



**L4L GLENELG
ANNUAL REPORT
2022**

Live4Life Glenelg 2022 Annual Report



Summary

The Live4Life Glenelg 2022 Annual Report details the program's progress, the values of the Live4Life partnership group, the program, Crew, and the strategic alignment of effort. To date the program has trained 1055 Year 8 students and 890 Year 10 and 11 students through the Teen Mental Health First Aid training, within Casterton Secondary College, Heywood and District Secondary College, Portland Secondary College, Bayview College and South West TAFE Portland Campus.

305, over 18's have completing the Youth Mental Health First Aid course, (many going on to gain accreditation) from across the Shire.

The program transitioned from being supported by Youth Live4Life Ltd, to membership mode in 2022, the program is now owned, embedded, and sustained within the Glenelg Shire community.

Delivering targeted, evidence-based mental health education, and peer-led health promotion activities to young people, and training to adults in their lives to ensure they have the skills and confidence to respond when needed most.

Youth Live4Life Ltd is the only mental health education and youth suicide prevention program designed s 18 community agencies support the overarching governance and implementation of the program led by Glenelg Shire Council's Community Wellbeing Unit.

The Live4Life goals and objectives strongly align with the Department of Education's Framework for Improving Student Outcomes (FISO 2.0), and the Glenelg Shire Council Plan, and the Municipal Public Health and Wellbeing Plan.

Tina Biggs – Community Development Co-ordinator
Chair
Live4Life Glenelg Partnership Group



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Program Logic

The Live4Life model places Glenelg's young people at the centre of everything we do. It delivers targeted, evidence-based mental health education, peer-led health promotion activities to young people, and training to adults in their lives to ensure they have the skills and confidence to respond when needed most. The Community Wellbeing team at Glenelg Shire Council act as the lead agent for the community initiative, with 18 partner agencies making up the school and community partnership group.

There are four key components of the Live4Life model:

1. Support, coordination and mentoring from Youth Live4Life's staff
2. School and community partnerships
3. Mental health training
4. "The Crew" - Live4Life's youth leadership and participation program

The Crew platform provides young people with the opportunity to be leaders and advocates for mental health support across their own rural communities of Casterton, Heywood, Portland, and smaller outlying areas where students live such as Dartmoor, Nelson, Merino, Tyrendarra, Narrawong, Digby, and Cape Bridgewater.

The values of the Live4Life Glenelg partnership group and Youth Live4Life movement include:

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

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

Collaboration: encourages and supports all partners to achieve collective goals.

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

The core principles of the Live4Life Glenelg partnership group and Youth Live4Life movement include:

Community and Youth Participation: We value community development principles of inclusion, equity, anti-discrimination, self-determination, partnership, and empowerment. Live4Life Glenelg works in a multilayered partnership between schools, the local community, its services, and young people, and draws on local expertise and knowledge.

Local Strength: We build capacity by supporting and embracing the strengths of each partner organisation. We embrace challenges and focus on solutions.

Evidence-based Education: We continue to seek, learn, and disseminate quality evidence-based education support and resources relevant to local needs.

Reflection: We evaluate, learn, and adapt. We continue to improve the Live4Life model.





Youth Mental Health First Aid - Online, Hosted online, 8th of June | Humanix
Youth Mental Health First Aid - Online Self-paced e-learning + 2 workshop activities. This train...



1234567890

Casterton
Mental Health

WEEK 1
Wednesday 14 September

Following our Casterton Foundation - 20th Anniversary Youth Launch Day

It's our chance to celebrate our success, share our story, build, listening, learn and grow for the future.

LIVE 4 LIFE

What does it mean to be a mental health ambassador? How can we support our friends and family? What are the signs and symptoms of mental health problems? How can we help someone who is struggling?



Portland Secondary College

WE WANT YOU

"Let's get the band back together!"

We need to embolden these people who have come through the Crew and help them become champions of mental health within their communities"

Be a part of the Crew4Life Crew members! We are passionate about youth mental health! Sign up today and become one of our young ambassadors.

