

Bushfire Recovery

INITIATIVES AND ACTIVITIES

Cheyenne Moody & Scott Wood

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WE ACKNOWLEDGE THE TRADITIONAL OWNERS & CUSTODIANS OF THE
LAND THAT WE LIVE & WORK ON AS THE FIRST PEOPLE OF THIS COUNTRY.



WHAT IS THE PHN'S INVOLVEMENT IN THE BLACK SUMMER BUSHFIRE RESPONSE?



MENTAL HEALTH SUPPORT FOR AUSTRALIANS AFFECTED BY THE 2019-20 BUSHFIRES

Frequently Asked Questions

What is included in the Government's Mental Health measure?

The *Supporting the Mental Health of Australians Affected by Bushfires* measure will ensure people have access to coordinated and tailored support they need to recover from the effects of the 2019–20 bushfires. An investment of \$76 million is being provided over two years.

The measure has four parts:

- the *Bushfire Recovery Access Program* — providing on the ground counselling and mental health support for individuals, families and emergency response personnel affected by bushfires
- trauma informed care training for emergency service personnel who attended the bushfires, and training for employers of front line emergency staff
- coordination of mental health services to ensure people seamlessly get the help they need
- supporting communities in recovery.

HNECC PHN HAS UNDERTAKEN A SIGNIFICANT BUSHFIRE RESPONSE, WHICH HAS INCLUDED:

- Development of new and updated Health Pathways for primary care clinicians, enabling improved Mental Health and resilience
- Changes to existing commissioned mental health services, with easy access and referral arrangements
- Commissioning of new mental health services
- Significant community engagement, through attendance at local community events and a brochure displaying mental health services.
- Rapid support grants, followed by bushfire recovery community grants
- Commissioning of evidenced based non-clinical mental health services

MENTAL HEALTH SUPPORT BROCHURES FOR BUSHFIRE AFFECTED PEOPLE



HOW ARE YOU FEELING?

Being active	Self-aware and calm
Sleeping normally	Coping well
Feeling connected	Motivated and doing well
Positive	Lots of energy

Great work keep it up! Continue to talk to friends and family and remember support is available should need it.

For further information visit PHN Peoplebank site
📍 peoplebank.hnecphn.com.au/bushfire-recovery

National Bushfire Recovery Agency's website
📍 bushfirerecovery.gov.au

More information is available at 📍 patientinfo.org.au



HOW ARE YOU FEELING?

Not doing as much as usual	Irritable and impatient
Some trouble sleeping	Nervous and worried
Withdrawing from social activity	Putting things off and forgetting stuff
Overwhelmed	Not much energy

1. Farmgate Support Program Counsellors & Peer Support Workers
Intake No 📍 0477 322 851
2. Access confidential emotional support by contacting 📍 1300 152 854
3. Online counselling at mindhealth.org.au
📍 1300 029 131



HOW ARE YOU FEELING?

Not enjoying activities	Frustrated or angry
Restless and disturbed sleep	Feeling panicked and nervous
Annoyed with everyone	Not working well and not motivated
Feeling hopeless	Tired

1. Access up to 10 free counselling sessions by self-referring to:
 - › Phone 📍 02 6766 1394
 - › Email 📍 info@healthwise.org.au
2. Access 10 free counselling sessions through Medicare by asking a Psychologist, Social Worker or Occupational Therapist.
3. Talk to your GP about the Better Access Bushfire Recovery Initiative MBS Items.



HOW ARE YOU FEELING?

Avoiding activity	Aggressive or out of control
Sleeping too much or too little	Really anxious and panic attacks
Avoiding people and isolated	Can't get anything done
Depressed or suicidal thoughts	No energy and feeling unwell

If you are in crisis...

- Call triple zero 000 (Ambulance, Fire, Police)
- Visit your nearest hospital emergency department
- Call Lifeline 📍 13 11 14
- Call Suicide Call Back Service 📍 1300 659 467

HNECC PHN BUSHFIRE RECOVERY GRANT FUNDING

The PHN has funded 42 grant applications ranging in value between \$1,500 to \$10,000 across our region for activities that have promoted wellbeing within the communities. Some example of the grants include

- NSW SES Central Coast, Port Stephens, Taree, Cessnock and Armidale- Mental Health First Aid Training
- HealthWise- Comedy night in Ebor and Torrington
- Community of Bobin- Community mural and community garden
- Tenterfield Campdraft
- Mid Coast Council- Pizza nights in 6 communities affected by bushfires
- Karuah Aboriginal land Council- Traditional girls dancing, culture and art
- Drake Village- Community cricket day



THE PHN FUNDED EVIDENCED BASED NON-CLINICAL MENTAL HEALTH SERVICES

A comprehensive needs assessment was undertaken to assist in identifying potential gaps or areas of need for additional non-clinical mental health services across our region.

The needs assessment identified 4 priority groups requiring additional services such as education and wellbeing activities.

- Young children and youth (4-25)
- Farm residents
- Aboriginal and Torres Strait Islanders
- Older populations



FUNDED SERVICES AND ACTIVITIES

The PHN is funding five organisations up to \$250,000 each to provide Mental Health Supports for Bushfire Affected Australians – Community Wellbeing and Participation. These services and activities will be delivered between May 2021- June 2022.

The successful organisations will provide the following services and activities:

- Youth Mental Health First Aid and The Resilience Project for Children
- Bushfire healing, recovery and resilience workshops for farm residents, elderly and Aboriginal and Torres Strait Islander peoples
- Community building workshops for all priority groups in all regions using a train the trainer model with supporting online resources and a social media platform
- Targeted education with the Journey of Hope Program for youth, farm residents and Aboriginal and Torres Strait Islanders.

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