

NATIONAL SUICIDE PREVENTION TRIAL

Activity Work Plan covering activities in 2020-21

Funding for the National Suicide Prevention Trial ceases 30 June 2021. The focus of the National Suicide Prevention Trial funding in 2020-21 should be on transition and sustainability.

In 2020-21, all sites participating in the National Suicide Prevention Trial are required to:

- Continue the focus on a systems-based approach to the delivery of suicide prevention services at a local level.
- Identify priority activity and consider funding arrangements in 2020-21 and sustainability options beyond 2020-21.
- Develop and implement strategies to safely transition clients from individual or group services to other existing or planned services.
- Continue to gather evidence and participate in relevant data collection and/or evaluation activities.

National Suicide Prevention Trial Activity Work Plan 2020-21

<p>SUMMARY</p>	<p>This role is being brought into the PHN and is being developed as a KPI for the local Project Coordinator’s role to ensure that continuation and support to the local North Burnett Community can continue post SPT end date. The aim will be to continue to upskill the local community on their knowledge and skill development with grant and other application writing to determine a way forward as a skilled community together, with the PHN providing support in a phased-out process across the end of the SPT and beyond.</p>	
<p>KEY ACTIVITIES</p>	<p>Description of activity</p> <p>North Burnett Coordinator</p> <p>For each key activity include the following:</p> <p>Purpose of activity</p> <ul style="list-style-type: none"> • Support the increased effectiveness of suicide prevention services for people with or at risk of mental illness and or/suicidal crisis; • Support access to and integration of suicide prevention services to those experiencing suicidal risk; • Focus on suicide prevention services and activities at a local level; • Support enhanced services for people who have attempted, or are at higher risk of suicide, which builds upon base activities being undertaken by PHNs where appropriate; • Trial approaches for preventing suicide attempts and deaths among high-risk populations. <p>Target group</p> <ul style="list-style-type: none"> • Service providers of North Burnett • Aboriginal and Torres Strait Islander people • Men <p>Location</p> <ul style="list-style-type: none"> • North Burnett <p>Key partner(s)</p> <ul style="list-style-type: none"> • Mundubbera Suicide Prevention Network • North Burnett Community Advisory Committee • North Burnett Mental Health Alcohol and Drugs Hub • North Burnett Hospitals Community Reference Group 	<p>Is this a new or existing activity?</p> <p>Existing activity</p>

DATA COLLECTION AND REPORTING	<ul style="list-style-type: none">• Nil data being captured• Quarterly updates and anecdotal information on the community suicide prevention action plan• Develop and publish community suicide prevention action plan to drive local outputs
RECRUITMENT AND WORKFORCE	<ul style="list-style-type: none">• Lack of stability regarding staffing to maintain consistent coordination of trial due to COVID-19• Coordination of SPT activities require additional time due to COVID-19

National Suicide Prevention Trial Activity Work Plan 2020-21

SUMMARY	The support has been delivered by a local mental health organisation within the region, attached to an existing role within that organisation. This has been aimed at the provider’s skillset and that they will continue to be an active member working with community to upskill and drive a local working group post-SPT finalisation. The working group is expected to continue to be run by the local organisation, with focus on collaboration with the local community post-SPT funding.	
KEY ACTIVITIES	Description of activity	Is this a new or existing activity?
	<p>Maryborough Coordinator (RFQ)</p> <p>For each key activity include the following:</p> <p>Purpose of activity</p> <ul style="list-style-type: none"> • Support the increased effectiveness of suicide prevention services for people with or at risk of mental illness and or/suicidal crisis; • Support access to and integration of suicide prevention services to those experiencing suicidal risk; • Focus on suicide prevention services and activities at a local level; • Support enhanced services for people who have attempted, or are at higher risk of suicide, which builds upon base activities being undertaken by PHNs where appropriate; • Trial approaches for preventing suicide attempts and deaths among high-risk populations. <p>Target group</p> <ul style="list-style-type: none"> • Local Maryborough community • Aboriginal and Torres Strait Islander people • Men <p>Location</p> <ul style="list-style-type: none"> • Maryborough <p>Key partner(s)</p> <ul style="list-style-type: none"> • Black Dog Institute • Richmond Fellowship Group • Galangoor Aboriginal Health Service 	Existing activity

