



ATSI SPEP

HOW TO APPLY FOR FUNDING IN SUICIDE PREVENTION: A Guide for Communities

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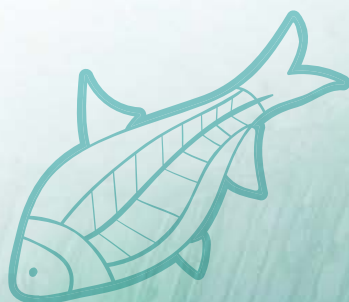
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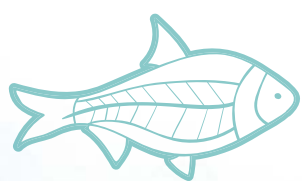
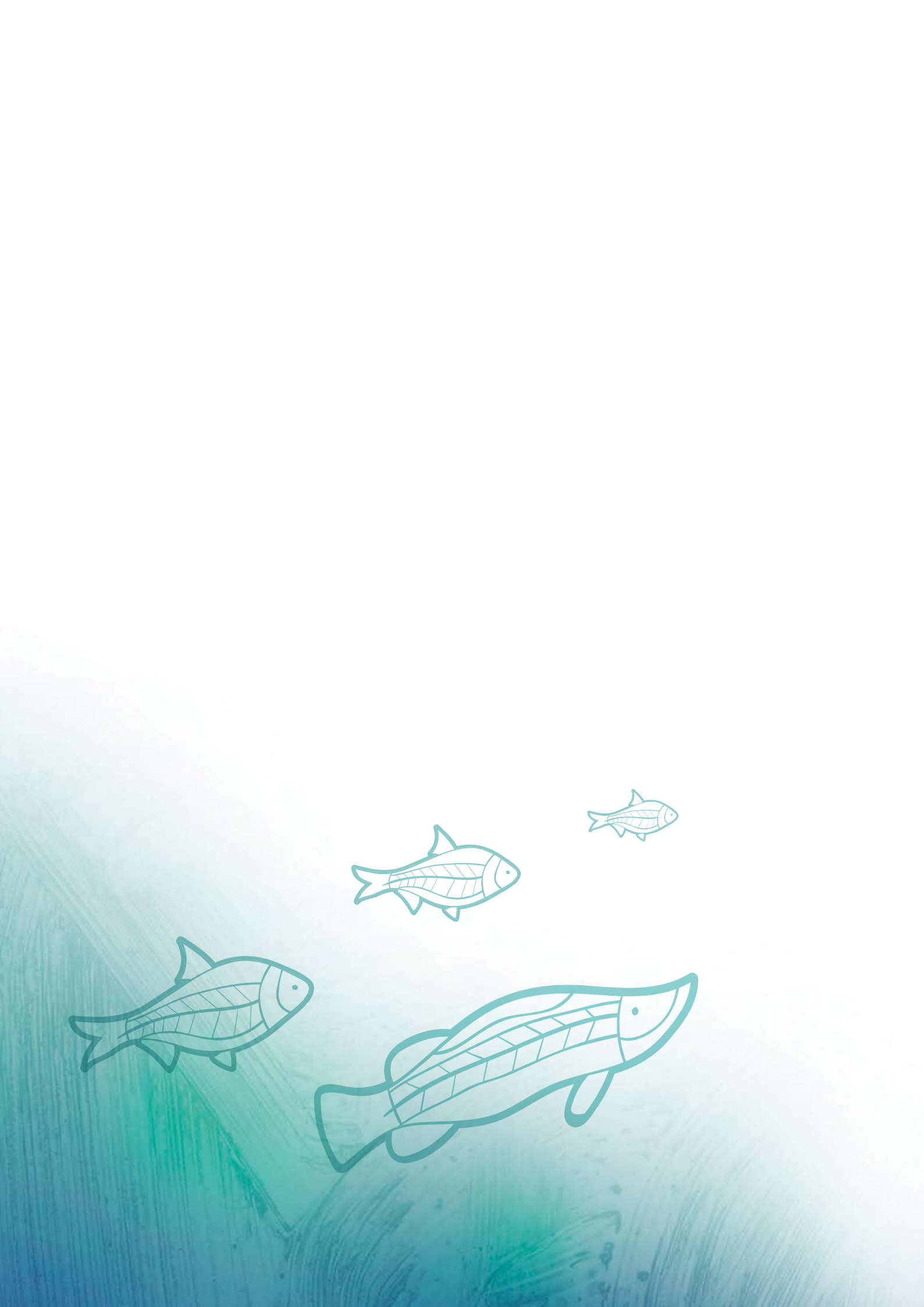
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Contents

