

NATIONAL SUICIDE PREVENTION TRIAL

Work plan covering activities in 2019-20

SITES ARE EXPECTED TO CONTINUE TO IMPLEMENT TRIAL ACTIVITIES IN 2019-20 AND ALSO TO ENSURE THAT TRANSITION ARRANGEMENTS ARE IN PLACE FOR THE CONTINUING CARE OF AT-RISK INDIVIDUALS POST THE TRIAL

All sites participating in the National Suicide Prevention Trial are required to:

- Promote the development and trialling of strategies in communities with higher risk of suicide due to economic hardship or other circumstances.
- Focus on activities at a local level.
- Develop a systems-based approach to the delivery of suicide prevention services.
- Provide enhanced services for people who have attempted or are considered at higher risk of suicide, which builds upon base activities being undertaken by Primary Health Networks where appropriate.
- Trial strategies for preventing suicide attempts and deaths among one or more of four high risk populations:
 - Aboriginal and Torres Strait Islander peoples
 - Men, particularly in the very high risk age range of 25 to 54 years
 - Young people
 - Veterans.
- Gather evidence and participate in a comprehensive evaluation of their activity.

Work plans are to identify major activities in all stages of the trial that relate to these objectives.

Activities should be restricted to those undertaken in the 2019-20 financial year, irrespective of whether these are in part of the year only or extend beyond the financial year.

All work plans are to be assessed to ensure that activities are in line with the parameters of the National Suicide Prevention Trial as specified in the *National Suicide Prevention Trial: Background and overview*.

ACTION AREA	INFORMATION REQUIRED
<p>Summary of main activities</p>	<p><i>Provide a brief description of activities to be undertaken</i></p> <p><i>Identify major milestones and critical dates where relevant</i></p> <p>1. Aboriginal and Torres Strait Islander population:</p> <p><u>1.1 Emergency Response and Evidence-based Treatment:</u></p> <p>Goal: Enhance the capacity and capability of services to provide specialist suicide prevention treatment (including aftercare) to Aboriginal and Torres Strait Islander peoples in the Brisbane North PHN region.</p> <p>Actions:</p> <ul style="list-style-type: none"> • Fund specific Indigenous service providers to deliver evidence based interventions/treatment and postvention services to Aboriginal and Torres Strait Islander people in the Brisbane North PHN region. <p><u>1.2 Promoting help-seeking and Mental Health Resilience in Schools:</u></p> <p>Goal: Increase school based peer support and mental health literacy of Aboriginal and Torres Strait Islander young people.</p> <p>Action:</p> <ul style="list-style-type: none"> • Fund evidence-based programs/support to in-reach into schools to support Aboriginal and Torres Strait Islander young people at risk of suicide.
<p>Key partners</p>	<p><i>Identify all key partners in these activities and the following as applicable:</i></p> <ul style="list-style-type: none"> • <i>respective roles and responsibilities</i>

- *progress in establishing key partnerships for new activities this financial year*
- *formal and/or informal agreements and/or other arrangements to support partnerships*
- *any major barriers and how these may affect service delivery*

The key partners for this activity are spread across three levels:

- The Brisbane North Suicide Prevention Strategic Partnership Group;
- The Aboriginal and Torres Strait Islander NSPT Community Implementation Team; and
- The agencies funded to deliver the services/activities.

The Brisbane North Suicide Prevention Strategic Partnership Group provides guidance and oversight of the suicide prevention activities included in 'Planning for Wellbeing – our regional plan for North Brisbane and Moreton Bay focusing on mental health, suicide prevention and alcohol and other drug treatment services 2018 – 2023. This includes the NSPT activities.

The group is comprised of a range of stakeholders representing the:

- PHN,
- HHS,
- community-based organisations providing suicide prevention services,
- community-based organisation providing postvention services,
- community-based organisation providing mental health services,
- private allied health professional,
- Qld Government Department of Health,
- Qld Government Department of Education,
- Aboriginal and Torres Strait Islander services,
- Qld Ambulance Service, Qld Police Service,
- Australian Institute for Suicide Research and Prevention, as well as
- people with a lived experience of suicide.

