



Perth South PHN Activity Work Plan

National Suicide Prevention Trial Site

**Summary View
2022/2023 – 2025/26**

**Presented to the Australian Government Department of Health
and Aged Care**

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Funding Schedule

Primary Mental Health Care

Activity Title

National Suicide Prevention Activity

Activity Number

1000

Activity Status

Modified

PHN Program Key Priority Area

Mental Health Priority Area 5: Community based suicide prevention activities

Aim of Activity

To implement local suicide prevention activities in accordance with the Australian Government Department of Health's *Building on the work of the National Suicide Prevention Trial* guidance, whilst also addressing the needs of local communities within the Perth South PHN region.

Activities planned for the period 2022/23 will support the continuation and enhancement of essential suicide prevention and awareness activities targeted to youth aged 15-24 years. Activities align to the pillars of the European Alliance Against Depression (EAAD) framework and have been adapted for local context.

The EAAD systems-based approach uses a four-pillar framework, to improve the identification and treatment of depression and prevent suicidal behaviour. The four pillars of the EAAD framework are:

Pillar 1 - Increase the capability and capacity of primary mental health care practitioners (specifically GPs) with the aim to improve diagnosis and treatment of depression and prevent suicidal behaviour.

Pillar 2 - Implement a general public awareness campaign with the aim to destigmatise depression, using key messaging developed by the European Alliance Against Depression (EAAD), encouraging help seeking behaviour.

Pillar 3 - Upskilling community gatekeepers with the aim to recognise, respond and refer consumers to primary mental health care.

Pillar 4 - Improved support for high-risk patients, carers, and relatives, through aftercare supports, postvention supports, support groups and improved referral pathways to primary mental health care.

Description of Activity

Over the lifecycle of the Suicide Prevention Trial 2017-2021, the objective has been to create a self-sustaining, whole of community approach to suicide prevention made up of trained suicide prevention facilitators, gatekeepers, primary health and allied health professionals and Local Governments (LGs).

Existing and new activities rely on working closely with medical and primary health services, general practitioners (GP), local communities and identifying community champions. Community capacity building initiatives are key to the EAAD approach with LG's tailoring activities to suit the local community.

To achieve sustainable outcomes, the following activities continue to be implemented.

Community Upskilling

Education and training in evidence-based programs such as Youth Mental Health First Aid, QPR Gatekeeper, SafeTALK, Roses in the Ocean and Black Dog Institute Recognise and Respond training, supports the development of community capacity and sustainability in both stakeholder workforce and community.

Significant collaborative engagement continues to occur with Peel and Rockingham Kwinana (PaRK), Imagined Futures and Neami National to improve knowledge, awareness and develop capacity to deliver education across the Perth South region.

Suicide Prevention Training for Pharmacy

Significant consultation has been undertaken with Black Dog Institute and Pharmacy to identify specific training needs amongst the Pharmacy networks. It was identified that there was a significant lack of education and support available to pharmacists and their workforce in addressing those who present to their pharmacy with risks associated with suicidality. Black Dog Institute developed specific training: 'Suicide Prevention Training for Pharmacy,' which was provided via face-to-face facilitation across identified suburbs within the Perth South PHN.

Park Community Response Working Group Pathway Formalisation

Formalising the PaRK Pathway occurred at the organisational level to ensure that the sustainability of the PaRK response was not determined by singular staff at organisations that hold key relationships, but rather at the organisational level, with a clear agreement and partnerships articulated. This approach was supported by the Nous Group evaluation of the trial site. Formalising the PaRK Pathway outcomes resulted in:

- A facilitated debrief/lessons learned session with the PaRK Community Reference Group in relation to a recent suicide and the postvention response.
- Mapping of the established referral pathways developed in the region across the

length of the Suicide Prevention Trial. It is anticipated that this activity will be developed as an adjunct and complementary to the work of the Peel Mental Health Task Force.

- Promotion of the agreed pathways.

This activity continues with the support of the Black Dog Institute Capacity Building Program funded under the Targeted Regional Initiatives for Suicide Prevention.

Peel Mental Health Planning Project – Project Officer

This activity supports the work of the Peel Mental Health Taskforce through contributing one-third of a Project Officer position, along with South Metropolitan Health Service (SMHS) and the Mental Health Commission. The Peel Mental Health Taskforce is an identified joint priority of the SMHS and WAPHA Partnership protocol with a focus on:

- Facilitating interagency collaboration.
- Improving consumer outcomes.
- Developing and implementing consensus driven integrated models of care and service delivery in the Local Government Areas of Mandurah, Murray, and Waroona.

