



**SUICIDE PREVENTION
IN ABORIGINAL AND INDIGENOUS
COMMUNITIES IN WESTERN AUSTRALIA**

Autumn Forum 2019 (Djeran—season of adulthood)

Summary of Discussions



*“Forgiveness for yesterday
and faith for the future”*

Artwork by Bevan Winmar Jnr and Nevaeh Winmar



Autumn Forum 2019 - Summary of Discussions

Suicide Prevention in Aboriginal and Indigenous Communities in Western Australia

Executive Summary

The 2019 Autumn Forum of the WA Statewide Suicide Prevention Network (WASSPN) was held on 13 March 2019, at the Lifeline WA Shenton Park Training Venue in Perth WA. The focus of the forum was suicide prevention in Aboriginal and Indigenous Communities in Western Australia. This topic was chosen by WASSPN members via a voting process and identified to be an area of major concern. This report summarises the information, insights and ideas raised during the forum and will be made available to WASSPN members.

The forum was advertised to WASSPN members through the Loomio site and the WASSPN homepage. Registration for the forum was free and places were limited to 90 participants. A total of 90 people registered for the forum with 80+ attending on the day including one via video link from regional WA. Participants represented a range of public, private and not for profit organisations as well as community members, support groups and people with a lived experience of suicide and mental health.

Presentations were made at the forum by community members and professionals: Wayne Ryder and Josie Ford spoke about their Aboriginal Health and Wellbeing Festival project; and Hayley Thompson spoke on behalf of the Aboriginal Health Council of Western Australia.

Prior to discussion, the facilitators asked participants to mark on a map of WA where they are based and any areas of concern. The mapping activity identified the widespread participation of the forum, with a number of participants attending from the rural and regional areas of WA where they are based. The second part of the forum focussed on the needs of the community, identifying the needs that currently exist and providing a space for participants to express what they feel are their own and their community's needs. The next part of the forum focused on the identifying changes that need to happen in the community. Participants were asked to consider what changes they will make as a result of the forum and to work towards reducing suicide in Aboriginal and Indigenous communities of Western Australia.

The WASSPN would like to acknowledge the upcoming Aboriginal Health and Wellbeing Festival, October 24th at the Champion Centre in Armadale. An Expression of Interest document has been included in Attachment Four. Participants of the forum who are able to contribute are encouraged to complete an Expression of Interest.

The WASSPN Governance Group meets every 2 months to discuss the Network, its progress, and for strategic planning. The Governance Group will be utilising their next meeting to workshop and identify the role of the Network, potential opportunities for action and change, and how the Network may better advocate for the communities affected. For feedback and suggestions, please email reception@lifelinewa.org.au

Acknowledgements

Acknowledgement of Country

We wish to acknowledge the Whadjuk (Perth region) people, the traditional custodians of this land on which the WASSPN exists and holds its forums. We acknowledge and respect their continuing culture and the contribution they make to the life of this city and this region. We also acknowledge the Aboriginal people of the many traditional lands and language groups of Western Australia and the wisdom of Aboriginal Elders both past and present and pay respect to Aboriginal communities of today.

Acknowledgement of LGBTIQ+ Elders

We acknowledge our LGBTI elders, past and present. We express our gratitude for the recognition and acceptance of the LGBTI community experienced today and we acknowledge the battles they have fought and our sorrow for the prejudices they have experienced in order for us to be where we are today.

Acknowledgement of Lived Experience

We remember all those we have lost to suicide and acknowledge all people who have direct experience of suicide. We acknowledge all who struggle with suicidal ideation and those who care for and support them. We also acknowledge all who have attempted suicide and those bereaved by suicide. We recognise that the voice and insight of people with lived experience is essential in the development of our suicide prevention work.

Contributions

The WASSPN would like to thank Neami National for their contributions to morning tea. The WASSPN would also like to thank Jacqui Tibbits and Aunty Elizabeth Hayden for facilitating the forum, and Bevan Winmar, Bevan Winmar Jnr and Nevaeh Winmar for their Aboriginal dance performance.

