



CITY OF BALLARAT

# Live4Life Impact Report - 2023







The City of Ballarat acknowledges the Traditional Owners of the land we live and work on, the Wadawurrung and Dja Dja Wurrung People, and recognises their continuing connection to the land and waterways.

We pay our respects to their Elders past, present and emerging and extend this to all Aboriginal and Torres Strait Islander People.



## Executive Summary

This report provides a snapshot of the reach and impact that has been achieved in the first year of implementation of the Live4Life program in Ballarat.

Live4Life is a successful community grown, evidence-based model for improving youth mental health and reducing suicide across rural and regional communities.

The Live4Life model has been proven to make communities more knowledgeable, networked and resilient when it comes to youth mental health, and helps young people develop the skills and confidence they need to support their own mental health and that of their peers.

### Live4Life:

- ✔ Delivers accredited teen and youth Mental Health First Aid® training in schools and to adults in the wider community.
- ✔ Creates local partnerships to lead conversations about mental health that reduce stigma, and
- ✔ Promotes young leaders as Mental Health Ambassadors

Live4Life is the only youth mental health education and suicide prevention model that is designed specifically for rural and regional communities.

Live4Life Ballarat was established in response to a reported increase from schools and agencies in young people experiencing depression, anxiety, cyber bullying and self-harm which has led to the need for a coordinated response to address our young people’s mental health.

### National Statistics:

- ❗ Australia’s suicide rate is 40% higher in rural communities than metropolitan areas
- ❗ Self-harm is 30% higher in rural areas
- ❗ Anxiety and depression are more prevalent in rural areas
- ❗ 63% of young people living in rural and regional communities attempting to access mental health services are unable to access a service



## Live4Life Ballarat Partnership Group

The primary role of the Live4Life Ballarat Partnership Group is to provide strategic direction and leadership to ensure that Live4Life Ballarat delivers all core components of the Live4Life model in order to:

- ✓ Increase the mental health knowledge of secondary school aged students (14-17), teachers, parents and community members;
- ✓ Reduce barriers to seeking help for emerging or current mental health issues in young people;
- ✓ Increase community awareness of local professional help;
- ✓ Decrease stigma; and
- ✓ Build community resilience to address common mental health problems.

The Live4Life Ballarat Partnership Group is guided by the Live4Life core values and principles and drives the implementation of Live4Life in the community and is key to achieving collective impact.

### Live4Life Core Values and Principles are:

#### Values

- ★ Inclusion
- ★ Integrity
- ★ Collaboration
- ★ Respect

#### Principles

- ★ Community and Youth Participation
- ★ Local Strength
- ★ Evidence-based Education
- ★ Reflection



The Live4Life Ballarat Partnership Group is comprised of a robust collective of secondary schools, health provider networks and community organisations.

The delivery of Live4Life in Ballarat is supported by partnering community agencies; headspace, LifeLine Ballarat, Ballarat & District Suicide Awareness Network, City of Ballarat, Ballarat Christian College, Ballarat Clarendon College, Ballarat High School, Wellways, Mount Clear College, Mt Rowan Secondary College, Woodmans Hill Secondary College, Damascus College, Phoenix P-12 Community College, Ballarat Community Health, Department of Education, Diocese of Ballarat Catholic Education, Victoria Police, St Patrick’s College, Loreto College and the Y Ballarat.

The Partnership Group have hosted 12 monthly meetings with over 25 hours dedicated to collaborative decision making, governance and the setting up of the Live4Life Partnership framework to assist with the activation and implementation of the Live4Life model in Ballarat in 2023.

Live4Life Ballarat was officially launched at a Civic Reception on 23rd March, 2023 with over 70 representatives from the Ballarat community in attendance. The first roll out of Teen Mental Health First Aid® training commenced in Term 2 and concluded at the start of Term 4 delivering Teen education to a total of 1246 students across 8 secondary schools.

## Live4Life Model

The Live4Life model is what each community implements collaboratively.

The Partnership Group drives the implementation of Live4Life in the community and is key to achieving collective impact.

