

Illawarra Shoalhaven Suicide Prevention Collaborative

Breakfast Meeting Minutes – 11 November 2015

Venue: IHMRI Level 3.301

Attendees:

Dr Vida Bliokas	(VB)	IHMRI, MHAB- Clinical Theme Leader; ISLHD
Prof Brin Grenyer	(BG)	IHMRI, MHAB- Academic Theme Leader; UOW
Dr Alex Hains	(AH)	Grand Pacific Health, Mental Health Manager
Dr Mitch Byrne	(MB)	UOW, School of Psychology; Mind the Gap Planning Group
Ms Linda Cohen	(LC)	Project Officer, Illawarra Shoalhaven Suicide Prevention Collaborative
Prof Frank Deane	(FD)	Director, Illawarra Institute of Mental Health; UOW, School of Psychology
Ms Marilyn Dunn	(MD)	First Floor Program Coordinator, Salvation Army Wollongong
Mr John Flanagan	(JF)	Illawarra Suicide Prevention Awareness Network (ISPAN)
Ms Uli Flanagan	(UF)	Illawarra Suicide Prevention Awareness Network (ISPAN)
Mr Grahame Gould	(GG)	Director, Lifeline South Coast
Mr Greg Hand	(GH)	Learning and Wellbeing Coordinator, Department of Education
Mr Tim Heffernan	(TH)	Peer Support Worker, ISLHD
Ms Erin Hiesley	(EH)	Manager, Partners in Recovery
Ms Wendi Hobbs	(WH)	Chair, Shoalhaven Suicide Prevention Awareness Network (SSPAN)
Ms Lynn Langhorn	(LL)	Operations Manager Mental Health, ISLHD
Ms Cynthia McCammon	(CM)	Senior Professional Officer, Catholic Education Office
Ms Sally McNeill	(SM)	Research Development Officer, IHMRI
Ms Bethany Pye-Respondek	(BPR)	Research Development Administrator, IHMRI
Ms Carla Rutherford	(CR)	CNC Shoalhaven ED, ISLHD

1. Preliminary Business

1.1 Apologies:

Ms Sue Baker-Finch	COO, IHMRI
Lord Mayor Gordon Bradbury	Chair, Illawarra Joint Organisation of Councils
Dr Tim Coombes	Director of Nursing Mental Health, ISLHD
Ms Dianne Kitcher	CEO, Coordinare
Ms Dianne Knight	General Manager Clinical Services, Grand Pacific Health
Insp Phil O'Neil	Wollongong Area Command, NSW Police Force
Ms Leeanne Simpson	Health Relationship Manager, Illawarra Zone, NSW Ambulance
Dr Coralie Wilson	UOW, School of Medicine; Mind the Gap Planning Group
Mr Alan Woodward	Lifeline Foundation, Research Director

2. General Business

2.1 Welcome and Introduction

Vida Bliokas and Brin Grenyer welcomed the members and introduced new attendees. Apologies expressed for those who could not attend.

2.2 Update and Discussion on Data Audit

LC presented an update on the Data Audit (documents tabled, see attachment 1).

MB queried whether we have an idea of the quality of data in other regions? Is their data better, worse? How so? More coordinated?

AH suggested preparing questions to ask for the next meeting – what do we want to know from the data?

BG keen to explore the data from Turning Point, feels it may be of significant use. Queried how the data could identify the gaps or challenges for the Illawarra Shoalhaven? Note the ABS data also worth pursuing.

2.3 Discussion of Suicide Prevention Strategies

AH: *National Action Plan* addressing the problem of differing definitions across services.

Looking for:

- Number of deaths by suicide
- Trends over time
- Number of attempts captured
- Locations
- High risk groups
- Help seeking behaviour
- What do people want who are attempting suicide and/or seeking help?

To get funding, ISSPC must demonstrate what is being done across all 9 areas on the wheel (see attachment 2)

2.4 Update on Program Audit

LC presented a summary of what programs are currently run in the Illawarra Shoalhaven, per the information she was able to gather since the October meeting (documents tabled, see attachment 2).

Members agreed that it is necessary to continue to develop the wheel and requested it be distributed to the group for the population of additional programs.

AH: There are known gaps across all regions, ISSPC is well positioned to start making changes and address some of these gaps:

- Continuing care
- Training for GPs
- Responsible reporting

- Capacity to demonstrate effective treatment (high-quality treatment, including online resources)

Continuing care from a school perspective – GH discussed communication between emergency depts and schools when a student has attempted suicide, to then follow up with GP. Dept of Education responsible for school staff response.

AH emphasized the importance of keeping those with lived experience involved in developing strategies to inform the decisions made by the collaborative.