DATA COLLECTION AND REPORTING	<ul style="list-style-type: none">• Quality improvement unit ensures continuous improvement through analysis and trends of forums, feedback and staff team meeting review sessions. Incident and complaints register is reviewed for trend analysis• Nil data being captured• Quarterly updates and anecdotal information on the community suicide prevention action plan• Develop and publish community suicide prevention action plan to drive local outputs
RECRUITMENT AND WORKFORCE	<ul style="list-style-type: none">• Lack of stability regarding staffing to maintain consistent coordination of trial due to COVID-19• Coordination of SP activities require additional time due to COVID-19

National Suicide Prevention Trial Activity Work Plan 2020-21

SUMMARY	Nil transition required as the provider has been working towards a closure date. Discussions around utilising some funds for additional lived-experience network is being considered from other funding streams.	
KEY ACTIVITIES	Description of activity	Is this a new or existing activity?
	<p>Roses in the Ocean</p> <p>For each key activity include the following:</p> <p>Purpose of activity</p> <ul style="list-style-type: none"> • Increase the capability of the people in the area with a lived experience of suicidality or suicide bereavement in the area to recognise and respond effectively to suicidality in a culturally appropriate way • Reduce stigma within the local community around suicidality and mental health. <p>Target group</p> <ul style="list-style-type: none"> • People with lived experience • Front line responders <p>Location</p> <ul style="list-style-type: none"> • SPT region <p>Key partner(s)</p> <ul style="list-style-type: none"> • Roses in the Ocean • Police • Fire services • QAS 	Existing activity
DATA COLLECTION AND REPORTING	<ul style="list-style-type: none"> • Nil data being captured • Quarterly updates and anecdotal information on the community suicide prevention action plan • Develop and publish community suicide prevention action plan to drive local outputs 	
RECRUITMENT AND WORKFORCE	<ul style="list-style-type: none"> • Lack of stability regarding staffing to maintain consistent coordination of trial due to COVID-19 • Coordination of SP activities require additional time due to COVID-19 	

National Suicide Prevention Trial Activity Work Plan 2020-21

SUMMARY	The funded program is to support the start-up of this online tool. The plan is to help the establishment of the program, and then this tool will be available online for organisations to gain support to help manage their wellbeing. The program will then be ongoing and available for local organisations to engage with in an ongoing basis post SPT finalisation. Local organisations can then engage with this low-cost tool to help continue to sustainability of the program long term within the local community. This will also continue post trial as a mentoring and coaching program that will support the SPT community post trial end.	
KEY ACTIVITIES	Description of activity	Is this a new or existing activity?
	<p>Mindstar - Gympie B-Well Hub</p> <p>Purpose of activity</p> <ul style="list-style-type: none"> • Increase awareness and access by small to medium business owners in the area, and their workforce, to wellbeing resources and mental health information; • Improve the wellbeing and mental health of small to medium business, and their workforce in their area. <p>Target group</p> <ul style="list-style-type: none"> • Small to medium business owners in the Gympie region • Men and women running small business <p>Location</p> <ul style="list-style-type: none"> • Gympie region <p>Key partner(s)</p> <ul style="list-style-type: none"> • Gympie Regional Council • Chambers of Commerce 	New Activity
DATA COLLECTION AND REPORTING	<ul style="list-style-type: none"> • Data reporting to include website visits, views, links clicked and frequency • Attendance at PHN stakeholder meetings • Analysis of coaching data and sessions to include de-identified demographic information of individuals receiving services, i.e. gender, age, locality, employment, referral source and feedback • Workforce activity schedule quarterly report • Gympie Well HQ launch event attendance data, through the MDS requirements 	
RECRUITMENT AND WORKFORCE	<ul style="list-style-type: none"> • COVID-19 social distancing and isolation implications • Cancellation of Gympie Times newspaper limits ability to promote the program to local community 	

