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 initativies – 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 initatives
- Aug 2015 CRESP Centre for Research Excellence in Suicide Prevention launch Proposed Framework for Systems Approach to Suicide Prevention

Suicide Prevention Collaborative was born!

September 9 2015



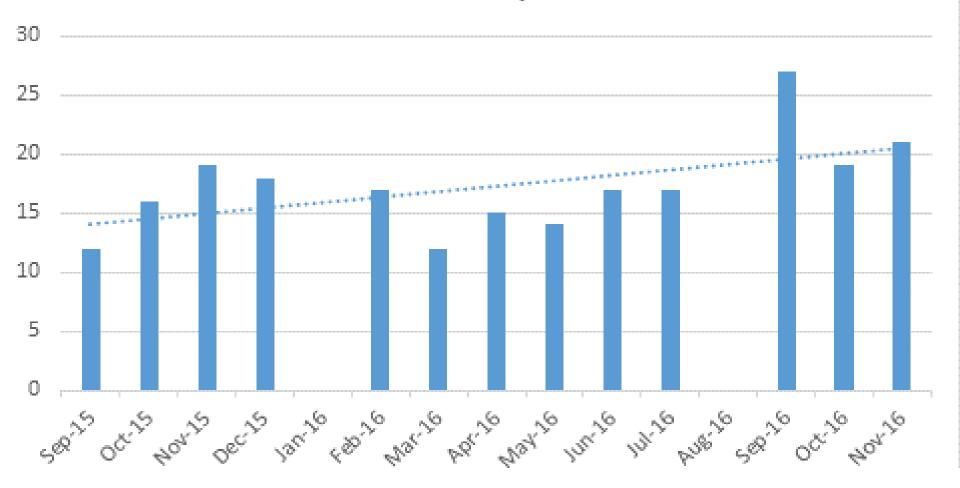
Ongoing progress

- 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....
- Executive membership (7)
- LHD
- PHN
- IHMRI
- NGO (x2)
- Lived experience
- Aboriginal person

Attendance by month









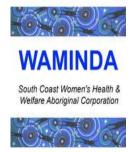














































Governance

Statement of Purpose

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

Illawarra-Shoalhaven Suicide Prevention Collaborative

Statement of Purpose

Suicide is the leading cause of death for Australians aged 15-44 years of age, accounting deaths than motor vehicle accidents, assaults and substance use combined. Put anothday in Australia, 7 people die by suicide and another 170 attempt to suicide.

The Illewarra-Shoalhaven is far from immune, with suicide rates for this region higher average. Despite a number of services being available to help those at risk of suicide have remained relatively stable over the past 10 years. Therefore, a more systemat coordinated approach is warranted.

The Illawarra-Shoalhaven Suicide Prevention Collaborative (the Collaborative) common ambition of multiple government and non-government agencies to r suicide in the Illawarra-Shoalhaven region. This incorporates reducing the nur by suicide, and improving the service experience of those at risk of suicide ar

The Collaborative aims to reduce the impact of suicide by:

2.1. Improving the supports available to people at risk of suicide as well a experience of those supports

The Collaborative aims to improve the efficiency and effectiveness services available in the Illawarra-Shoalhaven. In acknowledgeme at risk of suicide who do not engage with traditional health service be restricted to clinical interventions when considering suicide p

The Collaborative is committed to learning from those with liv the supports and services available to people at risk of suicide

2.2. Encouraging systems change through collaboration

The Collaborative understands that when a person's care to another can be a particularly high risk time for suicide. sustainable reduction in the number of suicide deaths will in a systematic and coordinated way. This will be achieve solutions, cross-sectorial collaboration, and whole-of-col

2.3. Ensuring that suicide prevention efforts are effective

It is crucial that we focus our suicide prevention effort Furthermore, suicide prevention activity should contidesigned evaluation to ensure such activity effective

Illawarra-Shoalhaven Suicide Prevention Collaborative

Terms of Reference

The Illawarra-Shoelhaven Suicide Prevention Collaborative (the Collaborative) formed in September 2015 following the expressed commitment from multiple government and non-government agencies to reduce the

The Collaborative aims to achieve this by:

- improving the supports available to people at risk of suicide as well as improving people's experience of
- encouraging systems change through collaboration, and
- ensuring that suicide prevention efforts are effective.

The Collaborative's vision and guiding principles are further outlined in the Collaborative's Statement of

Priorities are to be reviewed regularly and as prompted by research, funding announcements and political decisions likely to impact the Collaborative's activities.