TH: Those with lived experience should be asking research questions and involved in the research – 'co-production'. The Consumer Led Research Network hosted a forum on 4 November 2015 (~100 people attended) and came out of the Living Well Strategic Plan. The forum discussed how to maintain and conduct co-production research, moving from a hospital/emergency dept back home, and how to reduce readmissions? There is nothing specific to the Illawarra Shoalhaven occurring within the Network at the moment, but plenty of opportunity in the future (eg School of Nursing Recovery Camp). TH ended by noting that while lived experience is often the subject of research, the Network will allow those with lived experience to have a hand in setting the agenda for future research.

2.5 Next Steps

LL: Pursue funding from within the organisations involved.

VB: Many organisations involved, need to narrow it down to significant contributors.

GG: 5 key organisations to be identified; project manager needed to move the collaborative forward. Suggested full time position for 3 year period. Consider what organisations should be represented and involved – is there anyone missing? Specific governance required to guide the group – chair? Board? How are decisions made? Views and position of group must be thoughtfully formed. Formalisation of governance required with a vision and position statement.

EH: Articulating this would assist with sourcing funding. Financial commitment needs something more formal by way of structure.

GG: Who should take this on?

BG: IHMRI could build collaborative agreement – possibly in-kind and financial. Possibility of IHMRI drafting governance framework?

LL: Collaborative should harness what is already happening in this space rather than reinventing the wheel.

BG: 2 to 3 year agreement?

AH: Membership is fluid. Other recommendations are very welcome. Some organisations have not yet been able to attend, but interested in participating.

GG: Agreed re: membership. Written governance is the highest priority.

AH: Templates of existing governance agreements between Headspace and Partners in Recovery – EH could assist with examples.

VB: Who should be involved in establishing governance framework? Suggest EH, GG, AH, LL, GH

LC: Important to articulate what the group wants to do and achieve.

3. Other Business

GG discussed Lifeline South Coast trial proposal: seeking formal support from the collaborative to endorse value of the trial. Would like to use collaborative as an advisory group and have support for the submission to commence the trial – submission made to Lifeline Research Foundation. Formal decision needed by 10 December.

LL to represent Mental Health ISLHD in place of Paula Hakesley.

MB proposed interim exec group while governance framework is developed. Members: VB, BG, AH to approve decisions until formal framework is complete. Group agreed to suggestion.

The next meeting will be held on Wednesday 9th December 2015 at 8.00am.

Data Audit Update (Attachment 1)

Data	Type / Format of data	Timeframe / Date	Spatial coverage	Source	Contact	Notes
Name of data	<ul style="list-style-type: none"> Raw data Report Questionnaire 	<ul style="list-style-type: none"> Year published Date and frequency of collection 	<ul style="list-style-type: none"> National State Local 	<ul style="list-style-type: none"> Government Services LHD 	Name and contact details for data source	Other info
NSW Ambulance	<ul style="list-style-type: none"> Raw data 	<ul style="list-style-type: none"> Varies 	<ul style="list-style-type: none"> Local State 	<ul style="list-style-type: none"> NSW Ambulance 	Rosemary Carney Research Governance Officer NSW Ambulance 02 9779 3851 rcarney@ambulance.nsw.gov.au	<ul style="list-style-type: none"> Need ethics approval to access data Paper based records pre July 2012 From July 2012, transferred to electronic records, data sent to Turning Point (~80% of cases are recorded electronically) Prefer their data to be accessed via Turning Point
Turning Point (NSW Ambulance)	<ul style="list-style-type: none"> Enhanced data Reports? Data snapshots May be able to generate maps from data 	<ul style="list-style-type: none"> From July 2012 Quarterly snapshots ~80% of NSW Ambulance data 	<ul style="list-style-type: none"> National State Local 	<ul style="list-style-type: none"> NSW Ambulance data made available via Turning Point 	Sharon Matthews Research Fellow, Population Health Research Turning Point 03 9412 9955 sharonm@turningpoint.org.au	<ul style="list-style-type: none"> Enhanced data from NSW Ambulance (eg search / index free text fields) Need ethics approval to access data Fee for service Data not available for Indigenous populations
Various, eg	<ul style="list-style-type: none"> Data snapshots and reports on 	<ul style="list-style-type: none"> ? varies 	<ul style="list-style-type: none"> ? varies 	<ul style="list-style-type: none"> Coordinare 	Abhijeet Ghosh Senior Consultant, Epidemiology and	<ul style="list-style-type: none"> Analyse data from multiple sources Provide data snapshots

