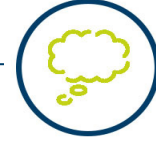
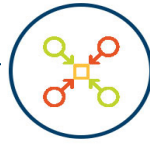


National Suicide Prevention Trial Activity Work Plan 2019 - 2020

phn
COUNTRY SA

An Australian Government Initiative

Strategic Vision



Country SA PHN (CSAPHN) is one of the National Suicide Prevention Trial (NSPT) sites, bringing significant resources, activity and funding to areas of need in regional South Australia. The trial is placed at a regional level to better respond to local needs, and identify new learnings in relation to suicide prevention strategies. Suicide Prevention strategy and activity has been implemented into the Country North region through to mid-2020.

The trial will adopt a system-based approach to the delivery of suicide prevention services, targeting populations identified at a local level as 'at-risk'. For the Country SA PHN region, three target groups were selected based on a needs assessment conducted within the region, including youth (12-24 years), adult males (25-45 years) and Aboriginal and Torres Strait Islander.

Key partnerships

- The South Australian Premier's Council for Suicide Prevention, SA Government
- Barossa Hills Fleurieu Local Health Network
- Yorke and Northern Local Health Network
- Flinders and Upper North Local Health Network
- Riverland Mallee Coorong Local Health Network
- South East Local Health Network
- Eyre and Far North Local Health Network
- headspace Port Augusta and Whyalla
- Aboriginal Community Controlled Health Organisations (ACCHOs) in the trial region
- University Department of Rural Health, Uni SA
- University of Adelaide- Rural Clinical School
- Local Government Agencies (LGAs) in the trial region
- Department for Education and Child Development (DECD)
- Office of the Chief Psychiatrist, SA Health
- South Australian Police in the trial region
- South Australian Ambulance Service in the trial region
- Country SA PHN Lived Experience Reference Group
- Black Dog Institute
- University of Melbourne

Main trial activities and approach

Project Management and Coordination

NSPT Coordinator

- Ongoing facilitation and coordination to drive and assist project activities within the NSPT. The position will continue to engage a range of internal and external organisations, to ensure coordination of evidence-based suicide prevention activities across the region.

Suicide Audit

- CSAPHN will continue to work to find a suitable mechanism and data sets to conduct a Suicide Audit within the trial region.

Client Services & Community Capacity Building

Commissioned Services

- Continuation of Emergency and Follow up Care for suicidal crisis in the Yorke Peninsula, Port Pirie, Port Augusta, Whyalla and Port Lincoln regions.
- Continuation of Aboriginal specific Emergency and Follow up Care for suicidal crisis service within the Aboriginal community integrated with the local ACCHO and Local Health Network (LHN) in Port Augusta.
- Continuation and extended roll out of the You Me Which Way (YM-WW), a culturally appropriate suicide prevention training program in 5 Aboriginal and Torres Strait Islander communities within the NSPT region. CSAPHN are supporting local adaption and evaluation of YM-WW in a regional SA context.

- Integrated program of community development and support for male dominated industry and workplace across the trial region. Mates in Construction will use training as a tool to raise awareness about suicide and it's contributing risk factors, delivering a suite of training and providing access to ongoing support to workers at risk.

Capacity Building

- Continuation of funds (Small Grants) targeted to Community Groups, SA Suicide Prevention Networks and non-government organisations to undertake activities which align with a systems approach to suicide focusing on improving mental health literacy, decrease stigma, increasing help seeking behaviours and building capacity and confidence in suicide prevention and/or progress one or more of the recommendations from the NSPT Community Consultations Reports.
- Continuation of Question Persuade Refer (QPR) training as a whole of community capacity building strategy across the trial region.
- Explore and trial a youth tool kit for general practice to support appropriate engagement strategies, referral mechanisms for at risk youth throughout the trial region.
- Explore the use and appetite for an electronic, mental health screening tool to be used in general practice waiting rooms.
- Stigma reduction campaigns to increase help seeking behaviours, across multiple platforms and resources.

