

# LifeSpan Project Update June 2017

Working Group	“What”	Program components	What’s happened?	What’s next?
1. Health Interventions	<i>S1. Crisis Care guidelines</i> (developed via Delphi Study)	Work towards guideline adherence.	Local experts participated in Delphi study.  Draft guidelines released.	<ul style="list-style-type: none"> <li>Work with ISLHD to review guidelines and identify next steps.</li> </ul>
		Consumer feedback process.		
		Monitoring system.		
	<i>S1. Aftercare program</i>	Immediate and assertive follow-up after a person is discharged from the emergency department.	GPH, Flourish & South Coast AMS partnership (supported by ISLHD) successful recipient of four year grant to fund Aftercare program.	<ul style="list-style-type: none"> <li>Work with project partners to support optimal program delivery and identify evaluation measures.</li> <li>Roll out schedule:               <ul style="list-style-type: none"> <li>- Wollongong Aug 2017</li> <li>- Shellharbour Nov 2017</li> <li>- Shoalhaven Feb 2018</li> </ul> </li> </ul>
		Ongoing risk assessment and planning.		
		Encouragement and motivation to adhere to treatment.		
		Problem solving / solution focussed counselling.		
		Support for families and friends.		
	<i>S2/S3. Advanced Training in Suicide Prevention (ATSP)</i> delivered to 211 clinicians.	Clinician engagement in evidence-based suicide prevention training.	Two ATSP sessions organised by COORDINARE.	
		Ongoing support to ensure training continues to translate into evidence-based practice.		
<i>S2/S3. Provision of resources</i> promoting evidence-based eMental Health options.			<ul style="list-style-type: none"> <li>Development of resources by Black Dog.</li> </ul>	

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1. Health Interventions	S2/S3. Provision of resources to facilitate improved involvement of family and friends in psychosocial treatment.			<ul style="list-style-type: none"> <li>Development of resources by Black Dog.</li> </ul>
	S3. <i>StepCare</i> operational within General Practice.	Uptake of <i>StepCare</i> by General Practices.		<ul style="list-style-type: none"> <li>Work with COORDINARE and Black Dog to plan General Practice engagement.</li> </ul>
	S4. <i>Frontline staff training</i>			<ul style="list-style-type: none"> <li>Black Dog finalising review of training for ED staff.</li> <li>Work with ISLHD to review capacity to roll out relevant trainings.</li> </ul>
2. Community interventions	S5. Gatekeeper training <i>Question Persuade Response (QPR)</i> (online or face-to-face) <i>Applied Suicide Intervention Skills Training (ASIST)</i>	Gatekeeper training promotion to target groups.		<ul style="list-style-type: none"> <li>Identify target groups and ways to engage them.</li> </ul>
		Decision Tree tool.	Black Dog provided draft of Decision Tree.	<ul style="list-style-type: none"> <li>Work with Black Dog to develop Decision Tree to help community members choose most appropriate training.</li> </ul>
		Support provision of training.		<ul style="list-style-type: none"> <li>Embed QPR training onto the SP Collaborative website.</li> <li>Consult with existing providers of gatekeeper trainings.</li> </ul>
	S7. <i>Community awareness campaigns</i> – platform for engaging community in suicide prevention activities.	Maximise impact of local events through coordinated key messaging.		<ul style="list-style-type: none"> <li>Identify all relevant local events.</li> </ul>
Local events build on momentum of national campaigns.			<ul style="list-style-type: none"> <li>Identify all relevant national campaigns.</li> </ul>	

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2. Community Interventions	<i>S7. Community awareness campaigns continued...</i>	Ensure community awareness campaigns are effective and appropriately tailored to reach target groups.		
	<i>S8. Mindframe Plus Media guidelines</i>	Journalist awareness and adherence to Mindframe guidelines.		<ul style="list-style-type: none"> <li>Follow up with Mindframe to gain understanding of their training/service and local utilisation rates.</li> </ul>
		Increased media coverage of stories of hope and recovery.		<ul style="list-style-type: none"> <li>Proactively work with media to develop schedule of articles.</li> </ul>
3. School Interventions	<i>S6. Youth Aware of Mental Health (YAM) training delivered to all year 9 students in the Illawarra and Shoalhaven.</i>  (42 schools)	Suicide prevention training direct to year 9 students.	YAM coordinators and instructors have been trained and assigned to Local Sites.	<ul style="list-style-type: none"> <li>Gather feedback from schools and trained facilitators for discussion</li> <li>Work with DoE and GPH on YAM rollout schedule.</li> </ul>
		Training and support for school staff and school communities.		
		Up-to-date referral resource to facilitate ease of referral from schools.		
4. Data driven suicide prevention	<i>Resource Atlas</i>	Service mapping		<ul style="list-style-type: none"> <li>Initial service mapping and service provider survey dissemination by Black Dog.</li> <li>Plan strategies to encourage service providers to participate in survey.</li> </ul>
	<i>Suicide Audit</i>	Suicide Audit report and local focus groups.		<ul style="list-style-type: none"> <li>Receive suicide deaths report from Black Dog.</li> <li>Coordinate local focus groups to complement report findings.</li> </ul>

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4. Data driven suicide prevention	<i>Suicide Audit continued...</i>	Suicide audit communication		<ul style="list-style-type: none"> <li>Plan communications of report (consistent with Strategy 8).</li> </ul>
	<i>S9. Means Restriction</i>	Address known suicide hotspots.		<ul style="list-style-type: none"> <li>Support community groups to gain commitment from council to address known hotspots.</li> </ul>
		Reduce other access to means.		
5. Aboriginal Suicide Prevention	Ensure all activity is consistent with ATSIPEP recommendations	<p>Review all activities in the context of the ATSIPEP report.</p> <p>Facilitate the co-design of all relevant activities (including evaluation of activities).</p>	Local representatives participated in National ATSIPEP-LifeSpan meetings.	
6. Other	<i>Regional Suicide Response Plan</i>	Police protocols in place to inform to relevant contact.		<ul style="list-style-type: none"> <li>Develop evidence-based proposal for Regional Suicide Response Plan:               <ul style="list-style-type: none"> <li>- Service model</li> <li>- Funding model</li> <li>- Governance model</li> </ul> </li> </ul>
		Coordinate support for family and affected people		
		Trigger response from relevant services.		
		Liaise with media to ensure responsible reporting.		