

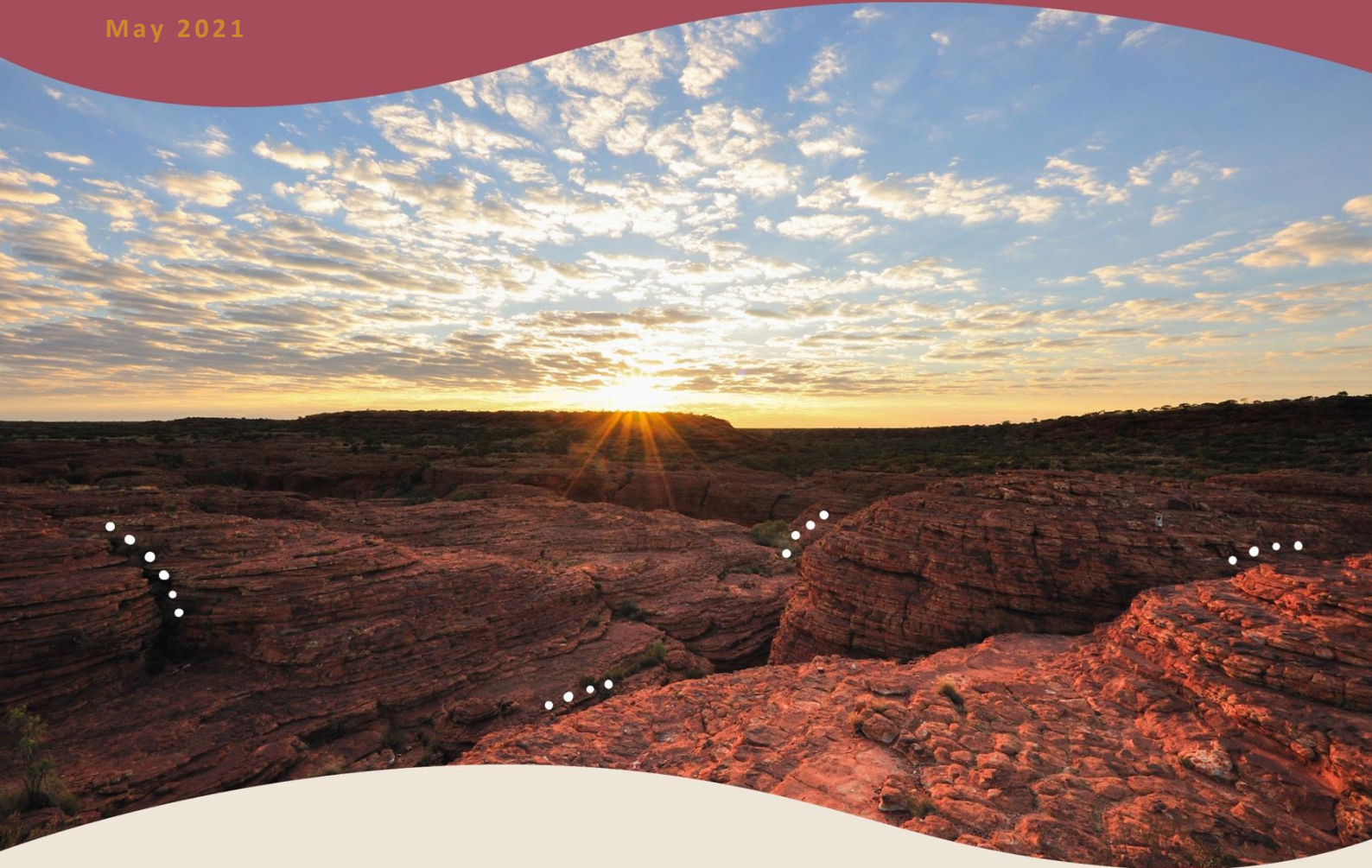


THIRRILI

NEWSLETTER

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You can contact us 24 hours a day, 7 days week.