Community Suicide Prevention Funding Application Tool	1
Where To Get Further Help and Information	1
Step 1: Is There a Need in Your Community?	3
Step 2: Getting Organised	4
Step 3: Is There a Good Host Organisation in Your Community?	5
Step 4: Designing the Program or Service	6
A. Establish a Planning Group	6
B. The Planning Group Aims To Help Those at Immediate Risk of Suicide	6
C. The Planning Group Designs a Community Owned New Program or Service for Suicide Prevention	7
Step 5: Getting the Money	8
Tips for Application Forms	8
What Needs to be Included in Your Application	9





Community Suicide Prevention Funding Application Tool



This Guide is based on the *Solutions That Work* report of the Aboriginal and Torres Strait Islander Suicide Prevention Evaluation Project (ATSISPEP). The report identified success factors that help Aboriginal and Torres Strait Islander communities respond better to suicide in ways that meet their specific needs.

The most important lesson in *Solutions That Work* was that any programs or services for suicide prevention in a community must be under that community's control. This is because:

- Each community will work in different ways and their cultural responses are an important part of any programs or services dealing with suicide and suicide prevention. Community people are best placed to understand these things.
- A community must feel ownership over a program or service for it to be fully embraced and effective.
- Suicide rates are lower in Indigenous communities that control their own affairs. A community taking control of programs or services for suicide prevention (among other areas of life) will contribute to reducing suicide.

The *Solutions That Work* success factors, and entire report, can be found online at: www.atsispep.sis.uwa.edu.au

This Guide can be adapted to help with a range of different processes that get communities to the same place: in control when dealing with suicide and suicide prevention, and in partnership with organisations that respect the community's control and leadership.

If you want funds to get programs to help deal with suicides and grief after suicides and loss (postvention) in your community, the following steps may be useful.

Where To Get Further Help and Information



If a community need help with:

- Facts and data about suicide or suicide attempts among its members
- Facts and data about things that might contribute to suicide
- Community education about suicide
- Knowing how to respond to people at immediate risk of suicide
- Knowing how to get help after a suicide (postvention support)

the best places to start are the closest Aboriginal Community Controlled Health Organisation or local health service, the local mental health service or Primary Health Network.



This Guide is organised into a number of steps. They are summarised below:

STEP 1	IS THERE A NEED IN YOUR COMMUNITY? Working out if people in your community are at risk. <i>More information about possible high risk groups is on page 3</i>
STEP 2	GETTING ORGANISED There have been worries in the community and people are talking about doing something to deal with their concerns. Start bringing more people together. <ul style="list-style-type: none">• Identify who needs to be part of the leadership group. This might include:<ul style="list-style-type: none">• Elders, cultural and community leaders• Men's and women's groups• Families with lived experience of suicide• Members of high risk groups <i>More information about forming a leadership group is on page 4</i>
STEP 3	IS THERE A GOOD HOST ORGANISATION IN YOUR COMMUNITY? To get money for a program or service you need to work with an organisation. <ul style="list-style-type: none">• An organisation is able to make funding submissions, will help manage the money, and is legally responsible for the program or service and spending the money. <i>More information about finding a good host organisation, and what they can do to help, is on page 5</i>
STEP 4	DESIGNING THE PROGRAM OR SERVICE Think about what is already working in your community It might be useful to look at other programs or services around the country <ul style="list-style-type: none">• On the ATSIPEP website there is a Clearing House with examples of many programs and services you could look at• Your local Primary Health Network (PHN) might also know about good programs and services <i>More information about designing a program or service for your community is on page 6</i>
STEP 5	GETTING THE MONEY There are many different places you can go to for funding <ul style="list-style-type: none">• Application forms and due dates for each funder might be different• Try looking at these places for funding<ul style="list-style-type: none">• Local PHNs• Indigenous Advancement Strategy• Local and State Government• Also think about approaching non-government organisations such as Lotterywest and various foundations and philanthropic organisations <i>More information about completing these forms can be found on page 8</i>

