

FINAL REPORT-EVALUATION OF THE
Hedland Youth Suicide Prevention Project
(the Project)
YOUTH INVOLVEMENT COUNCIL INC.

JUNE 2009



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Introduction

Human Capital Alliance undertook the evaluation of the Youth Involvement Councils' (YIC) Hedland Youth Suicide Prevention Project (the Project) for which YIC entered into a funding agreement with the Department of Health and Ageing (the Department). The project was funded under the National Suicide Prevention Strategy. The project was funded for a period of six months commencing in January 2009 and concluding June 2009.

This report details the findings for which the evaluation was conducted to undertake an evaluation of the Hedland Youth Suicide Prevention Project whose aim is to enhance the ability of community members in the Pilbara to reduce suicide risk factors and increase protective factors. Further aims include the promotion resilience, wellbeing and social connectedness amongst youth and their community to protect against suicide. Included under the scope of the project for which the evaluation covers is the improvement of community access to additional information, resources and support for youth who are at risk of suicide.

The objectives of the Project included in this evaluation are:

1. To improve access to information, resources and support for youth who are at risk of suicide.
2. To build strength and resilience and promote wellbeing and social connectedness amongst youth and their community to protect against suicide.
3. To build life skills, problem-solving skills, self-esteem and resilience of senior high school students.
4. To build capacity of schools, youth organisations and industry to respond positively to suicide, promote preventative measures and provide support.
5. Evaluate the Project.

The objectives of the project have been evaluated by:

1. Assessing the extent to which project has been implemented as planned
2. Assessing participant and stakeholder experience and satisfaction with the Project
3. Assessing project reach and output

Executive summary

The program, for which this evaluation was conducted, as specified by the Department identified five primary objectives:

Objective One:

Improve access to information, resources and support for youth who are at risk of suicide.

Objective Two:

Build strength and resilience and promote wellbeing and social connectedness amongst youth and their community to protect against suicide.

Objective Three:

Build life skills, problem-solving skills, self-esteem and resilience of senior high school students.

Objective Four:

Build capacity of schools, youth organisations and industry to respond positively to suicide, promote preventative measures and provide support.

Objective Five:

Evaluate the Project.

This evaluation is limited in scope to those objectives and looks essentially at the *achievement* of those objectives. In short the evaluation looks at a.) what was promised to be done b.) what has been done and c.) the effectiveness of what was done.

Methodology

HCA's approach to evaluation method generally follows an accepted paradigm such as that promoted by the Australian National Audit Office¹ (which is the most commonly used and understood at Commonwealth Government services level) or 'program logic'² (which tends to be more widely used by State and Territory government agencies). HCA's team has significant experience in both these approaches. The choice of method framework and the determination in regard to a range of evaluation variables is governed by:

- The aim or purpose of the evaluation.
- The audience of the evaluation and agreement as to the broad evaluation criteria.
- Identification of evaluation elements—intention, effort, effect, and efficiency.

These steps are outlined in more detail in the sections that follow.

Aim of evaluation

There are two main reasons for evaluating a program: to improve it or to determine its effectiveness³. More specific reasons for performing an evaluation include⁴:

- to provide information about the potential of a service or the kind of models that might most effectively work or what might be the most effective mix of their characteristics;
- to demonstrate the merit and worth of a service or program as a whole, and to contribute information about its modification or expansion or both;

¹ Australian National Audit Office (1996) *Program Evaluation in the Australian Public Service*. Commonwealth of Australia Australian National Audit Office and Department of Finance (1996), *Performance Information Principles: Better Practice Guide*, AGPS, Canberra

² Sue Funnell (1997), 'Program Logic: An Adaptable Tool for Designing and Evaluating Programs', *Evaluation News and Comment*, Vol.6, No.1, July 1997, pp. 5-7.

³ McKenzie, J (1993) *Planning, implementing and evaluating health promotion programs*. New York: Macmillan Pub Co

⁴ Anderson and Ball, (1978) *The Profession and Practice of Program Evaluation*. San Francisco, Jossey-Bass

- to contribute to knowledge development by testing hypotheses and comparing different types of models;
- to determine if overall goals and objectives are likely to be met; and
- to determine if priorities are set correctly and meet the needs of the needs of rural and remote populations.

Any evaluation plan starts with a proper analysis and clarification of the evaluation aims.

Engaging the evaluation audience

The views of stakeholders with particular needs and concerns—will necessarily influence both the emphasis and character of an evaluation⁵. The process of designing the evaluation framework will hence involve input from all potential stakeholders (those who have something to gain or lose from the evaluation results). The main categories of stakeholders (or constituents, after Cronbach et al.) are:

- Policy makers
- Administrators
- Implementers
- Illuminators
- Consumers

A successful evaluation will designate primary users early in its development and maintain frequent interaction with them so that the evaluation addresses their values and satisfies their unique information needs. The scope and level of stakeholder involvement will vary for each type of evaluation. As the evaluation proceeds, stakeholders need to be kept informed regarding progress. Normally as noted elsewhere, a dedicated page in the HCA or client website is maintained.

Identification of evaluation elements

There are different purposes for which evaluation may be performed. In keeping with the mainstream evaluation literature⁶, the broad purposes of evaluation are normally to measure *intention, effort, effect, and efficiency*. These elements align fairly neatly with the ANOA's elements of *appropriateness, effectiveness and efficiency*.

The starting point for evaluation is to clarify the **intentions** of the service / program / organisation, by clearly identifying the goals and objectives. The audience for the evaluation should be invited to confirm the latter (as outlined, above). Service goals and objectives should ideally recognise some measurable and evaluable set of outcomes that are congruent with overall (continuing) program needs and priorities (**appropriateness**).

⁵ Dunt, D Richardson, J Daly J (1990) *An evaluation framework for the national HIV/AIDS strategy*. National Centre for Health Promotion Evaluation

⁶ Suchman, E.A. (1967) *Evaluation Research*. New York, Russell Sage Foundation
 Austin, M.J. Cox, G. Gottlieb, N. Hawkins, J. Kruzich, M. and Rauch, R. (1982)
Evaluating Your Agency Programs, Beverly Hills, Sage.

Measurement of **effort** in a service or program will seek answers to questions such as “What did it do?” and “How well has it been accomplished?” This is a formative, or process dimension of evaluation, that will assess the extent to which an outreach service model had been implemented as planned⁷. Relative to an assessment of merit and worth, this dimension of evaluation is likely to have less concern with methodological rigour and validity, and more to do with timeliness and implementation process.

