



# Wheatbelt Community Wellbeing Plans

*Increasing social capital, resilience, safety and  
introducing harm minimisation strategies in  
your LGA*

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Wheatbelt CADS Prevention Team

# Acknowledgment of country

We respectfully acknowledge the Nyoogar people as Traditional Custodians of this land on which we meet; we wish to acknowledge and show our respect to Elders past, present and future.

It is a privilege to be standing on Whadjuk country.





Acknowledgement of those we have lost, those that have been bereaved or impacted and those with lived experience of mental health or suicide idealisations

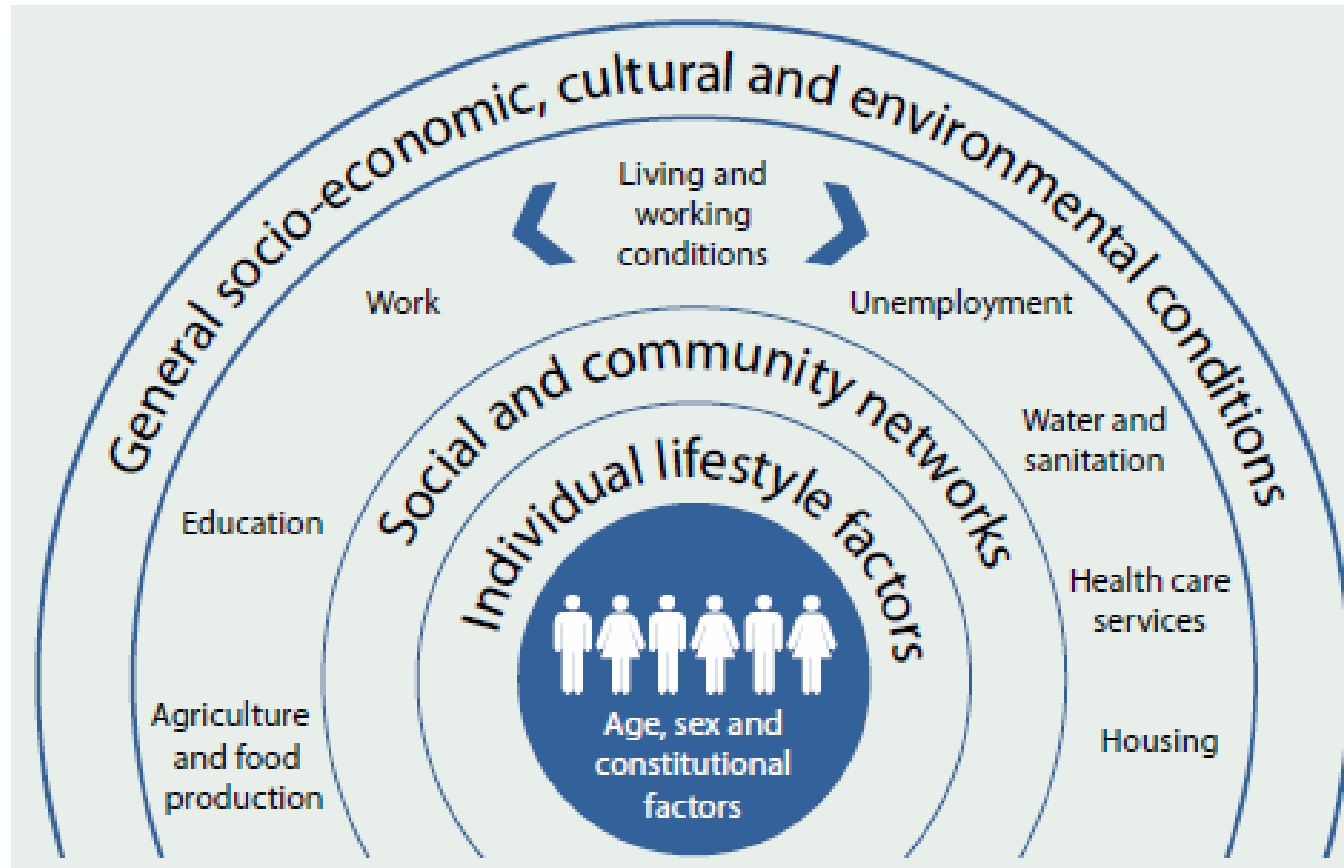
We acknowledge individuals, families and communities who have lived with, or who are experiencing, substance use dependency or trauma



## **How we support Local Governments in the Wheatbelt:**

- *Training and education*
- *Workplace wellbeing and safety*
- *Yirra Koorl*
- *Value add to and/or localise state and national initiatives/campaigns*
- *Critical incident/natural disaster support*
- *Guide LGAs with evidence informed initiatives and strategies in the development of their Public Health Plans*
- *Community Wellbeing Plans*

## How collaborating in prevention strengthens Communities





The health and wellbeing of a community is a shared responsibility, and not the sole responsibility of a single agency.

