

PREVENTION OF YOUTH SUICIDE IN NEW SOUTH WALES

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Partially
Confidential

INQUIRY

into the

PREVENTION OF YOUTH SUICIDE

By

The Parliamentary Committee on
Children and Young People

The Parliament of New South Wales
Macquarie Street, Sydney

Submission by
The Jack Luck Foundation

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Why

The Jack Luck Foundation was established solely to fight the scourge of Youth Suicide. On January 20, 2016 the Luck Family lost our beloved youngest son Jack to Suicide. Two weeks after his death, our Extended Family met to discuss this terrible event. Despite being wracked with grief, our immediate thoughts were that Jack's death must not be in vain. We resolved that we must work together to create an organisation to fight the problem of Youth Suicide. At that meeting, we decided that a viable approach would be to reach out to Students in Schools. We immediately set aside family funds, and began to establish a not-for-profit organisation/foundation with this objective in mind.

Knowledge

Of course, we had experienced Youth Suicide at first hand. And we also had experience with several other Families who had also experienced Youth Suicide. And many other friends, families, business associates and contacts who had experienced Youth Suicide attempts amongst their loved ones.

Nevertheless, we decided we needed to gain as much authoritative information as possible on the subject. So we set about an intensive 12-month Research and Training Program. And we undertook all the existing Training Programs we could find for Suicide and Youth Suicide Training.

We conferred with all the leading organisations active in the Suicide Prevention and Support areas and became familiar with the kinds of preventative strategies already being utilised.

This opened our eyes and our minds to techniques that were proving effective. But also highlighted to us, clear gaps in the comprehension, knowledge and prevention of Youth Suicide.

Some of these 'gaps' related to our own experience. Others related to the experience of victims who had been to the edge... and over it... yet fortuitously returned to tell their story. Still others related to the gaps in training and support services available through many traditional sources and organisations.

Consultations with professionals – including Clinical Psychologists – revealed background information, data and clinical strategies not widely known or understood in the general community. It was clear that these strategies could be integrated with existing known programs to enhance Preventative Strategies.

Experience – Developing a Program

As a result of our research, The Jack Luck Foundation resolved to begin our Practical Research and Implementation program with High Schools.

Logically, we turned to Killara High School on Sydney's North Shore.

The obvious reason was that this was our son Jack's Alma Mater.

But there were other important factors...

1. Killara High School was deeply committed to Student Mental Health Programs..
2. We had enjoyed a close relationship with the School Administration and Educators for many years.
3. Jack had been a respected Student at the School, involved in many activities from School Orchestra, Sports, Communications, and Publications to Counselling/Mediation.

Our discussions with the school progressed for a period of some 5 months to develop a suitable program.

This involved every component of the School Community and Environs – Administration, Principal/Teachers, Welfare Staff, Student Groups, Parents, External Health Suppliers/Consultants, Government.

Together we resolved a Three-Tier Program...

- Dedicated Professional Presentation on Suicide Prevention Strategies to Students
- Dedicated Professional Presentation on Suicide Prevention Strategies to Parents and Teachers.
- Creation of a unique 'Communication Space' at the School for Students to be able to 'ventilate' issues.

The resultant Suicide Prevention Seminar was conducted at Killara High School on Thursday May 18, 2017.

Prior to the Seminar we engaged in extensive briefings with Administration and Staff.

All key staff were supplied with a copy of the Reference Book 'How to Stop Male Suicide' as a primer on the general subject – the book fully explores the subjects of male and female suicide, and of all ages, includes Youth Suicide.

1. Student Seminar

The Student Seminar was conducted from Bell Call on the day, and replaced the first two school periods. The Seminar was presented to all year 11 and Year 12 Students at the school – approximately 650 Students.

Prior to the commencement of the Seminar, Students were presented with a Questionnaire, which was completed and collected prior to the Seminar commencing.

An Audio-Visual Presentation was delivered by Mr Rob Luck, the Founder of the Jack Luck Foundation. The Keynote Address was presented by Mr Glen Poole (of the Stop Male Suicide organisation) with a Presentation specially developed and dedicated to the subject of Youth Suicide.

Mr Luck provided a Summary address, highlighting critical issues of the Keynote Address and updated students on contact opportunities both within the school and externally.

The School Clinical Psychologist delivered an inspiring Footnote Address, confirming key issues of the addresses and underscoring the School's support for Students experiencing difficulties or assisting other Students with difficulties.

A second research survey was handed to students to complete and collected at the completion of the Seminar.

An informal Q&A and personal Q&A and Consulting Session was held at the conclusion of the Seminar during which Students were encouraged to approach the Convenors and Speakers, Teachers, Mentors, Counsellors and Professional Wellbeing Staff.

A large number of Students sought discussion with the various representatives.

A small number of Students experienced distress, and were engaged with Professional Counselling.

2. Communication Space - Tree of Life

By consensus, it was agreed that a 'Communication Space' dedicated to the Project would benefit Students. Advantages...

- Symbolic, dedicated meeting place for Students to discuss their hopes and dreams and their fears.
- Continuity with the existing Youth Suicide Prevention Program
- Symbiosis with existing Programs with synergistic themes – such as Come and Sit With Me (anti-bullying)
- Memorial Dedication to 'Fallen' Students

Accordingly at Midday a Special Ceremony was held in a newly allocated area near the entrance to the school for a Ceremonial Tree Planting.