Measurement of **effect** by contrast is a summative process. While formative evaluation is designed to facilitate program improvement, summative evaluation is intended to provide definitive judgement of a model’s merit and worth. Effect evaluation would hence ask whether a service was meeting its objectives in terms of quality and quantity, whether the apparent results were directly attributable to the service or to other external factors, whether all intended beneficiaries had access to the service and whether any unintended consequences had ensued. To make causal links between **effort** and **effect**, in the absence of a ‘control’ mechanism, requires careful monitoring, in conjunction with systematic collection of data on service inputs (time, resources) and outputs (activities, products and fulfilment of performance indicators and defined endpoints).

Efficiency evaluation is a further dimension of summative process. The purpose of efficiency evaluation is normally to ask, “Would there have been a better or cheaper way to obtain the same results?”, as a test of whether outcomes were being realised at least cost. This would be a measure of their cost effectiveness—important for comparing the capacity of different service models to deliver comparable outcomes at best value. A cost benefit criterion generally suits the purposes of evaluation less well—as it would primarily concern whether a service were capable of delivering a net social benefit, and perhaps a prioritisation of services so ranked.

Evaluation of the project

Overview

Human Capital Alliance’s principal consultant, Lee Ridoutt; visited YICs’ office as part of the evaluation process and found YICs’ director and staff to be enthusiastic about the project which has attracted community notice.

Our evaluation process has confirmed; of a general nature that YIC has implemented and done what they said they would do and have solid plans for the implementation of the remaining steps.

Some of the initiatives launched have been of a less than ideal nature with limited value for cost and/or questionable effectiveness and thus have been culled for the projects activities. Other initiatives however proved to be solid and valuable.

⁷ Hoover, S Jensen, M Murphy, R and Anderson D (1994) Evaluation: Guidelines for the Accountable Health Professional, in Optatz J (ed) *Economic impact of worksite health promotion*. Human Kinetics Publishers 1994

All monies spent on project activities raised community awareness to the result of YIC as an organisation now being approached directly by parents, caretakers and the community on behalf of youth who have raised concerns. Value, it is believed would be brought out of further data being collected to support this increased awareness and community uptake.

Staff Development

YIC staff and management indicated a need for competency development investment in staffing and in human resources across Port Headland youth and health services.

Reference Group

The reference group has provided the project with helpful support; with some members of the group seen as a more substantial asset than others. In terms of future planning, YIC has indicated a desire to change the composition of the group somewhat now that the initial stages of getting the project off the ground have been completed.

Consultation with reference group members via telephone interviews found members uniformly saw value in the reference group continuing in some form; modification may be required to continue solely with those members who are keen and contributing substantially. Further the reference group identified the need to consolidate their future plans.

The reference group was selected by an external party and is mostly made up of volunteers who requested participation in the group (i.e. Pilbara Health Standby, Wirriramauya). Engaging bodies and group members was initially difficult but the reference group has now grown in value to be in a position to provide YIC and the program significant support.

The reference group plays largely an endorsing role and contributes significantly to the quality of implementation.

The reference group met in February, March, April and June. The May meeting was missed due to unavailability of reference group members.

Review of project work and compliance criteria

Objective 1 Improve access to information, resources and support for youth who are at risk of suicide

Resources

YICs' resource development plans included the development of four resources in response to objective one.

To date three resources have been completed and distributed during project activities which are;

- informational key rings –these are essentially skateboard styled key rings containing information for suicide intervention and prevention contacts and hotlines
- an information card – containing information for suicide intervention and prevention contacts and hotlines
- show bags x3 (see description of show bag contents as Appendix A)

The fourth planned resource; setting up of a dedicated page on YICs website for the project specific is still in the 'work in progress; stage begun yet still to be finalised and launched.

The project skateboard key chains were designed as a youth involvement activity via an art work competition amongst local youth. 'Scratch and Burn'; the winning design was selected by an outsourced audit artist. The winner of the competition had the key chain designed in the form of their entry.

All of YICs' developed project resources have received endorsement from the reference group.

Support

Throughout the life of the project YIC staff participated in local events such as 'Youth Week' and 'Welcome to Headland Night' where show bags containing information kits were distributed (see Appendix A for show bags content list). At the Youth Week event alone 100 show bags were distributed to attending youth.

For various aspects of the project YIC has partnered with YAP (youth supported accommodation) and the local Youth Centre.

YIC conducted a series of focus groups with youth within various centre programs and have taken this opportunity to undertake valuable and informative market research.

Objective 2 Build strength and resilience and promote wellbeing and social connectedness amongst youth and their community to protect against suicide

Promotion

The use of the term 'Suicide Prevention Project' as an upfront message was debated by the reference group. Discussion lent to the suggestion that youth targeted as part of the project were not attracted by the word 'suicide' and proposed that the use of the words 'resilience' and 'wellbeing' be used in place of 'suicide'. The projects' target group is mainly indigenous youth and a general consensus suggested the alternate terms would be better received. The intent of the term change was not in trying to shy away from the suicide issue but rather in looking to correctly target the intended audience.

The project has recently been included in several articles in the local newspapers. The North West Telegraph (initial article published in March following the visit of OZ Helps trainers, there was a further article in April, See Appendix B).

YIC has put up informational flyers in community locations promoting 'Safe talk' workshops conducted by Oz Help trainers.

YIC circulates a newsletter (see Appendix C) quarterly to non youth stakeholders such as the community management office, other youth health and social welfare organisations, communities and families

As mentioned briefly, YICs website is currently dysfunctional and a little out of date. Byz-link (their website developer and manager) has not been able to remedy the situation to satisfaction as of yet it remains a work in progress. YIC has decided to add a page on suicide prevention into their current website with links to the new page as well as other relevant sites. Once complete YIC will hold an 'open day' to demonstrate to youth attendees how to access and use the information as provided on the revised website.

Review of activities

Specific youth involvement activities YIC has run as part of the project include youth connectedness and resilience initiatives utilising the drama skills of the Action Group conducted by actors Sean Walsh and Sam Longley (see Appendix C). The drama workshop was run at several primary and high schools and youth centers:

- South Headland (45 year 6's)
- Bailor (75 year 6's)
- Youth Centre (20 less structured)

Covenant Players; who YIC had first planned as the conductors of the drama workshops became unavailable once the dates were set. YIC opted to use the Action Group to run the drama workshops and were well pleased with how the workshops panned out.

