



REPORT CARD 2020

Illawarra Shoalhaven Suicide Prevention Collaborative

Welcome

Welcome to the 2nd report card for the Illawarra Shoalhaven Suicide Prevention Collaborative (the Collaborative). Building on our 2019 report card, we are pleased to provide an update on what the Collaborative has been working on. This includes expanding initiatives we have been working on for some time and new activities that are responding to needs within our region.

2020 marked the 5th anniversary of the Collaborative, a milestone only made possible by the energy, commitment, expertise and resources of our members from all parts of the Illawarra Shoalhaven community. The devastating impact of the black summer bushfires and the many social and health challenges created by the COVID-19 pandemic have been felt across the region. We are extremely proud of the efforts of our members to strengthen our relationships and continue implementing a whole of community response to suicide prevention.

Of particular note the in the last year, was the selection of the Illawarra Shoalhaven as one of the first sites in NSW to participate in the co-design of the Towards Zero Suicides Safe Haven initiative – a reflection of the quality and maturity of lived experience expertise and collaboration in the region. We look forward to the start of the Safe Haven service in coming months and the support this will provide to community members experiencing suicidality.

Secondly, members worked to extend the role of the Collaborative in postvention and bereavement support for our community. We strongly believe that postvention support following a death by suicide is a key element of prevention. We also reached the milestone of 8,500 year 9 students in the Illawarra Shoalhaven having received the Youth Aware of Mental Health (YAM) program. This is an incredible participation rate achieved through collaboration.

Finally, in 2020 the Collaborative's wonderful backbone staff – Alex Hains and Emma Patterson - both took up exciting opportunities to continue their contributions to suicide prevention and mental health. We would like to thank Alex and Emma for their enormous contribution in establishing and supporting our work over many years and wish you all the best in your next chapter.

There is a lot to focus on in the coming year. We are pleased that funding to continue the backbone support for the Collaborative has been secured for a further 3 years now that the LifeSpan trial we have been part of, and associated funding, has concluded. Ongoing evaluation of our initiatives, participation in local, state and national conversations and continuing to strengthen our collaboration will all be critical to ensuring that we are realising the changes needed to reduce suicide deaths and attempts in our region.

Executive, Illawarra Shoalhaven Suicide Prevention Collaborative

The Collaborative

The Illawarra Shoalhaven Suicide Prevention Collaborative (the Collaborative) was formed in 2015 in response to a growing awareness that, in order to reduce suicide deaths and attempts in our region, we needed to work differently. This meant working collaboratively across the community rather than in silos.

The Collaborative now brings together over 40 public and private organisations from the community, education, employment, health, Aboriginal organisations justice, local government, media, research and transport sectors. Importantly, the effectiveness of our collective approach also relies on the fundamental contribution of local people with a lived experience of suicide, advocating for the changes needed to reduce suicide deaths and attempts through their experience and expertise. The Collaborative has now over 20 members with lived experience. Building understanding and capacity across a diverse range of organisations, individuals and the community continues to be one of the most important functions of the Collaborative.

Two 'backbone' staff support the work undertaken by the members who contribute via monthly Collaborative meetings, working groups, and by providing advocacy and on the ground support within the community.

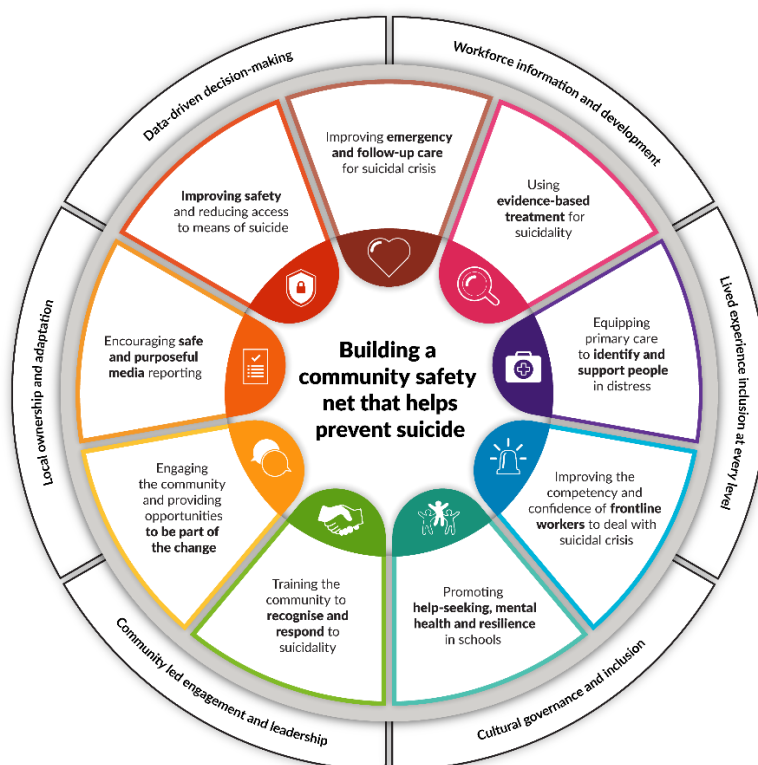
Since 2016, the Collaborative has been one of 4 trial sites in NSW implementing the Black Dog Institute's LifeSpan approach. The formal implementation of the trial concluded in the first half of 2020. We look forward to the analysis of the outcomes to inform our ongoing work and contributing to the evidence base for effective suicide prevention and support.

