

NATIONAL SUICIDE PREVENTION TRIAL

Work plan covering activities in 2018-19

ACTION AREA	INFORMATION REQUIRED
<p>Summary of main activities</p>	<p>Objective: Continue to implement trial activities in 2018-19 and ensure that transition arrangements are in place for the continuing care of at-risk individuals post the trial.</p> <p>Central Queensland, Wide Bay, Sunshine Coast PHN (the PHN) was announced as a Suicide Prevention Trial site on 6 February 2017. The specific areas identified in the trial are Gympie, Maryborough and North Burnett.</p> <p>Since the announcement, the PHN has commenced planning activities and engagement for the trial through our Suicide Prevention Working Groups which act as subcommittees of the Mental Health, Alcohol and Other Drug (MHAOD) Strategic Collaboratives. Subcommittees have been established in Gympie, North Burnett, and Maryborough.</p> <p>Suicide Prevention Coordinators have been appointed in the Wide Bay and Sunshine Coast areas and have been leading the engagement of Suicide Prevention Working Groups in each trial site. Community forums have been held to build stakeholder engagement and gather feedback from the community. Existing local networks, providers, and people with lived experience are coming together and working towards a cumulative effort within a community system approach to suicide prevention.</p> <p>Artius Health, funded by mental health flexible funding pool, has been contracted to deliver Suicide Prevention Aftercare services with the main objective of a close collaboration with the Hospital and Health Service (HHS). The HHS has provided their commitment to work together on this activity to ensure that people who have had a serious suicide attempt receive coordinated follow-up and aftercare.</p> <p>Suicide Prevention Community Action plans are being developed for each area of our PHN and for each trial site. Service mapping has been completed, and identification of local barriers to community engagement has occurred, with strategies being put in place to work within existing local, state and national stakeholders. Continued community consultation is occurring in Maryborough, North Burnett, Gympie and greater catchments. Some training and communication campaigns have been completed as well as the implementation of Mental Health Stepped Care provision for the region, including a mental health stepped care central intake and assessment service.</p>

In 2017/18, resources were directed toward the engagement phase of activities, building relationships and forming partnerships with key stakeholders. In 2018/19 we will finalise planning and consolidation with a rapid commencement of procurement and activity implementation.

As part of our commissioning approach, the PHN has defined where we **procure** health services, **partner** with other agencies to implement health system solutions, and where our staff **provide** health system support services (e.g. general practice support, allied health engagement, education, digital health leadership). This approach allows us to provide clarity and transparency to our stakeholders. This activity work plan uses this method.

Key milestones and timelines

Planning and consolidation Phase		
December 2017 - January 2018	<ul style="list-style-type: none"> • Consolidate plan with SP Working Groups • Ensure that activities are scheduled for rollout during February - June • Update all key coordination points and service mapping 	
Procurement and activity implementation		
February 2018 - March 2018	<ul style="list-style-type: none"> • Implement strategies and activities in the respective action plans • Black Dog Institute Trial Site Coordinators Workshop • Suicide Prevention Australia Evaluation Workshop • LivingWorks ASIST training offered in each trial site • Question Persuade Refer (QPR) Licence purchased • QPR training offered to PHN staff and volunteers • Prepare marketing phase of SP Trial Site campaign. Develop asset development to be done in conjunction with Movember and MindFrame. (Billboards, social media, target groups). • “Women’s Business” activity designed to support the social and emotional wellbeing of women from across the Wide Bay Region 	
April 2018	<ul style="list-style-type: none"> • MindFrame Plus training for local stakeholders in each trial site • SafeTalk training offered in each trial site • Scoping of United Synergies LeanOnUS pilot 	