The Aboriginal and Torres Strait Islander NSPT Community Implementation Team provides guidance and oversight of all Aboriginal and Torres Strait Islander focused activities within the NSPT.

The group is comprised of a range of stakeholders representing the:

	<ul style="list-style-type: none"> • PHN, • community-based Aboriginal and Torres Strait Islander services, • Aboriginal medical services, • local elders, • local support networks, • Black Dog Institute, as well as • people with a lived experience of suicide. <p>The agencies funded to deliver the services are listed below:</p> <ul style="list-style-type: none"> • Aftercare and Treatment – Kurbingui Youth Development Association • School-based support and mental health literacy programs – Youth 2 Knowledge
<p>Enhanced services for people who have attempted or are at higher risk of suicide</p>	<p><i>Describe activities to be undertaken, including referral pathways and services</i></p> <p><i>Identify how these activities differ from PHN base activities funded from the mental health flexible funding pool</i></p> <p><u>1.1 Emergency Response and Evidence-based Treatment:</u></p> <p>Kurbingui Youth Development Associated has been funded in 2018/2019 to deliver the following activity. The PHN plans to extend this activity into 2019/2020:</p> <ul style="list-style-type: none"> • Establish and implement an emergency response service for Aboriginal and Torres Strait Islander people in the Brisbane North PHN region at risk of suicide; including assessing and triaging people who are referred, delivering Indigenous specific suicide prevention treatment services, linking people in with other services as appropriate, and establishing or enhancing community-based activities to build resilience against suicide. <p><u>1.2 Promoting help-seeking and Mental Health Resilience in Schools:</u></p> <p>Youth 2 Knowledge has been funded in 2018/2019 to deliver the following activity. The PHN plans to extend this activity into 2019/2020:</p> <ul style="list-style-type: none"> • Develop, deliver and evaluate a program to in-reach into schools focusing on improving awareness of suicide prevention activities and services in the region for Aboriginal and Torres Strait Islander young people;

	<ul style="list-style-type: none"> • Provide support to Aboriginal and Torres Strait Islander young people through activities that build resilience and cultural pride to prevent suicide, and increase their mental health resilience.
Areas for focussed activity	<p><i>Identify any new areas or populations being targeted this financial year</i></p> <p><i>Provide supporting evidence where available</i></p> <p><i>Summarise where and what services are to be provided for each target area and population this financial year</i></p> <p>N/A – There are no new areas or populations being targeted following the previous work plan.</p>
Other suicide prevention activity	<p><i>Identify any new initiatives being implemented within the trial area(s) and who is responsible for these</i></p> <p>Additional suicide prevention initiatives being implemented by Brisbane North PHN are included in activities 5.1 and 5.2 of the Primary Mental Health Care Activity Work Plan.</p> <p>Other suicide prevention initiatives being implemented by other agencies in the region will be included in the suicide prevention implementation plan of ‘Planning for Wellbeing’ – the regional plan for North Brisbane and Moreton Bay focusing on mental health, suicide prevention and alcohol and other drug treatment services 2018 – 2023. Implementation plans are living documents and will be published on the PHN’s website once they are able to be shared.</p>
Recruitment and workforce	<p><i>Identify any issues that may affect recruitment and/or commissioning of services as necessary to progress activities</i></p> <p>Nil issues identified at this stage.</p>
Data collection and reporting	<p><i>Confirm what data are being collected routinely on services and consumers, including outcome measures</i></p> <p>All PHN commissioned services collect the following datasets:</p> <ul style="list-style-type: none"> • For individual treatments services – the PMHC-MDS • For non-individual treatment services – Community-based activity data items

