



THIRRILI  
INSIDE:

# Thirrili Ltd

VOLUME 1 ISSUE 21

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## CEO Update

Hello All

I am very pleased to share that a recent “audit” of our progress in strengthening both Thirrili as an organisation, and our work on the National Indigenous Postvention Service, shows we have achieved some wonderful things in the past few months. This includes the following:

- Service Redesign process to provide additional strength and coverage for direct service delivery (within available funding)
- A focus on professionalising the workforce for the National Indigenous Postvention Service
- Delivery of our inaugural Thirrili Scholarship Program, to focus on workforce development and enhancement – many of the

participants are now Ambassadors for Thirrili and are working towards embedding a “lived experience” reference group for the program

- A review of the Model of Care and Throughcare Planning approaches to embed these into service delivery



- Strategic Planning – a new strategic plan has been developed following a series of workshops with the Board
- Board renewal process with two

new Board members, and discussions underway with two additional potential members

- Reviewing all policies, including governance arrangements, to ensure policies were up to date and that all staff were provided with policies
- Introduced a comprehensive induction program for all new staff
- Focused on expanding, building and refreshing our partnerships

We have continued to grow our team and our longer serving team members have engaged in the change process with enthusiasm and commitment. I would like to take this opportunity to thank both our people and our Board for their continued support for Thirrili, the

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Please see below the numbers for Completed suicides as reported to us. These totals are updated each newsletter. 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.

	Gender			State or Territory*						
	Male	Not known at this time	Female	QLD	WA	NT	VIC	NSW	SA	Total
Completed suicides	67	2	29	24	18	17	16	12	9	96

	Age range	17 and younger	18-30 inclusive	Older than 30	Not known at this time	Total
Completed suicides		13	44	35	4	96

**NIPS  
Incident  
reports  
updated  
each issue**

*continued from page 1*

National Indigenous Postvention Service, our work with the South Australian Government, and our work delivering Standby in the Northern Territory. I also thank them all for their support to me since joining the organisation in mid-June.

We are also still focusing on recruiting for new roles; building and strengthening partnerships; and improving our support for our people to ensure they are able to do the work required to support individuals, families and communities following the loss of a loved one to suicide or other traumatic incident.

I am very pleased to announce that we have a new national Memorandum of Understanding with Standby Support After Suicide, which is focused on the provision of effective and appropriate supports for people bereaved through suicide and on coordination of existing postvention services. More information on the MOU is on page 3 of this newsletter.

We also still have a number of opportunities to work with Thirrili – or to partner with us on key projects – please see the articles in this newsletter for more information.

Until next time,

Jacqueline

To read the full story as published in Science Daily please go to:

<https://www.sciencedaily.com/releases/2020/10/201002105749.htm>

**\*Note: you may have to create a login, which is free.**

## 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](mailto:adelle.m@thirrili.com.au).



## A FOCUS ON RESEARCH



### New clues about the link between stress and depression

Researchers at Karolinska Institutet in Sweden have identified a protein in the brain that is important both for the function of the mood-regulating substance serotonin and for the release of stress hormones, at least in mice. The findings may have implications for the development of new drugs for depression and anxiety.

After experiencing trauma or severe stress, some people develop an abnormal stress response or chronic stress. This increases the risk of developing other diseases such as depression and anxiety, but it remains unknown what mechanisms are behind it or how the stress response is regulated.

"We know that an abnormal stress response can precipitate or worsen a depression and cause anxiety disorder and cardiovascular disease," says first author Vasco Sousa, researcher at the Department of Clinical Neuroscience, Karolinska Institutet.

## New Senator for Victoria

The National Indigenous Times reports that Gunnai-Kurnai and Gunditjmara woman, Lidia Thorpe, has been officially sworn in as the Greens' Senator for Victoria.

Senator Thorpe was sworn in to Parliament on Tuesday, taking the seat of former Greens Leader, Richard Di Natale. The appointment sees her become the first Aboriginal Senator for Victoria.

Senator Thorpe was also welcomed in a special ceremony by Traditional Owners at the Aboriginal Tent Embassy on Ngunnawal/Ngambri Country before being sworn in.

To read the full story, go to:

<https://nit.com.au/lidia-thorpe-sworn-in-to-federal-parliament/>



## Announcing our expanded partnership with Standby Support After Suicide

Thirrili Ltd. has been delivering the Standby Support After Suicide program in the Northern Territory for the past 18 months, and we are pleased to be able to expand our relationship with the recent signing of a National Memorandum of Understanding. This agreement will see a focus on coordinating support to reduce potential adverse health outcomes and ensure a cohesive, collaborative approach to the delivery of post-suicide bereavement services – while protecting against potential duplication of effort.

