



Expression of Interest

Aboriginal and Torres Strait Islander peoples **Community Led Wellness, Healing and Suicide Prevention Programs**

Information Guide



If reading about suicide in the contents of this document raises strong feelings or emotions for you and you would like to talk to someone, here are some places you can contact for support:

13 YARN (13 92 76)

Lifeline (13 11 14)

Beyond Blue (1300 22 4636)



Invitation and About this Opportunity

Wentworth Healthcare Limited, provider of the Nepean Blue Mountains Primary Health Network (NBMPHN) issues this Expression of Interest (EOI) for the Aboriginal and Torres Strait Islander Community Led Wellness, Healing and Suicide Prevention Program(s) and invites eligible organisations or consortiums to apply.

Aboriginal and Torres Strait Islander people experience higher rates of chronic illness, hospitalization, lower life expectancy, and poorer wellbeing and mental health than their non Indigenous counterparts. Wentworth Healthcare acknowledges that poor health and wellbeing, suicide and suicidal behavior as well as overall wellbeing is an issue for both the Aboriginal and Torres Strait Islander communities in the Nepean Blue Mountains region (which covers the Blue Mountains, Hawkesbury, Lithgow and Penrith local government areas).

Wentworth Healthcare recognises that culture is central to Aboriginal and Torres Strait Islander social and emotional wellbeing and a protective factor for suicide prevention. Important factors include connections to Country, mind and emotions, body, culture, community, family and kinship, and spirituality and ancestors, and recognise that a holistic, community driven approach to wellness, healing and suicide prevention programs is required.

This EOI opportunity offers funding for programs that are Aboriginal and Torres Strait Islander community designed and driven, to reduce suicide in the community, and build on health, wellbeing, healing and resilience in **individuals, families and communities**.

Activities should promote self-determination, community governance, reconnection to community life and a whole community resilience to suicide prevention, and as pathways to recovery from loss, grief and disconnection. They can be offered in partnership with community Elders and people with lived experience. The Aboriginal & Torres Strait Islander Lived Experience Centre (Black Dog Institute) co-designed a definition for Aboriginal and Torres Strait Islander people:

A lived experience recognises the effects of ongoing negative historical impacts and or specific events on the social and emotional wellbeing of Aboriginal and Torres Strait Islander peoples. It encompasses the cultural, spiritual, physical, emotional and mental wellbeing of the individual, family or community.

People with lived or living experience of suicide are those who have experienced suicidal thoughts, survived a suicide attempt, cared for someone through a suicidal crisis, been bereaved by suicide or having a loved one who has died by suicide, acknowledging that this experience is significantly different and takes into consideration Aboriginal and Torres Strait Islander peoples ways of understanding social and emotional wellbeing



Our Approach and Application Process

We believe a collaborative approach that will enable the community to develop is the best approach for successful outcomes. You know what will work for your community. From mob to mob.

Once we have received the submissions for the EOI, Wentworth Healthcare will contact the organisation to arrange a yarn to discuss the intended program in a collaborative manner.

The organisation is then invited to proceed to the formal application process. The application process has two parts: the first part is a written submission where you will need to answer specific questions and the second part an oral presentation on Darug country to showcase your proposed program.

To support the application process Wentworth Healthcare will provide a coaching workshop to help you prepare for the oral part of the application. The cost of the workshop is covered by Wentworth Healthcare and Attendance at the workshop is voluntary.

Activity Requirements

Below is information to give you an idea what activities or program are considered suitable.

Suitable activities

It is important that the proposed activities centre on increasing culturally secure holistic wellbeing and mental health care for Aboriginal and Torres Strait Islander peoples.

Activities and initiatives that may be considered appropriate include, but are not limited to:

- A series of culturally appropriate community events, workshops or peer support groups that promote safe, purposeful conversations about wellbeing or suicide, including yarning circles, men's business or women's business
- Culturally appropriate community led support services that connect people who have lived experience of suicide (lived experience of suicide means having experienced suicidal thoughts, survived a suicide attempt, supported a loved one through suicidal crisis, or having been bereaved by suicide)
- Activities focused on supporting the social and emotional wellbeing and protective factors of Aboriginal and Torres Strait Islander community groups at higher risk of suicide (must have active engagement with the identified community group) including integration of traditional healer models
- Non-clinical interventions for Aboriginal and Torres Strait Islander people experiencing suicidal ideation, suicidal crisis or bereaved by suicide
- Community education and/or training for Aboriginal and Torres Strait Islander people/communities at higher risk of suicide. This may include training of non-indigenous health staff in Aboriginal and Torres Strait Islander cultural and community approaches to mental health and wellbeing