Introduction

The 2019 Autumn Forum of the WA Statewide Suicide Prevention Network (WASSPN) was held on 13 March 2019, at the Lifeline WA Shenton Park Training Venue in Perth WA. The focus of the forum was suicide prevention in Aboriginal and Indigenous Communities in Western Australia. This topic was chosen by WASSPN members via a voting process and identified to be an area of major concern.

Participants

The forum was advertised to WASSPN members through the Loomio site and the WASSPN homepage. Registration for the forum was free and places were limited to 90 participants. A total of 90 people registered for the forum with 80+ attending on the day including one via video link from regional WA. Participants represented a range of public, private and not for profit organisations as well as community members, support groups and people with a lived experience of suicide and mental health.

Representation from Throughout Western Australia

We would like to acknowledge and thank those who travelled from rural and regional areas to attend the forum. Participants attended from various locations outside of the Perth metro area, including the Kimberly, Pilbara, Murchison, the South West and the Nullarbor.

Forum Topic: Suicide Prevention in Aboriginal and Indigenous Communities in WA

The forum focused on suicide prevention in Aboriginal and Indigenous communities in WA, and covered three main areas of discussion namely: needs of the community; voices of community (what do you see needs to happen); and a call to action discussion (today I am going to make a change by...), where participants indicated what they would do as a result of the forum to make a change.

Forum Schedule

A copy of the original program for the forum is included as **Attachment One**. This program was modified on the day to allow more time for group discussions. Slides from the forum are included in **Attachment Three**.

This Report

This report summarises information, insights and ideas raised during the forum and will be made available to WASSPN members.

Facilitators

Thank you to our forum leaders: Aunty Elizabeth Hayden & Jacqui Tibbits

Aunty Elizabeth Hayden is a Noongar woman of the Ballafong/Wilman Clans of the Southwest. Aunty Liz has a Bachelor of Social Work Degree, Bachelor of Arts, and Post Grad Degree. Her goal is to raise the understanding that we, the people of the community have a responsibility to the care and welfare of our vulnerable young people.

Jacqui Tibbits, also co-facilitator for the WASSPN Autumn 2019 Forum, is Director of Consultation and Deputy Chair of GRAI GLBTI Rights in Ageing. Jacqui specialises in community services and development, particularly aged care, disability, and mental health.

Aunty Elizabeth Hayden – Opening Address and Welcome to Country

Aunty Elizabeth Hayden opened the forum with a Welcome to Country and heartfelt and emotional address.

The following topics were discussed:

- Ground Zero included six meetings and discussions about suicide being like the bomb that went off in Maralinga, SA. Aunty Elizabeth Hayden believes the community are still suffering and believes the “spirit of the people needs restoring” and the community has responsibility to care for the person next to them.
- As a community we need to provide better care for fathers of those suicided, as they are often forgotten and are badly suffering depression.
- The Coroner’s Inquest highlighted the need for a more holistic approach to Aboriginal Suicide and the need for service providers to have a better understanding of Aboriginal Peoples connection to their culture and land.
- Agencies are experiencing fatigue and there’s a need for more agency collaboration including working together on projects.
- Those people who are sitting on the periphery should make way for people who are willing to act.

Jacqui Tibbits - Response to Country and Schedule

“Kaya ngun nitja Jacqui. Wanjoo wodjellas mia. Ngun djerrup noonook nitja...

..Hello I am Jacqui. Welcome to this white place. I’m happy you are here. I respectfully acknowledge the past and present Traditional Custodians of this land on which we are meeting. It is a privilege to be standing on Noongar country and I thank you Aunty Liz for your warm Welcome to Country. This morning we have presentations on initiatives occurring to support suicide prevention in Aboriginal communities.

We have a long morning tea break, providing time to think and connect; and for those needing to – to move your car. We thank Neami National for sponsoring the morning tea. After morning tea, we would like to harness the voice of the community in discussing suicide prevention, intervention and next steps.

Aunty Liz and I will facilitate this together. We will finish our forum with a short evaluation for you to complete followed by a healing session. Items identified and discussed will be collated into a report and made available to network members in addition to people here today.

We acknowledge that not only do we have people in the room who are passionate about health, wellbeing and lives of Aboriginal people we also have people who have most probably been affected by someone dying by suicide, or being a survivor of suicide.

