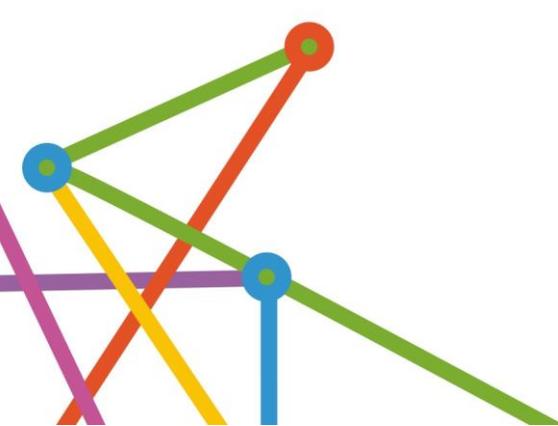


PHN Activity Work Plan

**Summary View
2020/2021**

**National Suicide Prevention Trial
Country WA PHN – MidWest Region**

**Presented to the Australian Government Department
of Health**



Contents

National Suicide Prevention Trial Site - MidWest	3
---	----------

National Suicide Prevention Trial Site - MidWest

Activity Title

Suicide Prevention Trial Site - MidWest

Existing, Modified or New Activity

Existing

Program Key Priority Area

Mental Health and Suicide Prevention

Activity Summary

Supporting priority activity on a longer-term basis

WA Primary Health Alliance has established a Steering Committee in partnership with WA Mental Health Commission during the period of transition. If any trial site activity is deemed to be in scope, the Mental Health Commission will work with relevant partners to review continuity options and/or referral options into other state based funded programs.

State Government agencies and non-government-organisations have been active participants in the governance of the trial. Those organisations include:

- Department of Communities,
- WA Police
- WA Country Health Service
- Geraldton Regional Aboriginal Medical Services

Representatives of the not-for-profit service sector will retain their ability to develop collective strategies and plans via their membership of District Leadership Group.

WA Primary Health Alliance will retain a working relationship with the District Leadership Group as an active member of the District Leadership Group. The District Leadership Group and sub-working groups will provide an opportunity to retain a whole of community approach, which includes membership of people with lived experience.

The completion of general practitioner training focused on treating depression will have improved capacity and capability in general practice and fulfilling the goal of one of the four pillars of the Alliance Against Depression framework.

For individual or group services – plans that will be in place to safely transition and support clients

The governance structures will remain in place for the duration of the funding period to ensure recipients of service are safely transitioned to alternative services if required. WA Primary Health Alliance regional staff and the Suicide Prevention Coordinator will work alongside service providers to ensure consumer transitions are completed in a safe, timely and collaborative way. WA Primary Health Alliance has commissioned a range of regional Mental Health services (i.e., Mental Health PORTAL, headspace) who will have capacity to accept referrals from general practitioners and other providers on an ongoing basis. The Mental Health Commission funded Regional Coordinator, will also provide ongoing support to

the network to sustain communication and enable better understanding of the referral pathways and other local support option

Communicating the end of trial or transition to other programs and services with key stakeholders

WA Primary Health Alliance will work in partnership with the governance groups to communicate the cessation of the trial activities. The trial site Program Manager will monitor actions arising and ensure transition arrangements are completed in a timely manner. The WA Primary Health Alliance regional office will provide updates to the District Leadership Group and sub-working groups that have been established as part of the trial site. The Mental Health Commission funded Suicide Prevention Coordinator will continue to communicate to the regional network. WA Primary Health Alliance will also utilise the skills, knowledge, and experience of the internal communications team to deliver key messages to community and enhance the community awareness through quality campaigns.

Key partnerships supporting transition and sustainability

The investment throughout the trial in each of the four pillars of the Alliance Against Depression model is supportive of transition and sustainability. Training for general practitioner's has enhanced their ability to improve diagnosis, manage mental health patients better and utilise local referral pathways.

The region has seen significant investment in the media campaigns to raise community awareness, relay key messages, improve knowledge of mental health, reduce stigma, and enhance help seeking and linking to on-line services such as Head to Health. Investment in community for gatekeeper skills, has enabled communities to build capacity and capability and to develop local support networks. Investment in Alliance Against Depression has been in priority areas and targeted at high-risk groups. Local clinical teams and community members work together to intervene earlier, provide better self-help skills, and support and utilise referral pathways to ensure patients access appropriate level of care, at the right time and right place. The outcomes from the investment in each of the four pillars will remain in situ and provide local sustainability, beyond the trial period.

WA State Government Departments, regional Aboriginal Medical Services and other regional service providers will play an essential role in supporting the transition and sustainability of any appropriate activity. Local Governments who have and/or will adopt the Alliance Against Depression model in community will play a vital role in the sustainability of the model in place. WA Primary Health Alliance will strengthen the partnership with WA Local Government Association to leverage off existing infrastructure to enhance the prospects of sustainability across the network. The Mental Health Commission will also be retaining the Suicide Prevention Coordinator role in the region and that will enable coordination and facilitation of specific suicide prevention meetings for the purpose of helping shape future strategies and plans, such as the Western Australian Mental Health, Alcohol and Other Drugs Services Plan 2015-2025: Better Choices Better Lives, WA State priorities 2020-2024 and Suicide Prevention 2020: Together we can save lives.