Key deliverables of the Peel Mental Health Planning project include:

1. Developing a contemporary, central, and accessible agency and service register that can be used to navigate people through services and guide referrals. This will involve performing a gap analysis, mapping services against a continuum of care and consulting with consumers and service representatives to identify needs.
2. Working to deliver agreed care pathways across services and programs to remove barriers to access and improve the holistic patient care journey.
3. Creating a systematic method for identifying and prioritising work streams and joint projects across the Taskforce and its sub-groups to coordinate and improve mental health service delivery.

This activity continues, however funding for this activity transitioned to the use of more appropriate recurrent funds.

Translation of Managing Self Harm Materials into local languages

The resource '*Coping with Self-harm*' practical guide developed by Orygen will be translated into local languages. The guide provides information for parents and families about self-harm and its causes and effects. It is based on current research on self-harm and includes interviews with parents whose children self-harmed. It contains quotes of advice and evidence-based information, with links to sources of support.

This activity was completed, and the resource is now in use.

Local Government (LG) community grants

LGs in the Perth South PHN were provided with funding of up to \$100 000 to implement activities that aligned to one of the 4 EAAD pillars. The LGs formalised community grants to local organisations, partnering with grassroot projects and programs, enhancing engagement and outputs, and/or utilising a portion of the grant for internal workforce capacity building.

This activity introduced multiple LGs within the Perth South PHN to the evidence based, EAAD systems-based framework for suicide prevention. The EAAD approach informed the implementation of activities within communities that aligned to the EAAD's 4 pillars. This activity was completed by the 31 December 2022.

City of Mandurah

City of Mandurah, contracted since August 2019, will continue to provide the key link between community activities and GPs/other clinical treatment services. This contract is extended until the end of the trial to facilitate the expansion of activities across surrounding Shires in Perth South. The City of Mandurah partnership will enable the PHN to partner and utilise existing workforce capacity and capability to assist with the development of communities that are interested in establishing EAAD community group/s. The partnership with the Local Government network, will provide an opportunity to maintain the local Alliances by providing a clear mandate and sense of purpose, to how Local Governments and their workforce can make a positive contribution via their public health planning and implementation. This activity will provide an opportunity to enhance system integration by developing collaborations across different sectors, to support the sustainability of each alliance.

This activity acted as a blue print for other LGs who were awarded LG Community Grants and provided guidance on how to implement activities within their communities that align to the EAAD framework.

Postvention Response (Primary Care Navigator)

This activity was initiated to trial a 0.2 FTE Primary Care Navigator as a treatment support component for the Peel and Rockingham Kwinana (PaRK) Postvention Community Response project. The primary responsibility of the navigator is to ensure smooth transition to appropriate Primary Care clinical services, GPs and/or other relevant treatment and recovery focused services.

The Primary Care Navigator was involved in the evaluation process to provide an evidence-base highlighting the need for such roles within postvention work and to demonstrate fidelity of the model. The evaluation, evidence and success of this trial contributed to the roll out of the Standby Postvention service across WA. StandBy National representatives are now stakeholders and continue to be regular contributors

to the Peel, Rockingham, and Kwinana Community Response Group (PaRK CRG) that initiated this postvention response.

Supporting participation of Lived Experience

This activity enabled participation of lived experience members to attend the National Suicide Prevention Conference. The Conference is the premier, multidisciplinary, educational event in the sector and provides a platform for the exchange of ideas, aimed at achieving a meaningful reduction to deaths by suicide in Australia.

Suicide Prevention Australia (SPA) is the peak body for suicide prevention and advocate that there is wisdom gained by those who have been touched by suicide, and that to prevent suicide we need to harness this wisdom.

SPA advocate for people with lived experience of suicide to have an equal seat at the table when developing policy, strategy, services, and programs as well as research and evaluation. SPA believe that this enriches our understanding of suicide and its prevention. SPA are acutely aware of the barriers to participation experienced by people with mental ill-health, especially those with a lived experience of suicide and people who identify as Aboriginal and Torres Strait Islander, LGBTIQ+ and CALD (all of which are high-risk groups for suicide).

Suicide Prevention Coordinator

The Suicide Prevention Coordinator employed by Anglicare acts as the coordinator for the Perth South region and is responsible for providing leadership in the implementation of Suicide Prevention Trial activities within the PaRK Region (Peel, Rockingham and Kwinana), support linkages across the network focusing on a community of practice approach, coordinate the contingency plan for the PaRK community response working group and local partners, and aligns the work undertaken with the four pillars of the Alliance Against Depression Framework.

This activity continues and has been extended through to June 2023 to enable the transition from the NSPTS to the Targeted Regional Initiatives for Suicide Prevention Program.