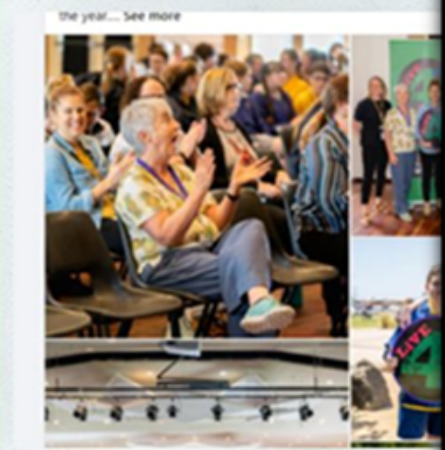
Crew4Life
www.crew4life.org.nz/crew4life

Sign up today
Crew4Life
www.crew4life.org.nz/crew4life

Youth Live4Life

Calling all past Live4Life Crew members!

Exciting news we are getting the CREW back together!! Are you a past Live4Life Crew member? Are you passionate... See more



Crew



SAVE THE DATE - PORTLAND COLOUR RUN

Save the date this October for the Portland colour run!

You can even pre-register via Eventbrite: https://www.eventbrite.com.au/_2portland-colour-run

FREE EVENT!

PORTLAND COLOUR RUN

Saturday 15th October 2022 | Portland Soccer Ground

CREW



The purpose of Live4Life Glenelg Crew is to assist in promoting positive mental health messages in partner schools across the Shire, with the support of the Glenelg Shire Council Youth Development Team and members of the school and community partnership group. Crew members act as ambassadors for Mental Health within their school and raise awareness of Mental Health in the wider community.

A total of 279 students have volunteered to become Crew since 2017. The Live4Life Glenelg Crew is made up of Year 9 and 10 students from across the four mainstream secondary schools. They meet fortnightly at their respective schools and coordinate a minimum of three activities throughout the year. The role of The Crew is to lead the delivery of events and drive key Live4Life messages at their school and in their community.

During 2022, the Crew was made up of 45 keen and motivated students who volunteered to spend time together coordinating events and activities delivered both in school and to the broader community. Once the 2022 theme message Smash the Stigma was decided, the Crew members; including 10 from Portland Secondary College, 15 from Bayview College, 15 from Heywood District Secondary College and 15 from Casterton Secondary College, planned, implemented, and evaluated several crew development activities and crew lead promotional activities driving key Live4Life messages in their schools and across communities.

In 2022 participating schools across the Shire collaborated to re-introduce large scale events following the restrictions of lockdowns and remote learning throughout the Covid-19 Health Pandemic.


2022 Activities included:

- 2 x Crew Induction days, approximate attendance over both days - 60 young people
- 1 x Year 8 Launch, approximate attendance - 220 young people
- 1 x Portland Colour Run, approximate attendance - 150 community members and young people
- 1 x Casterton Secondary Live4Life Day, approximate attendance - 35 young people
- 1 x Heywood Secondary Live4Life Day, approximate attendance – 90 young people
- 1 x Youth Live4Life Crew Camp, 9 crew members from across Glenelg were selected to attend.
- 1 x Year 8 Celebration, approximate attendance - 220 young people

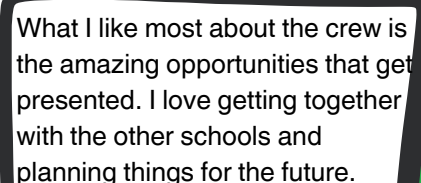
The total reach of the above activities via attendance numbers was approximated at 1220.

Young People's Voices:

The following statements are examples of what the 2022 Crew enjoyed during their journey:



I've found it amazing to see how much we care about youth mental health and that we have been able to learn about it every year thanks to Live4Life



What I like most about the crew is the amazing opportunities that get presented. I love getting together with the other schools and planning things for the future.