I ask that we come here today with respect and compassion for ourselves and each other and with our Kaat Koort Weirrn, that is, we come here with our Head, our Heart and our Spirit.

We have Katherine and James who are available for anyone who may need support or someone to talk to during today's forum."

Jacqui Tibbits – Introduction and Context of Forum

Jacqui Tibbits continued by providing context for the forum, common themes and a need for action.

"I would like to share the context for today's forum and how we got here. Network members vote from a selection of topics to explore at each forum through a private ballot. In this instance the selected topic was Suicide in Aboriginal communities in WA. We are aware of the high rates of death by suicide for Indigenous Australians, high rates of self-harm and higher rate of mental health issues than non-indigenous Australians. We are also aware of contributing factors including but not limited to social, historical and political origins.

Within a week or two of the topic being chosen the WA Coroner's report into the deaths of 13 children and young persons in the Kimberley was released. Though timely this forum is not only about those deaths but deaths by suicide of all Aboriginal people, of all ages across our state.

The Coroner's report, however, adds to a growing evidence base of reports, research, papers, positions and lived experience and knowledge regarding deaths, health and wellbeing of Aboriginals and Aboriginal communities.

To which there appears to be some common themes including the need for or better understanding of:

- 1. An holistic approach to mental health and its connection with culture*
- 2. A balance of self, the wider community and country*
- 3. Whole of person, whole of community initiatives respectful of their interconnectedness with land and country*
- 4. Community-led suicide preventions and capacity building initiatives for individuals, families and communities*

And that communities would like action including:

- 1. Leadership from within communities*
- 2. Meaningful engagement and collaboration on initiatives*
- 3. Empowerment and ownership of decisions and initiatives*
- 4. Connection to culture and country*
- 5. Healing*

Today's forum has taken a slight adjustment from the original topic chosen. Today, we will be exploring Suicide Prevention in Aboriginal communities in WA believing that every person in this room and around the state has a role to play and that each of us can make a positive difference reducing deaths by suicide; and supporting health, healing and wellbeing of self and others.

Today, we want to focus on the voice of the community and their needs, ideas and initiatives to help individuals and organisations make a positive difference."

Traditional Dance and Didgeridoo Performance

Bevan Winmar brought along his two children, Bevan Jnr and Nevaeh, who graced the audience with a traditional dance and didgeridoo performance.



Presentations

Presentations were made at the forum by community members and professionals. **Attachment Three** contains slides shown by the presenters on the day of the forum.

Wayne Ryder and Aunty Josie Ford – Aboriginal Health and Wellbeing Festival

Wayne Ryder and Aunty Josie Ford presented their Aboriginal Health and Wellbeing Festival concept.

There have been a significant number of suicides of young people in the Perth metro area and the community have come together to provide support, but recognise that there is a real disconnect between service providers and the community. This needs to change. It is about delivering better services to the Aboriginal community.

An Aboriginal Health Festival will be held in October, 2019 (See Attachment Four). It is a pilot program that will be expanded after a trial run.

As a starting point, the plan is to provide the Aboriginal community in Armadale with resources that will assist them to know where to seek help if needed, in a festival style format. To ensure that the community know which services are available and what they do, the areas where services and stalls are located will be separated from the areas where there is food, entertainment, healing and clinics (e.g. AFL players) held which will be of interest to the community.

Once the community have shown that they have had a yarn with stall-holders they will be able to access food, entertainment and activities including a smoking ceremony. The community will have the opportunity to chat with Elders during the festival.

Wayne and Josie invite mental health agencies from outside the Armadale area and outreach workers to express their interest in being involved in the festival.

Following Wayne and Josie’s presentation, a number of people put themselves forward to offer their contribution to the Aboriginal Health and Wellbeing Festival Project.

If you would like to know more about the project, or would like to contribute, please contact Wayne Ryder (wryder@palmerston.org.au) or Josie Ford (Josephine.Ford@health.wa.gov.au).

Hayley Thompson, Aboriginal Youth Program Coordinator, Aboriginal Health Council of WA

Hayley Thompson spoke on behalf of the Aboriginal Health Council of Western Australia.

