

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