	<p><i>Identify any major ad hoc or one-off collections to be undertaken this financial year</i></p> <p>N/A</p> <p><i>Identify any major issues affecting compliance with reporting requirements and how these are to be remedied</i></p> <p>N/A</p>
Other	<p><i>Identify any other major factors affecting conduct of trial activities not covered above</i></p> <p>N/A</p>
Transition arrangements	<p><i>Confirm arrangements or proposed strategies for managing the transition of consumers post the trial</i></p> <p>All contracted providers are aware that funding is only available until June 2020. The establishment and ongoing meetings of the <i>Aboriginal and Torres Strait Islander NSPT Community Implementation Team</i>, which has representation beyond just those agencies contracted as part of the NSPT, allows for ongoing conversations regarding the effective transition of people to other services as appropriate.</p>

ACTION AREA	INFORMATION REQUIRED
<p>Summary of main activities</p>	<p><i>Provide a brief description of activities to be undertaken</i></p> <p><i>Identify major milestones and critical dates where relevant</i></p> <p>2. Lesbian, gay, bisexual, transgender and intersex population</p> <p><u>2.1 Emergency Response and Evidence-based Treatment:</u></p> <p>Goal: Enhance the capacity and capability of services to provide specialist suicide prevention treatment (including aftercare) to the LGBTIQ communities in the Brisbane North PHN region.</p> <p>Actions:</p> <ul style="list-style-type: none"> • Fund LGBTIQ focused service providers to deliver evidence based interventions/treatment and post intervention services to the LGBTIQ communities in the Brisbane North PHN region. <p><u>2.2 Promoting help-seeking and Mental Health Resilience in Schools:</u></p> <p>Goal: Increase school based peer support and mental health literacy of young people who identify with the LGBTIQ communities in the Brisbane North PHN region.</p> <p>Action:</p> <ul style="list-style-type: none"> • Fund evidence-based programs/support to in-reach into schools to support LGBTIQ young people at risk of suicide.
<p>Key partners</p>	<p><i>Identify all key partners in these activities and the following as applicable:</i></p> <ul style="list-style-type: none"> • <i>respective roles and responsibilities</i> • <i>progress in establishing key partnerships for new activities this financial year</i> • <i>formal and/or informal agreements and/or other arrangements to support partnerships</i>

- *any major barriers and how these may affect service delivery*

The key partners for this activity are spread across three levels:

- The Brisbane North Suicide Prevention Strategic Partnership Group;
- The LGBTIQ NSPT Community Implementation Team; and
- The agencies funded to deliver the services/activities.

The Brisbane North Suicide Prevention Strategic Partnership Group provides guidance and oversight of the suicide prevention activities included in 'Planning for Wellbeing – our regional plan for North Brisbane and Moreton Bay focusing on mental health, suicide prevention and alcohol and other drug treatment services 2018 – 2023. This includes the NSPT activities.

The group is comprised of a range of stakeholders representing the:

- PHN,
- HHS,
- community-based organisations providing suicide prevention services,
- community-based organisation providing postvention services,
- community-based organisation providing mental health services,
- private allied health professional,
- Qld Government Department of Health,
- Qld Government Department of Education,
- Aboriginal and Torres Strait Islander services,
- Qld Ambulance Service, Qld Police Service,
- Australian Institute for Suicide Research and Prevention, as well as
- people with a lived experience of suicide.

The LGBTIQ NSPT Community Implementation Team provides guidance and oversight of all Aboriginal and Torres Strait Islander focused activities within the NSPT.

The group is comprised of a range of stakeholders representing the:

- PHN,
- community-based LGBTIQ services,
- allied health practice focused on LGBTIQ communities,