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Data	Type / Format of data	Timeframe / Date	Spatial coverage	Source	Contact	Notes
<ul style="list-style-type: none"> • Medicare • Dept of Health • GPs / Psychologists 	request				Evidence Coordinare 4225 4319 aghosh@coordinare.org.au	<i>and reports on request</i>
Suicide Prevention Databank	<ul style="list-style-type: none"> • Raw data? 	<ul style="list-style-type: none"> • ? 	<ul style="list-style-type: none"> • Local 	<ul style="list-style-type: none"> • Grand Pacific Health / Headspace 	Alex Hains Mental Health Manager Grand Pacific Health 4220 7648 ahains@gph.org.au	<ul style="list-style-type: none"> • Youth program • Sample of 200 has HREC (ethics) approval. Full sample is 600
Lifeline	<ul style="list-style-type: none"> • Raw data • Data snapshots can be requested from Lifeline national service 	<ul style="list-style-type: none"> • Can identify time of day / length of call • Proposed local South Coast trial in 2016 – will enable the identification of repeat callers and other local data 	<ul style="list-style-type: none"> • National • Local callers can be identified by nearest Lifeline service and/or phone number 	<ul style="list-style-type: none"> • Lifeline (national service) 	Grahame Gould Director, Lifeline South Coast 4228 1311 0409 912 391 ggould@llsc.org.au Alan Woodward Executive Director Lifeline Research Foundation 02 4233 1671 Alan.Woodward@lifeline.org.au	<ul style="list-style-type: none"> • Data held centrally by Lifeline (national service) • Can request specific data • May include info on suicidal thinking and/or suicidal attempts and/or Safe Plans for callers • Proposed 2016 local trial will have a geographical overlap with LHD and more specific local data
BEACH database	<ul style="list-style-type: none"> • Data from GPs • Suicidal 	<ul style="list-style-type: none"> • 10 years of data, approx. 	<ul style="list-style-type: none"> • ? varies, depends on 	<ul style="list-style-type: none"> • BEACH database (data 	Dr Helena Britt Associate Professor	<ul style="list-style-type: none"> • Suicidal ideation / thinking is often recorded

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Data	Type / Format of data	Timeframe / Date	Spatial coverage	Source	Contact	Notes
<ul style="list-style-type: none"> • GP data 	thinking / ideation / attempts	100 cases	location of GPs	from GPs)	and Director Family Medicine Research Centre School of Public Health Sydney Medical School University of Sydney 02 9845 8150 helena.britt@sydney.edu.au	as depression by GPs and hence would not be included in this data <ul style="list-style-type: none"> • Includes characteristics of patients and what GPs do to manage cases
ISPAN – Illawarra Suicide Prevention Network	<ul style="list-style-type: none"> • Data from Wollongong Police 	<ul style="list-style-type: none"> • Many years ? 	<ul style="list-style-type: none"> • Local 	<ul style="list-style-type: none"> • Wollongong Police 	Peter Brown Chair, ISPAN peter_susan@interno.de.on.net	<ul style="list-style-type: none"> • Monthly snapshots from Wollongong Police
SSPAN – Shoalhaven Suicide Prevention Network	<ul style="list-style-type: none"> • Completed suicides, suicide attempts, risk factors (Shoalhaven ED) • Intentional self-harm (NCIS) 	<ul style="list-style-type: none"> • 20 years (Shoalhaven ED) • 2001 – 2006 ? (NCIS) 	<ul style="list-style-type: none"> • Local 	<ul style="list-style-type: none"> • Shoalhaven ED • Data from National Coroners Information System (NCIS) Database 	Wendi Hobbs Chair, SSPAN Targeted Clinical Services – Youth Health Ambulatory and Primary Health Care Division ISLHD 4423 1784 wendi.hobbs@sesiahs.health.nsw.gov.au	<ul style="list-style-type: none"> • Some research on this data is already in progress • Wendy Fetchet – ED NUM – is spearheading this research project: wendy.fetchet@sesiahs.health.nsw.gov.au

Data Audit Update (Attachment 1)

Data	Type / Format of data	Timeframe / Date	Spatial coverage	Source	Contact	Notes
ReachOut	<ul style="list-style-type: none"> Online data collected from website users 	<ul style="list-style-type: none"> Since 1998 	<ul style="list-style-type: none"> National ? 	<ul style="list-style-type: none"> ReachOut study 	Dr Coralie Wilson School of Medicine University of Wollongong 4221 5135 cwilson@uow.edu.au	<ul style="list-style-type: none"> Online mental health information service for young people Recent 12 mth study of online habits of 1,500 young people – depression, anxiety, stress, suicidal ideation / suicide risk
South Coast Private Hospital	<ul style="list-style-type: none"> ? 	<ul style="list-style-type: none"> ? 	<ul style="list-style-type: none"> Local ? 	<ul style="list-style-type: none"> ? 	Kim Capp Director of Nursing / General Manager South Coast Private Hospital 4286 6877 kim.capp@southcoastprivate.com.au	<ul style="list-style-type: none">
LHD / Hospitals	<ul style="list-style-type: none"> Data on suicide-related deaths occurring in hospital 	<ul style="list-style-type: none"> ? 	<ul style="list-style-type: none"> ? 	<ul style="list-style-type: none"> LHD 	Clark Chambers Manager ISLHD Planning, Performance and Information Management Unit 4221 6735 clark.chambers@sesiahs.health.nsw.gov.au	<ul style="list-style-type: none"> Only collect data on suicide-related deaths in hospital
Police	<ul style="list-style-type: none"> ? 	<ul style="list-style-type: none"> ? 	<ul style="list-style-type: none"> ? 	<ul style="list-style-type: none"> Wollongong Police 	Phil O’Neil Inspector, Duty	<ul style="list-style-type: none"> Provide monthly snapshots to ISPAN