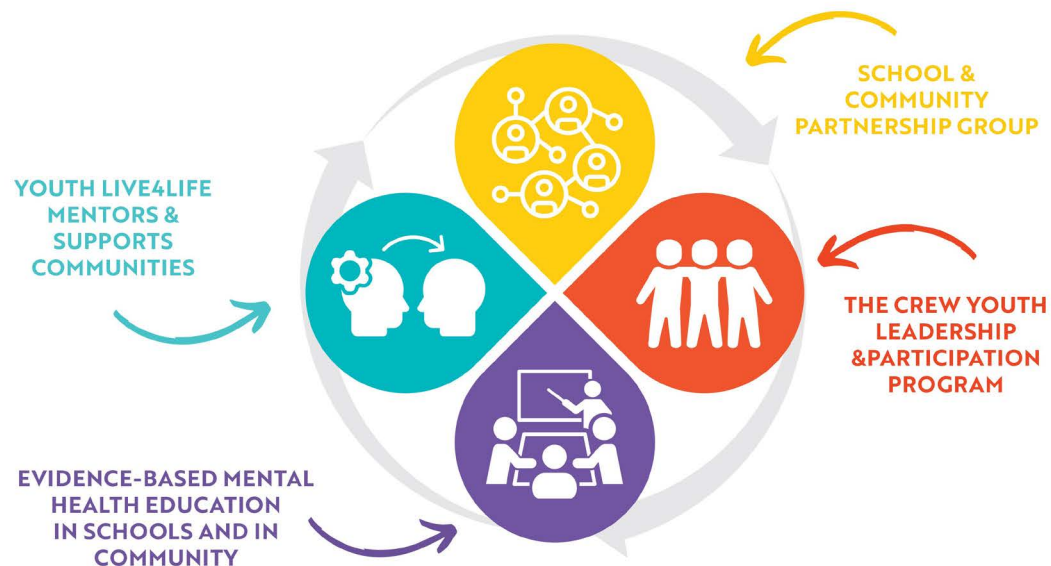
A fundamental component of the model is evidence-based mental health education in schools and community. This is evidence based mental health education across all participating secondary schools and community groups. Ensuring consistent evidence-based messages, knowledge and language is essential in reducing stigma and increasing mental health literacy.

### This component includes:

- ✔ Delivery of Youth Mental Health First Aid® courses to teachers, parents, carers and community leaders.
- ✔ Minimum of 10% of school staff in participating schools are trained in Youth Mental Health First Aid®
- ✔ Year 8 and Year 10 students are trained in Teen Mental Health First Aid® education which includes 3 x 60min sessions (Year 8) and 3 x 75min sessions (Year 10) .



### The Model



**A wrap-around model with young people at the centre**

## Live4Life 2023 – At a Glance



**31** Teen Mental Health First Aid trainers trained



**4** Youth Mental Health First Aid trainers trained



**242** School staff trained in Youth Mental Health First Aid®



**51** Community members trained in Youth Mental Health First Aid®



**5** YMHFA Ballarat community sessions conducted



**8** Participating secondary schools



**1146** Year 8's trained in Teen Mental Health First Aid®



**100** Year 10's trained in Teen Mental Health First Aid®



**61** Teen Mental Health First Aid® training courses delivered



**180** Hours of Teen Mental Health First Aid education delivered



**8** Celebration/Certificate ceremonies hosted



### The Live4Life brand and logo is transitioning in 2024.

The brand-new logo is designed to tell the story of Live4Life at a glance. With 4 colourful loops representing people coming together, the icon conveys that Live4Life are 4(for) life, 4 community, 4 empowerment, 4 people, and 4 inclusivity. Each component of the icon represents a unique individual, as well as each of the 4 stages of the Live4Life model.



# Financials

**To date, Live4Life Ballarat has been generously funded by two key funding contributions:**

- ✔ **\$55,000** – Western Victoria Primary Health Network (WVPHN)
- ✔ **\$75,000** – Ballarat & District Suicide Awareness Network (BDSAN)
- ✔ **Total of \$130,000**

The WVPHN supports the Ballarat Suicide Prevention Place Based Trial (BSPPBT) and was tasked with identifying and prioritising multiple activities that together reduce suicide and suicidal behaviour in the community.

The WVPHN identified a need to support the Live4Life model to mitigate distress and suicidal ideation further reducing risk.

The WVPHN contributed \$55,000 towards Live4Life Ballarat in its activation and implementation 2022–2023.