	<ul style="list-style-type: none"> • Qld AIDS Council, • Black Dog Institute, as well as • People with a lived experience of suicide. <p>The agencies funded to deliver the services are listed below:</p> <ul style="list-style-type: none"> • Aftercare and Treatment – Centre for Human Potential (lead agency), partnered with the Qld AIDS Council and Open Doors Youth Service • School-based support and mental health literacy programs – Open Doors Youth Service
<p>Enhanced services for people who have attempted or are at higher risk of suicide</p>	<p><i>Describe activities to be undertaken, including referral pathways and services</i></p> <p><i>Identify how these activities differ from PHN base activities funded from the mental health flexible funding pool</i></p> <p><u>2.1 Emergency Response and Evidence-based Treatment:</u></p> <p>The Centre for Human Potential has been funded in 2018/2019 to deliver the following activity. The PHN plans to extend this activity into 2019/2020:</p> <ul style="list-style-type: none"> • Establish and implement an emergency response service for the LGBTIQ communities in the Brisbane North PHN region at risk of suicide; including assessing and triaging people who are referred, delivering appropriate suicide prevention treatment services, linking people in with other services as appropriate, and establishing or enhancing community-based activities to build resilience against suicide. <p><u>2.2 Promoting help-seeking and Mental Health Resilience in Schools:</u></p> <p>Open Doors Youth Service has been funded in 2018/2019 to deliver the following activity. The PHN plans to extend this activity into 2019/2020:</p> <ul style="list-style-type: none"> • Develop, deliver and evaluate a program to in-reach into schools focusing on improving awareness of suicide prevention activities and services in the region for LGBTIQ young people; • Provide support to LGBTIQ young people through activities that build resilience and to prevent suicide, and increase their mental health resilience.

Areas for focussed activity	<p><i>Identify any new areas or populations being targeted this financial year</i></p> <p><i>Provide supporting evidence where available</i></p> <p><i>Summarise where and what services are to be provided for each target area and population this financial year</i></p> <p>N/A – There are no new areas or populations being targeted following the previous work plan.</p>
Other suicide prevention activity	<p><i>Identify any new initiatives being implemented within the trial area(s) and who is responsible for these</i></p> <p>Additional suicide prevention initiatives being implemented by Brisbane North PHN are included in activities 5.1 and 5.2 of the Primary Mental Health Care Activity Work Plan.</p> <p>Other suicide prevention initiatives being implemented by other agencies in the region will be included in the suicide prevention implementation plan of ‘Planning for Wellbeing’ – the regional plan for North Brisbane and Moreton Bay focusing on mental health, suicide prevention and alcohol and other drug treatment services 2018 – 2023. Implementation plans are living documents and will be published on the PHN’s website once they are able to be shared.</p>
Recruitment and workforce	<p><i>Identify any issues that may affect recruitment and/or commissioning of services as necessary to progress activities</i></p> <p>Nil issues identified at this stage.</p>
Data collection and reporting	<p><i>Confirm what data are being collected routinely on services and consumers, including outcome measures</i></p> <p>All PHN commissioned services collect the following datasets:</p> <ul style="list-style-type: none"> • For individual treatments services – the PMHC-MDS • For non-individual treatment services – Community-based activity data items <p><i>Identify any major ad hoc or one-off collections to be undertaken this financial year</i></p> <p>N/A</p> <p><i>Identify any major issues affecting compliance with reporting requirements and how these are to be remedied</i></p>

	N/A
Other	<p><i>Identify any other major factors affecting conduct of trial activities not covered above</i></p> <p>N/A</p>
Transition arrangements	<p><i>Confirm arrangements or proposed strategies for managing the transition of consumers post the trial</i></p> <p>All contracted providers are aware that funding is only available until June 2020. The establishment and ongoing meetings of the <i>LGBTIQ NSPT Community Implementation Team</i>, which has representation beyond just those agencies contracted as part of the NSPT, allows for ongoing conversations regarding the effective transition of people to other services as appropriate.</p>