National Indigenous Postvention Service Call 1800 805 801

If you would like to subscribe to the newsletter, please contact John Balmforth at john.b@thirrili.com.au

From the desk of our CEO



Hello Everyone

As many of you are aware, the National Indigenous Australians Agency has recently put out a tender for an Indigenous Suicide Postvention Service: this is the program that Thirrili Ltd currently delivers nationally and we will be applying for the tender to continue to deliver this critical program. We are pleased that the National Indigenous Australians Agency has recognised the critical need for, and has committed a further three years funding to, an Indigenous Postvention Service. In recent weeks, there has been an increase in the number of suicides and other fatal traumatic incidents across all jurisdictions – which demonstrates the critical need for an Indigenous led and controlled program to support our families and communities during their grief and loss.

In the interests of ensuring Thirrili Ltd continues to deliver quality supports and assistance, we have again arranged a full week of training and this is being delivered in Adelaide during the week of 24 May – our training will include the Indigenous ASIST program (co-delivered by our Regional Manager, Tegan Schefe and LivingWorks); a day of trauma informed practice and care (delivered by Indigenous psychologist Tanja Hirvonen) and two days of training on the Thirrili Ltd Model of Care and provision of supports to families and communities – including our engagement approaches and community capacity building. We are very pleased that our new (and longer term) service delivery Partners – Derbarl Yerrigan Aboriginal Health Service; Wungening Aboriginal Corporation; WellWays (Murrumbidgee) and Jacaranda Community Care – are joining us for this program of training.

We have also been working with a number of other organisations to develop and finalise strong partnerships that will see us leverage the services provided by other organisations to build and extend our capacity and capability – this includes operationalising our MOU with Standby Support After Suicide; Headspace Schools; the National Wellbeing Alliance (Indigenous led and controlled); and individual partnerships with local Aboriginal Community Controlled Health Organisations. We continue to advocate to Aboriginal controlled and led organisations including Community Controlled Health Services and organisations – to build our partnerships; our ability to respond at the local and regional levels and to provide a framework of services and supports for Aboriginal and Torres Strait Islander families and communities.

We have also continued to build and grow our social media presence on Facebook, Instagram and Linked In – this has resulted in expanded knowledge of our services and also resulted in other organisations seeking to partner with us into the future. As part of our commitment to ensuring Indigenous Australians are aware of our services we have also been engaging with radio and print media to highlight our service and our organisation. We have developed Community Service Announcements and these will start airing on national radio, including First Nations Media, over the coming weeks and months.

Thirrili Ltd Board and Staff extend our condolences to all of our families and communities who are impacted by suicide and other fatal traumatic incidents. *Please do not hesitate to call our 24/7 number if you, or a family member or friend, has suffered a loss to suicide or other fatal traumatic incident – your call will ALWAYS be answered by one of our Aboriginal and/or Torres Strait Islander staff – call 1800 805 801 to seek support; or to notify us of a loss.*

Warm regards

Jacqueline McGowan-Jones, Chief Executive Officer



Developing Our Partnership Programmes

A New Partnership between Thirrili Ltd, Indigenous Consulting Group, Australia and CorporateCulcha expands and enhances Health and Wellbeing support for Aboriginal and Torres Strait Islander Communities

24 May 2021: Three national Indigenous-led and controlled services have today signed a foundational partnership agreement to collaborate in delivering high quality, culturally informed and responsive programs to Indigenous communities affected by suicide and other social and emotional wellbeing trauma across Australia.

Indigenous Consulting Group and Corporate Culcha, as partners in the National Wellbeing Alliance, have partnered with Thirrili Ltd, who deliver the National Indigenous Postvention Service, to expand and enhance the work of all three organisations in supporting Indigenous families and communities.

Thirrili Ltd Chief Executive Officer, Jacqueline McGowan-Jones, comments: “This partnership will ensure our organisations collaborate on the critical work we each do with families and communities, to assist in restoring capacity for Indigenous Australians to improve their social, emotional and cultural wellbeing and to stem the high rates of suicide”.

National Wellbeing Alliance partner lead, Ms Gail Reynolds-Adamson, adds: “Our ability to collaborate to train local community members as a Social, Cultural and Emotional Wellbeing Champion and to support training, community capacity building and connections to services, will see greater impact and integration of our services, to support families and communities in areas where there is an identified risk and concern relating to mental health and suicide”.

