



THIRRILI

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Thirrili Ltd

VOLUME 1 ISSUE 20

29 SEPTEMBER 2020

CEO Update

Hello All

Since the advice of our extension of funding, we have continued to focus on recruitment to key positions. We have arranged to re-advertise our vacancies for National Indigenous Postvention Advocates – with a focus on filling critical vacancies in the Northern Territory.

We are keen to fill roles to cover the top end and also Central Australia. Please see further information later in this newsletter.

We are also investigating options for partnering with organisations to deliver services in partnership and also to build quality service networks across local and regional areas.

I was very pleased to meet with Wellways and the NSW Aboriginal Health directorate and the NSW Ministry of Health recently to discuss how we build a collaborative and unified approach to suicide intervention, prevention and postvention work across the



State. The Ministry is now working on arranging a workshop to discuss and agree to protocols and approaches in this regard.

Attendees will include the 12 Aboriginal Community Controlled

Health organisations funded by the NSW Government to deliver the “Building Aboriginal Community Resilience” initiative and also those funded to deliver the mainstream post-suicide support initiative.

Both Wellways and Thirrili will attend the workshop and we are really pleased to see a collaborative approach across Government and the service sector.

I am looking forward to positive outcomes from the Workshop, which will hopefully occur before the holiday period in December.

Partnerships and agreements with service providers across the jurisdictions, including at the local and regional level, are critical to

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Sadly, since our last newsletter, we have had 7 completed suicides reported to us. The respective Coroner for each jurisdiction will ultimately determine the cause of death in each case. Please note further that not all suspected suicides of Aboriginal and Torres Strait Islander people are reported to us.

NIPS Incident reports updated each issue

	Gender		State or Territory*							Total
	Male	Not known at this time	Female	QLD	WA	NT	VIC	NSW	SA	
Completed suicides	60	2	26	21	17	16	15	11	8	88

	17 and younger	18-30 inclusive	Older than 30	Not known at this time	Total
Completed suicides	12	42	30	4	88

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ensure our families and communities are not only aware of the supports and services available to them, but to ensure the National Indigenous Postvention Service is able to refer or families to locally based services for supports identified when developing their throughcare plans. We will continue to provide immediate bereavement support; and also continue advocating on behalf of clients to access supports and services to assist them manage their grief, loss and trauma.

If your organisation would like to know more about how we can work together, or the services we provide, please don't hesitate to contact me via email at Jacqueline.m@thirrili.com.au.

There is valuable information in this edition of our newsletter – I encourage you all to read and share with your networks.

Until next time,

Jacqueline

A FOCUS ON RESEARCH



Dr John R Jordan, PhD, is a clinical psychologist who has written much about suicide and grief after suicide, including the book [Grief After Suicide: Understanding the Consequences and Caring for the Survivors](#) and [Grief After Suicide: The Evolution of Suicide Postvention](#).

Jordan describes the psychological impact of a suicide as a “tornado that sweeps through a communityleaving a wide swathe of psychological wreckage: shock and confusion, horror, profound guilt, anger and blame, and, of course, sorrow”. He highlights the fact that suicide postvention is a crucial component of prevention. This is particularly true for those affected by a suicide, especially if related, as there is an elevated risk of suicide for those who were close, or related, to a person who died at their own hand.

Postvention was a term first identified by Edwin Shneidman in 1972. While much work has continued since that time, it would appear that there are still challenges in evaluating the benefits and effectiveness of interventions. To read more from Dr Jordan, see the following:

GRIEF AFTER SUICIDE: THE EVOLUTION OF SUICIDE POSTVENTION: <https://www.johnjordanphd.com/pdf/pub/Grief%20After%20Suicide%20-%20Evolution%20of%20Suicide%20%20Postvention>



Frontiers in Psychology is a peer-reviewed open-access academic journal which covers all aspects of psychology.

In November 2019, *Frontiers in Psychology* published an article entitled: Suicide Postvention Service Models and Guidelines 2014-2019: A systematic review. The full article is available at: <https://www.frontiersin.org/articles/10.3389/fpsyg.2019.02677/full>

Written by local researchers [Karl Andriessen](#), [Karolina Krysinska](#), [Kairi Kõlves](#) and [Nicola Reavley](#), the Review aimed to identify what is known about postvention service models and whether those models contribute to improved suicide prevention. The Review found there was a relative shortage of research into the effectiveness of postvention interventions, and it appeared that none of the studies undertaken have reviewed the effectiveness of Indigenous specific postvention programs in Australia. However, some aspects of the research certainly resonate with those of us working with the National Indigenous Postvention Service – the ability to share experiences and for individuals to have their grief recognised. The report also recognised that crisis intervention models, which include an immediate after suicide response and referrals to external services could be incorporated into a public health approach.

Thirrili would welcome the opportunity to partner with the authors of the Report in evaluating the services and supports offered by our organisation.

DATA ANALYSIS AND EVIDENCE REVIEW: WE NEED YOUR HELP

Thirrili has prioritised a review of our data and information in the Online Records System. Primary objectives of this Project will be to:

- Review all Clients and identify and map cultural connections with a view to gaining a greater understanding of the potential links between incidents
- Review of service and data patterns
- Trend analysis

The Board is keen for Thirrili to partner with established research institutions and/or highly skilled consultants with relevant experience, to undertake this work. We anticipate there will be 8-12 weeks of work involved in the Project. We would be pleased to hear from you if you think your organisation is able to assist us with this very important piece of work. A Project Scoping document is under development. If you would like to be involved, please don't hesitate to let us know by emailing adelle.m@thirrili.com.au.