- Hayley announced an Aboriginal Youth Conference –Tuesday, 26th March on the Esplanade in Fremantle, a free event.
- The Council offers free training in Mental Health, First Aid, Youth, Mental Aid First Aid and Cultural Healing - ‘ Our History and Our Timeline’ training.
- Hayley highlighted a need for more youth committees for Aboriginal and Indigenous communities.
- Hayley expressed her concern that Aboriginal people in Metropolitan areas have lost their connection with culture but had lots of opportunities and Regional people had a lots of culture but little opportunities.

Activity: Mapping of Western Australia



The facilitators asked participants to mark on a map of WA where they are based and any areas of concern. The mapping activity identified the widespread participation of the forum, with a number of participants attending from the rural and regional areas of WA where they are based. The participants identified that there is a dire need to provide more services and support within the Perth metropolitan area. It was described by a participant as, *‘a concern that Aboriginal people in metro areas have lots of opportunities but have lost their connection with culture, and those in regional and rural areas have lots of culture but little opportunities’*.

Group Discussion: What are the needs of the community?

The next part of the forum focussed on the needs of the community, identifying the needs that currently exist and providing a space for participants to express what they feel are their own and their community's needs.

The following key points were raised by participants during the discussion:

- Stop family feuding - the community needs to come together and help each other.
- The relationship between Government and Aboriginal groups needs to change and progress.
- There needs to be more community based support. For example, Aboriginal yarning circles in the Wheatbelt, between elders and professions is helping social problems.
- More 'fun safe places' for Aboriginal people to hang out, communicate and support each other - meet up groups in bowling alleys and coffee shops are safe, not the local park. It is important to create inclusivity.
- There is not enough awareness of decolonised language and the process of decolonising the language of relevant documentation.
- Talking about mental health is not normalised in Aboriginal and Indigenous communities, particularly among young men. There is a need to make it easier to talk about between peers.
- There is an element of suicide copycat syndrome happening in the community and a need to stop this from happening.
- Bullying in the school system, via social media and especially with girls, who are self-harming, needs to stop.
- It is important to recognise that the typical working hours of Monday to Friday, 9am to 5pm does not apply for people who are struggling with their mental health.
- There needs to be a safe place for the children.

Voices of Community: What do you see needs to happen to address these needs?

The next part of the forum focussed on the identifying changes that need to happen in the community. The following key points were raised by participants during the discussion:

- Radical change in the Pilbara to change the community view about men's ownership of women and children. Support and education for prevention.
- Men's relationship workshops in schools to help boys learn how to treat girls.
- Need for a specific Aboriginal Suicide Service in Perth. Participants were not able to identify any current services specifically catering to this need.
- Advocacy, stigma reduction and education – As communities we need to keep working towards changing the attitudes towards, stereotypes and stigmas of Aboriginal people, particularly around mental health.
- There needs to be more resilience and trauma workshops, and counselling and support groups available to young people.

- More involvement of Elders and recognised community leaders in support and education programs, but with less intrusion from government – Less ‘red tape’.
- More inclusion of Aboriginal and Indigenous people in decision making (community, service provision and policy). It is important to have a representative ‘grass roots community voice’ at the decision table.
- Recognising lived experience in decision making and not just professional experience and qualifications.
- The community and the government need to lead by example, walking the walk and not just talking about it.
- Prisons should focus more on rehabilitation and cultural healing. More cultural healing programs in prisons, particularly for youth.
- Big Brother and Big Sister programs are useful and helpful, but there are not enough.
- There is a need to provide a safe place for children, through building families and increasing culturally appropriate and accessible support.
- Government agencies need to reconsider funding options as research is not the answer, prevention and action are key.

Activity: I will make a change by...

It was important that those who attended take something away from the forum and implement it in their daily lives, organisations, and communities. Participants were asked to consider what changes they will make as a result of the forum and to work towards reducing suicide in Aboriginal and Indigenous communities of Western Australia. The responses from participants are listed below. **Attachment Two** contains the original representation of responses as shown on the day of the forum.

I will make a change by...

