

Kiama and District Stronger Community



Kiama and District Stronger Community

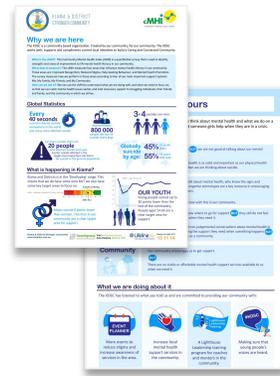


- Welcome
- What's the Kiama & District Stronger Community?
- What's the Program for tonight?
- What's our recent history?
- Where to next?

Our Journey and Where to next.....

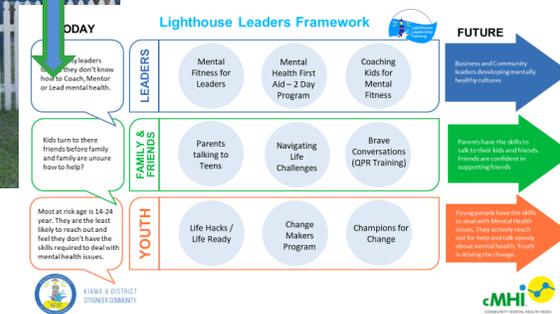


High level overview of what KDSC have done to date & what we are working on.



The KDSC has listened to what you told us and are committed to providing our community with:

- EVENT PLANNER**
More events to reduce stigma and increase awareness of services in the area.
- Hands holding a heart**
Increase local mental health support services in the community.
- Lighthouse Leadership Training**
A Lighthouse Leadership training program for coaches and mentors in the community.
- #KDSC**
Making sure that young people's voices are heard.



It started with your feedback...



- What is the cMHI?
- Why did we do this?
- What did we learn from this?



What did we learn from the cMHI?



KIAMA & DISTRICT
STRONGER COMMUNITY



Why we are here

The KDSC is a community based organisation. Created by our community, for our community. The KDSC works with, supports and compliments current local initiatives to build a Caring and Connected Community.

What is the cMHI?: The Community Mental Health Index (cMHI) is a quantitative survey that is used to identify strengths and areas of improvement to lift mental health literacy in our community.

What does it measure?: The cMHI measures four areas that influence mental health literacy in our community. Those areas are: Improved Recognition; Reduced Stigma; Help-Seeking Behaviour; and Mental Health Promotion. The survey measures how we perform in these areas according to four of our most important support systems: Me; My Family; My Friends; and My Community.

How can we use it?: We can use the cMHI to understand what we are doing well, and what we need to focus on, so that we can catch mental health issues earlier, and lend necessary support to struggling individuals, their friends and family, and the community in which we all live.

Global Statistics

Every 40 seconds
a person dies by suicide
somewhere in the world
and many more attempt suicide.



Approximately
800 000
people die due to
suicide every year.



3 in 4 suicides are men.



For every suicide, there are
20 people
who attempt suicide each year.
A prior suicide attempt is the
single most important risk factor
for suicide in the general population.



Globally
suicide
by age: **45%** 15 to 44
years.
55% 45 years
and over.



What is happening in Kiama?

Kiama and Districts is in the 'Developing' range. This means that we do have some wins BUT we also have some key target areas to focus on.



Males scored 6 points lower than women. The men in our community are a clear target area for support.



Kiama & District Stronger Community
www.thekdsc.com.au



Visit headspace.org.au
Kids Helpline 1800 55 1800



Ready to help 24/7.
13 11 14

Beliefs and Behaviours

The survey showed us that as a community, what we think about mental health and what we do on a daily basis has a massive influence on whether or not someone gets help when they are in a crisis.

What you told us

Me



We know where to get help **BUT** we are not good at talking about our mental health.

We believe that our mental health is as valid and important as our physical health **BUT** we can't reach out when we are thinking about suicide.

Friends



We know that friends who talk about mental health, who know the signs and symptoms and who call out negative stereotypes are a key resource in encouraging people to get help and support.

BUT we are still performing very low with this in our community.

Family



Our family members may know where to go for support **BUT** they still do not feel comfortable asking for help when they need it.

