
ANNUAL REPORT 2016-2017

CHAIRMAN'S REPORT

The Dr Edward Koch Foundation has had a very busy, event packed year as we worked on our various projects and activities. I am happy to report, as I reflect back on the challenges and accomplishments of the past year, that the Foundation has been very successful in the management of all of its activities and has had direct, effective impact on vulnerable populations in the north.

Without support from the community, it would be very hard to achieve so many of the outcomes of our initiatives. So my first thoughts are to thank all of the hard working volunteers who have helped with the mammoth task of organising a conference this year, keeping the administration of the Foundation going, selling raffle tickets and aiding with the numerous projects being developed or implemented.

Donations and sponsorships continue to come in and are largely sourced through our Volunteers Program which plays a large part in the organisational framework of the Foundation.

Our new groups formed this year will be added valuable resources for the Foundation – the Stigma Reduction Committee and the Lived Experience Reference Group. This last group, whose members have been bravely talking to ABC radio audiences this year: sharing their experiences in such an open way, is truly admirable. Feedback for this initiative has been very positive.

Graham Koch, Chairman

CHIEF EXECUTIVE OFFICER'S REPORT

I am very proud of the achievements of the past year. A highlight, of course, was the World Federation for Mental Health International Conference 2016 that the Foundation co-hosted. It was exceptional, with wonderful keynote speakers and offered a wealth of information through the impressive and stimulating program that aimed at challenging and stimulating discussion surrounding the Conference theme of "Moving Towards a Mentally Health Community". This three day Conference, with speakers from many countries of the world were able to reach an audience of researchers, practitioners, health workers, the "key players" within the mental health and suicide prevention sector, those within the community and anyone affected by suicide; and impart their knowledge to them for their further use and dissemination.

Thanks are extended to Trent Twomey for officially opening our exciting conference, to our keynote speakers, all of whom travelled great distances, to the World Federation for Mental Health for supporting and collaborating with us on this Conference, to all presenters, to Gavin Singleton and Gary Creek for their Welcome to Country, to 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.

This was also the year when we commenced the trial of our newly developed youth suicide prevention workshop to students in one of our local high schools. The Foundation's workshops educate youth in how to enhance and maintain their emotional wellbeing, placing great emphasis on encouraging help-seeking behaviour in response to identified risk in self and other. The information provided in the Foundation's workshops is the most up-to-date, evidence-based mental health information available, delivered in a format that is accessible to young people. To date, outcomes of the trial, which is continuing, are highly positive.

I was also excited at attending a Black Dog LifeSpan workshop, in Sydney as part of the Community Action Plan project. This was a very informative workshop as the LifeSpan model is a new, evidence-based approach to integrated suicide prevention. It combines nine strategies that have strong evidence for suicide prevention into one community-led approach incorporating health, education, frontline services, business and the community.

I also attended a valuable roundtable discussion to inform an update of the *Queensland Suicide Prevention Action Plan 2015-17* as part of the current review process for the *Queensland Mental Health, Drug and Alcohol Strategic Plan 2014-2019* in Brisbane at the invitation of the Qld Mental Health Commissioner.

In closing, much of the work we've done this year could not have been achieved without the efforts of our volunteers and supporters, so I wish to extend my thanks to all of them.

