Understanding & Building Resilience in the South West

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About ICCWA

- ICCWA is the peak non-government not-for-profit organisation involved in injury prevention and community safety promotion in WA.

Acknowledgements

• Australian Government Department of Health and Ageing
• WA Country Health Service – South West
• South West Aboriginal Medical Service
• Rotary Club Bunbury
• Project Reference Group
• South West Taskforce on Suicide Prevention
Presentation Format

- Background
- Aims & Objectives
- Literature Review
- Methodology
- Key Findings
- Recommendations
- Where are we now?
The South West
The South West
Project Background

- Community concern & commitment (Rotary)
- SW Population Health
- South West Forum & Taskforce ➞ NSPS grant
- Focus on resilience and community factors for suicide prevention
- ICCWA’s role
- SW Steering Group
- SW Aboriginal Medical Service
- Research Phase Feb 2005 to May 2006
- Implementation Feb 2006 to May 2009
Project Aim & Objectives

To produce an **evidence-based** and **community endorsed** report that will provide recommendations on how to build resilience and reduce risk factors for suicide in the South West.

1. Gather evidence of resilience factors
2. Promote awareness/informal skill building
3. Evaluation & sustainability of project
What is Resilience?

Resilience refers to a person’s “ability to bounce back or recover after adversity or hard times and to be capable of building positively on these adversities”. [1]

A community is resilient when it can “respond to crises in ways that strengthen community bonds, resources, and the community’s capacity to cope”. [2]


Community resilience for suicide - related to many areas of research

- Individual resilience & mental well being
- Risk & protective factors for suicide
- Community capacity & strength
- Community development
- Social cohesion & social capital
- Social connectedness & belonging/ participation/ social exclusion
- Trust & safety
- Role of social institutions
Methodology

- Action Research Design
- Sampling
- Data collection
- Data analysis
- Community Road Maps
- Validation
- Community endorsement
- Independent evaluation
Action Research Design

- Principles of Action Research
- Engagement within each component of method
- Passionate, ‘active’ people, established within the community
- Facilitated community engagement
Sampling

- South West region of WA > 15 years
- Selection of communities/towns (Suicide rates, rurality, disadvantage index, unemployment, population, industry)
- Representation gender, socio-economic status, cultural background
- Purposive sampling - key stakeholders, Nyungar community, other community members
## Project Participants

<table>
<thead>
<tr>
<th>Town</th>
<th>Total Community Participants</th>
<th>Total Service Provider Participants</th>
<th>Number of Focus Group Interviews</th>
<th>Number of Individual Interviews</th>
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<td>Margaret River</td>
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<td>8</td>
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<tr>
<td>Nyungar communities</td>
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<td>4</td>
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<td><strong>TOTAL</strong></td>
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<td><strong>119</strong></td>
<td><strong>38</strong></td>
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</tbody>
</table>
Data Collection

- Interview tools - Questions developed from literature review of key resilience dimensions
- Stakeholders, Community members, Nyungar community members
- Audio recorded transcribed + notes - focus groups / individual interviews
- Journals kept by researchers
Data analysis

- Collaborative, thematic analysis based on literature (NUD.IST N6)
- Community Road Map – representation of quantitative data and qualitative themes with recommendations for each community
- Validation process - Presentation of key Road Map findings 1.5-2 hours
Key Findings

- Community Membership/Composition
- Facilitators/Barriers to social connection
- Help seeking - barriers & facilitators
- Social support networks
- Community history of addressing issues
- Participation in decision making
- Factors effecting trust and safety
- Service gaps
- Project sustainability - barriers & enablers
Recommendations

1. Form local working/action groups
2. Strategies to assist people to connect with community
3. Build community capacity to recognise and respond to those at risk
4. Increase awareness of referral and support services
5. Promotion of early intervention and education programs
6. Address service gaps & improve access
Where are we now?

- ICCWA now have 3 years NSPS funding until May 2009
- High level of community support
- FT Coordinator, 2 x P/T project officers (1 indigenous)
- Local working groups → local action plans & work on recommendations
- Ministerial Council for Suicide Prevention ‘Gatekeeper Training’
- MindFrame training for media professionals and those working with media
- Project to build upon itself
A Quote to Remember

“There are things people – the community – can do, and that’s spend a minute listening to somebody else. You know – the simple ideas. Sometimes – and most of the time – the best possible activities are not documented, are not time-lined… they just happen because a group of people care enough to do something about it… What we tend to do is professionalise resilience… The reality is that truly welcoming and resilient sort of areas are where people still care, still put out, still attempt to do something and don’t worry if we fail.” (BUSKSH#8, lines 617 – 627)
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Emergency Contacts/ Helplines

Lifeline

Kids Help Line

Mensline

Media Reporting Guide – DO NO HARM

http://www.mindframe-media.info