General practitioners will also be an essential component of transition being the primary component of the Alliance Against Depression pillars. WA Primary Health Alliance regional

staff will continue to provide support to general practices to facilitate communities of practice and retain the model integrity of the Alliance Against Depression framework. As part of the transition, WA Primary Health Alliance are seeking to partner with interested Shires/Cities to maintain the momentum that the trial has generated. This activity is further referenced below in the activity description 'Commission local government for grants they can use in the communities in alignment with the Alliance Against Depression pillars.

Local Governments in the Midwest region will be provided with seed funding to strengthen the local Alliance Against Depression, Existing Local Government and Shires in Midwest to apply the proposed activity have to align with the below statements:

1. Greater 'community voice' around mental health
2. Empowering people to speak up and share experiences and stories
3. Strengthened connections and relationships in the community
4. Increased social, emotional, and physical wellbeing and resilience for individuals and community
5. Empowering community to support residents in times of need
6. Increased engagement of young people in the community, schools, and peer to peer projects
7. Strengthening the link between community and primary care, including general practitioners. This activity will include working closely with the medical/health services, general practitioners and local communities and identifying community champions, as needed.

Community strength building initiatives are key to the Alliance Against Depression model in creating mentally healthy and connected communities, with Local Governments tailoring activities to suit the local population. All activities will be complemented by the public awareness campaign that is currently being implemented in both areas

The impact of COVID-19 on key activity and plans to address the impact

Some activities experienced a temporary closure of engagement due to limited access to remote areas. Automatic extensions to programs were granted to enable activities to be completed and carry forward of funds.

Governance and Partnerships

Key partners for governance and transition are:

- WA Mental Health Commission
- WA Country Health Service
- Geraldton Regional Aboriginal Medical Service
- WA Local Government Agency
- Nous Group
- Midwest Suicide Prevention Governance Group
- Midwest Suicide Prevention Steering Group
- Midwest District Leadership Group

Trial activities which are endorsed by the Midwest Suicide Prevention Governance and Steering Groups are agreed to by the internal WA Primary Health Alliance Mental Health

Coordinating Group.

Governance and Steering Group membership consists of representatives from:

- WA Mental Health Commission
- WA Country Health Service
- Geraldton Regional Aboriginal Medical Service
- General Practice
- Department of Communities
- WA Police
- National Indigenous Australians Agency
- WA Local Government Association
- Persons with lived experience
- Community members
- WA Primary Health Alliance

Key activities

Description of activities	FY20/21 Planned Expenditure (GST excl)	FY21/22 Planned Expenditure (GST excl)
Development of a Community Wellness Plan for Geraldton Existing activity. Activity end 30 June 2022 Post-trial, the City of Geraldton will have an established plan that can be implemented by the stakeholders who contribute to mental health and suicide prevention activities in the region. This activity was postponed due to border closures and other COVID-19 restrictions.	\$35,000.00	\$0.00
Mindframe, Gatekeeper, QPR, Mental Health First Aid Existing activity. Activity end 30 June 2022 To improve the knowledge and capacity around suicide prevention for practitioners and community members. This will complement the work being achieved in primary practice. Post-trial this enables young people to demonstrate and manage their continued involvement in suicide prevention activity effectively. These activities were postponed due to border closures and other COVID-19 restrictions.	\$70,000.00	\$0.00

<p>Media Existing activity Activity end date: 30 June 2022</p> <p>Conduct multi-channel awareness campaign, including mass media and printed materials in community spaces, including those frequented by middle aged men and hard to reach communities such as fishers or mining industry. This activity will be delivered by CARAT and RARE to develop localised campaigns and materials. The initiative will include collaboration with local focus groups to help inform and expand the Inside My Mind campaign. Post-trial this activity will leave a legacy of self-sustaining materials that can be used beyond the boundaries of the trial sit</p>	\$200,000.00	\$0.00
<p>"Shinema Project" Existing activity Activity end date: 30 June 2022</p> <p>This activity will extend their reach in regional and remote areas. This project has been impacted by COVID-19, resulting in the postponement of activities. Post-trial this project will be self-sustaining as it has been funded to be part of the local Men's Shed Group.</p>	\$33,500.00	\$0.00
<p>Red Dust Healing Existing activity Activity end date: 30 June 2022</p> <p>This activity builds capacity and capability in community to enable people to better manage trauma informed mental health. This is a 'train the trainer' model and therefore, post-trial will have community representatives to sustain the program. This activity was postponed due to border closures and other COVID-19 restrictions.</p>	\$0.00	\$450,000.00
<p>Commission Men's Health Coordinator position Existing activity Activity end date: 30 June 2022</p> <p>This activity will assist in the coordination and development of partnerships and stakeholder relationships across the trial site region. The Coordinator will support the development of linkages across the network, focusing on the fisheries community. Post-trial, a range of referral pathways, stakeholder relationships and integrated ways of working will be self-sustaining.</p>	\$0.00	\$150,000.00