STEP 1

Is There a Need in Your Community?

First, think about any suicides or suicide attempts that have already happened in the community, local area or other communities that are connected. If one suicide or suicide attempt has already happened, think about whether more might happen. There are three things to consider:

<p>People who have already attempted suicide might try again, particularly in the weeks after an attempt. This is the highest risk group for suicide.</p>	<p>The person who attempted suicide or died might have done so in response to a stressful event or situation. Ask: Have other people gone through the same experience, or are they in a similar situation? Are they also at risk?</p>	<p>Young people in similar age groups and situations have been known to influence each other. This can include suicide and suicide attempts. Are young people in your community at risk in this way?</p>
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If people are at immediate risk of suicide or talking about attempting suicide, organise help for them before doing anything else. There is also help available after a suicide to support families and help prevent further suicides (postvention support).

Second, it is important to support people before they are experiencing a crisis. There are no rules to follow to work out who might be at risk. But people in certain groups and situations are known to be at higher risk than others. These might include:

<p>Young men who might feel disconnected from community and culture, who are unemployed, or are in trouble with the law</p>	<p>People whose relationships have recently ended or whose family and friends have died by any cause</p>	<p>Lesbian and gay people, or sisters and brotherboys, who may have trouble being accepted or who are struggling with accepting themselves</p>
<p>People who are stressed out and have been feeling down and depressed for a while</p>	<p>People with mental health problems or people using alcohol and drugs to escape</p>	<p>People who are cutting or hurting themselves</p>

Finally, think about anyone who might feel hopeless and be in despair. This might be because they are trapped in a violent relationship, being bullied at school, suffering a long-term illness or disability, or have been without a job for a long time.

The majority of the people who belong to these high risk groups will not attempt suicide. However, supporting these people before they reach a point of crisis will make them stronger when they are experiencing stress.

STEP 2

Getting Organised

If your community is concerned about suicide, the next step is to develop a community-controlled response. This does not mean that every person in the community has to agree on every detail, but there should be overall support that:

- A new program or service for suicide prevention is needed, and
- The community should control the design and delivery of that new program or service.

Depending on how a community works, key people to include in this discussion may be:

- Elders, cultural and community leaders
- Men's and women's groups
- Families with lived experience of suicide
- Members of high risk groups

Tip: For community education, there are DVDs and other resources available including ATSIPEP factsheets on suicide, possible causes and prevention <http://www.atsispep.sis.uwa.edu.au/deprecated-pages/media-and-publications>

The final element of Step 2 is to establish a leadership group who will lead and control the new program or service for suicide prevention. The leadership group should represent the community in supporting suicide prevention. It would be good to have key people (from groups listed above) as members of this leadership group.

The leadership group might need support from volunteers at the start to organise regular meetings and think about possible programs or services. Once a host organisation is chosen by the leadership group (Step 3) their role could be to help the leadership group meet and work effectively.

The leadership group is accountable to the community. It should hold community meetings and make sure that the community supports the new program or service for suicide prevention.



STEP 3

Is There a Good Host Organisation in Your Community?

The first task of the leadership group is to partner with an organisation that is a company (or incorporated in law) and can therefore:

- Apply to governments or to a Primary Health Network (PHN) for funding for a new response to suicide, and then hold and be accountable for this money
- Enter contracts
- Employ people
- Provide an office, vehicles, computers, etc.