The drama workshop, as developed by Sean and John ran as a one hour program.

The drama workshop were on the topics of as respect, team working for problem solving, assertive vs. aggressive behaviour patterns, 'or to say no', have a say, listening and communication.

To illustrate these messages, Sean and John played word games on the topics of communication, teamwork and listening. Another activity with the youth included breaking up into groups of 5-6 and youth were asked establish their own island government. This activity included, among others, making up their own war cry for their island nation, play acting interaction with police, etc.

YIC staff, stakeholders and participants enjoyed these actors drama workshops and 'would have them back in a flash'. However the issue of the prohibitive related costs would be a deciding factor. YIC suggests a set a structure and agreement with the action group would need to be put in place to ensure that what was identified as most valuable would be delivered.

Training delivered by OZ Help trainers with information on general awareness was well received by all. YIC enjoyed OZ Helps' presentation and the schools have indicated their desire to have them back; however again the related cost may prove to be an obstacle which would need further looking into.

In an effort to mitigate costs, YIC has had preliminary discussions around the idea of training staff to deliver some of these programs themselves. Value was seen in building an infrastructure to allow these kinds of programs to be repeated.

Other project activities include skate park competition/ BBQ, colouring competition and Welcome to Headland night.

The skate park competition and BBQ was held in conjunction with Youth Week. Other activities run on the day included a colouring competition.

YIC participated in the 'Welcome to Headland' night which was organised by the local government and Homeless Week.

Outdoor movies nights (see Appendix D) are another activity which YIC has run as an activity under this project. The movies are held on the local basketball court and the audience is the local kids. Movies with a particular message of relevance are selected.

Objective 3 Build life skills, problem-solving skills, self-esteem and resilience of senior primary school students and **Objective 4 Build capacity of schools, youth organisations and industry to respond positively to suicide, promote preventative measures and provide support** build on to each other so have been listed here together.

Schools

YIC has provided Lifeskills SAFETALK type of interventions for schools similar to what has been administered to police and youth workers.

Programs/Courses which have been run to build capacity include ASIST, SAFETALK and LIFELINE (this is a three day conference in Canberra which Kerry attended) and youth mental health first aid training.

When running these programs such as in the case of SAFETALK and ASSIST the need for building in the capacity for collecting consumer voice and stakeholder feedback was identified; subsequently a survey for all participants was included in the program (see stakeholder survey feedback later in the report).

Objective 5 Evaluate the Project

The final objective of the project, objective five has been fully satisfied by the engagement of specialist's program evaluators Human Capital Alliance (HCA).

Interview of Reference Group members

HCA conducted telephone stakeholder interviews with reference group members using a prepared set of stakeholder interview guidelines (see Appendix D).

Reference group members interviewed were uniformly of the opinion that YIC has done a 'fantastic job' of achieving the objectives of the project as specified according to the agreement with the Department.

The areas of the programs' implementation which stood to reference group members as being particularly successful included the awareness YIC created through the life of project and the school programs which were run were given particular appreciation. No unsuccessful aspects were identified.

Reference group members stated the effectiveness of the reference group was through the group's ability to 'let people know what they are doing'.

Stakeholders noted improvement to the make up of the reference group would be in the form of more members being added to the group such as apprentices, some relevant Gen Y members and people who had firsthand experience with suicide either themselves or in working with others.

Stakeholders indicated the less than optimal level of attendance to reference group meetings put limitations on the potential or outcomes meetings could generate.

Holding monthly meetings was also seen as problematic, suggestion was made to rather hold them meetings bi monthly or every 3 months.

Stakeholders uniformly saw value in continuing some form of a reference group.

Several of the reference group members interviewed had attended various activities which YIC ran as part of the project. Those who attended felt that as suicide is so prevalent in their community and society at large anything that can be done to enhance awareness would be of great benefit. Stakeholders communicated a desire to see more activities such as the ones YIC have run under the project conducted in more remote locations with still substantial community members for 200-300 people.

Stakeholders were of the opinion that YIC faired well in networking with local organisations and bodies that are related to the resilience and well being of youth.

As one stakeholder commented ... 'they get right in there on every level, in youth events, with business, community, family'...

One stakeholder said improvement would be in the area of the very high staff turn over YIC has experienced as of late, this stakeholder stated the new staff he has had communications with is a huge improvement and he found them to be very enthusiastic and helpful.

Stakeholders felt YIC also communicated well with the community, parents or care givers and youth in the promotion of the resilience and well being agenda.

Survey of Safetalk and Assist training participants

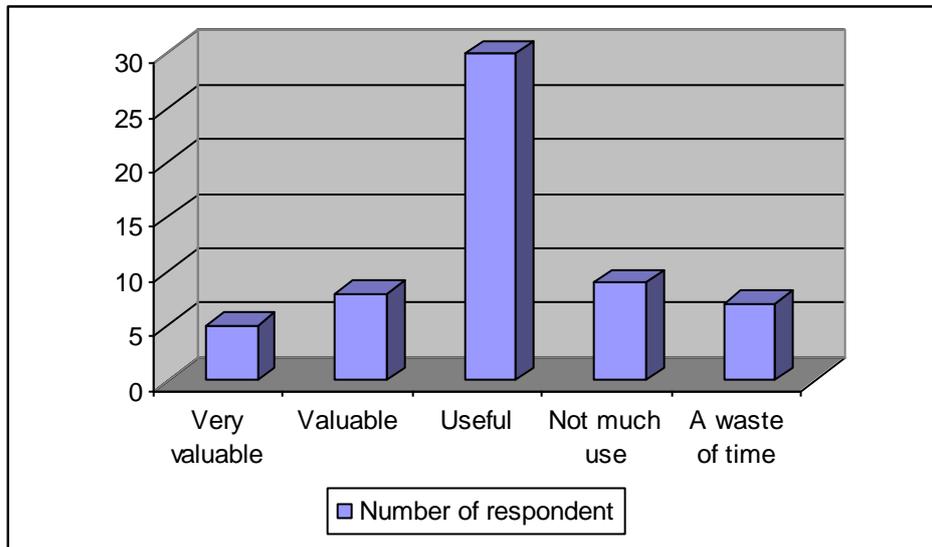
Several sets of Stakeholders who participated in various rounds of Safetalk and Assist training were surveyed (see Appendix E and F for the survey templates) for their feedback on the training they received. The survey findings are illustrated in the following figures and tables.