Positive Impact Case Study



The following case study was provided by an anonymous participant of the 2022 Youth Mental Health First Aid training:

I participated in the Youth Mental Health Training course to support my current job role and volunteer positions within a number of community settings e.g., sports clubs and disability settings. I was drawn to the training because I was looking for something that was credible i.e., accredited but was not going to be a huge commitment timewise.

I found that the training was of great benefit as it provided a deeper knowledge (for a lay person) of a number of mental health illnesses and provided practical suggestions and strategies to implement if you ever found yourself in a difficult situation.

The training was presented in an easy to understand and engaging manner with both practical and theoretical components with plenty of opportunities to ask questions.

I did not think I would need to use these newfound skills and knowledge so quickly. I found myself in a real-life situation that resulted in me having to support someone who was contemplating suicide. The questions and prompts that were taught during the training were invaluable to me.

I cannot say that these skills and conversations saved this person's life; but it definitely empowered me to ask targeted questions, call for appropriate help, and initiate support that I would not have considered prior to the training.

The fact that Glenelg as a community have embraced the Live4Life program as a whole of community response to support one of our most vulnerable community groups and their mental health and wellbeing is commendable. I hope more organisations and community members take up the opportunity to get involved- they like me, might one day need the newfound knowledge.



Mental Health First Aid -

4 X 3 HOUR NIGHT SESSIONS IN PORTLAND

scan here for more information or to register your interest

IN HEYWOOD

Monday 23, 29 August and Monday 9, 12 September
8.00 AM - 5.00 PM



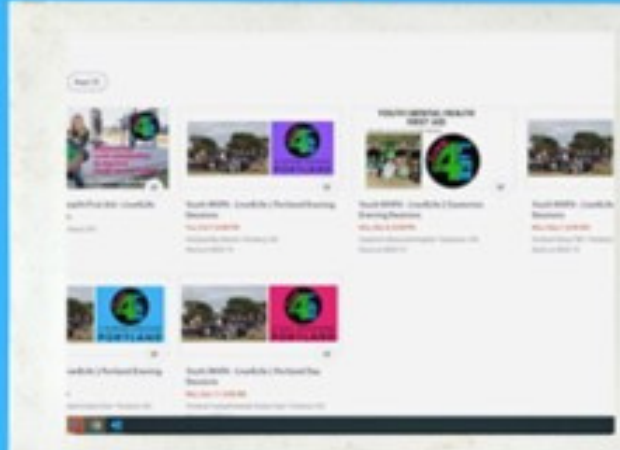
YOUTH MENTAL HEALTH FIRST AID

Brought to you by Glenegy LiveLife
Learn how to support young people and their mental health

2 day course

in Portland on
Monday 2 and Wednesday 11 May
9.00 AM - 4.00 PM

SCAN TO REGISTER
TICKETS ARE £15.74 each



Mental Health Training

Become a Mental Health First Aider

Do you have children, work with children and young people and feel it is really important that mental health first aid training is the perfect opportunity for you?

Custom Made Courses: education@glenny.co.uk to secure your place now!

Accreditation	Duration	Cost
Approved	2 days	£15.74
Approved	2 days	£15.74
Approved	2 days	£15.74

Youth Mental Health First Aid Training

Designed for anyone over the age of 16 who works with young people.

In this training, you will:

- Gain an understanding of the latest research in the health field
- Learn the 5 key actions for helping someone who's struggling with complex mental health that you can practice mental health first aid with.

10th, Wednesday 10th & 12th September 2020, 9.00 AM - 4.00 PM
Venue: Portland Football Hub/1st Cricket Club
Cost: £15.74 per place

DO YOU WANT TO BECOME A TEEN MENTAL HEALTH INSTRUCTOR?

MENTAL HEALTH FIRST AID

Accredited Instructor

FREE TRAINING
FREE ACCREDITATION
FREE COURSE MATERIAL

Are you a young person aged 16-25 who is interested in helping young people with mental health problems? Do you want to become a mental health first aid instructor? Then this is the course for you!

phn

Monday 11th August - Heywood, Victoria

8.00 AM - 5.00 PM

Do you want to learn how you can better support our young people and their mental health?