Data Audit Update (Attachment 1)

Data	Type / Format of data	Timeframe / Date	Spatial coverage	Source	Contact	Notes
					Officer Wollongong Police 4226 7899 one1phi@police.nsw.gov.au	
Geospatial data	<ul style="list-style-type: none"> Geospatial data 	<ul style="list-style-type: none"> ? 	<ul style="list-style-type: none"> Local ? 	<ul style="list-style-type: none"> Black Dog Institute / Grand Pacific Health 	Di Knight General Manager, Clinical Services Grand Pacific Health 4220 7688 dknight@gph.org.au	<ul style="list-style-type: none"> <i>Cost involved ?</i>
ABS	<ul style="list-style-type: none"> Various reports / publications, eg 3303.0 <i>Causes of Death, Australia, 2013</i> Data cubes and data spreadsheets 	<ul style="list-style-type: none"> Time lag – 2013 data released in 2015 	<ul style="list-style-type: none"> National State 	<ul style="list-style-type: none"> ABS 	National Information and Referral Service (NIRS): 1300 135 070 Online form: enquiries / information consultancy (quote for detailed data): http://www.abs.gov.au/websitedbs/D3310114.nsf//Home/Contact+Us?opendocument#from-banner=GT	<ul style="list-style-type: none"> <i>Can also request specific data snapshots</i>
AIHW	<ul style="list-style-type: none"> Various 	<ul style="list-style-type: none"> Time lag – 	<ul style="list-style-type: none"> National 	<ul style="list-style-type: none"> AIHW 	Email enquiry form	<ul style="list-style-type: none"> <i>Some reports include</i>

Data Audit Update (Attachment 1)

Data	Type / Format of data	Timeframe / Date	Spatial coverage	Source	Contact	Notes
	<p>reports / publications, eg <i>Suicide and hospitalised self-harm in Australia: trends and analysis 2010-11</i></p> <ul style="list-style-type: none"> Data cubes and data spreadsheets 	<p>2010-11 report released Dec 2014</p>	<ul style="list-style-type: none"> State? 		<p>(for data / publication requests): http://www.aihw.gov.au/contact/ 02 6244 1000</p>	<p><i>separate statistics for high risk groups (eg Indigenous Australians)</i></p> <ul style="list-style-type: none"> <i>Customised data analysis available via AIHW custom data request service – fee involved</i> <i>May require ethics approval to use data</i>

Data Audit Update (Attachment 1)

Additional Notes

NSW Ambulance

- From July 2012, electronic records data analysed by Turning Point
- Turning Point enhance the data by examining free text, eg data has greater sensitivity re attempted suicide
- Turning Point only provide quarterly snapshots of ambulance data
- 70-80% cases on electronic records (only electronic records go to Turning Point). Some cases only on paper-based records
- Prior to 2012, only paper-based records exist (access these via NSW Ambulance)
- Data dictionary currently under development for paper-based records – NSW Ambulance have offered to send this to us
- Data access / research requires ethical review by NSW Health lead ethics committee (see *NSW terms and conditions for research with external entities*)
- Additional approvals required for Aboriginal / LGBTI data
- Need to identify variables that would identify cases as suicide-related (hopefully not too many false positives)