The Collaborative is also an active participant in the co-design and implementation of the NSW Government's Towards Zero Suicides initiatives in partnership with the Illawarra Shoalhaven Local Health District (ISLHD). The NSW Government is investing \$87 million in suicide prevention from 2019-2022, with the goal of reducing the suicide rate by 20 per cent. Three initiatives have been funded in the Illawarra Shoalhaven.

The significant challenges in the region in 2020, particularly the Black Summer bushfires and the COVID-19 pandemic, have reinforced the commitment of all members to work collaboratively using a system approach to reduce suicides. In 2020, funding was secured from the Australian Government Community Health and Hospital fund to continue backbone staffing support for the Collaborative for another 2 years.

LifeSpan Trial in the Illawarra Shoalhaven

Since 2016, the Collaborative has been implementing the LifeSpan approach across the Illawarra Shoalhaven, one of four trial sites in NSW. LifeSpan is a new, evidence-based, integrated approach to suicide prevention. It combines nine strategies that have strong evidence for suicide prevention into one community-led approach. LifeSpan aims to build a safety net for the community by connecting and coordinating interventions and programs and building the capacity of the community to better support people facing crisis.



Lifespan was developed by the Black Dog Institute and the Centre for Research Excellence in Suicide Prevention (CRESP) and funded by the Paul Ramsay Foundation. Past research on the strategies in LifeSpan suggest their combined impact could reduce suicide deaths by 20% and suicide attempts by 30%. The LifeSpan strategies aim to:

1. Connect people with support and
2. Improve the supports that are available

The implementation of LifeSpan in the trial sites formally concluded on 31 March 2020 and analysis of the outcomes has commenced. The Collaborative continues to implement key LifeSpan principles in the region and has also started work on shared priorities such as non-clinical supports and postvention.

The Collaborative is part of the co-design and implementation of three Towards Zero Suicides (TZS) initiatives in the Illawarra Shoalhaven – Alternatives to Emergency Departments (Safe Havens), Suicide Prevention Outreach Teams and Zero Suicides in Care. The 2020 Report Card provides an update on the work of the Collaborative on the LifeSpan and TZS strategies.

Connecting people with supports

Making sure people connect with support when they need it is complex. We are doing a range of things to help make this happen.

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Giving young people strategies to help deal with life's challenges, to support each other and reach out for help themselves in times of need

Training the community to recognise and respond to suicidality.....6

Giving people the skills and confidence to help someone who may be struggling to get support

Engaging the community to be part of the change.....8

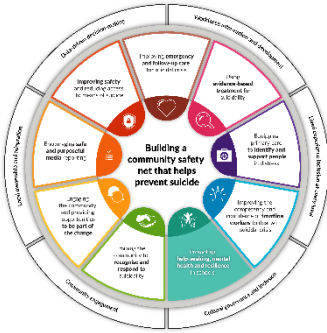
Campaigns promoting key messages into the community that encourage people to access local supports and learn how to help others

Encouraging safe and purposeful media reporting.....10

Working with local media to improve the quality of reporting about suicide to promote hope and recovery and reduce negative impacts of unsafe reporting

Improving safety and reducing access to means of suicide.....11

Working with community groups to ensure safety is built into the design of public spaces

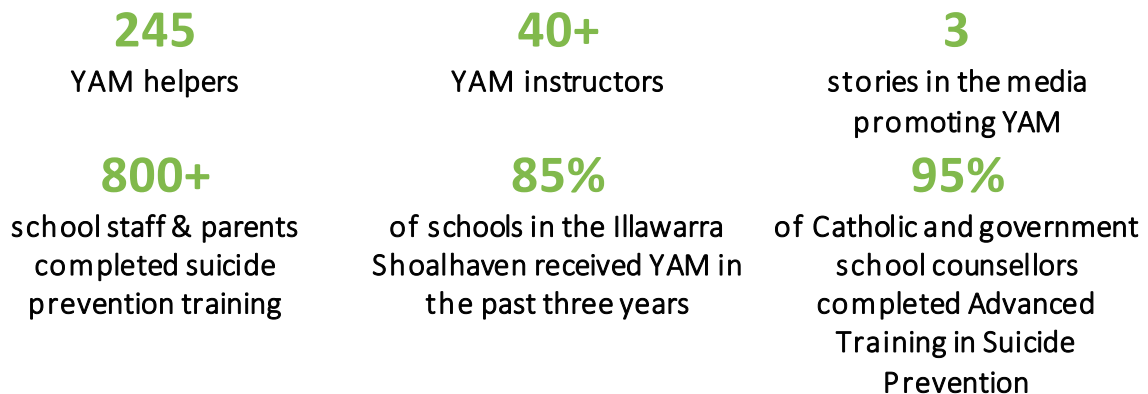


Promoting help-seeking, mental health and resilience in schools

Youth Aware of Mental Health (YAM) is an evidence-based program delivered to Year 9 students across the Illawarra Shoalhaven to increase resilience, help-seeking behaviours and mental health awareness.

