



STRENGTHENING OUR SPIRITS MODEL

This fact sheet explains the principles and components of the Strengthening Our Spirits model and strategies to address identified needs and service gaps.

The purpose of the Strengthening Our Spirits model is to provide information on how a systems-based approach to suicide prevention might best be undertaken to effectively respond to local needs, and to identify new learnings in relation to suicide prevention strategies for Aboriginal and Torres Strait Islander people.

A systems-based approach refers to the many people and organisations that need to work together to help prevent suicide.

The Strengthening Our Spirits model draws on the concepts and symbols that are meaningful to the Aboriginal and Torres Strait Islander community in the Greater Darwin Region and links these to key elements believed to be important when taking a systems-based approach to the prevention of self-harm and suicide.

The model is based on the guiding principles that suicide prevention activities will:

- be flexible and responsive
- build capacity
- develop the local Aboriginal workforce
- engage culture, elders and lived experience
- involve local design or adaptation.

**Health Network Northern Territory Ltd
operating as Northern Territory PHN**

We value: Relationships • Equity •
Responsiveness • Innovation • Results

GET IN TOUCH

phn
NORTHERN TERRITORY

An Australian Government Initiative

T 08 8982 1000

ntphn@ntphn.org.au

ntphn.org.au

The seven components of the ‘Strengthening Our Spirits’ Model are:

| Component | Objective | Strategy to address identified needs and gaps |
|--|--|---|
| Creating Community Wellbeing Spaces | Encourage and support the delivery of Aboriginal and Torres Strait Islander healing and wellbeing programs | Delivering activities that promote and build Aboriginal and Torres Strait Islander resilience, social and emotional wellbeing and connectedness whilst providing a safe space for people to engage |
| Facilitate Connection to Culture, Land, Language and Lore | Support Aboriginal and Torres Strait Islander people to connect to culture, land, language and lore to promote wellbeing | Developing a broad range of strategies that connect Aboriginal and Torres Strait Islander people to culture, language, land and lore and that promote social and emotional wellbeing |
| Engaging Cultural Knowledge and Lived Experience | Equip health, education and community services with specialists in cultural knowledge and lived experience | Developing a broad range of strategies that equip health, education and community services with the tools to embed cultural knowledge and lived experience |
| Deliver Community-led Initiatives | Strengthen Aboriginal and Torres Strait Islander community ownership and leadership within services and in the design and delivery of local grass roots initiatives | Supporting local Aboriginal and Torres Strait Islander community owned and led campaigns, events, projects and initiatives |
| Embedding Trauma-Informed Care | Improve the cultural safety and trauma-informed approach within suicide prevention activity in the Darwin region | Delivering programs to develop the skills of the Aboriginal and Torres Strait Islander community and front-line workers to provide trauma-informed support when responding to risk of self-harm and suicide |
| Training in Early Intervention and Awareness | Promote access to suicide prevention training and awareness programs for Aboriginal and Torres Strait Islander community members and service providers | Training the community to recognise and respond to suicidality and delivering resilience and mental wellness programs for Aboriginal and Torres Strait Islander people |
| Facilitate Innovation, Collaboration and Service Integration | Improve the integration of health, education and community services in ways that support a holistic approach to social and emotional wellbeing and coordinated responses to self-harm and suicide risk | Bringing together stakeholders to understand and agree on a coordinated course of action for suicide prevention |