

The Tasmanian LiFE Awards

AWARDS NOMINEES 2021







The Tasmanian LiFE Awards are an affirming recognition of what is possible when caring for each other is the focus of our workplaces, our communities and our daily lives.

They provide a welcome and valuable opportunity for us all to come together to acknowledge Tasmanians working in their communities to raise awareness about suicide prevention.

Through the Tasmanian LiFE Awards, we celebrate the great achievements of all award nominees.

I am inspired by the achievements of Tasmanians from across the State who are taking action to build better mental health and wellbeing and increase suicide awareness and prevention.

The activities of this year's nominees highlight the successes possible through community-led approaches.

These include: creating positive, health-promoting environments; working as a collective in a local community; stigma reduction and the promotion of help-seeking; and establishing strategic opportunities for young people's empowerment to drive change.

All of these activities have a strong focus on sustainability and partnerships.

I acknowledge the generosity of the award sponsors – Debbie Evans, CEO of Lifeline Tasmania; Connie Digolis, CEO of the Mental Health Council of Tasmania; Mitch McPherson from Speak UP Stay ChatTY; and Peter Wedgewood from TasNetworks.

I also thank Dr Michael Kelly, CEO of Relationships Australia (Tasmania) and Chair of the Tasmanian Suicide Prevention Community Network, and his team for hosting the awards.

Congratulations and thank you to all nominees, I look forward to hearing from you about your achievements and following the progress of your important work.



The Hon. Jeremy Rockliff

Deputy Premier, Minister for Health, Minister for Mental Health and Wellbeing, Minister for Community Services and Development, Minister for Advanced Manufacturing and Defence Industries



TASMANIAN LIFE AWARDS 2018
Tasnetworks
Best Practice in Suicide Prevention in a
Workplace LIFE Award
presented to
HYDRO-TASMANIA

Doug Vautier and Kathy Browne, 2018 Winners

“The Tasmanian Suicide Prevention Community Network (TSPCN) is a network of community members, service providers, organisations and government representatives who are working together to reduce the rate and impact of suicide in Tasmania.

The Tasmanian LiFE Awards are in recognition of life-affirming work in suicide prevention, intervention and postvention.”

Suicide has a profound effect on the Tasmanian community and there are countless people who work tirelessly across our state in the areas of suicide prevention, intervention and post-vention.

The Tasmanian LiFE Awards, now in their fifteenth year, recognise the valuable contribution by individuals, communities, businesses, media and government in suicide prevention.

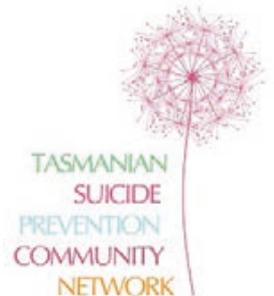
The Tasmanian Awards are based on the national LiFE framework. LiFE stands for Living is For Everyone and the framework recognises that suicide prevention is a whole-of-community responsibility and promotes collaborative action by all Australians.