Bettering the Evaluation and Care of Health (BEACH) database

University of Sydney, Family Medicine Research Centre

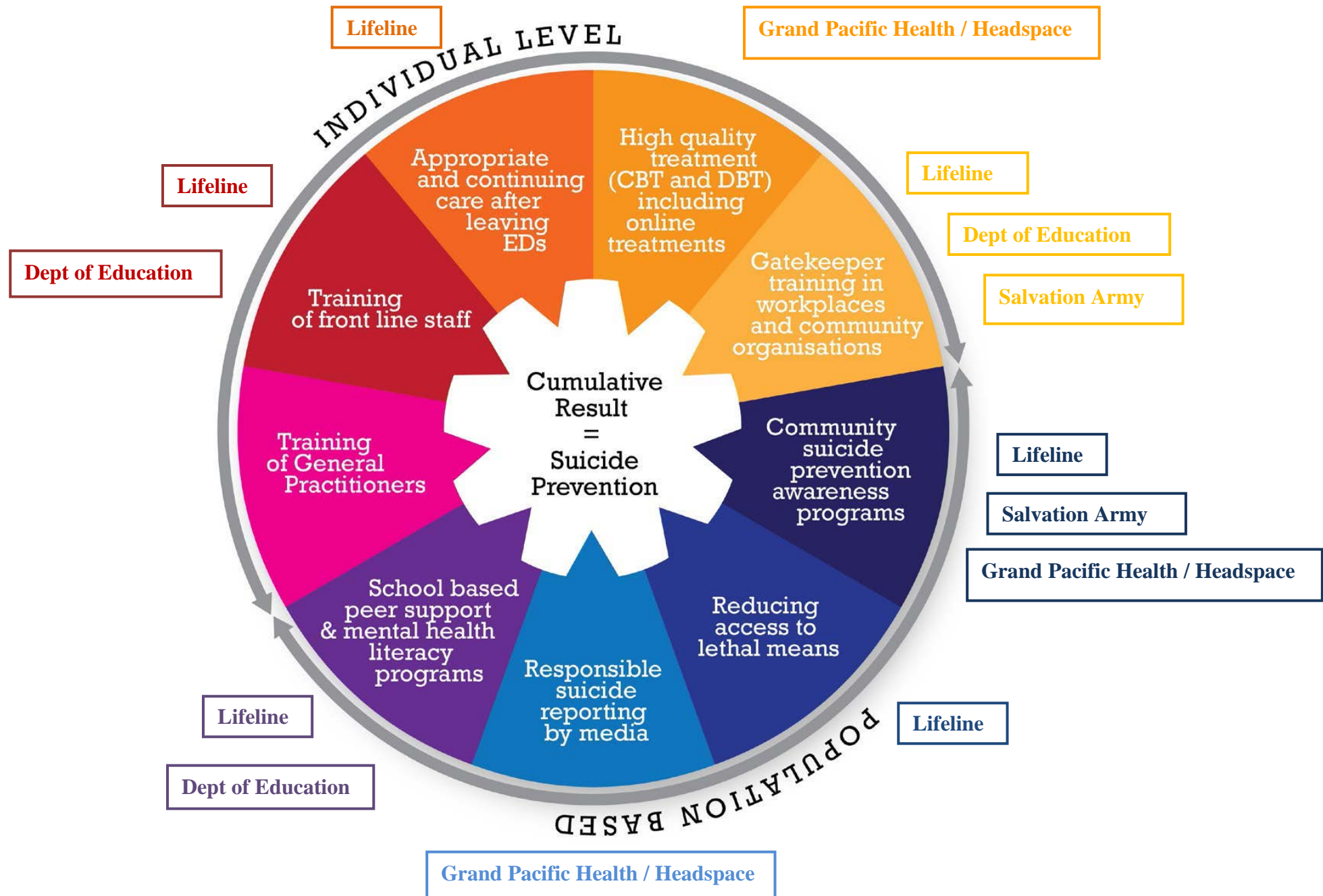
<http://sydney.edu.au/medicine/fmrc/beach/>

The BEACH Program continuously collects information about the clinical activities in general practice in Australia including

- characteristics of the GPs
- patients seen
- reasons people seek medical care
- problems managed, and for each problem managed (direct link)
 - medications prescribed, advised, provided, clinical treatments and procedures provided
 - referrals to specialists and allied health services
 - test orders including pathology and imaging

The BEACH database currently includes about 1,700,000 GP-patient encounter records (07/2015). It uses a cross-sectional, paper based data collection system developed and validated over 30 years at the University of Sydney. Data generated is used by researchers, government, industry and non-government organisations.

Figure 2. Nine prevention strategies, from population level to individual level, add cumulatively to reduce suicide (p.11).
 Each strategy, whether population-based or individually directed, adds cumulatively to reduce suicide deaths and attempts.
 Proposed Suicide Prevention Framework for NSW: 2015 – 2020. NHMRC 2015



Suicide Prevention Programs (Attachment 2)

Title of program	Years program run	Organisation	Location	Prevention strategy	Level	Notes	Contact person
<i>Suicide prevention program</i>	From October 2012	Grand Pacific Health	Grand Pacific Health (Wollongong) Headspace Wollongong Headspace Nowra	High quality treatment (CBT and DBT) including online treatment Also: Community suicide prevention and awareness Responsible suicide reporting by media	Individual Population	Other mental health programs also exist (eg Headspace, Partners in Recovery) but SP program specifically targets suicide prevention	Alex Hains Mental Health Manager Grand Pacific Health 4220 7648 ahains@gph.org.au
<i>Suicide risk assessment training</i> <i>(for Dept of Education District Guidance Officers and school counsellors)</i>	2013 2014	Dept of Education	District Guidance Officers and school counsellors across Illawarra and Shoalhaven areas (between Helensburgh and Ulladulla)	Training of front line staff	Individual	All District Guidance Officers and school counsellors were trained in the use of standard suicide risk assessment instrument consistent with the NSW Health risk assessment process	Greg Hand Learning and Wellbeing Officer Warilla Office NSW Dept of Schools 4267 6169 greg.hand@det.nsw.edu.au
<i>Suicide postvention planning</i> <i>(for Dept of education high school executive</i>	2013 2014	Dept of Education	High school executive teams across Illawarra and Shoalhaven areas (between Helensburgh and Ulladulla)	Training of front line staff	Individual	All high school executive teams across Illawarra and Shoalhaven areas, along with their school counsellors, participated in training and developed a suicide postvention plan. The training was conducted with headspace	Greg Hand Learning and Wellbeing Officer Warilla Office NSW Dept of Schools