Families who have open and non-judgemental conversations about mental health in the home are better at getting the support they need when something happens **BUT** we still need to work on this as a community.

Community



Our community encourages us to get support.

BUT there are no viable or affordable mental health support services available to us when we need it.

What we are doing about it

The KDSC has listened to what you told us and are committed to providing our community with:



More events to reduce stigma and increase awareness of services in the area.



Increase local mental health support services in the community.



A Lighthouse Leadership training program for coaches and mentors in the community.



Making sure that young people's voices are heard.

What did we learn from the cMHI?



Global Statistics

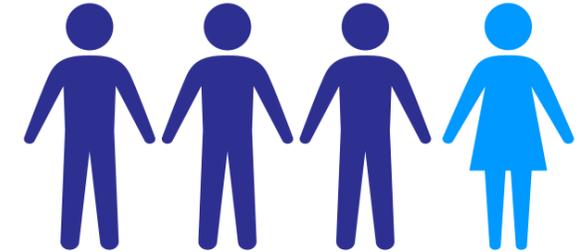
**Every
40 seconds**

a person dies by suicide
somewhere in the world
and many more attempt suicide.



Approximately
800 000
people die due to
suicide every year.

3 in 4 suicides are men.



For every suicide, there are

20 people

who attempt suicide each year.

A prior suicide attempt is the
single most important risk factor
for suicide in the general population.

Globally
suicide
by age: **45%** 15 to 44
years.
55% 45 years
and over.

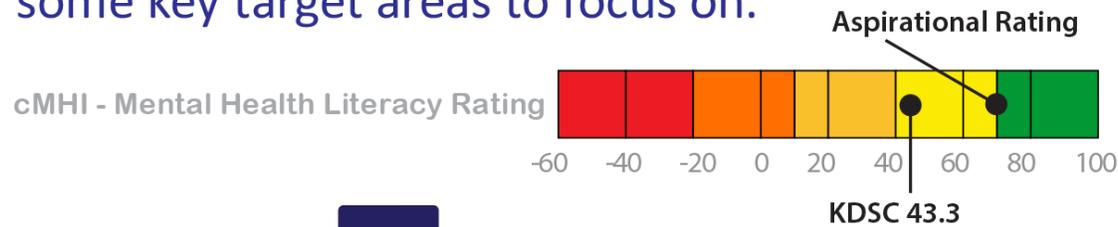


What did we learn from the cMHI?

