

Illawarra-Shoalhaven Suicide Prevention Collaborative – Brief Review of the first 12-months

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Momentum building

- June 2014 – National Lived Experience Symposium – aspiration to cut suicides by half – suicide rate double the road toll
- Dec 2014 – NMHC Living Well Report provided to Government
- February 2015 – MH Commissioners and Health – strategic focus on suicide prevention
- 24 April 2015 – IHMRI Mental Health and Ageing Brain Theme meeting – Wollongong Hospital – Consideration of NSW and Commonwealth Mental Health Commission initiatives – **consensus to focus effort on suicide prevention**
- June 2015 – meeting between IHMRI, NSW Health, Coordinare, Grand Pacific Health - CEO and Directors; IHMRI sponsors Alex Hains to attend national suicide prevention conference, Tasmania; Further discussions with various Illawarra and Shoalhaven key agencies about the need for more collaborative approach to suicide prevention to build on existing initiatives
- Aug 2015 – CRESPE Centre for Research Excellence in Suicide Prevention launch Proposed Framework for Systems Approach to Suicide Prevention

Suicide Prevention
Collaborative was born!

September 9 2015



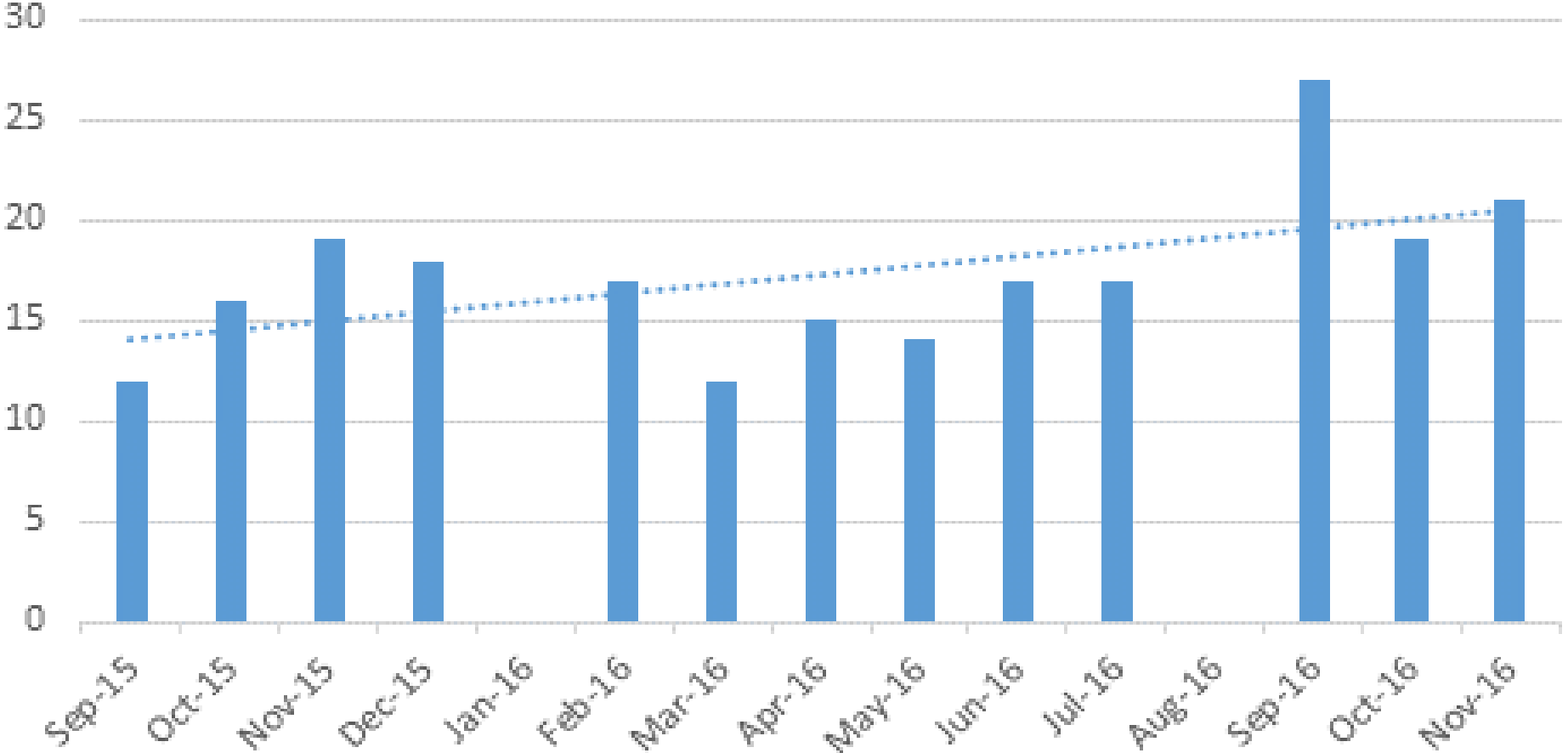
Ongoing progress

- September 9 2015 - Launch of the Illawarra-Shoalhaven Suicide Prevention Collaborative
- Collaborative meets monthly and grows to what we have today ...
- April 2016 – **Appointment of coordinator** and all day workshop in Kiama
- Aug 2016 – Illawarra Shoalhaven announced as a LifeSpan pilot site
- Sep 2016 – NSW Suicide Prevention Funding released
- Nov 2016 – Meeting with Lifespan (today)

Our collaborative

- Met monthly since Sep 2015
 - Breakfast meetings 8am
 - Approx. 20-25 people attending each meeting
 - Open for more members....
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- Executive membership (7)
 - LHD
 - PHN
 - IHMRI
 - NGO (x2)
 - Lived experience
 - Aboriginal person

