



EMPOWERING THE SOUTHERN GRAMPAINS COMMUNITY TO IMPROVE YOUTH MENTAL HEALTH

www.live4life.org.au



<http://www.live4life.org.au/communities/southern-grampians/> VOL. 2 | DECEMBER 2020



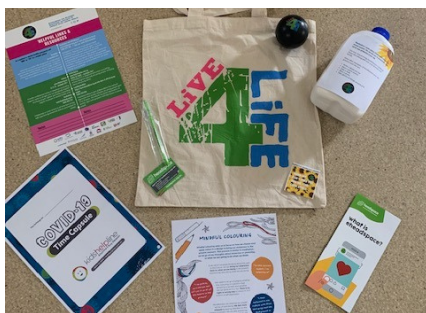
Overview

Live4Life Southern Grampians is a community grown, evidence based rural youth mental health suicide prevention initiative.

Live4Life builds young people's capacity to recognise and seek help, and offer help, for mental health concerns and builds the capacity of the whole community to look after and support their young people.

Southern Grampians Live4Life Year 8 Mental Health PACKS

In Term 4 Live4Life distributed 270 Mental Health Packs to Year 8 Students from across Southern Grampians. The packs are inspired by the work of the 2020 Live4Life Crew with the aim of supporting the Live4Life message, highlighting the Crew theme and the provision of mindfulness and help seeking information. The development of the Mental Health Packs has been supported by School Focused Youth Services Grant funds and headspace and L4L merchandise. A big thank you to the volunteers at WDHS for their support in packing and distributing the packs to the schools.



One Year Celebration!

Live4Life Southern Grampians School and Community partnership celebrated one year of success at our last Partnership meeting for 2020 on 8 December 2020 via zoom.

The Southern Grampians Live4Life School and Community Partnership Group wish to extend best wishes for the Festive season to the Southern Grampians Community and our wonderful supporters.

We are looking forward and working hard to roll out and expand on the Live4Life initiative into 2021 and further our support of Southern Grampians young people.



Mental Health First Aid Training – well on our way!

Term 4, 2020 has seen a key component of the Live4Life initiative delivered across Southern Grampians: Youth Mental Health First Aid Training, with the support of grant funds from School Focused Youth Services.

Mental Health First Aid Australia courses are proven effective in improving knowledge, attitudes and behaviours related to mental health (Hadiacsy, G., et al., 2014).

The Mental Health First Aid component of Live4Life involves 2 key training programs – Youth Mental Health First Aid Training (YMHFA), for adults supporting young people, and Teen Mental Health First Aid (TMHFA) for young people themselves.

Youth MHFA Training

In Youth MHFA adult participants learn about, adolescent development, signs and symptoms of common mental health problems in young people, where and how to get help, what sort of help has been shown by research to be effective and how to provide first aid in crisis situations.

The Youth MHFA training in Term 4 hosted at Southern Grampians Adult Education has comprised of 2 sessions with 27 participants from SWTAFE, Southern Grampians Adult Education, Southern Grampians Shire Council, Baimbridge College, The Hamilton and Alexandra College, Balmoral K-12 Community College, Parklands and Good Shepherd College. Monivae College hosted an in-house training session for 25 key staff. Congratulations to all our partner schools and organisations that work with young people prioritising MHFA training in your Term 4 training timetable.

Teen Mental Health First Aid

In the Teen MHFA program students learn about teen MHFA action plan, different types of mental health problems and crisis situations in young people, the relationship between thoughts, feelings and behaviours, how to recognise when a friend is experiencing major change in their thinking, feeling and behaviour and when changes may indicate the presence of a mental health problem. Whilst unfortunately the delivery of Teen MHFA to all schools in 2020 was unable to happen, Monivae College were able to host 2 in-house Teen MHFA training programs with all Year 8 and Year 10 students participating in the program.

Live4Life is looking forward to implementing the Teen MHFA program to all Year 8 and Year 10 students from across Southern Grampians in 2021.



Crew Update

Over the course of two Friday afternoon's in early December the crew were invited to complete their Teen MHFA training. The crew members have always asked to learn more about Mental Health, and even after volunteering their time to participate in the course, they are still hungry for more!



The Southern Grampians crew members have not lost any motivation or commitment to the cause that they signed up for in early 2020. We are pleased to announce to the crew, and the community, that each of the 21 crew members will be invited to continue as crew members in 2021, and we aim to strengthen the learning and development opportunities over the course of the year. We will also be inviting a new group of young people, selected from students who will commence in Year 9 in 2021, to join the existing crew members – keep an eye on the Southern Grampians Live4Life Instagram page for more details in 2021

