULUM VITAE MUST BE RECEIVED BY 5.00 PM AEST, 18 MAY 2020.

Yes, we are a charitable institution!

Don't let the .com.au domain fool you. Thirrili is a not for profit organisation holding the following endorsements/status:

- ◆ THIRRILI LTD is endorsed as a **Deductible Gift Recipient (DGR)** from 01 Mar 2017. It is covered by [Item 1](#) of the table in section 30-15 of the Income Tax Assessment Act 1997 .
- ◆ THIRRILI LTD is a **Public Benevolent Institution** endorsed to access the following tax concessions:
 - ⇒ **Tax concession** From 01 Mar 2017
 - ⇒ **GST Concession** From 01 Mar 2017
 - ⇒ **Income Tax Exemption** From 01 Mar 2017
 - ⇒ **FBT Exemption** From 01 Mar 2017

Donations can be made at our website:
<http://thirrili.com.au/donate>

NICRS notifications 2020: updated every issue

Updated 4 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	34	10	14	12	6	12	44

	17 and younger	18 to 30 inclusive	Older than 30	Not known at this time	Total
	Age range: completed suicides	7	19	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.	25

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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T H I R R I L I

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

THIRRILI SCHOLARSHIP PROGRAM

Working with families and other services after suicide or trauma

The **Thirrili 2020 Scholarship Program** is an initiative from the Board of Thirrili.

The program aims to achieve a long-term increase in the number of people with skills and experiences and knowledge of how to work with Aboriginal and Torres Strait Islander families whose lives have been affected by suicide and trauma.

The program consists of on-line learning, workshops, partnering programs, hands-on skills working with families, understanding and engaging with cultural healing and working with families during difficult times.

The 2020 program will be offering a limited number of scholarships for people with interest in working with families at their greatest time of need. This scholarship program aims to develop participant's awareness, knowledge and skills in implementing Thirrili's model of postvention services. It is expected that participants will develop a standard set of understandings and talents as members of the community who are concerned with suicide prevention.

The scholarship will be awarded to Aboriginal and Torres Strait Islander people on a merit principle, taking into account an applicant's ability to complete a six-week course of study, and competitiveness against other scholarship applicants.

The scholarship program will provide eligible students with a fortnightly study allowance as detailed in the scholarship guidelines. The total amount of the scholarship is \$6000.00.

Full details of the 2020 Thirrili Scholarship Program are contained in the guidelines below:

How do I apply?

Read through these guidelines on applying for a scholarship.

Download a copy of the Thirrili Scholarship Program 2020 application form (<http://thirrili.com.au/events-media/news>) and submit via email to: Shannon.kearing@thirrili.com.au

If you would like a copy of the application form and guidelines to be sent to you, email Shannon.kearing@thirrili.com.au

Applications for the 2020 program close on 20 May 2020.

Eligibility

To be eligible for a scholarship, an applicant must:

- ◆ be an Aboriginal or Torres Strait Islander person
- ◆ declare, and provide details of, any scholarships currently awarded by government or non-government entities
- ◆ be able to participate in and complete the requirements for the six week-long program, including having access to a computer.
- ◆ be above the age of 18

Upon successful completion of this training program, participants may be eligible for a position with Thirrili or other postvention services in a variety of capacities.

Assessment of applications

If an application meets all eligibility criteria, it will be assessed on merit, together with the applicant's circumstances, history and achievements, and any previous assistance received for study purposes, excluding financial aid provided through Centrelink. The applications will be assessed by a panel of Aboriginal and Torres Strait Islander people within Thirrili including Elders, current postvention service deliverers and members of the Board.

Scholarship requirements

A scholarship holder is required to complete the proposed course of study within the duration of the scholarship. Scholarship holders will be required to demonstrate a satisfactory standard throughout the length of the scholarship for both the academic and work placement is undertaken. Failure in any subject could result in the scholarship being cancelled.

A scholarship will not be approved until the applicant is formally accepted into the course of study, as detailed in their scholarship application.

Other documents you will be required to provide

Applicants will be assessed on their documented results from previously undertaken study, for example, at the secondary or different academic level.

Each applicant is required to provide, as part of their application, a reference from a nominated referee. The referee needs to provide an appraisal of the applicant's ability to complete the course of study. A template for the referee's report is included with the program application forms.

Study load

The applicant is required to provide the department with written confirmation of the part-time or full-time workload status of their course of study from the educational institution at which they will be studying during the scholarship period.

Centrelink payments

It is the responsibility of each scholarship holder in receipt of Centrelink payments to advise Centrelink that they have been successful in securing a scholarship.

Taxation

It is the responsibility of successful applicants to apply to the Australian Taxation Office (ATO) for an individual private ruling for an exemption from income tax to the scholarship received through the program. Successful applicants will receive information on how to apply for an ATO exemption at the commencement of their scholarship.