

# Safe Communities

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**'If you want to go fast, go alone.  
If you want to go far, go together.....'**

*African Proverb*



## Outline

- ◆ Background to the Safe Communities Movement
- ◆ Pan Pacific Safe Communities Network
- ◆ Pacific /Australian Safe Community Accreditation
- ◆ Program examples
  - ◆ Passport to Safety
  - ◆ Hair2Heart Project

## Vision

To make Australia the safest country in the world in which to live, learn, work and play - one community at a time.



## Movement



## Background



ISC = 13  
ISC under development = 2  
PSC under development = 3

## Pan Pacific

## Pacific / Australian Safe Community Designation



Pacific/Australian Safe Community Designation is a national standard which a community can apply for.

To reach this national standard the community must prove that it has met each of the six criteria for Pacific/Australian Safe Community Designation.



## Criteria 1

## Criteria 2

◆ Leadership and Collaboration

◆ Program Reach



## Criteria 3

## Criteria 4

◆ Priority Setting

◆ Data Analysis and Strategic Alignment



## Criteria 5

◆ Evaluation



## Criteria 6

◆ Demonstration of Communication and Networking



## PPSCN

- ◆ Webinar Series
  - ◆ 2014 topics
    - ◆ Falls - May
    - ◆ Workplace - July
    - ◆ Crime Prevention – 13 November
- ◆ Share information on best practice
- ◆ Review applications

## Programs

Road Safety	Disaster Management	Domestic Violence
Walking School Bus	Crime Prevention	Bullying
Graffiti	Falls Prevention	Child Safety
	Schools	Health Promotion
Water Safety	Work Safety	Alcohol related violence
Youth		
Home Safety		Safe City taxi ranks

**passport to safety Australia**

**Our Mission**

Passport to Safety™ Australia is a unique, not-for-profit, catalyst for change intended to help eliminate needless injuries and preventable deaths of Australians. Passport to Safety supports the vision that young Australians have the power to influence the evolution of safe workplace cultures.

Passport to Safety is also designed to encourage and generate discussion about health and safety education and increase participation in training across Australia.

**Register Now. Prevent Injuries. Save Lives.**

**Teachers**  
Register here. >

**Students**  
Do you have a QuickRegister Code given to you by your teacher or supervisor? Get started by clicking here. >

## Passport to Safety

**Sean Kells**



- In 1994, Sean was on the third day of his part-time job when he lost his life as a result of not receiving proper job training
- He was nineteen years old

**His death was entirely preventable**

## Passport to Safety

### How it Works

- Students receive a username and password
- Work through the 6 modules at own pace
  - Work Health and Safety Legislation
  - Employer/Supervisor Responsibilities
  - Workplace Rights & Responsibilities
  - Hazardous Chemicals
  - Hazards in the workplace
  - Emergency Planning and follow up

## Passport to Safety

### SA Project

<b>2005 – 2008</b>	▪ 60 Schools	over 8,000 students
<b>2009</b>	▪ 100 Schools	over 12,500 students
<b>2010</b>	▪ 130 Schools	over 18,300 students
<b>2011</b>	▪ 101 Schools	over 16,800 students
<b>2012</b>	▪ 118 Schools	over 17,900 students
<b>2013</b>	▪ 105 Schools	over 14,000 students

Government, Independent, Catholic, Regional and Metropolitan Schools

## Passport to Safety

### Survey Results

Surveys show an average increase of WHS knowledge for students of 22%

- Males 19% increase
- Females 28% increase
- Year 9 – 20% increase
- Year 10 – **26% increase**
- Year 11 – 23% increase
- Year 12 – 13% increase



## Passport to Safety

### Current Programs

- Challenge for Teens - standard
- Passport 101
- Hospitality
- Hairdressers

### Programs under consideration

- Farm Safety
- Mining & Quarrying

## Passport to Safety

### Future

- Expanding the program in to other states
- Sponsorship



## Hair2Heart Project

- A focus on positive mental health for those working in the Hairdressing industry
- A health and safety initiative developed in response to an identified workplace and community need

1 in 5 people have dandruff. 1 in 4 people have a mental health problem. I've had both.

Ruby Wax



## Role in the Community

- Most do care for their clients
- Like people and are there to make them feel good
- Regular and close connection with clients
- Often develop long term trusting relationships
- People of all ages - male and female, from different socio-economic backgrounds go to hairdressers



## South Australia's Mental Health and Wellbeing Policy – 2010

“Effective health promotion, prevention and early intervention strategies will play a key role in improving mental health across SA and reducing the prevalence and impact of mental health problems or illness. These strategies will target a range of settings, including families, schools and workplaces.”

## Hairdresser Survey

- 135 Hairdressing Salons were surveyed.
- Are Salons settings where clients confide in Hairdressers?
- What are the problems that clients share?
- Do you feel stressed or burdened by clients' problems?
- Do you have the skills to deal with their clients' problems?
- Can Hairdressers easily access information to support their clients?
- Would Hairdressers seek support from health services to better handle client related stresses?