ACTION AREA	INFORMATION REQUIRED
<p>Summary of main activities</p>	<p><i>Provide a brief description of activities to be undertaken</i> <i>Identify major milestones and critical dates where relevant</i></p> <p>3. Young adult to middle-aged men</p> <p><u>3.1 Integrated LifeSpan Framework Approach:</u></p> <p>Goal: Enhance the capacity and capability of a community to respond and support people at risk of suicide.</p> <p>Actions:</p> <ul style="list-style-type: none"> • Work with MATES in Construction to adapt their suicide prevention ‘MATES in Construction’ model to implement it within amateur sporting clubs. The MATES in Construction model partners the delivery of training – to raise awareness – together with the establishment of clear pathways to care and case management.
<p>Key partners</p>	<p><i>Identify all key partners in these activities and the following as applicable:</i></p> <ul style="list-style-type: none"> • <i>respective roles and responsibilities</i> • <i>progress in establishing key partnerships for new activities this financial year</i> • <i>formal and/or informal agreements and/or other arrangements to support partnerships</i> • <i>any major barriers and how these may affect service delivery</i> <p>MATES in construction will establish a project reference group (or similar) to guide implementation of the activities within the chosen community. This group is not yet established.</p>
<p>Enhanced services for people who have attempted or are at higher risk of suicide</p>	<p><i>Describe activities to be undertaken, including referral pathways and services</i> <i>Identify how these activities differ from PHN base activities funded from the mental health flexible funding pool</i></p>

	<p>MATES in Construction (the Contractor) will scope, develop and adapt the model used by MATES in Construction in Australian workplaces, to engage young to middle-aged adult men connected with amateur sporting clubs to enhance suicide prevention responses in a local community. The MATES in Construction model is an integrated model of training and support – increasing awareness of factors that contribute to suicide, as well as identifying and strengthening pathways to support.</p> <p>The activities will occur in the following stages:</p> <p><u>Stage 1 – Community Selection</u></p> <p>The Contractor will identify a defined community within the Brisbane North PHN area and engage with local sporting organisations to seek support to establish a suicide prevention and mental health literacy program within the sporting organisations.</p> <p><u>Stage 2 – Program Logic Design</u></p> <p>The Contractor will work with the local organisations, and broader community to map the existing and accepted structures that could be used to support implementation of the adapted model. The Contractor will then adapt the standard MATES in Construction Model, developing a new model suitable for supporting young to middle-aged men within the amateur sport industry.</p> <p><u>Stage 3 – Evaluation and program pilot</u></p> <p>The Contractor will engage a university partner, and together pilot the adapted model in the identified community.</p>
<p>Areas for focussed activity</p>	<p><i>Identify any new areas or populations being targeted this financial year</i></p> <p><i>Provide supporting evidence where available</i></p> <p><i>Summarise where and what services are to be provided for each target area and population this financial year</i></p>

	N/A – There are no new areas or populations being targeted following the previous work plan.
Other suicide prevention activity	<p><i>Identify any new initiatives being implemented within the trial area(s) and who is responsible for these</i></p> <p>Additional suicide prevention initiatives being implemented by Brisbane North PHN are included in activities 5.1 and 5.2 of the Primary Mental Health Care Activity Work Plan.</p> <p>Other suicide prevention initiatives being implemented by other agencies in the region will be included in the suicide prevention implementation plan of ‘Planning for Wellbeing’ – the regional plan for North Brisbane and Moreton Bay focusing on mental health, suicide prevention and alcohol and other drug treatment services 2018 – 2023. Implementation plans are living documents and will be published on the PHN’s website once they are able to be shared.</p>
Recruitment and workforce	<p><i>Identify any issues that may affect recruitment and/or commissioning of services as necessary to progress activities</i></p> <p>Nil issues identified at this stage.</p>
Data collection and reporting	<p><i>Confirm what data are being collected routinely on services and consumers, including outcome measures</i></p> <p>All PHN commissioned services collect the following datasets:</p> <ul style="list-style-type: none"> • For individual treatments services – the PMHC-MDS • For non-individual treatment services – Community-based activity data items <p><i>Identify any major ad hoc or one-off collections to be undertaken this financial year</i></p> <p>N/A</p> <p><i>Identify any major issues affecting compliance with reporting requirements and how these are to be remedied</i></p> <p>N/A</p>
Other	<p><i>Identify any other major factors affecting conduct of trial activities not covered above</i></p> <p>N/A</p>

Transition arrangements

Confirm arrangements or proposed strategies for managing the transition of consumers post the trial

All contracted providers are aware that funding is only available until June 2020. Core to this activity will be establishing connections with local services to ensure pathways to care are identified and documented, ensuring ongoing support beyond the life of the activity.