

ESF IMPACT

newsletter



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REACTIONS

It is so rewarding to see how ESFs scholarship program is making such a meaningful contribution to improve the wellbeing of people across the sector.

**Patrick Kidd, Chair
Emergency Services Foundation**

It is wonderful to see the depth of commitment and care demonstrated by a group of dedicated professionals to support the emergency management sector in a field they hold so dear.

**Craig Shepherd VicPol, Chair ESF
Scholarship Committee**



It is time now to acknowledge the need to "reach in" to people at risk and these four projects propose contemporary suggestions for achieving this.

Moving forward, we need an evidence-based and proactive approach to supporting well-being within the emergency services sector.

These projects have all made meaningful contributions to this. And as Ti Hokins so aptly said, "It's so important to get this right."

**Assoc Prof Erin Smith, Edith Cowan
University**

What a pleasure to listen to four professional emergency service workers who have a passion for the welfare of their colleagues and their community. There are many lessons to learn and implement from their experience.

**Mark Swiney FRV, Chair ESF
Conference Committee**

ESF SCHOLARSHIP SHOWCASE

With mental health and wellbeing now the focus of ESFs work, scholarships are helping to build the evidence for improvement and innovation to benefit people sector wide.

Sadly, people in the sector report higher rates of psychological distress, diagnosis of mental health conditions, and suicidal thinking and planning than the general adult population in Australia so there is much room for improvement. [Beyond Blue's *Answering the Call* (2018) nation-wide survey of 22,000 police and emergency service workers]

The 2019 ESF scholarships awardees showcased their [study findings & recommendations](#) as part of the Emergency Management Conference.

Moving into a state-wide police wellbeing role, **Greg Dean** gained a helicopter view of the organisation that he was not ready to accept. He knew that more needed to be done. But how best to tailor early intervention services for police and emergency services?

Register. Find. Unite is a system used by the Red Cross during crises and disasters. **Ti Hokins** asked us to think about the people behind the system taking those calls. How do we best look after their wellbeing?



better together

When a Frenchman he had never met reached out to VicSES volunteer **Marcus Warner**, wanting to discuss a wilderness he had witnessed in Bright, Marcus wondered, what happens to the witnesses? Should we be helping them too?

A mindfulness practitioner himself, FRV's **Dennis Smith** started thinking. What if our emergency management leaders could benefit from reduced stress and anxiety and improved cognitive performance that mindfulness brings, in literally a few minutes?