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Title of program	Years program run	Organisation	Location	Prevention strategy	Level	Notes	Contact person
<i>teams and school counsellors)</i>						School Support and utilised the headspace School Support resources. Every high school across the Illawarra and Shoalhaven are expected to have a suicide postvention plan	4267 6169 greg.hand@det.nsw.edu.au
<i>Straight Talking: Suicide intervention with young people</i>	From 2015	Dept of Education	High schools across Illawarra and Shoalhaven areas (between Helensburgh and Ulladulla)	Gatekeeper training in workplaces and community organisations	Individual	Department of Education and TAFE Illawarra have developed this workshop aimed at all staff who work in high schools to assist them to have supportive conversations with students who talk of suicide. The workshop is delivered at staff meetings in schools by TAFE staff and school counsellors	Greg Hand Learning and Wellbeing Officer Warilla Office NSW Dept of Schools 4267 6169 greg.hand@det.nsw.edu.au
<i>Resilience initiatives in Dept of Education high schools</i>	From 2015	Dept of Education	High schools across Illawarra and Shoalhaven areas (between Helensburgh and Ulladulla)	School based peer support and mental health literacy programs	Population	Resilience initiatives in high schools across the Illawarra and Shoalhaven are being compiled for sharing by schools	Greg Hand Learning and Wellbeing Officer Warilla Office NSW Dept of Schools 4267 6169 greg.hand@det.nsw.edu.au
<i>etc ... The Salvation Army First Floor</i>	6 years	Salvation Army	Burelli St Wollongong	Gatekeeper training in workplaces and community	Individual Population	Suicide bereavement support program	Marilyn Dunn Coordinator

Suicide Prevention Programs (Attachment 2)

Title of program	Years program run	Organisation	Location	Prevention strategy	Level	Notes	Contact person
Program				<p>organisations (individual)</p> <p>Community suicide prevention awareness programs (population)</p>		<p>Monthly meetings</p> <ul style="list-style-type: none"> compiles suicide prevention & bereavement packs for mental health services, police, ambulance, etc participants are keen to raise community awareness of impacts of suicide on loved ones and community regular training opportunities are provided (gatekeeper & supporting others bereaved by suicide) 	<p>First Floor Program Salvation Army 02 4229 1079 0411 143 586 Marilyn.Dunn@ue.salvationarmy.org</p>
Various – Lifeline	Varies ?	Lifeline	Nationally delivered programs	<p><i>Individual</i> Training of front line staff</p> <p>Appropriate and continuing care after leaving EDs</p> <p>Gatekeeper training in workplaces and community organisations</p> <p><i>Population</i> Community suicide prevention</p>	Individual Population	<p>Lifeline provides numerous programs, including</p> <ul style="list-style-type: none"> national crisis support services training programs in crisis intervention, suicide awareness and prevention community programs and resources <p>See notes below for more details.</p>	<p>Grahame Gould Director, Lifeline South Coast 4228 1311 0409 912 391 ggould@llsc.org.au</p> <p>Alan Woodward Executive Director Lifeline Research Foundation 02 4233 1671 Alan Woodward Alan.Woodward</p>

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Title of program	Years program run	Organisation	Location	Prevention strategy	Level	Notes	Contact person
				<p>awareness programs</p> <p>Reducing access to lethal means</p> <p>School based peer support and mental health literacy programs</p>			@lifeline.org.au
<i>Safe Journey Home – a partnership project</i>	?	Funded by Transport NSW, administered by SSPAN	Shoalhaven	Appropriate and continuing care after leaving EDs	Individual	To provide a transport subsidy for consumers travel home following discharge from inpatient mental health units to the Shoalhaven region if they reside there. This transport scheme is intended to assist with subsidising bus, train and taxi fares for consumers who reside in the Shoalhaven region only.	Wendi Hobbs Chair, SSPAN Targeted Clinical Services – Youth Health Ambulatory and Primary Health Care Division ISLHD 4423 1784 wendi.hobbs@sesiahs.health.nsw.gov.au
<i>Mental Health First Aid (MHFA) Training</i>	5 years	SSPAN	Shoalhaven	<p>Gatekeeper training in workplaces and community organisations</p> <p>Training of front line staff</p>	Individual	SSPAN provides Mental Health First Aid training. Initial focus was workers in isolated areas, now includes training in workplaces. Includes SDMH security staff and ambulance drivers.	Wendi Hobbs Chair, SSPAN Targeted Clinical Services – Youth Health Ambulatory and Primary Health Care Division

Suicide Prevention Programs (Attachment 2)