## Project deliverables

- ✔ **\$29,400** – Recruitment and training of 12 x Teen Mental Health First Aid® (TMHFA) Instructors
- ✔ **\$14,200** – Recruitment of 4 x Youth Mental Health First Aid® Instructors to participate in a public YMHFA Instructor Training course
- ✔ **\$10,500** – Coordination and delivery of 3 x YMHFA courses exclusively for Live4Life Ballarat school staff to ascertain 10% prerequisite of accredited YMHFA in each school community that intends to deliver Teen Mental Health First Aid® to students

The BDSAN is a not-for-profit, community driven incorporated association aimed at reducing the incidence and impact of suicide, through education, the facilitation of partnerships and increasing accessibility to suicide prevention services in the community.

In 2022, the BDSAN was nominated as the recipient of funds raised by The Ballarat Friends of India Association annual Gala Ball. A total of \$75,000 was raised from the annual Gala Ball event. BDSAN identified the Ballarat Live4Life program in which to contribute the entirety of this funding to the suicide education and prevention initiatives being undertaken in Ballarat community.

### This funding partnership agreement has been dedicated to key areas including;

- ✔ **\$58,800** – Recruitment and training of 20 x Teen Mental Health First Aid® (TMHFA) Instructors
- ✔ **\$2,500** – Support 4 x Youth Mental Health First Aid® (YMHFA) Instructors participation, travel and accommodation at public courses
- ✔ **\$6,800** – Delivery of 2 x YMHFA courses
- ✔ **\$2,200** – Mental Health First annual instructor memberships x 20
- ✔ **\$2,400** – YMHFA vouchers for community participations x 40

Additionally, participating schools have also contributed financially to the costs associated with delivering TMHFA including Teen manuals and certificates at \$11 per student estimated to be \$13,706 across all schools. (Figure based on 1246 students participating)

## Donations

Nick Glass, Year 11 student from Ballarat High School, rode his motorbike almost 300km and raised \$500 for Youth Live4Life Ballarat. Nick’s donation has contributed to the costs of Mental Health First Aid® training for adults supporting young people in the Ballarat community.



## In-Kind Contributions

Live4Life’s success and impact is supported with collaborative partnerships and in-kind support and contributions. The following in-kind contributions have been instrumental in the success of the Live4Life program in its first year.

### Participating Secondary Schools

- ✔ Each school has a dedicated representative to coordinate the roll out of Live4Life within their school setting.
- ✔ 2-3 Teen instructors embedded within participating schools.
- ✔ Ensure 10% of school staff are accredited in Youth Mental Health First Aid®
- ✔ Provide staff time to participate in whole school briefing prior to delivery of TMHFA
- ✔ Disseminate information to parents and care-givers
- ✔ Provide additional information to students about TMHFA prior to the delivery of the course.

- ✔ Support students pre/during and post sessions.
- ✔ Schedule course sessions on separate and non-consecutive days/weeks
- ✔ Wellbeing staff to be on campus and available during the delivery of the TMHFA training, pre, during and post sessions.
- ✔ Commitment to the project for the next 3-5 years
- ✔ \$11 pp (certificate and manual)

### Lead Agency – City of Ballarat

- ✔ Live4Life Coordinator – 0.9 EFT
- ✔ Crew Facilitator – 0.4 EFT
- ✔ Coordinator Supervisor – 0.2 EFT
- ✔ Teen Instructor (delivery of 10 courses across participating schools)
- ✔ Establishment of MHFA Community of Practice for Instructors and ongoing facilitation of sessions.

### Community Organisations

- ✔ Ballarat Community Health – 3 Teen Instructors 2 x Youth Instructors
- ✔ Headspace – 2 Teen instructors + supervision for Teen Instructor through a workplace psychologist
- ✔ Wellways – 1 x Youth Instructor
- ✔ Diocese of Ballarat Catholic Education – trained 96 adults in Youth MHFA
- ✔ Department of Education – Teen and Youth Instructor
- ✔ BDSAN – 1 x Teen Instructor
- ✔ Victoria Police – 1 x Teen Instructor
- ✔ Lifeline Ballarat – development of a pilot Suicide Awareness Information session for Ballarat community

Each instructor delivers a minimum of 2 x Teen/ Youth sessions to maintain their MHFA accreditation.





