

LEGISLATIVE ASSEMBLY OF THE NORTHERN TERRITORY

WRITTEN QUESTION

Mr Guyula to the Minister for Mental Health:

Mental health support

Our communities experience many mental health issues and suicides, particularly among our young people. What resources have been provided to programs or schools for elders in our communities to run healing programs to address these issues?

The Northern Territory (NT) Department of Health, Mental Health and Alcohol and Other Drugs Branch provides resources that fund the following services, programs or projects into East Arnhem Communities, in addition to the NT Health East Arnhem Regional Mental Health Service.

Place-based East Arnhem services are resourced to be inclusive or contain embedded localised Elder input to inform on best practices and appropriate models of care.

- Youth Alcohol and Other Drugs Service – East Arnhem Regional Council
 - To support young people through their alcohol and other drugs treatment journey and connect them to appropriate place-based therapeutic supports; support family and community involvement and referral into other services across East Arnhem.
- Sand Palm Consulting – Youth Residential Rehabilitation Facility in East Arnhem Model of Care
 - To assist in the development of a model of care document based on strength and healing approaches. It will include a Youth Residential Rehabilitation Facility in East Arnhem, will provide opportunities for families who are supporting young people experiencing increasing vulnerabilities, to access respite and support. An appropriate service provider will be commissioned to deliver the supports.
- Miwatj Health Aboriginal Corporation - Community support service for treatment and care options for clients and their families affected by alcohol and other drugs, including volatile Substance abuse.

East Arnhem Youth Grants

- Gove Youth Creative Arts Activities – Miwatj Health Aboriginal Corporation
 - Weekly structured creative arts activities to assist young people to build a peer support base, and learn to express difficult emotions through healthier channels. The use of creative arts as a tool to exploring adverse experiences has been well documented as a successful mechanism for positive change.

- Yirrkala Mothers Group –Rirratjingu Aboriginal Corporation
 - Grandmothers at Yirrakala expressed their concerns that young mothers are feeling isolated from one another and lack peer networks whilst pregnant and post-birth. This can have an enormous impact on mother's wellbeing and can be an indicator for post-natal depression and a precursor to substance misuse both post-birth and during pregnancy The women Elders have requested support to set up a mothers group co-facilitated by child health workers and grandmothers to increase play-based learning, peer relationships and access to support services.

- Streetwise Training for Senior School Students – Nhulunbuy High School Council Inc.
 - Provides accredited First Aid training to individuals that do not have strong English language and literacy skills. It teaches important life-saving skills and will strengthen the capacity of young Yolngu to confidently take responsibility for improving the safety and well-being of their community. Participants and local stakeholders involved in the training have requested that the Streetwise be delivered to senior school students. Miwatj Health, Nhulunbuy High School, and Yirrkala School Action Group endorse this initiative.

East Arnhem suicide prevention community grants

2022

- Galiwin'ku Woman's Space Inc. - Women's Wellbeing Camp - Saltwater and Desert - \$5,000
- Galiwin'ku Woman's Space Inc. - Galiwinku Women's Space Official Opening - \$5,000

2023

- ForrestPR - Territory Men's talk support series including a Yolgnu led Men's workshop in Galiwinku, supported by Galiwin'ku Woman's Space Inc.- \$1,500
- Rirratjingu Aboriginal Corporation - Yirrkala suicide prevention community event to spread suicide prevention awareness - \$5,000.

Department of Education

- The NT Department of Education (DoE) promotes a whole school approach to wellbeing through Be You (Beyond Blue Mental Health Education, funded by Australian Government Department of Health). Be You has developed a Cultural Actions Catalogue - an eBook, with Aboriginal Elders, communities and educators and identifies actions to create inclusive and respectful learning environments that embrace the histories and cultures of their communities to improve wellbeing.

- Be You provides schools with a Family Partnership module. The Family Partnership module is developed for early learning services and schools. The Family Partnership module supports educational sites to work

effectively, sensitively, and confidentially with families to foster the mental health of children and young people.

- DoE has partnered with Menzies School of Health Research to promote the Aboriginal and Islander Mental Health Initiative for Youth (AIMhi-Y) App to secondary students. The app embeds guidance from elders, building connection with culture, country and language. The young person's wellbeing plan can be shared with key supports at the young person's discretion.