OPERATION DEFROST: SHARING HOPE TO YOUNG PEOPLE IMPACTED BY DRUG USE

Earlier this month, headspace Mount Gambier launched a new book ‘Operation Defrost’.

Over the course of a year, we facilitated a series of workshops where young people who have been impacted by a family member or friend’s crystal methamphetamine use were invited to share their personal experiences. From there, some of the young people were supported by the South Australian Writers Centre to get their stories onto paper, resulting in the book. To accompany the stories and poems, young people created artwork to reflect their experiences.

Tishelle Olle, co-author, bravely spoke at the launch, saying her main goal was to provide hope for others who may be in a similar situation. A copy of Tishelle’s speech, along with one of the poems she wrote, can be found on page 3-4.

Speaking at the launch, police officer Sergeant Andy Stott said “it is essential families and young people in particular have support and the ability to ask questions and express feelings in these situations”.

Copies of the book are available free of charge from headspace, or available to loan from the Mount Gambier Library.

If you have been impacted by alcohol or other drug use by a family member or friend, it’s important to know that you’re not alone. We encourage you to reach out for help, from headspace or other local support services.
WOMEN’S HEALTH

We recently ran a successful event for young people and a special woman in their life, called ‘Uplift’. The participants enjoyed activities, pampering, snacks and a guest talk.

Emma Thomas, Women’s Health Nurse, spoke to the women about periods, hormones, puberty, menopause and everything in between!

Emma works from the Mount Gambier hospital and is available for confidential women’s health chats and checkups. To make an appointment with her, call (08) 8721 1460.

O’WEEK

Uni is back for the year! We had lots of fun chatting with students and running an activity at Uni SA’s O’Week event in Feb.

If you feel overwhelmed this year from studying at uni, school, TAFE, doing online courses or anything else... don’t forget that headspace has your back and can help out. We can provide free support for anyone aged 12-25.
THE TULIP - TISHELLE OLLE

The tulip bulb grows from the cold hard earth
a seed of hope rising up
bright violet, as vibrant as the dawn, cold as an igloo, tough enough
to survive even the harshest blizzard
Stories are etched on every scratch of its otherwise smooth stem,
pure as an angel’s song.
Hope can be seen through the bright colour of every petal, so strong
even a hook couldn’t break its perfection. Although it’s as fragile as a tiny
robin’s egg, it cannot be broken, not even by electrifying it with a 50 volt
Taser; it will always live on, one way or another.
Like a larvae, it is young but it’s also tough
hard, like a sour lemon,
though like a lemon
it will eventually die.
Like all living things,
this tulip will have its buds, its offspring
so even though it is fragile,
it cannot be broken.
And even though it will eventually die,
it will always live on
one way or another.
The poem that I just read was called ‘The Tulip’. To me that poem is about hope. It’s saying no matter what happens stay strong and stay unbroken. No matter what’s going on in your life you can get through it. You are a tulip and you are also an offspring. No matter what you will be here in one way or another.

I’m here standing in front of you all today because of one thing that affects millions of people and that thing is obviously ICE. Now I’m not gonna stand here and talk about how ice use needs to stop cause although it does we can’t make that happen. What we can do, what I hope this all helps to do, is support other young people who have been affected by ice use in their life. Many youth out there feel like they can’t talk about it. I felt like that, then with some support I actually did speak about it and in doing so I got the opportunity to help with this which hopefully helps many others a lot like me. I’m not gonna lie writing this wasn’t easy I wrote about stuff I have trouble even talking about but if it helps even one person then it’s worth it.

Now one thing I’m sure a lot a lot of you are wondering is how did the process of writing this book go so I’ll tell you now. First we had three sessions where we met with others to get to know each other. At first there were lots of us but due to reasons not all of us could continue after the three meet ups. We had a drawing session where we drew or more so painted the pictures in the book after that we had a two day writing session with the SA Writers Centre where we wrote the stories then we had one more art session at headspace.