Assist

59 youth who participated in the OzHelp Assist resilience building activity completed surveys for which the following primary data analysis is based on.

Figure 1: Training participants rate the value of resilience building activity

Figure 1

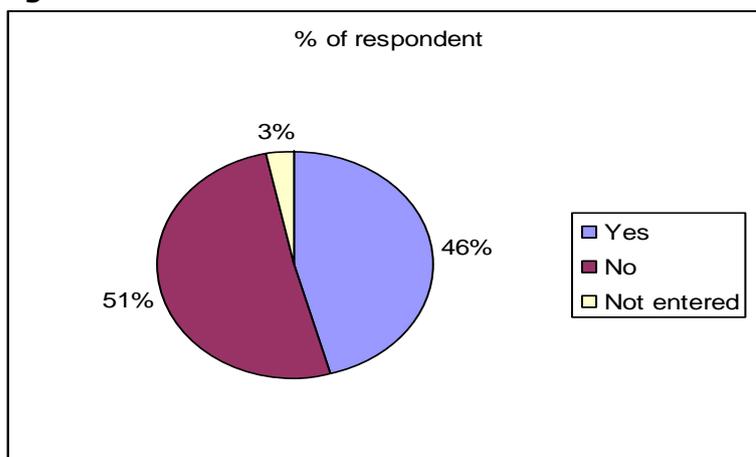


Of the survey respondents 8.5% found the resilience building Very valuable, 13.6% found the activity valuable, 50.8% of just over half the participants found the activity useful, 15.3% of the participants indicated the activity was 'not much use' and 11.9% said it was a waste of their time. It should be noted that the surveys were completed by young adolescent participants and a common theme of the surveys completed is the use of colourful language and attention seeking responses, this should be factored into the less positive responses.

Participants were asked; if they would, given the chance participate in similar activity again.

Figure 2: participating in similar activities

Figure 2



45.8% respondent positively, that yes they would participate in further activities of a similar nature given the opportunity.

50.8% responded that they would not repeat attendance at similar event in future.

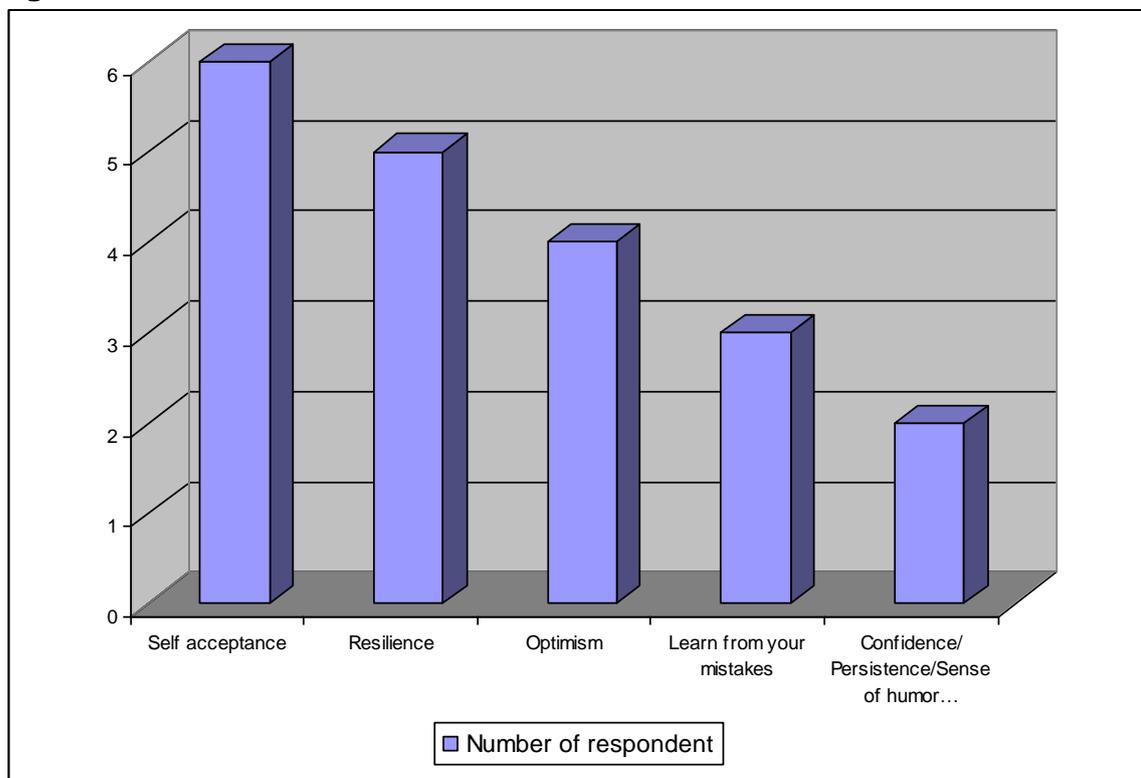
It should be again noted here many survey participants felt completing their survey should be done so in a humorous manner thus skewing the responses most likely more negative than is a reflection of reality.

3.4% did not respond to this question.

Participants were asked to name two ideas that they got out of the activity, the top five responses are shown in figure 3

Figure 3: ideas generated from participation in activities.

Figure 3

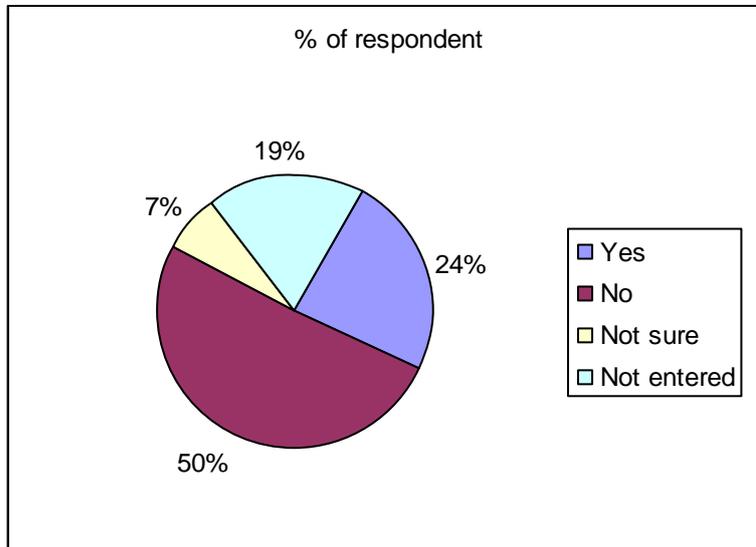


The top five ideas respondents listed were Self acceptance, Resilience, Optimism, Learn from your mistakes and Confidence/ Persistence/Sense of humour/Do not annoy others/ 6 pillars/ Make a drift car.

