

Whitsunday, Isaac and Mackay Suicide Prevention Community Action Plan



whole of region **strategy 2022-23**

Acknowledgements

We acknowledge the Traditional Owners of the Whitsunday, Isaac and Mackay Regional Councils. We further acknowledge the Traditional owners of the Whitsundays, the Ngaro people; the Isaac region, the Yangga; and the Yuwibara people of Mackay. We pay our respects to Elders past, present and emerging. We also extend that respect to all the other Aboriginal and Torres Strait Islander people from other regions who are a vital part of our community.

Lived experience

We acknowledge all people who have had any direct experience of suicide, including those who have attempted suicide or those that have been impacted or bereaved by suicide. We acknowledge their courage and tenacity to carry and move through the immense pain. The voice of people with lived experience is essential in the development of the work that we do.

Black Dog Institute

We acknowledge the Black Dog Institute as the only medical research institute in Australia to investigate mental health and suicide prevention across the lifespan. By providing suicide prevention specific expertise in relation to the LifeSpan model as well as a compelling Suicide Data Analysis Report, we will ensure that the Whitsunday, Isaac and Mackay SPCAP is data-driven and informed by leading practice.

Participants

We would like to acknowledge the many community members, government, non-government organisations and service providers who shared their knowledge, expertise, and stories to help develop this and future Community Action Plans. We further acknowledge the work and efforts made by previous selectability employees and members of the Whitsunday, Isaac and Mackay SPCAP team on past Community Action Plans. We also thank those courageous people who work and/or volunteer in this field, making a difference in the lives of others.

Northern Queensland Primary Health Network

We would like to thank Northern Queensland Primary Health Network (NQPHN) for funding the development of the SPCAP as well as supporting the direct involvement of the passionate and committed NQPHN team in developing the SPCAP along the way.



Contents

Acknowledgements	2
Foreword	4
Seek help	5
Background	6
About this document	
Strategic directions	7
Principles	8
Our communities of interest (map)	9
Regional need	10
Whitsunday Regional Council	11
Isaac Regional Council	12
Mackay Regional Council	13
NQPHN health needs assessment	14
Systems approach	16
Black Dog Institute LifeSpan Framework	17
SPCAP focus areas	19
Strategy one	20
Strategy two	25
Strategy three	27
Strategy four & Strategy six	30
Strategy five	32
Strategy seven	34
Strategy eight	36
Strategy nine	38
Strategy ten	40

“Despite the challenges, the Whitsunday, Isaac and Mackay regions continue to grow and with that, the need for services that support the community grow also.”

Catherine Purcell

Suicide Prevention Coordinator

Dip. Business & Dip. Counselling



Foreword

Welcome to the sixth edition of the Suicide Prevention Community Action Plan (SPCAP) for the Whitsunday, Mackay and Isaac Regions.

In preparing this action plan, we have consulted with representatives from all three regions (SPCAP working group) who come from government, industry, not-for-profit sectors and the community.

These representatives have gathered feedback from within their communities and brought back the priority needs of each area.

The social and personal struggles as a result of COVID-19 continue to impact our regions.

The Mackay Regional Council's 2020 Survey highlights that residents' social wellbeing has been impacted negatively the most.

Despite the challenges, the Whitsunday, Isaac and Mackay regions continue to grow and with that, the need for services that support the community grow also.

By coming together with a united outlook, we work together to address the challenges, build resilience, resources and knowledge to strengthen our communities.

Strong and resilient communities lead to

healthier and more connected relationships for everyone.

Without the financial support of the NQPHN, the development of this plan would not have been possible. Without the support of the community, its volunteers, workers and passionate advocates, this plan could have considerably less impact.

We are incredibly grateful for all those involved in the development and implementation of the SPCAP for the Whitsunday, Isaac and Mackay regions.

We look forward to delivering the actions within the plan and continuing to work with our communities to build strong and effective initiatives into the future.