Since 2018, YAM has been delivered to over **8,500** students in our region.

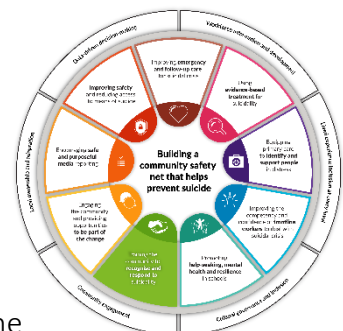
The delivery of YAM is made possible through genuine collaboration between school systems, local services, and members of the community.



Training the community to recognise and respond to suicidality

Community Suicide Prevention Training

The Collaborative supports and promotes face-to-face and online community suicide prevention and mental health training across the Illawarra Shoalhaven, including LivingWorks' Applied Suicide Intervention Skills Training (ASIST), Mental Health First Aid (MHFA) and Question Persuade Refer (QPR).



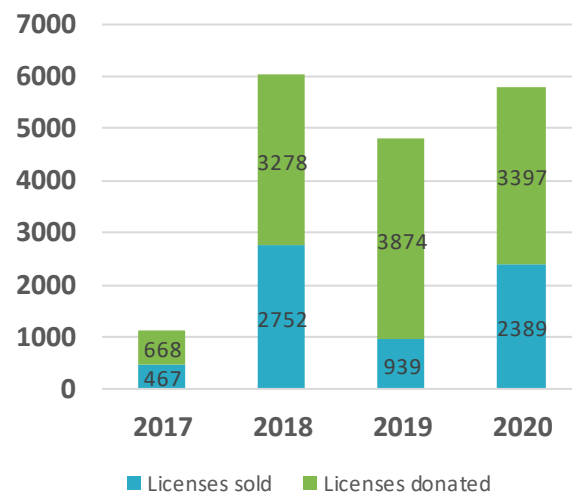
Training in suicide prevention gives people the knowledge and skills to identify those who are at risk of suicide, provide them with immediate support, and connect them with services.

QPR Online

Since 2017, the Collaborative has facilitated the delivery of QPR Online training across our region.

In total, well over **15 000** people have registered to take QPR Online. Among these, **6,500** QPR training licenses have been sold locally, with **45 local organisations** purchasing licenses to roll out training for their staff.

QPR uptake



Community Suicide Prevention Training Evaluation

While the number of training registrations provides an indication of local interest in getting involved in suicide prevention efforts, evaluation is crucial to determine whether training initiatives are effective. Since August 2019, an evaluation strategy has been implemented for both face-to-face and online community suicide prevention training.

Over a period of 18 months (August 2019 to December 2020), 2,184 pre- and 1,998 post-evaluation surveys have been completed. The majority of survey respondents are women (76.97%) and are aged 35+ (60.43%). Based on a comparison of pre- and post-surveys, respondents felt more knowledgeable and skilled in suicide prevention after completing the training.

Of the completed surveys...

67% reported having identified people that they suspected had suicidal thoughts.

62% reported having asked directly about suicide and referred to appropriate supports.

Engaging the community to be part of the change

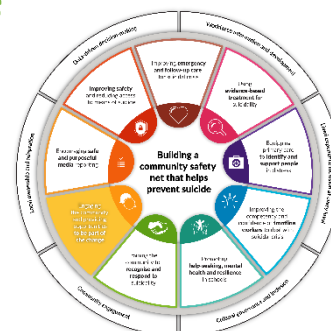


‘Where to go for support’ cards

The ‘Where to go for support’ resource was developed with the aim of connecting people with a range of support services available locally.

Local organisations and community groups have helped distribute over **50,000** cards locally over the past 2 years.

Members of the Collaborative are also currently working in collaboration with community groups and local organisations on the development of a resource for Culturally and linguistically diverse (CALD) communities. The resource will promote multicultural support services available locally.



Bereavement videos



In 2020, the Collaborative developed and released a suite of 11 videos featuring local community members with a lived experience of bereavement after a loved one's suicide. The purpose of the videos is to raise awareness of the effects suicide has on families and communities and to provide support to those grieving the loss of someone to suicide.

The speakers share their deeply personal stories about grief, loss and recovery. They give advice and help-seeking information for parents and carers, children, extended family and friends, colleagues, and the broader community.

The videos have received significant media attention, with a local article being shared more than 125 times on social media and reaching as far as Northern Ireland. Figure 1 provides an overview of online engagement in the two months following the release of the videos.



vimeo

- 1,635 people reached
- 311 reactions including
 - 254 'likes
 - 28 comments and
 - 30 shares.
- 11,401 impressions (views)
- 303 engagements (replies, retweet, likes, clicks).
- 907 views
- 470 unique views
- 114 finishes



Spread the word campaign

The Collaborative has also developed in 2019 a series of videos and resources for people who might be experiencing suicidal thoughts, their friends and family.