		<ul style="list-style-type: none"> • Indigenous Network Suicide Intervention Skills Training (INSIST)
	May 2018	<ul style="list-style-type: none"> • Staged launch of Suicide Prevention Community Action Plans in trial sites • Advanced Training in Suicide Prevention delivered by BDI • MATES in Farming to provide peer support
	June 2018 – July 2018	<ul style="list-style-type: none"> • QPR corporate campaign – “500 QPR trained in 5 months” • RITO Peer Support in Suicide Prevention • AISRAP STARS Training
	August 2018 – September 2018	<ul style="list-style-type: none"> • SP Coordinators attend AISRAP’s World Suicide Prevention Day Community Forum • World Suicide Prevention Day • Suicide prevention social media campaign launched • Second round offerings of Gatekeeper training
	October – 2018 December 2018	<ul style="list-style-type: none"> • Mental Health Week • Monthly meetings with Suicide Prevention Working Groups • Commence review of activities in SP Community Actions Plans • Second round offering of Indigenous Network Suicide Intervention Skills Training (INSIST) • Further offerings of MATES in Farming to provide peer support
	January 2019 – June 2019	<ul style="list-style-type: none"> • Implement strategies and activities in the respective action plans • Transition leadership of Suicide Prevention Working Parties and Community Action Plans to community stakeholders • Establishing helper (or gatekeeper) networks to help maintain and share knowledge

Key partners

Commitment has been received from the following key partners for trial activities:

Hospital and Health Services

- Sunshine Coast Hospital and Health Service
- Wide Bay Hospital and Health Service
- Queensland Health
- Child and Youth Mental Health Service

Local Government

- Bundaberg Regional Council
- North Burnett Regional Council
- Fraser Coast Regional Council

State Government and Departments

- Department of Education and Training
- Department of Communities, Child Safety and Disability Services
- Queensland Police Service
- Queensland Corrective Services
- Maryborough Correctional Centre
- Queensland Fire and Emergency Services
- State Emergency Service
- Department of Justice and Attorney General

Federal Government and Departments

- Personal Helpers and Mentors (PHaMs)

Tertiary education, research and training bodies

- The Sunshine Coast Mind and Neuroscience – Thompson Institute

- University of Queensland GMT (Generalist Medical Training)
- James Cook University (JCU)
- The University of the Sunshine Coast (USC)
- University of Queensland Rural Clinical School

Primary, allied, community and Indigenous health

- North Coast Aboriginal Corporation for Community Health (NCACCH)
- Indigenous Wellbeing Centre (IWC)
- Galangoor Duwalami Primary Health Care Service
- Psychiatry and psychology services
- General Practice
- Local rural and community allied health
- Disability service providers
- Rural and Remote Mental Health
- Gayndah Community Health

Mental health bodies/NGOs

- Roses in the Ocean
- StandBy Response Service
- headspace School Support
- Mindframe
- Mates in Construction
- Artius Health
- Uniting Care Community
- United Synergies
- Wesley Mission (or Wesley Mission Queensland)

- YMCA
- Excelcare
- Jaie's Journey
- Living Works Education
- Yoorana Women's Domestic Violence & Resource Service Inc
- Good Hope Men's Shelter
- United Synergies
- RM Williams Bush Learning Centre
- Stepping Black
- Centacare
- Impact Community Services
- Richmond Fellowship
- Flourish Australia
- St John's Ambulance
- Australian Red Cross
- Bridges Health and Community Care
- Salvation Army
- Wesley Lifeforce
- Black Dog Ride
- Men's Shed
- Save the Children
- Maryborough Community Housing
- North Burnett Family, Youth and Children working group
- South Burnett CTC
- Community Re-Entry Service Team (CREST)
- Multiple Criteria Decision Analysis (MCDA)

Enhanced services for people who have attempted or are at higher risk of suicide

Describe activities to be undertaken, including referral pathways and services

Central Queensland, Wide Bay, Sunshine Coast PHN (the PHN) will deliver the following activities for people who have attempted or are at higher risk of suicide:

Partner:

- 1) Suicide Prevention Working Parties established in each trial site to improve communication and referral pathways with existing and new service. Gympie and North Burnett have established working parties, whilst the formation of a Maryborough group is underway (SPT-P1.1).
- 2) Work with local QPS Vulnerable Person Unit (VPU), StandBy After Suicide Support Service, Uniting Community Care, HHS, and Emergency Services to identify local trends. Establish referral pathways between VPU, 1300 MH Call and Stepped Care Intake and Assessment. Document referral pathways in MOU between VPU, HHS and Artius (SPT-P1.2).

Provide:

- 3) A Suicide Prevention Coordinator to lead implementation of the Suicide Prevention Community Action Plans in each trial site (SPT-P1.3).
- 4) The PHN has invested in the development of Health Pathways, funded through After Hours funding. Health Pathways provides pathways for GPs and referral sources for service providers and community members. Relevant pathways will be designed and developed by GPs and subject matter experts. The PHN will be working with GP Liaison Officers and selected general practices within the trial site areas to identify education and engagement opportunities. This will include a trial of Black Dog Institute's Step Care in several general practice waiting rooms, funded through the Mental Health flexible funding pool (SPT-P1.4).