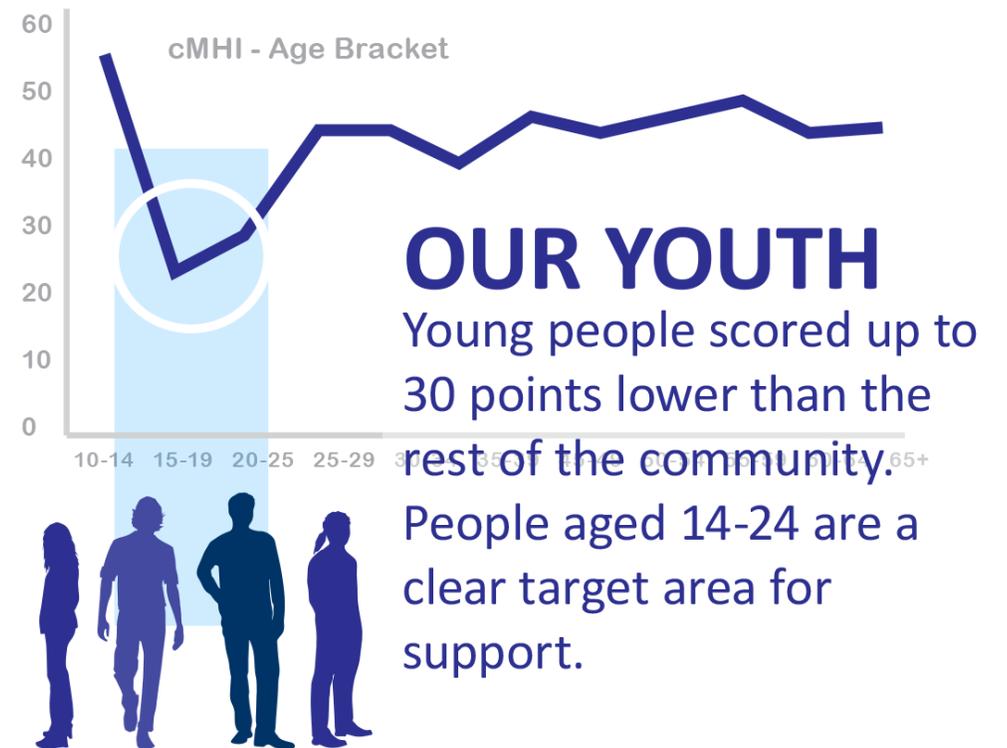


What is happening in Kiama?

Kiama and Districts is in the 'Developing' range. This means that we do have some wins BUT we also have some key target areas to focus on.



Males scored 6 points lower than women. The men in our community are a clear target area for support.

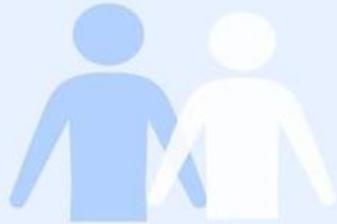


What you told us



KIAMA & DISTRICT
STRONGER COMMUNITY

Me



We know where to get help **BUT** we are not good at talking about our mental health.

We believe that our mental health is as valid and important as our physical health **BUT** we can't reach out when we are thinking about suicide.

Friends



We know that friends who talk about mental health, who know the signs and symptoms and who call out negative stereotypes are a key resource in encouraging people to get help and support.

BUT

We are still performing very low with this in our community.

What you told us



KIAMA & DISTRICT
STRONGER COMMUNITY

Family



Our family members may know where to go for support **BUT** they still do not feel comfortable asking for help when they need it.

Families who have open and non-judgemental conversations about mental health in the home are better at getting the support they need when something happens **BUT** we still need to work on this as a community.

Community



Our community encourages us to get support.

BUT

There are no viable or affordable mental health support services available to us when we need it.

Developing a plan for our community

What we are doing about it



The KDSC has listened to what you told us and are committed to providing our community with:



More events to reduce stigma and increase awareness of services in the area.



Increase local mental health support services in the community.



A Lighthouse Leadership training program for coaches and mentors in the community.



Making sure that young people's voices are heard.

WHY - Develop a Lighthouse Leaders Framework for our community?



**What are
Lighthouse Leaders
and why are they so
important?**



How does Culture Change?



Lighthouse Leaders



**Promote positive Mental Health,
Support Mental Illness &
Mitigate impacts**



**Check in, talk openly, practice healthy
habits, seek help & offer assistance**



Who & How many?



KIAMA & DISTRICT
STRONGER COMMUNITY

A Lighthouse Leadership training program for coaches and mentors in the community.