National Suicide Prevention Trial Activity Work Plan 2020-21

SUMMARY	The PHN plans to actively support this program with other funding where possible post SPT trial. The PHN has also worked with the local group to help upskill them to work on grant and tender writing to support funding programs post SPT funding.	
KEY ACTIVITIES	Description of activity	Is this a new or existing activity?
	<p>Rites of Passage Program</p> <p>For each key activity include the following:</p> <p>Purpose of activity</p> <ul style="list-style-type: none"> • Increase the capability of the local Aboriginal and Torres Strait Islander community to recognise and respond effectively to suicidality; • Reduce stigma within the local Aboriginal and Torres Strait Islander community around suicidality and mental health issues. <p>Target group</p> <ul style="list-style-type: none"> • Aboriginal and Torres Strait Islander young people in Maryborough region <p>Location</p> <ul style="list-style-type: none"> • Maryborough region <p>Key partner(s)</p> <ul style="list-style-type: none"> • Butchulla Men’s Group • Butchulla Women’s Group • WYLD Projects • Rites of Passage Institute 	Existing activity
DATA COLLECTION AND REPORTING	<ul style="list-style-type: none"> • Ongoing evaluation and feedback loops will take place during the period of the contract with Black Dog Institute • Workforce activity schedule quarterly report • Pre and post questionnaire with demographic information • Event summary and anecdotal information 	
RECRUITMENT AND WORKFORCE	<ul style="list-style-type: none"> • Hard-to-reach region, with issues surrounding recruitment of appropriately-skilled and culturally competent workforce. 	
OTHER	<ul style="list-style-type: none"> • COVID-19 boarder closures may impact service delivery as Rites of Passage is not Queensland-based • Camp delivery may be impacted due to COVID safety requirements and vulnerability of target audience 	

National Suicide Prevention Trial Activity Work Plan 2020-21

SUMMARY	The PHN will be funding this program post SPT trial funding period through appropriate PHN funding due to the exceptional value-add of this program for the community and the data that can be captured from it. It has also led to positive ongoing relationships with first responders.	
KEY ACTIVITIES	Description of activity	Is this a new or existing activity?
	<p>QLD Police Vulnerable Person’s Unit (VPU) Administration Role</p> <p>For each key activity include the following:</p> <p>Purpose of activity</p> <ul style="list-style-type: none"> • Enable the service provider to connect and coordinate new and existing suicide prevention interventions and programs; • Build the capacity of the community to better support people facing a suicide crisis in the area; • Contribute to early identification and intervention in response to suicide risk in the area; • Increase the effectiveness and efficiency of suicide prevention services for people with or at risk of mental illness and/or suicidal crisis in the area; • Improve access to and integration of suicide prevention services to ensure those experiencing suicidal crisis and/or living with mental illness receive the right care in the right place at the right time. <p>Target group</p> <ul style="list-style-type: none"> • Sub-acute and high-risk client group • Whole population <p>Location</p> <ul style="list-style-type: none"> • All SPT locations <p>Key partner(s)</p> <ul style="list-style-type: none"> • Queensland Police Force 	Existing activity
DATA COLLECTION AND REPORTING	<ul style="list-style-type: none"> • Quarterly, incident of suicide data reports • Updates on the implementation and activity plan 	
RECRUITMENT AND WORKFORCE	Nil issues	