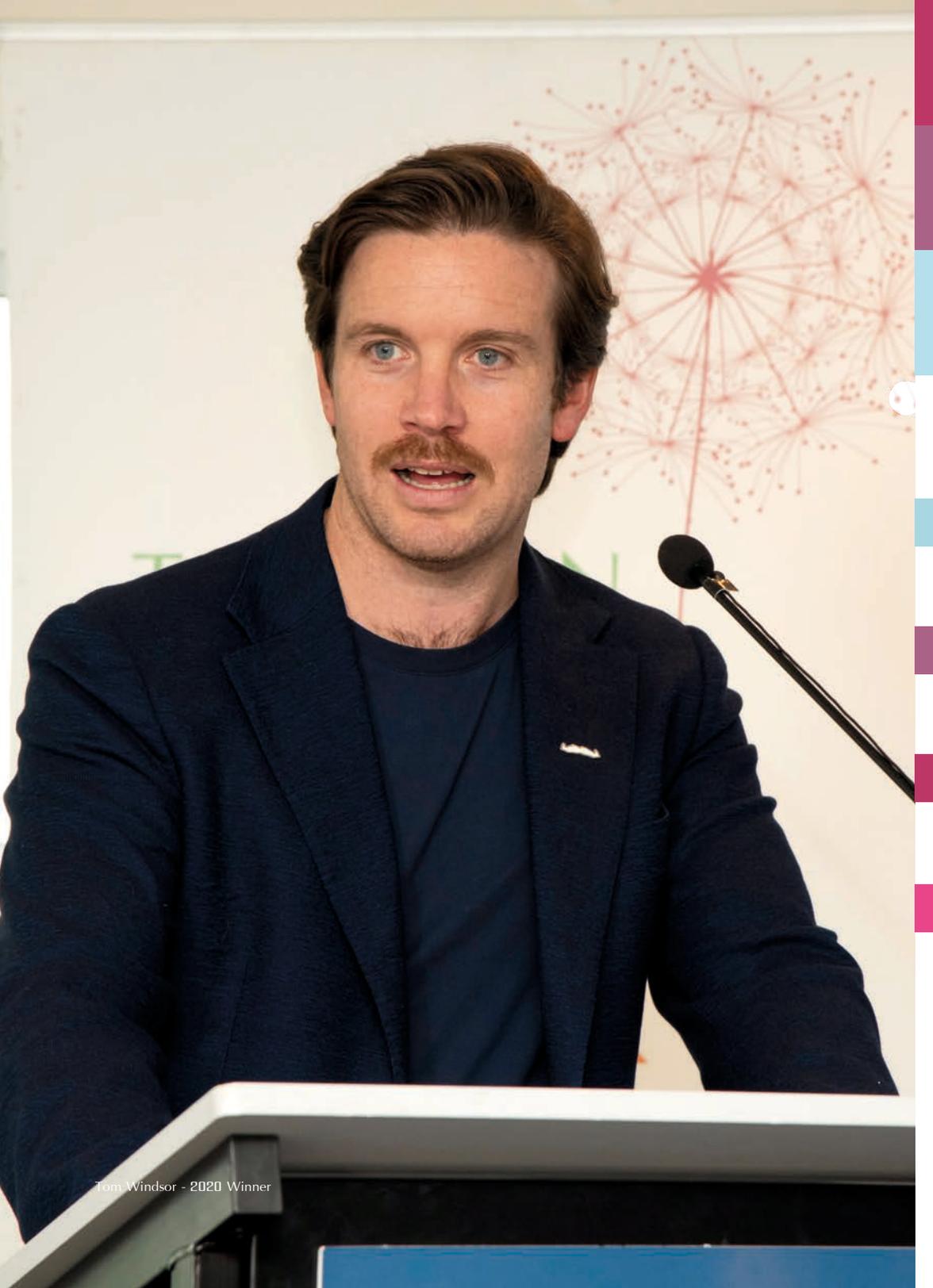
Winners of the Tasmanian LiFE Awards are nominated for the National LiFE Awards run by Suicide Prevention Australia. Over the years many recipients of Tasmanian LiFE Awards have gone on to be recognised with a national award highlighting the very high standard of work that occurs in Tasmania.

It is important to pause and recognise the contribution that people make in this vital area of work. The Awards provide us with an opportunity to do this.

I am grateful for being involved in the LiFE Awards and continue to be inspired by the dedication, commitment and care demonstrated by the nominees and Award recipients each year.

Dr. Michael Kelly
(Chair of TSPCN & CEO Relationships Australia Tasmania)





Tom Windsor - 2020 Winner

The Tasmanian LiFE Awards

CATEGORIES 2021



LIFE Awards:

CATEGORY ONE

*The Mental Health Council of Tasmania
Outstanding Contribution LiFE Award*

CATEGORY TWO

*The Lifeline Tasmania Communities in
Action for Suicide Prevention LiFE Award*

CATEGORY THREE

*The TasNetworks Pty. Ltd Best Practice in
Suicide Prevention in a Workplace LiFE Award*

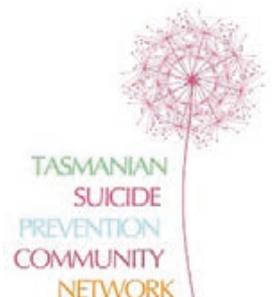
CATEGORY FOUR

*The SPEAK UP! Stay Chatty Outstanding
Contribution to Suicide Prevention by a
Young Person LiFE Award*



This booklet is proudly sponsored by Newport & Wildman

At Newport & Wildman our vision is for people to be their best in life and work. We partner with Tasmanian organisations to create mentally healthy and thriving workplaces and communities through customising and delivering comprehensive, tailored and specialised Employee Assistance and Workplace Wellbeing programs.