This was performed by Mr Scott Farlow, MLC and attended by the key School Administrative Staff, the Convenors of the Seminar, and Mr Jonathon O'Dea, the Local member for Davidson.

A well-developed tree provided by The Jack Luck Foundation was planted.

A Plan was developed in conjunction with Killara High School, to completely re-landscape the area and provide seating for a permanent 'Tree of Life' Meeting Place.

A plaque will be prepared to dedicate the area appropriately.

3. Parents Seminar

In the Evening of May 18, 2017, The JLF presented a Seminar especially prepared for Parents and Teachers.

Parents had been invited by the School through normal communication channels.

Invitations had also been extended to Parents and Teachers of the North Shore 5 in the Northern Sydney Suburbs catchment Areas.

The Event was held in the School Concert auditorium for some 125 attendees.

Survey forms were presented for completion before and after the seminar.

The Seminar was officially opened and presented by Mr Scott Farlow MLC.

Speakers included Mr Rob Luck of the JLF, The Principal Ms Jane Dennett, and Mr Glen Poole.

Presentations were specifically directed at Parents and their interests.

A vigorous Q&A session followed with a very high-level of inspirational contribution from Parents.

Informal post-Seminar discussions continued with the Convenors and School Staff for another hour.

Summary and Follow-up

We believe all Stakeholders in this Project experienced outstanding results...

- The School reported that the Presentation provided a useful reference for students consulting school support staff about suicide issues.
- The Convenors experience warm and responsive feedback from Students and Educators on the information and benefits imparted by the program.
- Parents were not only receptive, but indicated deep concerns about their own and other Students in their care or connections.

The data collected indicated...

1. Students generally considered Suicide a 'taboo subject'.
2. Students on the other hand were receptive to a more 'open discussion' on the subject.
3. Students had little or no knowledge of 'indicators' of at-risk persons.
4. Following the Seminar, Students believed they had a much better chance of identifying at-risk subjects. (This was also evidenced by the increase in referrals to Student Counsellors, Teachers and Psychologists)
5. Prior to the Seminar, Students said they had little or no idea how to handle an 'at-risk' individual.
6. After the Seminar, Students said they had a much better idea how to handle an 'at-risk' interval.
7. The 'new knowledge' they acquired included 'first encounter' conversations, how to direct the person to different levels of help, how to go to get help from different levels of assistance.

Other messages...

The Jack Luck Foundation also took away strong messages from these encounters. They included....

- The reasons for Suicidal Thoughts are personally experienced at a very deep level by Students.
- The range of reasons is as broad as, or even broader than anticipated from current research.
- The 'Trigger Points' – at least some of them - may be quite different from what conventional training indicates.
- The 'Parachutes' to help students 'exit' from risk situations may be simpler and more straightforward than anticipated.
- Students expressed the view that 'Bonding' and 'Inspirational' Programs would assist them in overcoming Suicidal situations.
- Students wanted more 'Peer consultation' experience on the subject.
- Teachers, Administrators and those on the Welfare frontline would benefit enormously from Suicide Training Programs.
- Student Mentors and Counsellors would benefit enormously from Suicide Training Programs.
- Students were receptive to ongoing, through-the-year Programs that combined 'Suicide Risk Behaviour' with Peer-group, Leadership, Mentoring and Educational programs designed to highlight life benefits, life opportunities, and similar themes.

Prevention of Youth Suicide – a Program for Schools

Youth Suicide is currently addressed by many well-known organisations.
But most, if not all of these organisations are focused on Suicide in general - male and female, all ages.
Their resources – large or small – are spread over broad demographics.
Many sub-groups have dedicated Suicide Organisations – e.g. Seniors, Vets, Construction Workers.
But a key problem is the trend to younger and younger suicides.
And tackling the problem at Student Level has been almost entirely overlooked.
Yet the problem clearly starts at School.
And many Suicides occur with School Students.

Our Evaluation Program has clearly demonstrated a strong need for a comprehensive program for an Education-based Youth Suicide Prevention Project.
This should incorporate...

1. Dedicated Student-based research

Background Research and Data compiled from the knowledge-bases of the existing professionals...

- Clinical Psychologists
- Psychiatrists
- Suicide Prevention & Training Specialists
- Data from Schools, Administration Staff, Teachers and Welfare Staff
- Parent Research
- Student Research

The research needs to focus not only on Suicide discussion and prevention, but ...
All the youth-related factors that contribute to Suicide Risk.
All the youth-related factors that can neutralise Suicide risk.

2. Training

Suicide Risk Awareness & Prevention Training for All Education Professionals – Professional Level
Suicide Risk Awareness & Prevention Training for all Counsellors, Mentors – Support Level.
Suicide Risk Awareness & Prevention Training for all Students – Personal Level

3. Motivational, Inspirational, Leadership, Mentoring Support and Coaching.

School Seminars covering not only Suicide Awareness Training, but Positivity Training designed to provide inspirational focus for Students, direct them down productive paths, and divert them from negative influences and directions. Strong peer-example support.