National Suicide Prevention Trial Activity Work Plan 2020-21

SUMMARY	This activity will be managed by the agency providers and the PHN will support providers to develop appropriate communication. NPS will continue to provide individual or group support once the trial funds end under alternate funding arrangements. Saw some limitations in face-to-face service delivery, however providers have been able to provide support in alternate service delivery models, such as telehealth, etc.	
KEY ACTIVITIES	Description of activity	Is this a new or existing activity?
	<p>Additional funding to NPS providers (Open Minds/RFQ /Bridges)</p> <p>For each key activity include the following:</p> <p>Purpose of activity</p> <ul style="list-style-type: none"> • Support local strategy for the Suicide Prevention Trial through the Suicide Prevention Working Group, through provision of appropriate counselling and supports to people in areas in psychological distress or experiencing suicidal crisis through existing or adapted service capabilities; • Ensure effective and appropriate promotion of and integration with existing referral pathways is undertaken to maximise awareness and access to the services referred to. <p>Target group</p> <ul style="list-style-type: none"> • Aboriginal and Torres Strait Islander men • People at risk of suicide or experiencing psychological distress <p>Location</p> <ul style="list-style-type: none"> • Gympie, Maryborough, Fraser Coast and North Burnett <p>Key partner(s)</p> <ul style="list-style-type: none"> • Suicide Prevention Working Groups • Open Minds, Bridges and RFQ • HHS - Wide Bay and Sunshine Coast • Queensland Police – VPU 	Existing activity
DATA COLLECTION AND REPORTING	<ul style="list-style-type: none"> • PMHC-MDS • YES Survey 	
RECRUITMENT AND WORKFORCE	N/A	

National Suicide Prevention Trial Activity Work Plan 2020-21

SUMMARY	Training – general community and peer skills training targeting young people – nil transition required.	
KEY ACTIVITIES	Description of activity	Is this a new or existing activity?
	<p>Uniting Care Community (training) For each key activity include the following: Purpose of activity</p> <ul style="list-style-type: none"> • Increase the capability of the community in the area to recognise and respond effectively to suicidality; • Reduce stigma within the local community around suicidality and mental illness; • Deliver training and education to facilitate increased capacity across the local community to recognise and respond effectively to suicidality; • Deliver four occurrences of Peer Skills training, four occurrences of ASIST training. <p>Target group</p> <ul style="list-style-type: none"> • Youth and peer support workers • General community <p>Location</p> <ul style="list-style-type: none"> • Gympie • Maryborough <p>Key partner(s)</p> <ul style="list-style-type: none"> • Uniting Care Community 	Existing activity
DATA COLLECTION AND REPORTING	<ul style="list-style-type: none"> • COVID safe requirements may impact number of participants at workshops and training sessions • 100% of participants are offered opportunity to provide feedback and appropriate feedback mechanisms are utilised • NSPT - MDS data collection • Workforce activity schedule quarterly reports • Activity plan quarterly updates • Post-workshop evaluations collect data on five learning outcomes 	
RECRUITMENT AND WORKFORCE	<ul style="list-style-type: none"> • COVID-19 restrictions and implications of COVID safe plans. 	

National Suicide Prevention Trial Activity Work Plan 2020-21

SUMMARY	Training – general community and peer skills training targeting key groups such as men and Indigenous communities.	
KEY ACTIVITIES	Description of activity	Is this a new or existing activity?
	<p>LivingWorks (training) For each key activity include the following: Purpose of activity</p> <ul style="list-style-type: none"> • Increase the capability of the community in the area to recognise and respond effectively to suicidality; • Reduce stigma within the local community around suicidality and mental illness; • Deliver training and education to facilitate increased capacity across the local community to recognise and respond effectively to suicidality. <p>Target group</p> <ul style="list-style-type: none"> • Youth and peer support workers • General community <p>Location</p> <ul style="list-style-type: none"> • Gympie • Maryborough <p>Key partner(s)</p> <ul style="list-style-type: none"> • Thompson Institute • Local Elder groups • LivingWorks 	Existing activity
DATA COLLECTION AND REPORTING	<ul style="list-style-type: none"> • COVID safe requirements may impact number of participants at workshops and training sessions • 100% of participants are offered opportunity to provide feedback and appropriate feedback mechanisms are utilised • NSPT - MDS data collection • Workforce activity schedule quarterly reports • Activity plan quarterly updates • Post-workshop evaluations collect data on 5 learning outcomes 	
RECRUITMENT AND WORKFORCE	<ul style="list-style-type: none"> • COVID-19 restrictions and implications of COVID safe plans. 	