<p>"Conversations for Life" workshops to the general community Existing activity Activity end date: 30 June 2022</p> <p>This activity builds capacity and capability in community to enable local population to better manage their mental health. Post-trial community will have increase capability to engage in safe conversations in community. This activity was postponed due to border closures and other COVID-19 restrictions.</p>	\$8,000.00	\$0.00
<p>Training - "Yarns for Life" workshops Existing activity Activity end date: 30 June 2022</p> <p>This activity builds capacity and capability in community to enable Aboriginal people to better manage their mental health. Post-trial community will have increased capability to engage in culturally safe conversations in the community. This activity was postponed due to border closures and other COVID-19 restrictions.</p>	\$10,000.00	\$0.00
<p>Tomorrow Man & CheckMate project Existing activity Activity end date: 30 June 2022</p> <p>This activity provides an opportunity to develop a peer network for men to meet in safe spaces, reduce social isolation and engage in supportive conversations that address mental health. Post-trial the groups will have an established network of peers who can continue to meet and develop, without the need of additional funding, therefore, the peer program will be self-sustaining. This activity was postponed due to border closures and other COVID-19 restrictions.</p>	\$35,000.00	\$0.00
<p>Alliance Against Depression (AAD) to align activities in communities with the AAD pillars Existing activity Activity end date: 30 June 2022</p> <p>Implementation of numerous alliances across Local Governments areas including but not limited to Carnamah, Coorow, Mingenew, Morawa, Perenjori and Three Springs. This activity was delayed due to local Government's need to address COVID-19 priorities, local emergency planning protocols and local Government border controls. The</p>	\$0.00	\$279,000.00

<p>limited time remaining has impacted on each of the Local Governments and other providers capacity and capability to fulfil requirements of the proposed activity. This activity will build on relationships with each Local Government and communities to:</p> <ul style="list-style-type: none"> • support the development of the Alliance Against Depression model across the region. Post-trial, the communities will have increased capacity and capability to respond to suicide prevention. Developing partnership with the North Midlands Project will enable WA Primary Health Alliance to leverage off existing infrastructure and a workforce that is sustainable in its own right. • partner and utilise existing workforce capacity and capability to assist with the development of communities, that are interested in establishing Alliance Against Depression community group/s. This work will build on the successes that have occurred with other interested Shires/Cities during the Suicide Prevention Trial Site period. • provide an opportunity to maintain the local alliances by providing a clear mandate and sense of purpose, working with Local Governments and their workforce to make a positive contribution via their public health planning and implementation. <p>This activity will provide an opportunity to enhance system integration by developing collaborations across different sectors.</p>		
<p>GP & Allied Health Education Existing activity Activity end date: 30 June 2022</p> <p>This activity will build capacity of general practitioners and Allied Health workers with training modules delivered by 4Mental Health, a UK based organisation that has capability to deliver learning via webinars. The learning will include a range of quality improvement measures and the use of SAFE TOOL. The training has been well received in South Australia and Tasmania, is evidence-based and culturally appropriate. This activity was postponed due to border closures and other COVID-19 restrictions.</p>	\$0.00	\$200,000.00
<p>Regional Co-ordinator's and other WAPHA resourcing Existing activity</p>	\$450,000.00	\$100,520.00

Activity end date: 30 June 2022			
<p>The regional coordination plays a key role in the facilitation function of the governance group meetings (Steering Group Meeting) which is attended by broad range of State Government Departments, as well as regional stakeholders.</p> <p>Costs include salaries for coordination as well as delivery of training (QPR, MH1st Aid) etc. The regional coordinator will work collaboratively with the District Leadership Group and Steering group to implement regional suicide prevention programs and support the transition phase alongside WA State Mental Health Commission and other key partners. WA Primary Health Alliance provide resourcing for program management, stakeholder engagement, regional travel, contracts management and administration as part of the ongoing operating costs</p>			
Activity planned expenditure	Total	\$1,105,022.00	\$74,480.00

Data collection and reporting

A local evaluation of the trial is being conducted by Nous Group. This will examine whether activities to reduce the high rates of male suicide were successful in building community knowledge and reduced stigma.

This evaluation should also ascertain the thoughts of community members regarding community needs as well as decisions about resource allocation, implementation, and prioritisation of resources.

The evaluation will also include success stories or stories of impact to collect ad hoc references. Activities commissioned via Geraldton Regional Aboriginal Medical Service are reported through the Primary Mental Healthcare National Minimum Data Set. All community and health professional up-skilling will be recorded and reported.

Recruitment and workforce

No issues have been identified that may affect recruitment and/or commissioning of services as necessary to progress trial activities.
