



Empowering the Southern Grampians community to improve youth mental health



live4life.org.au

<http://www.live4life.org.au/communities/southern-grampians/>

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Southern Grampians becomes an LDAT

The Alcohol and Drug Foundation has added 47 new Local Drug Action Teams (LDATs) to its national program to address the unique challenges of alcohol and other drugs in local communities.

The Live4Life Southern Grampians School and Community Partnership Group are pleased to announce that Southern Grampians has been successful in becoming one of these new LDATs, working together with the Southern Grampians community to build healthier, more connected and resilient communities as part of the LDAT Community.

Youth Live4Life and the Southern Grampians Live4Life partnership group have taken the lead and are in the process of developing the first Community Action Plan focussed on supporting young people aged 12-17 in addressing risks and building protective factors using the range of evidence-based approaches.

To find out more visit <https://community.adf.org.au/ldat-program/>

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.

Vic Health: Reimagining Health Grant

Live4Life Southern Grampians have been successful in receiving funding for Creating Connections: Live4Life Crew.

Creating connections will focus on encouraging, developing and maintaining meaningful social connections for the young people who make up the Southern Grampians Live4Life Crew.

The Crew will be supported to attend a series of events and activities, virtually and in person, which will help with personal development, encouraging ongoing social connections and strengthened relationships with their peers.



2021 Crew Induction

The Live4Life Crew is made up of Year 9 and 10 students from all participating Secondary Schools across Southern Grampians including: Baimbridge Secondary College, Monivae College, The Hamilton and Alexandra College, Balmoral K-12 Community College and Good Shepherd College.

The crew volunteer their time as mental health ambassadors, sharing positive mental health messages and challenging the stigmas associated with mental ill health, help seeking and help offering.

Thirty-one young people were inducted into Southern Grampians' Live4Life Crew on Wednesday 14 July, taking the first steps to becoming mental health ambassadors in their schools and local community.

The Crew Induction day was jammed packed with information, fun activities, guest speakers and food!

The end of the day saw the crew in full planning mode to launch Live4Life in their schools with all Year 8's to be introduced to the Crew theme



The crew induction day was supported by, Wannon Water and The Southern Grampians Live4Life School and Community Partnership Group.



Will from Good Shepherd College and Molly Dennis, Youth Engagement Project Officer, WDHS

Amelia from Baimbridge College, Tayla from Monivae College (L-R)



A big thanks to Kyle and Cathryn from Youth Live4Life, Andy from Youth Gurus and Molly from WDHS for hosting the event

Lily and Kaitlyn from Balmoral K-12 Community College (L-R)



Mitchell from The Hamilton and Alexandra College, Lucille from Monivae College, Katherine from Good Shepherd College (L-R)



Mental Health First Aid Training Update

Throughout 2021 Southern Grampians has enacted a number of key activities that will support the delivery of Youth and Teen Mental Health First Aid (MHFA) in schools and community now and into the future.

- Trained 3 Teen MHFA Instructors
- Trained 1 Youth MHFA Instructor and recruited another to be trained in the future
- Trained over 10% of staff in the majority of schools
- Completed Teen MHFA training in one school, commenced in another 2 and scheduling commenced with the remaining 2 schools

