



# World Suicide Prevention Day

## FORUM 2022

Friday 9 September 2022

Tracy Village Conference Room

*Creating Hope Through Action. Looking Back. Moving Forward.*



# World Suicide Prevention Day

World Suicide Prevention Day is acknowledged on 10 September each year.

In the Northern Territory, Sabrina's Reach4Life has hosted an event for the past 4 years to bring together key stakeholders in the sector to share strategies, programs and recommendations for reducing the incidence of suicide across the Northern Territory.

The success of this event has seen it expand to a full day forum in 2022, hosted on Friday 9 September 2022.

This event is the largest gathering of key service sector, government and health representatives in the Northern Territory.

This initiative is coordinated by Sabrina's Reach4Life and supported by the Northern Territory Government, NTPHN, StandBy Support, Team Health, NEAMI National and Soldier On.



SabrinasReach4Life is a non-profit and charitable association, led by peers with a lived experience of suicide and those who have been impacted by someone who has experienced mental ill health or distress and are committed and passionate in helping others.

Established by Lidia and Michael Di Lembo and originally known as SabrinasRide4Life, following the death by suicide of their precious 19 year old daughter, Sabrina Josephine Di Lembo in May 2017.

SabrinasReach4Life has evolved over the years. The management committee and members participate in suicide prevention campaigns and are involved in an advisory capacity in local and national forums such as Suicide Prevention Australia, Postvention Australia, StandBy Support after Suicide and Roses in the Ocean.

# PROGRAM – FRIDAY 9 SEPTEMBER 2022

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| <b>9:00AM</b>  | <b>GUEST ARRIVAL</b>  |
| <b>9:15AM</b>  | <b>WELCOME AND HOUSEKEEPING</b><br>Master of Ceremonies — Andy Warton   |
| <b>9:25AM</b>  | <b>OVERVIEW</b> from Lidia Di Lembo — Founding Director, Sabrina's Reach4Life   |
| <b>9:35AM</b>  | <b>WELCOME ADDRESS</b><br>The Honourable Lauren Moss — Minister for Mental Health and Suicide Prevention<br><i>The Minister will speak to the new portfolio and what it means for Suicide Prevention in the NT.</i>   |
| <b>10:00AM</b> | <b>YOUTH MATTERS PANEL</b><br><i>Hear from these young Territorians about issues that affect them and how they overcome challenges.</i>   |
| <b>10:30AM</b> | <b>MORNING TEA</b>  |
| <b>11:00AM</b> | <b>KEYNOTE SPEAKER</b><br>Michele Oliphant — Program Manager, headspace Schools <ul style="list-style-type: none"><li>• <i>New pilot program in NT schools</i></li><li>• <i>Critical education for young indigenous people of the Territory</i></li></ul>                   |
| <b>11:15AM</b> | <b>KEYNOTE SPEAKER</b><br>Addison Joy Harper — Miss Trans Global Australia 2021 <ul style="list-style-type: none"><li>• <i>Suffering from depression and suicidal thoughts</i></li><li>• <i>Being true to self and creating harmony with the LGBTQI community</i></li></ul> |
| <b>11:30AM</b> | <b>SHOWCASE OF SERVICES &amp; POSITIVE PROGRAMS</b><br><i>This segment will highlight some of the key suicide prevention programs taking place across the NT relating to the theme 'Creating Hope Through Action. Looking Back. Moving Forward.'</i>                        |
| <b>12:10PM</b> | <b>LUNCH</b>  |
| <b>1:00PM</b>  | <b>KEYNOTE SPEAKER (Online)</b><br>Jorgen Gullestrup — Suicide Prevention Australia <ul style="list-style-type: none"><li>• <i>The importance of valuing the lived experience</i></li><li>• <i>Shaping future decision making</i></li></ul>                                 |
| <b>1:10PM</b>  | <b>Q &amp; A</b><br>Adj/A Prof Luke Butcher — General Manager, Top End Mental Health<br><i>One year into the role in the NT, hear what Luke has to say about suicide prevention approaches in the NT.</i>   |
| <b>1:30PM</b>  | <b>FIRST RESPONDERS PANEL</b><br><i>Hear from NT Police and first responders across the Territory about the impact of mental health for frontline workers. What's being done and what the sector can do to better support them?</i>   |
| <b>2:20PM</b>  | <b>WRAP UP AND NEXT STEPS</b><br>Pauline Neil — Forum Coordinator and Sabrina's Reach4Life Board Member   |
| <b>2:30PM</b>  | <b>END OF FORUM</b>   |

# KEYNOTE SPEAKERS

## THE HONOURABLE LAUREN MOSS

*NT Minister for Mental Health and Suicide Prevention*

Lauren was elected to Territory Parliament in October 2014. She is the youngest Minister in the Territory.

She grew up in Nakara and has been a strong advocate to support youth mental health. Her community and youth development work has been recognised locally and nationally. She was honoured to receive the Excellence in Youth Leadership award at the 2016 NT Young Achiever Awards and the NT Pride of Australia Young Leader Medal.