The National Wellbeing Alliance, with a team of over 50 Aboriginal and Torres Strait Islander facilitators nationally, has been delivering Aboriginal Mental Health First Aid Training with Aboriginal and Torres Strait Islander Communities across Australia for the past five years.

Thirrili Ltd. has been delivering the National Indigenous Postvention Service for 3 years, supporting individuals and families post a loss to suicide and other fatal traumatic incidents, through a network of staff across all jurisdictions, including partnerships with local Aboriginal and Torres Strait Islander community-controlled organisations.

This partnership will see enhanced capability of the partners to collaborate in their work to support communities to co-design and deliver supports at the local and regional level.

WA Profile - New Members in Western Australia

As part of Thirrili's on-going commitment to supporting Aboriginal and Torres Strait Islander families affected by a loss to suicide and other fatal traumatic incidents, our team in Western Australia are located in Perth and Regional areas of the State and can travel across the State as required.

Our team of Aboriginal and/or Torres Strait Islander National Indigenous Postvention Advocates provide culturally responsive practical supports and advocacy and connect families and communities with culturally competent supports and services. Communities we work with include those:

- who have historical or emerging high suicide rates and/or
- are where we are providing support to families affected by suicide, and
- are communities who have identified it as a priority to strengthen postvention support or work to reduce levels of suicide.

Our team have qualifications in a variety of disciplines including Mental Health; Social Work; Counselling; Grief and Trauma. We have also recently expanded our WA team via three new partnerships with Indigenous and community organisations in Perth.

We extend a very warm welcome to our new Partners and Team Members and details are listed below:

- Derbarl Yerrigan Health Service – Alwyn Graham.
- Wungening Aboriginal Corporation: Celine Thomson; Beryl Garrard; Leslie Skuse and Robyn Humphries
- Jacaranda Community Services: Lesley Radloff



We also have two Advocates, Gail Bellotti and Thomas Cameron, based in Carnarvon, who will work across the Pilbara and Midwest-Murchison-Gascoyne regions. We have funding to fill an additional role in the Kimberley and are currently in negotiations to establish a further partnership to fill our role in the Kimberley Postvention Service.

In addition to providing individual and family supports, our team is also able to work with local Elders, Community and Aboriginal and /or Torres Strait Islander organisations to facilitate community led and designed approaches for responding to suicide.

We also provide practical social support, link people with a range of local social, health and community services and where appropriate continue to work with local services to ensure care and support continues beyond the immediate aftermath of the traumatic incident (we call this throughcare).

We advocate on behalf of families to assist them access the supports they need in their time of grief. We also work closely with government departments in helping individuals and families access immediate and longer-term support from departments such as Centrelink and Housing.

Our impartiality and independence enables us to be strong advocates for families, ensuring that services are working together to provide coordinated care.

By posting content across Facebook, Instagram, and LinkedIn, we can ensure we're communicating about Thirrili's postvention services with the right people and advocating for change on a broader scale.



Thomas Cameron



Gail Bellotti



Robyn Humphries



Lesley Radloff

Thirrili Advocates- Pilbara, Midwest-Murchison-Gascoyne Regions Wungening Aboriginal Corporation Jacaranda Community Services



Meet more of our staff

Thomas Cameron



I'm a Yamitji Wattandee tribal elder, Leader, Spoke person and Winjarroo/Marrathara language speaker in the Midwest and Murchison of WA.

My 35 years work with Commonwealth, State and Local government as Team leader, Senior Officer Aboriginal Service, Case manager, Aboriginal Customer Officer, Aboriginal Community Engagement officer. Growing up on Littlewell Mingenew Aboriginal Reserve then leaving school at 13yrs of age to work and support my parents and 13 siblings.

Later in my life I felt that I needed to better myself through education, after 2 years of TAFE education in Perth I sustain a diploma with recognition and acknowledgement for my contribution and commitment to win the 1996 students of years award. Again I wanted to further my standard of education of doing university studies.

Through education, I speak and live in 2 worlds to ensure our aboriginal families live a better life into the future for the future.

2010 I became elected Littlewell Mingenew Aboriginal Reserve Leader and spokesperson for many of my families in the Midwest of WA to preserve and protect Littlewell from future destruction. Through my leadership we now have Aboriginal Heritage Trail and 9 signage located on Littlewell explaining life, hardship and survival on Littlewell.