4. Prolonged Support

‘Open-ended’ and ‘endless’ pastoral support programs which integrate the concepts of Suicide Awareness/Prevention Strategies and Inspirational Training.
This can be partly incorporated into existing Student Health and Wellness Programs and partly inculcated in School Curriculums.

5. Parental Support and Guidance

Parents receive no general education for parenting, let alone the complex psychological issues driving child and adolescent mental development.
Suicide Risk Awareness and Prevention training should be extended to Parenting, along with support on stimulation of Positivity Training principles.

6. Emergency Rescue. Provision of immediate and special support processes for those at ‘Critical Risk’ of Suicide.

In concert with these Strategies, we believe that providing a symbolic and dedicated ‘Communication Space’ for Students at each school would enhance the practical Programs. We have proposed (and implemented at Killara High School) the ‘Tree of Life’ Concept as one attractive application of this concept.

Why Schools?

- Schooling is compulsory – virtually 100% of children attend school to age 17 (legal requirement NSW). (approximately 1-2% are home-schooled in approved Home Education Centres)*.
- The age-group 13-16 is considered the age at which 'Mental Health issues present strongly. (Down-aging of diagnosis is starting to be recognised to Primary School Level)
- Approximately 2/3 of students attend public schools, 20% Catholic schools and 14% Independent Schools – all are easily accessed for Health Education programs.
- Many of the reasons for suicidal behaviour in Youths emanate from the school environment – i.e. bullying, peer pressure influences, study and success pressures, behavioural 'shaming', access or exposure to alcohol and drugs, development of friendship networks and negative friendship influences, opportunity for emotional relationships and relationship breakdowns/failures.
- The School Environment is an Education-based Environment and Education plays a prominent role in addressing Mental Health Issues.
- Schools already have a comprehensive matrix of support systems for students – these can be enhanced, leveraged, or up-skilled to help deal with Mental Health issues.
- Students spend more time at School than in any other 'awake' environment.
- Schools offer unlimited layers of professionals to provide support.
- Schools provide a 'captive' environment to provide valuable information to Youth.
- Schools can play a vital role in stimulating safer and healthier families – a core value of Mental Health.
- Schools already have a sophisticated wellbeing framework, heavily funded by the Government.

* (ABS)

Relevant Statistical

1. 14% of all illness is Mental Health related, yet expenditure on Mental Health is only 8%.
2. 17% of the population of NSW experiences some mental Health issues – 3% severe (Suicidal bracket)
3. More than 100,000 school-age children have Mental Disorders – many associated with behavioural issues.
(Living Well – a Strategic Plan for Mental Health in NSW 2014-2024)

- Children 12-17 were 3x more likely to have a mental disorder than children 4-11.
- 1 in 7 children (4-17 Years old) were assessed as having a severe mental disorder.
- 7.4% of children 12-17 visited a 'headspace' centre in the past 12 months.
- Major depressive disorders caused more than 20 days absenteeism p.a. compared with 3 for the average.
- One fifth of adolescents reported high or very high levels of psychological distress.
- One in 10 12-17 year olds reported actual instances of self-harm – ¾ of these in the previous 12 months
- Self-harm was reported in up to 50% of students diagnosed with a major depressive disorder
- 1 in 10 'teenagers' have been diagnosed with clinical depression, self-harmed, considered suicide.
- 1 in 5 girls aged 16-17 had clinical depression
- 1 in 13 12-17 year olds had contemplated suicide previous 12 months
- 1 in 20 had made a plan
- 1 in 40 had made a serious attempt
- 1 in 5 females with major depressive disorder had attempted suicide in the previous 12 months
- 1 in 7 males had attempted suicide.
- However males who succeeded in taking their lives outnumbered females by 4 to 1
(The Mental Health of Children and Adolescents - 2nd Australian Survey - 2015...)

Analysis of Statistics and Data

Statistics illustrate the problem by employing numbers.
But behind each 'number' is a person with a problem.

Research provides raw statistical data by 'demographics' and 'indicators'.
But Mental Health Care Professionals assert that much of this misses the real underlying issues, the treatment options and the end-game solutions.

For example, diagnosing a section of data of suicide victims as being 'high achievers' does not in itself help to identify persons at risk. Most 'high achievers' do not either contemplate or act-out suicidal intentions. But an entirely 'self-reliant' high achiever is likely to be at higher risk, because that person is unlikely to seek help in a mental crisis.

Similarly, identifying a person at extreme high risk of self-harm/suicide requires different strategies from a person suffering long-term clinical depression.
And the 'treatment' options to turn each person away from their chosen path of self-harm can be completely different case-by-case.

This leads us to the conclusion that more research is required purely for self-harm and suicidal individuals - and that this is separated from general research on Mental Health issues (e.g. including Depression).
Some of these issues are being considered by Initiatives such as 'myCompass' (Black Dog) , Recovery Colleges and Batyr's 'Peer Leadership' Program.

However, since suicide and self-harm rates are RISING, it is clear that more work needs to be done at the fundamental level to ...

- (a) fully understand the 'Drivers' of Suicide ('Flashpoints', 'Trigger Points') and ...
- (b) the 'Parachutes' or 'Escape Pathways' for those afflicted.