National Suicide Prevention Trial Activity Work Plan 2020-21

SUMMARY	The aim was to provide training to GPs and other key health professionals, and this would allow for the key development of local knowledge and skill to ensure this can reduce stigma and work towards a higher local knowledge within the health professional space to ensure improved understanding and review of clients who are suffering from suicidal ideation. Where possible the PHN will look to fund additional training as identified through the local health needs analysis.	
KEY ACTIVITIES	Description of activity	Is this a new or existing activity?
	<p>Black Dog Institute (training)</p> <p>For each key activity include the following:</p> <p>Purpose of activity</p> <ul style="list-style-type: none"> • Provide suicide prevention education and training with a focus community engagement and education to increase community capacity in recognising and responding to suicide risk and suicidality in others; • Undertake a suicide risk assessment effectively; • Develop a collaborative safety plan; • Implement a team approach to treatment planning; • Provide effective management following a suicide attempt; • Respond to the needs of people bereaved by suicide. <p>Target group</p> <ul style="list-style-type: none"> • GPs, GP registrars, psychologists, social workers, nurses, mental health clinicians <p>Location</p> <ul style="list-style-type: none"> • Sunshine Coast – Gympie • Wide Bay – North Burnett <p>Key partner(s)</p> <ul style="list-style-type: none"> • GPs • Local health professionals etc. 	Existing activity

DATA COLLECTION AND REPORTING	<ul style="list-style-type: none">• COVID safe plan implications on number of participants, required number of attendees may not be met due to social distancing requirements• Pre-workshop knowledge and confidence evaluations• Post-workshop evaluations collect data on 5 learning outcomes• Questions regarding quality of learnings are asked• Workforce activity schedule quarterly reports• Activity plan quarterly updates• NSPT - MDS data collection
RECRUITMENT AND WORKFORCE	<ul style="list-style-type: none">• COVID-19 implications on travel and face-to-face sessions

National Suicide Prevention Trial Activity Work Plan 2020-21

SUMMARY	This activity was targeted around upskilling local pharmacists to help identify clients who may present as at risk to allow them to be able to support clients in an alternate setting. This will allow for continued upskilling of local key gatekeepers within the community to help them further develop their skills to reduce stigma and help identify and support people to seek help. Training is aimed at local knowledge, and continual community upskilling, nil transition required.	
KEY ACTIVITIES	Description of activity	Is this a new or existing activity?
	<p>QLD Pharmacy Guild (training)</p> <p>Purpose of activity</p> <ul style="list-style-type: none"> • Increase capacity of local general practitioner, practice nurse and allied health workforce to recognise and respond effectively to suicidality; and • Increase the capability of the community in the area to recognise and respond effectively to suicidality; • Reduce stigma in the area around suicidality and mental health <ul style="list-style-type: none"> ○ Deliver six occurrences of advanced GP training to GPs, practice nurses and allied health professionals. <p>Target group</p> <ul style="list-style-type: none"> • GPs, nurse, allied health professionals, local community <p>Location</p> <ul style="list-style-type: none"> • Sunshine Coast – Gympie • Wide Bay – North Burnet <p>Key partner(s)</p> <ul style="list-style-type: none"> • Pharmacists • Local community members 	Existing activity
DATA COLLECTION AND REPORTING	<ul style="list-style-type: none"> • Post-workshop evaluations collect data on 5 learning outcomes • Questions regarding quality of learnings are asked • Workforce activity schedule quarterly reports • Activity plan quarterly updates • NSPT - MDS data collection 	
RECRUITMENT AND WORKFORCE	Nil Workforce issues.	