Survey respondents were asked if they might communicate any of the ideas that they got from the activity to others.

Figure 4: communicate ideas generated through training participation to others

Figure 4



As illustrated in figure 4 above 23.7% indicated they would talk about it, 50.8% indicated they would not talk about it (again keep in mind the survey respondent pool), 6.8% were unsure and 18.6% did not respond to this question.

The final question asked of participants was if there was anything else that it made them think of.

18.6% indicated positively that it made them think of other things. The top five things respondents said it made them think of included:

- Other people's life situations
- More effort and less pressure
- Be happy, don't worry
- To try and not giving up
- Being strong and facing weaknesses

49.2% indicated no and 32.2% did not respond to this question.

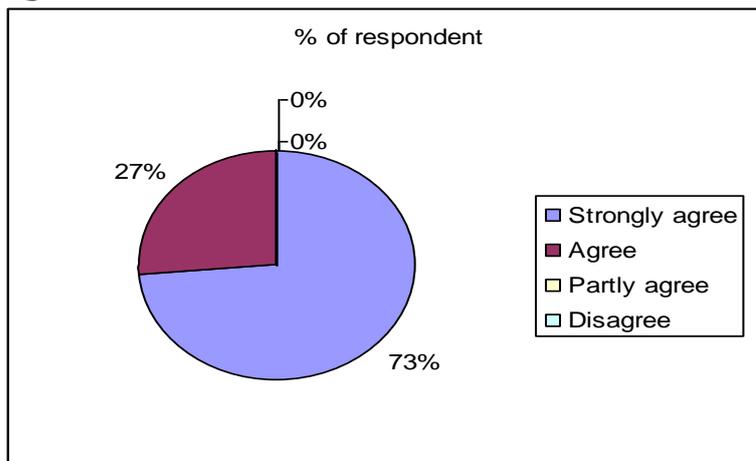
SafeTALK

Fifteen community and youth workers who participated in the SafeTALK training completed surveys which are illustrated in the following figures. Attendees of the SafeTalk training include police, social workers, youth workers, community members, teachers etc.

Participants were asked if they felt their trainer was prepared and familiar with the material and encouraged participation and respected all responses.

Figure 5: conduct of trainers

Figure 5



73.3% strongly felt their trainers were well prepared and familiar with the content of the training they attended and encouraged participation and respected responses.

26.7% felt their trainers were well prepared and familiar with the content of the training they attended and encouraged participation and respected responses.

No respondents partly or completely felt the trainers were unprepared or unfamiliar with the content of the training they attended or discouraged participation or responses. This denotes a fully positive response.

Participants were asked if they intended to tell others that they too would benefit from this training.

93.3% responded positively, no respondents responded negatively.

6.7% did not respond to this question.

Participants were asked who they felt would benefit from taking the SafeTALK training.

93.3% of participants responded to this question and of those who responded the top five responses are as follows:

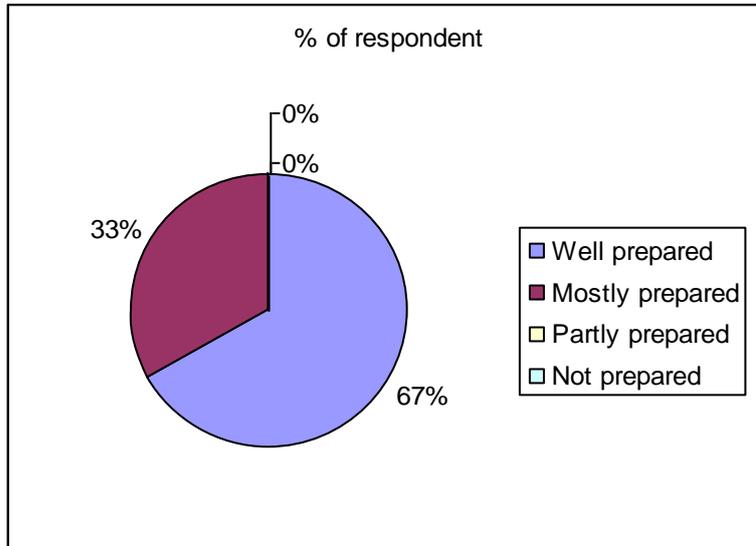
- All interested community people/groups
- Youth workers
- Teachers

- Police
- Doctor

Respondents were asked how prepared they felt, post training, to talk directly and openly to a person about their (the persons) thoughts of suicide.

Figure 6: preparedness of participants for suicide counselling.

Figure 6



66.7% indicated they felt well prepared.

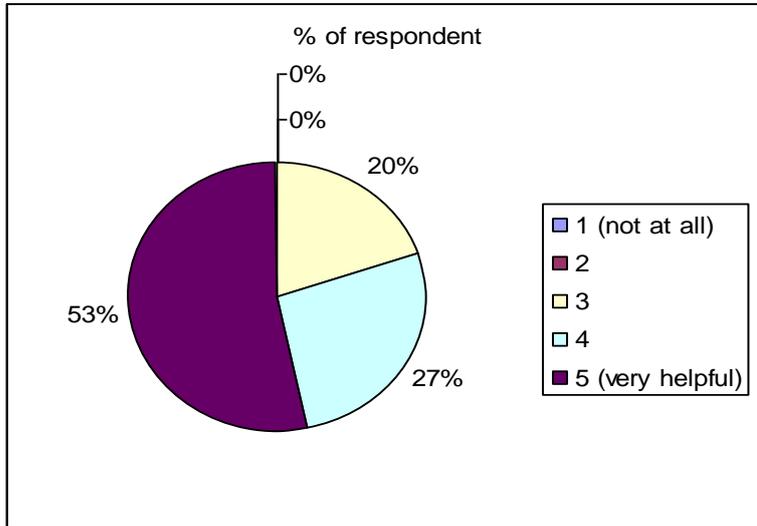
33.3% indicated they felt mostly prepared

No respondents indicated feelings of being only partly prepared or not prepared.

Participants were asked to rate on a scale of 1=not at all helpful to 5=very helpful how they would rate the training they received.

Figure 7: value of training received

Figure 7



53.3% indicated they found the training very helpful = a rating of 5.