First Aid Mental Health First Aid training & networking with anyone living in the Heywood Area 23 August

The training is delivered through a combination of live and online at parents, teachers... See more

YOUTH MENTAL HEALTH FIRST AID

Brought to you by Glenegy LiveLife

Learn how to support young people and their mental health.

Join the Glenegy LiveLife and the rest of the Youth Mental Health First Aid for all community members!

This valuable course will be held in Heywood where you will gain an understanding of the latest research in the mental health field, practice mental health first aid skills and much more.

The course is heavily discounted as it will be the last time we are offering it. It is a free trial.

To register: <https://www.glenegy.co.uk>

YOUTH MENTAL HEALTH FIRST AID

Mental Health Training

Live4Life Glenelg is ensuring consistent, research-based messaging is circulated throughout the community via evidence-based suicide prevention and mental health education. This is essential to reducing stigma, increasing mental health literacy, and encouraging positive help-seeking behaviours.

Glenelg Live4Life provides two types of mental health training to the community:

Teen Mental Health First Aid (TMHFA) - this is aimed at young people in years 8, 10 and 11.

Youth Mental Health First Aid (YMHFA) – this is aimed at adults who parent, support or engage with young people.

Both courses are facilitated by local people from within the Glenelg community.

Teen Mental Health First Aid (TMHFA).

Teen Mental Health education targets year 8, and year 10 or 11 students reaching young people at two critical times in adolescence. This approach aims to empower young people to provide mental health first aid to their friends. Young people learn the TMHFA Action Plan, as well as information about diverse types of mental health problems and mental health crisis situations in young people, and the relationship between thoughts, feelings, and behaviours.

This year Live4Life Glenelg welcomed two new TMHFA instructors, increasing the TMHFA facilitator numbers to eight across the Shire. Both new instructors co-facilitated and individually facilitated sessions throughout the year and were a welcome addition, supporting the on-going sustainability of the program. A highlight this year was the delivery of TMHFA training to all schools and both year level cohorts which has been a challenge in the previous years due to the Covid-19 Pandemic. A total of 1055 year 7-9 and 890 years 10-12 young people have undertaken the TMHFA Course since the program's inception in Glenelg since 2017. 15 Teen Mental Health First Aid sessions were delivered in schools across the Shire in 2022, with a total of 316 young people participating.

Qualitative feedback:

Student participants agree material delivered is new, easy to understand, and important to learn.

It is important for younger people to learn this, and I am glad we are being taught.

I now know how to recognise the signs of a mental health problem.

Yr 8's

It was an important lesson to learn, it involved important skills that we can use to help others in the future.

It is a good and important course

Yr 10's





Youth Mental Health First Aid YMHFA (over 18 years)

A total of 330 Adults have participated in the 14-hour accredited Y MHFA Course since the program's inception in 2017. The YMHFA training is delivered by two accredited facilitators from both the Glenelg Southern Grampians Local Learning and Employment Network and the Education Department.

A total of four accredited community Youth Mental Health First Aid Training sessions were delivered in 2022 by two trained instructors, three in Portland and one in Heywood. A total of 50 people over the age of 18 years attended the 14-hour accredited courses.

Participant Feedback

Post participation surveys indicated that participants improved their ability to recognise signs and symptoms of an emerging mental health problem after attending the Youth Mental Health First Aid training. They also indicated that they had improved confidence in approaching and helping someone experiencing poor mental health.

Participants also indicated that they had improved ability to recognise and correct other people's misconceptions about mental health, after attending the Youth Mental Health First Aid training.

Youth Mental Health First Aid Refresher

The YMHFA Refresher Course is a 4-hour face-to-face session that allows people who have previously completed the Youth MHFA course to refresh their knowledge and skills. For people who are accredited MH First Aiders, this course offers an opportunity to extend their accreditation for a further 3 years. 26 community members undertook the four-hour refresher during 2022.

Several workplaces engaged in the Youth Mental Health First Aid training in 2022, including Portland Bay School, North Portland Primary School, and Wellways Australia who have sent a minimum of four staff per organisation to the training in the past 12 months.