“By supporting my clients in accessing the right services and supporting them in getting help.”

“Connecting more with the Indigenous healing arts and assisting with the healing journey.”

“Looking at how my organisation can do more to work towards suicide prevention and building safer communities.”

“I will learn about Aboriginal culture.”

“I’ll continue my studies in this space and affirm to my cohort that we are on the right track.”

“Supporting in any way I can with Indigenous communities.”

“Promote the young leaders development program that Hayley talked about.”

“More to check with my mob and provide better visibility and awareness of our support. Giving my time to listen to everyone’s journey.”

“Helping my organisation supporting clients in accessing the right health and mental health services.”

“Be available for my community and family to help them on their healing journey.”

“Being more active in the community we live and work.”

“Support and find ways to promote the Aboriginal health Day that is to be held in Armadale as coordinated by Wayne and Josie. Please ensure that all the participants are sent the details of the event when the date, time and location is finalised.”

“I will be more passionate and committed in reaching out to my people and interacting. Look for signs in my people and be that voice to help them.”

“Raise it at our next operational meeting and try and get some strategies happening.”

“By not avoiding the difficult talks. The issues and the connection and talking needs to be real too.”

“Supporting in any way I can.”

“Listening to the voices of those who know what they need and walking along side to support and empower them.”

“Be a voice for my community and help strengthen the voices within our community.”

“Encourage our youth to be strong and don’t be afraid to take the lead, our elders need you.”

“Listening and hearing the voices of Aboriginal clients and their experiences.”

“Looking at how my organisation can help with holding spaces, we are not a service provider.”

“Keep being passionate about my role and helping the community in any way possible.”

“Support the Aboriginal Engagement Officers at my local council.”

“Connecting with more service providers.”

“Speak up for my people and respect them, past and present.”

“I would like to use my voice more as a young person and try to get more involved in things like this.”

“Listening more.”

“I will connect with my community and work to ensure my organisation has strong ties to the appropriate community members.”

“Encourage my young family to get involved with the youth health organisations to get inspired and become leaders.”

“Listen, be flexible, and continue to work with whole families.”

“Continue to do outreach, advocate and support the community to join community service.”

“Open up my expertise and networks to anyone willing to use my services.”

“Building trust and meaningful connection with Noongar communities and families.”

“Connect with other people in this space, especially Elders and community – together we can make a positive difference.”

“Look at how my organisation can make changes to better support Aboriginal people.”

“Actively build trust with people in my community.”

“Deep listening and advocating for resources for community-led responses.”

Identifying Resilience in the Room

After discussing the needs of the community, it was collectively recognised and reflected upon that:

“The Aboriginal and Indigenous communities in WA and throughout Australia have demonstrated incredible resilience. Aboriginal people are the most resilient people in the world - they have survived 75, 000 years”.

“As a community, through giving support and encouragement, we can come out of the darkness to shine the brightest.”

“Forgiveness for yesterday and faith for the future – we are all here to save Noongar lives.”

Time for Healing

The final ten minutes of the Forum were allocated as a time for healing and reflection. Bevan Winmar and his family performed another didgeridoo performance. During this time, Aunty Elizabeth Hayden requested each participant touch hands with another participant, so everybody in the room was connected. Aunty Liz expressed the importance of touch and moments of silence for Aboriginal culture. Moments of silence during conversations are considered the ‘norm’ and are valued. Participants reflected on their time at the forum and the difficult topics that were discussed. Aunty Elizabeth Hayden closed the Forum, recognising the strength in the room and the importance of taking care of ourselves and our communities through connection and healing.

Notable Outcomes and Next Steps

- Community and professional connections were established between forum members. This was particularly evident in the connections built around Wayne Ryder and Josie Ford’s Aboriginal Health and Wellbeing Festival project.
- Individual participants recognised a need for action, with a number of participants identifying ways they can make changes in their own workplaces and communities.
- The forum provided a culturally safe space for discussion and reflection. The process (yarning circles), connection (between providers and community) and opportunity to speak and be heard (between community and organisations) on a range of topics, needs and perspectives was rewarding and helped to identify and improve engagement between organisations and individuals.
- Participants collectively recognised a need for further forums and events connecting community members, such as yarning circles or continuations of the WASSPN Forum event with a finer focus.