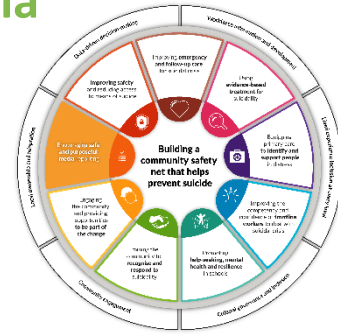
The videos, which are available on the Collaborative's website and Facebook page, have had 112 views and attracted 47 new visitors to the page (i.e., visited the website for the first time).



Encouraging safe and purposeful media reporting

Media reporting

The Illawarra Mercury worked closely with Mindframe and the Collaborative to ensure their stories adhered to the nationally recognised Mindframe media guidelines. The quality of media reporting significantly improved from August 2017 to December 2020. In 2020, **100%** of articles in local media about suicide prevention and support complied with the Mindframe media guidelines.



Kiama Working Group

Following a number of youth suicides in the Kiama region in 2020, over 50 community members and representatives from local organisations and community groups joined the Collaboratives' Kiama-focussed Working Group with the common purpose of providing a coordinated response to support local communities. By joining forces, the members of the Kiama Working Group have facilitated the development and implementation of well over 25 local initiatives addressing suicide prevention, mental health and wellbeing – including health, schools and community interventions.

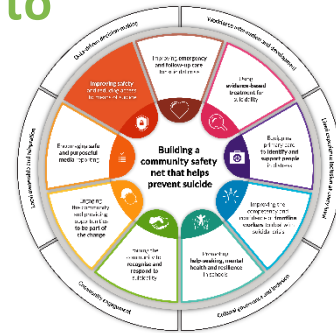
Mindframe training was offered to members of the Kiama Working Group to ensure safe language and reporting around suicide. Eight representatives from local organisations and community groups attended the 2-hours training session. This has allowed the publication of several Mindframe-compliant suicide prevention-related stories in The Bugle.

By building on existing relationships and developing new important connections into community, the formation of the Kiama Working Group has allowed the provision of a proactive and coordinated response in Kiama and the surroundings.

Improving safety and reducing access to means of suicide

Safety Planning

Collaborative members – the Shoalhaven City Council and an Ulladulla community group initiated a community-led process to improve the design and safety of a natural site in the region.



Over a period of three months from August to October 2020, consultation activities were conducted with key stakeholders, community groups and visitors. These included face-to-face and virtual meetings, on-site meetings and an online survey.

These activities led to the proposal of three options, which all included the development of infrastructure to increase safety for visitors and site-specific means restriction measures. These options were reviewed by key stakeholders and a draft Plan developed. Community consultation on the draft Plan is being undertaken between 22 February – 15 March 2021, after which the Plan will be finalised and handed over to Crown Lands to determine implementation.

The redevelopment of the site to improve safety has involved complex stakeholder relationships, bringing together community groups, local Council and NSW Department of Planning, Industry and Environment - Crown Lands. In October 2020, the NSW government announced [\\$1 million](#) for improvements to the site to provide for installation of safety fencing and other improvements. Installation of safety fencing began in October 2020.

Improving supports available

When someone considering suicide reaches out for help, we must make sure they are able to access supports that are right for them.

Improving these supports is challenging – it can involve significant change across very large, complicated systems. Sometimes we must build new supports and change the way we think about where and how we meet people's needs.

Improving emergency and follow up care for suicidal crisis.....13

Ensuring people who have attempted suicide access whatever supports they need as soon as possible and in a coordinated way

Using evidence-based treatment for suicidality.....18

Supporting health professionals to embed evidence-based treatment into their practice

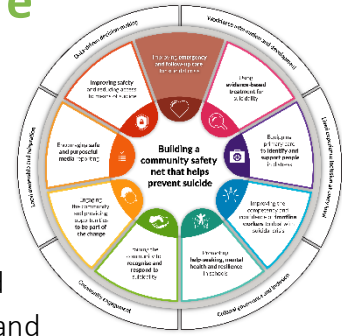
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Using universal screening to help general practices identify people in distress and connect them to care

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Innovative suicide prevention training for clinical and non-clinical frontline staff