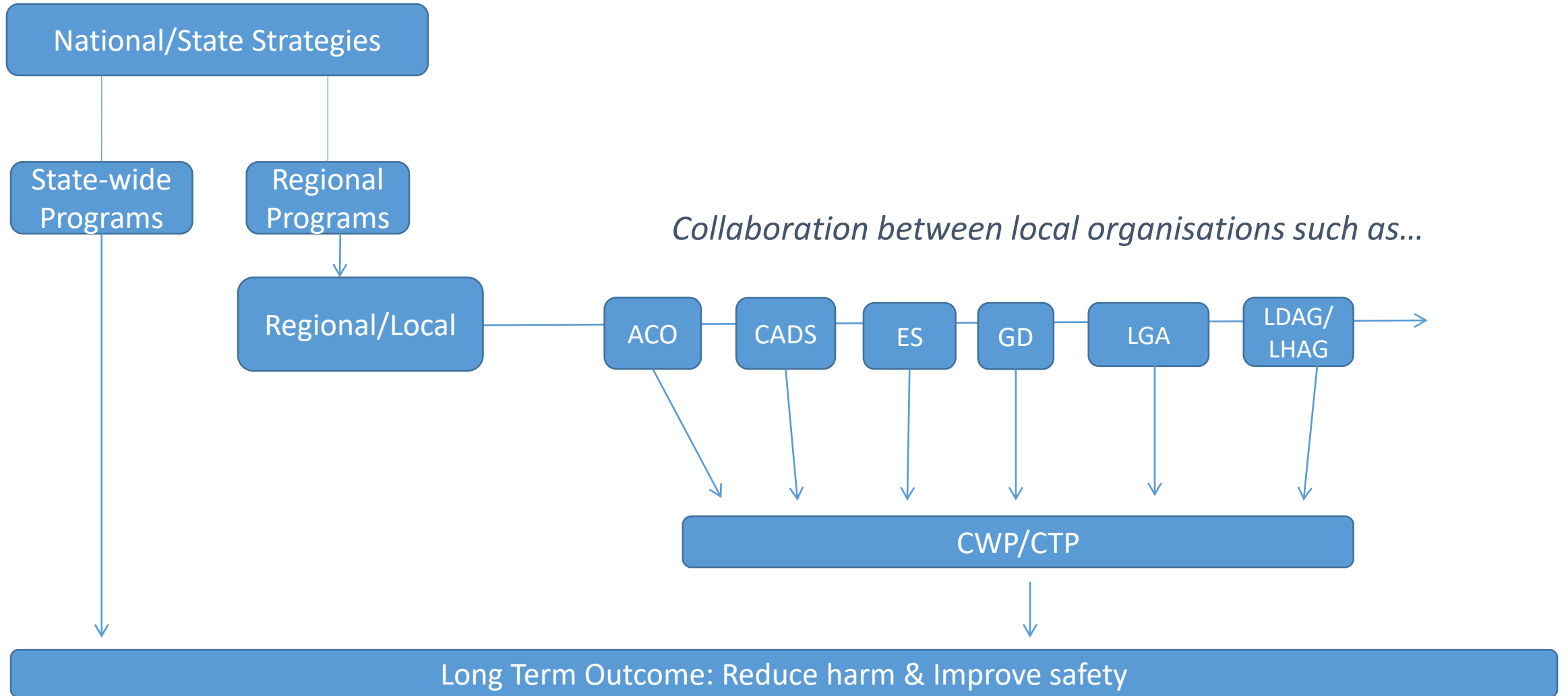
- State Public Health Plan 2019-2024

### **Ottawa Charter**

*(developed 1986 – First International Conference of Health Promotion)*

Policy priorities	Priority activities
<b>1.5</b> <b>Reducing harmful alcohol use**</b>	<ol style="list-style-type: none"> <li>1. Change community attitudes towards alcohol use</li> <li>2. Influence the supply of alcohol in accordance with the <i>Liquor Control Act 1998</i></li> <li>3. Reduce demand for alcohol</li> <li>4. Promote environments that support people not to drink or to drink at low-risk levels</li> </ol>
<b>1.6</b> <b>Reduce use of illicit drugs, misuse of pharmaceuticals and other drugs of concern**</b>	<ol style="list-style-type: none"> <li>1. Increase helpseeking behaviour and reduce stigma around illicit drugs and emerging drugs of concern</li> <li>2. Support state-wide evidence-based strategies to prevent and reduce illicit drug use and related harms</li> <li>3. Increase awareness of the harms associated