Now hiring!!!

**SEARCHING FOR.....A STAKEHOLDER/
COMMUNICATIONS/BUSINESS DEVELOPMENT SPECIALIST**

The Thirrili Board is seeking to engage a professional with demonstrated skills and expertise in developing Stakeholder Management Plans and Strategies, including communication strategies, together with experience in identification of business development opportunities – as detailed in our newly released [Strategic Plan](#). The work will include developing plans to support our engagement at the local, regional, jurisdictional and national level, with a view to building strong and healthy partnerships to support our work. This role can either be filled by a direct employment contract, or via a consultancy. Ideally our person would have significant experience in working with Indigenous organisations and/or communities and also have a highly developed understanding of the suicide intervention, prevention and postvention landscape – although these are not mandatory. Sound like you or someone you know? Please send your information to tseymour@peopleculturesolutions.com. An information pack is under development and will be provided to all those who contact us for further information.



Welcome to Shelly Ward

National Indigenous Postvention Advocate for South Australia.

Cheryl (Shelly) Ward is a strong Aboriginal Woman of Ngarrindjeri ancestors and a Narrative Practitioner

Ngarrindjeri is an Aboriginal nation of 18 language groups who occupied, and still inhabit, the Lower Murray, Coorong and Lakes area of South Australia. Their lands and waters extended 30km up the Murray from Lake Alexandrina, the length of the Coorong and the coastal area to Encounter Bay. Today this Aboriginal group is still very strong, with a large community of people based in the Lower Murray and Coorong area.

Shelly has a Diploma in Narrative Approaches for Aboriginal

People which includes (Counselling, Group and Community Work). She obtained this Diploma through the People Development Unit at Nunkuwarrin Yunti of South Australia.

Topics covered in the course include the use of narrative therapy principles, concepts and skills; reflecting on historical knowledge and the effects on Aboriginal communities; and the use of Aboriginal cultural stories to reclaim lives.

Shelly’s professional experience includes extensive work with members of the Stolen Generations and survivors of Institutional Sexual Abuse; inclusive of supporting clients giving evidence to the Royal Commission.

According to Shelly, joining the team at Thirrili was meant to be. She states “I believe my ancestors guided me to join Thirrili in a time of need to support community during this period, particularly through my lived experience of the loss of many family members to Suicide”.

The combination of her formal training and both professional and lived experience will ensure that Shelly becomes a valuable member of the Thirrili team.

Welcome Shelly!



Welcome to Karen Dodd

National Indigenous Postvention Advocate for Far North Queensland

Karen introduces herself below:

“My name is Karen Dodd and I have always had a great passion for gaining the best outcomes for my people. I have been privileged to have worked many years within the area of human services. I have worked in Government departments such as Qld Corrective Services, Qld Health and Qld Child Safety.

In my working life I have enjoyed working with various Aboriginal and Torres Strait Islander clients from many varying backgrounds and nations. I have also worked in remote areas which I found very rewarding.

I am looking forward to this new adventure in my role as the FNQ advocate. I am hoping that my skills and knowledge will enable me to gain the best outcomes for the families who I will be working with, and supporting them through this tragic time in their lives”.

Welcome Karen!



T H I R R I L I

NATIONAL INDIGENOUS POSTVENTION SERVICE AFTER SUICIDE SUPPORT ROLES DARWIN, ALICE SPRINGS, PERTH, MIDWEST WA

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.

Locations

We have vacancies across multiple locations and exact locations are flexible within the Region:

Top End (NT) – Darwin, Palmerston or Katherine; **Central Australia (NT)** – Alice Springs or Tennant Creek; **Perth (Southwest/Wheatbelt)** – Perth, or other towns across the Wheatbelt and great Southern – for example, Albany, Busselton, Bunbury or Merredin; **WA – Midwest, Murchison, Gascoyne:** Geraldton, Carnarvon, Meekatharra, Mt Magnet, Northampton, Kalbarri, Shark Bay or anywhere else within the Region.

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

To discuss the role in more detail, please contact Vickey Hill, Regional Implementation Manager, on 0438 549 575.

COVID-19 information updated

COVID-19 cases continue to steadily reduce in Victoria, while other jurisdictions continue to see very few locally acquired cases, if any. While this is good news, a vaccine is yet to be developed so the threat of new infections continues.

Keep yourself safe and informed by clicking on the relevant links below:

- [NIAA](#)
- [ACT](#)
- [Commonwealth](#)
- [NSW](#)
- [NT](#)
- [QLD](#)
- [SA](#)
- [TAS](#)
- [VIC](#)
- [WA](#)

For tips for staying healthy and strong during the coronavirus outbreak, visit our friends at Gayaa Dhuwi (Proud Spirit) Australia. Go to:

<https://www.gayaadhuwi.org.au/files/gaaya-dhuwi-coronavirus-long.pdf>



Crisis contact numbers

Thirrili After Suicide support **1800 805 801**

Stand By Support after Suicide (NT ONLY) **0418 575 680**

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 Ltd: ABN 617 635 828

**PO Box 41855
Casuarina
NT 0811**

Website: thirrili.com.au



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