

National Suicide Prevention Trial update January 2018

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Since the announcement and rollout of the National Suicide Prevention Trial for rural South Australia from July 1st 2017, Country SA (CSA) PHN has been working diligently with local communities and key stakeholders within the catchment region, to progress activity and develop a systems-based approach to the delivery of suicide prevention services.

The trial utilises elements of the Black Dog Institute's LifeSpan model, which is an evidence-based, integrated approach to suicide prevention, to help local communities to reduce suicide attempts and deaths. The trial targets populations identified at a local level as 'at-risk' including: youth aged 12 -24 years, adult Males aged 25 to 54 and Aboriginal and Torres Strait Islander people.

An important aspect of the trial is community involvement and ownership, as well as creating sustainable systems and models that can continue to thrive after the trial is finished. CSAPHN in conjunction with Sevenseas Creative, are conducting extensive community consultations to help identify service gaps and enable the creation of community driven action plans.


To facilitate community input and stakeholder engagement, numerous regional suicide prevention forums have been held across the trial region including Whyalla, Port Augusta, Port Pirie, Port Lincoln and the Yorke Peninsula. These forums have also been complemented by an online survey and face to face meetings with local Suicide Prevention Networks to help gather a broad and diverse view on local needs and views. To date over 500 people have contributed to identifying gaps and opportunities for suicide prevention in their local communities.

Part of the consultation process has also included a service mapping exercise to identify where suicide prevention services and programs currently exist. A current service gap that was identified through the exercise was a lack in emergency and follow-up care for a suicidal crisis. CSAPHN is currently commissioning Country and Outback Health to provide a follow-up care service for people who have presented after a suicide attempt or in suicidal crisis, the program is called My Life and commenced on the 8th January 2018, service areas include: Port Lincoln, Whyalla, Port Augusta, Port Pirie and the Yorke Peninsula.

Additionally, an Aboriginal Working Group has been established to help co-design an Aboriginal and Torres Strait Islander specific aftercare service which will operate in Port Augusta. We are using the findings from the ATSIPEP report to help guide this process.

Under the trial we are also working with the Office of the Chief Psychiatrist to help advocate and support the regional roll out of SA Health's "Connecting with People" training, which is one of the three main areas of focus in the South Australian Suicide Prevention Plan 2017 - 2021. The aim of this is to ensure all clinicians in SA Health, the Primary Health Networks, and the Private Sector and identified Frontline Staff are trained in to provide a standard approach to suicide mitigation and treatment across the state.

Other activity currently happening under the trial involves working with the Department of Education to rollout the Youth Aware of Mental Health (YAM) to selected schools within the



region along with the promotion and delivery of the “Question. Persuade. Refer” online training (QPR) to teachers and other gatekeepers within the community. Roses in the Ocean has also been contracted to deliver training to community members with a lived experience of suicide, and we are exploring further training and upskilling opportunities for communities and key target cohorts as the trial progresses.

We understand that the local suicide prevention networks play a very important role within their local communities and therefore we have offered the suicide prevention networks located within the NSPT sites the opportunity to apply for small grants of up to \$10,000.00. The purpose of these small grants is to help the networks progress an activity that falls within one or more of the LifeSpan strategies.

We are focused on building the capacity of existing services, programs and communities to ensure longevity beyond the trial. The outcomes from the trial will help inform how we develop and deliver future suicide prevention activities in the future.

For more information, contact

Hayley Colyer at hcolyer@countrysaphn.com.au or on 0439 203 958