Technology Role

On a similar front, is the issue of Technology Application.
Numerous organisations already gather and compile data, and provide advanced technology information, monitoring and guidance services.
The NSW Government has an excellent opportunity to establish a Central Database to leverage all of this data and all of these sources. Some advantages...

- Deeper and more comprehensive data acquisition.
- Interconnection of data sources
- Ability to deep-drill data
- Higher quality of data and higher standard of data interpretation
- Lower-cost assembly and dissemination of data, research and reports
- Ability to provide lower-cost services
- Capacity to provide faster, cheaper and more accessible information to patients
- Reduction of unnecessary surgery, waiting room and hospital-based services
- Identification with Youth Market through Technology
- Opportunity to supply automated, customised, or personalised on-line support
- Promotion of self-help treatment concepts
- Rapid interface with clinicians
- Integrated personal care and personal records-keeping and tracking
- Knowledge interchange – sharing
- Uniform Policy administration
- Integration with Activity Based Funding concepts

The Way Forward

We commend the NSW Government on undertaking this comprehensive Inquiry into Youth Suicide. It represents the most positive and research & information-based approach to resolving this terrible tragedy which has befallen our Youth.

The Inquiry will no doubt reveal a treasure trove of valuable information on the subject. This will present a significant challenge in determining The Way Forward.

The Jack Luck Foundation would like to offer its services in any of the following capacities...

- Assistance in compiling information resources into interpretable data and implementation processes.
- Assistance in analysing, designing and implementing appropriate program concepts.
- Presenting Programs on Youth Suicide Prevention to Schools – or any appropriate Community Demographic.
- Managing any Programs the Government decides to outsource.

Appendices Follow:



The Jack Luck
FOUNDATION



JACK LUCK was a gifted, energetic, accomplished, generous, compassionate and loving Young Man.

Yet on January 20, 2016 at the age of 25 ... with the world literally at his feet....he took his own life.

Jack's inexplicable death is, however a metaphor for the tragedy of Youth Suicide.

Because, contrary to expectations, young people who take their lives are frequently at the top of their game – they are often high-achievers, acclaimed by their peers, adored by family and friends.

They appear to have everything to live for.

Yet some of them choose to die ... and Youth Suicide claims nearly 3 young people every week in Australia.

There are many reasons for Youth Suicide and the motives are complex.... peer and parent pressure, bullying, relationship breakdowns, depression, health and welfare, or... as in Jack's case... a significant personal loss.

In 2013 Jack's Fiancée died in his arms... the victim of a childhood disease Jack new nothing about. Jack tried to deal with his grief by throwing himself at his career. He taught himself Mandarin in 12 months – sufficient to co-host a Lifestyle TV Series entirely in that language for the Fox International Network.. He was feted for his entertainment ability, offered premium modelling work and movie roles, surrounded by family and friends, and deeply involved in rewarding Charity Work.

Yet he never overcame the pain of his loss and 3 years later took his life.

Our Mission

Jack's Family soon resolved to create an Organisation dedicated to helping young people in crisis and to preventing Youth Suicide.

Our Mission was to learn and understand all the drivers behind Youth Suicide and develop effective strategies to prevent this... to understand...The Identifiers, the Trigger Points, the Parachutes. To develop the tools to be able to bring young people Back from the Brink.

Our People include Jack's Extended Family, Friends, Business Associates. Community and Government 'partners' and Health Care Professionals. Every one has lived the real-life trauma of the loss of a young person.

Senior Members have dedicated more than 40 years each to Community and Charity work with a massive range of experience at all levels of organisations.

We are assembling an extended team of Directors, Managers, Consultants and Professionals to execute our plans.

We have formulated a well-defined strategy and executed successful Evaluation Programs based on our mission. Our experience has enabled us to expand and refine our Program in order to deliver a high quality of service.

It is our objective to rid our Community of the scourge of Youth Suicide.



Stop Youth Suicide

EVALUATION PROGRAM: KILLARA HIGH SCHOOL, SYDNEY, 18 May 2017

STUDENT SESSION

650 YEAR 11, 12 STUDENTS



Stop Youth Suicide

EVALUATION PROGRAM: KILLARA HIGH SCHOOL, SYDNEY, 18 May 2017

Sample of Student Questionnaire, completed by each Student before and after the Seminar

STOP YOUTH SUICIDE

Which of the following best describes you?

Male		Female		Other	
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Please answer the following questions:

TICK ONE BOX ONLY FOR EACH QUESTION

Are the following statements true or false?	TRUE	FALSE	DON'T KNOW
People who have thoughts about suicide should not tell others about it			
People who suicide are psychotic			
People talking about suicide always increase the risk of suicide			
Not all People who attempt suicide plan their attempt in advance			
Very few people have thoughts about suicide			
Men are more likely to die by suicide than women			
People who want to attempt suicide can change their mind quickly			
There is a strong relationship between alcoholism and suicide			