Winning 2018 Community Achievement award in Perth, 2019 NAIDOC award in Canberra, 2019 Dreamtime and Banksia Foundation awards in Sydney. I'm a proud father of 7 children. I'm a great grandfather of Great children from Bardi Jawi, Ngoongah, Martu and Wadjari tribes of WA.

Kaytlin Kelly



Kaytlin is a Tjuparn/Willman woman and has been working with Thirriili for the past two years. Kaytlin is based in Perth and is working in a part time capacity as she finishes her Education Degree. 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.

Kaytlin has a background in Education Programs for Indigenous Youth but was eager to join our team because she understands how vital our work is in supporting Indigenous families in times of grief and stress.



Our Service Delivery Team in the Field

Our Continual Commitment to Stakeholder Engagement

As part of our partnership development with Living Works Australia, Thirrili's Advocates from around Australia are attending a National training conference in Adelaide with Living Works as part of on-going training development.



Living Works Training Workshop – Thirrili Advocates Participants



As well, in conjunction with Living Works Australia and USC's Thompson Institute the delivery of 5 workshops funded by the Central QLD, Wide Bay and Sunshine Coast PHN has also been undertaken.

Three "safe TALK" for Indigenous Australians were delivered as part of the development towards a culturally tailored program 'safe YARN' lead by Tegan Scheffe, Thirriili Regional Implementation Manager. 35 participants were involved in the three workshops and provided feedback on the development to progress to the next step of production.

2 Indigenous ASIST workshops will also be delivered, with the first one delivered last week with 16 new caregivers trained. Another workshop is scheduled for 8-9 June in Gympie, with limited spaces available. Registrations are nearly at capacity for this workshop, if you wish to attend – register via this link [Living Works](#)



Living Works Australia Participants



Living Works Australia/Thirriili Workshop



QLD Mental Health Week 9th – 17th October 2021



Mental Health Week 9th – 17th October 2021

Learn how you can get involved

This year's theme is - *Take time — for mental health.*

Queensland Mental Health Week (QMHW) is an annual awareness week that aims to shine a spotlight on individual and community mental health and wellbeing. The initiative is linked to National Mental Health Week and World Mental Health Day, which is held in October every year.

QMHW encourages all of us to think about our mental health and wellbeing, regardless of whether we may have a lived experience of mental illness or not. The week also gives us the opportunity to understand the importance of mental health in our everyday lives and encourages help seeking behaviours when needed.

Queensland Mental Health Week | 9-17 October 2021 (qldmentalhealthweek.org.au)



Up-Coming Cultural significant dates for your Calendar

- **26May 2021** **National Sorry Day** - National Sorry Day provides an opportunity for people to come together and share the journey towards healing for the Stolen Generations, their families and communities.
- **27May 2021** **1967 Referendum** - The 1967 Referendum was a landmark achievement following decades of activism by Aboriginal and Torres Strait Islander and non-Indigenous people, where more than 90 percent of Australians voted in favour of amending two sections of the Australian Constitution.
- **27May - 3June 2021** **National Reconciliation Week** - National Reconciliation Week celebrations commemorate two significant milestones in the reconciliation journey-the anniversaries of the successful 1967 Referendum and the High Court Mabo Decision.
- **3June 2021** **Mabo Day** - One June 3 1992, the High Court of Australia overturned the principle of "terra nullius" or "nobody's land" as claimed by the British when they first arrived in this country. The decision has paved the way for Native Title legislation.
- **1July 2021** **Coming of the Light** - The Coming of the Light is celebrated annually by Torres Strait Islander peoples. It marks the adoption of Christianity through island communities during the late nineteenth century.
- **4–11July 2021** **NAIDOC Week** - NAIDOC Week celebrations are held across Australia to celebrate history, culture and achievements of Aboriginal peoples and Torres Strait Islander peoples.
- **4August 2021** **National Aboriginal and Torres Strait Islander Children's Day** - National Aboriginal and Torres Strait Islander Children's Day is an opportunity for all Australians to learn about the crucial impact that community, culture and family play in the life of every Aboriginal and Torres Strait Islander child.
- **9August 2021** **International Day of the World's Indigenous Peoples** - On this day, people from around the world are encouraged to spread the United Nation's message on the protection and promotion of the rights of Indigenous peoples.
- **1September 2021** **Indigenous Literacy Day** - Indigenous Literacy Day is a national celebration of culture, stories, language and literacy. This day raises awareness of the disadvantages experienced in remote communities and advocates for more access to literacy resources.
- **13September 2021** **Anniversary of the UN Declaration on the Rights of Indigenous People** - The United Nations Declaration on the Rights of Indigenous People