Hold
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L-R: Tom Windsor, Melita Griffin, Pat Fauvette, Jenny Mounsey, Minister Jeremy Rockliff, Michael Izzotte, Mitch McPherson



1. Stubbs Constructions

Stubbs Constructions has been actively involved, over many years, with informal suicide prevention and are an ongoing supporter of the building and construction OzHelp program. During the COVID-19 stand downs, Stubbs Construction realised they needed to formalise their involvement with employee mental health and wellbeing, to provide ongoing support and increase their employee's resilience. They developed a Mental Health & Suicide Prevention Community Action Plan (CAP) which included the following essential elements;

- A commitment from directors, senior leaders and supervisors to make visible, long term commitments to mental health throughout the Stubbs worksites.
- encouraging all employees to have a voice; identifying champions and supporters, providing training and resources to implement the plan and provide ongoing support.
- ensuring sufficient time and resources are allocated to implement the plan and provide ongoing commitment to the strategy.

2. The Mind Games – Race for Research

The Mind Games Race for Research Inc. was established in 2018 to support suicide prevention in Tasmania by building and promoting mental health at work while raising money for critical research into the prevention and treatment of mental health problems. Funds raised at both the 2019 and 2021 events were donated to the Tasmanian-based Menzies Institute for Medical Research to support research into workplace mental health.

The Mind Games has contributed to raising awareness about mental health and the prevention of suicide in two important ways. Firstly, by impacting those involved in the event itself and secondly, by contributing funds to support vital research.

The Mind Games is designed as an ongoing, workplace initiative run by volunteers and funded by corporate sponsorship and employer entry fees. In addition to the social connection experienced by individual participants at each event, sponsors and participating organisations are encouraged to continue developing mental health awareness, strategies and skills within their workplaces, creating a ripple effect among those who were not part of a competing team.

A total of \$150,000 has been raised across two events (in 2019 and 2021) and donated to the Menzies Institute for Medical Research to support research into workplace mental health.

3. Life Without Barriers (iconnect and synergy) Youth and Family Mental Health Services Tasmania

Life Without Barriers 'iconnect' and 'synergy' youth and family mental health services provide therapeutic mental health support to young people and families across Tasmania. LWB work with young people considered the most at risk or 'severe and complex'.

Kathy Browne, 2018 Winner



Relationships Australia.

TASMANIA

The state-wide iConnect Youth and Family Mental Health Service commenced in 2014 and provides intensive psychosocial mental health and wellbeing support to young people aged 12-18 years old, and their families, on an outreach basis, across Tasmania.

The LWB Synergy Youth and Family Mental Health Service commenced operation in 2017 and provides intensive psychological therapeutic support and mental health case management support to young people aged 12-25 years old, and their families, with moderate/severe mental health challenges. This service is provided on an outreach basis to young people in their own communities and works closely with others involved in a young person's support network.

As well as individual and family work, LWB work very closely with key supports such as schools, GPs, other social care organisations to build capacity within those services to raise awareness and respond to young people experiencing suicidal ideation or action.

The LWB approach to mental health support operates within a youth friendly framework of recovery. Young people and their families are fully involved in decision-making when planning their care, and recovery. The services are inclusive, respect culture, and support young people to develop their existing strengths and work together on challenges, maximise resilience, and make progress towards goals in improving their mental health, wellbeing, and functioning

Communities in Action for Suicide

Prevention LIFE Award



1. Sacred Heart Catholic School Geeveston

Sacred Heart Catholic School Geeveston is a co-educational school situated in the Huon Valley, catering for students from kindergarten to Grade 6 from surrounding rural communities.

The school has meaningful and extensive measures in place to create awareness, assistance, and exceptional standards of mental health support for their students, families and staff, their culture of well-being and care extends out to the wider Huon Valley Community.

The school's volunteer staff program 'Pastoral Care Group' fundraise to help families in need, not only within the Sacred Heart School Community, but the wider Geeveston and Huon Valley townships. Many families throughout the area have benefitted in times of crisis and stress with food, financial support, clothing and care packages. This is an act of school community that extends to contribute to the mental health and wellbeing of the entire community in which they are situated.