TICK ONE BOX ONLY FOR EACH QUESTION

How much do you agree with the following statements?	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
I am aware of the latest facts and figures about youth suicide					
I know which groups of young people are at risk of suicide and what the main risk factors are.					
I am confident that I could spot a friend at risk of suicide					
I am confident that I could help a friend at risk of suicide					
If I had a problem I couldn't handle, I'd deal with it on my own.					
If I had a problem I couldn't handle, I'd ask someone for help.					
I have at least one person I could talk to and ask for help if I had a personal problem I couldn't cope with.					
I am aware of the services and resources that are available to help young people at risk of suicide					

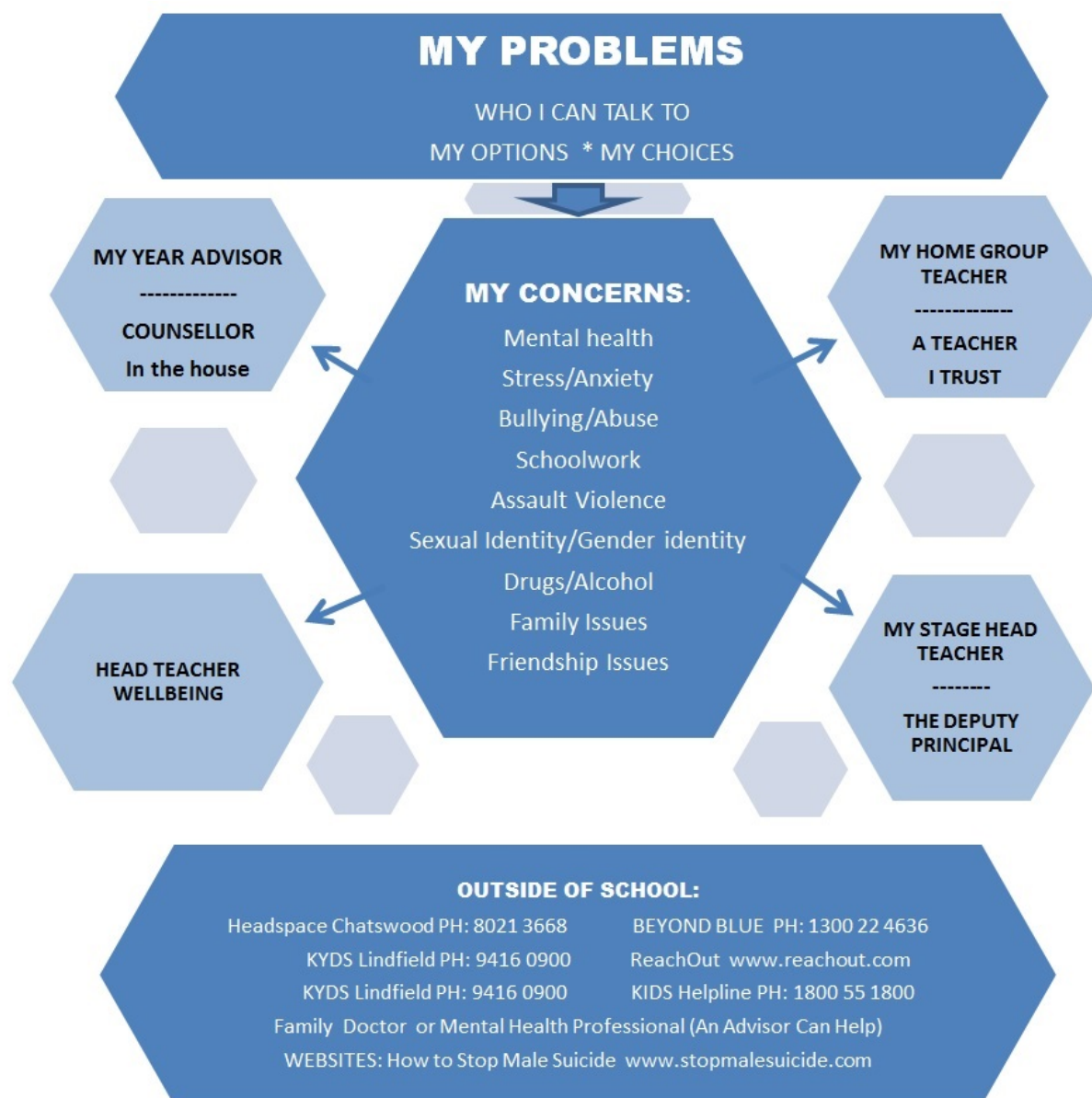
Did you complete this form at the beginning or the end of the session?

Beginning		End	
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Stop Youth Suicide

EVALUATION PROGRAM: KILLARA HIGH SCHOOL, SYDNEY, 18 May 2017

STUDENT COMMUNICATION GUIDE



Stop Youth Suicide

EVALUATION PROGRAM: KILLARA HIGH SCHOOL, SYDNEY, 18 May 2017

PARENT/EDUCATOR SESSION 125 PARENTS & TEACHERS (INCL. THE NORTH SHORE 5)



TREE OF LIFE



THE TREE OF LIFE is a Student Community Concept developed by the *Jack Luck Foundation*

It provides a unique ‘Communication Space’ for Students within the School Grounds.

A Tree stands as one of Nature’s enduring symbols of strength, purpose, determination ... and of life itself.

A Tree also provides a canopy or protective ‘umbrella’.

Its trunk stands straight and defiant against all the odds.

