

# Local activities and programs supporting youth wellbeing and mental health

2022-2023 school year



Compiled by Mindful Margaret River for distribution to community networks, school communities, local services and families. Purpose of this resource is to enable community to become more connected and aware of opportunities for youth to engage and connect. This document can be added to at any time, please email Mindful Margaret River on [info@mindfulmargaretriver.org.au](mailto:info@mindfulmargaretriver.org.au)

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## Peer support and outreach

### Youth Advisory Council

The Margaret River Youth Advisory Council (YAC) are a group of young people aged between 12 and 24. We organise and run events at the Margaret River Youth precinct and all over the southwest to create exhilarating and memorable times for local youth.

Cost: Free

Contact: James Ransley Email: [jransley@amrshire.wa.gov.au](mailto:jransley@amrshire.wa.gov.au)

Times: Every Wednesday from 3.30pm

Location: Zone Room, Youth Precinct

### Q-Squad

Q-Squad Margaret River. A LGBTQIA+ youth support alliance for the MRSHS students. Working towards an inclusive safe school. Be part of the constructive celebratory conversation and leave bigotry at the door.

Cost: Free

Contact: Carolyn Ralph, 0400739488

Times: School hours.

### Concrete Club

[Evening outreach](#), safe space for youth, 12-25. Youth worker on site at the Zone Room. Will run various activities, pi

Cost: Free

Contact: Jacque Ashworth 0409 821 293 - Email: [concretesk8club@gmail.com](mailto:concretesk8club@gmail.com)

Times: Thursdays & Fridays 5:30-7:30 pm

Location: Zone Room, Youth Precinct

### [Q-Squad Rollerskate workshops](#)

Free roller skating workshops with Q-Squad for young people who identify as LGBTQIA+ and allies funded by the Heart Foundation. Concrete club offer other low cost skate programs on other days, see the website for more detail.

Contact: Jacque Ashworth 0409 821 293 - Email: [concretesk8club@gmail.com](mailto:concretesk8club@gmail.com)

Times: Wednesdays 3:30pm

Location: Zone Room, Youth Precinct

### [Yeah the Boys](#)

Boys 12-25, safe space to connect, pizza nights and basketball. Focus on Aboriginal youth but welcoming to all.

Cost: Free

Contact: Angela Ramirez Email: [angela.ramirez@education.wa.edu.au](mailto:angela.ramirez@education.wa.edu.au)

Times: Fridays after school

Location: Zone Room, Youth Precinct

### Accord West Outreach to Margaret River

Family and relationship service, all ages to help individuals and families. Provides counselling, parenting advice and education, mediation. Tenancy Advice education service; advocacy, casework and conciliation to tenants, community education. Drug and Alcohol program: Counselling for young people (12-35 years) individuals and family, casework, information and education, advocacy.

Cost: Free

Phone: 9729 9000 and speak to intake officer.

Email: [Gail.varis@accordwest.com](mailto:Gail.varis@accordwest.com)

Times: by appointment

Location: MRCC

### JSW Training and Community Services Outreach to Margaret River

Youth South West Program for young people (12- 18 years) Parent/teen conflict, bullying, legal issues with court or youth justice, school work, Substance abuse, referral to other service, employment/training, sexual health.

Cost: Free - Referral Form needed.

Phone: 9721 5033

Email: [info@jsw.org.au](mailto:info@jsw.org.au)

Time: by appointment

## Schools based and partnership programs

### Headspace

#### [Leavers education](#)

High School, Term 4 – CAN GO TO ANY SCHOOL

### Cowaramup Primary

[Non violent communication](#) – Empathy program at Cowaramup Primary School

#### [Positive Minds](#)

Positive Minds Australia specialises in knowledge, expertise and evidence based techniques that help build confident, resilient and socially-emotionally capable people.

### Margaret River Primary

#### [Workshops for parents](#)

Focused on anxiety in children – run by school psychologist – pending COVID restrictions lifting.

[Triple P – Positive Parenting Program](#) - pending COVID restrictions lifting.

Focus for the MRPS is to make this program more accessible in shorter targeted session for parents. The Triple P – Positive Parenting Program is one of the most effective evidence-based parenting programs in the world, backed up by more than 35 years of ongoing research. Triple P gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior and prevent problems developing.

## MR High School

### Compass

Individual case management supporting year 7-10. Compass works with students and their carers to connect them to community and address barriers to successful education engagement.