Attendance by month



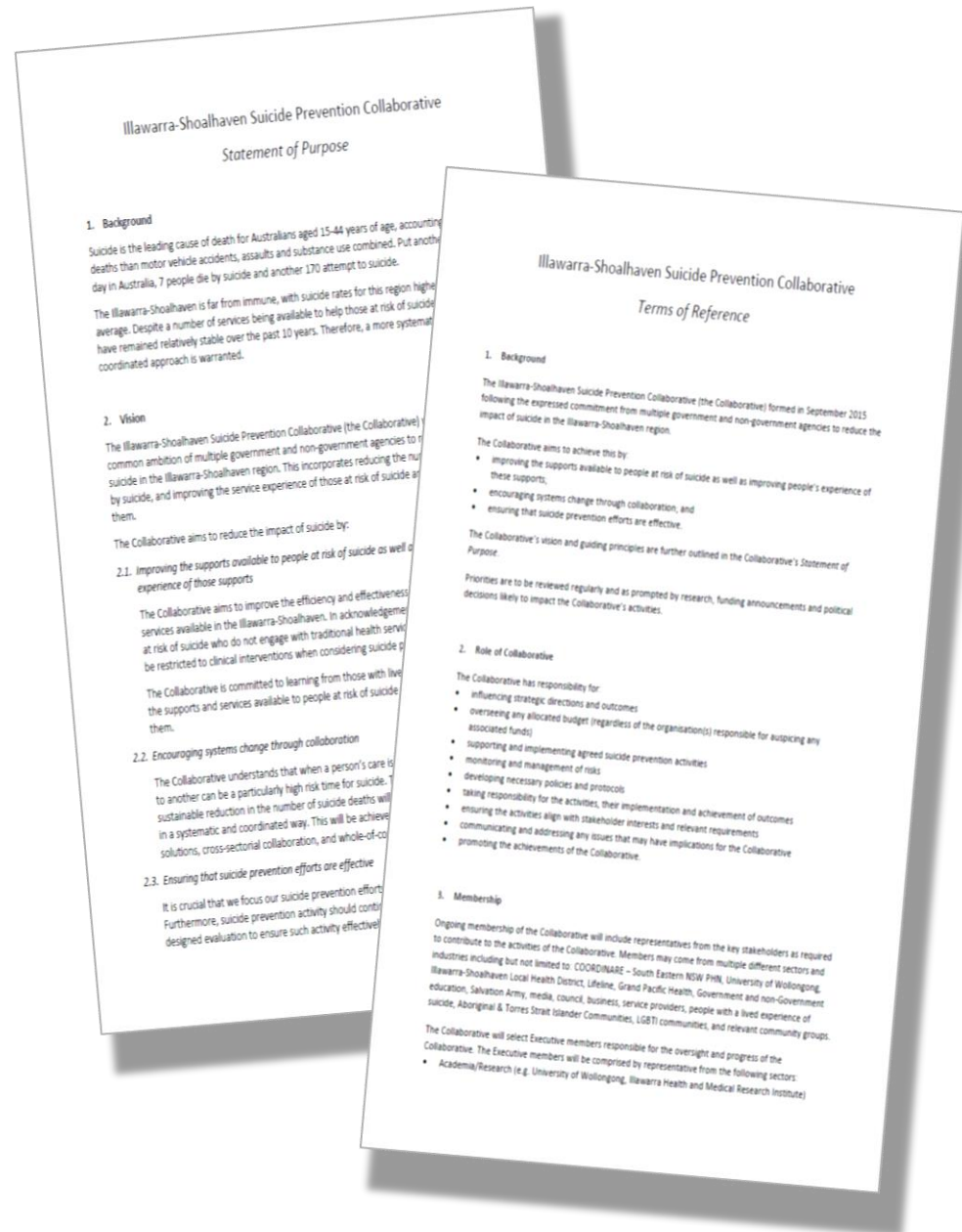


Governance

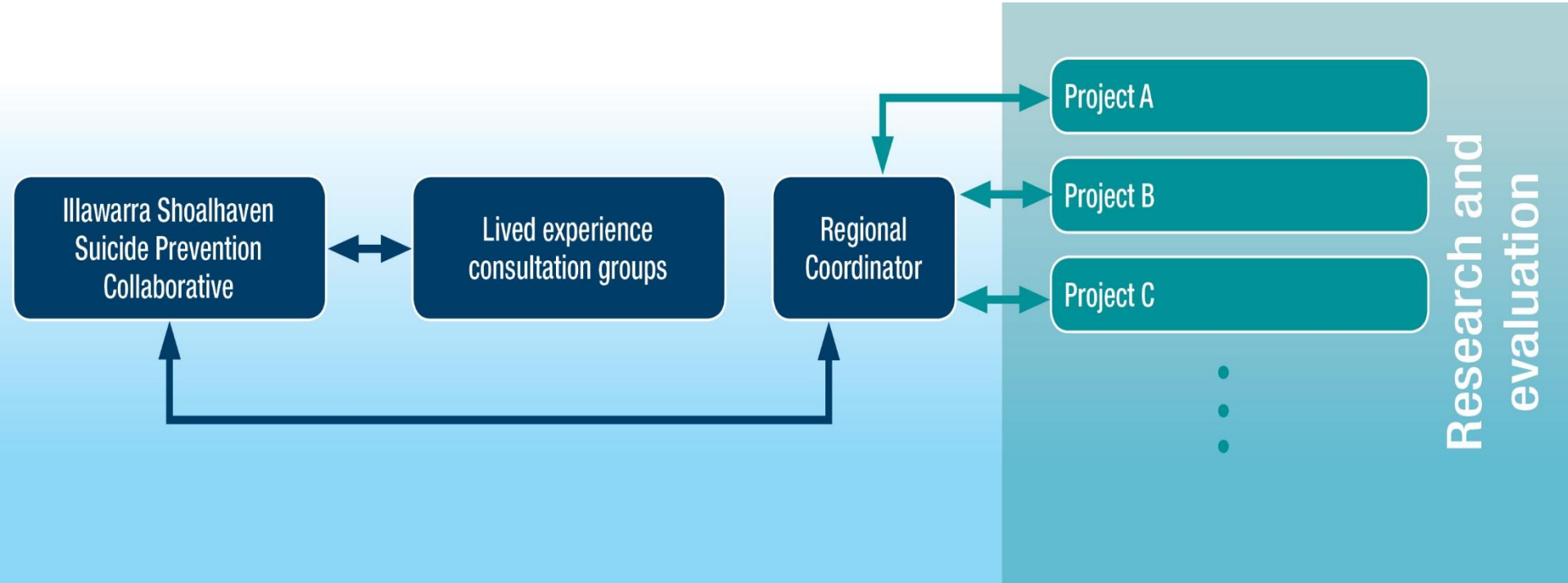
- *Statement of Purpose*

1. Improve experiences of people at risk of suicide and those caring for them
2. Encourage systems change through collaboration