Its branches constantly grow and extend, symbolically reaching out to all those around.

Its leaves represent all the people in its sphere of influence.

For millenniums, trees have provided shelter and comfort for human beings.

The JL Foundation installed a ‘Tree of Life’ at Killara High School in May 2017

A mature (2.5-metre) Waterhousia was planted. The area will be landscaped and provided with seating.

Beneath the tree is an ideal meeting place for Students to share their friendship, their hopes & dreams – and their troubles.

It is a perfect forum for campaigns such as *You Can Sit With Me* (anti-bullying), *Mind Matters* (mental health and wellbeing) *RUOK* (suicide prevention) and the JLF ‘*You Can Stop Youth Suicide*’ programs.

The JLF aims to make this the first of many Trees to be planted in Schools across the State – to provide a symbolic meeting place for all Students.



Stop Youth Suicide

EVALUATION PROGRAM: KILLARA HIGH SCHOOL, SYDNEY, 18 May 2017

'TREE OF LIFE' TREE-PLANTING CEREMONY





Stop Youth Suicide

EVALUATION PROGRAM: KILLARA HIGH SCHOOL, SYDNEY, 18 May 2017

ROB LUCK INTRODUCTORY STUDENTS ADDRESS & AUDIO-VISUAL PRESENTATION

This Address, by the JLF Founder was aimed to put a Human Face to the Tragedy of Youth Suicide

Good morning ladies and gentlemen.

As young men and women, I feel I can share with you a most shocking fact.
And that fact is that for me to stand here today, someone died.
And unfortunately for me, that person who died is my wonderful son Jack Luck.

Some of you know or know of Jack.
Jack was a student of this school until 2007 – just 10 years ago.
Jack had the choice of many schools, but only ever wanted to go to Killara High.

He loved Killara high and he loved his friends, his teachers, mentors and supporters here.
He loved playing in the school orchestra – the same orchestra which played for Charity Events and won an Eisteddfod every year.
He loved sharing his barista skills, training other students so that they might have weekend or after-school work opportunities like him.
He loved playing sport with his friends here.
And he loved working as a student counsellor, mediator and mentor for other students here.
He loved being involved in school activities. He even modelled for the school brochure.

Jack also loved life and he lived it with joy and exuberance.
Jack built on his annual South-East-Asian school holiday experience to create a career for himself in the entertainment industry in Asia. This career took him to almost every country in South-East Asia and to Europe. For many students, Jack's life would have seemed idyllic.

Let me show you a small example – the last TV commercial he shot in the beautiful city of Prague in the Czech Republic. While I am talking, you will see other images of Jack enjoying family, school, friends and work.

Jack taught himself Mandarin and hosted a TV Program for the Fox International network entirely in that language. He was adored by his extended family, maintained old friendships and built many new ones across the planet.

So what could possibly have gone wrong?
In Jack's case, he lost his fiancée to a pre-existing medical condition he knew nothing about.
She died in his arms and she took a piece of Jack away with her.
After several years of striving to overcome his grief, he took his own life.
What we **now know** is that Jack ***just wanted to end the pain.***

What we **also know** is that Jack is not a one-off case.
Indeed two other students of this school took their own lives in recent years – and while still at school.

What we **also know** is that on average one in 20 students have had suicidal thoughts.
If there are 600 people in this room, that means there are 30 of you who have contemplated this.

In your age group - that is 15-19years - 122 young men and 33 young women took their lives in the last year.
In the next immediate post-school age group of 20-24 this figure doubled to 295 men and 60 women.
Indeed suicide is the number one cause of death in students. Perhaps you didn't know that?

What we **do not know**, is who else might be in the same situation.
It might be the person sitting next to you, your out-of-school friend, a family member.
It might even be you.

The reason is, that person may be experiencing a deep and terrible pain.
That pain can be caused by many things.
And everyone is different.

But for every person, their reason and their pain, is very real.
We believe that there is a solution to every different kind of pain.
We believe that we can help you find that solution, or that you can help find that solution for someone else.
Maybe that person sitting right next to you.
And we believe that every single person can be saved.
We want to help you to end the pain – not end your life.

So we want you to start the conversation, maybe share your own pain. You never know, you might get the response

'What, you too, I thought I was the only one'

What you also need to know is that sharing your pain is not a burden to others.
But taking your life is – the most terrible burden you can inflict on anyone

Because what we also know - especially from people who have been to the edge of the precipice – and come back – is that there is a solution to every problem that caused the pain.

And our mission is to prevent suicide by any young person – ever again.

This is a task for every one of us. And all of us is better than one of us. And you, the young men and young women sitting in this room today – you hold the key. You have an unbelievable power to help each other.. And we want to give you the tools to do this.

Today I am going to introduce you to someone who can help you in that mission.
This is a person who has been to that dark place himself and knows what it is like to live there.
More importantly, he knows what it is like to come back from that place – unharmed.
And he knows how to do it.
He knows how to teach others to do it.

And he knows how to teach you to help someone else.
In fact, he has made this his lifelong study and work.
And now, he is going to share that with you, so that you or your friend, or just someone you know, can be spared.