ALE-ANNE NELSON, YOUTH RESOURCE & COMMUNITY ENGAGEMENT OFFICER, VICTORIA POLICE.

WELCOME FRIENDS OF L4L GLENELG!



LiveLife Glenelg was launched in 2017.



...have undertaken essential health education through LiveLife Glenelg since 2017 and there's an

Partnership



Department of Education & Training
 Advertisement of Mental Health Month, 2024 Change Portland, Glenelg Shire Council, Youth 4Life, The24, Teenage Parents and We Talk 4 Life Healthy 4 Life Advice Glenelg have teamed up to put on a COLOUR RUN in Portland on the Saturday the 19th October.



L4L Glenelg Partnership Group



The Live4Life Glenelg school and community partnership group's purpose is to oversee the implementation of the Live4Life model across the Glenelg Community. Partnership members in 2022 included: Glenelg Shire Council, Casterton Memorial Hospital, Barwon South West Public Health Unit, Brophy Family and Youth Service, Glenelg Southern Grampians Local Learning and Employment Network, Casterton Secondary College, HeadSpace, Heywood District Secondary College, Victoria Police, Youth Affairs Council Victoria, Education Department, Youth Live4Life, Bayview College, and Beyond the Bell. The lead agency for Live4Life Glenelg is the Glenelg Shire Council, with the Community Wellbeing Unit supporting the lead.

The key achievements highlighted in the review and reflection by the Partnership Group members are the Crew Camp and the Community Youth MHFA training session delivery and attendance numbers. Another key achievement is the updated Memorandum of Understanding with Health services, in particular reaffirming their individual contributions and commitments to supporting L4L Glenelg ongoing. During 2022 a new partnership was formed between Portland Aluminium and the overarching Youth Live4Life registered Health Promotion Charity. This partnership enabled Glenelg to expand their remit to focus on building community awareness and capacity to further support young people across Glenelg's mental health and wellbeing.

A new addition to the implementation team in 2022 was a Partnership Officer based within the Community Wellbeing team at Glenelg Shire Council. This role has strengthened the ability to support the strategic aspects of implementation, such as broadening community engagement through increased partnerships and awareness activities, and a more coordinated approach to impact evaluation moving into the future.

Youth Live4Life CEO, Bernard Galbally attended a Portland Aluminium site meeting with Courtney Alexander, Human Resource Manager, Anna Impey, Community Relations Advisor, Cathryn Walder, Youth Live4Life Community Engagement Coordinator, and Lynda Smith, Live4Life Glenelg Partnership Officer to discuss potential mental health and wellbeing opportunities and partnerships for Portland Aluminium staff. Portland Aluminium are recognised as a [Friend4Life](#) sponsor and a partner, and supporter of both Youth Live4Life and [Live4Life Glenelg](#) on their respective website pages.

Additional Activities:

Live4Life Glenelg staff attended the Glenelg Career Expo held in June 2022. The Expo provided opportunity for us to connect with a new organisation who are now part of the Live4Life Glenelg Partnership group and have enrolled four of their employees to participate in a Youth Mental Health First Aid session. Casterton Memorial Hospital signed a formal MOU as a partnership Group member. This collaboration resulted in a Youth MHFA course being planned for early 2023, in Casterton.