Improving emergency and follow-up care for suicidal crisis



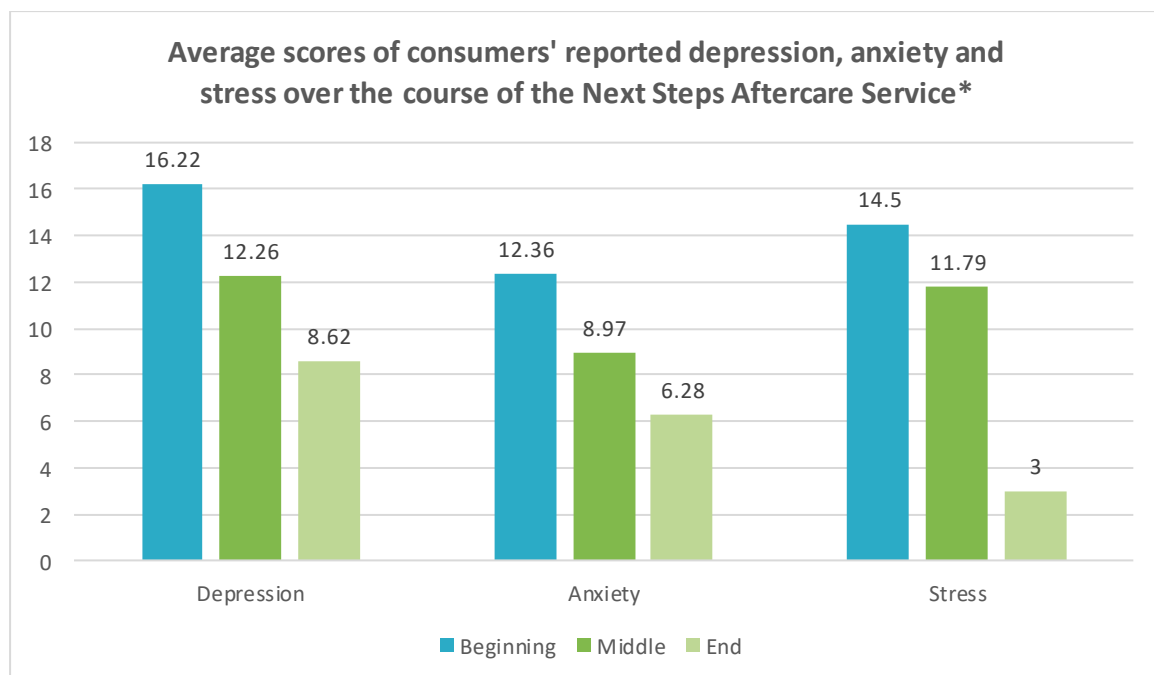
Next Steps After Care Service

Ensuring responsive and proactive follow-up care is critical in preventing suicide deaths, as people who have previously attempted suicide are at heightened risks for further suicidal thoughts, actions and feelings.

Established in 2017, Next Steps Aftercare Service (Next Steps) is a new program that resulted from a partnership between members of the Collaborative – Grand Pacific Health (GPH), Flourish Australia, South Coast Medical Service Aboriginal Corporation and the Illawarra Shoalhaven Local Health District.

Over the past 4 years, **334 clients** have engaged in the program.

Next Steps seeks to actively support people at risk of suicide following a presentation to a hospital emergency department. Funded by NSW Health's Innovation Grants Program and delivered primarily by peer workers with clinical assessments by psychologists, Next Steps adopts a one-on-one peer approach based on goal-setting and community connection to foster recovery.



As measured by the Depression Anxiety Stress Scale (DASS-21) (Grand Pacific Health, 2021)

According to the 2019 data, ...the program was helpful in their recovery

100%

of people supported by
Next Steps have said...

... they would recommend this service to others.

Where to next?

While early data indicates promising results, a group of Collaborative members - the University of Wollongong, the Centre for Health Research Illawarra Shoalhaven Population (CHRISP) and GPH - have obtained funding from Suicide Prevention Australia to conduct an in-depth evaluation of the effectiveness of the service in reducing suicide deaths and attempts.

Creating Safe Spaces

In 2018, the Collaborative supported the formation of a new working group whose members had the common ambition of setting up a 'Safe Space' - an innovative, non-clinical, peer-led alternative to emergency departments for people experiencing suicidal crisis. Not only was the initiative driven by lived experience members of the Collaborative, but over 60% of the membership of this working group was community members with a lived experience of suicidality.

To develop a proposal for Safe Spaces in our region, lived experience members consulted with the Western Massachusetts Recovery Learning Community – a USA lived experience collective with long-term experience in providing peer-based services and supports for people in crisis. The Safe Spaces group identified the need for a comprehensive local model of Safe Spaces that goes beyond physical drop-in spaces to include peer support groups, warm lines and peer respites.

Peer support groups

Regular groups open to anyone with a lived experience of suicidal distress.



Warm line

An alternative to traditional crisis lines where peers provide emotional support and information about local supports.



Spaces open extended hours to provide a genuine alternative to ED. People can chat with a peer worker or just take some time out for themselves.



Drop in spaces



Residential spaces where people in crisis can stay for up to a week in a warm, welcoming environment.

Peer Respite

Leading by experience

Leading the Safe Space initiative has given our lived experience members confidence in their own expertise. This has allowed them to contribute to system change initiative, both locally and nationally.

Locally, some grassroots lived experience members of the Collaborative established in 2019 the **Shelter Support Group**. Shelter is an independent peer support group. It provides a non-clinical environment where people are free to talk openly about suicide thoughts, feelings and actions in conversations facilitated by people with a lived experience of suicidality who have found recovery.

Lived experience members have now been involved in a range of state and national lived experience advocacy activities including providing advice to the NSW Ministry of Health, informing guidance documents for the Towards Zero Suicides Initiatives (see next section) and membership of the Ministry statewide Lived Experience Advisory Group. Through their seminal work, lived experience members have helped pave the way to the promising co-design and co-implementation of over 20 'Safe Havens' in NSW.