Me



Family



Friends



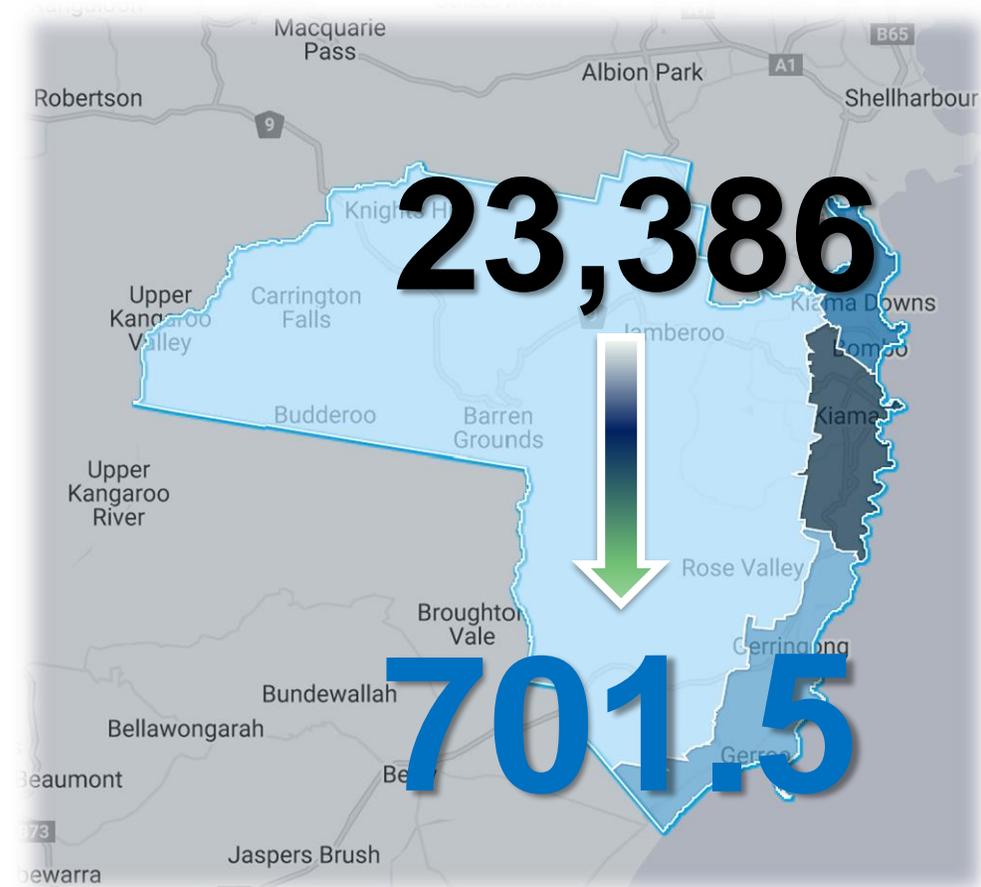
Community



3%

Every community, tribe, club, business or random group of 30 people 3% will be natural leaders.

Reach them you **start the change process!**



700 Lighthouse Leaders in our Community!

TODAY

Lighthouse Leaders Framework



Community leaders told us they don't know how to Coach, Mentor or Lead mental health.

Kids turn to there friends before family and family are unsure how to help?

Most at risk age is 14-24 year. They are the least likely to reach out and feel they don't have the skills required to deal with mental health issues.

LEADERS

Mental Fitness for Leaders

Mental Health First Aid – 2 Day Program

Coaching Kids for Mental Fitness

FAMILY & FRIENDS

Parents talking to Teens

Navigating Life Challenges

Brave Conversations (QPR Training)

YOUTH

Life Hacks / Life Ready

Change Makers Program

Champions for Change

FUTURE

Business and Community leaders developing mentally healthy cultures

Parents have the skills to talk to their kids and friends. Friends are confident in supporting friends

Young people have the skills to deal with Mental Health issues. They actively reach out for help and talk openly about mental health. Youth is driving the change.



KIAMA & DISTRICT STRONGER COMMUNITY



TODAY

Helping Community and Business Leaders

FUTURE

Community leaders told us they don't know how to Coach, Mentor or Lead mental health.

LEADERS

Mental Fitness for Leaders

Mental Health First Aid – 2 Day Program

Coaching Kids for Mental Fitness

Business and Community leaders developing mentally healthy cultures

Who is this for?

Leaders, particularly Business or Organisation leaders

What is the focus of the program?

Identification of self and colleagues mental state - good or otherwise. Building a mental health & wellbeing culture in the workplace or organisation.

What do you take away?

At the end of this programme, you will be able to

1. Identify how mental health issues present in the workplace or organisation
2. Prevent & Mitigate organisational mental health risks & optimise performance
3. Model Mental Fitness at work

Leaders who wants to support adults experiencing mental health challenges

Gaining skills to effectively assist people to get the help required to address any mental health problem

At the end of this programme, you will be able to

1. Identify symptoms of common mental illnesses
2. Assist an adult who may be experiencing a mental health problem or mental health crisis
3. Feel confident and capable in helping to build a culture of CARE in the community

Anybody who has a role in engaging with children e.g. teachers, coaches, caregivers

Understanding mental health from the perspective of children and adolescents and how to support kids mental fitness.

