



## March 2023 Edition #2

Welcome to the second edition of our community newsletter,

We welcome Casterton Memorial Hospital and Portland District Health as formal partners to the Live4Life community.

There are conversations being had with numerous other community organisations to further strengthen our ability to support the mental health and wellbeing of the Youth of Glenelg.

Can you believe two Youth Mental Health First Aid training sessions have been held since our last newsletter and one session in Casterton is about to get underway.

That's approximately 45 new community champions, congratulations.

45-year eights have been successful in their nominations to become Crew members for 2023 and are about to undertake their first induction day. We thank Portland Aluminium for supporting the Crew Induction days which will be held during March in both Portland and Casterton.

Grab a cuppa and take some time for yourself as we fill you in on all things Youth Live 4Life for the first 1/4 of 2023.

Regards

The Live4Life Glenelg team.

### *Teen Mental Health Training*

Teen Mental Health First Aid Course are interactive classroom sessions of 75 minutes each, totalling 3.5 hours. The course has been specifically designed to be engaging for this age group.

Aimed at supporting years 10-12, and years 7-9, to provide mental health first aid to their friends. The course was developed in response to research indicating that

young people have a preference for sharing problems with peers.

Students learn the Teen MHFA Action Plan, as well as information about different types of mental health problems and mental health crisis situations in young people, and the relationship between thoughts, feelings and behaviours.

Developing mental health problems covered are:

- Anxiety disorders
- Depressive disorders
- Eating disorders
- Alcohol and other drug use disorders
- Psychotic disorders

Mental health crisis situations covered are:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury (sometimes called deliberate self-harm)
- Being very intoxicated from alcohol and other drugs
- Bullying or abuse

Course participants receive a copy of the Teen MHFA Manual to keep and a Certificate of Completion.

All secondary schools in Glenelg are currently committed to the training and sessions will commence imminently.

Some of our active accredited Teen facilitators include Bronwyn Keiller, Cathryn Walder, LeeAnne Nelson, Diana Sterling, and Elley Foster.



### **Awesome Job!**

The attendance and bookings for the 14 hour fully accredited Youth Mental Health First

Aid (YMHFA) training has blown the team away over the last three months. The Casterton community have set the bar high this year, with current registrations sitting at 21 for the soon to be delivered four afternoon training sessions. Commencing Monday 06th March from 6.00 PM – 9.30 PM, there are a few places left for those that are interested.

Congratulations to Lucinda Jenkins and Paula Layley Doyle for their amazing recruitment efforts.

Courses are ran regularly across the shire by our fantastic local facilitators Tiana Richardson, and Nicki Grayson. Being a Live4Life community, Live 4 Life Glenelg can offer this training for an unbelievable \$35.75 per head! The course can cost up to \$420 per person in other areas.

### **What does the course cover?**

YMHFA sets out what you need to do in a crisis until help arrives. You will learn about the early warning signs of mental illness, how to communicate well, and where to find professional mental health help in your local community.

A crisis can include panic attacks, experiencing withdrawal, feeling suicidal, reacting to relationship issues, having a psychotic episode, self-harm, effects of drug or alcohol abuse or a mix of these symptoms.

Finding yourself in a mental health emergency can be an overwhelming and stressful experience. Unless you are familiar with the symptoms of mental illness and addiction, it may be difficult to know what a person in distress needs and what will make things worse.

### **Up And Coming Youth Mental Health First Aid Local Training Dates:**

- Monday 06th, 20th, 28th March, 03rd April 2023, 6pm-9:30pm Casterton Memorial Hospital 63-69 Russell St, **Casterton**.
- Monday 01st and Tuesday 09th May 2023, 9am-4.30pm Portland Bay School, **Portland**
- Wednesday 26th July, 02nd, 09th, and 16th August. 6pm-9:30pm, **Portland**
- Monday 11th and 18th December 2023, 9am-4.30pm **Portland**.

[Book Here](#)

### **Refresher Courses**

The Youth MHFA Refresher Course is a 4-hour face-to-face course that allows people

who have previously completed the Youth MHFA course to refresh their knowledge and skills. For people who are accredited MHF Aiders, this course offers an opportunity to extend their accreditation for a further 3 years.

Refresher courses are available throughout the year. with 1 June – 6 PM to 9.30 PM being the first. Contact YMHFA Facilitator Nicki Grayson on: 0407831495 to secure your position.

**\* Can't see a date that fits your needs?**

Phone YMHFA Facilitator Tiana Richardson or Nicki Grayson on 0407831495 bookings for 15 or more participants can be negotiated.



Congratulations to our most recently trained Youth Mental Health First Aiders, a group of parents, teachers, education support staff and sports coaches. The group completed the training across four evening sessions, kindly hosted by the Portland Bay School. Live4Life Glenelg YMHFA instructor Tiana Richardson said, it is fantastic to see another amazing cohort of adults trained with the skills and knowledge to be able to better support the teens and young people who may be experiencing concerns or even crises with their mental health".



A huge thank you and congratulations goes out to one of our champion Teen Mental Health Trainers- Bronwyn Keiller who has just gained the awesome title of Master Instructor.

A Master instructor is someone who has presented over 30 courses!

### ***Glenelg Live4Life Induction Day 1 2023***

Glenelg Live4Life (L4L) has recruited 45 Year 9 and 10 students for the 2023 L4L Glenelg Crew. The students have been selected from Portland Secondary College (10), Bayview College (14), Heywood and District Secondary College (eight) and Casterton Secondary College (13). These students are recognised amongst peers as Mental Health Ambassadors and will help to drive the L4L initiative within their schools and wider community.