Also supports Yr 6 students who have been identified by the schools as needing additional support to transition to secondary school.

Program for years 7-10

Contact: Kath Langridge for more information Email: [kathryn.langridge@education.wa.edu.au](mailto:kathryn.langridge@education.wa.edu.au)

Referral process through the Department of Education only.

### Participation coordination

Referral through the school for youth that have decided to pursue alternative pathways or have completely disengaged from school. Years 11-12 only. Role of PC is to support and monitor the transition into another full time pathway, such as further education, training, employment, apprenticeship/traineeship etc. PC links young people into other services for ongoing support if needed and monitor them until they become post-compulsory school age (end of year 12 or turn 18 years).

Program for years 11-12

Contact: Kate Carter Email: [kathryn.carter@education.wa.edu.au](mailto:kathryn.carter@education.wa.edu.au)

### Big 10 day

Join MRSHS as we focus on the BIG 10 Positive Emotions: Joy, Gratitude, Serenity, Interest, Hope, Pride, Amusement, Inspiration, Awe & Love.

In addition to just "feeling good", among the many psychological benefits, the experience of positive emotions broadens our mind, increases creativity, and makes us more resourceful and more resilient towards things like stress, which, in turn, positively affects all areas of our life, including our satisfaction at work, our social connections, work productivity and more. Just imagine how positive emotions can contribute to our engagement.

Looking for community PARTNERS to be engaged and host a stall to interact with students.

Cost: Free

Contact: Melanie Chapell, year 10 coordinator Email: [melanie.king@education.wa.edu.au](mailto:melanie.king@education.wa.edu.au)

Date: TBD – TERM 4

Location: MRSHS

### Mentoring program – VOLUNTEERS NEEDED

MRSHS ED-Connect Mentoring Program:

Do you have a spare 1 HOUR a week and an interest in sharing your life experience with a young person?

Do you want to make a difference and provide some extra help and guidance to a young person?

Margaret River SHS has run a successful Mentoring program for over 15 years.

There is also currently a mentoring program at Karridale and Augusta Primary Schools.

Contact: Kathryn Seisun [kathryn.seisun@education.wa.edu.au](mailto:kathryn.seisun@education.wa.edu.au)

### Eco Health program – **SUSPENDED till 2023**

EcoHealth program's aim is to improve the mental health and resilience of the young people involved, as well as repairing local environment. Students are engaged over 20 weeks in ecological regeneration work and nature-based projects along the coast. It also offers them opportunities to gain valuable work experience and a range of work readiness skills. This program was run at MRSHS in 2021 and evaluated by UWA. Now it has been successfully funded by Lotterywest. This program is a unique and enriching opportunity on offer for free to students at MRSHS.

Contact: Co-coordinators Suzanne Hicks [suzanne@ingemar.com.au](mailto:suzanne@ingemar.com.au) and Sandra Robertson Email: [sand79@bigpond.com](mailto:sand79@bigpond.com)

### Hard Talk Helps

Workshop/talk for families – community partnership with YouthCARE and community mental health services.

**PENDING**

Contact: Kathryn Seisun [kathryn.seisun@education.wa.edu.au](mailto:kathryn.seisun@education.wa.edu.au)

## Community based

### Shire of Augusta Margaret River

#### APRIL 2022 Youth Week Celebrations – All FREE

Wear your most colourful outfit and celebrate pride with Margi Pride and Drag Queens.

Date: Friday the 8<sup>th</sup>

Times: 3:30-5:30pm

Location: Youth Precinct

Get your groove on for a musical afternoon at the Margaret River Skatpark

Dates: Saturday the 9<sup>th</sup>

Times: 2-4pm

Location: Youth Precinct

Leave your mark and help us paint a mural onto the Zone Room sea container with local artist Stu McMillan

Dates: Monday the 11<sup>th</sup> of April

Times: 9am onwards

Location: Youth Precinct

Contact for youth week activities:

James Ransley Email: [jransley@amrshire.wa.gov.au](mailto:jransley@amrshire.wa.gov.au)

### RISE programs

The Shire of Augusta Margaret River has started a youth development project for young people called RISE (Resilient Innovative Skilled Employed), free workshops, events and skills development opportunities.

For the next RISE workshop we are teaming up with Mike Dunn, from The SouthWest Studio for a 4 day FREE Visual Effects Course for Youth. This free course will give students insights into the creation of visual effects used in post production film. It will cover a wide range of topics from basic camera operation through to cutting edge filmmaking technologies such as virtual cinematography.