At the end of this programme, you will be able to

1. Identify emerging mental health issues in children and adolescents
2. Confidently support a child who may be struggling with their mental health
3. Promote positive health and wellbeing in children and adolescents.



KIAMA & DISTRICT STRONGER COMMUNITY

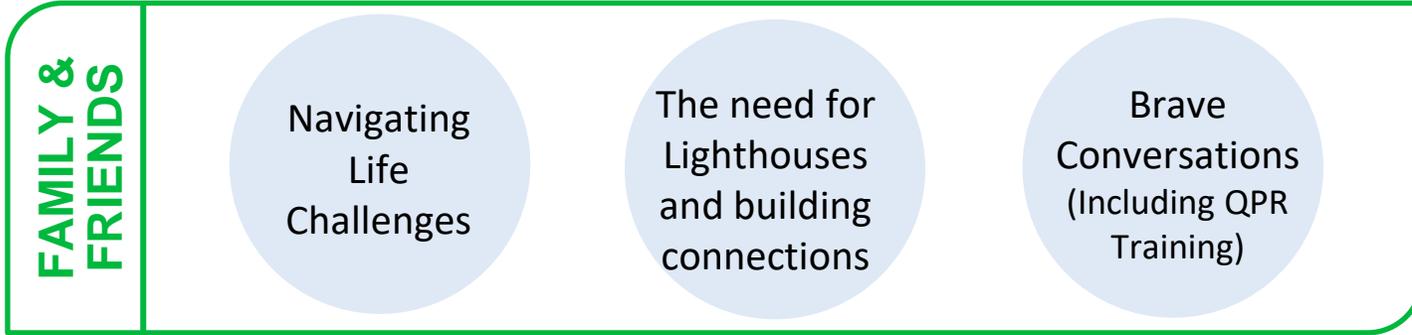


TODAY

Helping Family and Friends

FUTURE

Kids turn to their friends before family and family are unsure how to help?



Parents have the skills to talk to their kids and friends. Friends are confident in supporting friends

Who is this for?

What is the focus of the program?

What do you take away?

Parents, Teachers and community members

In this community workshop, we will explore some of the key differences in dealing with loss, grief and trauma for different age groups and genders. Sessions will help build understanding and the ability to cope and support others when a family, friends & community has faced tragedy and challenge in whatever form it arrives. Steps to recovery will also be explored

Parents, Teachers and community members

Exploring 'WHY' todays 12-25 are struggling with stress, loss and human disconnection in a digital world. Exploring the need for significant adult allies and how to build connections. Communication. Explore the life changes around the tipping point, emotional intensity, hunger to belong with own age & not parents. Why teens make poor choices, often impulsive and the need to learn how to communicate better.

Parents, Teachers and community members

To help family and friends have brave conversations about a range of topics such as; Mental Health, Wellbeing, Gender, Death, Suicide, Drug and Alcohol.

A structured approach to difficult conversations. Improve honest and open conversation with a focus on emotional and psychological safety. Learn how to disagree respectfully and explore solutions together.



KIAMA & DISTRICT STRONGER COMMUNITY



TODAY

Helping Youth

FUTURE

Most at risk age is 12-24 year. They are the least likely to reach out and feel they don't have the skills required to deal with mental health issues.

YOUTH

Life Hacks / Life Ready

Change Makers Program

Champions for Change

Young people have the skills to deal with Mental Health issues. They actively reach out for help and talk openly about mental health. Youth is driving the change.

Who is this for?

Young people aged **12-24**.

What is the focus of the program?

To provide life skills for young people to deal with the physical, emotional, social and psychological changes happening in their lives.

What do you take away?

Increase confidence, self-esteem and motivation. Develop self-awareness, emotional intelligence and stronger relationships. Build resilience, mental health literacy and meaningful peer support networks.

Young people aged **15-18** who want to make a positive change in the community.