with illicit drug use, while not being stigmatising</li> <li>4. Continue to mobilise communities and other stakeholders to work in partnership on evidence-based prevention activities addressing drug use and related harm</li> <li>5. Develop personal skills, targeted public awareness and engagement regarding misuse of pharmaceuticals and other drugs of concern</li> </ol>
<b>1.7</b> <b>Optimise mental health and wellbeing**</b>	<ol style="list-style-type: none"> <li>1. Increase public awareness about mental health and wellbeing, and suicide prevention</li> <li>2. Build community capacity to reduce stigma, increase awareness of where to go for help, and promote strategies to optimise mental health and wellbeing</li> <li>3. Create and maintain supportive environments that increase social connectedness and inclusion, community participation and network</li> </ol>

## ***Public Health Plan for Western Australia 2019-2024***





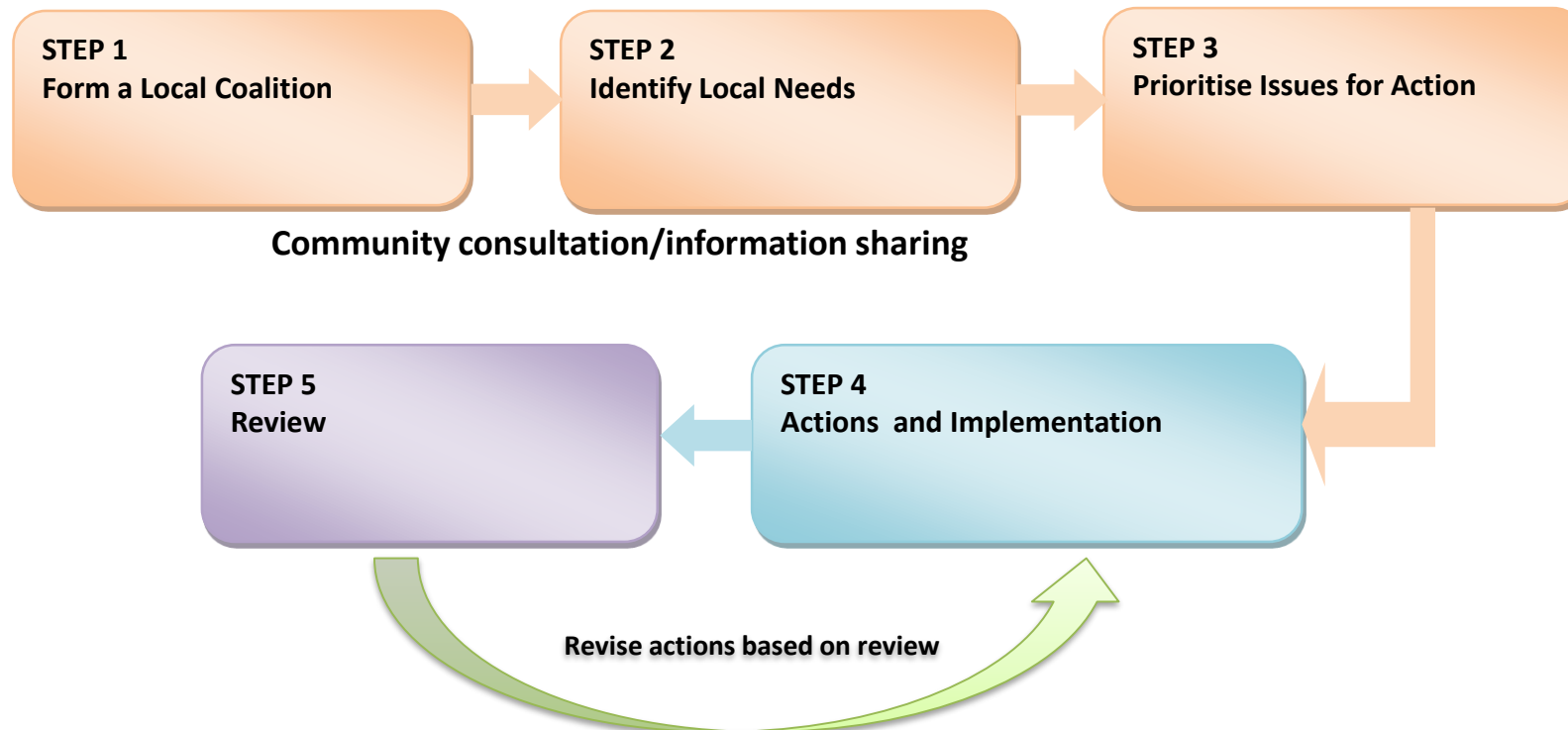
# Community Wellbeing Plans [CWP]