26.7% indicated they found the training helpful = a rating of 4.

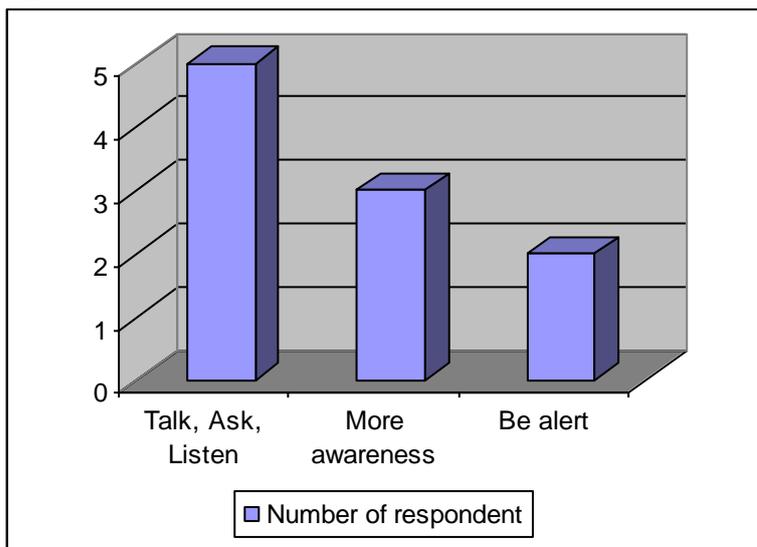
20% indicated they found the training useful = a rating of 3.

No respondents rated the training a 2 or below.

The top 3 'take home' messages from the training indicated by participants are as follows

Figure 8: take home messages

Figure 8



33.3% stated their take homes messages to be 'Talk, Ask and Listen'.

20% stated their take homes messages to be 'More Awareness'.

13.3% stated their take homes messages to be 'Be Alert'

Participants were asked how this training could be improved to make it more effective in preparing suicide alert helpers. The top four responses include:

- See, hear, sense, and learn
- Do more training
- Make participating
- Local contacts

60% of the training participants indicated that they found the audio-visual clips used in this training to be very helpful. 20% found them good and 6.7% found them to be 'not bad', 13.3% of respondents did not reply to this question.

Final comments provided by participants were:

- Very well presented
- Good/useful handouts

Details of Evaluation Findings

It is the finding of the evaluator that the Youth Involvement Council (YIC) have managed to meet the overall objectives of the Hedland Youth Suicide Prevention Project.

Those objectives which remain unmet are minor and include the launching of a revised project website, though visited this task remains incomplete.

The YIC has done what they indicated would be done as is detailed in the Final Funding Agreement.

The feedback the evaluator have received from stakeholders at all levels has been overwhelmingly positive and is summed up in the email we received from a participant to a Assist training event

...."Just a quick message to say "thank you" for inviting us to join you on the ASSIST training. It was a really good course and fantastic group to work with.

We don't get many opportunities for further training up here when our facility is down in Perth, so we appreciate being included in the input you organised. Thanks again."

Regards Sarah Matthews

Senior Constable PD12412 South Hedland Police

The evaluator wishes to note that in consultation with YIC, they have communicated there have been genuine unintended benefits to themselves as an organisation in due course of running this project.

This has come in the form of the large scale publicity and notoriety they have received due to concentrating their efforts over the last six month period on one concentrated project vs. the long term day to day running operations of an organisation, due to recent collaboration with organisations such as OZ Help and being able to leverage their professionalism and due to the content of the project on the suicide prevention which has gotten the attention of stakeholders and the community .

The evaluator is of the mind that the YIC has put forth the necessary effort as is evidenced by the detailed list of project activities and projects and achieved the objectives which it set out towards.

Some objectives have been achieved more fittingly than others, however it is overall opinion of the evaluator that the objectives as agreed between the Department and the YIC have been met to satisfaction.

Appendix A: Contents of show bags

Show bag 1: Youth week

Lolly pop

Wrist band

Kids helpline (we care, we listen) stickers

Magnetic card: depression you're not alone beyond blue

Laces youth week.com

21 March Harmony Day Stickers

21 March Harmony Day Badges

Lifeline magnet

Make a Move stickers

Beyondblue card with 4 originations and website

Information pamphlet kids Helpline

Youth Beyondblue card Look, Listen, Talk, Seek help

Fit Mind Fit Body and Soul Kit (Government of WA)

Book: Talk Good to Yasself

Show bag 2: Welcome to Headland Night

Flyer: Safetalk and LSYC calendar

Treats: Balloons and sweets

Information cards: Contact and Phone numbers

Kids Helpline

Sane

Beyondblue

Lifeline

Show bag 3: Movie Night Yolngu Boy

Information cards: contact and phone numbers

Lifeline: Connect with someone who cares

Beyondblue: keeping active for a healthy mind and body

Appendix B: News Articles

NEWS



Together with the OzHelp Foundation, the Hedland Youth Involvement Council organised a series of suicide prevention workshops attended by a myriad of community members and groups.

Move on suicides

A SERIES of suicide prevention workshops were recently held in Hedland in a bid to open the lines of communication between co-workers and educate the broader community.

In collaboration with the OzHelp Pilbara Project, the Youth Involvement Council organised training for community bodies, high school students, and BHP Billiton apprentices.

The Pilbara project is an extension of the OzHelp Foundation, a workplace-based early intervention suicide prevention program.

The project began in late 2008 with the aim of building the resilience of apprentices and workers, particularly in the mining industry, and strengthening the leadership and support provided by indus-

try leaders.

Project coordinator Denise Nitschke said she had been liaising with companies including BHP Billiton, Fortescue Metals Group, Rio Tinto and Pilbara TAFE to initiate training.

OzHelp executive director Keith Todd said suicide prevention training was essential in the male-dominated mining industry, given the high statistics of male suicide in Australia.

Ms Nitschke said many workers with suicidal thoughts often went unnoticed as co-workers were not trained to recognise early symptoms and signs.

"We want to train people to be aware of certain behaviours. It's about detecting a problem early on," she said.

Ms Nitschke said it was

important to build suicide prevention skills across the broader community, and called on YIC to organise workshops to facilitate training.

The Youth Involvement Council is a local youth service with a suicide prevention program. YIC manager Kerry McGregor said the workshops were funded by the Department of Health and Ageing because it "recognised our ability to address these issues in a united, community way."