Towards Zero Suicides



The NSW Government is investing nearly \$90 million into suicide prevention over 2019-2022 as part of the [Toward Zero Suicides \(TZS\) Initiatives](#). These initiatives address priorities identified in the [Strategic Framework for Suicide Prevention in NSW 2018-23](#) and will be implemented across every local health district. They will be developed and delivered with a major focus on the involvement of people with lived experience of suicide and all relevant stakeholders.

In January 2020, the Illawarra Shoalhaven Local Health District (ISLHD) received funding for four TSZ initiatives:

1. Alternatives to Emergency Departments (now known as 'Safe Havens').
2. Suicide Prevention Outreach Teams.
3. Zero Suicides in Care
4. Enhancement to rural counselling

Building on the strong foundation of collaboration built over the past five years, the ISLHD committed to work on the initiatives in partnership with the Collaborative and local people with lived experience of suicidality and recovery. This approach helps ensure optimal engagement of key stakeholders and enhanced outcomes for our community.

The **Towards Zero Suicide Steering Group** in the Illawarra Shoalhaven includes representatives from ISLHD, Lived Experience, The Collaborative, and COORDINARE. The Steering Group meets fortnightly to oversee and support the implementation and delivery of the TZS initiatives.

Safe Haven

For many people experiencing a suicidal crisis, emergency departments are the most immediately accessed or only form of support. However, busy emergency departments are not ideal locations for people who are in acute mental distress. The TZS Safe Haven initiative will provide a warm, welcoming space for people experiencing a suicidal crisis where compassionate care will be provided by peer workers with a lived experience of suicidality in a non-clinical environment.

Facilitated by Roses in the Ocean, the local co-design of Safe Haven was initiated in the Illawarra Shoalhaven in April 2020. The region was selected to be among the first sites state-wide to undertake co-design due to the relative maturity of lived experience engagement and collaboration.

The key outcome of the co-design process was the development of the service specification document, which was written up by Beacon Strategies and used as part of the commissioning process.



The successful tenderer is expected to have the first Safe Haven in the Illawarra Shoalhaven running in early 2021.

Evaluation of the co-design process found that co-design participants in general felt that their input was valued and that they were able to openly communicate their perspectives.

86% of co-design participants thought Safe Haven team would be helpful for people in suicidal crisis.

“What I liked the most was meeting such amazing people and working on such a worthwhile project which will change lives.”

– Lived Experience co-designer

“A collaborative approach is the ONLY way we can progress in the mental health space. No more “us and them.”

– Health Professional co-designer

Suicide Prevention Outreach Team

Suicide Prevention Outreach Teams (SPOT) aim to provide proactive and assertive support to people in the community who are experiencing or recovering from a suicidal crisis. In addition, they will provide care pathways to other services and be able to reduce the time people spend in Emergency Departments.

inside out & associates facilitated the co-design process for the ISLHD SPOT in August 2020. As of February 2021, a team of clinicians and suicide prevention peer workers have been recruited to deliver the SPOT with the service due to begin operating imminently.

Overall, evaluation of the SPOT co-design showed that participants felt supported, heard and respected and had a sense of ownership over the draft service model that has been produced by Beacon Strategies.

100% of co-design participants thought the Suicide Prevention Outreach team would be helpful for people in suicidal crisis.

“I leave placing an increased value the input of people with lived experience. The process allows issues and ideas to be tested and discussed rapidly to gain insights that would take many services years to understand. I am confident that services with lived experience representatives involved in the design and operation better meet the needs of people currently experiencing mental health challenges.”

– Health Professional co-designer

"I felt empowered as I was not only heard but listen to. I also felt that the input from health professionals involved provided wise and informative insights."

– Lived Experience co-designer

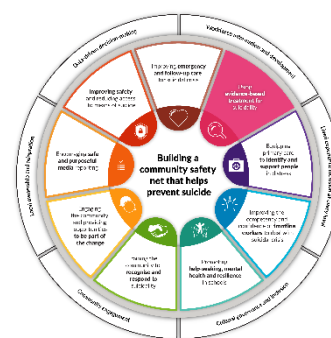
Zero Suicides in Care

The Zero Suicides in Care (ZSiC) initiative drives culture transformation by supporting staff in the mental health system to redesign procedures, reduce risks and build skills to prevent suicide among people in acute and community based mental health services. ZSiC fosters a just and restorative organisational culture and strong service leadership to promote safety for patients and staff. By developing a blame-free working environment and providing excellent health care, ZSiC looks to ensure that people with mental health conditions and their family are active participants in their care and are supported to recover and protected from self-harm.

In our region, a ZSiC Implementation Team was formed in September 2020 and is constituted of 12 team members, including eight ISLHD staff (clinical and non-clinical) and four people with lived experience of suicide. The team is led by two Co-Chairs (one ISLHD representative and one Lived Experience representative). An implementation plan has been developed including delivery of SafeSide training, roll out of the CASE approach to suicide assessment, reviewing policies and procedures, and undertaking evaluation and gap analysis within the ISLHD mental health service. Implementation is currently underway.

