



AH&MRC Harm Minimisation Summit – Welcome to headspace

10 June 2015

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Aboriginal & Torres Strait Islander Project Team





headspace

National Youth Mental Health Foundation

headspace.org.au

Reconciliation Acknowledgement

We acknowledge that headspace is in a unique position in the Australian youth space and recognise that we can make a positive contribution to the lives of young people. As our small contribution to Indigenous reconciliation and reducing racism and other forms of discrimination - we acknowledge, the wise people of our Indigenous communities, past and present who are the foundations of this great country of ours. We acknowledge that we share this land with the traditional owners and custodians.



headspace service components





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headspace centres

What to expect at a centre?

Centres provide service across four core streams, at a minimum;

- Physical health
- Mental health
- Alcohol and other drug services
- Vocational and educational support

Youth friendly location and centre

- Entry point for ALL young people, aged between 12-25 years
- Focus on early intervention and early help seeking
- No geographical catchment areas
- Fee structure – free, low cost or fee for service
- Co-location and integration of support services



headspace centres

Northern Territory

Alice Springs
Darwin

Western Australia

Albany	Perth
Armadale ¹	Fremantle
Broome	Joondalup
Bunbury	Midland
Geraldton ²	Osborne Park
Kalgoorlie ¹	
Rockingham	

South Australia

Berri	Adelaide
Mount Gambier ²	Edinburgh North
Murray Bridge	Noarlunga
Port Augusta	Norwood ¹
	Woodville

Queensland

Bundaberg ³	Meadowbrook ¹	Brisbane
Caboolture ²	Mount Isa ¹	Inala
Cairns	Redcliffe	Nundah
Capalaba ²	Rockhampton	Taringa ¹
Gladstone ²	Southport	Woolloongabba
Hervey Bay	Toowoomba ¹	
Ipswich	Townsville	
Mackay	Warwick	
Maroochydore		

New South Wales

Bathurst	Sydney
Broken Hill ³	Ashfield ¹
Coffs Harbour	Bankstown ¹
Dubbo ¹	Bondi Junction ¹
Gosford	Brookvale ¹
Goulburn ³	Campbelltown
Griffith ²	Camperdown
Lismore	Castle Hill ²
Maitland	Chatswood
Newcastle	Hurstville
Nowra	Liverpool
Orange ²	Miranda
Port Macquarie	Mount Druitt
Queanbeyan ¹	Parramatta
Tamworth	Penrith
Tweed Heads ¹	
Wagga Wagga	
Wollongong	

ACT

Canberra

Victoria

Albury Wodonga ¹	Melbourne
Bairnsdale ³	Collingwood
Ballarat	Craigieburn
Bendigo	Dandenong
Frankston	Elsternwick
Geelong	Glenroy
Horsham ³	Greensborough ²
Mildura ¹	Hawthorn
Morwell	Knox
Shepparton	Narre Warren ¹
Swan Hill ²	Sunshine
Warrnambool	Werribee

Tasmania

Hobart
Launceston



¹ Opening late 2014/15.

² Opening end of 2015/start 2016.

³ Opening end of 2016/start 2017.
Centre names subject to change.



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Yarn Safe

Yarn Safe Advisory Council



Yarn Safe key messages

Got a lot going on? No Shame In Talking It Out

- Everyone feels sad, down, stressed or angry at times.
- It's normal.
- But it's not okay if you or a friend is feeling like that for long periods of time or if it's stopping you from doing the things you used to.

Themes of Yarn Safe;

1. Stress & Pressure
2. Drugs & Alcohol
3. Racism
4. Relationships



GOT A LOT GOING ON?

NO SHAME IN TALKING IT OUT

HEADSPACE · YOUR SPACE · YARN SAFE



WWW.YARNSAFE.ORG.AU

headspace acknowledges Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia and we pay our respects to their elders both past, present and future.  

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Initiative.



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A LOT ON YOUR SHOULDERS?

NO SHAME IN TALKING IT OUT

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Got a lot Going on...

Primary Integration

Secondary

Health

Workers

Business/

GP

Psychiatrists

Psychologists

Mental Health Nurses

Social Workers

Tertiary Mental Health

AOD services

Vocational support

Housing/home care

General support
services

Warning signs

Some signs that something might not be right include:

- Feelings of unusual sadness or irritability that does not go away
- Losing interest and pleasure in doing things that you once enjoyed
- Not eating or eating too much
- Having trouble sleeping, or over-sleeping and staying in bed most of the day
- Feeling tired or a lack of energy or motivation
- Difficulty concentrating and making decisions
- Feeling bad, worthless or guilty when you're really not at fault
- Either moving slowly or feeling unable to settle down
- Having dark and gloomy thoughts
- Being involved in risky behaviour that you would usually avoid, like taking drugs or drinking too much alcohol



Is drug use the problem?

Why are our young people using drugs & alcohol?

- Trauma
- Intergenerational trauma
- Abuse
- Grief and loss
- Identity (cultural & youth)
- Connectedness to community & country (or feelings of disconnect)
- Trying to fit in – feeling pressured
- Not much to do (boredom)
- Stressed
- Feeling depressed or anxious (worry)



Dependence & Mental Health

- Being hooked or dependent on drugs can vary from a mild urge to out of control use
- Increased tolerance = increased use
- Withdrawal & Risk
 - Unpleasant symptoms (physical reactions), at times life threatening
 - Changes to their body, thoughts, behaviours
 - Increased prevalence of mental illness (feeling sad, down, uncomfortable, anxious, self-conscious, angry, rage)

Working with young people...

