

RECOVERY

Mental health, suicide prevention, alcohol and other drugs news from your PHN

Talking can be healing in a crisis

Suicide prevention campaign launch showcases local artists

Art can be a powerful way to share stories, so the work of local artists features prominently in a new suicide prevention campaign aimed at LGBTIQ+ communities in Brisbane North.

Launched on 6 February 2020 in Newstead, Talking Heals is a Queensland AIDS Council (QuAC) campaign funded through the National Suicide Prevention Trial (NSPT).

Talking Heals campaign messaging acknowledges that sharing stories of suicide can be hard and encourages LGBTIQ+, 'Sistergirl' and 'Brotherboy' (SGBB) people at risk of suicide to connect with specialist services.



The campaign has a community education focus, but will also support capacity building in the suicide prevention sector.

Suicide prevention project officer Ged Farmer has worked closely with QuAC and their priority communities to support Brisbane North PHN's local implementation of the NSPT.

He spoke at the launch about Talking Heals and Yarns Heal, a similar campaign specifically designed by and for the Aboriginal and Torres Strait Islander LGBTIQ+ SGBB communities, and how they have reset the language we use to talk about suicide.

Continued on page 2

In this edition:

Talking can be healing in a crisis	1-2
Planning for Wellbeing - Highlights from across the sector	2
People with a lived experience leading change	3
Initial Assessment and Referral guidance for mental health	4
Our turn to Speak survey closing soon.....	4

From page 1

"For many, many years, speaking about suicide was just something people didn't want to do and didn't do," Ged said.

"If someone was going through a tough time and they mentioned suicide, the conversation was often shut down," he said.

"This meant that people needing or wanting to talk about what they were going through were often unable to, and this in turn presents further barriers to accessing support.

"The Talking Heals campaign is allowing us pathways to share our lived experiences of suicide and an opportunity to share our own personal stories of suicide and to have wider discussions around suicide," he explained.

Ged thanked the many project partner organisations and individuals, reserving special mention for the artists involved in both campaigns.

The artists' contributions, Ged said, "allow us a visual of the narrative, they allow us to reflect and they allow us to talk in ways about suicide that we've never done before".

"Every time I look at each of these pieces of art I see a new part of the story, I see something that I haven't seen before. They generate emotion, they generate discussion and they generate hope and love," he said.

For more information, go to www.talkingheals.org.au or www.yarnsheal.com.au.

Planning for Wellbeing updates – highlights from across the sector

Planning for wellbeing is the regional plan for mental health, suicide prevention and alcohol and other drug treatment services in North Brisbane and Moreton Bay.

It establishes the future directions for the region, and articulates significant opportunities for service and system improvement across the three discrete, but complementary areas of mental health, suicide prevention and alcohol and other drug treatment services.

During 2019/2020, Brisbane North PHN has partnered with five key organisations to support implementation of different parts of the Plan.

- [Carers Qld](#) – Chapter two: Supporting Families and Carers
- [Queensland Alliance for Mental Health](#) – Chapter three: Sustaining Good Mental Health
- [Ethnic Communities Council of Queensland \(ECCQ\)](#) – Chapter six: Responding to Diversity
- [Queensland AIDS Council \(QuAC\)](#) – Chapter six: Responding to Diversity
- [Council on the Ageing \(COTA\) Queensland](#) – Chapter six: Responding to Diversity

This article presents some of the key achievements from the first few months of activity.



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People with a lived experience leading change

In April this year, the Peer Participation in Mental Health Services (PPIMS) Network will be celebrating its fourth anniversary.

The purpose of PPIMS is for people with a lived experience (PLE) with mental health issues to

- have an active collective voice
- support other people to actively participate in system reforms
- have regular updates, guest speakers from decision makers and service providers
- provide recommendations on how the system can improve
- provide advice regarding emerging issues for people accessing services
- be involved from the beginning in any co-design activities and in particular the commissioning of services.

One of the key roles and projects of PPIMS was to develop Chapter 1 – People with a Lived Experience Leading Change in the Planning for Wellbeing Regional Plan in 2017. At the time, the following objectives for this work were:

- strengthening and diversifying the collective voice of PLE in order to drive service improvements
- making available training and capacity building for PLE
- establishing more authentic opportunities for PLE to participate
- establishing and sustaining a consistent region wide approach to participation
- advocating for an expanded and more diverse regional lived experience workforce across all levels of employment.



During 2020, PPIMS has been tasked with undertaking a refresh of these objectives and actions along with updating the associated implementation plan. Currently, PPIMS network members are furthering the work with their involvement in a number of initiatives including the Queensland Framework for Lived Experience Workforce and the Productivity Commission Submission.

The PPIMS network has also set their sights on the future goal to be part of building a culture and commitment at an executive level to empower people with a lived experience.

For further information contact the Lived Experience Engagement Team at BNPHN on 07 3490 3437 or email ppims@brisbanenorthphn.org.au.

Initial Assessment and Referral guidance for mental health

Brisbane North PHN is participating in the trial of an initiative designed to aid referrers in determining the best level of care for their clients.

A new functionality, now available via the My Mental Health Services eReferral on rediCASE, incorporates the Initial Assessment and Referral (IAR) guidance, which aims to maximise the efficiency and accuracy of mental health referrals across the stepped care continuum.

The guidance features an additional four assessment areas (eight assessment areas will now be available) to rate an individual's presentation, and a decision support logic calculates the appropriate level of care. These domains include symptom severity, risk of harm, comorbidity and functioning.

To support the trial, the PHN will host a workshop for any GPs or referrers who wish to provide feedback on the IAR initiative. This feedback will assist the University of Melbourne as they conduct a national evaluation of IAR.

Date: Wednesday 22 April 2020

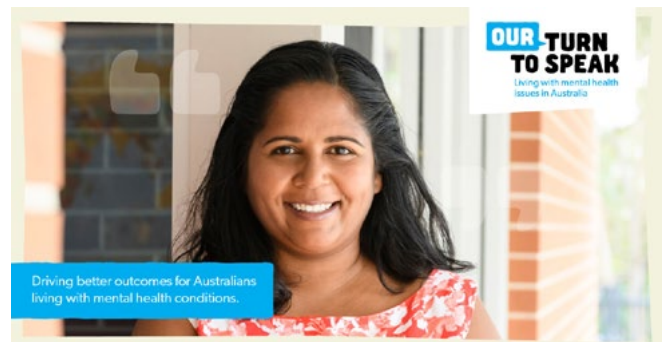
Time: 8.00 am – 10.00 am

Location: Brisbane North PHN, Level 1, Market Central, 120 Chalk Street, Lutwyche

To RSVP for the workshop or for more information contact Evaluation and Reporting Officer, Mental Health, Alcohol and Other Drugs team, Carla Taylor on 07 3630 7331 or carla.taylor@brisbanenorthphn.org.au.

Our turn to speak survey closing soon

The survey will investigate the lived experiences – both positive and negative – of people who have experienced complex mental health issues in the last 12 months. SANE Australia's Anne Deveson Research Centre (ADRC), in partnership with the Melbourne School of Psychological Sciences (MSPS) at the University of Melbourne is seeking 7,000 people aged 18 and over to participate in the survey



SANE's goal is to make a difference in the lives of people affected by complex mental health issues through support, research and advocacy.

Following a short (approximately five minutes) eligibility screening process, participants will be asked to complete the survey. The survey will take about 30 minutes and can be completed online right now, or over the phone.

To see if you or someone you know is eligible to participate visit ourturntospeak.com.au.

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