Sacred Heart's efforts during the 2019 Huon Valley bush fires not only provided remarkable support to the school's students, families, and staff, but was extended to the entire community, in the form of all support provided being open to community members, and the provision of care packages, financial assistance and emotional support community wide, efforts which were acknowledged at many different forums within the community and Minister Jeremy Rockliff at the time.



Victor Tilley & Laura Tilley (former sponsors 2018 Red Herring)

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Sacred Heart Catholic School Geeveston provides mental health and wellbeing awareness and action that greatly supports its entire school and wider community, working to minimize the effects of poor mental health and help reduce the associated levels of suicide within their rural area.

2. City Marians Hockey Club

City of Marians are playing both a formal and informal role in their approach to suicide prevention. They are focused on developing skills within their community to support safe conversations regarding mental health, as well as addressing stigma associated with mental health in the states North West.

City Marians take pride in their strong community connection. A key theme of the club is “togetherness” and as a part of this, the club are looking to ensure that they have safeguards in place to assist those within the club who might be doing it tough. This supportive community environment is informally addressing suicide and risk within their community.

City Marians also connected with the Tasmanian North West Suicide Prevention Trial Site and exploring options to address suicide and mental ill health in their community. This has resulted in the development of a Community Action Plan to target potential strengths and opportunities in the community that they can utilise to develop suicide prevention measures.

Lead by Secretary Therese Howard, the club are focusing on a three-tiered approach to addressing mental health concerns and safeguarding their community. These are:

- Training & upskilling key members of the community
- Awareness raising & encourage support seeking behaviour
- Making Mental Health resources available within the club

The club have:

- Sourced funding for trained Mental Health First Aid Officers within the club and implemented this role.
- Development of a local support service guide for members
- Hosted Suicide Prevention & Mental Health awareness events at the club – most recently SPEAK UP Stay ChatTY to address stigma reduction via themed rounds and community presentations.

3. East Devonport Child and Family Centre

The East Devonport Child and Family Centre is often the first place where young families/young parents feel comfortable to turn to in times of need, family and/or personal crisis. The East Devonport Centre is known by the community it is a safe place for parents who are doing it tough or ‘in distress’ where they know they’ll be helped and supported and be provided with information about a service provider who can help them.

In response to the needs of men in the community, the centre formed a Blokes Club which focuses on the importance of men’s mental health where the men can come together sharing stories of how other men have experienced and coped with challenging times in their lives and encouraged to seek help in difficult times.

An East Devonport ‘Blokes Breakfast’ was held on Saturday, 27 March 2021 at the East Devonport Football Club.



Matt Etherington 2020 Winner

4. Debbie King

Debbie King is a local Burnie business owner with a personal experience of suicide, and the organiser of the annual Out of the Shadows Suicide Awareness Walk.

The 'Out of the Shadows Awareness Walk is a chance to put suicide in the spotlight and for the community to come together as one to send a very strong message for people to know that there is community understanding and support for people who are doing it tough.

The 'Out of the Shadows Awareness Walk' is where people can open up and share their worries and daily challenges whatever they may be, with helpline or people around them who can offer support and understanding.

5. Tim McCarthy

Tim McCarthy is the brain child behind the Burnie Health Information and Wellbeing Hub and the driving force behind the Penguin Community Wellbeing Festival. Tim has lived experience of suicide and is now an advocate for people 65+ within the community.

The Burnie Information and Wellbeing Hub opened on Monday, 5th October 2020.. The Hub is stocked with on local health services and community support. The number of Burnie (and NW) residents utilising the Burnie Hub is increasing. Local Police based in Burnie have also started using the Burnie Hub for assistance regarding what services and supports are available.

The Burnie Hub is also at the centre of the 'Social Prescribing Pad' trial commenced on Monday, 14 December 2020 .

6. Military Brotherhood Military Motorcycle Club South Sub-Branch

The Military Brotherhood Military Motorcycle Club (MBMMC) South Sub-Branch is a community motorcycle club comprised of serving and ex-serving Australian Defence Force (ADF) and Commonwealth and Allied Forces members, their families, friends, and supporters.