Title of program	Years program run	Organisation	Location	Prevention strategy	Level	Notes	Contact person
							ISLHD 4423 1784 wendi.hobbs@sesiahs.health.nsw.gov.au
<i>The Healthy Minds – Youth Health and Wellbeing</i>	4 years	SSPAN	Shoalhaven – 3 high schools: Ulladulla, Vincentia and Shoalhaven High	Community suicide prevention awareness programs School based peer support and mental health literacy programs	Population	This project has been designed to increase young people’s awareness in decision making.	Wendi Hobbs Chair, SSPAN Targeted Clinical Services – Youth Health Ambulatory and Primary Health Care Division ISLHD 4423 1784 wendi.hobbs@sesiahs.health.nsw.gov.au
<i>Parent Clinics</i>	3 months	SSPAN	Shoalhaven	School based peer support and mental health literacy programs	Population	This last year has seen some tragedies at local high schools. SSPAN worked quickly in partnership with Shoalhaven Council and Headspace to provide parent clinics to assist parents in supporting their children. The program can be implemented again if needed.	Wendi Hobbs Chair, SSPAN Targeted Clinical Services – Youth Health Ambulatory and Primary Health Care Division ISLHD 4423 1784 wendi.hobbs@sesiahs.health.nsw.gov.au

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Title of program	Years program run	Organisation	Location	Prevention strategy	Level	Notes	Contact person
							gov.au
Blue Card	2 years	SSPAN in partnership with South Nowra Rotary	Shoalhaven local schools, Bega, Moss Vale and remote police patrol in the Northern Territory. Will also be rolled out in some schools in the ACT and Sydney	Community suicide prevention awareness programs School based peer support and mental health literacy programs	Population	The card gives the holder the ability to hand the card over to someone to ask for help...the recipient then has information on how to help the young person.	Wendi Hobbs Chair, SSPAN Targeted Clinical Services – Youth Health Ambulatory and Primary Health Care Division ISLHD 4423 1784 wendi.hobbs@se.siahs.health.nsw.gov.au
Trivia Night	4 years	SSPAN	Shoalhaven	Community suicide prevention awareness programs Responsible suicide reporting by the media	Population	Fundraiser, also provides an opportunity to passively educate the general community on issues surrounding suicide and create community awareness. This events is also another opportunity in engaging local media, local media support.	Wendi Hobbs Chair, SSPAN Targeted Clinical Services – Youth Health Ambulatory and Primary Health Care Division ISLHD 4423 1784 wendi.hobbs@se.siahs.health.nsw.gov.au
Telephone Cards	5 years	SSPAN	Shoalhaven	Community suicide prevention	Population	Through the Telstra Keeping Connected Project, SSPAN	Wendi Hobbs Chair, SSPAN

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Title of program	Years program run	Organisation	Location	Prevention strategy	Level	Notes	Contact person
				<p>awareness programs</p> <p>School based peer support and mental health literacy programs</p>		<p>provides telephone cards to local Mental Health and hospital services to be distributed to people who are financially disadvantaged so they can call health professionals for appointments or someone for support. People are able to stay connected to their individual support networks.</p>	<p>Targeted Clinical Services – Youth Health Ambulatory and Primary Health Care Division ISLHD 4423 1784 wendi.hobbs@se.siahs.health.nsw.gov.au</p>
<i>Parents HSC survival evening at Shoalhaven High School</i>	4 years	SSPAN	Shoalhaven	<p>Community suicide prevention awareness programs</p> <p>School based peer support and mental health literacy programs</p>	Population	<p>Surveys completed during Mind Blank highlighted the needs for parents to be given extra support and information so they can better support young people during this time, thus avoiding added family stress.</p>	<p>Wendi Hobbs Chair, SSPAN Targeted Clinical Services – Youth Health Ambulatory and Primary Health Care Division ISLHD 4423 1784 wendi.hobbs@se.siahs.health.nsw.gov.au</p>
<i>Static Displays</i>	Since 2007	SSPAN	Shoalhaven	Community suicide prevention awareness programs	Population	<p>SSPAN has been present and handing out information at different community events throughout the Shoalhaven including the University of Wollongong Wellness Day, TAFE</p>	<p>Wendi Hobbs Chair, SSPAN Targeted Clinical Services – Youth Health Ambulatory and</p>

Suicide Prevention Programs (Attachment 2)

Title of program	Years program run	Organisation	Location	Prevention strategy	Level	Notes	Contact person
						information day, pop up youth health, NADOIC week, and the launch of the Youth Protocol in Youth Week.	Primary Health Care Division ISLHD 4423 1784 wendi.hobbs@seiahs.health.nsw.gov.au
Women's Wellness Festival	This year	SSPAN	Shoalhaven	Community suicide prevention awareness programs	Population	SSPAN contributed financially and facilitated this year's festival. The aim of SSPAN's involvement in supporting and enhancing services and information is to increase the health and wellbeing of women of the Shoalhaven. 500 people attended this year's festival. It gave women an opportunity to check out local health, community and career services.	Wendi Hobbs Chair, SSPAN Targeted Clinical Services – Youth Health Ambulatory and Primary Health Care Division ISLHD 4423 1784 wendi.hobbs@seiahs.health.nsw.gov.au
Trauma Packs	No longer current	SSPAN	Shoalhaven	n/a	n/a	Previously SSPAN developed Trauma Kits for people experiencing the tragic loss of a suicide in the family. The packs contained information specific to suicide support, including national and local crisis numbers, counselling support, self-help research and service access details.	Wendi Hobbs Chair, SSPAN Targeted Clinical Services – Youth Health Ambulatory and Primary Health Care Division ISLHD 4423 1784

