



THIRRILI

Thirrili Ltd

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Organisational update: Interim CEO Kerry Arabena



Hi all

A lot has happened since my last column and I'm pleased to say that we are on the verge of appointing an ongoing Chief Executive Officer!

We were extremely delighted— but by no means surprised — by the quality of candidates who applied for the role. The short list of talented

and committed individuals will ensure the interview panel will have a really tough decision to make and this is great news for the organisation!

As you have seen in previous issues of this newsletter, we have been trying new ways of doing things.

Some of this— for example 'zoom meetings' in place of all face-to-face meetings — has been forced upon us by social distancing. Ironically, the use of technology has actually brought our people closer together than at any time pre COVID! We meet more regularly, communicate

with each other and beyond the organisation more often and more effectively and we better understand how our individual roles contribute to achieving the outcomes of the organisation as a whole.

We look forward to new initiatives such as the Scholarship program and Backpack program coming to fruition; as well as the many other terrific projects and program improvements which are about to be rolled out or are in development.

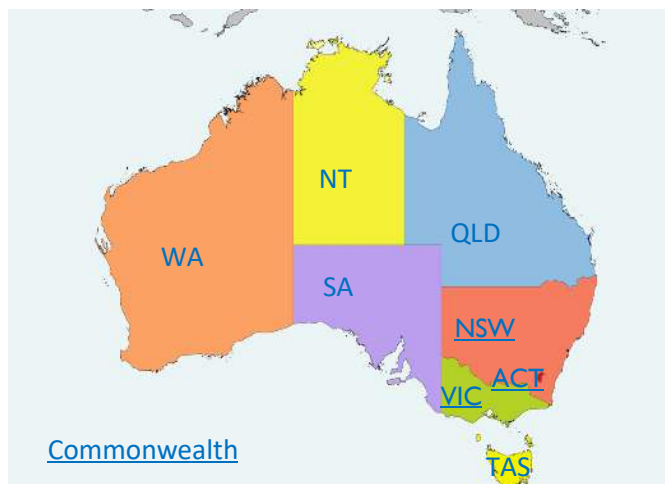
While I will still be around for a short time until the new CEO is in

Continued back page

COVID-19 information updated 25 May 2020

'Stay at home' and other restrictions continue to ease at different stages across each of the states and territories. To continue to understand what is happening where you live, click on the links on the map below for the latest information from that respective government.

For dedicated resources/information for our mob provided by the National Indigenous Australians Agency (NIAA) on Covid-19 , [click here](#) .





National suicide prevention trial evaluation – Looking for local consultants

Last month we indicated we would be seeking local Aboriginal and Torres Strait Islander consultants to assist Thirrili conduct local consultations in seven regions of Australia as part of the evaluation of the National Suicide Prevention Trial in:

- ⇒ the Kimberley
- ⇒ Mid-Western WA
- ⇒ Darwin
- ⇒ Central Queensland
- ⇒ Brisbane North
- ⇒ Western NSW, and
- ⇒ Country SA.

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.

At each of those seven regions, 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.

These consultations will begin shortly and we are now seeking to engage the consultants. If you are interested, please [click here](#) to access the consultant's brief.

If you have any further questions, please contact Catherine Elvins, Project Manager, National Indigenous Critical Response Service: catherine.e@thirrili.com.au or call on 03 8578 1413.

20 ways

#in this together

In 2020

Join Reconciliation Australia as they show us 20 ways to be 'in this together' as part of National Sorry Day and Reconciliation week.

Go to:

<https://nrw.reconciliation.org.au/2020/05/19/20-ways-to-be-in-this-together-in-2020/>

The State had “failed to provide ... adequate care, at a time where he was in great need”.

Coroner apologises for lack of care

The father of an Indigenous young man who took his own life while in custody has received an apology from the NSW Coroner who noted in handing down her findings that the state “failed to provide (the young man) with adequate care, at a time when he was in great need”.

The young man had suffered from schizophrenia and never received intensive treatment which was called for in a psychiatric report- which never reached the prison. He was also allowed to miss medication while there.

Warning: The story published in ABC news online contains the name and images of an Indigenous person who has died.