Tip: If the leadership group cannot find a suitable organisation, think about establishing a new organisation just for the new suicide prevention program or service. Contact the Office of the Registrar of Indigenous Corporations for further information: free call 1800 622 431.

Think about an organisation already working in the community, particularly a community-controlled organisation that might be suitable:

- Is it doing a good job in its current role?
- Has it managed client information confidentially?
- What experience does it have in suicide prevention?
- Does it already work with people in groups at higher risk of suicide but in a different role?
- Could it take on a new role in suicide prevention?
- Would the community support the organisation in this new role?

If there is not a suitable local organisation, think other organisations that work in nearby communities who might be able to help.

Think about these issues:

- What do people in other communities say about the organisation?
- Does it work well with Aboriginal or Torres Strait Islander peoples?
- Has it helped with suicide prevention in other communities?
- Would your community members support this organisation working with them for suicide prevention?

In negotiations with any organisation, the leadership group should ask for the following three commitments:

- To support the community to control the design and delivery of a new program or service for suicide prevention
- To employ community people in management as well as front line positions
- To work with other community organisations including local Aboriginal Community Controlled Health Organisations (ACCHOs) or health services, mental health services, youth services, police and the Primary Health Network to help with suicide prevention in the community.

Designing the Program or Service



A. ESTABLISH A PLANNING GROUP

Once formed, the leadership group should bring together a broader planning group around itself. This should include people from the host organisation (Step 3) and any services and organisations that already work in the community. Or anyone who could contribute to the program or service design process, such as:

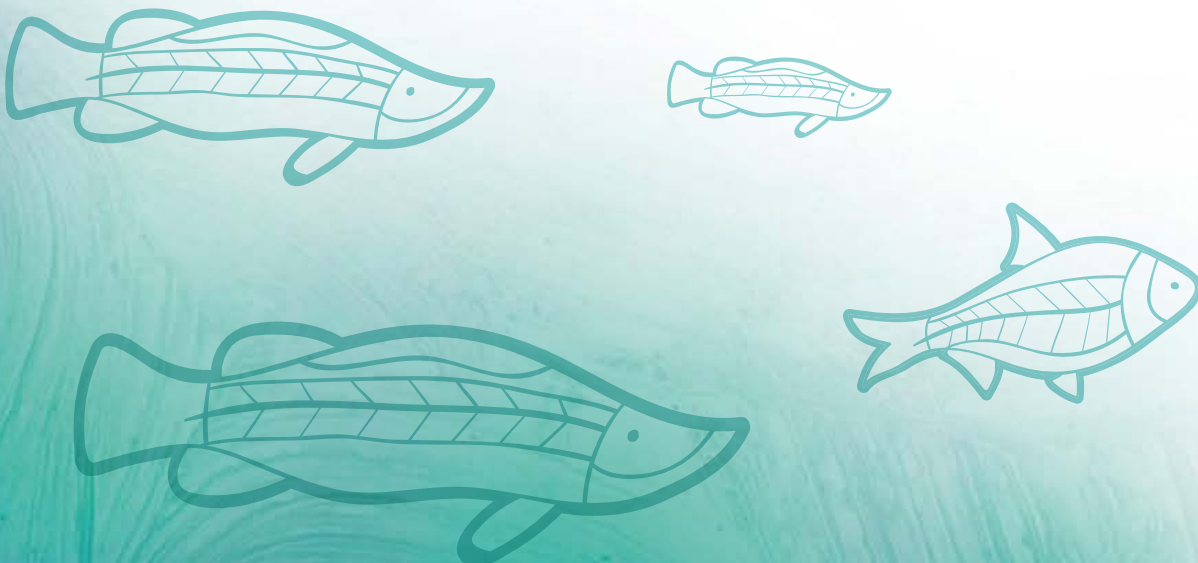
- ACCHOs and other health services
- Mental health services
- Youth and family support services
- Local schools
- Local police
- Aboriginal people and families with lived experience of suicide

Tip: Prior to starting to design a new program or service for suicide prevention, think about whether the planning group would benefit from learning more about suicide prevention, such as the success factors in the ATSIPEP Solutions That Work report.