3. Ensure suicide prevention activities are effective

- *Terms of Reference*



Collaborative structure



Lived experience groups include -

- ISPIR Consumer & Carers Forum
- ISLHD Consumer Carer Collaborative Committee (CCCC)
- Salvation Army and partners Suicide Bereavement Group
- headspace Youth Reference Groups (x2)

Systems approach

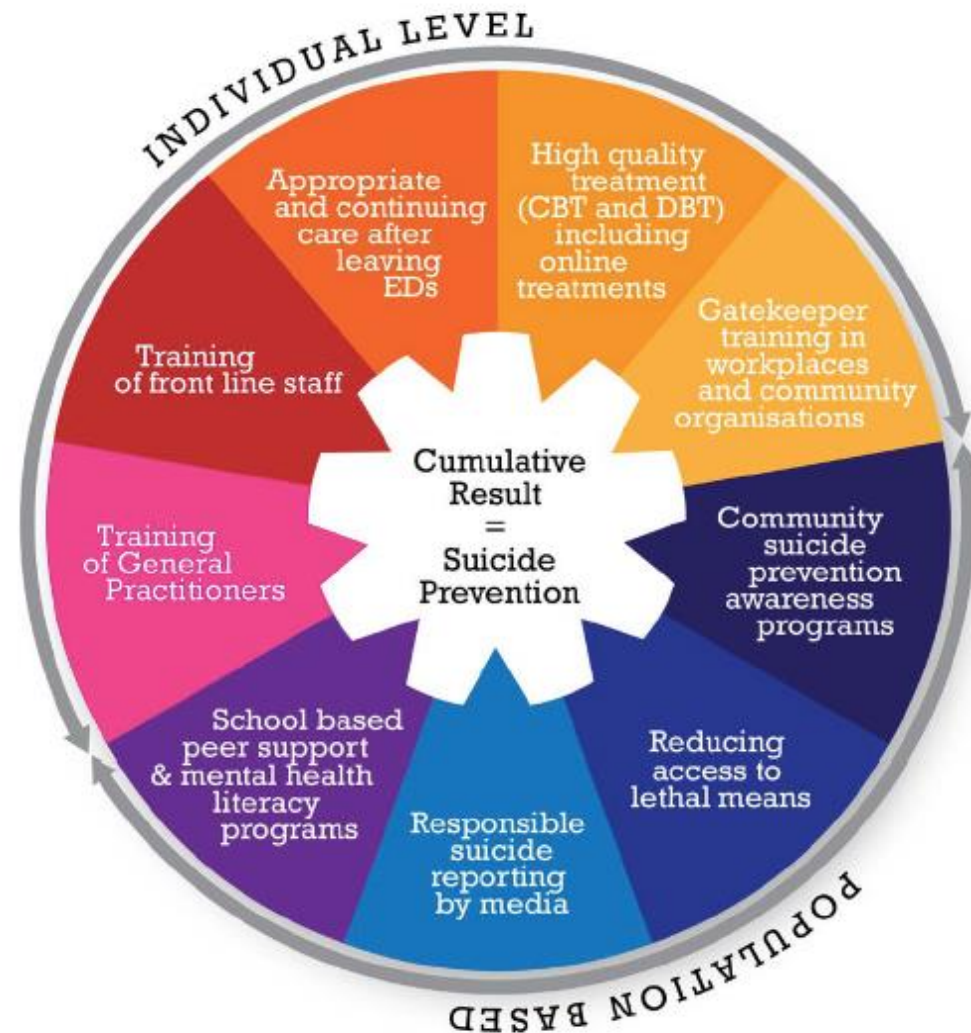
- Prioritise using funding for 9 evidence-based strategies
- Implementing all strategies simultaneously