To give young people a voice to define the wellbeing issues that matter to them while creating positive personal wellbeing habits.

Practical tools and skills to design, plan, promote and implement a project that tackles a mental health and wellbeing problem. Create sustained behaviour change that supports community wellbeing and good mental health. Deeper connection to their local community.

Young people aged **16-24** who want to be youth ambassadors and community mental health leaders.

To train young people to facilitate and deliver the Lifehacks and Changemaker Programs in schools and communities.

Training in how to break the stigma of mental health. Gain skills in group facilitation and program delivery. Become a young mentor to support other young people in the community.

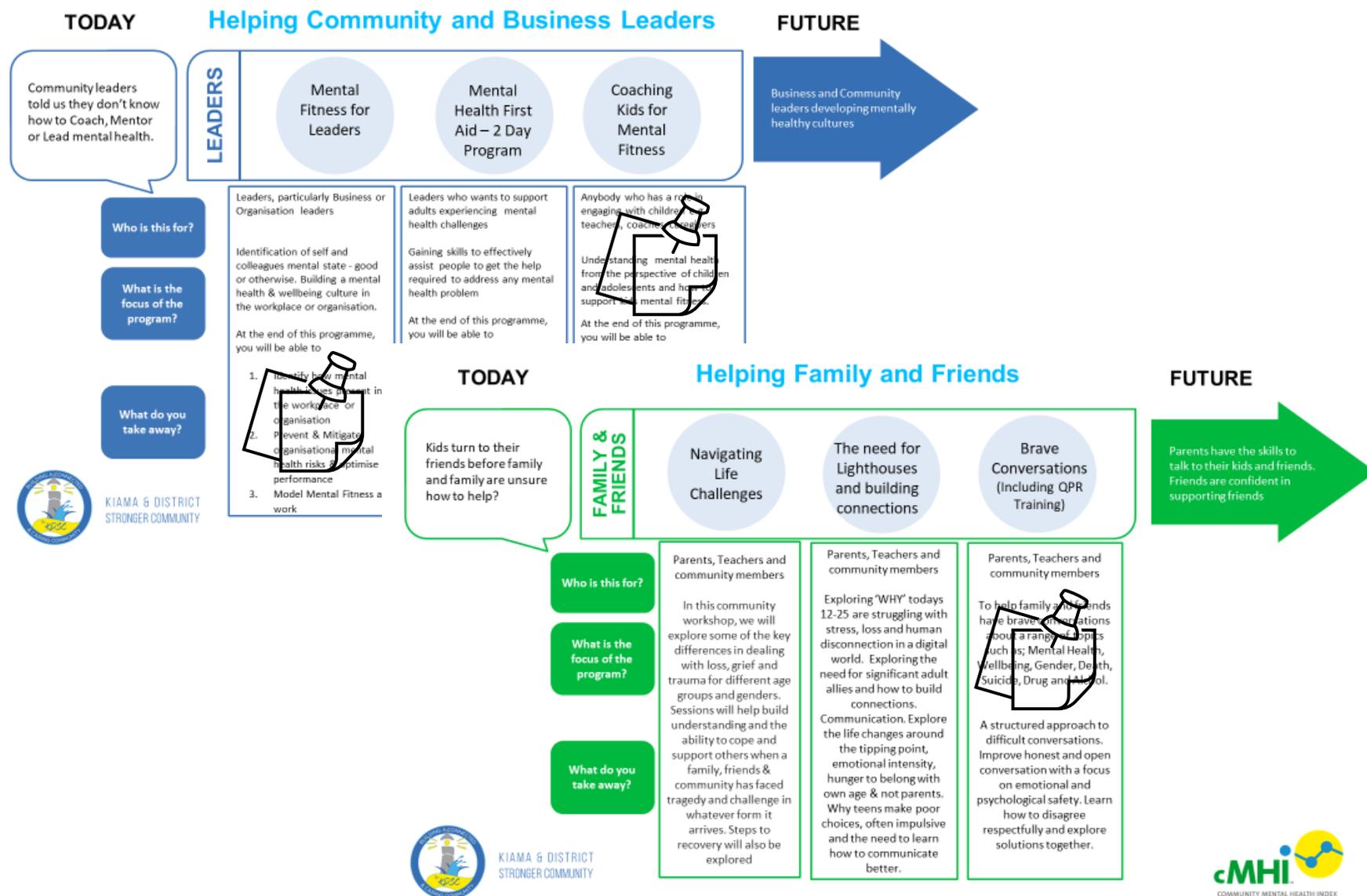


KIAMA & DISTRICT
STRONGER COMMUNITY



Breakout - Get your Feedback

- Write your name/organisation on a sticky note.
- Then place on area of interest



KIAMA & DISTRICT STRONGER COMMUNITY



KIAMA & DISTRICT STRONGER COMMUNITY



Next Steps

Calendar of Training - Public and Group based



🔍 Search for events

FIND EVENTS

List **Month** Day



Today

Now onwards ▾

March 2021

WED
24

March 24 @ 7:00 pm - 8:30 pm

Lighthouse information Seminar

Kiama Leagues Club 109 Terralong St, Kiama

The Kiama & District Stronger Community invites you to A free evening information seminar on how the KDSC can support your organisation to be leaders in mental health and early intervention for the benefit of your member's mental wellbeing.

Information
Seminar on
KDSC
Mental Health
Training



Our Community coming together

When - Saturday 17th April from 4pm to 10pm at Black Beach, Kiama