A two-day Assist workshop was held at South Hedland Lotteries House, attended by Pilbara Population Health, Hedland Women's Refuge, a Crime Prevention Officer, a BHPB apprentice, and YIC staff. Participants were trained to reduce the immediate risk of a suicide and strengthen the

support network of the person at risk.

A SafeTalk seminar taught Hedland Senior High School students to act as suicide alert helpers by following the TALK steps: Tell, Ask, Listen and KeepSafe.

As part of the KeepSafe step, alert helpers connect people in need with people trained in suicide intervention.

BHPB apprentices also attended a general awareness workshop.

Apprentice Vasko Boskovski said the program would benefit many apprentices who often felt financial and social pressure within the mining industry and found it difficult to express their feelings.

For more information on suicide prevention, call the Hedland Suicide Reference Group on 9140 1272.



Deputy Mayor Arnold Carter talks to Terry Keating about the big day.



YICs Porscha Carey, Teigan King and Naomi Grant man the fort.



NATIONAL Youth Week got off to a reging start on the weekend with an impressive turn out at the launch party held at South Hedland Skate Park on Saturday. From 4pm to 8pm, volunteers set up stalls and provided a myriad of goodies and activities for everyone who attended.

There was no shortage of food with a sausage sizzle, snow cones and fairy floss just a few of the yummy treats on offer.

With an awesome line up of gleaming motorcycles, Bikers United Against Child Abuse offered rides to anyone brave enough to hop on the back of a Harley-Davidson motorcycle.

To kick off proceedings, Deputy Mayor Arnold Carter gave an opening speech, thanking all the people who helped prepare for the pilot campaign.

"This is a great week for the youth of Port Hedland. On behalf of the Alliance, I would like to make a special thank you to Michael Praxley and the events committee for all their hard work," he said.



DJ Zeke and Brad Holder turn it up on the turntable.



YIC manager Kerri McGregor chats with local artist Dave Hooper.



Photo: The Herald-Examiner



Actors Sean Walsh and Sam Longley engage South Hedland Primary School students in a series of drama workshops, organised by the Youth Involvement Council.

Bid to reduce youth suicide

Michelle Hammond

DRAMA swept through South Hedland and Baler Primary Schools recently as the Youth Involvement Council organised a number of theatrical workshops as part of its Youth Suicide Prevention Program.

The YIC-sponsored initiative saw high profile dramatists Sean Walsh and Sam Longley conduct community resilience drama workshops.

YIC's Youth Suicide Prevention Program aims to build the strength of young people by promoting social connectiveness within the community, which has been shown to protect against suicide.

In collaboration with the OzHelp Pilbara Project, the Youth Involvement Council recently organised a number of local suicide prevention work-

shops for community members, high school students and mining apprentices.

With ongoing funding from the Department of Health and Ageing, the primary school workshops were an extension of the suicide prevention program.

Youth Involvement Council manager Kerri McGregor said despite the serious subject matter, it was important to "start them as young as we can get them."

With Years 5 to 7 included in the workshops, Ms McGregor said the content would be tailored to suit the age group of the audience.

"Although there is no mention of the word 'suicide', it's really good to get the young ones involved. It's about intervention - being able to turn to others and communicate," she said.

Mr Walsh and Mr Longley said

children were highly receptive to workshop-based theatre as it was heavily improvised.

"Children improvise naturally through play, so in the workshops we facilitate a lot of group activities and games that open the lines of communication and encourage the kids to share ideas," Mr Longley said.

South Hedland Primary School teacher Julie McGowan said the workshops were an ideal way to improve the students' listening skills and focus on a task.

"They're having fun and they're willing to give feedback when the actors ask them questions so they're clearly getting something from it," Ms McGowan said.

Ms McGregor said the Youth Involvement Council would continue to promote its message at the high school and primary schools.

safeTALK WORKSHOP

**TELL
ASK
LISTEN
KEEP SAFE**

In only a few hours, you will learn how to
provide practical help to persons with
thoughts of Suicide

CONSULTANTS: OZHELP

DATE: 2 JUNE 2009

**VENUE: SOUTH HEDLAND LOTTERY
HOUSE (CONFERENCE ROOM)**

TIME: 12.30pm - 3.30PM

Everyone Welcome

RSVP: to Naomi at YIC on 91401272



Appendix C: YIC project Newsletters



YIC Works with the Community on Suicide Prevention

Thanks to financial support from the Department of Health and Ageing, YIC has been working with community partners to tackle suicide prevention and to build resilience and self awareness amongst the youth of Hedland.

The Suicide Prevention Program is maintained by a reference group of key community members with the aim to inform young people about the support facilities available to them should they, or someone they know, be in need.

In collaboration with OzHelp, YIC staff and community members attended

an ASIST workshop, an educational program that teaches participants ways to recognise at-risk symptoms and how to approach the sensitive topic of youth suicide and self-harm.

To effectively reach different age groups, YIC invited actors Sean Walsh and Sam Longley to hold resilience workshops at South Hedland and Bayler primary schools aimed toward building life-skills, problem-solving and other important factors that affect behaviour.

Other events to come include a series of workshops and an outdoor movie night for an audience of 17 and 18-year olds, an open day at the Lawson Street Youth Centre to launch the website and suicide prevention information cards.

and Youth Mental Health First Aid Training Workshops, and a SafeTALK.

All these events can be registered for by contacting Naomi on 9140-1272.

Autumn 2009

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The YIC Speaker

Youth Involvement Council is an incorporated organisation dedicated to bettering the lives of youth throughout the Hedland community. YIC is the mother to the Lawson St Youth Centre, the Youth Accommodation Program, Mingle Mob and other projects such as the Suicide Prevention Program.

The YIC Speaker is a quarterly publication distributed every three months. The name of the newsletter was submitted in a competition. The winner, Dylan, a 14-year old who attends the Lawson Street Youth Centre received a gift voucher.

What's Happening During April at 34 Lawson Street	14/4 Box and Cooking	15/4 Water Wednesday @South Hedland Swimming Pool	16/4 Pool Competition and Art
	17/4 Outdoor Activities, Face Painting, and BBQ	18/4 Sing Star and Jewelry- Making	19/4 Movie on Projector
	20/4 Art and Jewelry-Making Parlooo Camp *TBC	21/4 X-Box and Cooking Parlooo Camp *TBC	22/4 Waterslide and BBQ Parlooo Camp *TBC
	24/4 Costume Suits, Face Painting and BBQ	25/4 Sing Star, Jewelry Making	26/4 Movie on Projector

LAWSON STREET YOUTH CENTRE
 34 LAWSON ST.
 SOUTH HEDLAND, WA 6222

**Youth Involvement
 Council**

On April 1st, Youth Homelessness Matters Day, Youth involved in YIC's Youth Accommodation Program gathered for a luncheon



What's New... On Lawson Street

During the months of March and April, Lawson Street Youth Centre made preparations to kick off Youth Week and School Holidays.

