



# Albie House

Giving hope to youth at risk of suicide, and those living with its effects

Trust

Guidance

Educate

Inspire



**"It's in the shelter of each other that people live"**

## **1. The vision**

Albie House will be a place where “at risk” young people can access support and guidance 24/7 in a nurturing, non-clinical environment. Those left in the wake of suicide often feel lost and alone in their grief. Albie House will be a place where they can connect with others who understand

### **Overarching objectives**

The overarching objective is to reduce the number of suicides and suicide attempts by young people in Tasmania

To instil in young people a feeling of worth, self-esteem and to provide the tools and ongoing support to meet life challenges.

Albie House will provide a safe and welcoming environment and work alongside young people to reduce suicidality by finding positive and lasting personal solutions and supports.

### **Goals**

Key goals for Albie House are Trust, Guidance, Education, and Inspiration

- Trust ... to engender trust from “at risk” youth and their families who are “in need or at risk of suicide.
- Guidance ... to help “at risk” youth and their families who are “in need” to navigate the continuum of mental health services and to continue the guidance and support help until they can manage by themselves
- Education ... to educate “at risk” youth and their families to understand challenging and threatening emotions and how to deal with them. Education also extends to schools and community highlighting suicide prevention and how to help cope with the devastation and loss to suicide
- Inspiration ... to inspire “at risk” young people to appreciate that life is worth living. They can get through the tough/dark times and believe in themselves - they can achieve their dreams

## **2. The Market**

### **Market research**

- Tasmania has the 2<sup>nd</sup> highest rate of suicide in Australia
- Everyday 6 Australians die by suicide ... 170 people attempt suicide
- 25% of people experience emotional upheaval before they are 18 years old ... 50% of them experience a recurrence

- 50-90% of young people who attempted suicide were depressed ... 75% engaged in self-harm
- It is estimated that at any one time 1 in 20 people are thinking about suicide so with a population of around 23 million that may be up to over 1 million people
- On 24 November 2012 the Tasmanian Coronial Court noted an increase in the suicide rate. There was an increase of 13% the previous financial year ... 28% higher than 2 years previously
- The coronial statistics demonstrate that more people die by suicide than by car crashes every year, and the total number of unconfirmed suicides could be far higher again. The cost to the community is immense and needs a greater focus on prevention, postvention support and community education.

### **The Young People of Tasmania**

- The specific age group is for “at risk” youth aged 12-25
- The secondary group is family and friends of “at risk” young people ... it is very common for those around “at risk” person to feel exhausted and frustrated from trying to manage the situation. They need to talk with others who understand and have experience
- Access to Albie House is by referral from a GP, mental health workers, emergency departments, police, ambulance, referrals from schools, or community organisations
- Each person will have a personal Key Worker commencing from the time of entry to Albie House. The Key Worker will develop a close relationship with the person. They are to assist and assess them, then guide and support them based on their own individual needs. This support will continue on throughout their life until they wish it to cease
- Each person will have the option to mix with others in a similar situation, and share their experiences without being judged and they will realise they are not alone and their feelings are validated and taken seriously.

### **The offering**

- Albie House will be built in the Hobart area – open 24/7
- Albie House will provide a non-clinical environment where those at risk of taking their life are supported and guided to the services they require as an individual
- There will be an Albie House car to transport people to their appointments while they are residents of the house
- A qualified Mental Health worker and Key Workers will be available 24/7 at the house.

- Albie House will be a place where youth can come and talk about their personal feelings and not feel any pressure ... a place for time out, a safe haven for a while when needed
- Youth will be offered a purpose ... assisting them to discover or reconnect with a positive and safe future.
- Education and ongoing training and support for those who are involved with the “at risk” youth ... learning about how to speak, treat and care for them. The youth need our support but it’s extremely important for those around them to be aware of their needs also
- When there is a loss of someone to suicide Albie House will be a place where those left behind can come and seek support. We will offer guidance, comfort and understanding. Some staff will be assisting from personal experience, which is invaluable
- In the event of a completed suicide in a school community or family, Albie House can educate and support the community/family members and help them through the emotions, the questions, the self-doubt, and the grief, the pain of such a loss which can be both physical and emotional and seem never ending.
- So often young people left behind cannot express their feelings because they feel they are judged by their peers. They may look across the school yard and see others laughing and they feel isolated as at that time they are torn and broken with their grief but others are having a ‘good moment’. When they are at home their family may overreact to a situation if they cry, have outbursts, turn to drugs and alcohol, and just can’t cope. If everyone involved is educated and aware of the individual’s journey it will help to bring about more positive outcomes.