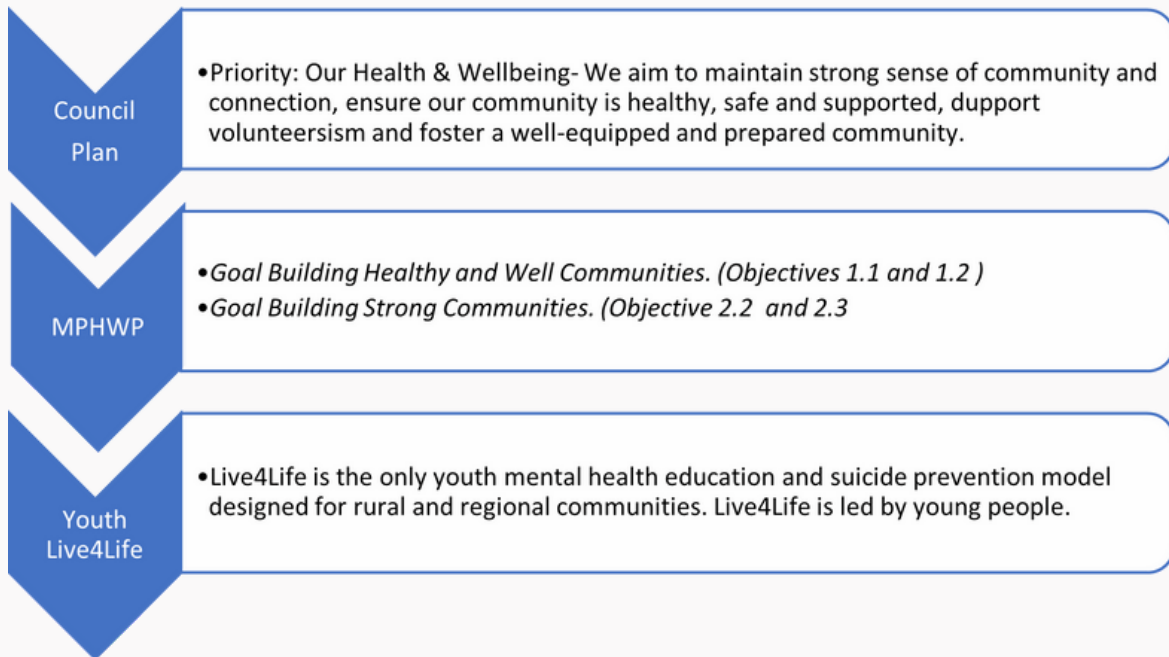
Friends of Life4Life Glenelg e-newsletter commenced with the first edition being circulated in December 2022 across Glenelg. An article highlighting progress of the Portland Aluminium partnership was included. A Welcome letter that circulated prior to the first edition of the newsletter reached 950 Community members including 573 Portland Aluminium staff. The first edition was also circulated on LinkedIn reaching over 630 professional readers and being reposted once.

The new Friends of L4L Glenelg Community newsletter currently has 19 council staff and executives on the mailing list– these staff already have an established connection to L4L through previously completing Youth MHFA training in the past.

Strategic Alignment of Effort

A Key achievement for 2022 included having the ability to meet with young people once again from across the shire face to face. The challenges during the Covid-19 Pandemic highlighted the importance of having a whole of shire preventative approach to mental health and wellbeing. This was highlighted by the updated MOUs with Health services, in particular reaffirming their individual contributions and commitments to supporting L4L Glenelg in Casterton and Portland.

The Live4Live Glenelg initiative strategically complements a number of plans including those of local government and the Education Department, as highlighted in the following diagrams.



The Department of Education's Framework for Improving Student Outcomes (FISO 2.0),





2022 Partnership Group Members:

Tina Biggs (Chair), Jesse Beavis, Casey Marlow, Lynda Smith, Jane Ruge

Glenelg Shire Council

Paula Layley-Doyle

Casterton Memorial Hospital

Rowena Wylie

Barwon South West Public Health Unit

Michelle Winnell

Brophy Family and Youth Service

Tiana Richardson

Glenelg Southern Grampians Local Learning and Employment Network

Bel Kelleway

Casterton Secondary College

Kayla Mugavin

HeadSpace

Kelley Webster

Heywood District Secondary College

Lee-Anne Nelson

Victoria Police

Karen Walsh

Youth Affairs Council Victoria

Nicola Grayson

Education Department

Cathryn Walder

Youth Live4Life Ltd

Andrew Reeves

Bayview College

Davina Forth, Rachael Wilks

Beyond the Bell





[Lynda Smith, Partnership Officer, Live4LifeGlenelg@glenelg.vic.gov.au,](mailto:Lynda.Smith@Glenelg.vic.gov.au)