



THIRRILI

Thirrili Ltd

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Program name change to better reflect role

In the past few days the Thirrili Board have agreed to a name change for our flagship program.

Formerly the National Indigenous Critical Response Service (NICRS), the program will now be known as the National Indigenous Postvention Service (NIPS).

This change better reflects the role that our frontline workers have and will continue to perform and may also eliminate some confusion

which may exist in communities about our work.

The name isn't all that has changed: a data driven review of the service structure following the results of a 'root and branch' evaluation will see an increase in the overall numbers of Advocates and a geographical distribution of Advocates to better reflect the needs of our communities.

Advocates will also be better supported in their work, with four coordinators in place across the country, supporting a respective

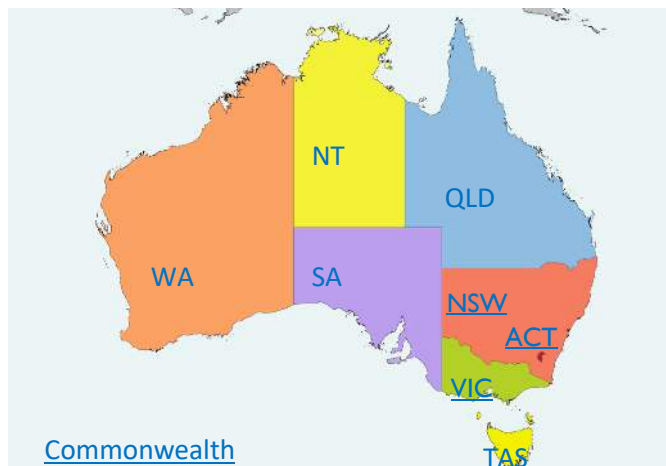
geographical regions.

While we have seen much change as an organisation in a very short time, the Thirrili team is excited and enthusiastic about the future; acknowledging this transformation will be essential to providing the kind of quality service to families and communities that was envisaged from the inception of the service.

We will keep you informed in upcoming newsletters as these important changes are implemented.

COVID-19 information updated 9 June

While restrictions are easing and 'normality' is beginning to resume, risk from coronavirus **is not over**. Continue to be informed about what is happening where you live by clicking on the relevant links on the map below for respective State and Territory information and from the National Indigenous Australians Agency (NIAA) [here](#).



“Can we listen, learn and accept the lessons of the past? Can we understand that healing and reconciliation must involve everyone?”

Spirit of Reconciliation

A message from the Queensland Mental Health Commissioner

“As I write this, the United States is inflamed - literally and metaphorically - in race-related turmoil borne out of years of discrimination and oppression, past and present.

In Australia, we have just observed National Sorry Day and Reconciliation Week. This year's theme is In this together and it's a pertinent time to reflect on our own national record.

Last week I marked National Sorry Day with this reflection on the 1998 release of the landmark Bringing Them Home report and the need for reconciliation. [\(click here\)](#).

A succession of reports in recent decades has highlighted more than 200 years of systemic failures towards Australia's First Nations peoples - from dispossession to the Stolen Generations, deaths in custody to chronic social, economic and health disadvantage.

Can we listen, learn and accept the lessons of the past? Can we understand that healing and reconciliation must involve everyone? It's not about one side forgetting and moving on. It's about truth-telling, acknowledging the wrongs, and moving forward together.

This piece was published by the Queensland Mental Health Commissioner Ivan Frkovic in the QMHC eNews of 4 June 2020

Healing Stolen Generations Trauma

In an ABC online article posted 31 May 2020 and updated 1 June 2020, author Anna Salleh discussed how Indigenous-led healing programs are helping communities on their healing journeys.

She notes that these programs are culturally sensitive and acknowledge how history, such as forced removal of children from their families, has shaped collective identity.

To read the full story go to:

<https://www.abc.net.au/news/2020-05-31/healing-the-trauma-of-the-stolen-generations/12225034>

Worth a look



Just an opinion, but I reckon the animated YouTube clip from the Healing Foundation which accompanies the story above so succinctly describes the nature and impacts of intergenerational trauma — while being a message of hope — it is worth sharing with Australians of all cultures and backgrounds. *Editor*

To view/share the clip, go to:

<https://www.youtube.com/watch?>



Social and emotional wellbeing scholarships

The University of Sydney's Graduate Diploma in Indigenous Health Promotion is adopting a major mental health component, thanks to a major donation.

Peter and Sandra Cadwallader's gift is the major component of an estimated \$10.6 million initiative, jointly financed through the University's co-funding of Aboriginal and Torres Strait Islander staff, federal funding.

