



WAPHA
WA Primary Health Alliance

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PERTH NORTH, PERTH SOUTH,
COUNTRY WA
An Australian Government Initiative

Perth South Suicide Prevention Trial Stakeholder Update #1

Why a Suicide Prevention Trial in Perth South?

The Australian Government selected the Perth South (Peel, Rockingham and Kwinana) region as one of 12 national Suicide Prevention Trial Sites due to an identified high suicide rate in these areas, that has continued over an extended period.

The objective of the Suicide Prevention Trial Sites is to find the most effective approaches to suicide prevention for at-risk populations and share this knowledge across Australia.

Who is the Trial focusing on?

Young people between the ages of 16 to 24.

Which communities are involved?

Peel, Rockingham, Kwinana, Pinjarra and Waroona.

How is the Trial being run and by whom?

The Trial is led by the WA Primary Health Alliance (WAPHA). All Trial activities are informed by the Alliance Against Depression, the world's best practice approach for the care of people with depression and in the prevention of suicide.

Local activities are guided by the Peel and Rockingham Kwinana Community Response Steering Group (PaRK CRSG), with a strong focus on community level planning. This group is supported by the WA Primary Health Alliance Suicide Prevention Trial Project Coordinator.

How much is being spent and how?

The Australian Government has allocated \$4 million to the Trial. This funding is for community consultations, training for GPs and other health professionals, local awareness campaigns, workforce development, data collection and an evaluation of the Trial.

How long is the Trial and how will it be evaluated?

The Trial began in mid-2017 and ends in June 2020. The planning phase was completed in December 2017 and the implementation phase began in January 2018.

The Trial is being evaluated on an ongoing basis by the University of Melbourne, as part of a national evaluation.

Who else is involved?

Communities, community groups, federal, state and local governments, GPs, health professionals, community health workers, all of whom are essential to tackling depression and suicide in the region.

Other groups can become involved by contacting the Trial coordinator (see below).

What has happened so far?

WAPHA has consulted and collaborated with community, government, health, social services and education sectors to inform and develop the plan for the Trial. Activities completed in the plan include:

- Conducted a service gaps and needs analysis through Curtin University.
- Undertook community capacity building through training and train the trainer in ASIST, safeTALK, Roses in the Ocean, Youth Mental Health First Aid and QPR.
- Developed a Youth Community Suicide Response Plan; a postvention tool to support relevant organisations and gatekeepers.
- Created a Postvention Plan which enables local services and agencies to respond to critical incidents within 24-48 hours of notification so that immediate wrap-around supports can be provided for families, friends and the wider community.
- Upskilled trainers in the community to provide ASIST and SafeTALK
- Commissioned the shires of Murray and Waroona to deliver youth mental health alliance against depression projects with a focus on Aboriginal and Torres Strait Islander young people.
- Initiated consultation and research by Orygen, the National Centre for Excellence in Youth Mental Health, to understand the barriers encountered by youth accessing services and supports in primary care.
- Ran a social media campaign aimed at helping youth and young people understand depression and identify the symptoms. This first stage of the campaign reached over 29,000 young people in the region as well as parents and carers.

- Mapped clear clinical pathways for at risk populations.
- Delivered a joint presentation with PaRK at the Suicide Prevention Australia National Conference outlining the benefits of a whole of community approach to suicide prevention.

What is planned?

- Develop Postvention Guidelines for organisations and services to accompany organisational policies and procedures
- Develop support mechanisms for disengaged youth, TAFE and apprenticeship organisations
- Develop an online mental health training package for GPs and Allied Health Professionals
- Organise LGBTI+ training for mental health professionals in the Trial site through MindOUT
- Deliver youth mental health first aid training
- Organise Maori ASIST and safeTALK workshops
- Continue to support for community capacity building projects.
- Implement campaigns to raise awareness and reduce stigma associated with depression.
- Implement strategies to improve the identification and treatment of mental health issues in young people.
- Organise Mindframe training for media and community organisations to encourage sensitive and responsible reporting and portrayal of both suicide and mental illness.
- Develop resources for families of young people at risk of self-harm.
- Develop an online youth mental health training package for GPs.
- Engage with Aboriginal youth led by Elders.
- Deliver youth and Aboriginal youth primary mental health projects in Murray and Waroona.
- Final evaluation of the Trial.

More information

To learn more, contact the Suicide Prevention Trial Project Coordinator, Chloé Merna on **0408 462 549** or chloe.merna@wapha.org.au