Dulcie Bird, Chief Executive Officer

DIRECTORS

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|  | <p>Mr. Graham Koch (Chairman) Graham Koch Dip.FS(Financial Planning) Com.Dec. – Graham was appointed a director in March, 1997 and became chairman in 2001. Graham has been involved in the financial services industry for over 40 years. He is a director of KIB Insurance Brokers and holds an advanced diploma in financial services (financial planning) and is a member of the Association of Financial Advisers. Graham also serves the community as a Commissioner for Declarations and is a Past District Governor of Rotary International. Dr Edward Koch was Graham's great-grandfather.</p> |
|  | <p>Mrs. Dulcie Bird (Chief Executive Officer) Dulcie, born in Cairns is well aware of many of the problems which are relevant to living in Far North Qld. Dulcie has always involved herself in community work, and is well regarded for her support of children who have disabilities and her work in suicide prevention. Dulcie has a Bachelor of Social Science (with a major in Sociology and French), from James Cook University. Dulcie has been honoured with an Australia Day Award for services both to art and the Dr Edward Koch Foundation.</p> |
|  | <p>Mr. Neil Parsons Neil Parsons' family has a long history with North Queensland stretching back six generations. Growing up in the north has broadened his awareness of unique public health issues that many face in the tropics because of isolation, environment and climate. He has worked in the international freight forwarding industry for the past 30 years. Neil is also a Commissioner for Declarations.</p> |
|  | <p>Mr Phil Dempster Phil retired at the start of 2011 after over 40 years in the printing and copying industry. He is currently National Chairman of Northern Region Rotary Australia World Community Service, Past District Governor of Rotary District 9550, current Member of Rotary District 9550 College of Governors, Secretary of the Rotary Club of Cairns Trinity.</p> |
|  | <p>Ms Shane Devenish Shane Devenish is an Associate at Devenish Law, Cairns and practises in property and commercial law. Originally from Goondiwindi, Queensland, Shane has an appreciation of the issues faced by young people living in regional and remote areas. Following her graduation from James Cook University, Cairns in 2006 Shane tutored indigenous law students. Shane is a volunteer with Rosies Friends on the Street and is a registered mentor with the Department of Employment, Economic Development and Innovation Mentoring for Growth Program.</p> |
|  | <p>Michael Trout was raised on a cattle property, lived in the Barron River electorate since 1996, and has raised four beautiful daughters. With more than 20 years of small business and tourism experience, he currently sits on the Tourism Tropical North Qld (TTNQ) Board and chairs Tropical Tablelands Tourism (TTT). In 1992, Michael's family purchased "Mungalli Falls" on the Atherton Tablelands, now a successful outdoor education centre. In 1993, his family built 'Sunshine Daycare' at Aeroglen, and operates "Blazing Saddles Adventures", a highly successful tourism venture. Elected Barron River State Member of Parliament in 2012, he was active in building a stronger, safer community, fighting for small business and tourism growth and listening to the electorate's needs. Since early 2015 he has been consulting for the private sector and actively encouraging business growth in Far North Qld.</p> |

PROJECTS

LIFE PROGRAM

The Life Program incorporates the FNQ Suicide Prevention Taskforce, the Life Workshops, the Life Bereavement Support Service, the Life Community Plans, the Life Aboriginal and Torres Strait Islander Suicide & Other Sudden Unexpected Death Bereavement Support Group and the Life Youth Suicide Awareness and Prevention Workshops. All facets of the program are

strongly utilised by the community and all of our suicide prevention projects are carried out within the Life Program framework.

FNQ Suicide Prevention Taskforce

The Taskforce launched a new project at the World Federation for Mental Health International Conference 2016. This project, a support resource for young people is a 30 second advertisement encouraging young people to talk to someone when they are not coping. It is currently on UTube and it is hoped that it will be on community television in the near future. The Taskforce continues to hold regular monthly meetings and members have been extensively involved in writing the Cairns & Hinterland Community Action Plan. They have also formed two new committees – the Lived Experience Reference Group and the Anti-stigma Campaign Team.

The Taskforce meets on the second Wednesday of the month at the Foundation premises.

Cairns and Hinterland Suicide Prevention Community Action Plan

The FNQ Suicide Prevention Taskforce was resourced by the NQPHN to deliver the following components before 30 June 2017 of a Cairns and Hinterland Suicide Prevention Community Action Plan:

- Key Stakeholder Engagement and linkage with other planning initiatives
- Support for people with a lived experience to contribute
- Community Forum/s and related communication
- Community Action Planning Workshop/s with skilled facilitation
- Incorporation of appropriate researcher input
- Collaboration with the Townsville HHS – e.g. Discharge Planning processes
- Action Plan finalisation and stakeholder commitment
- Input to NQPHN funding decisions for 2017/18 and their evaluation

The first ½ day community forum was held on the 8 February, with all relevant agencies and members of the community invited. Approximately 150 people from Far North Queensland attended the Forum and ideas on how to lower the suicide rate in FNQ were gathered. It was followed on 2 March by a full Community Planning Day to extend and work on these ideas. The final community event, a Half Day Forum, took place on 05/06/17.