The MBMMC South Sub-Branch services the southern region of Tasmania and is part of a tri-service club run at the national level, and alongside the MBMMC North Sub-Branch in the North of the state.

The MBMMC South Sub-Branch are all too aware, due to their own lived experience, of how service in the military can affect an individual's ability to cope with the mental health issues and challenges so often faced both during and post service.

Servicemen and Ex-Serviceman often face mental health challenges in Post-Traumatic Stress Disorder (PTSD), adjustment to civilian life, and difficulty in talking about these emotional challenges with civilian's who do not understand their experiences, how military training can influence the way veteran's deal with emotional issues, and who do not speak the 'military language' essential to connecting with servicemen and ex-servicemen who have encountered traumatic experiences.



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Debbie Evans 2018 - Lifeline CEO

Too often these circumstances lead to extreme mental health issues, that contribute to an alarming rate of suicides amongst military personnel. The MBMCC South Sub-Branch provides a space and a community where such important conversations, support and understanding for serviceman can take place, and in many cases, provide the very support that not only assist serviceman through mental health challenges, but can effectively save lives from suicide.

Members of the MBMMC South Sub-Branch believe their role in supporting their fellow veterans and their families as a duty to uphold, and pledge to believe in and live by the club motto 'The Task is Ours'.

7. Warrane Pharmacy

Warrane Pharmacy is a small community pharmacy who care about their customers' mental health.

After watching many of their customers suffer through life's hardships, depression, loss of their loved ones, relationship breakdowns, financial and housing issues, the pharmacy took action to help their community.

Warrane pharmacy raised over \$1000 through fundraising initiatives to enable them to undertake Mental Health First Aid training and be better equipped to provide support to anyone who needs it when necessary.

8. CORES Australia, Kentish Regional Clinic.

The Community Response to Eliminating Suicide (CORES) training program was developed in 2003 in the rural community of Kentish, in Tasmania. After a concerning number of suicide deaths within their small community, community members agreed something needed to be done and banded together to raise awareness and understanding, to reduce risk for the people living with suicidality and to support prevention and postvention education and recovery. Since that time the organisation has grown and continues to deliver workshops and information sessions as well as coordinate community events to raise awareness of suicide prevention and the importance of mental health and well-being.

In 2007 Kentish Regional Clinic Inc. (KRC) was formed to manage the CORES program and it was at this time the program became National. KRC consists of a National Board of Directors governing the integrity and viability of the CORES program.

In 2020-2021, 429 people attended CORES Suicide Prevention training and 224 people attended CORES Self-Care and Mental Wellbeing workshops.

During 2019-2020, 202 people attended CORES Suicide Prevention training.

Following COVID-19, our response was to increase our training to support communities due to a higher number of people with anxiety and depression and an increase in people that were supporting others with suicidality. This response is reflected in the higher attendance rates during 2020-2021. The additional training sessions were made possible thanks to support from our volunteer facilitators.



Relationships Australia
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Matthew Tukaki (former Chair SPA) 2018



1. Athalie Lane

Athalie Lane has been a passionate and strong advocate in suicide prevention throughout her varied roles at Lifeline Tasmania for over 7 years. Currently Athalie works as a Crisis Supporter and Student Mentor for the 13 11 14 program and as a support worker in the 'A Tasmanian Lifeline' (ATL) program. In previous roles, she has also been a Team Leader at 'A Tasmanian Lifeline', a Call Coach and an In-shift Support Supervisor.

Her role as a support worker for ATL is focused on early intervention. She answers phone calls from the Tasmanian community relating to psychosocial difficulties, isolation and loneliness. She approaches this role with tremendous skills in actively listening, counselling and empathy.

In this role also, Athalie has made countless amounts of reach out calls to small businesses. She actively raises awareness for the program to small businesses to support their employees who may be experiencing mental health challenges and to offer support through counselling.

2. Lorette Venables

Lorette Venables has enjoyed a rich and diverse career spanning 30 years, as a mental health nurse dedicated to helping others to see their value and much needed role in life, via an innate ability to connect with others and a genuine love of the works she does to prevent the suicide of an estimated 4,000 plus high- risk clients in Tasmania, so far.