Transitioning the activity

The City of Mandurah will continue to forge a link between community activities, GPs, and other clinical treatment services. The contract will be extended until the end of the trial to facilitate the expansion of activities across surrounding Shires in the Perth South region. The partnership with the Local Government and their workforce can make a positive contribution through public health planning and implementation. This activity will provide an opportunity to enhance system integration by developing collaborative relationships across different sectors, to support the sustainability of emerging Suicide Prevention partnerships.

The investment throughout the trial in each of the four pillars of the EAAD model is supportive of transition, sustainability, and integration of suicide prevention trial site capacity into core suicide prevention activities.

WAPHA will continue to work in partnership with the governance groups to communicate the cessation of the trial activities by delivering key messages to the community and enhance community awareness through quality campaigns.

- 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.
- WAPHA commissioned mental health services, such as MindSpot GP local face-to-face services and headspace will accept referrals from GPs and other providers on an ongoing basis.
- Local Governments who have and/or will adopt the EAAD model in their communities will play a vital role in the sustainability of the model.
- WAPHA will strengthen the partnership with the WA Local Government Association (WALGA) to leverage existing infrastructure to enhance the prospects of sustainability across the network.
- MHC will retain the funded Suicide Prevention Coordinator role in the region, enabling coordination and facilitation of specific suicide prevention meetings for the purpose of helping shape future strategies and plans i.e., 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.
- GPs will be essential in the transition, being the primary treatment component of the EAAD pillars.
- PHN staff will continue to provide support to GP practices to facilitate communities of practice and retain the model integrity of the EAAD framework.
- The Peel and Rockingham, Kwinana (PARK) group will retain their presence in the region as a sustainable voluntary organisation.
- Existing and new community service providers will be engaged to strengthen and expand the local EAAD model in the Perth South PHN region.
- The Postvention Response (Primary Care Navigator), viewed as a pivotal role in the model for postvention support, will continue.

The governance structures will remain in place for the duration of the activity to ensure recipients of service are safely transitioned to alternative services if required.

The PHN noted that there is a range of services within the trial site area that are already commissioned and equipped to respond to youth at risk and will continue to

be funded post-trial.

Data collection

A local evaluation of the trial was conducted by Nous Group. This examined whether activities to reduce the rates of suicide were successful in building community knowledge and reduced stigma. The evaluation also sought to ascertain the thoughts of community members regarding local needs as well as decisions about resource allocation, implementation, and prioritisation of resources.

The evaluation also includes success stories or stories of impact to collect ad hoc references.

Perth South PHN Needs Assessment

| Priorities | Page reference |
|---|-----------------------|
| Increase access to low-cost local mental health services in outer-suburbs and areas with limited-service availability but high demand. (Mandurah, Rockingham) | 22 |
| Ensure integrated and stepped care services are available for people experiencing mental health issues, including younger people. (whole PHN) | 22 |
| Improve access to early intervention suicide prevention services. (Mandurah, Rockingham, Fremantle, Kwinana) | 22 |
| Improve coordinated and integrated care for people experiencing complex and severe mental health who can be managed within primary care settings. | 22 |

Consultation

PaRK community working group and committee
Imagined Futures Alliance Against Depression
Peel Mental Health Taskforce
WA Local Government Association

Collaboration

PaRK community working group
State Government agencies and non-government-organisations such as:
WA Police
Mental Health Commission
WA Department of Health
headspace
Department of Child Protection and Family Services
City of Mandurah

Shire of Waroona
 City of Rockingham
 City of Gosnells
 Shire of Murray
 Shire of Kwinana
 Shire of Jarrahdale/Serpentine
 Shire of Cockburn
 City of Armadale
 NPS Medicinewise
 Neami National
 Roses in the Ocean
 Active Response Bereavement Outreach (ARBOR)
 Relationships Australia
 Children and Young People Responsive Suicide Support (CYPRUS)
 Lifeline
 Youth Focus
 RUAH
 Telethon Kids
 Child and Adolescent Mental Health Services (CAMHS)
 Alive
 StandBy National
 St John Ambulance WA

Coverage

Local government areas of Rockingham, Mandurah, Kwinana, Murray, and Waroona within Perth South PHN.

Activity Start Date

1 January 2017

Activity End Date

30 June 2023

Activity Planned Expenditure

| Funding Stream | FY 22 23 | FY 23 24 | FY 24 25 |
|--|-----------------|-----------------|-----------------|
| National Suicide Prevention Trial Site Funding | \$2,002,961.54 | \$1,640,014.46 | \$0.00 |

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