## Survey Results

- 67 Hairdressers from 44 Salons responded
- Key issues discussed - Personal health, depression, grief and loss, family violence and relationships
- Over 75% stated that they felt stressed and mentally overwhelmed after listening to client issues
- Younger Hairdressers often felt unprepared for the complexity of issues

## Hair2Heart Project

### Three key elements of the:

- Safeguarding and protecting local Hairdressers by introducing education & training to ensure their positive mental health at work
- Inclusion of an industry specific module in the *Passport to Safety* program
- Consultation with TAFE SA and other training bodies regarding a targeted module within the Hair & Beauty curriculum on interpersonal relationships



## Ongoing engagement

- Australian Red Cross First Aid course tailored for Hairdressers



## Training Program

The development, piloting and delivery of a comprehensive mental health and wellbeing skills training:

- Reducing work stress and burnout
- Awareness of mental health and wellbeing issues including grief and bereavement, family violence and interpersonal relationships, parenting and depression
- Support of junior staff and apprentices
- Community support agencies and referral resources



### Scenario 2

Mrs March is a lady in her mid 70's who has been coming to the salon every fortnight for several years. Mrs March hasn't been in for a few weeks and during her appointment today she becomes very teary, telling you that her husband's funeral was last week. "We've been married for 52 years," Mrs March states.



### Scenario 4

This morning you have a regular client a young Mum, first time out to the hairdresser after her first baby 4 weeks ago. You notice that your client seems very anxious and states, "I have felt dreadful since I have had my baby, I didn't think it was going to be like this."



- Safety – is it safe for me?
- Firstly help yourself – determine your ability to look after others
- Do no harm
- Be yourself
- State an observation/the obvious
- Listening is a powerful gift – to listen is to give



### Mental Health First Aid



Mental Health First Aid is the help given to someone developing a mental health problem or in a mental health crisis.

A mental health crisis can take many forms. Examples include:

- Person having a panic attack
- Person who has experienced a traumatic event
- Person who has overdosed
- Person with psychosis who may appear threatening
- Person who feels suicidal

The Mental Health First Aid course will train you to help people with mental health problems such as:

- Depression
- Anxiety Disorders
- Substance Use Disorders
- Psychosis
- Suicide

## Client Referral Information

Remember, we are here to help you. If you or someone you know needs help, please or visit your local health service listed below where a trained health professional will be able to speak with you and respond to your needs.

**GP Plus Super Clinic Northridge** ..... 9354 9111  
**Northridge** ..... 9352 4500  
**Westridge** ..... 9352 4500  
**Southern Western** ..... 9358 9333  
**GP Plus Health Care Centre Altona** ..... 9357 9366

**Southern Primary Health Services**  
 Counselling services are available through the offices you may like to visit. At some point many of us need help to cope through problems such as:

- Depression, anxiety and stress
- Family problems and relationship issues
- Carer's grief
- Parenting issues
- Sexual assault and harassment
- Drugs and alcohol
- Domestic violence and abuse
- Managing aggression
- Managing physical health
- Living with illness

You don't need a referral from your doctor and free services are FREE of charge.

GP Plus & Super Clinics	Phone Number
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Northridge	9352 4500
Westridge	9352 4500
Southern Western	9358 9333
GP Plus Health Care Centre Altona	9357 9366

## Young Workers



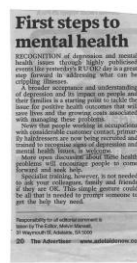
## Young Workers

Work Health and Safety areas covered

- Interacting with clients
- Manual Handling
- Chemical safety
- First aid
- Electrical safety
- Safe work environment
- Workplace hazards
- Personal Safety
- Use of social media



## Promotion of Hair2Heart



## Outcomes

- Design and delivery of a comprehensive mental health/wellbeing and communication skills training for the Hairdressing Industry
- The development and distribution of practical user-friendly wallet health information cards for Hairdressers and their clients
- Provision of strategies for those in the Hairdressing Industry to protect themselves from stress and burn out in their work environment
- Professional development for TAFE SA lecturers and Registered Training Organisations with the delivery of a unit of work designed to promote positive mental health among young people

## Reflections

Hairdressers are:

- In a unique position to convey health promotion messages
- Perfectly placed to provide authentic information

The project outcomes are directly relevant to other occupations perfectly placed to provide appropriate response and referral information such as:

- Hospitality workers – Bartending and Gaming
- Personal Trainers / Fitness instructors

## Reflections

“I have been passionate about how as a profession we really can make a difference to how someone feels; I know that I can turn their whole day around just by what I do.

Wouldn't it be fantastic to make a difference for a life-time and not just at the next appointment?”

Shana Beard  
Senior Stylist, Hair Magic Salon  
Project Steering Committee



## What do we get from a Safe Community?



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[www.safecommunities.net.au](http://www.safecommunities.net.au)  
[www.passporttosafety.com.au](http://www.passporttosafety.com.au)  
[www.ppsc.org](http://www.ppsc.org)

Email: [info@safecommunities.net.au](mailto:info@safecommunities.net.au)