A career such as Lorette's is not limited to the shift she is on, or a 9-5pm day, it is a passion and a role that she holds deep in her heart and carries with her at all times. Lorette has dedicated herself to suicide prevention within our community and remains in contact with many of the individuals and families she has assisted during her extraordinary career.

Lorette's career began as a ward aide at The Royal Derwent Hospital, where she went on to graduate as a Psychiatric Nurse.

Lorette has been responsible for several innovative programs being implemented within the community that have directly prevented suicide, raised awareness of how to approach and assist those at high risk, and providing continued support in recovery.

3. Ricky Pfeiffer

Ricky, a local Tasmanian army veteran, has used his own lived experience of PTSD, Anxiety and Major Depressive Disorder to fuel 20 years of community service assisting his community via awareness, education, advocacy and support as a qualified Therapeutic Art and Life Coach, Ambassador for Mental Health, always willing and ready to help anyone facing a mental health crisis through sharing his story and emphasising the importance of seeking professional help.



Network
Delivering your power



Mitch McPherson (SPEAK UP! Stay ChatTY) and Ben Hirst 2018 Winner

Ricky's work is done via formal settings through work with advocacy groups, as a speaker in local mental hospitals, on various mental health panels, and via Therapeutic Art programs and other forms of community involvement and support, while also via online content including a twitch channel, that reaches not only locals, but an international audience, speaking to the importance of mental health awareness in our communities.

4. Sherri Ring

Sherri Ring has become a well-known name in the Tasmanian mental health sector as the founder of 'The Mind Games', a fun, action packed annual event that has raised over \$150,000 for mental health research for The University of Tasmania's Menzies Institute for Medical Research.

The Director of Tasmanian-based company Energy Health, which specializes in delivering health and wellbeing solutions to workplaces around the state, Sherri was faced with the common trends she was seeing involving stress, depression and anxiety on the rise amongst employees in different organisations and workplaces she would consult with. She explains that these levels of mental illness posed a stark contrast to the team building sessions she and her team would run within the same organisations, where she observed employees feeling relaxed, having fun, and feeling connected with one another.

This observation struck Sherri as an indication something needed to be done when it came to mental health and wellbeing amongst the employees and organisations she was working with, and even with those she had not worked amongst.

Sherri was inspired to develop an initiative that could show employees that the workplace can be fun and wanted to find a way to help employees connect, collaborate and feel like a valuable part of their community – all essential components to wellbeing and good mental health in the workplace and beyond. Sherri wanted to provide a way that workplaces could work in preventing poor mental health and encouraging positive wellbeing amongst their employees, instead of treating high incidents of stress, anxiety and depression after they had begun to occur.

Sherri's unwavering dedication to making a difference in this space led to the creation of the first The Mind Games in 2019, from a simple idea developed and self-funded by Sherri and staffed by a handful of volunteers as she planned to launch the event at the grassroots level.

5. Natasha Cloak

Tash works as the community engagement officer and Senior Project Officer for SPEAK UP! Stay ChatTY. After losing her father to suicide four years ago,

Tash has dedicated her professional and personal life to suicide prevention. She works tirelessly, going above and beyond to make a difference in the lives of others. She attends community events outside of work hours, she is always the first to arrive and the last to leave. She has spent the past few months putting together Shorts Day, which empowered thousands of Tasmanians to take action to spark conversations amongst their friends and family. Tash's commitment and passion to suicide prevention astounds those around her every day.



SPEAK UP!
Stay ChatTY

SPEAK UP!
Stay

SPEAK UP!
ChatTY



TASMANIAN LIFE AWARDS 2018



Best Practice in Suicide Prevention in a
Workplace LIFE Award

Awarded to
HYDRO TASMANIA



Kathy Browne and Matthew Tukaki 2018

6. Break O'Day & Bicheno Suicide Prevention Trial Site Working Group

The Break O'Day & Bicheno Suicide Prevention Trial Site Working Group are a dedicated and passionate voluntary group comprising of community members (including those with lived experience), service providers and representatives of community groups & organizations, as well as local council. The working group have been actively involved in suicide prevention since January 2018 with 16 community members volunteering their time.

The working group have developed strategies and activities to assist with the reduction of self-harm, promote help seeking behaviours and help reduce stigma associated with mental illness in their region. They have developed a Community Suicide Response Committee (CSRC) that has a focus on prevention.

