



NATIONAL SUICIDE PREVENTION TRIAL 2018-19 ACTIVITY WORK PLAN



An Australian Government Initiative

ACTION AREA	INFORMATION REQUIRED
<p>Summary of main activities</p>	<p><u>Background</u></p> <p>Tasmania is one of 12 sites around the country taking part in an Australian Government-funded trial aimed at testing new approaches to helping communities reduce suicide.</p> <p>The purpose of the trial is to see how multiple activities can be implemented in a coordinated and collaborative way (a systems approach) at a local level to build community capacity to reduce suicide.</p> <p>The national trial will test different approaches to reducing suicide and self-harm. It will connect new and existing suicide prevention activities and build community capacity to better support people facing a suicide crisis. The results from each site will be assessed independently and shared nationally to help inform more effective suicide prevention activities across Australia.</p> <p>The Black Dog Institute's LifeSpan suicide prevention model will be used in Tasmania. The LifeSpan approach to suicide prevention combines nine evidence-based strategies into local suicide prevention action plans developed and implemented by community working groups, and managed by host organisations based in St Helens, Launceston and the North West.</p> <p><u>Priority Populations</u></p> <p>Activity will continue to focus on two priority population groups during 2018-2019.</p> <ul style="list-style-type: none"> • Men aged 40 to 64 years • Men and women aged 65 plus (two sub groups 65 to 74 and 75 to 84) <p>Priority populations were chosen following analysis of available data and in consultation with a broad range of key stakeholder groups.</p> <p><u>Trial Site Locations</u></p> <p>Trial site locations will remain the same during 2018-2019:</p> <ul style="list-style-type: none"> • Launceston (C) • Burnie, Central Coast and Devonport LGAs • Break O'Day <p>Local government areas (LGA) were considered when defining the proposed location for the trial site. Given the need to be able to distinguish new activity from existing for the purpose of evaluation, communities outside of the Hobart and immediately surrounding LGAs were given priority.</p>

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	<p><u>Trail Site Activity for 2018-2019 includes:</u></p> <ul style="list-style-type: none"> • Implementation of local suicide prevention action plans developed by each of the trial site working groups will be a focus of activity during this period. Action plans have been aligned to the LifeSpan framework developed by Black Dog Institute. • Activities will focus on improved promotion of services, improved integration between services and increased workforce and community capability and capacity to support suicide prevention. • Ensure that all Neighbourhood house and Men's Shed staff and volunteers have access to QPR (Question Persuade Respond) training. • Ensure GPs and primary health care staff have access to Advanced Suicide Prevention Training by providing three training sessions, one in each trial site, in 2018/19. • Ensure hospitals in the trial site locations actively participate in the DHHS funded follow up for people who have attempted suicide program. • An action research approach will be utilised during the implementation of action plan activities. ie review of action plans and feedback via further consultation will be undertaken regularly. Information gained from ongoing review and feedback will be used to adapt, refocus and change activity as appropriate to better meet local needs and ensure the best outcomes. • A host organisation within each trial site (Launceston City Council, St Helens Neighbourhood House and Relationship Australia – North West Coast) will continue to employ a local coordinator to support ongoing development, implementation and evaluation of the local action plan. • Each of the local coordinators will continue to be the liaison and the conduit of information between Primary Health Tasmania and the local trial sites. • Community and service provider communication and engagement will continue to be a focus during this period of the trial, particularly targeting feedback and evaluation. • A project closure and transition strategy will be developed and implemented during the latter part of 2018-2019. This strategy will include a considered and managed exit from the trial. To ensure ongoing adoption and embedding of trial activity as appropriate, the strategy will include the development of transition and hand over processes. The strategy will be developed in consultation with the community, service providers and clients and will be underpinned by a comprehensive communication plan. • Primary Health Tasmania will continue to collaborate with the University of Melbourne and will participate in the National Suicide Prevention Trial Evaluation activities.
<p>Key partners</p>	<p>A number of key partners are engaged in the suicide prevention trial.</p> <p>Primary Health Tasmania has facilitated the establishment of two groups to provide oversight and support for the suicide prevention trial (see below). Each group established in 2017, has documented agreed terms of reference and meetings</p>

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	<p>scheduled for the life of the trial.</p> <p>1. Primary Health Tasmania/Department of Health and Human Services (DHHS)/Tasmanian Health Service (THS) Steering Group – established through a direct approach. Purpose of this group is to work in partnership to facilitate a coordinated and collaborative approach to service design and delivery to improve the mental health and alcohol and other drug outcomes for all Tasmanians, with an initial focus on suicide prevention. In 2018 this group will be replaced by a broader, high level steering group that will facilitate the development of a regional mental health and suicide prevention plan.</p> <p>2. Tasmania Suicide Prevention Trial Advisory Group (Advisory Group) – drawn from members of the existing Tasmanian Suicide Prevention Community Network (TSPCN). Members were identified through a direct approach to the larger state-wide services and through an expression of interest across the broader network. The purpose of this group is to assist Primary Health Tasmania in an advisory role to support the development and implementation of the Tasmanian suicide prevention trial to reduce the rates of suicide and self-harm in Tasmania. Primary Health Tasmania will chair and provide secretarial support to the Advisory Group.</p> <p>In addition to the two key groups that provide oversight to the Tasmanian Suicide Prevention Trial, the existing Tasmania Suicide Prevention Committee (TSPC) is convened by the DHHS and provides oversight of the Tasmanian Suicide Prevention Strategy 2016 – 2020. Primary Health Tasmania will continue to be a member of this committee and will provide regular updates and seek input around the development and implementation of the suicide prevention trial.</p> <p>Other key stakeholders who have been engaged include:</p> <ul style="list-style-type: none"> • Royal Australian and New Zealand Collage of Psychiatry • Royal Australian College of General Practice • University of Tasmania • Australian Association of Social Workers <p>Primary Health Tasmania will continue to consult with its Clinical and Community Advisory Councils to help inform the development, implementation and monitoring of the program. Our Advisory Councils consist of representatives from a range of organisations including mental health, allied health, general practice, pharmacy and university.</p> <p>Additional to those engaged at a state-wide level, trial site specific key stakeholders have been involved in planning and governance.</p>
<p>Enhanced services for people who have attempted or are at higher risk of suicide</p>	<p>Trial site specific activities developed by the local working groups will be aligned to the nine LifeSpan framework strategies, each of which have strong evidence base for preventing suicide. Activities will focus on improved promotion of services, integration between services and increased workforce and community capability and capacity to support suicide prevention. Actions from the local activity plan will specifically target men aged 40-64 and men and women 65+.</p>
<p>Areas for focussed activity</p>	<p>Priority population group will remain the same as during 2017-18 and include:</p>

