

Suicide Prevention Action Plan 2019-2020

As part of the National Suicide Prevention Trial, the Tweed-Byron Suicide Prevention Strategy is focused on localising the Black Dog Institute's (BDI) LifeSpan model. The LifeSpan model is an evidence-based, integrated approach to suicide prevention, combining nine strategies aimed at building safety nets in participating communities.

In localising BDI's LifeSpan model, the approach outlined in this Action Plan is to:

- Connect, leverage and strengthen suicide prevention initiatives that are already underway in the 2 Shires
- Initiate new programs, activities and training, in areas of activity identified as being of priority by the community
- Build community capacity to better support people facing a suicide crisis

The Tweed-Byron Suicide Prevention Action Plan incorporates the historic input of the Tweed-Byron Local Suicide Prevention Steering Committee. It also incorporates input generated at a workshop in December 2018 where participants identified priority actions.

These individuals included professionals representing sectors such as primary health, mental health, education and community services, as well as individuals with a lived experience of suicide.

Five Impact Groups have been established to drive the on-going development and implementation of this Action Plan. The focus of these Impact Groups reflects the five priorities outlined on page 2.

For more information about the Tweed-Byron Suicide Prevention Strategy, please contact Hanna Thomas Suicide Prevention Project Worker, The Family Centre, hannat@thefamilycentre.org.au



COMMUNITY-OWNED: This Plan has been developed in consultation with the community and with the support of these organisations:



1 Strengthen early intervention through schools

- 1.1 Train and upskill parents and residents to be gatekeepers through access to free or subsidised community-based training (Question, Persuade, Refer and Youth Mental Health First Aid), and programs focused on adolescence e.g. Soon They'll be Teens.
- 1.2 Develop the capacity of the workforce to deliver Teen Mental Health First Aid (TMHFA) training to young people and Youth Mental First Aid (YMHFA) to adults and teachers in independent schools and in settings such as sporting clubs.
- 1.3 Deliver appropriate training to staff within schools e.g. Question Persuade Refer (QPR), SafeTALK, YMHFA .
- 1.4 Support schools to engage with the Aboriginal Healing Framework and culturally safe and competent programs.

2 Improve crisis and aftercare support

- 2.1 Review BDI Guidelines for follow-up care in Emergency Departments (ED) and support the integration of recommended changes, e.g. upskilling ED staff in suicide prevention training.
- 2.2 Strengthen opportunities to be supported in aftercare e.g. an aftercare pack and/or App; contact with volunteers and/or paid workers.
- 2.3 Explore options of establishing peer support positions in Emergency Departments to welcome and offer support to individuals who have made a suicide attempt.
- 2.4 Modify assessment tools to make them culturally appropriate to the Aboriginal and Torres Strait Islander community.

3 Strengthen the capacity of General Practices, frontline workers and professionals

- 3.1 Identify opportunities to provide appropriate suicide prevention training to General Practice staff (GPs, nurses and administration) to enhance their response to at-risk individuals, as well as to provide effective aftercare support.
- 3.2 Review existing access to suicide training for Paramedics, Emergency Department staff, Police, community service organisations, psychologists and professionals. Where appropriate, extend access to training.
- 3.3 Work with the PHN to strengthen and promote local referral options and support, e.g. utilising HealthPathways and information kits for general practices.
- 3.4 Support first responders to engage with the Aboriginal Healing Framework.

The development of the Tweed-Byron Suicide Prevention Plan 2019-2020 was supported by funding from the Australian Government through the PHN Program

4 Develop local, culturally appropriate strategies to identify and respond to those most at risk in the Tweed Aboriginal community

- 4.1 Invite families with a lived experience of suicide to participate in Yarn-Ups as a pathway towards healing.
- 4.2 Engage interested members of the Tweed Aboriginal community in a Gathering to talk about suicide and participate in determining tailored responses.
- 4.3 Identify individuals in the community to participate in a 'Care List' and devise an Aboriginal specific local resource kit.
- 4.4 Provide Indigenous Network Suicide Intervention Skills Training (INSIST) and/or other relevant training (Aboriginal Mental Health First Aid) to identified gatekeepers.
- 4.5 Deliver other tailored responses as identified by the Tweed Aboriginal community.
- 4.6 Explore opportunities to establish an Aboriginal Mental Health Nurse position at BugalwenaTrain and

5 train & equip the community to recognise and respond to suicidality

- 5.1 Provide subsidised suicide prevention training for relevant individuals in the Tweed and Byron communities e.g. Question Persuade Refer (QPR), Applied Suicide Intervention Skills Training (ASIST) and SafeTALK.
- 5.2 Back local groups and initiatives that support at risk men to connect.
- 5.3 Develop and trial support groups for at risk women.
- 5.4 Focus on sustainability by identifying relevant, connected and available individuals to participate in train-the-trainer suicide prevention training.
- 5.5 Provide follow-up support to individuals who receive training and equip them with local referrals and resources. Consider 'village hall' meetings in appropriate locations shortly after training to debrief and clarify local referral points.
- 5.6 Review existing suicide prevention Apps and emotional wellbeing Apps to identify which ones should be promoted within the community.
- 5.7 Develop and trial the use of a local Resource Kit which provides tailored information about referral pathways and support groups in the Tweed / Byron region.
- 5.8 Support the Tweed SOS BSA (Survivors of Suicide Bereavement Support Association) during its establishment phase.

If you need help or wish to talk to someone, contact any of the organisations listed below:

- Lifeline 13 11 14 or www.lifeline.org.au/Get-Help
- Suicide Call Back Service 1300 659 467 or www.suicidecallbackservice.org.au
- beyondblue 1300 224 636 or www.beyondblue.org.au
- National Indigenous Critical Response Service 1800 805 801
- MensLine Australia 1300 78 99 78
- headspace 1800 650 890 or eheadspace for 12-25yo www.eheadspace.org.au