As well as providing for the development of a mental health curriculum for the existing Graduate Diploma in Indigenous Health Promotion and the additional employment of a team of three new Aboriginal and Torres Strait Islander academic and professional staff to develop and run the program, the donation will help fund four year scholarships for 120 Aboriginal and Torres Strait Islander students.



The revised course recognises the importance of approaching mental health in Aboriginal communities holistically, using a 'Social and Emotional Wellbeing' (SEWB) lens.

For the full story, go to:

<https://www.miragenews.com/philanthropy-supports-new-indigenous-health-care-model/>

Significant community events

Coming of the Light

Wednesday 1 July 2020

Go to:

<https://www.qm.qld.gov.au/Find+out+about/Aboriginal+and+Torres+Strait+Islander+Cultures/Gatherings/Coming+of+the+Light+Torres+Strait+Islands>

NAIDOC Week

POSTPONED UNTIL DATES TBC

Go to: <https://www.naidoc.org.au/>

National Aboriginal and Islander Children's Day



Tuesday 4 August 2020

Go to:

<https://aboriginalchildrensday.com.au/>

International Day of the World's Indigenous People

Sunday 9 August 2020

Go to:

<https://www.regions4.org/events/international-day-of-the-worlds-indigenous-peoples-2020/>



The 'elephant' in the room

One would have to have been asleep for the past two weeks not to have become aware of the killing of George Floyd's in the US and the subsequent demonstrations which have followed, including in many US states, the United Kingdom and of course, just this weekend in Australia.

And as a number of commentators have pointed out, since the release of the report of the Royal Commission into Aboriginal Deaths in Custody in 1991, there have been more than 400 further deaths (The Guardian says definitively 434*).

While numerous perspectives and analyses have been put forward by commentators, it isn't the place of this newsletter to dive deep into these matters.

Nonetheless, one article that did take my eye was on the *news.com* site entitled: **Black Lives Matter: Practical ways you can support Aboriginal, Indigenous people**

This article lists actions people and businesses can take including:

- Donating to various 'go fund me' appeals for families who have lost a loved one In custody
- purchasing books by Indigenous authors (win/win: educates the reader and rewards the writer)
- supporting community justice organisations eg the Aboriginal Legal Service or National Justice Project (but there are many more)
- paying rent on traditional lands
- listen to educative podcasts/ films

There would be many allies who for

various reasons couldn't or wouldn't join a demonstration, but may be happy to contribute to good causes. I'm sure there are those people too who would not have been aware of the organisations listed and the role they play in supporting individuals and communities.



To read the full article, go to:

<https://www.news.com.au/national/black-lives-matter-practical-ways-you-can-support-aboriginal-indigenous-people/news-story/6fe154c93ce3e93f7e9648e903dff2b7>

*To read the Guardian article entitled:

Aboriginal deaths in custody: 434 have died since 1991, new data shows

go to:

<https://www.theguardian.com/australia-news/2020/jun/06/aboriginal-deaths-in-custody-434-have-died-since-1991-new-data-shows>

You will need to create a login (free)

Want to be included on our mailing list?

Something relevant you'd like us to share with our readers?

Email:

peter.s@thirrili.com.au

Many thanks for your generosity

In recent weeks we have seen a number of donations come through to our website for which we are truly grateful.

We would like to assure those kind and generous people who have donated that those funds will be put to the best possible use in supporting your brothers and sisters in need.

It is truly inspiring that in these difficult times there are those people who are putting the needs of others doing it tough right now before their own needs.

Our webpage donations system is automated to provide a receipt for tax deductibility purposes (donations over \$2) but if you have not received a receipt, please let us know (email peter.s@thirrili.com.au) and I'll follow up).

For those who may have missed our May 5 edition, don't let the '.com.au' domain fool you; yes we are a charitable institution!

In fact, 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>



Worth a read

Prevention the key to tackling mental illness

In an article published in the *Conversation* on 4 June 2020, Professor Matthew Smith of Strathclyde University in Glasgow argues that a focus on prevention, i.e. identifying the factors that contribute to mental illness and tackling them is the answer to stem the rising tide of mental illness which currently affects nearly 400 million people worldwide.

Professor Smith further argues that a good place to start is social psychiatry, which was a highly influential preventive approach which gained traction post WW2 in the US.

Social psychiatry focused on identifying the social factors believed to cause mental illness, including poverty, inequality and social exclusion.

Interdisciplinary in its approach, psychiatrists worked closely with social scientists, especially sociologists and anthropologists, to determine the relationship between society and mental illness.

Ultimately, social psychiatry was to lose favour to biological psychiatry, which emphasised neurological, rather than social, explanations for mental illness and meant a focus on treatment (usually with drugs) rather than prevention.

Is it social psychiatry's time again?