A key component of the MOU is regular monthly meetings with Standby and Thirrili to share information and review cases. All clients will be asked if they are happy for their information to be shared and no confidentiality will be breached in this arrangement. Other valuable components include, but are not limited to:

- **Workforce Development**
  - o Collaborating on the Scholarship Program, including Standby delivering a module on their services
  - o Thirrili team members to be trained as YouMe~Which Way trainers, and then to deliver that training to community and service providers
  - o Thirrili to provide support to Standby to build their cultural competence
  - o Joint Annual Forums for professional development – focusing on practice discussions; sharing resources and planning
  - o An online peer support/mentoring/buddy program
- **Service design**
  - o Developing a shared crisis/support team
  - o Co-design of best practice service delivery models (similar to the arrangements for the Kimberley Postvention Service)
  - o Practice design and co-design with individual, families and communities affected by suicide
- **Clinical supervision**
  - o Clinical Supervision Framework – modelling and implementation
  - o Culturally responsive and safe services, and supports, for Indigenous staff
- **Sector Development**
  - o Host a one day Postvention Conference
- **Advocacy**
  - o Focusing on a joint, national approach to Coroner notifications and referrals
  - o Joint jurisdictional MOUs relating to notification and response protocols

We are tremendously pleased to be able to partner with Standby to focus on building the capacity and capability of both of our organisations, and to continue to enhance the quality of supports and services offered Aboriginal peoples and Torres Strait Islanders following a loss due to suicide.

**Closing date extended**  
**Apply now to join our great team**



THIRRILI

## 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](mailto: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**.

**APPLICATIONS CLOSE:** ~~15 October 2020~~ **22 October 2020**

## Looking for a new challenge?

Are you a communications / business development and stakeholder engagement specialist looking for a new challenge? Join a progressive organisation with a unique mission to provide postvention support to individuals, families and communities who have lost loved ones to suicide.

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](mailto:tseymour@peopleculturesolutions.com).

An information pack is under development and will be provided to all those who contact us for further information.

*This role can be filled by a direct employment contract, or via a consultancy*

## Welcome Mandy Collie

### Welcome to Mandy Collie, NIPA for Victoria!

“Hi, I’m Mandy and a proud Yorta Yorta and Dja Dja Wurrung woman.

My previous work and education has prepared me well to take on this role in Community with Thirrili.

I hold a Bachelor of Social Work (BSW) and a Diploma in Community Services.

I have had extensive professional experience including working with homeless young people; supporting

young parents; Aboriginal ‘Cradle to Kinder’; Youth Mental Health; Kinship Care and Child Protection.

Through my own past and recent grief and loss, I was asking myself where I really wanted and needed to be at this point in time. So.....I asked my ancestors, and here I am at Thirrili!

In my spare time, I do love going out bush, on country— it soothes the soul!

I love the footy too and am a Hawks fan through and through!

**We welcome you to the team Mandy and know that you will be a great asset to Thirrili and the people we serve!**



## Commonwealth Scholarship Program

Round 3 of the Commonwealth Scholarship Program for Young Australians opens on 29 October.

Aboriginal and Torres Strait Islander young people are a priority group for this program.

Eligible applicants can apply for the scholarship to undertake an approved course of study at Certificate III to Advanced Diploma levels. Courses can be undertaken part-time or full-time, and Young Australian Scholars will receive up

to \$5000 per year in study assistance.

Further, as part of the scholarship, students are required to undertake a paid internship or work placement for 20 business days.

In this time, Scholars will receive \$3000 for the paid internship work and host employers will receive \$1500 per intern.

The program will be delivered across the country including the

following locations:

- ⇒ NSW Grafton and Gosford
  - ⇒ NT Alice Springs
  - ⇒ QLD Maryborough and Townsville
  - ⇒ SA Port Pirie
  - ⇒ TAS Burnie
  - ⇒ VIC Shepparton
  - ⇒ WA Wanneroo and Armadale
- To apply, go to [www.busyatwork.com.au/scholarship-program-for-young-australians/](http://www.busyatwork.com.au/scholarship-program-for-young-australians/)

*To get more information and apply, you can also contact your [Regional Scholarships Coordinator](#) by clicking the link*

## Have your say

### Suicide prevention strategy review

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

With Professor Tom Calma AO as Patron, GDPSA is governed and controlled by Indigenous experts and peak bodies working in these areas and is aimed at promoting collective excellence in mental health care.