- A Community Wellbeing Plan is a plan that articulates what will happen at a local level to create change in the identified issue.
- Provides a means for coordinated and collaborative activity across agencies and communities.
- Recognises that every agency is impacted by alcohol and other drug misuse, suicide attempts, suicide and associated harms and is therefore part of the solution.
- Outlines a staged approach for creating sustainable change.
- Reflective of best practice and support the outcomes of relevant state and national strategies.

# Community and Training Plan [CTP]

- Two tiered approach
- Similar workshopping process to an AODMP to identify priority area, set outcomes and target groups
- Focus on MHC campaigns and evidence based education and training
- Evaluation

# Development of a CWP/CTP



# **NAREMBEEN COMMUNITY WELLBEING PLAN**

2019-2021

**Long-term Outcome:** To reduce risks and increase safety and wellbeing for all individuals within the Shire of Narembeen

**Endorsed:** May 2019

## **Priority Areas:**

- 1. Alcohol misuse and associated harms**
- 2. Mental Health and Emotional Wellbeing**

**Priority:** Alcohol and other Drug use by young people, and associated disengagement from education, services and youth activities

### ***Short Term Outcomes:***

- Services/Agencies in the Shire of Northam are aware of the barriers and are working collaboratively to improve engagement with young people.
- Community is more aware of the impact and harms caused by alcohol and other drug use
- Young people are more engaged with education, youth activities and appropriate services for both AOD and Mental Health
- Reduce risks for young people through and the provision of education and training, for youth, professionals and the broader community

## **PINGELLY COMMUNITY WELLBEING PLAN**

**Focusing on Substance Abuse and Suicide Prevention**

**Long-term Outcome: To reduce the normalisation of alcohol and other drug use;  
and reduce the incidence of suicides and suicide attempts in Pingelly**

Final Pingelly Community Wellbeing Plan – Endorsed 24<sup>th</sup> July, 2017 by the PCWP Committee

### **Priority Areas:**

- 1. Responsible provision of alcohol in sporting club**
- 2. Disengaged youth resulting in antisocial behaviour**
- 3. Excessive alcohol and other drug use resulting in violence and child neglect**

# Successful CWP initiatives

- School pick up/drop off: ↑ student engagement and attendance
- Successful localisation of public education campaigns, ↑ community engagement
- Local initiative to reduce youth antisocial behaviour, ↓ in WAPOL incidents
- Increased interagency collaboration and support after critical incident
- Sourced additional funding for initiatives embedded within a CWP or CTP

***Wheatbelt LGAs the Prevention Team are working with:***

- Shire of Pingelly
- Shire of Yilgarn
- Shire of Moora
- Shire of Northam
- Shire of Victoria Plains
- Shire of Narembeen
- Shire of Chittering



## **Evidence that combining AOD and SP works**

- WA Winner 'Excellence in Prevention' at the WA 2018 AOD Conference Awards
- Highly recommended for Injury Prevention and Safety Promotion Awards 2017  
'Outstanding Achievement in Regional or Remote Injury Prevention or Safety Promotion' category
- Supported by Mental Health Commission; Mental Health Commissioner
- Positive feedback from Local Government, WACHS, WAPHA, WAPOL, Dept. of Education and Training, and community members.

# Yirra Koorl – looking forward Your prevention and wellbeing update for the Wheatbelt



YOUR WELLBEING AND PREVENTION UPDATE FOR THE WHEATBELT - JUNE 2019

Welcome to this edition of Yirra Koorl. It is now Makuru - the season of fertility and is the coldest, wettest time of the year. As the waterways started to fill, people were able to move about with ease and thus their food sources changed from sea, estuarine and lake foods to those of the lands.

As we head into winter, it is important to recognise that the rainy and cold weather can impact on our wellbeing. Try the five-a-day challenge to help turn winter into a positive season:

1. Connect: Find ways to connect at home, work, or in your local community
2. Give: Do something nice for family members, friends, colleagues or strangers.
3. Take notice: Remember the simple things that bring joy to your life.
4. Keep learning: Look out for new experiences and embrace them.
5. Be active: A healthy body is a healthy mind.