The course is an excellent primer for students wishing to enter the CinefestOz Cinesnaps short film competition. Access to studio and equipment can be arranged after the course for those with entries in the short film competition (<https://cinefestoz.com/cinesnaps/short-film-competition/>)

Ages: 13-18 year olds

Cost: Free, only 10 places left

Contact: <https://thesouthwest.studio/courses/introduction-to-visual-effects>

Date: 19-22 April (2nd week of school holidays)

### SAMM Fest

In November, date TBC with be an event focussed on Skating, Arts, Music and Mental Health. This is a free annual shire-run event every November in the Youth Precinct making use of the skate park.

Contact James Ransley for more information on [jransley@amrshire.wa.gov.au](mailto:jransley@amrshire.wa.gov.au)

### Youth Trainee

The trainee role is a 12-month long position filled annually by a Year 12 graduate who works with Shire staff on projects around youth development, community engagement, event planning and communications.

James Ransley is our Youth Trainee for 2022.

<https://www.amrshire.wa.gov.au/services/community-development/youth>

### Raising the Vibe Festival – October 2022

Raising The Vibe will celebrate our youth - of all cultures and abilities - sharing the importance of mental health and wellbeing through music.

Cost: Free

Contact: Angela 0402 373 686

Date: 22 October 2022

Location: Busselton Foreshore

Transport: Free buses for youth from Margaret River to Busselton and back

**Needed: Volunteers for this event, youth can volunteer as well as adults!**

### Youth Mental Health First Aid Training

Bunbury March 26 <https://mindfulmargaretriver.org.au/events/>

## Potential Programs

### StandBy –

**If you are interested in any of the below StandBY workshops, please email Lisa Laschon**

**([Lisa.Laschon@anglicarewa.org.au](mailto:Lisa.Laschon@anglicarewa.org.au))** or if you want to attend one in the community, please contact Erin from MMR Phone: 0448 760 737

### What do I say? What do I do? (3hr workshop)

Designed for: All community members. Can be delivered as part of work-place professional development for staff.

Purpose: To increase understanding of suicide bereavement and learn basic support skills.

Topics covered:

- Postvention
- Crisis, trauma and grief
- What makes suicide different from other sudden death



- Beliefs and values
- Support approaches and best practice
- Self-care

#### Supporting Children and Young People impacted by suicide (3hr workshop)

Designed for: Service providers and professionals who work with children and young people.

Purpose: To increase understanding of the impact of suicide on children and young people and how best to support them during postvention activities.

Topics covered:

- Discuss the impact of trauma and grief on children and young people
- Protective factors and considerations for support
- Maintaining routine/returning to school
- Sample activities, available resources and services
- Self-Care

#### Pathways to Care workshop (full day workshop)

Designed for: First Responders, GPs and other front line responders, schools, community organisations, community suicide prevention action groups.

Purpose: To engage organisations to participate in developing a strategic and planned approach to suicide postvention within their community to support those bereaved or impacted by suicide.

Topics covered:

- Postvention
- What is suicide and its impacts
- Crisis, trauma and grief
- What makes it different from other sudden deaths
- Work through a case scenario to determine how the community may respond
- Self-Care

#### Dismantle – possible project

##### Hands on program for at-risk young people

Bike Rescue programs across the state – hands on engagement programs for at-risk young people. We ran a program with AMR last year in October holidays, which included a holiday program for 20 young people and employment for a group of them at the Cape to Cape bike race.

**Currently investigating interest from relevant groups for a similar project this year.** – Do you want to partner? Please contact Lawson.

Contact: Lawson Smith, Programs Manager at Dismantle

Phone: 0474 198 469 – Email: [lawson@dismantle.org.au](mailto:lawson@dismantle.org.au)

Web: [www.dismantle.org.au](http://www.dismantle.org.au)

#### Barbarians Group

##### Tomorrow Man– proposed/offered to MRSHS

What does it mean to be a bloke today? And what do we want it to look like tomorrow?

The tide is changing for men young and old, and the outdated stereotype is leaving some of our mates, dads, sons, uncles, teammates, workmates and brothers stranded without the tools for a healthy life.

Tomorrow Man facilitates workshops for boys, teachers and parents in schools, and men in sporting clubs, workplaces and communities. We explore how we can look after ourselves, our mates and families better while carving out our own version of the Aussie man.