GDPSA has been asked by the Australian Government to renew the 2013 National Aboriginal and Torres Strait Islander Suicide Prevention Strategy (NATSISPS) in consultation with stakeholders and community members.

This is an opportunity for anyone — individual or organisation — who work, or have an interest, in Indigenous suicide prevention to have their say.

A discussion paper has been prepared to underpin the conversations and submissions are sought in response to that paper.

To find out how to participate including downloading the discussion paper and the template for submissions, please go to: <https://www.gayaadhuwi.org.au/sp-strategy-renewal/>

**\*\*\* Submissions close 31/10/20\*\*\***



## Hear others speak

### Keop Enderby Memorial Lecture

The Keop Enderby Memorial Lecture is an annual public event held by the Australian Human Rights Commission to honour the memory of the Hon. Keop Enderby QC (1926-2015), who as Attorney-General introduced the Racial Discrimination Bill to parliament in 1975.

Each year, the Lecture advances public understanding and debate about the Racial Discrimination Act 1975, racism and race relations.

Because the usual public lecture is not possible, a panel of leading voices will assemble for an online discussion of the theme: "Racial Equality in the Time of Coronavirus".

The panel will discuss Australia's response to the pandemic and how it has affected diverse communities? From the racial targeting of Asian Australians to the hard lockdown imposed on residents in Melbourne's public housing towers, the pandemic has raised questions about the place of diverse communities in Australian society. What has equality and inclusion looked like in the year of Coronavirus? What lessons can be learned? And how can we ensure diverse communities are included in the road to recovery?

This free online event will be held on **Fri 30th Oct 2020, 12:00 pm - 1:30 pm AEDT**. To register, go to:

<https://events.humanitix.com/keop-enderby-lecture>



## Click a link

### Suicide and self-harm monitoring system

The Australian Institute of Health and Welfare (AIHW) together with the National Mental Health Commission (NMHC), has recently released a new website as part of Australia's first suicide and self-harm monitoring system to improve knowledge and responsiveness.

The [National Suicide and Self-harm Monitoring System](#) is part of the national effort to address suicide and self-harm in Australia and fits within the broader prevention efforts happening nationally. It will be regularly updated and improved as data collection from all States and Territories aligns.

The project aims to improve the quality, accessibility and timeliness of data on deaths by suicide and on self-harming and suicidal behaviours and to provide a better understanding of suicide and self-harm in Australia by:

- explaining the nature and extent of suicidal and self-harming behaviours
- improving the quality and breadth of data available to help identify trends, emerging areas of concern and to inform responses
- highlighting those at increased risk..

The project will regularly update statistics on deaths by suicide, intentional self-harm and suicidal behaviour among Australians, including among different population groups. To view the data, go to:

<https://www.aihw.gov.au/suicide-self-harm-monitoring/data/suicide-self-harm-monitoring-data>

To read the complete story published by the Mental Health Commission, go to: <https://www.mentalhealthcommission.gov.au/news/2020/september/national-suicide-and-self-harm-monitoring-system>

## Thirrili Grant Program

Part of Thirrili's work is to restore/develop community capacity and resilience in the face of trauma and tragedy .

Our grants program is one strategy towards achieving that aim. Congratulations to Gippsland & East Gippsland Aboriginal Cooperative (GEGAC) for their successful application to the program.

GEGAC plans to develop a short film to be shared on various social media platforms entitled "You can talk to me". This video will feature interviews with local Aboriginal and Torres Strait Islander families who have lost a family member to suicide . The interviews will focus on the effects on the family and the importance of seeking

help if suffering from mental health issues or suicide ideation.

We congratulate GEGAC for their innovation and look forward to being able to report that the video is completed and being shared with its intended audience, with positive effect.

Next edition we will profile another recipient of the Thirrili Grant program.

We should note here that none of this would be possible without funding to Thirrili from the National Indigenous Australians Agency (NIAA).

## COVID-19

Given the duration of the COVID-19 Pandemic and the likelihood people have embedded their own information sources in relation to responding to the disease, it is probably time to scale back COVID information on these pages.

Should information come to hand that is of critical importance to our Communities, we will of course provide that information. Otherwise, keep up to date through the dedicated webpages provided by the Commonwealth; the NIAA; and each State and Territory.

## 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**

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**Website: [thirrili.com.au](http://thirrili.com.au)**



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