2. Role of Collaborative

The Collaborative has responsibility for

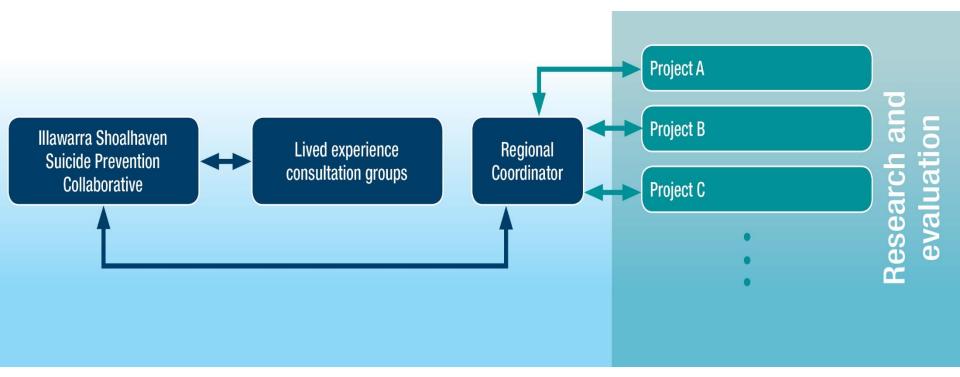
- influencing strategic directions and outcomes
- overseeing any allocated budget (regardless of the organisation(s) responsible for auspicing any
- supporting and implementing agreed suicide prevention activities monitoring and management of risks
- developing necessary policies and protocols
- taking responsibility for the activities, their implementation and achievement of outcomes
- ensuring the activities align with stakeholder interests and relevant requirements communicating and addressing any issues that may have implications for the Collaborative
- promoting the achievements of the Collaborative.

Ongoing membership of the Collaborative will include representatives from the key stakeholders as required to contribute to the activities of the Collaborative. Members may come from multiple different sectors and industries including but not limited to COORDINABE - South Eastern NSW PHN, University of Wiolongong, Bauarra-Snoahaven Local Heath District, Lifeline, Grand Pacific Health, Government and non-Government education, Salvation Army, media, council, business, service providers, people with a lived experience of suicide, Aboriginal & Torres Stratt blander Communities, LGB11 communities, and relevant community groups.

The Collaborative will select Executive members responsible for the oversight and progress of the Collaborative. The Executive members will be comprised by representative from the following sectors:

Academia/Research (e.g. University of Wollongong, Illawarra Health and Medical Research Institute)

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

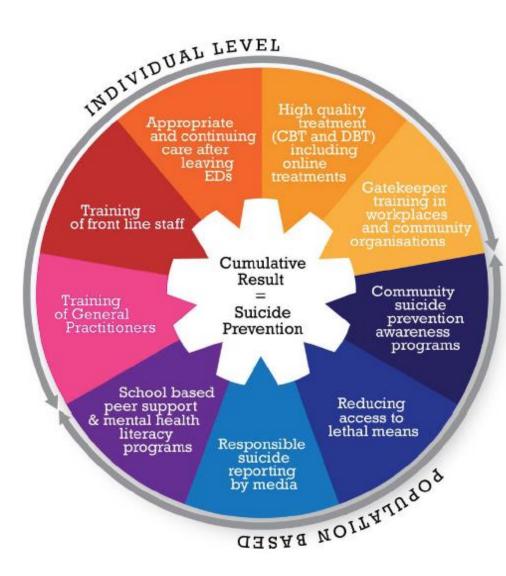
- Prioritise using funding for 9 evidence-based strategies
- Implementing <u>all</u> strategies simultaneously





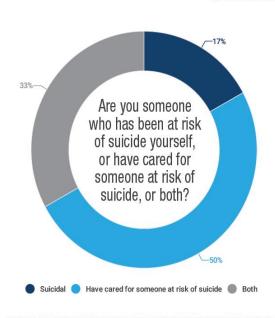


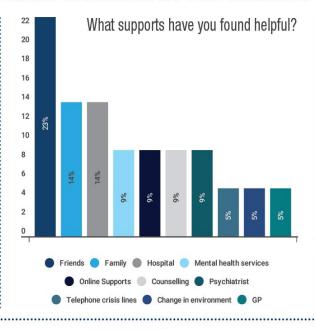




Voice of lived experience

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



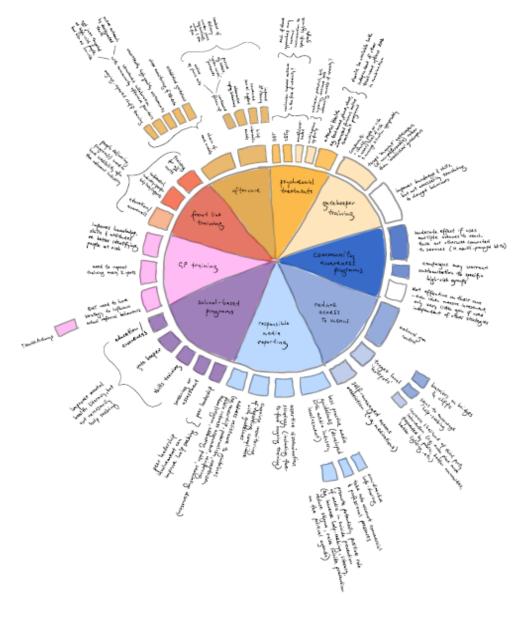






Next steps

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



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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