Due to overwhelming feedback and request at the Planning Day, the establishment of a Youth Reference Group was set up.

After community consultation, the data was gathered and analysed to help write the Plan. The Plan was submitted to the NQPHN for endorsement on 21.6.17.

The Lived Experience Reference Group

The Lived Experience Group was established to inform the Cairns & Hinterland Suicide Prevention Community Action Plan (CHSPCAP). Efforts were made to include a diverse cross-section of the community. The Group representatives shared their personal journeys and participated in group discussions to help make a difference to others with Lived Experience.

Some of the issues identified included supporting a person with Lived Experience in the workplace, better access to referral information, a need for increased funding for support services and follow-up care, liaising with local politicians, mandatory workplace Mental Health First Aid courses, the importance of sharing Lived Experience stories with the community, encouraging the media to use appropriate terminology in regard to suicide and de-stigmatising public conversation about suicide.

The need to liaise with other lived experience regional reference groups and to collaborate with the Anti-Stigma Campaign Committee was recognised. The Group acknowledges that working together may achieve the best possible result for suicide reduction in the Cairns area.

A series of radio interviews by ABC radio with the Lived Experience Reference Group has been going to air regularly. Members of the Reference Group have been talking about their personal experience with mental health issues, depression and suicide in FNQ in an effort to reduce stigma in the community.

Anti-stigma Campaign Team

The FNQ Suicide Prevention Taskforce identified the need for stigma reduction pertaining to mental health. In order to address this issue, a team have been formed to identify how stigma can be reduced in general and how social media can contribute to stigma reduction. Mass media, social awareness campaigns and public events will be key elements of the stigma campaign. This Team liaises closely with the Lived Experience Reference Group.

Life Suicide Awareness & Prevention Workshops

The Foundation has been busy delivering the Life Suicide Awareness and Prevention Workshops throughout the region for various organisations and schools. It is wonderful that organisations are seeing the need to train their staff and associates on suicide awareness and prevention.

Life Youth Suicide Awareness and Prevention Workshops

One of the Foundation's principal projects is to trial the Life Youth Suicide Awareness and Prevention Workshops, developed by the Dr Edward Koch Foundation, in schools. This school-based project aims to address the abnormally high incidences of self-harm and suicide among Queensland youth. Young people are provided with information on what they should do when they become aware that a friend, family member or fellow student is at possible risk of suicide. The workshops provide a safe environment to facilitate discussion and learning on issues related to suicide.

In 2016, the local My Pathway organisation, through its work with Project Booyah, invited the Foundation to deliver its Life Youth Suicide Awareness and Prevention Workshops 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 Workshops with a focus on different risk factors commonly associated with young people, 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. Outcomes of the trial were presented at the World Federation for Mental Health International Conference 2016 by the CEO, and Megan Irving and Cherry-Lee Yeatman from My Pathways.

Feedback from the Workshops held, enabled further development of the Workshops prior to delivery in a local school. The Workshops are now being trialled at a local High School to grade 10 students. To date, the internal evaluation and feedback from the school is looking very positive.

Keeping them safe - Helping parents to help their kids stay safe

The Keeping Them Safe Project of the Dr Edward Koch Foundation and the Declan Crouch Fund was launched in 2016 after being in the development stage for four years. The four-step project consists of the Life Youth Suicide Awareness and Prevention workshops, an intensive Life Adult Suicide Prevention Workshop, a Parents and Community presentation and an information pack, including a DVD that outlines the key factors to look for when young people are at risk of suicide.