There should be agreement within the planning group that the community will have the final say on all matters to do with the new program or service.

B. THE PLANNING GROUP AIMS TO HELP THOSE AT IMMEDIATE RISK OF SUICIDE

The planning group must prioritise identifying help for those at immediate risk of suicide before doing anything else. This includes agreeing to protocols that set out who is responsible if someone is at immediate risk of suicide.



C. THE PLANNING GROUP DESIGNS A COMMUNITY OWNED NEW PROGRAM OR SERVICE FOR SUICIDE PREVENTION

A program or service for suicide prevention might address the following:

THINK ABOUT	WHAT COULD BE IN THE NEW PROGRAM OR SERVICE
Social Determinants	<ul style="list-style-type: none"> • Are social determinants contributing to community's distress and what needs to be done to address this? <ul style="list-style-type: none"> • E.g. Racism, poverty, overcrowded and sub-standard housing, unemployment • Are programs or services in place to deal with issues such as alcohol and drug misuse, violence, unemployment and mental health
Culture and Suicide Prevention	<ul style="list-style-type: none"> • How could culture and cultural practices be used to help suicide prevention? <ul style="list-style-type: none"> • E.g. Back to country camps, cultural healers
Relationship Between the Community and Mental Health and Other Services	<ul style="list-style-type: none"> • Which mental health services will community members be referred to when at risk of suicide? How can people at risk be quickly connected to them or other services they need? • If a suicide occurs, which support services will be used to help those grieving and to help prevent other suicides (postvention support)?
Including All Community Members in the New Program or Service	<ul style="list-style-type: none"> • How will activities target and reach those in higher risk groups? • How will the new program or service be publicised in local media? • Will vehicles be needed to reach people?
Availability	<ul style="list-style-type: none"> • How will the community prepare for problem times, such as Christmas or the wet season? • How will the new program or service be effective outside of normal work hours? • Is this new program or service, or others, available 24/7?
Community Capacity Building	<ul style="list-style-type: none"> • What other benefits to the community could occur through the new program or service for suicide prevention? • This could include employment, increased self-determination and decision-making of community members, and more integrated services
Challenges	<ul style="list-style-type: none"> • Think about things that could go wrong with the new program or service. Think about ways to identify and deal with these challenges (risk management). • How will the leadership group and host organisation deal with these potential challenges?
Developing a Timeframe	<ul style="list-style-type: none"> • What will happen and by when? • When will the new program or service be fully operating?
Evaluation	<ul style="list-style-type: none"> • What will be measured to work out if the new program or service is successful? <ul style="list-style-type: none"> • E.g. the number of participants in various programs per year • Who will carry out an evaluation and when?
Existing Programs	<ul style="list-style-type: none"> • What broad community education programs could be put in place? These could include Aboriginal Mental Health First Aid and other gatekeeper training. These could form the new program or service or simply be part of it.

STEP 5

Getting the Money

This final step (Step 5) is about taking the program or service design (Step 4) and turning it into reality. The leadership group and host organisation will need to apply for extra funding.

Tips for Application Forms

- Answer every question and use any guides available to help complete the form.
- Meet the deadline for sending in.
- Get a confirmation that the form has been received.
- Agree on a contact person in case the funder has further questions.



What Needs to be Included in Your Application



Key elements to include in your funding application are:

- A host organisation who will manage the program or service
 - Good community and cultural governance
- A good description of what you plan to do
- Evidence to support the program or service
 - What are the relevant statistics for your community, region or state?
- Who is going to participate in the program or service and what are the expected outcomes?
 - Numbers of participants
 - Measurements
- Evaluation of the program or service
- Funding Sources
 - Local PHNs
 - Indigenous Advancement Strategy
 - Local and State Government
 - Non-government organisations, eg. Lotterywest, various foundations and philanthropic organisations