Using evidence-based treatment for suicidality

To help ensure that people considering suicide get the right support when they reach out for help, the Collaborative has continued to support health professionals to embed evidence-based treatment into their practice.



Advanced Training in Suicide Prevention (ATSP)

ATSP is an interactive workshop for multidisciplinary health professionals delivered by the Black Dog Institute.

Since 2017, 9 courses have been held in the Illawarra Shoalhaven with **106 participants**.

Self-reflection, training and supervision

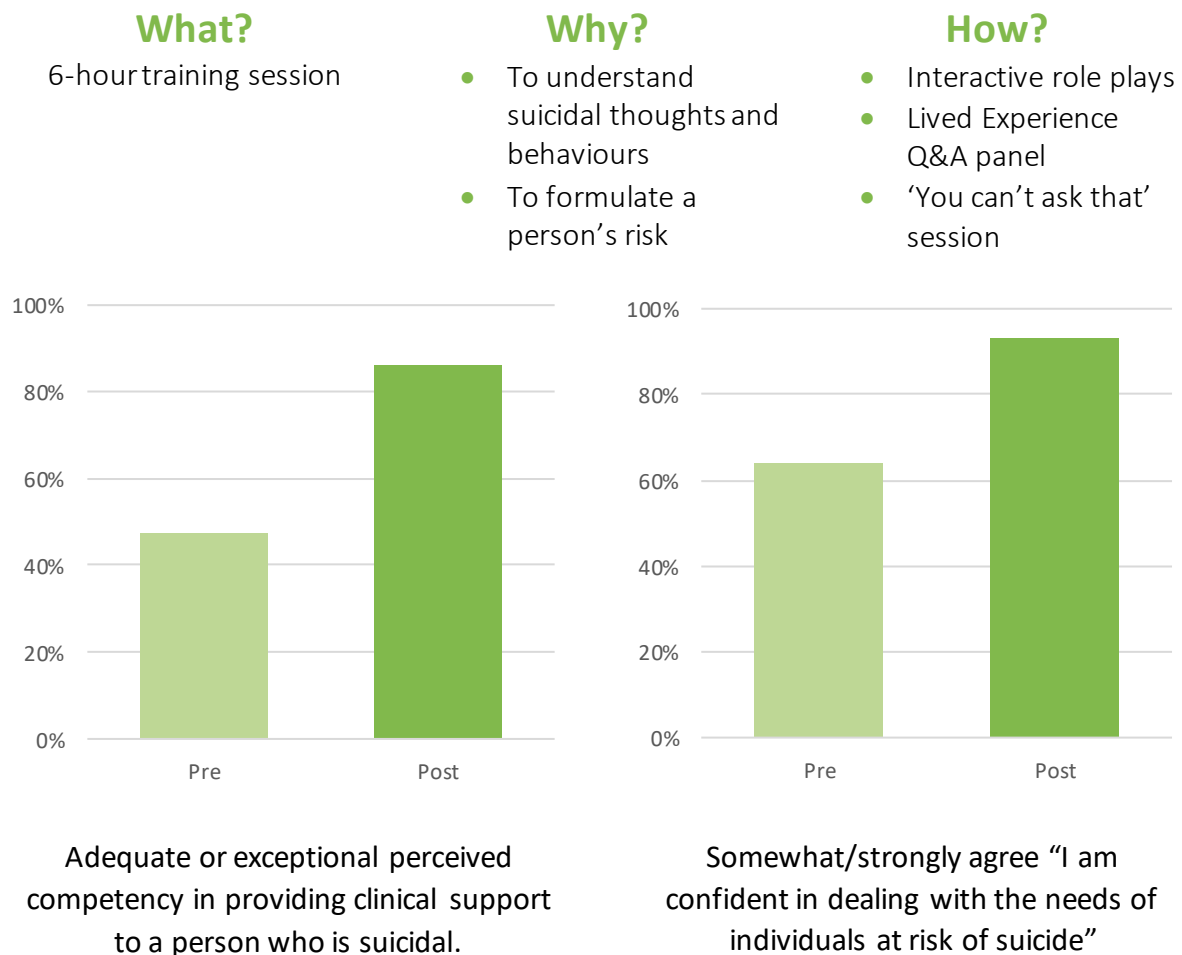
Contemporary evidence on the effectiveness of suicide prevention initiatives shows that psychotherapies are effective in reducing suicidality.

Based on key ingredients for effective psychological treatment, the Collaborative has designed a suicide prevention skills development cycle for health professionals that includes three ongoing activities: self-assessment, training and peer supervision.

The **self-assessment tool** is a 29-item self-administered online questionnaire that health professionals can use to reflect on their own practice, including client presentation,

case formulation, treatment focus on suicidality, safety planning, collaborative care and follow up, and to identify opportunities for further development.

The instrument was administered to **150 health professionals**. Results were used to identify remaining gaps and barriers and to develop appropriate interventions strategies. This has led to the development of a **training workshop**, which was delivered twice in November 2019 (1 session in the Illawarra and 1 session in Shoalhaven) for a total of 125 participants.