For the new resource DVD, the Big Hat Production team brought all the information together to deliver it in a way it can be easily understood. Along with Big Hat Production, support for the DVD came from the Coral Coast Riders through their annual Black Dog Ride 1 Day event and annual Cairns Ironman moto-support team, the Cairns Barrier Reef Lions Club and Cairns Lions Club, and local actors who volunteered their time for the DVD.

Life Suicide & Sudden Unexpected Death Bereavement Support Service

This 24/7 service continues to operate free of charge to those who wish for some counselling either by phone or face to face contact.

PARTNERSHIP PROJECTS

WORLD FEDERATION FOR MENTAL HEALTH INTERNATIONAL CONFERENCE 2016

The Dr Edward Koch Foundation co-hosted the "World Federation for Mental Health International Conference 2016" in Cairns in October 2016, along with the World Federation for Mental Health. This event, with over 400 delegates from around the world, provided a valuable forum for the exchange of ideas and experiences between health professionals, community members and individuals affected by mental illness. It also 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 of the world. Fifteen keynote speakers travelled from all areas of the world.

Professor Max Abbott

New Zealand (Auckland)

Dean of Faculty of Health and Environmental Sciences, Pro Vice-Chancellor, Professor of Psychology and Public Health, Auckland University of Technology. Co-director of National Institute for Public Health and Mental Health Research.

Dr Carmelo Aquilina
Australia (Sydney)
Director of Specialist Mental Health Services for Older People with South West Sydney Local Health District.

Mr Jorge Aroche
Australia (Sydney)
Clinical Psychologist and Chief Executive Officer, NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS).

Dr Loraine Barnaby
Jamaica
Consultant Psychiatrist. National representative for Jamaica and Co-Chair of the Council of National Representatives. On the Board of the International Association for Suicide Prevention (IASP).

Professor Seven Boyages
Australia (Sydney)
Consultant physician endocrinologist and public health physicaian. Professional appointments to the University of Sydney and the University of Western Sydney.

Mr Yoram Cohen
Israel (Holon)
35 year volunteer in the field of mental health. President of Global Alliance of Mental Illness Advocacy Networks.

Professor Jeffrey Geller
United States of America (New York)
Professor of Psychiatry, University of Massachusetts Medical School.

Sandy Gillies
Australia (Brisbane)
Involved in Aboriginal and Torres Strait Island health and mental health at local state national and international levels for 25 years.

Professor Gabriel Ivbijaro
United Kingdom (London)
President of the World Federation for Mental Health.

Adjunct Professor Betty Kitchener
Australia (Melbourne)
CEO, Mental Health First Aid Australia and co-founder of the MHFA training program.

Professor Abd-Elmasih Malak
Australia (Sydney)
Has worked in the field of health and social welfare for 40 years. Past president of the Federation of Ethnic Communities Councils of Australia (FECCA).

Janet Paleo
United States of America (Houston)
An advocate, a consumer and person living recovery. Director of Recovery Based Services, Texas Council of Community Centers.

Dr Henk Parmentier
United Kingdom (London)
General Practitioner. Member of (WONCA) the World Organization of National Colleges, Academies and Academic Associations of General Practitioners/Family Physicians) Working Party on Mental Health.

Frank Quinlan
Australia (xxx)
CEO of Mental Health Australia. Responsible for implementing Mental Health Australia's vision of "better mental health for all Australians".

Professor Paul Yip
Hong Kong

Founding Director of the Centre for Suicide Research and Prevention and a Professor at Department of Social Work and Social Administration of the University of Hong Kong.

One of the Foundation's goals is to link with other groups with similar objectives. The Foundation achieved this by collaborating together with the World Federation for Mental Health and the many local agencies that supported the Conference. There were also some excellent widespread networking opportunities.

The Foundation expresses thanks to the committee who have faithfully shared their views on what would and should make a great conference. They have given up their valuable time and worked well together to develop the extensive program that was presented at the Conference.