It's time we got in a room to have a no holds barred conversation about the state of man; face the stats and create room to break the stereotype.

### Tomorrow Woman – proposed/offered to MRSHS

Through unpacking the history, expectations and facts of modern day womanhood we support women to reinvent an unapologetic version of femininity for the women of today and tomorrow.

### Tomorrow Person – Speak up Speak out – potential program for MRSHS

Bringing men and women together this workshop unpacks traditional gender roles. Through a mixture of engaging activities, shared laughs and deeper conversations we enable participants to build more meaningful connections.

## Aboriginal Medical Services

### Beat Ball

Event in partnership with the Indigenous Institute of Wellbeing & health, in Busselton. This was over a 4-week period and was a very successful way to engage with youth and share mental health, sexual health and general health messages. This is on offer for MRSHS.

We are running a youth week activity in partnership with West Coast Eagles, City of Bunbury and Indigenous Institute of Wellbeing & health. This will include Beat Ball and the Eagles Free Flow footy. We are also working closely with Clontarf and Shooting Stars across the region.

AMS is happy to work with the high school and other community services to get something like Beat Ball happening in the Margaret River region, in particular amongst the Aboriginal community.

Contact: Jasmin Brown – AMS Email: [jasmin.brown@swams.com.au](mailto:jasmin.brown@swams.com.au)

### Tools at Schools

Offered to MRSHS unsure if it is being taken up

Contact: Jasmin Brown – AMS Email: [jasmin.brown@swams.com.au](mailto:jasmin.brown@swams.com.au)

## MR PRO

### Healthy Habits Zone

MR Pro funded by Health ways - MAY 2022–

Looking for partners do you want to be involved and host a health habit stall or activity at the MR Youth Precinct?

If so get in touch with Erin Statz 0448 760 737

## safeTALK half-day workshops

[safeTALK](#) is a half-day alertness workshop that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.

Workshop features:

- Presentations and guidance from a LivingWorks registered trainer
- Access to support from a local community resource person
- Powerful audiovisual learning aids
- The simple yet effective TALK steps: Tell, Ask, Listen, and KeepSafe
- Hands-on skills practice and development

[Mindful Margaret River](#) will provide this training in partnership with schools, community groups, the Shire and any interested community individuals interested in this training. [Please contact Erin Statz to register your interest in SafeTALK](#) 0448 760737 or [erin@mindfulmargaretriver.org.au](mailto:erin@mindfulmargaretriver.org.au)

## Existing services for youth and families

### Standby

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

The program offers coordinated evidence-based support and resources (including connections to local services and groups) that is individualised for each person's unique circumstance. This support is continued for up to two years to ensure those that engage with StandBy are not alone and receive ongoing support.

StandBy builds community preparedness and resilience through extensive training to community and professional groups to ensure effectiveness and that duplicated effort is avoided. The program is also ideally placed to offer a settings-based approach, providing group support after a suicide for schools, workplaces and community groups.

### Relationships Australia

[Tuning into teens](#) being facilitated by Relationships Australia, Deb Woods – 5 week parenting program online. In progress.

[4Families](#) - Free service that provides whatever support families and carers need, linking them to a variety of services to reduce family stress and enable children and young people to reach their full potential including counselling and emotional support, information and referrals, home-based family support.

Where families and carers need more assistance, we will actively work with other services including schools, community organisations, Centrelink and mental health services. 6164 0600

[Counselling](#) - We provide counselling for families, including group and individual sessions, and are experienced working with families from a range of social circumstances and cultural backgrounds. Cost on a sliding scale depending on income. Generally counselling face-to-face is most effective. However we realise that sometimes you may not be able to visit one of our locations. In this case please call 1300 364 277 to arrange for counselling support via phone or online.

### South West Counselling

[Counselling](#) - For families and children, relationship issues, Depression, Anxiety, Stress, Bereavement, Family Separation, Trauma, Family and Domestic Violence, Grief, Self Esteem Issues, Health Issues.

Cost: Free for under 18 year olds.

Contact: Phone (08) 9754 2052 - Email [admin@swcounselling.org.au](mailto:admin@swcounselling.org.au)

Location: Margaret River Community Centre

Times: by appointment

## RADIANCE

### [Peer support group](#)

For women in Margaret River with young children needing support.

Cost: Free

Contact: Phone 0490 094 994 – Email: [admin@radiancesouthwest.com.au](mailto:admin@radiancesouthwest.com.au)

## Headspace Margaret River

### [Headspace support young people](#)

12-25, no referral is needed.