Some tips for engaging young people include:

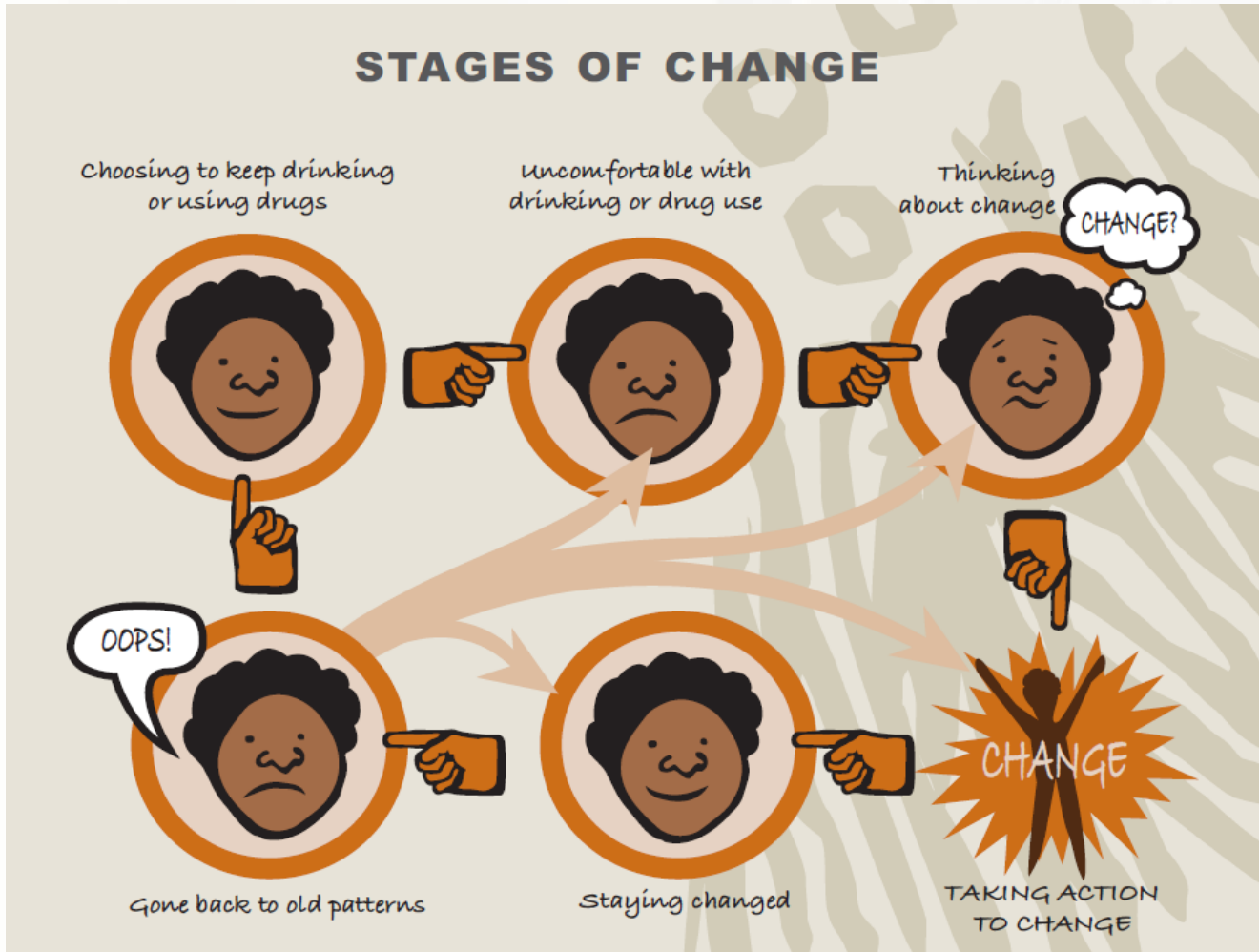
- Create a safe space to yarn
- Build trust
- Promote confidentiality
- Set clear and safe boundaries
- Be mindful of familial/cultural responsibilities/obligations for the young person
- Remain non-judgemental
- No shame - Encourage a young person that it's okay to talk about drug use

What else can we do?

Have a yarn- ask questions & explore drug use:

- What do they use?
- Why?
- How often?
- How do they use it?
- What's good about using drugs? What's bad about it?
What is it affecting?
- What would they like to do about it? CHANGE???
- Harm minimisation approach
- Safety planning
- Plan for change

Stages of Change



(Government of Western Australia, Drug & Alcohol Office, 2015)

What are some challenges for young people?

Some of the challenges that we know are:

- Shame in seeking help
- Young men and Aboriginal & Torres Strait Islander young people tend to be those most reluctant to seek help
- Aboriginal & Torres Strait Islander young people often engage at higher levels of distress (crisis levels)
- Young people may not be able to see how drug use is affecting them



Questions?

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Peer workers

Mental Health Nurses

Housing/homelessness

Business/

Social Workers

General support
services