Yours sincerely,

Catherine Purcell

Suicide Prevention Coordinator

Seek help

Some people may find the content of the SPCAP to be confronting and/or distressing. If this is the case, please contact any of the services listed below.



In an emergency please call 000



1800 737 732 | 1800respect.org.au



13 11 14 | lifelineqld.org.au



1300 224 636 | beyondblue.org.au



1300 789 978 | mensline.org.au



1800 600 636 | dvconnect.org



1300 659 467 | suicidecallbackservice.org.au



13 43 25 84



13 92 76 | 13yarn.org.au



1800 177 833 | counsellingonline.org.au



1800 133 123 | selectability.com.au



Mental Health | 07 4885 5701

Disclaimer: The information provided in the Whitsunday, Isaac and Mackay Suicide Prevention Community Action Plan 2022 is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the best advice of your qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read/seen/heard here.

Background

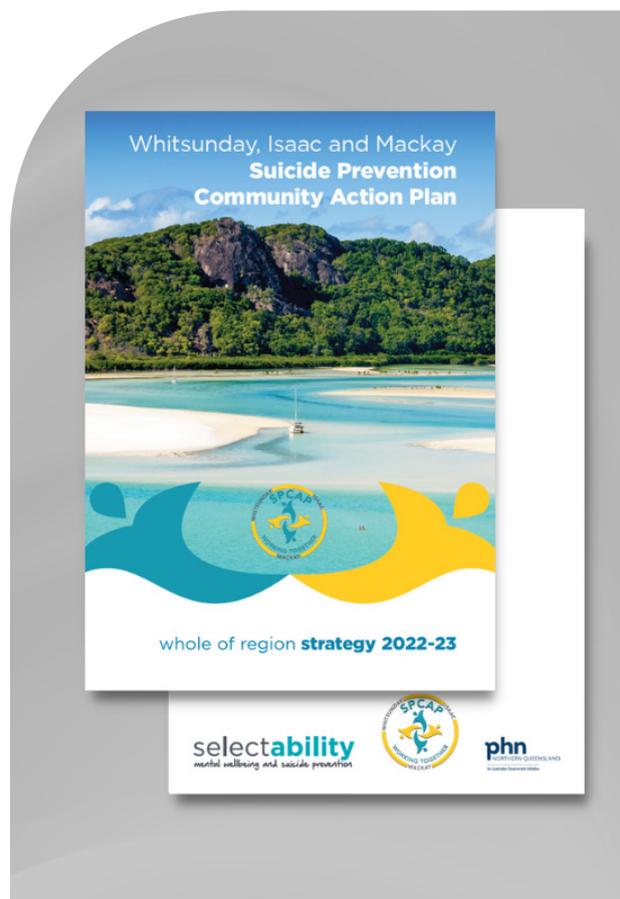
About the SPCAP

The purpose of the Whitsunday, Isaac and Mackay Suicide Prevention Community Action Plan (SPCAP) initiative is to lead the collaborative development of a community and sector endorsed path forward for coordinated suicide prevention activities across the regions.

The project will be delivered through a partnership led by selectability, one of regional Queensland's largest and leading providers of mental health services, supported by the Black Dog Institute, funded by NQPHN and guided by our communities, and particularly those with a lived experience of suicide.

About this document

The SPCAP comprises of two main sections:



Whole of region strategy

The purpose of this document is to set out the background, rationale and strategic drivers aligned to the Black Dog Institute's **LifeSpan framework**.

Actions register

This lists detailed actions, including a description, implementation steps, key stakeholders, and timeframes.

It contains actions which may be implemented at a whole-of-region level or locally.

It is not intended that all actions will be implemented simultaneously, but rather this document will assist local teams to prioritise actions for implementation.

Strategic directions

Vision

There will be significantly fewer people dying by or contemplating suicide in our communities.

Mission

The Whitsunday, Isaac and Mackay Suicide Prevention Community Action Plan working group collaborating to raise awareness, listen to our communities and take combined action to reduce suicide in our region.