National Suicide Prevention Trial Activity Work Plan 2020-21

SUMMARY	This is intended for online SPT training modules aimed at the health professionals engaging with people at risk, with nil transition requirements.
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KEY ACTIVITIES	Description of activity	Is this a new or existing activity?
		<p>Collaborative Assessment and Management of Suicidality (CAMS) Training</p> <p>Purpose of activity:</p> <ul style="list-style-type: none"> • To train professionals who support people who have suicidal thoughts or behaviours. CAMs is a collaborative, flexible, comprehensive and evidence-based approach that focuses on suicidal thoughts and/or behaviours and is not aligned to any particular therapeutic paradigm. • CAMS is a flexible therapeutic framework for the assessment and treatment of suicidal thoughts and behaviours. Central to CAMS is a collaborative assessment and treatment planning process where the patient is actively involved in the treatment plan. It focuses on identifying and targeting the underlying reasons why a person may consider suicide and to understand what is happening from the patient’s perspective. During the CAMS treatment, the patient and therapist work as a team to try to understand the patient’s suicidality and find ways to reduce suicidal thoughts and behaviours. CAMS is recommended for use over a minimum of 6-8 therapy sessions. <p>Target group:</p> <ul style="list-style-type: none"> • Professionals with specific training in mental health can be trained in the CAMS approach, including: <ul style="list-style-type: none"> • Psychologists • Psychiatrists • Counsellors • Nurses (mental health) • Social workers (mental health). <p>Location:</p> <ul style="list-style-type: none"> • On-line training which is being accessed by participants across our whole PHN region <ul style="list-style-type: none"> ○ North Burnett, Bundaberg, Fraser Coast, Maroochydore. • Training is provided by a US-based CAMS trainer and involves: <ul style="list-style-type: none"> ○ reading the source text ○ completing a 3-hour online video course and ○ participating in a minimum of 3 consultation calls with a CAMS trainer – either as an individual or in a group.

	<p>Key partner(s):</p> <ul style="list-style-type: none"> • Black Dog Institute • Lifespan • Suicide Prevention Trail Site Coordinators and networks • Mental health providers in our region – e.g. headspace, Bridges, RFQ, HHS, private psychologists
DATA COLLECTION AND REPORTING	<ul style="list-style-type: none"> • Post-workshop evaluations • NSPT - MDS data collection
RECRUITMENT AND WORKFORCE	<p>COVID-19 restrictions and implications of COVID safe plans.</p>

National Suicide Prevention Trial Activity Work Plan 2020-21

SUMMARY	Nil transition required – awareness activity for the community	
KEY ACTIVITIES	Description of activity	Is this a new or existing activity?
	<p>North Burnett Coordinator</p> <p>For each key activity include the following:</p> <p>Purpose of activity</p> <ul style="list-style-type: none"> • Marketing video approach to increase awareness of the community to suicide prevention programs; • Increase community knowledge on suicide. <p>Target group</p> <ul style="list-style-type: none"> • Service providers of North Burnett • Aboriginal and Torres Strait Islander • Men <p>Location</p> <ul style="list-style-type: none"> • North Burnett <p>Key partner(s)</p> <ul style="list-style-type: none"> • Mundubbera Suicide Prevention Network • North Burnet Community Advisory Committee • North Burnett Mental Health Alcohol and Drugs Hub • North Burnett Hospitals Community Reference Group 	Existing activity
DATA COLLECTION AND REPORTING	<ul style="list-style-type: none"> • Nil data being captured • Quarterly updates and anecdotal information on the community suicide prevention action plan • Develop, and publish community suicide prevention action plan to drive local outputs 	
RECRUITMENT AND WORKFORCE	<ul style="list-style-type: none"> • Lack of stability regarding staffing to maintain consistent coordination of trial due to COVID-19 • Coordination of SP activities require additional time due to COVID-19 	

National Suicide Prevention Trial Activity Work Plan 2020-21

SUMMARY	This amount is to fund local community activities to develop awareness. Nil transition arrangements required.	
KEY ACTIVITIES	Description of activity	Is this a new or existing activity?
	<p>Suicide Prevention Awareness campaigns</p> <p>For each key activity include the following:</p> <p>Purpose of activity</p> <ul style="list-style-type: none"> • Awareness and support to the local communities within the trial areas. To be identified by local working groups. <p>Target group</p> <ul style="list-style-type: none"> • Whole of population <p>Location</p> <ul style="list-style-type: none"> • TBD by the local working groups <p>Key partner(s)</p> <ul style="list-style-type: none"> • Local suicide prevention working groups • Local Organisations providing support to the trial areas 	Existing activity
DATA COLLECTION AND REPORTING	<ul style="list-style-type: none"> • Community members surveys of people who attend the promotional events 	
RECRUITMENT AND WORKFORCE	<ul style="list-style-type: none"> • COVID-19 restrictions and implications of COVID safe plans 	