Community champions have been trained with tools to equip them to have conversations with family, friends or community members who might be struggling, or even in crisis and then to assist where appropriate if they need support.

The Working Group have worked on numerous activities aimed at:

- reducing stigma
- promoting help seeking behaviours
- Training of 126 Community Champions to date
- Hosting workshops on Self Care, Resurrected PTSD for Veterans, and families, LGBTQIA+, mental health week
- The Safe Place Mobile Outreach that visits throughout Break O'Day and Bicheno to offer information on what mental health support services are available in our community
- Developed and successfully put into action the Community Suicide Response Plan.
- The design and publication of the posters, tool kits and fridge magnets guiding people to seek help and where they can find this information.

The SPEAK UP! Stay ChatTY Outstanding Contribution to Suicide Prevention by a Young Person LIFE Award

1. Hannah Godfrey

At the age of 12, Hannah was diagnosed with an eating disorder and depression, which saw her become isolated from friends and extended family. During her final year of high school, she found out that she was pregnant, and this too forced a barrier between Hannah and a lot of her social connections that she had made during high school. Again she became isolated and withdrawn.

Hannah joined the headspace Hobart Youth Reference Group in 2015 and since then has represented young people in the mental health sector in a variety of ways. During her five year tenure with headspace Hobart, Hannah contributed her knowledge and experience in many ways including



Peter Wedge (Tas Networks) and Sidney Davies (Monks & Co)

providing input and feedback on headspace matters, ranging from events to input on a policy level, and she was the youth representative on the headspace Hobart Consortium, meeting with various stakeholders within the community.

Hannah has also represented at a national level. She has recently been a National Youth Advocate for mental health, participating in headspace National's 'Project Visible', a creative collaboration between young Australians experiencing mental health challenges, and artists. These partnerships have produced an insightful collection of creative expressions.

2. Joshua Prichard

Joshua has been Program Director of JCP Youth since it was founded in 2019. From the beginning their goal has been to work proactively as an organisation with Tasmania's most at risk youth. The work at JCP Youth focuses not only on the support and encouragement of young people, but also the empowerment of them to realise their leadership potential. Since July of 2019 Joshua has worked alongside the founding director, Will Smith, to develop and implement content that is aimed at building the self belief capability of young people.

Joshua has developed and delivered the BEAST program around the state which has had a major contribution in changing the lives of at risk youths.

Joshua continues to volunteer his time to run programs and mentor young people through difficult times whilst on camps, activity days and in the community.

3. Gabrielle Dewsbury

For the past 3 years Gabrielle has been an active volunteer and advocate for positive mental health and suicide prevention. As former school student at St Patricks College, Gabrielle was instrumental in organising a student wellbeing committee, which has continued to thrive and impact positive change for the last two years.

The purpose of the committee is to empower students to be involved in the development and decision-making processes of programs, structures and initiatives relating to the mental health climate of the College. The task of the committee is to be responsible for promoting positive mental health in the community and raising awareness of the impact of mental health issues, how they impact on individuals, and how people can find support. This amounts to raising the profile of mental health in the community through hosting events, making speeches, and communicating with the parents, staff and students in the College on a regular basis. In Week 2 of Term 4, the Student Wellbeing Committee hosted Wellness Week, in which the entire College community was engaged in series of activities in each lunch time which were designed to promote positive mental health. This included Support Ribbon Day, Meditation Day, Yoga Day, Gratitude Chalk Day, and culminated in our annual Bandanna Day celebrations. The challenge for the community was to raise over \$2,000. If the community were able to exceed this amount, then Principal, Mr Tony Daley would shave his head, and over \$3,000 was raised!



TASMANIAN

SUICIDE

PREVENTION

FOR

THE

ISLAND

OF

TASMANIA

RED HERON
SUMMER

TASMANIAN LIFE AWARDS 2018

rths.

Outstanding Contribution LIFE Award

awarded to
DOUG VAUTIER



Victor Tilley and Doug Vautier 2018



For the full nominations and further details on the role these communities are playing in suicide prevention, please head to: www.suicidepreventiontas.org.au/life_wards

Thank you for attending the 2021 Tasmanian LIFE Awards

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