

Message from the CEO



What an eventful month! The World Federation for Mental Health Conference 2016 is over and myself and my team of volunteers are finally able to draw breath and settle back to our regular work in the areas of suicide prevention and mental health issues.

I would like to extend a big thank you to Trent Twomey for officially opening our exciting conference, to our keynote speakers, all of whom travelled great distances to impart their knowledge to us, to the World Federation for Mental Health for supporting and collaborating with us on this Conference, all presenters, to Gavin Singleton and Gary Creek for their Welcome to Country, all of our Conference attendees and the Foundation's wonderful volunteers. I would also like to thank our sponsors, because without them, we could not provide a conference of such excellent calibre.

One of the Foundation's goals is to link with other groups with similar objectives. I think we achieved that by collaborating together with the World Federation for Mental Health and the many local agencies that supported us.

I trust the Conference provided a valuable opportunity for reflection on current practice and research in areas related to the Conference themes. There was a great diversity and range of topics offered by many presenters from sixteen countries the world. We also had some excellent widespread networking opportunities as well.

Thank you to the committee who have faithfully shared their views with me on what would and should make a great conference. They are all busy people and they have given up their valuable time and worked well together to develop the extensive program that was presented at the Conference.

We have several Life Suicide Prevention Workshops planned prior to Christmas and I look forward to getting out in the communities of Yarrabah, Mossman, Innisfail and several of the Tableland communities.

Until next month, Dulcie.

Collaboration with My Pathway and Project Booyah

In 2016 the local My Pathway organisation through its work with Project Booyah invited the Foundation to deliver its Life Youth Suicide & Self-harm Prevention Workshop to participants of their project.

Project Booyah supports young, at risk people in developing their life skills, equipping them to build careers and a better future. Those taking part in this project had multiple suicide risk factors present in their lives. The three stages of the Life Youth Suicide and Self-harm Prevention Workshop were delivered to participants, the majority of which were aged 14 – 17. Participants appreciated the overall format of the workshop presentations as each stage allowed them to revisit past information given as well as extend their knowledge of risk factors and resources available to help both them and others. Data collected shows an increase in knowledge across time of the important topics related to suicide and self-harm prevention and strongly supports the three stage model.



Dulcie Bird, Megan Irving, Sherry-Lee Yeatman presenting the outcomes of the project at WFMH International Conference 2016

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WORLD FEDERATION FOR MENTAL HEALTH International Conference 17-19 October 2016

**Tourism and Events
Queensland**
Platinum Sponsor

Over 400 delegates from all over the world gathered in tropical Cairns last week for the World Federation for Mental Health International Conference 2016 – and what a week it was!!!

The program was packed with the latest research and developments in mental health from around the world. Over 150 speakers from around the globe presented informative sessions that educated and inspired all who attended. Some highlights of the week included the Opening Ceremony, a moving talk by Janet Paleo, the Great Debate and the Conference Dinner. Below are some pictures of the Conference highlights. More fun snaps and reflections on the Conference will follow in the next edition.



Master of Ceremonies, Tanya Snelling opening the Conference . "Ancient Sounds" greet the international delegates at the opening ceremony with Traditional music.



Fay Jackson preparing for the important and very serious "Great Debate"



Some of our wonderful team of volunteers



Henk Parmentier , Dulcie Bird and Gabriel Ivbijaro



The Troppo on Toast Breakfast on the open air terrace of the Cairns Convention Centre was a stylish affair hosted by the Cairns & Hinterland Consumer & Carer Advisory Group. Professor Gabriel Ivbijaro was guest speaker at the event.

Photos by Frank Quinlan, Porshe Poh & Tanya Snelling

Worklink's Annual Stress Less Day Luncheon



Some of the Directors of the Foundation were fortunate to be guests of Gavin Vincent, St George Bank at Worklink's Annual Stress Less Day Luncheon on Wednesday October 5th 2016. Mary Coustas was the guest speaker. Mary is a writer/performer and well known for her performance in Wogs out of Work and for her character Effie developed for the high rating TV sitcom Acropolis Now. It was a wonderful opportunity to relax and destress.

Christmas Raffle

Drawn 16th December 2016

Winner results will be published in the Cairns post—21/12/16

All proceeds aid the Dr Edward Koch Foundation youth suicide prevention and mental health programs.

- 1st Prize: Rocking horse (valued at \$3500)
- 2nd Prize: Baritone Ukulele (valued at \$1100)
- 3rd Prize: Document Box (valued at \$300)
- 4th Prize: Queensland Maple Bowl (valued at \$150)
- 5th Prize: Cairns Skincare Centre Facial
- 6,7,8,9th Prize (4 draws): Xmas Goodies Baskets



Only \$2 per ticket

Tickets are being sold at shopping centres around Cairns from now till the time of the draw. You can also purchase tickets by calling us on (07) 4053 6757.

Thank you to our sponsors:

- Cairns & District Woodworkers Guild Inc
- Barron River Guitar & Ukelele
- Pyramid Turnings
- Cairns Skin Care Centre
- Bolton Point



Volunteer Sian busy selling raffle tickets

Celebrating Our Volunteers!

The projects conducted by the Dr Edward Koch Foundation would not be possible without our team of hardworking volunteers who all take our time from their days to help us with our cause. Pictured below is one of our regular helpers, Sarah Peters busy at work! Thank you to Sarah and everyone else for your time! We are truly grateful.



Simply Ballroom Dance School

Classes held every Monday night at 7pm. Classes range in styles from traditional ballroom to New Vogue and even Latin. For more information, please call Dulcie on 0409 765 305.



FNQ Suicide Prevention Taskforce

Advertisement Launch

The Dr Edward Koch Foundation's FNQ Suicide Prevention Taskforce launched an advertisement at the WFMHIC. The advertisement is the product of more than a year's work by the Taskforce and was initiated to encourage self-seeking help when a young person is not coping well.

The video shows 3 youths struggling with personal mental and emotional issues and how they resolve these by asking for help. Ruth Crouch is a Taskforce Volunteer who was present at the launch of the advertisement last week. Ms Crouch, whose 13-year-old son Declan took his own life in 2011 reiterated the importance of young people dealing with suicidal ideation and other emotional problems, to talk to adults.

The advertisement promotes the importance of individuals struggling with such issues to ask for help. It is currently being shown on YouTube and will hopefully be on community television soon.



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