- Practical advice, skills development, and support for Aboriginal and Torres Strait Islander carers and/kin/clan who support people with a lived experience of suicide
- Sharing information about available community resources and services and how to access them to help bunji feel safe and supported
- Enhancing existing services such as financial counselling, legal aid, housing and homelessness support, employment services, drug and alcohol services, domestic and family violence support with interventions known to reduce distress and improve the emotional wellbeing of Aboriginal and Torres Strait Islander people
- Coordinated postvention activities and bereavement support groups or education about grief and loss attributed to a death or deaths by suicide
- Public suicide awareness campaigns targeting Aboriginal and Torres Strait Islander people or communities within the Nepean Blue Mountains region to encourage help seeking behaviour and awareness of relevant services.

Part of the process prior to submitting your application will be to have a yarn with Wentworth Healthcare staff who will be able to discuss and if needed, assist you to *develop* your ideas to ensure they are within the guidelines, connect you with appropriate services and other organisations if required, and act as guides in the application process.

Whilst YOUR Activity must suit your community needs, some examples include:

- Back to Country Camps as a part of the community-based activities, empowering local young participants to connect with Elders, and learn about healing.
- Local Natural Healers/Helpers training aimed at building community understanding of self-harm and suicidal behaviours, how to recognise them, and a plan to support those people at risk of suicide, and increase awareness of local services.
- Delivering culturally appropriate suicide prevention training to the community e.g. iASIST

More information on service requirements around the delivery of activities will be provided in the application information.

Key elements of the activity

- Must be free of charge for participants
- Utilises wellbeing (trauma)-informed principles including traditional methods
- Evidence-based program(s) that are culturally holistic
- Where applicable, delivered by appropriately qualified Aboriginal and Torres Strait Islander trainers/organisations
- Where applicable, collaboration and/or consultation with people with lived experience of suicide



- Delivered in a culturally safe environment
- Have local Aboriginal and Torres Strait Islander engagement and support in the Nepean Blue Mountains Region
- Delivered for Aboriginal and Torres Strait Islander people in the Nepean Blue Mountains region (encompassing Blue Mountains, Hawkesbury, Lithgow and Penrith local government areas).

Funding Amount and Dates

Activity Funding

The funding pool amount (GST exclusive) that is available to fund activities is approximately **\$100,000**.

Organisations do not need to apply for the full amount of funding if their activity doesn't fit that. For example you may apply for an activity cost of a smaller amount e.g. \$8,000.

Application Period Dates

Please note: the earlier you submit your EOI the longer you will have to develop your Request for Proposal (RFP) – We encourage you to submit your EOI as soon as possible.

EOI opens	Monday 16 December 2024
EOI closes	Friday 7 February 2025, 5 pm
Yarn with Applicants	On receipt of EOI
Question and Answer period for Part 1 closes	Friday 28 February 2025, 5 pm
RFP Written Application Part 1 closes	Friday 7 March 2025, 5 pm
Panel Evaluation period for Application Part 1	By Friday 14 March 2025
Notification of Successful Applicants to move to Part 2	By Tuesday 18 March 2025
Pitch Coaching Session	Tbc between 24-28 March 2025
Oral Presentation – Application Part 2	Tbc between 7-10 April 2025
Completion of Evaluation Period	By 7 May 2025
Activity Commencement date from signing of Agreement	May/June 2025
Activity End	30 June 2026



Submitting Your Expression of Interest (EOI)

Please fill out the application form on our website at www.nbmphn.com.au/ATSICLWHSP or send us an email to suicideprevention@nbmphn.com.au **as soon as you can (but no later than Friday 7 February 2025)** to express your interest to apply for this funding opportunity. We will then send you the full application package.

In the web form/email please include:

- your organisation's name,
- full name of the contact person with whom we can communicate about this opportunity
- the contact person's direct phone number
- The contact person's direct email.
- If you have an idea of the activity you would like to deliver please include a brief description

Please note, you are not committing to anything by submitting this EOI, however it will enable us to contact you and set up a time to come and yarn about your proposed activity to help guide you through the process, connect you with information or even to connect you with other organisations that might be able to help you.