



Live4Life Baw Baw.

IMPACT REPORT 2023



The **Live4Life** model in Baw Baw is a community-based youth mental health program that launched in 2020 and is delivered in partnership with the following community organisations, health services, community members, and secondary schools:

- Latrobe Regional Health
- Baw Baw Shire Council
- Baw Baw Latrobe Local Learning and Employment Network
- Victoria Police
- Department Education and Training
- Community College Gippsland
- Gippsland Primary Health Network
- Corey Maric Youth Support Foundation
- Youth Live4Life
- Baw Baw Community members
- Marist-Sion College
- Chairou Christian School
- Warragul Regional College
- Trafalgar High School
- St Pauls Anglican Grammar School
- Warragul and District Specialist School
- Drouin Secondary College
- Neerim District Secondary College

"Everything, it was so amazing! I loved meeting new like-minded people and being able to plan events and eat good food."

2023 CREW MEMBER

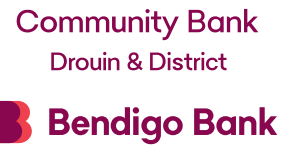
Special thanks to our 2023 Lead Agency, **Latrobe Regional Health**.





THANK YOU.

Live4Life Baw Baw would like to thank and acknowledge the following sponsors for their valuable contributions to ensuring the sustainability of the program.





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"I love bringing meaningful skills to our community to improve mental health and reduce stigma"

**BAW BAW MHFA
INSTRUCTOR**

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WHAT IS LIVE4LIFE BAW BAW?

Background

Live4Life is the only youth mental health education and suicide prevention model specifically designed for rural communities in Australia.

The Baw Baw community adopted the Live4Life model in 2020, and has been working in partnership with local organisations, community members and all eight secondary schools over the past four years to successfully implement the program across the Shire.

Live4Life Baw Baw is funded through the generous support of local organisations and the Baw Baw community.

"We all feel positive about the work and are doing our best to make a positive contribution"

PARTNERSHIP GROUP MEMBER





"Everyone is there with the young people in mind and working towards the same goal"
PARTNERSHIP GROUP MEMBER

PURPOSE

Our purpose is to reduce youth suicide within the Baw Baw community by:

- Reducing barriers that prevent young people from seeking help
- Decreasing mental health stigma
- Increasing awareness of local professional help
- Increasing the mental health knowledge of secondary school-aged students, teachers, parents, carers and community members
- Building community resilience in addressing mental ill-health.





THE LIVE4LIFE MODEL IN BAW BAW



The Live4Life model in Baw Baw consists of four key community components to ensure that the key drivers promoting good mental health in young people are addressed and that young people remain at the centre of all our activities.

The program delivers evidence-based mental health education and peer-led health promotion activities, and aims to increase the capacity of the whole community to be able to respond to and support young people experiencing mental health concerns.

The four key components include:

**The
Partnership
Group**

**Metal
Health
First Aid**

**The
Crew**

**Youth
Live4Life
Support**



THE FOUR KEY COMPONENTS



The Partnership Group

The Partnership Group drives the implementation of **Live4Life** in the Baw Baw community and is key to achieving collective impact and improved mental health outcomes. The Baw Baw Partnership Group is supported by representatives from all eight secondary schools, Baw Baw Shire Council, Latrobe Regional Health, Youth **Live4Life** and a growing list of community organisations, groups and community members (as outlined on page 2) that contribute to the successful implementation of the program.



Mental Health First Aid

Through the delivery of evidence-based suicide prevention and mental health education in the community, **Live4Life** Baw Baw aims to increase our community's capacity and understanding of youth mental health by providing clear, consistent, and research-based messaging and training. **Live4Life** Baw Baw currently supports three Youth Mental Health First Aid (MHFA) instructors who deliver community training sessions, in addition to 10 Teen MHFA instructors who provide mental health training to secondary school aged students.



The Crew

The 2023 **Live4Life** Baw Baw Crew consists of 48 students representing all eight secondary schools across the Shire. The Crew coordinate mental health promotion activities throughout the year and advocate for mental health support and education among their peers and the wider community. The Crew form a key component of **Live4Life** Baw Baw, raising awareness and working to creatively reduce the stigma associated with mental health to start positive conversations with friends, students, and family.