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	<ul style="list-style-type: none"> • Men aged 40 to 64 years - this age group has the highest number and highest rate of suicide in Tasmania. Its inclusion was supported as a priority by the key stakeholders. • Men and women aged 65 to 85 (two sub-groups 65 to 74 and 75 to 84) - Tasmania has the highest proportion of 65+ in Australia (18%). Key stakeholder feedback supports this age group being a focus and highlights the limited targeted activity in this group. <p>The location sites for the trial will remain as same as during 2017-18:</p> <ul style="list-style-type: none"> • Launceston (C) – highest number of suicides in the 40 plus age group in the State. Estimated population of 67,000 (ABS 2015). • North West (with a focus on Burnie, Central Coast and Devonport LGAs) – second highest and equal third highest number of suicides in the north of the State in the 40 plus age group. Services provided to the Central Coast communities come primarily from Devonport and Burnie. Estimated Central Coast population of 22,500, Burnie 19,800 and Devonport 25,500 (ABS 2015). • Break O’Day – for 2010 to 2015 this LGA averaged 1.1 suicides per annum. In 2016 there were five suspected suicides. Estimated population of 6,500 (ABS 2015). <p>The 2017 Black Dog Institute mapping provides a more detailed understanding of available suicide prevention services and programs in the three trial sites and Tasmania. The mapping continues to assist in providing local community starting points for consultation, engagement and planning.</p>
<p>Other suicide prevention activity</p>	<p>To prevent unnecessary duplication and cross over, Primary Health Tasmania is engaged in bilateral partnership with other organisations that provide suicide prevention activities in the trial site and Tasmania.</p> <p>A number of suicide prevention activities are currently being implemented within the trial sites. Primary Health Tasmania and working groups are aware of these activities and have mechanisms in place to prevent overlap and duplicate of effort and promote integration as appropriate. Such mechanisms include the partnership and governance arrangements outlined above. These mechanisms support strong communication links between each of the activities in play within the trial sites and ensure that the working groups consider current activity in the development and refinement of local action plans.</p> <p>Examples a of other suicide prevention activity include:</p> <p>Suicide Prevention Community Action Plans</p> <p>Relationships Australia- Tasmania works with local government areas, organisations and culturally linguistic communities to develop Suicide Prevention Actions Plans as a key activity of the Tasmanian Suicide Prevention Community Network.</p> <p>Statewide Wesley Lifeforce Suicide Prevention Networks</p> <p>The suicide prevention networks, addressing the specific needs of a local area, is one of the most effective ways of raising</p>

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	<p>community awareness of the issue of suicide, while empowering its members to develop appropriate suicide prevention strategies at a grassroots level.</p> <p>Tasmanian Suicide Prevention Strategy (2016-2020)</p> <p>The Tasmanian Suicide Prevention Strategy (2016-2020) and its companion documents, the Youth Suicide Prevention Plan for Tasmania (2016-2020) and the Suicide Prevention Workforce Development and Training Plan for Tasmania (2016-2020) outline the Tasmanian Government's plan for reducing suicide. The close partnership with the Tasmanian Health Service and the Department of Health and Human Services prevents overlap and duplication of effort.</p>
Recruitment and workforce	<p>Primary Health Tasmania has recruited a manager to manage the development and implementation of the trial.</p> <p>Primary Health Tasmania draws expertise from the organisations commissioning functional teams to support the activities of the Suicide Prevention Trial Site program. This includes overall project management (Mental Health, Drug and Alcohol - Health Stream Lead); stakeholder engagement, communications and marketing; health intelligence, planning and evaluation; corporate governance and finance; healthcare quality and safety; and intervention procurement and contract management.</p> <p>In addition to Primary Health Tasmania staff, the project employs three local coordinators (via host organisations one in each of the three trial sites) to work with the working groups to support the development, implementation and evaluation of local action plans.</p>
Data collection and reporting	<p>Data collection and reporting requirements will be defined for each activity implemented within the action plans and will include a combination of process, output and outcomes requirements. A number of methods will be utilised to collect data including qualitative and quantitative methodologies.</p>
Transition arrangements	<p>A project closure and transition strategy will be developed and implemented during the latter part of 2018-2019. This strategy will include a considered and managed exit from the trial. To ensure ongoing adoption and embedding of trial activity as appropriate, the strategy will include the development of transition and hand over processes. The strategy will be developed in consultation with the community, service providers and clients and will be underpinned by a comprehensive communication plan.</p>

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