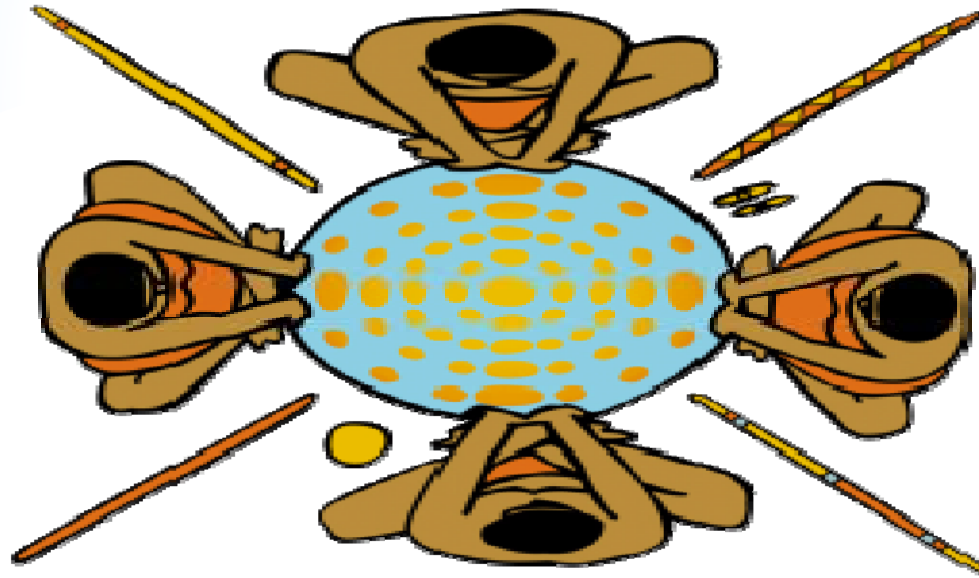


SOCIAL AND EMOTIONAL WELLBEING



GURRINY YEALAMUCKA
HEALTH SERVICES
ABORIGINAL CORPORATION

LIFE PROMOTION PROGRAM

Empowering Yarrabah

When Community take a lead Good things can happen!

Community Aspiration -

"Over a decade representatives of Yarrabah have identified the need for community ownership of their own health outcomes" Yarrabah Health

Partnerships , Yarrabah Health Framework Agreement 1 of 3. 2002

Life Promotion Journey

Health Services

- * 1988 - Yarrabah Council unhappy with health status and commissioned a health assessment resulting in a 5-Year Health Plan
- * 1989 - Establishment of the Yarrabah Health Committee
- * 1991 - Incorporation of the Yarrabah Health Committee
- * 1993 ATSIIC funds construction of a health facility only - no program \$
- * 1993 Yarrabah Council fund 1 full-time & 2 part-time local people as IHW- Rheumatic Fever with Canteen & CDEP \$

Health Services

- * QH Community Health Nurse provided clinical supervision
- * 1995 Suicide Crisis - Community mobilised
- * Yarrabah Council Health Service obtain \$ from QH to design and manage a Suicide Prevention Program
- * Immediate reduction in the number of attempted suicides and self-harm behaviours

Life Promotion Journey

Health Service

- * 1997 - Yarrabah Community Council receive QH \$ to conduct Feasibility Study
- * Feasibility study showed community control of health and community voice that you cannot make our people healthy if you don't fix the social problem from impacts of the stolen generation.
- * 1999 - \$ from SmithKline Beecham to: Support Community development, develop a Socio-emotional & Spiritual Wellbeing Centre

Gurriny Journey

- * Decision to focus on SEWB
- * 2000 - GYHSAC meet with Dr Komla Tsey (UQ) to talk FWB & Men's Groups
- * Expansion of programs Women's & Men's Groups
- * FWB expanded to schools, Gindaja & Justice Group
- * By April 2007 workforce exceeded 20 local staff with 11 focused on SEWB
- * Peak Suicide time in YBH 91-96 averaged 3-4 suicides per year
- * 9 years on from 1996 Yarrabah had 2 suicides
- * Between 2001 & 2013 there were approx. Ten suicides, but fewer than before the implementation of the program, when 17 suicides occurred between 1990 and 1996.