Anyway as you all know the poem I read was called the tulip you may be wondering why I chose to read this particular piece of writing instead of how to be me or untitled, well as I mentioned this poem is about hope. Hope is something a lot of young people who are affected by ice use don’t have its hard to get and extremely easy to lose. When I first heard about Operation Defrost and this book I didn’t believe it was gonna happen. I was scared to hope it would be real because every time I’ve had hope something has let me down. But something I’ve recently learnt through all this, is that hope is important. Hope lets you believe things will get better, hope is real, and it is needed a lot so I hope this poem, heck this book even, will show everyone whose lost hope not to be afraid to let it back in.

Thank you.
UPCOMING EVENTS

4 MARCH - ‘I AM MORE’ BRAIN SHAVE @ METRO
Join and support Kyra, Georgia, Chloe and Dr Leopold as they shave their heads to show that women are more than their looks. At Metro Cafe and Bakery, Sunday 4 March, 3pm - 6pm, money raised will go towards projects run by the headspace Youth Reference Group.
https://chuffed.org/project/i-am-more-brain-shave-for-headspace
https://www.facebook.com/events/1783633541690165/

13, 27 MARCH - LGBTIQ+ SOCIAL GROUP @ HEADSPACE
The LGBTIQ+ youth group meets fortnightly from 5:30pm – 7:30pm!
If you want to check out what’s going on, but aren’t ready to come to a face to face meeting, we have a secret Facebook group! If you want to join, send the email address you use for Facebook to ImogenM@unitingcommunities.org.

15 MARCH - CLOSE THE GAP DAY @ PANGULA
Pangula Mannamurna Health Service is hosting the Close the Gap day event in Mount Gambier. All of the activities on the day are linked to increasing physical activity, health literacy, improved nutrition and social emotional wellbeing.

16 MARCH - KINDNESS DAY @ GRANT HIGH
The Grant High School SRC are planning a whole week of kindness activities and events in the lead up to International Day Against Bullying. On Friday 16 March, headspace and the Rapid Relief Team are heading to the school to hand out FREE ice creams. The SRC are organising other fun activities too!

20 MARCH - HAPPINESS DAY @ MOUNT HIGH
We are heading to Mount Gambier High School with the Rapid Relief Team to hand out FREE ICE CREAMS to students on International Day of Happiness! What could make us happier?! The Mount High SRC are also preparing some fun activities and entertainment for the day.

5 APRIL - GRIEF AND LOSS WORKSHOP @ HEADSPACE
Standby Response after Suicide and headspace are running a Grief workshop for young people, from 5:00pm-6:30pm. If you are interested in attending, please speak to your headspace worker or register via reception 8725 0443. All welcome.

13-20 APRIL - YOUTH WEEK
Friday 13th April – LOUD in the LIBRARY 6:30pm – 8:30pm
Tuesday 17th April – Chill and Chat at Metro 3:00pm - 5:00pm
Friday 20th April – Amazing Race 4:00pm - 6:00pm
Friday 20th April – Pop Culture Pursuit at the Main Corner 5:30pm - 9:00pm
FREE CLOTHING AND ACCESSORIES

We have a range of free, brand new clothing items available for headspace clients. If you are in need of some new clothes, please speak with your headspace worker or Mel or Kylie at reception.

YOGA - THANK YOU

There are some brilliant, selfless people in this world, and you don’t have to look far to find them! We want to thank Kaye Ballintyne, registered yoga teacher, for running a free yoga course for headspace clients over the past months. The young people said they benefitted from the breathing exercises, and felt calm and relaxed after the sessions. Thank you Kaye! If you are interested in joining the next round of yoga, please let Mikarla at headspace know.

OPENING HOURS

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FACEBOOK

Keep in touch with what’s happening at the centre, and receive health and wellbeing updates by liking our headspace Mount Gambier Facebook page.