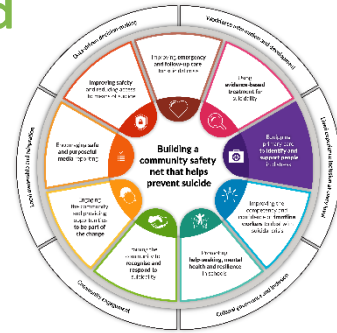
The training evaluation showed a 39% increase in self-rated 'overall competency in providing support to a person who is suicidal' and 29% increase in 'confidence in dealing with the needs of individuals at risk of suicide between pre- and post-surveys. As part of the evaluation process, many participants also highlighted that hearing from people with lived experience was one of the strengths of the training.

The next steps include the implementation of **peer supervision** through a suicide prevention-focused community of practice. A mailing list for health professionals has also been set up to share tools, resources and development opportunities across an important network of mental health specialists.

Equipping primary care to identify and support people in distress

Step care

StepCare is a short, self-administered questionnaire screening depression, anxiety, substance use and suicidality. Seven local general practices use it to identify people who may be distressed or feeling suicidal and connect them with the appropriate care.

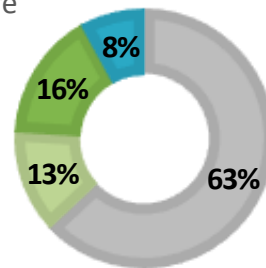


Findings from the trial of StepCare conducted with **471 individuals** across the PHN showed that about 40% of patients screened reported symptoms of mental ill-health (mild, moderate or severe) in the past two weeks.

Of those reporting mental health difficulties:

- 33% presented mild to severe depression symptoms;
- 22% presented mild to severe anxiety symptoms;
- 43% presented mild to severe problematic alcohol use;
- **24% reported experiencing thoughts of self-harm or suicide.**

■ No symptoms
■ Mild
■ Moderate
■ Severe



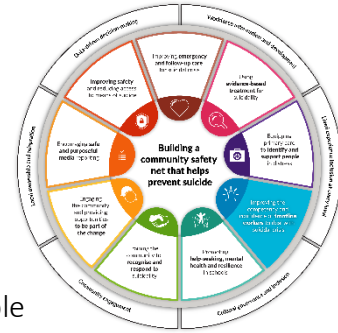
... that is **1 in 10** people screened reported thoughts of suicide or self-harm within the past two weeks.

Data also indicated that 16% of new cases (i.e., patients who have not previously reported mental health or suicidal symptoms) reported suicidality in the past two weeks, thus suggesting the importance of StepCare as a tool to increase proactive suicide prevention support.

Improving the competency and confidence of frontline workers to deal with suicidal crisis

SafeSide

SafeSide is an innovative framework for suicide prevention that moves beyond the assumption that we simply need to keep people safe. It teaches a new way of conceiving risk, safety and suicide prevention.



Local champion

Grand Pacific Health (GP) has committed to the implementation of SafeSide across the organisation and have trained a larger number of their staff, both clinical and non-clinical.

GP are subscribing to ongoing training and have made SafeSide the centrepiece of their suicide prevention policy and a compulsory part of their orientation for new staff.



In total, over **150 health professionals** from a number of local organisations, including the ISLHD and Grand Pacific Health, undertook the SafeSide training in the Illawarra Shoalhaven.

Where to from here?

In September 2020, the Illawarra Shoalhaven Suicide Prevention Collaborative celebrated its 5th year of existence. While we are extremely proud of the work we have achieved working collectively, there is still a lot to do to ensure that we reduce suicide deaths and attempts in our region.

The preliminary findings stemming from Black Dog Institute's LifeSpan Implementation Evaluation in the Illawarra Shoalhaven highlighted the value of our collective approach to suicide prevention and the importance of involving people with a lived experience of suicide. To ensure the sustainability of our work and increase our impact locally, the Primary Health Network has secured three years of Commonwealth funding.

Moving forward, we are hoping to pursue our activities within the LifeSpan ethos and expand the scope of our work to include postvention, to look at high-risk populations and to offer further opportunities for capacity and leadership building for people with lived experience of suicide.

Considering that those who have lost someone to suicide are at a higher risk of suicide themselves, we want to improve postvention supports available for people and communities affected by a suicide death. Our members have implemented an online support hub for individuals bereaved by suicide, a suite of 11 lived experience videos and an Interim Suicide Communication Protocol for suicide deaths that are likely to affect school community. We

believe that postvention is prevention and are committed to working with key local and national stakeholders to implement systems that will ensure proactive, compassionate and considered support to people grieving someone to suicide.

The local co-design of TZS Initiatives is now moving into implementation. We are expecting the first Safe Haven in our region and the Suicide Prevention Outreach Team to be running in Autumn 2021. We expect there will be increased opportunities for members of the Collaborative, especially those with a lived experience, to participate and be actively involved in evaluation and quality improvement cycles.

As the membership of the Collaborative and our connections into community continue to grow, we are committed to foster genuine collaborative, to making sure what we do works and to learn from people with lived experience to ensure we keep the focus on our true north: to reduce suicides in the Illawarra Shoalhaven.