

## Annual update National Suicide Prevention Trial July 2017 - July 2018

### 12 months on and, where are we?

Since the commencement of the National Suicide Prevention trial in Country South Australia, the Country SA Primary Health Network have progressed focusing on the strategies of the Lifespan model. Lifespan aims to deliver the best possible evidence-based research and suicide intervention into the Country North region of South Australia.

### Consultation

#### *We have listened and heard the voice of regional SA.*

Between November 2017 and January 2018, **500** people contributed to identifying gaps and opportunities for suicide prevention in their local communities through stakeholder engagement and numerous regional suicide prevention forums. The findings from these community consultations are being used to create community driven action plans, which will complement existing regional suicide prevention action plans, providing an overarching view of community, primary and tertiary suicide prevention activity and strategy in the trial region.

Recently national evaluators appointed by the Australian Government Department of Health travelled to regional Whyalla and Port Augusta and consulted with over 30 key stakeholders via focus groups and the NSPT steering committee. The feedback was positive, as part of the evaluation this research aims to gather information on service planning, implementation and integration of services at each site to describe the approaches taken and to identify the most effective approaches as well as any barriers encountered and inform the future Australian Government policy on implementing suicide prevention activities across Australia.

### Training

#### *68% of Country South Australians told us they wanted access to Suicide Prevention training opportunities in their community.*

Country SA PHN are in the process of conducting the largest scale community capacity building strategy regional South Australia has ever seen with the roll out of the online Question. Persuade. Refer (QPR) training and to date have trained over **600** everyday people with three simple steps to help save a life from suicide.

Further community training and education is being offered through Lifeline Broken Hill Country to Coast who have been commissioned to deliver a suite of Suicide Prevention evidence-based training programs to the communities, inclusive of Peterborough and Jamestown within the trial region. Training which is offered throughout the trial region includes; SafeTalk, Applied Suicide Intervention Skills (ASIST) and Accidental Counselling with up **250** training places (face to face) been purchased in the trial region.



We have also enlisted United Synergies Ltd to work with Aboriginal communities within the trial region to deliver You Me Which Way (YM-WW), a culturally appropriate suicide prevention training program which will be adapted based on local consultation, learnings and community perspectives. Mid-June, 2018 saw experts from QLD and SA meet in Wudinna to commence the scoping for this project.

Another large project under the trial is our work with the Department of Education and Child Development (DECD). Specifically, trialling the Youth Aware of Mental Health (YAM) training in selected schools across the Yorke and Eyre Peninsula. To date the training has been delivered at Minlaton Area School and Tumby Bay Area School with the first follow-up screening showing an improvement in mental health and health literacy as well as increasing help-seeking behaviours in students. Additionally, over **150** DECD staff have undertaken the QPR training assisting a whole school approach to education, awareness and capacity building in suicide

Under the trial we have also been 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. Our commissioned service providers in the region have undertaken the training. 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 to provide a standard approach to suicide mitigation and treatment across the state.

## Service Delivery

***75% of Country South Australians told us that follow up care after an attempted suicide was a priority.***

To assist with follow up care after an attempted suicide, we commissioned Country and Outback Health to deliver an Aftercare Service (My Life) which has been operational in Port Lincoln, Whyalla, Port Augusta, Port Pirie and the Yorke Peninsula since January 2018 and have been receiving a steady increase in referrals.

Additionally, an Aboriginal working group was established to help co-design an Aboriginal specific aftercare service, using findings from the ATISPEP report to help guide this process. This service will operate in Port Augusta by the Pika Wiya Aboriginal Health Service and will commence accepting referrals in the coming months.

Furthermore, to support the integration of Aftercare with existing state services, we worked with Country Health SA's Community Mental Health teams and hosted a webinar facilitated by Dr Fiona Shand to help support knowledge exchange and the implementation of aftercare services in regional SA.

## Lived Experience Reference Group

***The voice of lived experience is helping to shape strategy and activity.***

To help guide and review proposed activities under the trial a Lived Experience Reference Group and a youth reference group have been established with representatives from across the trial region, including Whyalla, Port Augusta, Port Pirie, Yorke Peninsula and Port Lincoln.



To date over **\$40,000** has been spent on training, upskilling and connecting the NSPT lived experience representatives to the wider sector. A Lived Experience Paid Participation Policy is now in place and opportunity has been extended for those on the reference group to attend the inaugural Lived Experience Summit in Brisbane during August.

## **Suicide Prevention Networks and Small Grants**

*Working with the local Suicide Prevention Networks has been a key priority for the CSAPHN NSPT team.*

To date we have attended over 15 local Suicide Prevention Network meetings throughout the trial region since December 2017. We understand that these networks play a very important role within their local communities and therefore have funded close to **\$200,000** in small grants to help these networks progress activity that falls within one or more of the LifeSpan strategies.

## **Trial Extension**

In May 2018 Minister Hunt announced an extension of the National Suicide Prevention Trial with a further 12 months to allow us to continue our important work in suicide prevention. We are looking forward to continuing our work with the local communities to build a community SafetyNet for suicide prevention in Country South Australia.

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