At the launch of Youth Week David Hooper, a local artist, announced a winner for the Skate Deck Colouring Competition, **Jordan Cirulis**, 12, whose colourful skate deck design will be made into a keychain promoting health and wellness. During school holidays, David will be attending the Youth Centre and working with youth to paint the winning design on a full-sized skateboard.

YIC's youth workers are getting ready for April's **Pardoo Camp**, a three-day retreat at Pardoo Campsite for the 10-16-year olds that attend the Lawson Street Youth Centre. Call or visit the Youth Centre for more information.

Youth Homelessness Matters Day

April 1st, 2009 marked the Fifth annual Youth Homelessness Matters Day created by an organisation named Youth Accommodation Interagency Nepean YAIN) that started in Western Sydney.

YAIN youth workers started this yearly event to create public awareness regarding young people who are homeless or at risk of homelessness and draw public awareness to the issue.

After several years from the first event in 2005, Youth Homelessness Day has received national recognition

throughout Australia and provides ways for the public to become involved in alleviating the challenges associated with homelessness.

This year, YIC sponsored a luncheon for the workers and participants of the Youth Accommodation Program, students at the Australian Technical College and youth belonging to the Warralong community.

National Youth Week

Throughout Australia, thousands of people participated in the nation's largest celebration of young people. The festivities reached basketball competitions in Sydney, talent shows in Melbourne and sausage sizzles in Perth.

Here in Hedland, the Youth Involvement Council along with other community-oriented organisations launched National Youth Week with a Skate and Scoot competition at the South Hedland Skate Park complete with a live DJ hauled from Perth, fun activities, and lots of food.

YIC conducted a pool competition and a games day where youth were encouraged to gather into groups and play exciting social games with their peers.

National Youth Week ended with a bang at a Blue Light Disco sponsored by The Alliance. The dance was held for under-18 year olds and offered great music and a sausage sizzle and Sumo-wrestler suits that went well into the night.

Overall, Youth Week in Hedland was a great way for youth and everyone in the community to get involved.

From the Manager

Welcome.

I have been at YIC and in Hedland for four months, and people are now dropping the 'new' from my title. Every now and then my head stops spinning and I look at how much the amazing team at YIC have achieved.

Mingle Mob continue to be out and about. Thanks to the prize money from the Australia Crime and Violence Prevention Award received in December, they have installed reversible vehicle cameras making the bus even safer.

The Youth Accommodation Program hosted a lunch during Youth Homeless Week, where past clients and youth from the community united with Hedland support services to enjoy a meal.

YIC is currently working with the High School regarding a new mentoring and tracking program funded by BHP, the aim is to keep local youth in the community for their careers.

The new Suicide Prevention Reference Group, made up of Pilbara community stakeholders, has been meeting regularly to guide the program. One of our staff members is going off to be trained in Youth Mental Health First Aid, so listen out for the training date in May - this will be a free workshop.

Kerri McGregor

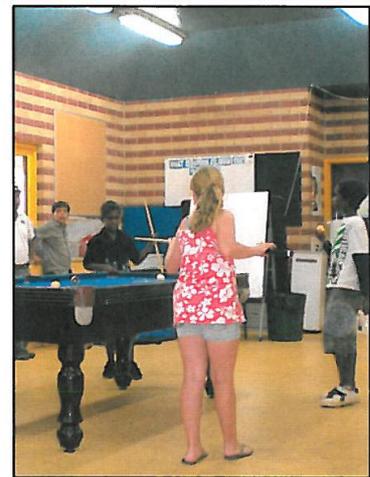
LAWSON STREET YOUTH CENTRE

**Pardoo Station Holiday Camp
20 April 2009- 23 April 2009**

Any services interested in visiting the youth on camp (even for a day) will be welcome!

Contact Teigan at 9140-1272

Young People in the community celebrate National Youth Week



COMING UP AT YIC

SUICIDE PREVENTION PROGRAMS Continue

Youth Mental Health Training in May

SafeTALK- 2 June 2009 (3 hour seminar)

(Tell Ask Listen KeepSafe)

Register with Naomi on 9140 1272 who will keep you informed

From top left:

Youth competing during Youth Week Launch Party; Eating and sharing at the Homelessness Matters Luncheon; Pool competition at Lawson Street; Everyone danced at the Blue Light Disco; "Sumo Wrestlers" also had a blast at the Blue Light Disco; Actor Sam Longley interacts with youth at South Hedland Primary School.

Appendix D: Stakeholder Interview Guideline

YIC Evaluation: Stakeholder Interview Guideline

*(For reference group members who have been a part of the YIC
programs reference group)*



- 1.) Based on your knowledge of YIC's suicide prevention program, as a reference group member, do you believe YIC has achieved its' objectives as specified and agreed with the Department?**

- 2.) What areas of the programs' implementation stand out as being particularly successful? What aspects seemed most unsuccessful?**

- 3.) What are your thoughts as to the effectiveness of the reference group? Is there anything that could have made it more effective? Is there value in continuing some form of reference group?**

- 4.) Have you attended any of the activities that YIC has organised under the program? If so, do you have anything you would like to comment about, either positively or with suggestions as to improvement?**

5.) How do you think YIC fairs in networking with local organisations and bodies that are related to the resilience and well being of youth?

6.) How do you think YIC fairs in communicating with the community, parents or care givers and youth in the promotion of the resilience and well being agenda?

Appendix E: Assist survey for youth

OzHelp Resilience building activities

Survey Questionnaire

1.) How valuable did you find the OzHelp resilience building activity?

- very valuable
- valuable
- useful
- not much use
- a waste of time

Would you do a similar activity again?

- yes
- no

2.) Name two ideas that you got out of the activity? Will you use these?

3.) Do you think you might talk about any of the ideas that you got out of the activity with, friends, classmates, parents or anyone else?

4.) Was there anything else that it made you think about?

Appendix F: SafeTalk survey for youth workers

Yet to be provided