Professional Development and Training

- Equipping primary care providers to identify and support people in distress – targeted GP suicide prevention education and training via webinar and face to face modalities.
- Continuation of targeted opportunities for professional development and upskilling for GPs, health professionals, Alcohol & Other Drugs (AOD) workforce, community sector workforce and DECD to access best practice evidence-based suicide prevention training via online and face to face modalities.
- Continuation of advocating and supporting the regional roll out of SA Health's 'Connecting with People' training for commissioned services under the NSPT and identified frontline staff in the trial region to ensure commonality in language, assessment and risk stratification of suicidal clients.

- Forums across the trial region to bring together a select group of expert clinicians, researchers and consumers with lived experience. Combining presentation and interactive discussion, the forums will aim to provide participants with intimate access to the knowledge and expertise of the speakers with a focus on suicide prevention. Focus topics will be a result of the NSPT consultation findings.

School Communities

- Continuation of the delivery of Youth Aware of Mental Health (YAM) to targeted schools as identified by DECD.
- Continuation of implementation of QPR training to all school staff in the trial regions and Applied Suicide Intervention Skills Training (ASIST) in identified schools.

Geographical areas where services are to be provided and relevant community issues that led to areas being selected

Northern country region, inclusive of Eyre and Flinders, Yorke and Northern with capacity building spillage across Far West and Outback.

Main service hubs for activity will be located at Whyalla, Port Augusta, Port Pirie and Port Lincoln.

Data sources showed increased suicide behaviours and death due to suicide in the chosen communities. The geographical positioning of the trial allows for whole of region effect and creation of communities of practice.

Services and interventions to be delivered for each target area/population

Aboriginal and Torres Strait Islander peoples

- Continuation of the Aboriginal Aftercare Service for Improved Emergency and Follow up Care for Suicidal Crisis in Port Augusta.
- Continuation of the You, Me, Which Way program to deliver culturally appropriate suicide prevention training to be delivered throughout the trial region.
- Formal evaluation of the Aboriginal Aftercare Service to be undertaken by the University of South Australia Department of Rural Health.



Youth

- Continued partnership with DECD to provide YAM workshops to year 8-9 students at schools identified as high needs or at risk of poor mental health outcomes in the trial region.
- Deliver youth suicide prevention, resilience and anti-bullying workshops throughout the trial region.
- Commissioning of youth driven suicide prevention strategies throughout the trial region.
- Development in partnership with key stakeholders a GP Tool Kit to assist GPs engaging with at risk youth.

Young and Middle-Aged Males

- Funded QPR training for identified male community groups.
- Mates in Construction to provide on-site suicide prevention through an integrated program of community development and support targeting the construction industry. MATES will deliver a suite of training and provide access to ongoing support to workers at risk. The training that will be delivered includes:
 - General Awareness Training (GAT)
 - Connector Development
 - Applied Suicide Intervention Skills (ASIST)

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

Continuation of commissioned activity for mainstream Aftercare services

CSAPHN is trialling the mainstream Aftercare service in rural locations, to see if current national Aftercare models are adaptable to smaller populations and health units where infrastructure and resourcing is limited.

Continuation of Aboriginal and Torres Strait Islander Aftercare Service

The need for a specific Aboriginal Aftercare service was deemed a key priority from community consultations held in Port Augusta and is supported by the local Aboriginal community.

The service was co-designed by local Aboriginal people and key stakeholders, guided by key principles identified by the Aboriginal and Torres Strait Islander Suicide Prevention Evaluation Project (ATSISPEP) report and national Aftercare models which have evidence base evaluations.

Data Collection

Individuals and organisations engaged in the trial whom do not or cannot submit data via the Primary Mental Health Care (PMHC) Minimum Data Set (MDS) will be supported in adopting alternate data submission options.

Continuing to work with Strategic Data and University of Melbourne towards quality improvement in this space and all individuals/organisations to be commissioned to provide trial services that fall under the scope of the PMHC MDS will also be managed and monitored for compliance.

Engagement with South Australian Ambulance Service to gather monthly data regarding suicide attempts and suicides in the Whyalla, Port Augusta, Port Lincoln and Yorke Peninsula region with plans to obtain data from Port Pirie in the near future.

CSAPHN will continue to work to find a suitable mechanism and data sets to conduct a Suicide Audit within the trial region.