[Click here for the full story](#)

Events

Tonight (26 May) at 5pm AEST, the Indigenous Law Centre will be hosting a special Zoom Webinar event to mark the 3rd Anniversary of the Uluru Statement from the Heart.

The event is free, but you must register at:

https://us02web.zoom.us/webinar/register/WN_mILbKivDSfCOYaA7ZQPNNQ

Hosted by Indigenous Leader **Wayne Bergmann**, Special Guests include:

- ◆ Alyawarre woman and Chairperson of the Lowitja Foundation **Pat Anderson AO**
- ◆ Nyikina man and CEO of KRED Enterprises **Wayne Bergmann**,
- ◆ Cobble Cobble woman and UNSW Pro Vice Chancellor Indigenous, **Professor Megan Davis**

- ◆ Technical Advisor to the Referendum Council and Uluru Dialogues UNSW **Professor Gabrielle Appleby**
- ◆ Pitjantjatjara woman and Community Leader **Sally Scales**, and
- ◆ Referendum Council, Uluru Dialogue and ILC Photographer **Jimmy Widders Hunt**.

Hear from the eminent panel of those involved in the First Nations' National Constitutional Convention at Uluru 23-26 May 2017, as they discuss the photographic images captured by Referendum Council and Uluru dialogues, ILC photographer **Jimmy Widders Hunt**.



Next week is **National Sorry Day and Reconciliation week**

27 May – 3 June 2020

The theme this year is:

In this together

Thirrili Scholarship Program

Further information...

We have received plenty of enquiries about our Scholarship Program which we are aiming to commence in mid June. The Program has been developed to support Aboriginal and Torres Strait Islander people to develop skills to support families who have experienced traumatic events, including suicide; and work with organisations involved with families during this sad time.

A few frequently asked questions:

- Do I have to have a computer?

Answer: Most of the content will be online so access to a device and the internet will be required. That said, if the applicant is highly motivated and considered likely to be successful on the course, we **may** help out in this regard if possible (but no guarantees).

- How many hours a day is the training?

Answer: We would expect that about an hour and a half of instruction/facilitation will be delivered online each day and the expectation would be that students will have projects or other work to follow up before the next session.

- When will I get paid?

Answer: Exactly when payments will be made is to be confirmed, however, participation in all course activities will be required for payment. Whether payment in full is made at the end of the course —or at intervals following completion of distinct learning modules— is yet to be decided.

- Is there any face-to-face work and if so, will I get paid for travel?

Answer: We are aiming for each student to complete a placement within a postvention service as part of the course. If the nearest service requires the participant to travel, we will assist with those costs.

For a further discussion on these matters or any other aspect about the Scholarship Program, please contact Shannon Kearing at: .shannon.k@thirrili.com.au or by phone: 0438 549 575

Program application and guidelines can be found at:

<http://thirrili.com.au/events-media/news>

Applications now close on 1 June 2020 with the first course scheduled to commence mid June (TBC).

Reminder: NT free training

Pathways to care – after a suicide

Don't forget to RSVP to Join **Thirrili** and our postvention partner **StandBy** for our upcoming free workshops to be held in both Darwin (10 June) and Katherine (17 June). RSVPs are required one week before (3rd and 10th June respectively).

These full day workshops are aimed at engaging organisations to participate in a planned approach within their community to support those bereaved or impacted by suicide.

The workshops will discuss:

- ⇒ the StandBy Service Model
- ⇒ what is suicide and its impacts
- ⇒ crisis, trauma and grief
- ⇒ what makes suicide different from other sudden deaths
- ⇒ self-care, and
- ⇒ will work through a case scenario to determine how the community may respond.

For further information including start times and venues, download the Darwin flyer [here](#), or Katherine [here](#), or contact:

Joan Washington StandBy Coordinator

M: 0418575680

E: joan.w@thirrili.com.au



Worth a look



Amendments to Western Australian legislation currently being debated could see Aboriginal child placement decisions in hands of a single family member and an Aboriginal representative body.

Concerns have been raised from various organisations including the National Aboriginal and Islander Child Care (SNAICC) and the Noongar Family Safety and Wellbeing Council (NFSWC). For the full story, go to the National Indigenous Times by [clicking here](#).