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**Abstract:** *Minister Moss will speak about the new portfolio and what it means for Suicide Prevention in the NT.*



## MICHELE OLIPHANT

*Program Manager, headspace Schools*

For more than a decade Michele has been committed to supporting the health and wellbeing of young Territorians, with a keen interest in Aboriginal affairs.

As the Director for Indigenous Education Policy, Director of Youth Justice and Wellbeing, Engagement and Behaviour Senior Manager for the Department of Education, Michele joined the headspace team and has taken it to new levels.

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**Abstract:** *Michele will speak to the new program being piloted in NT schools that focuses on embracing the elements of earth, air, fire and water, to provide critical education for young Aboriginal people in the Northern Territory.*



## ADDISON JOY HARPER

*Miss Trans Global Australia 2021*

Prior to becoming the proud transactivist and human rights activist, Addison faced many hardships and feelings of self harm being honest about coming out as a transgender woman.

She struggled with overwhelming anxiety and sought to take her life.

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**Abstract:** *Addison will talk through these feelings of self doubt and how she has transitioned to the goddess of today, living free, strong and validated.*



# KEYNOTE SPEAKERS

## JORGEN GULLESTRUP

*Suicide Prevention Australia*

Jorgen has dedicated the last 15 years to serving as a not-for profit leader in the field of mental health and suicide prevention. His work is committed to establishing ground-breaking programming, moving towards more sustainable and holistic solutions in the area of suicide prevention and mental health.

He has served on multiple Boards, Trusts, Reference Groups and Advisory Committees, presenting keynote addresses on Suicide Prevention around the globe. He was a 2017 Churchill Fellow and received the Suicide Prevention Australia LIFE Award for Sector Leadership in 2018.

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**Abstract:** *Jorgen will speak to his experiences and the importance of valuing the lived experience in policy and strategy.*



## ADJ/A PROF LUKE BUTCHER

*General Manager, Top End Mental Health*

Dr Luke Butcher has spent the past 15 years leading innovative and award winning mental health, drug and alcohol and offender rehabilitation services at executive levels in both government and non-government organisations.

He brings particular expertise in regional, rural and remote service design and provision, having spent his career living and working in regional, rural and remote Australia.

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**Abstract:** *Luke will answer questions you have following his 12 months in this role and his vision for the Territory to become the leaders in the country for mental health, wellbeing and suicide prevention.*



# MC AND PRESENTERS

## Andrew Warton

*Master of Ceremonies and Suicide Prevention Ambassador*

Andrew is the founder and Managing Director of Warton Strategic working in workplace investigations and conflict resolution, and is the former Chief Officer of NTES and former Manager of the AFP in the NT. Andrew served with the AFP domestically and overseas, is a UN Police veteran and a former Royal Australian Navy Reserve Legal Officer. As a community leader with a passion for suicide prevention and helping individuals achieve their potential, Andrew is the former Chair of Lifeline Top End, the former Chair of Amity Community Services and a founding contributing mentor to Rob de Castella's ongoing Indigenous Marathon Foundation. As a father and husband, when not spending time with his family Andrew is co-host of ABC Radio Darwin's, "Tales from the Tinny" and is currently developing his own life-balance podcast, "The LB-Spot".



## Lidia Di Lembo

*Founder — Sabrina's Reach4Life*

After losing her daughter to suicide on 7 August 2017, Lidia and husband Michael founded SabrinasRide4Life now known as SabrinasReach4Life. This foundation is dedicated to "Instil Hope, Engender Compassion and Promote Healing" by advocating for stronger collaboration, supporting those who are impacted by suicide or mental distress with a lived experience lens. Lidia is also Co Chair of Postvention Australia and QLD/NT Suicide Prevention Australia Advisory Committee.



## Pauline Neil

*Director — MH Training*

Pauline is a Principle Master Instructor of Mental Health First Aid, and received national and state recognition for her work in mental health awareness raising and suicide prevention, working with young people and their communities. She Co-Founded the award winning Live4Life mental health education and youth suicide prevention model, designed specifically for rural and regional communities.

She founded Mental Health Training (MH Training), delivers a range of professional Standard, Blended and Made to Measure mental health courses seeking to raise mental health awareness and improve the mental health and wellbeing of workplaces and groups working in, for and with communities.



# YOUTH PANEL



## FACILITATOR JAHDAI VIGONA

Jahdai is a proud Tiwi Islands man, knew he wanted to be in a career that did something positive for First Nations people. He has been at the forefront of identifying ways to promote good health to Aboriginal people.

He has been recognised for his efforts and named the GTNT 2021 Aboriginal and Torres Strait Islander Student of the Year and Overall Trainee of the Year and the NT's 2022 Young Achiever of the Year winner.



## PAIGE HORRIGAN

A few years ago, Paige Horrigan experienced an LGBTQ+ motivated assault while at high school, yet no one was held accountable for this attack. She suffered mentally from this assault. Paige is now on a mission to promote greater awareness and acceptance of LGBTQ+ people.



## BLAKE WILSON

Blake shares his story of his motorcycle crash, death of a pedestrian, loss of a limb and his recovery. In the years since the accident Blake has remained positive and shares his story to help others.