To accommodate all schools, Portland Students will meet for their Induction Day on Friday 3 March 2023 in Portland, while Casterton and Heywood Students will meet on Thursday 9 March 2023 in Casterton.

The Crew will learn about L4L, develop a better understanding of what it means to be a Mental Health Ambassador, create the Glenelg theme for 2023 and get to know the other L4L Crew members from neighbouring schools within the Shire on their induction day. We are looking forward to seeing the incredible work these young people will do throughout the year in supporting increased mental health awareness and reducing stigma across our Shire.

### ***Mental Health Promotion Activity (Crew led)***

Mental Health Promotional activities are run by the Glenelg Live4Life Crew's across the Glenelg Shire and these can be within each of their schools or as a community event, decided by the crews. These activities will heavily promote their chosen theme for the year that will aim at continuing the breakdown of stigma and promoting mental health. Crew's will be working on their ideas and creating their event during fortnightly catchups over lunch at school and we are excited to see what they bring.

### **Launch of Live4Life Glenelg for year 8 Students (combined school event)**

The Glenelg Live4Life Launch will be designed by Crew for young people across the Glenelg Shire on Friday 12 May. The event brings together all the year 8's from across the Shire, including students from Portland Secondary College, Bayview College, Heywood and District Secondary College and Casterton Secondary College.

The Launch event is led by the Live4Life Crew, where they deliver formal speeches signifying the importance of teen Mental Health First Aid, provide a shared lunch for all students, followed by fun activities for all to enjoy. More information will come from this as the Crew create this event during school catch ups.



### TAC L2P Program

The Transport Accident Commission (TAC) L2P Program is a community-based program developed to assist eligible young Victorian learner drivers between the ages of 16 and 21 years who do not have access to a supervising driver, or an appropriate vehicle gain driving experience required for a probationary licence. The Program is free for learner drivers who meet the eligibility criteria. Once accepted into the program, eligible learners are matched with a fully licensed volunteer mentor and have access to a program car which is used to gain supervised driving experience.

Becoming a volunteer mentor

The Glenelg L2P Program is currently seeking [Volunteer mentors](#). As an integral and highly valued part of the Program, to be considered as a volunteer mentor you need to meet the following eligibility criteria:

- Be over 21 years of age
- Hold current full Australian driver's licence
- Have satisfactory driver license history report
- Be medically fit to drive

If you meet the volunteer mentor criteria and would like to apply to join the TAC L2P Program, contact coordinator Jan Lineker, [l2p@glenelg.vic.gov.au](mailto:l2p@glenelg.vic.gov.au) or phone 0466 149 341

### **BlueLight Disco**

Blue Light Disco is an Australian icon as well as an essential part of our youth culture developing positive Police-Youth relationships. These events are a chance for young people and Police to interact in a relaxed, fun, and safely supervised environment. Lee-Anne Nelson is the Community Engagement Officer, based at the Portland Police Station. Lee-Anne is keen to hear from interested community members over the age of 18 who would have a couple of hours 3-4 times per year to support the local Blue Light events in Portland.

All programs aim to promote positive experiences for young people. For this reason, it is essential for our organisation to thoroughly screen ALL volunteers to ensure that we provide a safe environment. All volunteers will require a current Working With Children Check, a National Police Check and will need to sign an agreement acknowledging that they understand our Code of Conduct for Working with Children. If you are interested in becoming involved, please contact Lee-Anne at the Portland Police station on 55221500.



### **International Day Of Happiness**

Did you know that March 20th is the International Day of Happiness?

Here are three simple steps you can use anytime to give yourself a boost.

- 1: BE MINDFUL- Relax your breathing and notice: How am I feeling right now?
- 2: BE GRATEFUL- Look around you and ask yourself: What am I thankful for?
- 3: BE KIND- With warm feelings, ask yourself: Who do I want to send love to?

### **National Reconciliation Week**

This year's National Reconciliation Week will be held between 27th May and 03rd June. This year's theme is: 'Be a Voice for Generations' more information can be found [here](#)



## Slam Dunk!

Community support for youth and children's activities were alive and well at the Heywood and District Basketball launch in February. The club had some tough challenges to get back up and running since covid initially hit. Tight funds, sustainability and a shortage of quality new equipment and a safe place to play threatened the ability to offer the sport. Things however, were soon to change with VicHealth able to assist in providing the resurfacing of the court, and supporting the club to obtain other necessities. Club members were very excited to host Glenelg shire councillors, staff members and Vichealth representative, Jaquie Mcann at the reopening. Heywood and District Basketball are excited for the 2023 season and invite interested community members to register for either basketball or Heywood hoops [here](#)!

### Our values

**Inclusion.** Live4Life is based on the premise of inclusion rather than exclusion. Partners who wish to participate and assist with Live4Life are encouraged.

**Integrity.** Live4Life aspires to ensure the conduct of all partners and participants is honest, reliable and authentic.

**Collaboration.** Live4Life encourages and supports all partners to achieve collective goals.

**Respect.** Life4Life only operates within a respectful and trustworthy environment.  
We embrace unconditional positive regard for all young people.



Live4Life Glenelg respectfully acknowledges the Gunditjamarra, Jardwadjali, and Bunganditj people as the traditional Owners/custodians of the land that Glenelg Shire encompasses and we pay our respect to their Elders past, present and to their emerging young leaders. We acknowledge the important role that young Aboriginal and Torres Strait Islander people play in the preservation and continuation of culture and to a self-determined future.

**Our mailing address is:**  
glenelg@live4life.org.au