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.

Australian Safe Communities Foundation

Movement

Background
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
- Leadership and Collaboration

Criteria 2
- Program Reach

Criteria 3
- Priority Setting

Criteria 4
- Data Analysis and Strategic Alignment
Evaluation

Demonstration of Communication and Networking

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
- Water Safety
- Work Safety
- Health Promotion
- Youth
- Alcohol related violence
- Home Safety
- Safe City taxi ranks

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
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
Survey Results
Surveys show as 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

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 loss & 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 over 40 years. Mrs March’s heart has been for a few weeks and during her appointment today she becomes very heavy, inferring that her husband’s funeral was last week. “We’ve been married for 52 years”, Mrs March states.

Client Referral Information

Young Workers

Mental Health First Aid

Remember!

- Safety – Is it safe for me?
- Findly help yourself – determne your ability to look after others
- Do something
- Be yourself
- Make an observation (be observant)
- Listening is a powerful gift – to listen is to give
**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

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**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

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**What do we get from a Safe Community?**

"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?

www.safecommunities.net.au
www.passporttosafety.com.au
www.ppscn.org

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