APPEALS

The Foundation continues to support public appeals for individuals needing expensive medical treatment and operates the Koch Foundation Community Fund. The Koch Foundation Community Fund facilitates donations to those individuals who find themselves in difficult life threatening situations and are in need of support.

FUNDRAISING

The Foundation continued to fundraise with community support consistently throughout the year. Annual and small one-off events are below.

4CA/STAR FM ROTARY CORPORATE DUCK RACE 2016

The 4CA/Star Rotary Corporate Duck Race 2016 was held on 24 September 2016. It was a relaxing day by the lagoon at the Cairns Esplanade. The Foundation expresses their great appreciation to the Rotary Club of Cairns Mulgrave, the duck sponsors, the race sponsor 4CA/Star FM and the many dedicated volunteers who pulled off this great fundraiser, which aids our important work in trying to reduce suicide in our region. The Foundation is proud to be associated with the Rotary Club of Cairns Mulgrave in this wonderful light-hearted Duck Race which has captured the spirit of the local community and provides so many needed benefits. Several organisations dressed their duck adding to the vibrancy of the day.

CHRISTMAS RAFFLE 2016

The Foundation was very fortunate to have been donated wonderful prizes for our 2016 Christmas raffle. There is such amazing talent in Cairns. The handcrafted horse, ukulele, document box and bowl were all made by those involved in the Cairns & District Woodworkers Guild the Foundation is very appreciative of their donation.

BLACK DOG RIDE 2016

The 2016 Black Dog Ride was organised by the Coral Coast Riders with proceeds going to the Foundation. It was wonderful to see how many people participated on their motorcycles for a drive around the area to spread the message that depression and suicide prevention are matters the nation needs to talk about. The Coral Coast Riders volunteer Flag Marshalls also generously donated their own money at the FNQ Road Racing Club's race meetings for the Dr Edward Koch Foundation's Declan Crouch Fund.

OTHER FUNDRAISERS

Curtis Pitt (Member for Mulgrave) and Craig Crawford (Member for Barron River) hosted a Labour Day Charity Lawn Bowls Event on 1 May 2017 and all funds were donated to the FNQ Suicide Prevention Taskforce. The Foundation appreciates the support of our local parliamentary members.

The Dr Edward Koch Foundation was delighted to receive a cheque for \$500 from the Cairns Fire Fighters Rec Club.

SIMPLY BALLROOM DANCE SCHOOL

The Simply Ballroom Dance School continues to operate as a fundraiser and contributes much needed revenue for the Foundation. The Foundation is appreciative of the teachers who volunteer their services to help our fundraising efforts.

DONATIONS

Donations received this year amount to the generous figure of \$83,618. This helps the Foundation meet all of its commitments/services to the community, most of which are free. The Foundation is extremely appreciative of all donations, no matter how small.

Grants/Research Funds

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|------------------------|-------------|
| NQPHN | \$80,655.00 |
| Tourism and Events Qld | \$ 5,715.00 |
| Qld Health | \$ 855.20 |

Sponsorships

| | |
|------------------------------|----------------------------|
| NQ Primary Health Network | \$10,000.00 for Conference |
| Precedence | Website hosting |
| Pullman Cairns International | Conference support |
| Bolton Print | Conference support |

Consultancies

New Mountain Merchants

GENERAL

FOUNDATION PATRON

The Foundation continues to have His Excellency the Honourable Paul de Jersey AC, Governor of Queensland as our patron.

THE FUTURE

The Foundation looks forward to the next year filled with strong partnerships with other community organisations. The school trial and the Cairns and Hinterland Suicide Prevention Community Action Plan will be finalised and outcomes from each project will inform future activities and projects.

The Directors of the Dr Edward Koch Foundation are extremely appreciative of the support of the community, the dedicated team of staff and volunteers, members of the FNQ Suicide Prevention Taskforce and all of our funding sponsors and look forward to continuing our work in reducing suicides in our region, with their continued support .