*WHAT ARE SOME OF THE REASONS
OUR PEOPLE ARE ATTEMPTING
SELF-HARM AND OR SUICIDE?*

- * Overcrowding Houses
- * Drug and alcohol abuse
- * High rate of unemployment
- * Low self-esteem
- * Lack of confidence in own abilities
- * Community perception and judgement
- * Men feel disempowered not being the provider within the family

** WHEN WE WORK WITH OUR CLIENTS, WHAT IS IMPORTANT TO SUPPORT THEM?*

- * Encourage/ Empower
- * Talk about training, job opportunities and relationship
- * Health and wellbeing
- * Focus on family

EMPLOYMENT IS A BIG PART OF HEALING

- * Mix with others
- * Self worth increases
- * Dollars in your pocket
- * Increase in control of your life
- * Purpose
- * Keeps clients busy and focused
- * Sense of being a part of the community

This is a list of people who may live in your street. You can go to their place as well if you need to get help! You are also free to go to other people who you trust and whose name is not on this list!

Smith St

Fr Vincent Sands.....4056 9443(H)
Fr Edward Murgha.....0422 016 813
Fr Mick & Dcn Val
Connolly.....4056 9599 (H)
.....0418 754 741

Back Beach Road

Ainsley Dangar.....4056 9372
.....0458 177 517

Djenghi

David Baird.....4056 9365 (H)
Josephine Murgha.....4056 9276 (H)

Mourigan

Nanette Sands.....4226 4241 (W)
.....4056 9580(H)

Hilton Bulmer

Gribble Street
Pastors Paul & Natasha
Munn.....0410 604 871

Gurriny Yealamucka
Mary Kyle.....4226 4151 (W)
Paul Neil Jnr.....4226 4150 (W)
Kayleen Jackson.....4226 4154 (W)
Life Promotion Officer.0400 063 990

Workshop St

Vera & Andrew Wilson....0455 137 135
.....4056 9204 (H)

Reeves Creek

Adelaide Sands.....4056 9563(H)
.....4226 4100 (W)

Merton Bulmer.....4056 0333(W)
.....0498 313 435

Gindaja (Rehab)

Thelma Yeatman.....4056 9156(W)
.....40 569 282 (H)

Gindaja (Drop-in Centre)

Lyndell Thomas.....4056 9000 (W)

Noble Drive

Ernest & Sharmaine Stafford
Community
Les Baird.....0457 058 157

Desmond Fourmile.....0458 576 545
Wayne Costello.....0458 445 043
Gwen Costello.....0457 186 095

Pamela Mundraby.....0447 714 266
Jayleen Miller.....0450 087 497

PEOPLE RARELY SUICIDE IN COMPANY
- ORGANISE SUPPORT & SERVICES



The Yarrabah Community Flow Chart



A guide for individuals working with people at risk of self harm and suicide

Questions to use to assess level of risk and to help decide where to refer

- Is everything alright in your life?
- Is there a family history of suicide?
- Is despair/hopelessness being expressed by the person?
- Have there been past suicide attempts?
- Is the person receiving treatment for mental illness/emotional problem?
- Are they thinking about suicide?
- Is there abuse of drugs or alcohol?
- Have they a suicide plan?
- Do they have access to means (e.g. gun)?
- What protective factors do they have?

Medium to High Risk

- * Multiple risk factors present (consider answers to the above questions)
- * Active suicidal thoughts present

Low Risk

Low Risk DOES NOT MEAN No Risk

Agreeable to a referral at next possible time

Acute Care Team (ACT)
8.00am - 4.30pm
4226 3100
Outside of the above times, phone Cairns Base Hospital on 4226 0000 and ask for Acute Care Team.