The WASSPN would like to acknowledge the upcoming Aboriginal Health and Wellbeing Festival, October 24th at the Champion Centre in Armadale. An Expression of Interest document has been included in **Attachment Four**. Participants of the forum who are able to contribute are encouraged to complete an Expression of Interest.

The WASSPN Governance Group meets every 2 months to discuss the Network, its progress, and for strategic planning. The Governance Group will be utilising their next meeting to workshop and identify the role of the Network, potential opportunities for action and change, and how the Network may better advocate for the communities affected. For feedback and suggestions, please email reception@lifelinewa.org.au

Evaluation Results

Comments

Thank you. Well done
I think it was great that you are strongly committed to improve on creating a good culture.
It is awesome to have the respect and compassion.
Awesome facilitators (this respondent did not fill in scale)
Very well done - facilitation of voices was fantastic.
All of the love. You did brilliantly.
Wonderful opportunity to come together, listen and learn.
Great Work. Community forum needs to be an ongoing event.
Fantastic Aunty
Thank you.
Amazing job on such a heavy topic. Total respect to you all
Thank you for today. I appreciated having the presence of kids today - spirit of the child.
Thank you Aunty Liz for facilitating a much needed forum.
Great Work.
Aunty Elizabeth was a great facilitator, Very knowledgeable and you can tell she really cares
Both great
Clean thorough honest and speak from the heart. Thank you
Well delivered - sensitive and engaging
I really enjoyed the session
Thank you - very informative. Changes definitely need to happen
I learnt a lot and I want to be a part of the journey
Good facilitation
Great Work - safe space
Wayne & Aunty Josie - involve local councils, Aboriginal Engagement Officers at Canningvale, Melville & Cockburn City Council to get people to the health event (& possibly funding)
At the moment I'm still learning but I thank you for making the day interesting.
As united ONE we are strong and can stand strong
Rid of colonial language - change the narrative
Please continue the conversation and provided other forums like this
Would have appreciated environmentally friendly plates/cutlery rather than single use plastic
Next steps - workshop around implementing great ideas and closing the gaps between service providers
More forums like this need to be run
A follow up session to further explore these points raised and more small yarning circles
Keep talking have a strong voice. More programs and safe places for young people
Excellent Forum
It was super informative

Scale Ratings

Note: 1 is a positive rating, 10 is a negative rating

	1	2	3	4	5	6	7	8	9	10	TOTAL RESPONDENTS
1. Awareness	9	7	4	3	1	2	1	1	1		29
2. Gaps	10	5	6	4		1	1	1		1	29
3. Implementation	13	6	3	1	1	1	1	1	1	1	29
4. Networking	15	5	1	2	1		1	3		1	29

* Total of 31 forms completed (2 missing scale rating), 80+ participants attended

* 1 form completed without a scale rating

* Forms with negative scale ratings were accompanied by positive comments. The items were not reverse scored.

Attachment One: Forum Outline

- 9:00am** Welcome to Country
- 9.15am** Introduction, Acknowledgements and Housekeeping
- 9.25am** Welcome Address from Aunty Elizabeth Hayden
- 9.40am** Presentation from Wayne Ryder and Aunty Josie
- 9.55am** Update from ACHWA/ACCH
- 10.05am** Break (35 mins)
- 10.40am** Mapping of WA and discussion – what are the needs of community?
- 11.30am** Voices of community – what do you see needs to happen?
- 12.10pm** 10 minute break
- 12.20pm** Discussion – how do organisations and service providers hold the community?
- 12:50pm** Final words and time for healing: Didgeridoo and Aboriginal Dancer Performance

Attachment Two: I will make a change by doing...

I will make a change by doing.....