Suicide Prevention Programs (Attachment 2)

Title of program	Years program run	Organisation	Location	Prevention strategy	Level	Notes	Contact person
						The funeral Director Association of Australia have developed resources for families suffering a suicide ... and local funeral directors add local information. SSPAN has now ceased this program.	wendi.hobbs@se.siahs.health.nsw.gov.au
Chalk Walk	This year	SSPAN	Shoalhaven	Community suicide prevention awareness programs	Population	SSPAN was a Youth Week sponsor... sponsoring a chalk walk and a bucket list board where young people were encouraged to write their hopes and dreams for the future	Wendi Hobbs Chair, SSPAN Targeted Clinical Services – Youth Health Ambulatory and Primary Health Care Division ISLHD 4423 1784 wendi.hobbs@se.siahs.health.nsw.gov.au
Men's Reconnect Camp	3 years	SSPAN	Shoalhaven	Community suicide prevention awareness programs	Population	SSPAN provided support to Men4Life to run a 'reconnecting' camp. Men attended from Men4Life Support Group, Oolong Respite, John Purcell House, Shoalhaven Drug and Alcohol and Dads in Distress, Sydney.	Wendi Hobbs Chair, SSPAN Targeted Clinical Services – Youth Health Ambulatory and Primary Health Care Division ISLHD 4423 1784

Suicide Prevention Programs (Attachment 2)

Title of program	Years program run	Organisation	Location	Prevention strategy	Level	Notes	Contact person
							wendi.hobbs@siahs.health.nsw.gov.au
<i>PTSD Workshop</i>	This year	SSPAN	Shoalhaven	<p>Training front line staff</p> <p>Gatekeeper training in workplaces and community organisations</p> <p>Community suicide prevention awareness programs</p>	Individual Population	<p>SSPAN has held on PTSD workshop in Nowra with another 2 planned for the new year. We engaged Behind the Seen to conduct the workshops. Behind The Seen has been designed specifically for ALL emergency services personnel, including Police, Fire Brigades, Ambulance, SES and VRA.</p>	<p>Wendi Hobbs Chair, SSPAN Targeted Clinical Services – Youth Health Ambulatory and Primary Health Care Division ISLHD 4423 1784 wendi.hobbs@siahs.health.nsw.gov.au</p>

Suicide Prevention Programs (Attachment 2)

Notes

Coordinare

- New PHN, no specific suicide program expertise yet
- Contribute funding to suicide program managed by Grand Pacific Health (Suicide prevention program)
- Interested in contributing to programs in all 9 areas (except *Reducing access to lethal means* and *High quality treatment (CBT AND DBT) including online treatments*)

Lifeline

Several national crisis support services directly relevant to the draft NSW Suicide Prevention Framework

- Lifeline 13 11 14 telephone crisis line
- Lifeline Online Crisis Support chat
- Lifeline Suicide Hot Spot emergency telephone service
- Cannabis Information Line

Training programs in crisis intervention, suicide awareness and prevention

- LivingWorks suicideTALK, safeTALK, ASIST
- Mental Health First Aid
- DV-alert workshops

Community programs and resources

- Community suicide prevention awareness, such as Out of the Shadows walks
- Lifeline online Get Help resources

Standards surrounding the conduct of community based programs:

- Suicide Bereavement Support Groups
- Follow Up Support for Suicidal Persons

Lifeline's research and development program through the Lifeline Research Foundation has included

- Frequent Callers to Lifeline crisis line
- Impact of Lifeline crisis support services on contacts/callers
- Wellbeing and supports for non-professional helpers – Telephone Crisis Supporters
- Efficacy of delivery of safeTALK in secondary schools
- Regional suicide prevention plans and data utilisation (Victorian Suicide Register case study and Suicide in ACT Research study)
- Support Groups for Survivors of Suicide Attempts (underway)

These services and programs relate most particularly to the following elements of the draft NSW Suicide Prevention Framework:

- Community suicide prevention awareness programs (Promotion of crisis support services; education/training programs)
- Reducing access to lethal means (suicide hot spot crisis interventions)
- Gatekeeper Training (LivingWorks and DV-alert)
- Appropriate and continuing care after leaving EDs (Follow Up Support, promotion of crisis support services)
- Training of front line staff (LivingWorks and DV-alert)
- Schools based programs (safeTALK in schools)