NICRS notifications 2020: updated every issue

Updated 25 May 2020. As we told you last issue, we want to reiterate that the data below represents the notifications that we have received after an incident. While we use the term ‘completed suicides’, this is the information that has been reported to us: only a coroner can determine whether or not a death is as a result of by suicide or other cause.

Please continue to provide your feedback: it is welcomed and it is valuable.

	Gender			State or Territory*				Total
	Male	Not known at this time	Female	QLD	WA	VIC	All other	
Completed suicides	36	1	11	15	13	6	14	48

Age range	17 and younger		18-30 inclusive		Older than 30		Not known at this time	Total
	Completed suicides	7		23		14		

								Total
All other incidents include attempted suicides and/or traumatic incidents with or without fatalities								28

Note: to ensure that individual cases cannot be identified:

*Figures for states and territories with less than 4 completed suicides have been aggregated into ‘All other’

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

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Organisational update continued...

Continued from front page

place, there won't be too many more columns from me. With that in mind, I'd like to take the opportunity to wish you all well in your work with, and for our people.

My time here has not been very long, but I will consider my tenure in this role as a career highlight. Working with this hard working and dedicated a bunch of people amidst the challenges of COVID-19 has been a tremendous honour and an experience which I wouldn't swap for the world!

Kerry

Follow twitter?



If you do, check out artist Koori Brotha@mrngunnawal

Both his messages and his artworks are uplifting and are posted regularly. When social media can sometimes become a vehicle for derision, personal attacks and just 'nonsense', Korri Brotha's messages and artworks are positive and perfect for these uncertain times (especially if you are feeling a little 'down').

He posts his artwork as they develop and takes us on a 'journey' to completion.

This morning's message was typically uplifting:

"Yhuun yheedun buural followers. Happy Monday. Have a beautiful journey and be safe and healthy. Look in or check in on those that are in need of help and support. We all have been doing it tough I know, but some just need a little hand to get back on the path. Thank you"

Koori Brotha typically ends his posts with this emoji:



Resources for dealing with grief

With thanks to our NT "partners in postvention", StandBy (Support after Suicide) NT, we want to alert you to a series of practical resources for helping people to deal with all aspects of grief after losing a loved one.

These resources are wonderfully illustrated by Uncle Tony Lee. Please go to the StandBy page on our website at:

<http://thirrili.com.au/standby> or to download directly:

- ◆ [grief after suicide](#)
- ◆ [grief and depression](#)
- ◆ [living with grief](#)
- ◆ [unwelcome intrusive thoughts](#)
- ◆ [grief reminders and what to do with them](#)
- ◆ [having trouble sleeping](#)

Call for volunteers (reminder)



Can you knit? We're looking for a blanket army!

Last week we mentioned looking for volunteers to knit small blankets to go into backpacks filled with practical and therapeutic items for children and young people, where they have to leave home and/or are separated from their family after a death or other major trauma.

If you want to be part of this project, we'll cover the cost of the yarn. Perhaps there is a group of Aunties who meet in a Yarning circle who might want to do some knitting for us while they meet?

We'd love to be able to put messages from the knitters in the packs as well: imagine how special a small child or young person would feel knowing that the blanket they got in their bag was knitted by a deadly Aunty and included a message of love to them!

If this interests you or your group, contact the editor at: peter.s@thirrili.com.au and he will forward your details to the backpack team.

Conspiracy theories

Times of fear and uncertainty are perfect for those who believe the earth is flat or similar bizarre notions which they will tell you are fact.

Conspiracy theorists prey on our need for understanding: seeking explanations for events is a natural human desire.

They prey on our need for sense of control and security: people need to feel they're in control of their lives.

Conspiracy theories can give that sense of control and security. For example, to deal with global warming effectively may mean wholesale changes to the way we live but if you feel threatened by this change, it may give you comfort to believe those who say it is a hoax.

If you take one thing from this newsletter, please just ignore the hoaxers. Get your information from reliable sources. Go to (our) government websites. Ask your GP.

5G phone towers don't cause COVID 19 and drugs like hydroxychloroquine have not proven effective against COVID - 19, even if the leader of the free world says so!