## Reach

Number of people participating in training:

- ✓ **1246 Young people** (1146 Year 8 100 Year 10) have received Teen education
- ✓ **1146 Year 8 students** have undertaken 3 x 60 minutes sessions delivered over non-consecutive days
- ✓ **100 Year 10 students** have undertaken 3 x 75 minute sessions delivered over non-consecutive days
- ✓ **242 Teachers** trained in YMHFA – a 4hr online module followed by a full 1-day training session
- ✓ **51 Community members** trained in YMHFA – a 4hr online module followed by a full 1-day training session
- ✓ **31 TMHFA Instructors + 4 YMHFA Instructors** trained.

Teen Instructors underwent a 4-day intensive Instructor training to become accredited as Teen Mental Health First Aid® Instructors.

Funding paid for 3 x Private Instructor courses – \$88,200 (930 hours of Teen Instructor training)

Youth Instructors underwent a 5-day intensive Instructor training to become accredited as a Youth Mental Health First Aid® Instructor – \$14,200 (152 hours of Teen Instructor training)

By investing in the recruitment and training of local instructors to deliver Mental Health First Aid® training in the Ballarat community, the Live4Life model enables communities to build capacity and ensure long-lasting impact by up-skilling people who live and/or work in the Ballarat community, and ensuring they can maintain the mental health education of their young people and community at low cost.

### Participation of Young People

Participation of young people undertaking the Teen Mental Health Education is highlighted below. 61 Teen courses have been delivered across participating schools with a total of 1246 young people receiving a total of 3,738 hours of combined mental health education. Each year 8 student undertook 3 sessions (60 min each) over 3 consecutive weeks learning how to recognise and appropriately support a peer who is experiencing a mental health problem (eg. depression, anxiety) or a mental health crisis (such as thinking about or engaging in self-injury).

### Teen Mental Health, In-Kind Contribution

(schools, community orgs, City of Ballarat)

Teen instructors have contributed \$26,427 of in-kind support by spending 427 hours to deliver

61 sessions of Teen Mental Health First Aid® to year 8 and Year 10 students. This valuable in-kind contribution towards Teen Mental Health First Aid® education can be highlighted with 33 Instructors contributing \$52,788 of in-kind support by spending 924 hours to undertake TMHFA instructor training.

### Participation of Adults Supporting Young People

4 instructors contributed \$8,680 of in-kind support by spending 140 hours to undertake Youth Mental Health First Aid® Instructor training. YMHFA Instructors have contributed to \$289,850 of in-kind support by facilitating 17 YMHFA sessions, which has resulted in 273 school staff and community members receiving 4,641 hours of Youth MHFA education.



## Live4Life Ballarat survey

A survey was created with input from Ludowyk Evaluation to help inform key data around young people, their mental health literacy and impact of teen education.

### The survey received 631 responses from 7 participating schools and the results highlighted:



**73%**

of students indicated that they are able to identify when someone may have a mental health problem.



**78.5%**

of students felt that there was importance of understanding young people and their mental health.



**88%**

of students have sought support for their mental health by visiting their school wellbeing team, a trusted teacher, spoken with their parents/carer, another trusted adult, or a friend about needing support.



**55%**

of students said they feel that they can discuss mental health in normal conversations.



**46%**

of students said that they have talked about their mental health with their friends.



**38%**

of students said they have talked to their family about mental health.



**81%**

of students think that Mental Health education in school is important.



**Through the Live4Life Ballarat Partnership Group it was identified that additional support and information was needed for those members of the Ballarat community concerned about someone who might be thinking about suicide.**

Lifeline Ballarat designed a suicide awareness and information session entitled “*CALL for help*”. In the two-hour session participants learn to recognise signs of suicidal ideation and behaviour and practical steps to help keep the person safe. A pilot session hosted 15 people from the Ballarat community, including parents, school staff, community members, clinicians and Live4Life community partners.

Post-session evaluation demonstrated that all participants found the session to be relevant and easy to understand. 100% of participants also reported that they now would know what steps to take once they recognised the signs of suicide, and would know where to get further help. Every participant reported that they would “*definitely*” tell others about the CALL for help session.