Supporting - a Youth Week Celebration, in conjunction with The NSW Government Festival of Place – Summer Fund, SENTRAL Youth Services, Kiama District Stronger Communities, Destination Kiama, and a talented team of youth!

The Event - We've got an action packed evening of youth stalls, food trucks, live tunes, a vintage car show and community art planned. We'll have the amazing Samuel Hall and Courtney Beaton working their artistic magic in transforming a couple old utes and we invite you to join in too!

Featuring - Headspace short films made by local young people on the big screen, followed by our feature film under the stars! Stay tuned for the movie announcement – it's going to be BIG! Bring along a picnic rug and cosy up on the lawn – we'll have popcorn, great eats and bean bags for hire!

While this is a **FREE event**, our movie under the stars will be ticketed per current requirements. Free tickets will be available via Eventbrite in the coming week.

Want to get involved? Please get in touch with Melissa Andrews, our SENTRAL Youth Services Coordinator on melissaa@kiama.nsw.gov.au



**THE BIG
GET TOGETHER**

SAVE THE DATE!
APRIL 17 2021 • 4-10PM
BLACK BEACH KIAMA

- **YOUTH STALLS • FOOD TRUCKS •**
- **VINTAGE CAR SHOW • LIVE MUSIC •**
- **COMMUNITY ART • SHORT FILMS •**
- **MOVIE UNDER THE STARS •**

ALL WELCOME!



KIAMA & DISTRICT
STRONGER COMMUNITY



Supported by NSW Government and The Festival of Place – Summer Fund

Our Community stepping forward

Erica / Lucy - Youth Forum Mid Year

Mel - Youth Centre - Helping Local Services

Catherine / Emily - Kiama High Update



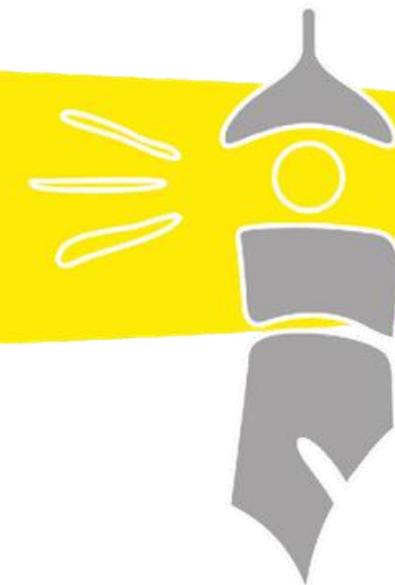
KIAMA & DISTRICT
STRONGER COMMUNITY



Questions???



Thankyou



Our Supporters



**Black Dog
Institute**