<https://www.datsip.qld.gov.au/annual-dates-cultural-significance/cultural-significant-dates>



NATIONAL INDIGENOUS POSTVENTION SERVICE AFTER SUICIDE SUPPORT ROLES AVAILABLE

Thirrili Ltd (Thirrili) delivers the National Indigenous Postvention Service across Australia and has taken a national leadership role in the provision of suicide postvention support and assistance to Aboriginal and Torres Strait Islander individuals, families and communities. Thirrili employs a dedicated team of professionals to provide support across all states and territories in Australia.

We provide flexible working arrangements and extensive salary packaging opportunities for all employees. We support our Aboriginal & Torres Strait Islander staff with Cultural and Ceremonial Leave, as well as annual leave and personal leave.

Are you in the East Kimberley- Would you like to join our Team?

We have opportunities available in the Kimberly and we are flexible within each of the Regions in which we operate.

We are also keen to discuss flexible opportunities for job-share arrangements with other Indigenous organisations - or secondment opportunities that will provide the opportunity for staff to build their skills and experience in the postvention space.

National Indigenous Postvention Advocates (\$60-80,000pa, plus super)

The National Indigenous Postvention Advocates (NIPAs) will act as a local response contact point for critical incident needs, and as required, leads local critical responses to suicide events, trauma or circumstances that could trigger suicide or other traumatic events by the provision of practical support to individuals, families and communities, and support colleagues attending incidents with them.

Providing bereavement support to families and communities; and engaging with services to support our Clients, you will need to engage with Aboriginal community led and controlled organisations; Government agencies; and other services and supports available in local and regional areas.

The key requirements are that you are an Aboriginal and/or Torres Strait Islander person

You hold relevant experience and/or qualifications in strengthening the health and social and emotional wellbeing of Aboriginal and Torres Strait Islander communities.

That you are able to demonstrate and provide statements addressing the Selection Criteria outlined in the Position Description.

Sound interesting?

Contact **Angela Threlfall**, via email angela.t@thirrili.com.au to obtain a copy of the Position Description and selection criteria information.

Applications must include: CV, Referees, Statement of Claims addressing the Selection Criteria.

APPLICATIONS OPEN – JOIN OUR TEAM!



Suicides reported to us

The following tables shows a total of 49 Aboriginal and Torres Strait Islander alleged/completed suicides have been reported to Thirrili from 1 January to 21 May 2021, by jurisdiction and age.

Jurisdiction	NSW	Vic	Qld	SA	WA	Tas	NT	ACT	Other	Total
Completed suicide	11	3	8	5	12	0	10	0	0	49

Age	Under 18	18-24	25-34	35+	Not known at this stage	Total
Completed suicides	7	13	17	7	5	49

Gender	Male	Female	Not known at this stage	Total
Completed suicides	34	12	3	49

Annual Report

You can read our annual report at: http://thirrili.com.au/sites/default/files/2020-12/19-20AnnualReport_Final_HR.pdf

Strategic Plan

A copy of our strategic plan is available at: <http://thirrili.com.au/sites/default/files/2020-09/STRATEGIC%20PLAN%20-%20FINAL%2011092020.pdf>

National Indigenous Postvention Service can be contacted 24 hours a day on 1800 805 801 - Your call will be answered by an Aboriginal and/or Torres Strait Islander Advocate

We support Aboriginal and Torres Strait Islander families 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 event other than suicide*



Who to contact - Other Services?

Thirrili recognises that each number reported here represents an individual and wishes to acknowledge the devastating effects suicide and self-harm can have on people, their families, friends, and communities.

Our service is available 24/7 and you can call us at any time because you or someone you know has suicidal thoughts and you can also contact any of the services listed below for help:

- 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.

The crisis support services above can be reached 24 hours a day

