

## COMMUNITY CAPACITY BUILDING INFORMATION BULLETIN

Thirrili Ltd been funded by the Commonwealth Government of Australia to deliver the National Indigenous Critical Response Service (NICRS) to:

1. **Provide culturally responsive support for Aboriginal and Torres Strait Islander families affected by suicide-related or other trauma**
2. **Strengthen community capacity and resilience in communities** where there have been high levels of suicide to better respond to critical incidents and strengthen service system coordination.

### Strengthening community capacity and resilience

Our community capacity building program is able to assist communities across Australia to build local capacity to:

- coordinate and respond to the needs of individuals, families and their communities when a suicide or other traumatic incident occurs
- provide bereavement through-care support to families and strengthen their access to coordinated care, and
- identify and implement local suicide prevention and postvention activities to build the capacity of families and communities to prevent and better respond to traumatic incidents.

### How we identify which communities we work with

The communities we will work with:

- have historical or emerging high suicide rates
- be where we are providing support to families affected by suicide, and
- be communities have identified it as a priority for them to reduce the level of suicide.

We will regularly liaise with the Aboriginal Health Partnership Forums in each State/Territory in identifying areas where community capacity and resilience support is needed.

### How we work with local communities

We use a community development approach to build community capacity which involves:

- **Stage 1: Developing a shared understanding of suicide locally of what is currently being done, and by whom.** This involves meeting with Elders, key Aboriginal and Torres Strait Islander organisations, local services and government organisations.
- **Stage 2: Creating a community dialogue of what can be done:** Once there is a shared understanding of what the issues are in the community, we will undertake further meetings to identify solutions that might be possible and could include:
  - developing a suicide response plan, defining the roles various local service providers will play if a suicide occurs

- providing professional development programs or mentoring programs to support local health professionals provide suicide postvention support
  - developing peer-to-peer mentoring, education and/or leadership programs to develop capacity in providing a crisis response after a suicide and/or suicide prevention
  - examining ways to strengthen access to mental health support
  - developing programs to engage/divert young people and or connect them to culture, country or their Elders, or
  - addressing community challenges relating to poverty and other social determinants of health.
- **Stage 3: Work with the community in developing community consensus and a Suicide Response and Prevention Plan prioritising action and the role community members /organisations will play.** We will work with the community and local services to ensure the plan is sustainable and practical to implement and encourage local organisations to play lead roles in the development and implementation of the plan.
  - **Stage 4: Promote the Suicide Response and Prevention Plan involving making the community and local service providers aware of the plan, and how they can be involved in its implementation.**
  - **Stage 5: Supporting implementation of the plan:** We will arrange for or provide training/resources/programs to support community members and local service providers build their capacity, in accord with the needs and priorities identified in the Suicide Response and Prevention Plan.

## For further information about community capacity building

For further information about our community capacity building program our Community Capacity Building Officer Rachael Schmerl can be contacted on (08) 8273 7200 or [Rachael.s@thirrili.com.au](mailto:Rachael.s@thirrili.com.au)

For further information about our service see our website: <http://thirrili.com.au>

## To contact us for support

If there is a suicide-related or other traumatic incident, families can contact a Critical Response Support Advocate to seek assistance.

Service providers can report a suicide or other traumatic death or serious injury where families may need assistance.

**Call 1800 805 801** - 24 hours, 7 days a week.

Generally, the phone is answered by one of our Aboriginal Critical Response Support Advocates. If for some reason the call is diverted to message bank, we ask callers to leave their best contact number, and a Support Advocate will call them back as soon as possible.