Listening and hearing the voices of Aboriginal clients and their experiences	I would like to use my voice more as a young person and try to get more involved in things like this	Open up my expertise & networks to anyone willing to use my services
Looking at how my org can help with holding spaces (we are not a service provider)	Listening morw	Building trust & meaningfull connection with Nyoongar communities / families
Keep being passionate about my role and helping the community in anyway possible.	I will connect with my community and work to ensure my organisation has strong ties to the appropriate community member	Connected with other people in this space - especially Elders and community - together we can make a positive difference - together we can save lives
Support the Aboriginal Engagement Officers at my local council.	Encourage my young family to get involved with the youth health organisations to get inspired and become leaders	Look at how my organisation can make changes to better support aboriginal people
Connecting with more service providers.	Listen, be flexible, continue to work with whole families.	Actively build trust with people in my community
Speak up for my people and respect them past and present. BEVAN	Continue to do Outreach advocate and support the community to join community service.	deep listening and advocating for resources for community-led responses

I will make a change by doing.....



By supporting my Clients in accessing the right services and supporting them getting them help.	Promote the young leaders development program that Hayley talked about	I will be more passionate an committed in reaching out to my people an interacting. Look for signs in my people an be that voice to help them
Connecting more with the Indigenous Healing arts & assist with the Healing journey	More to check with my mob and provide better visibility and awareness of our support. Giving my time time listen to everyone's journey	Raise it our next operational meeting to try & get some strategies happening
Looking at how my organisation can do more to work towards suicide prevention and building safer communities	Helping my organisation supporting clients in accessing the right health and mental health services.	By not avoiding the difficult talks. The issues are and the connection and talking needs to be real too.
I will learn more about aboriginal culture	Be available for my community and family to help them on there healing journey	Supporting in any way I can
I'll continue my studies in this space and affirm to my cohort that we are on the right track	Being more active in the community we live and work	Listening to the voices of those who know what they need and walking along side to support and empower them
Supporting in any way can with indigenous communities	Support and find ways to promote the Aboriginal Health Day that is to be held in Armadale as co-ordinated by Wayne and Josie. Please ensure that all of today's participants are sent the details of this event when the date, time, location is finalised	Be a voice for my community and help strengthen the voices within our community
		Encourage our youth to be strong and don't be afraid to take the lead our elders need you

Attachment Three: Speaker Slides

Aboriginal Health Festival
2019
"Empowering our community"

Kaya Wanju



"NGAALA KAADITJ NOONGAR MOORT KEYEN
KAADAK NIDJA BOODJA"

"I ACKNOWLEDGE THE NOONGAR PEOPLE AS
THE TRADITIONAL CUSTODIANS OF THE LAND"



"We would like to pay our respects to elders past
present and emerging and also the elders in the
room with us today"

Who will be involved?

Current working group

- Palmerston
- CAMHS
- Hope
- Lifeline
- Neami
- WAPHA
- Clontarf
- The Champion Centre
- City of Armadale
- Wungening



Who we would like involved

- Aboriginal health organisations
- Mainstream services
- Aboriginal elders
- Aboriginal artists
- Aboriginal sporting players
- Aboriginal cultural activity workers
- Volunteers
- But most of all the Aboriginal community

When and Where?



Champion Centre, Seville Grove

July – August

10AM – 2PM

Date to be confirmed



What we need!



- Who wants to be involved
- Planning and Development
- Commitment to the project
 - Enjoying the day



- Funding
- Ideas on funding opportunities
- Support from services
- Willing people

Attachment Four: Aboriginal Health and Wellbeing Festival Expression of Interest

The full Expression of Interest form is available online here: [\[PDF\]](#) [\[Word\]](#)



Waaikal Moort Kaadadjiny

“Rainbow Serpent Family Learning”

ABORIGINAL HEALTH AND WELLBEING FESTIVAL

Thursday 24 October, 2019 | 10am - 2pm
Champion Centre, Armadale

**Expressions of interest
for community, service providers, and organisations**

Supported by



Child and Adolescent
Mental Health Service



Acknowledgement of Country: We wish to acknowledge the Whadjuk (Perth region) people, the traditional custodians of this land on which our work exists. We acknowledge and respect their continuing culture and the contribution they make to the life of this city and this region. We also acknowledge the Aboriginal people of the many traditional lands and language groups of Western Australia and the wisdom of Aboriginal Elders both past and present and pay respect to Aboriginal communities of today.



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