Procure:

- 5) Artius Health has been commissioned through Mental Health flexible funding pool to deliver Suicide Aftercare Services with a priority focus on people at risk and to provide coordinated support for people who have had a hospital admission as a result of a suicide attempt. A coordinated care post discharge will be provided for a period of usually three months (SPT-P1.5).
- 6) Advanced Suicide Prevention Training to be made available for frontline staff, including Mental Health Workers, GPs and medical students. Including training and promotion in the use of e-mental health therapies (SPT-P1.6).

Identify how these activities differ from PHN base activities funded from the mental health flexible funding pool

	Please see mental health activity work plan for full details of expenditure of the mental health flexible funding pool.
Areas for focussed activity	<p><i>Identify any new areas or populations being targeted this financial year.</i></p> <p>Partner:</p> <p>1) Evidence-based training is being offered to frontline staff to provide an opportunity to refresh or learn knowledge and skills, including gatekeeper training offered to community members and stakeholders: ASIST, SafeTalk and QPS offered to community members and stakeholders. In addition, establishing helper (or gatekeeper) networks to help maintain and share knowledge (SPT-P2.1).</p> <p>Procure:</p> <p>2) The PHN will procure Advanced Training in Suicide Prevention. The aim of this training is to improve health professionals' skill and confidence in managing the full spectrum of suicide risk presentations including the acute suicidal crisis, care after a suicide attempt and assisting families experiencing suicide bereavement (SPT-P2.2).</p> <p>3) Recognising that the media has important role to play in influencing social attitudes towards and perceptions of suicide and mental illness, deliver purposeful media promoting help-seeking, Mindframe training will be offered to local media where appropriate (local media outlets and mental health organisations in trial site localities) (SPT-P2.3).</p> <p>4) Peer Support Worker training in rural and remote areas offered by Roses in the Ocean, who have been engaged by the PHN to provide Our Voice training for people with lived experience within the region to build a pool of people in the region to participate in co-design work, community engagement and reference roles (SPT-P2.4).</p> <p><i>Provide supporting evidence where available</i></p> <p><i>Summarise where and what services are to be provided for each target area and population this financial year</i></p> <p>A range of evidence based gatekeeper training options are to be offered to the community ranging from the more intensive two-day Applied Suicide Intervention Skills Training (ASIST), half-day workshops of SafeTalk and easily accessible digital programs such as QPR.</p> <p>Applied Suicide Intervention Skills Training (ASIST) workshops in the Maryborough, North Burnett and Gympie. Living Works training offered for up to 200 participants trained in best-practice suicide first aid skills, with workshops held</p>

	<p>within the PHN catchment. Including an evaluation report of participant feedback following completion of the workshops.</p> <p>Additionally we plan to offer safeTALK sessions across the 3 trial areas. safeTALK is a half-day alertness workshop that prepares participants to become a suicide-alert helper. SafeTALK-trained helpers can recognise people at risk and connect them with life-saving intervention resources, such as caregivers trained in ASIST.</p> <p>Recognising the necessity for an Indigenous-led training program in the North Burnett, Maryborough and Gympie areas, we will trial the Indigenous Network Suicide Intervention Skills Training (INSIST) pilot program in these areas. INSIST is a community designed, culturally appropriate, multifaceted suicide prevention training program to be offered to Aboriginal and Torres Strait Islander communities in each trial site. This is a pilot program to be developed in collaboration with The University of Queensland, LivingWorks and our PHN.</p> <p>Purchase Question Persuade Refer (QPR) training for individuals and organisations to offer training in Gympie, Maryborough and North Burnett trial sites, including public libraries and neighbourhood houses where internet access is not available. In addition, each staff member of our PHN will be offered the opportunity to undertake QPR training.</p> <p>AISRAP STARS Training - The Screening Tool for Assessing Risk of Suicide (STARS) workshop to be delivered by the Australian Institute for Suicide Research and Prevention (AISRAP). The training aims to support safe decision making for people presenting in a 'suicidal state'. This training has been initially provided in the Gympie trial site and it is planned to extend the delivery to offer the training in all trial sites.</p>
<p>Other suicide prevention activity</p>	<p><i>Identify any new initiatives being implemented within the trial area(s) and who is responsible for these</i></p> <p>Partner:</p> <p>1) Partner with MATES in Farming to provide peer support to farming communities and workforce in each trial site. This involves general awareness training, followed by more targeted training and support. The program has been adapted from MATES in Construction, a program in the building and construction industry in Australia to improve the mental health and wellbeing of workers and to reduce suicide (SPT-P3.1).</p> <p>2) Partner with Financial Counselling Australia (FCA) to provide community awareness and support to regional communities. This partnership will provide information, support and advocacy to people in financial difficulty, alongside suicide awareness training and mental health support (SPT-P3.2).</p> <p>Provide:</p>