To read the full article, go to:

<https://theconversation.com/social-psychiatry-could-stem-the-rising-tide-of-mental-illness-138152>

In the previous piece, we introduced the work of Professor Matthew Smith who argued that prevention should be the focus rather than treatment (usually with drugs) .



Just in is an article highlighting research from Curtin University in Western Australia which "...has shown rates of antidepressant use and suicide by young Australians have risen sharply since 2009, raising concerns about the safety of current treatment practices, and the veracity of advice from Australian suicide prevention experts."

One of the researchers, Dr Martin Whitely states: "We need to ask whether, despite their good intentions, Australia's leading suicide prevention organisations and experts have got it wrong and whether we should continue to follow their advice."

A must read at:

<https://www.miragenews.com/research-reveals-alarming-link-between-rising-antidepressant-use-and-suicide-rates-among-young-australians/>

National Indigenous Postvention Service (NIPS) notifications 2020: updated every issue

Updated 9 June 2020. Sadly, this week we have been notified of four deaths which have been reported to us as suicide. Of course, the respective Coroner in the relevant jurisdiction will ultimately determine the cause of death in each instance.

	Gender			State or Territory*						
	Male	Not known at this time	Female	QLD	WA	NT	VIC	NSW	SA	Total
Completed suicides	42	1	14	18	13	8	8	5	5	57

Age range	17 and younger	18-30 inclusive	Older than 30	Not known at this time	Total
Completed suicides	9	28	15	5	57

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

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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Indigenous health funding announced

According to SBS news, Indigenous health is to get a \$4 Million investment with focus on nutrition, literacy and mental health. The reports says that thirty nine projects will be funded across Australia, ranging from mental health support, improving nutrition, to increasing health literacy in culturally diverse communities.

"The funding ... will particularly assist Aboriginal and Torres Strait Islander people, people from culturally and linguistically diverse backgrounds and those in the community identified as most at risk of poor health outcomes," federal Health Minister Greg Hunt said in a statement on Saturday.

Source: SBS news: <https://www.sbs.com.au/news/indigenous-health-gets-4m-government-investment-with-focus-on-nutrition-literacy-and-mental-health>

Mental Health First Aid Training courses

Now that face-to-face restrictions are easing, some attendance courses for professional development are returning and are booking fast.

This particularly applies to Aboriginal and Torres Strait Islander Mental Health First Aid Training Courses.

These courses teach members of the public (18 years and older) how to assist an Aboriginal or Torres Strait Islander Adult who is developing a mental health problem or in a mental health crisis.

Mental Health First Aid (MHFA) Australia provide a range of courses to train participants to assist adults and young people.

Upcoming courses focussed on working with Aboriginal and Torres Strait Islander adults (with vacancies*) are listed below:

- Wagga Wagga NSW 2560
26/06/2020 - 27/06/2020
- Katherine NT 0850
08/07/2020 - 09/07/2020
- Leumeah NSW 2560
16/07/2020 - 23/07/2020
- Upper Coomera QLD 4209
20/08/2020 - 27/08/2020
- Port Macquarie NSW 2444
01/09/2020 - 02/09/2020
- Nowra NSW 2541
15/09/2020 - 16/09/2020
- Dubbo NSW
06/10/2020 - 07/10/2020
- Postcode 4215 (Southport QLD TBC)
08/10/2020 - 15/10/2020
- Gunnedah NSW
08/02/2021 - 09/02/2021
- Newcastle NSW
15/02/2021 - 16/02/2021
- Campbelltown NSW 2560
04/05/2021 - 05/05/2021

* (according to MHFA Australia website as at 9/6/20)

Disclaimer: Please note that Thirrili Ltd has no affiliation with MHFA Australia and receives no benefit for listing these courses.



Our aim is to promote this information to help increase the number of people able to provide

vital mental health first aid to Aboriginal and Torres Strait Islander peoples.

For further information and to search courses, go to: <http://mhfa.com.au/>

Worth another look



According to the World Health Organisation's *Preventing suicide: A global imperative* (2014), among young people 15-29 years of age, suicide was the second leading cause of death globally. The publication aimed to "... increase awareness of the public health significance of suicide and suicide attempts, to make suicide prevention a higher priority on the global public health agenda, and to encourage and support countries to develop or strengthen comprehensive suicide prevention strategies in a multisectoral public health approach".

The publication of this document followed the adoption in May 2013 by the Sixty-sixth World Health Assembly of the first-ever Mental Health Action Plan of the World Health Organization (WHO).

Suicide prevention was an integral part of the plan, with the goal of reducing the rate of suicide in countries by 10% by 2020.

Sadly, we know that in Australia, particularly among Indigenous young people, these goals are not being met.

Nonetheless, as an explanation of the global situation regarding suicide, statistics and discussion of risk and protective factors, it is worth another read six years on.

Until our next edition...