LifeSpan
Integrated
Suicide
Prevention

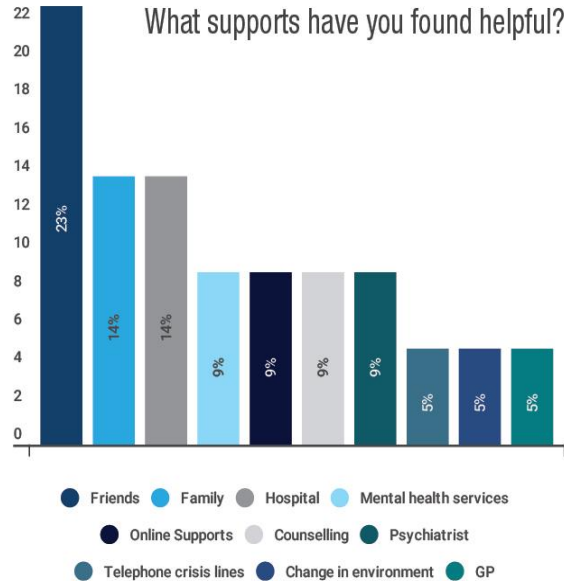
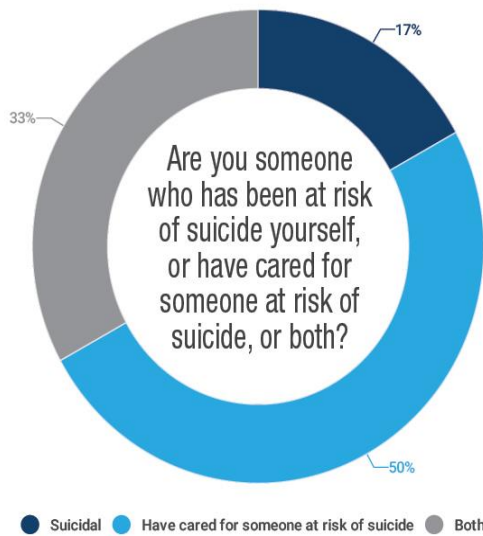


**Mental
Health
Commission**
of New South Wales



Voice of lived experience

CONSUMER AND CARER INPUT FOR SUICIDE PREVENTION



What one key message would you want all services (eg. mental illness, hospitals, police, ambulance, schools, lifeline, headspace etc) to understand?

Understand the person's pain or trauma.

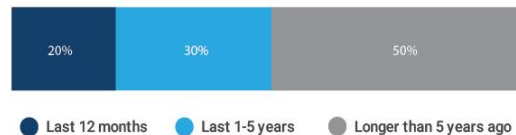
It's only possible to make real changes if everyone works together.

There is always hope even though the individual may not be able to see it our task is to help them see it.

That suicidal people are scared and don't want to be alone, they don't want to be judged or diagnosed; they want to be cared for.

Involve friends and carers on how to best support someone at risk, build trust

How recently did you seek help from services because of risk of suicide?