Cost: Free

Contact: 6164 0680

Location: 36 Station Road, Margaret River

Times: by appointment

## Community Child and Adolescent Mental Health Service (WACHS) Busselton

[Mental health assessment](#), Diagnostic clarification, collaborative treatment and planning, mental health education and brief intervention.

Cost: Free

Contact: Phone: 9722 4300 - Email: WACHS – [SWCAMHSadmin@health.wa.gov.au](mailto:SWCAMHSadmin@health.wa.gov.au)

Time: By appointment

## Accord West

### [Outreach](#) to Margaret River Community Centre - FREE

Family and relationship service, all ages to help individuals and families. Provides counselling, parenting advice and education, mediation. Tenancy Advice education service; advocacy, casework and conciliation to tenants, community education. Drug and Alcohol program: Counselling for young people (12-35 years) individuals and family, casework, information and education, advocacy.

Cost: Free

Phone: 9729 9000 and speak to intake officer.

Email: [Gail.varis@accordwest.com](mailto:Gail.varis@accordwest.com)

Times: by appointment

Location: MRCC

## JSW Training and Community Services

### [Outreach to Margaret River](#)

Youth South West Program for young people (12- 18 years) Parent/teen conflict, bullying, legal issues with court or youth justice, school work, Substance abuse, referral to other service, employment/training, sexual health.

Cost: Free - Referral Form needed.

Phone: 9721 5033

Email: [info@jsw.org.au](mailto:info@jsw.org.au)

Time: by appointment

## Beyond Blue

Dedicated [coronavirus mental wellbeing support service](#)

Phone: 1800 512 348 Hours: 24/7 Cost: Free (cost of local call applies, and could be more from mobile).

## Youth Collaboration – Team 6

Name	Role in community	Email	Attending
Kate Carter	Participation Education Coordinator	kathryn.carter@education.wa.edu.au	TEAMS
Natalie Muir	Mngr Student Services yr 10-12	natalie.muir@education.wa.edu.au	TEAMS
Suzanne Hicks	Eco Health	suzanne@ingemar.com.au	TEAMS
Shannon Walker	Community	swalker@amrshire.wa.gov.au	TEAMS
James Ransley	Shire Youth Trainee	jransley@amrshire.wa.gov.au	TEAMS
Sandra Robertson	Eco Health/Nurse	sand79@bigpond.com	TEAMS
Marilyn Hopkins	Board/Community	mhopkins@iinet.net.au	TEAMS
Kathryn Seisun	Mentor Coordinator & School Chaplain	kathryn.seisun@education.wa.edu.au	YES
Jason Cleary	Shire of AMR Community Development	jcleary@amrshire.wa.gov.au	YES
Danielle Sherlock	Mngr Student Services yr 7-9	danielle.sherlock@education.wa.edu.au	YES
Belinda Hutchinson	Headspace	Belinda.Hutchinson@headspacebunbury.org.au	Martin in place
Kellie Gray	High School psychologist	Kellie.Gray@education.wa.edu.au	Apologies
Aaron Thomas	Principal MRPS	Aaron.thomas@education.wa.gov.au	YES
Carolyn Ralph	Learning support coordinator	carolyn.ralph@education.wa.gov.au	TEAMS
Melanie Chapell	Yr 10 Coordinator	melanie.king@education.wa.edu.au	YES
Gianna Cavalli	Parent	giannac@gpdownsouth.com.au	YES
Kath Langridge	COMPASS	kathryn.langridge@education.wa.edu.au	TEAMS
Benjamin Smith	WAPOL - Youth	benjamin.smith2@police.wa.gov.au	
Jacque Ashworth	Youth outreach ZONE room	<a href="mailto:concretesk8club@gmail.com">concretesk8club@gmail.com</a>	YES
Belinda Symes	Yr 4 MR Primary School	belinda.symes@education.wa.edu.au	Tentative
Arianna Patrick	CAMS	Arianna.Patrick@health.wa.gov.au	Apologies
Andrew Host	Principal MRSHS	Andrew.Host@education.wa.edu.au	Apologies
Katie Taylor	Shire	ktaylor@amrshire.wa.gov.au	Apologies
Marg Lindsay	YouthCARE	youthcare.amr@gmail.com	YES
Lawson Smith	Dismantle	lawson@dismantle.org.au	TEAMS