- ★ **“Great delivery, easy to understand content”** – *Community partner*
- ★ **“Understanding of us, easy to understand, friendliness, no judgement”** – *Parent*
- ★ **“I liked suggestions of specific words or phrases to use because I wouldn’t have the words myself”** – *School staff member*

## Live4Life 2024

### Looking Ahead

The roll out of Live4Life in Ballarat in 2023 has created a promising future for young people and adults supporting young people in the Ballarat community. In 2024 the Live4Life model will be implemented in 10 participating secondary schools through the delivery of Teen education to both Year 8 and Year 10 students. This is an estimated reach of 3,500 students.

Conversations continue to be had with other education providers and flexible learning environments in Ballarat for roll out in 2024 and beyond.

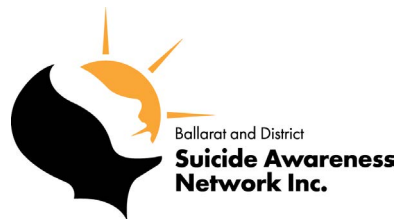
In 2024 'The Crew' will launch in participating schools, Crew is the peer-led, youth participation component of the Live4Life model that promotes young people as mental health ambassadors. It reinforces key mental health messages taught as part of the TMHFA training and supports young people in delivering events and initiatives throughout the year that aim to educate, help reduce stigma and encourage help-seeking behaviour.





**We would like to acknowledge the invaluable contributions to the Live4Life Partnership Group members for their tireless dedication and support in the roll out of the Live4Life model in 2023. An immense thank you to Youth Live4Life and to the Live4Life Ballarat Partnership Group:**

<b>Ballarat &amp; District Suicide Awareness Network</b>	Des Hudson Lindy Packer Chris Packer	<b>Diocese of Ballarat Catholic Education</b>	Brooke Nester	<b>Ballarat Christian College</b>	Scott McKenzie Haydn Croton
<b>Western Victoria Primary Health Network</b>	Michael Struth	<b>Ballarat High School</b>	Georgia Leorke Jay Ketrak Shirlene Laurie	<b>Woodmans Hill Secondary College</b>	Shannon Ross Ashton Turale Jessica Hollands
<b>City of Ballarat</b>	Craig Donaldson Rebekah Robertson	<b>Phoenix P-12 Community College</b>	Karen Snibson Deanne Joosten Nick Healey Alex Patterson	<b>Ballarat Clarendon College</b>	Jen Bourke David Struth Kirsty Walsh Dean Griffin Dan Nelson
<b>Headspace</b>	Janelle Johnson Andy Penny Jesse Park	<b>Ludowyk Evaluation</b>	Natasha Ludowyk	<b>St Patrick's College</b>	Kevin Robillard Mark Robson Kenneth Spedding Tom Nash Kerry Parkinson Jonathon Butters
<b>Ballarat Community Health</b>	Louise Feery Hannah Watson Leo Arnold Megan Matthews	<b>Damascus College</b>	Andrew Robertson Hannah Keating Claudia Griffin	<b>Loreto College</b>	Gemma McDermott Kelly Pearce
<b>Lifeline</b>	Belinda Collihole Denise Corboy Kerry Dawson	<b>Mount Clear College</b>	Fionna Wooller Sherryn Huff Nic Taylor	<b>Wellways</b>	Kristy Steenhuis
<b>Department of Education</b>	Sarina Mirabelli Beth Sutton Graeme Reynolds	<b>Mount Rowan Secondary College</b>	Nick Stephens Gabrielle Salkowski Matthew Drain	<b>The Y Ballarat</b>	Larelle Kuczer Asha Buckmaster
		<b>Victoria Police</b>	Melissa Peters		





"I did the Live4Life program and it helped me a lot to understand there is a lot more to mental health, it's not just a joke that kids make its an actual problem in real life that we need to take seriously because its something that you could one day feel. This program helped me to know that there is support out there and that we are never alone in our mental health struggles even when we feel alone, there is always help."

*Year 8 female*



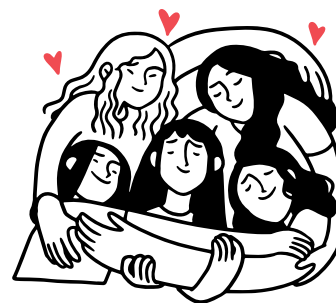
"The training has influenced my ability to communicate with others because I know what to look for and how to solve a problem."

