



# Peel, Rockingham and Kwinana Suicide Prevention Trial

Community Fact Sheet | July 2019

## Why a Suicide Prevention Trial in Peel, Rockingham and Kwinana?

The Australian Government selected the Peel, Rockingham and Kwinana regions as one of 12 National Suicide Prevention Trial Sites due to an identified high suicide rate in the region, 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?

Mandurah, 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 Project Coordinator.

## How much is being spent and how?

The Australian Government has allocated \$4 million to the Trial, most of which will be allocated to strategic areas in line with the four elements of the Alliance Against Depression:

- Primary mental healthcare: GP training, workshops, communication and resources.
- General awareness campaign: workshops, media training, community awareness campaign.
- High-risk individuals and relatives: training, peer support groups, planning, coordination and workshop.
- Community facilitators and stakeholders: training, community prevention forums, local coordination and stakeholder participation.

The remaining funds are allocated to project management, workforce, coordination, data collection and 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.

### 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.
- PaRK CRSG developed a Community Postvention Response plan; which enables local services and agencies to respond to critical incidents within 24-48 hours of notification so immediate wrap-around supports are provided for families, friends and community.
- Began to Pilot a referral system for the bereaved following a sudden loss through first responders and the Peel, Rockingham and Kwinana (PaRK) mental health services group. This is an Australian first and will alert the above services should a postvention response be needed.
- 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 youth.
- Mapped clear clinical pathways for at risk populations.
- 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 the Insidemymind.org.au campaign aimed at helping young people understand depression and identify the symptoms, with 1,904,704 impressions
- Delivered a joint presentation with PaRK CRSG at the Suicide Prevention Australia National Conference outlining the benefits of a whole of community approach to suicide prevention.
- Provided continuous training opportunities for community members in MHFA/ ASIST/ SafeTALK/ YMHFA/ Deadly Thinking and other gatekeeper training.
- Conducted consultations to establish an Asset Based Community Development project within two geographical locations.
- Coordinated smaller Alliances within the Trial site, connecting primary health organisations to community.
- Sponsored 'Back to Pinjarra Day'.
- Provided LGBTI+ training for mental health professionals in the Trial site through MindOUT.
- Developed an online mental health training package for GPs and allied health professionals.



## More Information

To learn more, contact the Trial Project Coordinator Chloé Merna on 0408 462 549 or [chloe.merna@wapha.org.au](mailto:chloe.merna@wapha.org.au)

### What has happened so far? (Continued)

- Delivered youth mental health first aid training.
- Organised Mindframe training for media and community organisations to encourage sensitive and responsible reporting and portrayal of both suicide and mental illness.
- 18 indigenous community members (both young people and accompanying adults) attended the World Indigenous Suicide Prevention Conference, Perth 2018.
- GP education session with Dr Maria Michail of the University of Birmingham and Dr Jo Robinson of Orygen 'Preventing suicide in children and young people: The role of primary care.'
- Delivered a joint presentation with WAPOL and SMHS to Postvention Australia National Conference 19

### What is planned?

- Mandurah Community Mental Health Initiative activated by the City of Mandurah
- Present the Postvention Pilot to the Suicide Prevention Australia National Conference 19
- Launch of 'Coping With Self Harm' resources for families of young people at risk of self-harm.
- Develop an online youth mental health training package for GPs.
- Develop support mechanisms for disengaged youth, TAFE and apprenticeship organisations.
- Continue to support community capacity building projects.
- Implement strategies to improve the identification and treatment of mental health issues in young people.
- Develop postvention guidelines for organisations and services to accompany organisational policies and procedures.
- Engage with Aboriginal youth led by Elders.
- Final evaluation of the Trial.



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