Youth Live4Life Support

As communities implement the **Live4Life** model, Youth Live4Life staff provide guidance, support, and problem-solving assistance to ensure that the Live4Life Baw Baw community can effectively and efficiently respond to the needs of our young people.



Between 2020 and 2023 Live4Life Baw Baw has increased the capacity of young people and the broader community to understand and respond early to youth mental health concerns.

117 young people have become Crew members and mental health ambassadors

280 adults have undertaken mental health education

900+ young people attended in 2023

1,700+ students have undertaken teen mental health education



2023 HIGHLIGHTS.

The Live4Life Baw Baw Crew created our 2023 theme of “Friendships Create Conversations”, reflecting the importance of social connections as a building block for good mental health.

Over the last 12 months Live4Life Baw Baw have worked collectively to continue to develop and grow the Live4Life model throughout the Baw Baw community. This has included:

- Building the capacity of young people to recognise mental health concerns, reduce stigma and understand how and where to ask for help
- Increasing community awareness of youth mental health and understanding how to assist young people in crisis
- Embedding the Live4Life model within all eight Baw Baw secondary schools and providing opportunities for young people to become mental health ambassadors through the Crew component of the program
- Continuing to strengthen and expand the Partnership Group to ensure the sustainability of the program, and that the model continues to remain dynamic and adaptable to changing local needs.





HOW HAS THIS BEEN ACHIEVED?

Live4Life Baw Baw has implemented a range of actions and events over 2023 that collectively work towards achieving our goals of improving youth mental health.



What have we done?

- Delivered a launch event in May to introduce over 900 Year 8 students to the Live4Life program
- Hosted the inaugural MHFA instructor Community of Practice to increase connections and opportunities for instructors to share tips, challenges and experiences
- Planned and developed Crew recruitment, induction, skill building sessions and celebration events
- Provided capacity building opportunities for Crew members such as team building, public speaking and experience in event planning and delivery
- Delivered subsidised Youth MHFA training to the Baw Baw community
- Supported Crew members and secondary schools to implement Mental Health Awareness Activities including school discos, colour runs, breakfast clubs, mindful lunchtime sessions, activities during health and wellbeing weeks and lunchtime events with music, food, outdoor games and presentations on mental health
- Worked with schools to increase the number of staff trained in Youth MHFA
- Developed an Action Plan with the Partnership Group to guide our actions and work towards a sustainable model; ensuring we can continue to support improved mental health outcomes within our community



2023 ACHIEVEMENTS



**45% increase
in Crew
numbers
from 2022**

**8 Youth
Mental Health
First Aid
community
sessions
delivered**

**All 8 secondary
schools
implemented
Crew-led
Mental Health
Awareness
Activities**

**800+ students
participated in
Teen Mental
Health First Aid
sessions**

**4 'All Crew'
events
delivered,
reaching over
900 young
people**



**7 new Teen
Mental Health
First Aid
instructors
trained**



2023 IN REVIEW

Live4Life Baw Baw has continued to grow and evolve over the past 4 years, experiencing both successes and challenges along the way.

These experiences have provided opportunities for us to reflect, adapt and develop new strategies to ensure the sustainability of the program for many years to come.



Key Learnings

- Demand and interest in mental health supports for young people is increasing
- Strong partnerships and communication remain essential as we work to increase community awareness and capacity to support improved youth mental health outcomes
- Remaining flexible and dynamic in our approach is vital to ensure that we are continuing to create positive impact within Baw Baw and adapting to meet the changing needs of our local community
- Greater advocacy is needed to increase local access to youth mental health support services
- Continuing to build capacity and meaningfully advocate for young people to be involved, share their voice and their passion is vital to increase social connections among peers and reduce the stigma associated with poor mental health.





"I felt like I was making a difference"

2023 CREW MEMBER

THE NEXT 12 MONTHS

Over the next 12 months we will continue to reflect and learn from our previous experiences and work to incorporate these learnings into the future direction of the program.

The development of our 2024 Action Plan will continue to support increased community awareness and recognition of the program, building local capacity and resilience through mental health first aid training, and greater shared understanding of accessible services and supports for young people within the region.





**WANT
TO GET
INVOLVED?**



More information or want to get involved?

Our communities: Baw Baw — **Live4Life**

W: www.live4life.org.au/our-communities/baw-baw

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