*Year 8 student*



"I felt it was an impressive way to raise awareness of this problem and help us understand"

*Year 8 student*



"I recently participated in Live4Life, through this program I gained skills to talk to my friends and family about mental health issues. I've gotten a better understanding of Mental Health and how many people go through this. I learnt about the supports that are available and that there is always someone to go to."

*Year 8 male*

"I feel more confident now that I know everyone is being educated about the subject by understanding what other people might be going through."

*Year 8 student*

"I was a participant in the Live4Life program. This program has helped me a great deal. I feel like I can be a better person as well as a better friend. I am glad I was a participant in this program and I hope that future students will also have the opportunity to participate in this program."

*Year 8 male*

“One of our students came to wellbeing a week post the final session and spoke to wellbeing about one of their friends who they were concerned about because of disclosures of self-harm and thoughts of suicide.

This student said that they previously would not have come to wellbeing but from completing the TMHFA they knew that it was important to tell an adult that they were worried about their friend.

The friend then was supported and the family made aware to ensure they were supported outside of school as well as inside of school.”

*Ballarat High School*

“The Live4Life program gave our students the language to speak about mental health and the tools to seek assistance for themselves or others.”

*Mel Pompe - Assistant Principal Year 7/8 & Wellbeing, Ballarat High School*



“The classes engaged maturely and respectfully with the material, and showed a lot of respect to guest facilitators. Throughout the training the students also showed a high level of care for their fellow students by creating a safe environment, and by also checking in on one another.

The class demonstrated a very high level of emotional intelligence and empathy throughout the course, and engaged enthusiastically and wholeheartedly throughout. At every step they made teaching the content easy and fun, and created a safe and respectful space for all present.

The Instructor training helped build on my current knowledge of mental health supports and developed my facilitation skills when engaging with students. The content of TMHFA is engaging, supportive, and proactive, and I feel well supported in delivering the content in a safe and sensitive manner. Upon completion of the training

I feel that I am now well equipped to represent the Live4Life Program in Ballarat.”

*Andy Penny - Ballarat Headspace Instructor*

“The TMHFA trainer course has given me a solid framework for increasing our students’ mental health literacy in an approachable and developmentally appropriate way. The trainer course gave us the skills to hold space for rich conversations around mental health that strike the best balance between challenging our students to think and grow, as well as keeping them safe. Our instructor was a beacon of practice wisdom in terms of delivering the content herself, and she empowered all of us to impart our own uniqueness and experience to the training that we will be delivering. I can’t wait to roll out the training with our year 8s!”

*Ashton Turale - Woodman’s Hill Secondary College Instructor*



“The involvement of all schools in Ballarat coming together to implement this initiative is a testament to the collective commitment to community well-being.

The ripple effects of this collaboration are foreseeable in the broader Ballarat community, with increased mental health awareness, reduced stigma, and improved overall well-being. Live4Life is not just a program; it’s a catalyst for positive change, and its benefits extend far beyond the school environment.”

*Hannah Keating – Leader of Student Wellbeing, Damascus College*



“Live4Life has been an incredibly valuable program for our students, staff and wider community at Woodmans Hill Secondary College.

It has enabled us to facilitate deep conversations about mental health and mental illness and to begin to develop a common language around supporting our community members.

It has been a real pleasure to work collaboratively with City of Ballarat, community-based organisations and other schools to achieve our positive outcomes for 2023. We look forward to continuing this partnership into 2024 and beyond.”

*Shannon Ross – Woodman’s Hill Assistant Principal, Wellbeing*



“It has been pleasing to observe the Live4Life journey roll out in the Ballarat area. We have been witness to schools and the community coming together to proactively take action to support the youth of our town. It is so rewarding to be able to work from a proactive lens.”

*Sarina Mirabella – Manager Student Support Services, Department of Education*





## **If you or someone you know needs mental health support**

Please visit [beyondblue.org.au](https://beyondblue.org.au) or  
call their 24/7 hotline on 1300 22 4636.

You can also visit [lifeline.org.au](https://lifeline.org.au) or call on 13 11 14

Help for young people is available  
at [kidshelpline.com.au](https://kidshelpline.com.au) or  
by calling them on 1800 55 1800

For local support please visit [Ballarat.help](https://Ballarat.help)