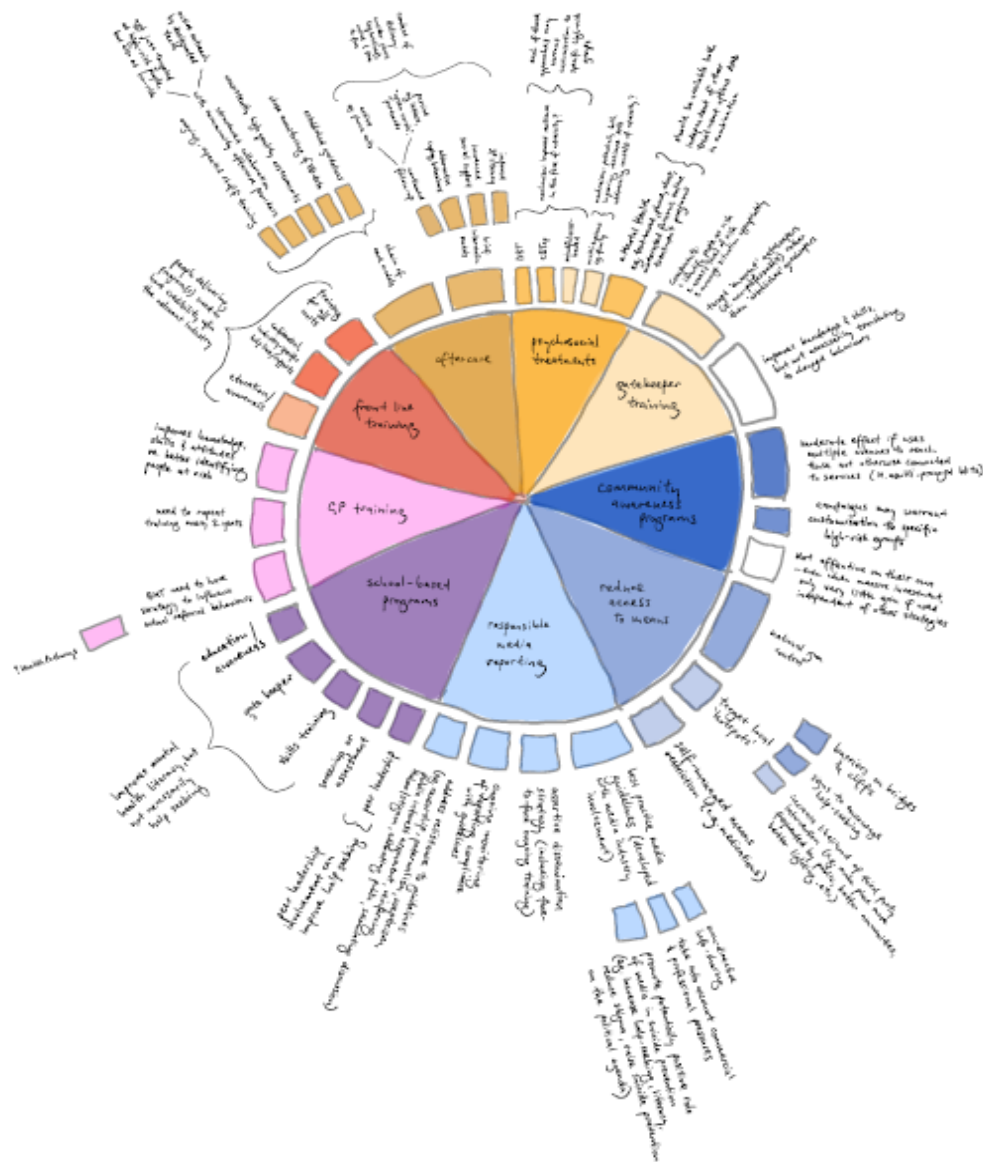
Proposed aftercare model

- MH worker & Peer Worker
- Engage with person while in ED
- Safety planning
- Care connection
- Motivational interviewing
- Family education
- Follow-up



Next steps

- Report Cards
- Regional Plan
- Prioritisation process
- Implementation plan
- Constant evaluation
- -> with support of LifeSpan



Pain from loss spurs action to reach out



Sophie Barnard, Gemma Stratton, Kayla Stratton and Judith Merchant are organising a walk to support suicide awareness and prevention next Saturday. Picture: GEORGIA MATTS