



Peel, Rockingham and Kwinana Suicide Prevention Trial

Community Fact Sheet | February 2020

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 supported by the WA Primary Health Alliance. 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 WA Primary Health Alliance.

How much is being spent and how?

The Australian Government has allocated \$4 million to the Trial to date, 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 2021. 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 WA Primary Health Alliance.

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.
- 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 mental health services group. This is an Australian first and will alert the above services should a postvention response be needed.
- Funded 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.
- Developed an online mental health training package for GPs and allied health professionals.
- 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.
- Providing continuous training opportunities for community members in MHFA/ ASIST/ SafeTALK/ YMHFA/ Deadly Thinking, QPR 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.
- Presented the Postvention Pilot to the Suicide Prevention Australia National Conference 19

More Information

To learn more, contact the Suicide Prevention Program Manager Sharleen Delane on 6272 4900 or sharleen.delane@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 Aboriginal 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 WA Police and South Metropolitan Health Service to Postvention Australia National Conference 19.
- Mandurah Community Mental Health Initiative activated by the City of Mandurah.
- Engaging those with lived experience of suicide through Roses in the Ocean.
- Launched 'Coping With Self Harm' resources for families of young people at risk of self-harm, with Orygen the National Centre of Excellence in Youth Mental Health.
- Co-launched the Informing Youth Suicide Prevention Report.

What is planned?

- Develop an online youth mental health training package for GPs.
- Mapping clear clinical pathways for at risk populations.
- Continue to support community capacity building projects.
- Implementing a postvention coordination role for the Trial site.
- Trialing the "Check Up GP" tool to support GPs and young people in mental health related appointments.
- Provide Train the Trainer opportunities through Aboriginal Mental Health First Aid.
- Provide Working with Grief and Loss training for those working with the bereaved.
- Provide Advanced Suicide Prevention Training for health professionals.
- Final evaluation of the Trial.



**WA Primary
Health Alliance**

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