Exercising can make you feel good, so discover ways to incorporate activities into your exercise routine that can be done indoors. Do what you can when you can and improve your mood.

Give Dry July a try. Give up alcohol for the month of July and raise funds for cancer patients. An alcohol-free month will keep your mind more alert and raising funds for a worthy cause will put a smile on your face.



More people in our community are becoming increasingly aware of issues around trauma, including childhood trauma and how it can affect people over time. This awareness, however, is often not matched by an understanding of how we can begin to have conversations with people we know or suspect may have experienced trauma.

## A Guide to talking about Trauma

The Blue Knot Foundation has published a Guide to support critical conversations about trauma. The information, evidence and tips are designed to help manage the challenges and minimise the risks - whether you are starting the conversation because you suspect a person is experiencing or has experienced trauma, or if you are responding to a person telling you about their trauma.

The Guide is based on research from Blue Knot Foundation's seminal document: *Practice Guidelines for Treatment of Complex Trauma and Trauma-Informed Care and Practice*. It presents the trauma-informed principles of safety, trustworthiness, collaboration, choice, and empowerment. Blue Knot believes that it is important to base every conversation on these principles. Doing so is supportive and will also help to make conversation less upsetting and distressing. It is also helpful as far as possible to be aware of a person's life choices, cultural, religious and gender orientations.

This Guide can help make conversations easier and less likely to subject to additional trauma (or which can occur if trauma-informed principles are not followed).

## Planning the conversation

People do not often reveal their own trauma because they are discouraged from doing so as children or adults. They may be afraid they will be blamed or not believed.

Welcome to this August edition of Yirra Koorl. It is the Yirra season - the season of conception for Nyongar communities. Yirra is a transitional time of the year with some very cold and clear days, combining with warmer, rainy and windy days mixing with the occasional sunny day or two. As the days start to warm up, we see the first signs of the new season. Their proud parents can be seen providing them food, guiding them through life and protecting them from bigger animals, including people!

The Wheatbelt Suicide Prevention Coordinator attended the National Suicide Prevention Conference in Adelaide and has brought back valuable information. The #YouCanTalk campaign, launched during this conference, marks a new direction and collaboration for suicide prevention. It aims to empower people to have open, safe and honest conversations about suicide by connecting them to tools and resources. This campaign is led by BeyondBlue, Black Dog Institute, Everymind, Headspace, Lifeline, ReachOut and 911 UK.

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More details at: [www.beyondblue.org.au/#youcantalk](http://www.beyondblue.org.au/#youcantalk)

Living and working in rural Australia can be a rewarding and challenging way of life. However, for many reasons it can be difficult to get help and support for mental health issues. Recognising when help and support is needed - for yourself or someone else - is very important. Mental health is an important part of your overall health and wellbeing. Good mental health will help you get through life's challenges, to have healthy relationships and to enjoy life. Besides the usual challenges of modern life, people living in the country can also feel isolated, especially if they face issues around sexuality, employment, stigma, and misuse of alcohol and drugs. Farmers can struggle with stress caused by financial insecurity and natural disasters. Looking after your mental health means:

- Recognising when things are getting too much for you
- Talking to your doctor or a mental health professional
- Sharing your problems with your family, local friends, health professional or a helpline
- Managing stress: <https://bit.ly/2n5t9X>
- Looking for helpful resources, information and support: <https://bit.ly/2Q8R5>
- Getting enough sleep, eating well, exercising regularly and avoiding harmful levels of alcohol and other drugs
- Treating yourself with respect and kindness, and avoiding self-criticism
- Learning what to look for when your mental health and wellbeing takes a dip

When it comes to alcohol, no level of drinking is completely safe. Alcohol can increase the risk of damage to your body over the short and long term. The National Health and Medical Research Council recommends the following guidelines to reduce risk:

- No more than 2 standard drinks on any day
- No more than 4 standard drinks on a single occasion
- No alcohol is the safest choice for people under 18 years of age
- No alcohol is the safest option for women who are pregnant, planning a pregnancy or breastfeeding



Learn more about harms associated with alcohol at: <https://alcoholthinkagain.com.au/>  
The Think! Mental Health website [www.thinkmentalhealth.com.au/](http://www.thinkmentalhealth.com.au/) features comprehensive information on mental health and wellbeing. It also includes a 'Check-Up Tool' and a 'Self-Assessment Checklist'.  
This article sourced in part from <https://bit.ly/2Q8R5> and <https://bit.ly/2Q8R5>





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*Unity  
is strength.  
When there is  
teamwork and  
collaboration,  
wonderful things  
can be achieved.*