Child and Youth Mental Health (under 18)
Weekdays:
8.00am-4.30pm
4226 3400
Other times as per ACT

In an emergency

Police link.....131 444
Police Emergency.....000
Mobile phones with no coverage.....112
Yarrabah Primary Care Centre.....4226 4100
Qld Ambulance.....000
Suicide Helpline Call Back Service.....1300 659 467

*When making a referral, the following should be said:
"Hello, I'm from I have a person with me who is at HIGH RISK OF SUICIDE."*

Other options for referral & assistance

Cairns Integrated Mental Health Service.....4226 3100
Cairns Regional DV Service.....4033 6100
Cairnity Youth Harolds House.....0408 770 899
Centacare, Cairns.....4044 0130
Community Health Centres -
Cairns.....4226 4500
Edmonton.....4226 4900
Dads in Distress.....1300 853 437
DV Connect Mensline.....1800 600 636
Elder Abuse Helpline.....1300 651 192
Gay & Lesbian Counselling.....1800 184 527
Headspace (Cairns).....4041 3780
Mental Health Carers
ARAFMI Qld Inc Supportline...1800 351 881
Mission Australia.....40516560
Parent Line.....1300 301 300
PHAMS.....4056 9444
Pregnancy Counselling Link.....1800 777 690
Qld Assoc for Healthy Communities.....1800 177 434
Relationships Australia.....1300 364 277
Yarrabah Primary School.....4056 0666
Yarrabah Secondary Department.....4056 0333
Sexual Assault Helpline.....1800 010 120
Victims of Crime Support.....1300 139 703
Yarrabah Women's Resource Centre.....4056 9481
Wuchopperen Health Service.....4080 1036
YETI.....4051 4927
YouthLink.....4031 6179

24 hour referral services:

13Health.....1343 2584
Alcohol & Drug Inform. Serv.....1800 177 833
Bereaved by Suicide.....1300 467 354
beyondblue Supportline.....1300 224 636
Child Safety Services.....1800 177 135
Family Drug Support.....1300 368 186
Kids Helpline.....1800 551 800
Life Bereavement Support Service.....0439 722 266
Lifeline Australia.....131 114
Mens Line Australia.....1300 789 978
Poisons Information Centre.....131 122
Salvo Care Line.....1300 363 622
StandBy.....0459 299 147
Suicide Callback Service.....1300 659 467
Veterans Counselling Service.....1800 011 046
Women's DV Helpline.....1800 811 811