	<p>3) Develop a strong local online presence including website, quarterly e-newsletter and promote early help seeking via e-mental health programs and resources. Inform local businesses of opportunities to invest in local suicide prevention efforts via a suicide awareness campaign targeting corporate and community organisations to offer QPR training to workers and volunteers (SPT-P3.3).</p> <p>Procure:</p> <p>4) To address the workforce capacity issues in more remote areas such as North Burnett, it is planned to train a peer support network to provide local resources on Suicide Prevention Activities. Interested community members will be screened for readiness and provided with a framework for their involvement in peer support activities including training, mentoring, and networking opportunities. The result of these activities involves the creation of a suicide peer support community, the strengthening of the lived experience workforce, and the linking of peer support groups to share experiences and skills. RITO Peer Support in Suicide Prevention – a program designed to prepare people with a lived experience of suicide to provide peer support in a range of situations. The program develops the skills of peer support volunteers to complement and extend existing services provided in a clinical sense, by bringing the element of personal experience and connection through shared experience to the recovery process. Involving individuals with personal experience of suicide providing comfort, understanding and insight to a person and/or family who are experiencing a similar experience of suicide (SPT-P3.4).</p>
<p>Recruitment and workforce</p>	<p><i>Identify any issues that may affect recruitment and/or commissioning of services as necessary to progress activities</i></p> <p>In 2017/18 there have been challenges in the suicide prevention workforce in our PHN, including the resignation, followed by the recruitment and appointment of the SP Coordinator in Wide Bay. This has delayed activities in the North Burnett and Maryborough areas.</p> <p>The formation of Suicide Prevention Working parties and the community engagement activities in North Burnett and Maryborough have also been challenging. The newly appointed Suicide Prevention Coordinator in Wide Bay is an experienced and skilled practitioner who will add value to the role and the community. Since the appointment, community engagement has improved. Relationships with key stakeholders, including local councils, has strengthened.</p>
<p>Data collection and reporting</p>	<p><i>Confirm what data are being collected routinely on services and consumers, including outcome measures</i></p> <p><i>Identify any major ad hoc or one-off collections to be undertaken this financial year</i></p> <p><i>Identify any major issues affecting compliance with reporting requirements and how these are to be remedied</i></p>

	<p>Our PHN is being supported by Strategic Data and the University of Melbourne to evaluate in evaluating the suicide Prevention trial sites. A wide range of data from various sources including: Medicare Benefits Schedule (MBS), Pharmaceutical Benefits Scheme (PBS), Department of Social Services (DSS), National Coronial Information Service (NCIS), Australian Bureau of Statistics (ABS), and service level data from partner NGOs.</p>
<p>Other</p>	<p><i>Identify any other major factors affecting conduct of trial activities not covered above</i></p> <p>Community consultation is continuing in Maryborough, North Burnett and Gympie and greater catchments. The time required to engage is substantial due to the size of the region and the already stretched capacity of services and community members to engage in the consultation and planning processes. In addition, community activity and engagement has needed to be mindful of the sensitivities related to recent losses and bereavements of community members.</p>
<p>Transition arrangements</p>	<p><i>Confirm arrangements or proposed strategies for managing the transition of consumers post the trial</i></p> <p>Once Suicide Prevention Working groups are established in each trial site, it is anticipated that the leadership and functioning of these groups will transition to relevant community organisations. The Suicide Prevention Community Action Plans will become a resource to enable communities and stakeholders to “own” the direction of existing and future activities in each area. In addition, establishing helper (or gatekeeper) networks to help maintain and share knowledge.</p>