



Project Information

Youth Health & Wellbeing - Live4Life

20 May, 2022



GREAT SOUTH COAST
Suicide Prevention
Place Based Trial



phn
WESTERN VICTORIA
An Australian Government Initiative



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PROJECT SUMMARY

In partnership with the Great South Coast Suicide Prevention Place-Based Trial, Department of Health and Western Victoria Primary Health Network, **Youth Live4Life are working with representatives from across the Great South Coast region to train over 30 additional community members to become Teen and Youth Mental Health First Aid (MHFA) Instructors.**

The training of the community-based Instructors was provided free, and once trained, the Instructors worked with local advisory groups, community groups and schools to implement both the Youth and Teen Mental Health First Aid training across the Great South Coast. The **Teen Mental Health First Aid Course teaches secondary school students in years 7-9 and 10-12 how to provide mental health first aid to their friends. Whereas the Youth Mental Health First Aid course teaches adults how to assist adolescents who are developing a mental health problem, experiencing worsening of a mental health problem or in a mental health crisis.**

This project is still in progress and is being run by Youth Live4Life

- Through this project, Youth Live4Life is working across the five Great South Coast communities of Corangamite, Glenelg, Moyne, Southern Grampians and Warrnambool to embed Mental Health First Aid Instructors across the region. There are established working groups in each community that meet regularly to guide implementation, support place based engagement, inform evaluation and seek ways to influence sustainability past the project period.
- Through recruitment and selection process, community members are engaged to become Teen and Youth Instructors. These Instructors are selected by a comprehensive selection process and provide the best representation according to community needs.
- All secondary school and education providers across the Great South Coast have received information regarding the expansion of Mental Health First Aid training resources across the Great South Coast. An expression of interest process for schools and community was been established to identify the need across the whole region.

Completed Sessions

- By training community members as **Youth MHFA Instructors** in 2021, we aim to have delivered at least 16 Youth MHFA courses by the end of the project. It is expected that over 120 adults will have completed the training during this time.
- The **Teen MHFA Instructors** trained in 2021 have delivered training in 10 different school settings, reaching over 450 young people in this time.

BACKGROUND

- School leaders, Principals and wellbeing staff reveal that schools are continually challenged by the on-going impacts of COVID-19 and the influence this is having on their students' social and emotional wellbeing.
- The impact of the pandemic on young people has been substantial. There is a real and immediate need to focus on the mental health of young people in our rural and regional communities. Throughout the pandemic young people have experienced higher rates of loneliness, educational disruption, and psychological distress.
- The course was developed in response to research indicating that young people prefer sharing problems with peers.
- Live4Life is the only mental health education and youth suicide prevention model designed specifically for rural and regional communities.



KEY PROJECT OUTCOMES

- From the project so far, there are 12 Teen Mental Health First Aid Instructors trained (5 in Warrnambool, 3 in Corangamite, 2 in Southern Grampians, 1 in Moyne and 1 in Glenelg). Recruitment has also recently been completed for an additional 12 Teen Instructors to complete the Instructor training in June 2022. Additionally, 10 community members were selected to become Youth Mental Health First Aid Instructors (4 in Warrnambool, 2 in Corangamite, 2 in Southern Grampians, 1 in Moyne and 1 in Glenelg).
- By the end of the project, there will be over 30 community members trained as Mental Health First Aid instructors, including up to 24 Teen Instructors and 10 Youth Instructors across the Great South Coast, delivering mental health education. These Instructors are either connected to a Live4Life community (Glenelg and Southern Grampians) or mostly embedded into schools or communities where they can continue to deliver training beyond the project and well into the future.
- There will also be an additional Teen MHFA Instructor course in June 2022. Youth Live4Life will continue to work with partnership groups in Glenelg and Southern Grampians and the local advisory committees across Moyne, Warrnambool and Corangamite to increase the number of young people and adults across the whole region to have on-going access to affordable mental health education.
- It is aimed for training to be delivered in 16 school settings by the end of the project, with over 500 young people receiving mental health education.
- Through the simultaneous delivery of Youth Mental Health education to adults across the Great South Coast region of Victoria, there is a shared language and knowledge around mental health developed. This is essential to reducing stigma, increasing mental health literacy and encouraging positive help seeking behaviours.
- School leadership and wellbeing teams are very keen to engage with early intervention approaches such as, Mental Health First Aid training, but can find it difficult to sustainably resource and coordinate. This has highlighted the value of a model like Live4Life which provides the community with a structure in which to sustain mental health education in the community.
- It can be a challenge for volunteer community members to engage with the Mental Health First Aid Instructor training which is generally only delivered in major cities across the Nation. By providing these accessible training opportunities, we have been able to offer the training to local community members with varying levels of experience and expertise that may not have engaged otherwise.

ADDITIONAL INFORMATION

Additional mental health resources/support for this target group:

- Visit the Get Support page on the Youth Live4Life: <https://www.live4life.org.au/get-support>
- Youth MHFA Courses: <https://www.live4life.org.au/courses>
- Find out more about becoming a Teen or Youth Mental Health Instructor: <https://www.mhfa.com.au/be-an-instructor>
- Learn the signs, find the words, connect to care. Participate in free* training suicide prevention training - LivingWorks START - here: <https://form.jotform.com/220807792455058>
*free for communities in GSC only.

MORE INFORMATION ON THE GSCSPBT TRIAL

Visit bit.ly/GSCSPBTbackgrounders



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