So ladies and gentlemen, I would like to introduce Mr Glen Poole, the author of the book, ***How You Can Stop Male Suicide***.

The focus of Glen's book is on male suicide, because young men are 3 times more likely to suicide than young women.

But the focus of Glen's work is on every young man and every young woman – not only those at risk, but those who can help each other

So ladies and gentlemen, please welcome Glen Poole.

----- Afterwards.... Short follow-up -----

Ladies and gentlemen, I have one more important announcement to make.
Today while you are in class, the Jack Luck Foundation will be planting a very special Memorial Tree in a dedicated area the school has set aside near the front entrance.
Soon it will be landscaped and special seating installed around it.

We call this the **tree of life**. But this tree is actually **your** tree.
It is a place where you can sit together to share your friendship, your hopes and dreams, or discuss your troubles. It is also an ideal forum for *You Can Sit With Me*, *Mind Matters* Or *RuOK* Activities.

The tree of life is small at the moment – just about 2 metres tall – but it is young and strong like you and it is fast growing and you will be able to watch it grow.

We hope you will enjoy it and celebrate your own lives under the protective canopy of **the tree of life**.

Stop Youth Suicide

EVALUATION PROGRAM: KILLARA HIGH SCHOOL, SYDNEY, 18 May 2017

NSW PARLIAMENT

NOTICE OF MOTION

Moved by Mr Scott Farlow, MLC, Leader of the House 31 May 2017

Carried Unanimously

1446. Mr Farlow to move—

1. That this House acknowledges that:

- (a) the Jack Luck Foundation conducted the inaugural ‘How to Stop Youth Suicide’ event at Killara High School on Thursday 18 May 2017,
- (b) the event was the culmination of ten months’ work and collaboration with Killara High School, suicide training professionals, education representatives and government,
- (c) an education seminar was conducted with 600 year 11 and 12 students addressed by Mr Rob Luck and Mr Glen Poole,
- (d) a symbolic ‘Tree of Life’ provided by Mr Ross Bond was planted by Mrs Yulita Luck, Mr Rob Luck, Killara High School Deputy Principals, Ms Carla Marchesin and Mr Robin Chand, the Member for Davidson, Mr Jonathan O’Dea and the Honourable Scott Farlow MLC, and

1446. Mr Farlow to move—

1. That this House acknowledges that:

- (a) the Jack Luck Foundation conducted the inaugural ‘How to Stop Youth Suicide’ event at Killara High School on Thursday 18 May 2017,
- (b) the event was the culmination of ten months’ work and collaboration with Killara High School, suicide training professionals, education representatives and government,
- (c) an education seminar was conducted with 600 year 11 and 12 students addressed by Mr Rob Luck and Mr Glen Poole,
- (d) a symbolic ‘Tree of Life’ provided by Mr Ross Bond was planted by Mrs Yulita Luck, Mr Rob Luck, Killara High School Deputy Principals, Ms Carla Marchesin and Mr Robin Chand, the Member for Davidson, Mr Jonathan O’Dea and the Honourable Scott Farlow MLC, and

Stop Youth Suicide

EVALUATION PROGRAM: KILLARA HIGH SCHOOL, SYDNEY, 18 May 2017

ADDRESS TO THE HOUSE JUNE 1, 2017

MR SCOTT FARLOW, MLC, LEADER OF THE HOUSE

JACK LUCK FOUNDATION

The Hon. SCOTT FARLOW (16:24): Each day three young Australians take their own lives. Eight people a day across Australia die by suicide. In 2015, 3,027 people in Australia died by suicide. These are numbers, but behind each number is a person. Behind each person is a mother and a father, a brother and a sister, a child, a husband, a wife, a partner, a loved one and a friend with a giant hole left in their life, ravaged by the tragedy that is suicide. I want to share with the House one of those tragedies. Jack Luck was a 26-year-old with the world ahead of him. He was a charming, compassionate, loving, lovable and outstandingly successful young man who created an eminent career in the entertainment industry in Asia.

Years before Jack was struck by tragedy, when his true love, his fiancée, died in his arms in bed, the victim of a terminal childhood disease that Jack knew nothing about. Her death left Jack devastated and filled with guilt for failing to save her, even though this was impossible. Despite this pain, Jack appeared to be coping. He threw himself in to his career and attested he was okay. Unfortunately, Jack was not okay. On 20 January 2016, Jack took his life. Following Jack's passing, his family led by his loving parents, Rob and Yulita Luck, who are with us in the President's gallery today, were determined that Jack's death would not be in vain. They formed the Jack Luck Foundation to work with professionals to provide the support necessary to prevent future youth suicides.

On Thursday 18 May 2017 this noble intention of the Luck family came to fruition with the holding of the first "How to Stop Youth Suicide" event at Killara High School. The unique model employed by the Jack Luck Foundation has a very positive message for young people—they can be the first generation to stop youth suicide. By targeting students, teachers and parents—the "critical trifecta"—the Jack Luck Foundation is embarking on a unique model to prevent youth suicide by touching the most influential groups for young people.