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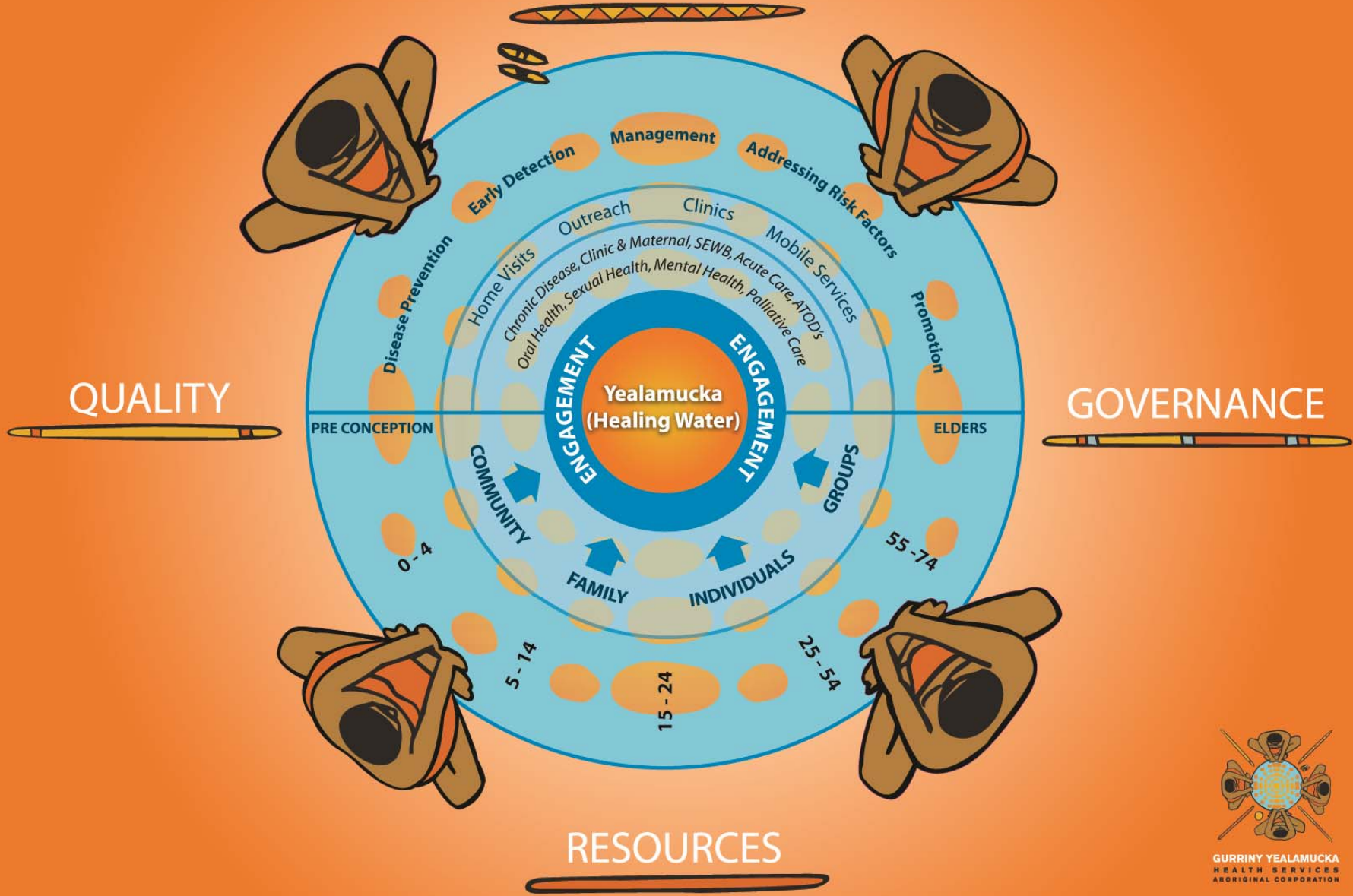
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PARTNERSHIPS



GURRINY YEALAMUCKA
HEALTH SERVICES
ABORIGINAL CORPORATION





TROUBLE with HEART and BLOOD VESSELS (CVD)

WHAT IS CVD?
CVD is a group of conditions that affect the heart and blood vessels. It includes coronary heart disease, stroke, and peripheral vascular disease. CVD is the leading cause of death in Australia.

HOW TO REDUCE YOUR RISK

- Eat a healthy diet
- Exercise regularly
- Don't smoke or drink too much alcohol
- Keep your blood pressure, cholesterol, and blood sugar under control
- Don't have too much weight

IF YOU DO NOT WANT TO TAKE MEDICINE THEN IT IS IMPORTANT TO LEARN HOW TO REDUCE YOUR RISKS

HIGH BLOOD PRESSURE

- CHOLESTEROL
- DIABETES
- NOT ENOUGH EXERCISE

increases your risk

12 weeks to a HEALTHIER LIFE

This 12 week plan can help you through it. Work by week. Follow the simple suggestions and make some new habits to reduce the risk of chronic disease and kick-start a healthier, more enjoyable life. Plus, learn how making some simple swaps can help protect your body without missing out on the things you love. Remember you don't have to stop it, just swap it!

SWAP TIPS TO KICK-START YOUR HEALTHIER LIFESTYLE

SWAP your diet for a healthier one	SWAP your transport for a healthier one
SWAP your alcohol for a healthier one	SWAP your screen time for a healthier one
SWAP your stress for a healthier one	SWAP your sleep for a healthier one
SWAP your exercise for a healthier one	SWAP your smoking for a healthier one

SWAP IT. DON'T STOP IT.