## MALIA FORD

A mental health advocate, Malia has dedicated much of her life to up-skilling young people. She will share her tale of childhood abuse that resulted in homelessness and the negative impact it has had on her and the steps she has taken to turn things around and be a role model to others.

# FIRST RESPONDERS PANEL

## FACILITATOR ANDREW WARTON

This panel will speak to the impact of mental health for frontline workers. What's being done and what the sector can do to better support them?



**JUDITH BARKER**  
*CEO, St John Ambulance NT*

Judith took up the position of CEO of St John Ambulance Australia 5 years ago. She has a career spanning more than 20 years within the health industry in WA and SA. She has attained a Master's in Business Administration, a Bachelor Degree in English Studies and a Bachelor Degree in Health Science Management.

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**SUPERINTENDENT NEIL HAYES**  
*Northern Territory Police Force*

With almost 20 years in the NT Police, Neil has seen a lot. He was integral to the NT Police achieving White Ribbon accreditation, led anti violence initiatives and recruited our next generation of police officers but his most important role has just begun. Neil has recently been appointed with the important task of reviewing the NT Police, Fire and Emergency Service's approach to supporting the mental health and wellbeing of its first responders.

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**SAMANTHA SNELL**  
*The Council of Australian Veterans (Darwin Branch)*

Samantha is a Darwin local of 25 years, who served in the Navy for 7 years from 2008–2015 and spent the duration of her service in Darwin on patrol boats. She has a background in mental health and has worked in the veteran space in Darwin since 2020 and is the Secretary on the Council of Australian Veterans (Darwin Branch) Inc.

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**AMANDA ROGERS**  
*Co-Response Mental Health Clinician*

With almost 20 years experience working in acute psychiatric services and crisis assessment teams, Amanda has also worked on the Police, Ambulance and Clinical Early Response (PACER) model in Victoria. Involved in the development with Co-Response in the NT as a senior project officer with the Department of Health, Amanda has a passion for crisis intervention and recovery orientated practices.



# SHOWCASE OF PROGRAMS

## TEAMHEALTH

*The Way Back Program*

*Presented by Heather Bayne-Thompson*



Launched in Darwin in 2014, The Way Back Program' provides better support to people who have attempted suicide or experienced a suicidal crisis.

People who have attempted suicide, or experienced a suicidal crisis, often experience severe distress in the days and weeks immediately afterwards and are at high risk of attempting again.

A Support Coordinator contacts the person within one business day of receiving their referral and works with them to tailor a program for up to three months after discharge from hospital.

Hear how this program has evolved and what's in store for the future.

## STANDBY SUPPORT

*Presented by Trent Harvison*

*National StandBy Partnership Coordinator*



Established in 2002, StandBy is an Australian Government initiative to meet the need for a coordinated community response to suicide.

The StandBy program is focused on supporting anyone who has been bereaved or impacted by suicide at any stage in their life. StandBy is accessible 24 hours a day, 7 days a week, providing free face-to face, telephone or online support at a time and place that is best for each individual.

Hear how the program has evolved in it's 20 years of inception, lessons learnt and next steps.



# SHOWCASE OF PROGRAMS

## THE FLOURISH COLLECTIVE

*Presented by Rachel Johnson, Founder*

Following 20 years of experience in mental health, specialising in connecting with children and young people, Rachel was acutely aware that there is no 'single approach' for managing depression, anxiety and complex trauma.



She founded The Flourish Collective, engaging a multidisciplinary team with diverse skill sets to provide face to face and online individual and group consultations tailored to each individuals needs.

## VETERANS AUSTRALIA NT

*Presented by Bob Shewring OAM,  
President Veterans Australia NT Inc.  
2016 NT Senior Australian of the Year*



We are a Not For Profit organisation who represents a cross section of the Veteran community in the NT.

Acknowledging that since 2001 up to 2019 1200 ADF Veterans have taken their own lives, that we know about.

At Veterans Australia NT we are committed to supporting all veterans and their families through health and wellbeing in attempting to bring about change.



Our organisation has evolved extensively over our 40+ years, recognising the need to assist younger veterans and their families, to assist this we changed our name from Vietnam Veterans Assoc of the NT to allow membership to all veterans, their families and others wanting to help.

Veterans Australia NT Inc. is more committed and focussed now on providing excellent compensation and wellbeing advocacy for all veterans and their families and to advocate all levels of government to bring about change for all.

# SHOWCASE OF PROGRAMS

## NEAMI NATIONAL

*Head to Health Program*

*Presented by Regional Manager Joe Petrucci*

NEAMI has trialled the Head to Health programs across Australia. These programs offer have immediate and short-term support to reduce distress and connect people with ongoing support if required.

In 2021, NEAMI National, in partnership with Larrakia Nation and supported by Northern Territory PHN, established a Head to Health Centre in Darwin.

Each Head to Health service is tailored to the needs of the local community and offers a combination of peer-led recovery and clinical support to provide a warm, welcoming and high-quality experience.

Joe will speak to the importance of the Head to Health Centre and next steps for NEAMI National's footprint in the Territory.



## NOTES



## SPECIAL THANKS TO