An two-hour education seminar was conducted in the morning with 600 year 11 and 12 students. The seminar was conducted by Mr Glen Poole, a leading authority who has dedicated 20 years of his life to preventing youth suicide and the author of a book on how to stop male suicide—the suicide rate for men is three times higher than that of women. As part of the seminar school counsellors and the principal, Ms Jane Dennett, also spoke and provided support to students. Members of the Luck family also addressed the students. The response from students on the day and the following days was overwhelming, with students coming forward to school counsellors to express their problems and their concern for their friends. In the evening more than 85 parents and teachers from Killara High School and other surrounding high schools attended an information session.

There can be no greater fear for parents than to lose their child, particularly to something as preventable as suicide. It was a privilege that evening to join the parents and teachers of the Killara High School community and hear their stories, their fears and their desire to know more so that they can help their kids, see the signs and know how to confront the scourge of youth suicide. When it comes to suicide we are afraid of saying the wrong thing. We grapple with hiding the subject in the fear that if we mention it, somehow it will plant the idea in someone's head. This is no doubt a huge concern for parents. But the message is simple: We need to look for the signs and when we are concerned about someone, we need to be direct and ask them if they are okay. We do not need to have all the answers, especially in our schools, but there are so many opportunities for support from counsellors or organisations like Lifeline. As Stephen Adly Guirgis said:

No parent should have to bury a child ... No mother should have to bury a son. Mothers are not meant to bury sons. It is not in the natural order of things.

It was not in the natural order of things for the Luck family. It was something they never thought they would have to do and something that they never should have had to do. The Luck family wants to ensure that this tragedy does not befall other families. The Tree of Life, a beautiful mature-sized weeping Lilly Pilly planted at Killara High School, and to be planted at other schools, is a reminder that their loss is not in vain. It will serve as a focal point in Killara and at other schools to ensure that students are reminded that support is there, there is someone to talk to and there are people who care. Their problems are never too big. Rob, Yulita and the entire Luck family care. Their example is an inspiration. From the depths of despair their reaction has been to help others. They are exemplars of our community, and I am glad that the House commended them and the Jack Luck Foundation unanimously today for their efforts in combatting youth suicide. I thank them for their inspiration, and their love of their son and their community.

Resume: Rob Luck, Founder, The Jack Luck Foundation

PH: [REDACTED]

Email: [REDACTED]

Address: [REDACTED]
[REDACTED]

Overview

Experienced Management and Marketing Professional with extensive background in managing Teams of up 100+ Comprehensive background and experience in all forms of Media, Promotions and Event Management. General Management and Marketing experience in industries as diverse as Construction, Travel, Sports, Manufacturing, Transport, Publications and Entertainment.

Experience in developing new products, new businesses and new events.

- Created and developed Automotive Publications
- Created and developed Automotive Export Business
- Created (Invented) and developed Award-winning construction-industry advanced power tools (Topgun)
- Created and developed an advanced E-bike business with award-winning technology.

Community

Extensive involvement in numerous Community and Ethnic Groups in Australia over many decades including Finnish, Chinese, Japanese, Italian, Vietnamese and Korean.

Active for more than 30 years in Korean Community organisations with instrumental roles in organising, marketing, and presenting a range of Events including sporting, music, cultural, social, economic and political. Recently ...

- Event Co-Ordinator – Sydney Korean Society - General Events.
- Principal-Australian Community - Australia-Korea Politics and Business Forum
- Event Co-ordinator - The Sydney Lunar New Year Twilight Parade Committee 2015.
- Founder - The Jack Luck Foundation

Charity

Devoted significant percentage of time to charitable work over many decades. Supported organisations ranging from 'Operation Restore Hope, to Sydney City Mission, Fight Cancer Foundation, Life Saving Australia, the Bone Marrow Donor Institute and numerous other Charities.

Supported and worked with Prostate Survivors and other Prostate Charities and Organisations. Organised and ran a Support Group for newly diagnosed Australian Prostate patients since 2003.

Some Experience Highlights

- Published, Edited, Marketed and Managed some of Australia's leading Publications Groups.
- Produced Feature Programs and Documentaries for TV
- Introduced NASTAR Ski System throughout Australian Ski Fields and implemented and organised the system in numerous resorts.
- Staged Automotive Expos in Australia and South East Asia
- Developed and Managed the construction of more than 30 concept/show projects for national and international expositions.
- Revolutionised Publications Marketing in the 1990s with the first publication websites, e-marketing and electronic media cross-marketing concepts. Extensive internet and Digital Media experience since.
- Created and Developed Marketing Programs for Thredbo Resort, Trakka Tourism, Custom Credit, Recaro, and many others.
- Developed and ran Advanced Driving Courses
- Designed and developed a Patented product to revolutionise the application of sealants etc in construction & other industries (Topgun)

Other experience..

- Consulting to Government on roads, road safety, and vehicle safety.
- Expert Witness in Australian Courts for Automotive Litigation
- Film and Television consulting, production and direction including Beyond 2000, On The Road, Car of the Century, Car of the Year. TV Advertising Production.
- Automotive Commentating on TV and Radio.
- Public and Corporate Speaking, specialising in issues including Road Safety, Sport, Travel and Event management, Inventions and Business Development, Publishing and Marketing.
- Prime-mover in the Introduction of Compulsory Seat Belt Wear, PCA Testing and other Road Safety initiatives over the years.