Outcomes

Our focus is on increasing community capacity and awareness, to recognise and respond to people in distress, better coordination of suicide prevention efforts and a reduction of suicide attempts and deaths.



Principles

The key principles supporting the LifeSpan framework and adopted by the SPCAP are:

- **Data-driven decision making**

Planning of suicide prevention activities is evidence-based, informed by collecting, analysing, interpreting, and mapping available data that is locally relevant.

- **Workforce development**

Health and community services professionals and frontline workers play a critical role in suicide prevention. Training and knowledge sharing is key to supporting workers in preventing suicide.

- **Lived experience recognition and inclusion**

We acknowledge the invaluable contribution of those with a lived experience of suicide who must be included at all stages of decision making, implementation, and evaluation of the SPCAP.

- **Local ownership and adaptation**

Local communities must own the implementation of the SPCAP. Actions have intentionally been left high-level so that localised implementation teams may adapt them to suit the region.

- **Community engagement**

The community all have a role to play in suicide prevention. As much as possible, the plan's implementation should be community led and should be designed to meet community needs.

- **Cultural governance and inclusion**

Any initiative must be led and owned by the community to ensure that they are done in their best interest and in the most appropriate manner.



Our communities of interest

The Whitsunday, Isaac and Mackay Suicide Prevention Community Action Plan (SPCAP) covers the following areas of the Mackay Hospital and Health Service.

- **Whitsunday Regional Council**
- **Isaac Regional Council**
- **Mackay Regional Council**

It does not cover Ayr and Home Hill which are covered in the Burdekin Suicide Prevention Community Action Plan.



Regional **need**

Whitsunday Regional Council

About

Covering 23,863km², the Whitsunday's Regional Council includes the major townships of Airlie Beach, Bowen, Cannonvale, Collinsville and Proserpine.

Currently the population across the Whitsunday Regional Council's population is 35,927 and expected to grow to 39,847 by 2041.



The Whitsunday region's four town centres are diverse and provide unique opportunities in the art, culture and event spheres. If you can drag yourself away from enjoying some of the best outdoor leisure activities in Australia, then you'll be sure to enjoy a huge range of cultural pursuits.



As a region the Whitsunday's has a diverse and strong economy that includes industries such as agriculture, construction, mining and tourism, the Whitsundays is known as the gateway to the Great Barrier Reef and the 74 Whitsunday Islands.



Most employment within the Whitsundays revolves around accommodation and food services in connection with its strong tourism industry. However, due to COVID-19, the Whitsunday region is also experiencing a surge in unemployment, close to its height of unemployment in 2016.

Renowned for its relaxed lifestyle, the region boasts beaches, rainforests and large tracts of national parkland. While the region is rural and coastal in its nature, residents and visitors alike enjoy access to contemporary facilities including museums, art galleries, cafes, hotels, restaurants and entertainment facilities.

Source: Regional Economic Profile 2021 Mackay, Isaac, and Whitsunday

Isaac Regional Council

About

With a population of 20,987, Isaac Region is the largest mining region in Queensland with unemployment rates of 2% as of March 2021.

Isaac has a vibrant and active culture which values its arts, history and community. The charm of Isaac is greatly influenced by its art galleries libraries and museums, and supported by an annual stream of arts and cultural activities



The Isaac coast reveals quaint beach communities nestled along one the last remaining relatively undeveloped, yet accessible stretches of shoreline on the east coast.

Dugong sanctuaries, remote turtle nesting grounds and uninhabited islands, offer a unique opportunity to get back to nature and re-energise the mind.



The Mining Trail will introduce you to wise, beautiful landscapes, historic towns, vibrant mining communities and impressive man-made works.

Follow the Great Inland Way, where golden sunflowers line the road, while majestic mountains and lava plugs in National Parks, form spectacular backdrops on the horizon.



The Isaac local government area hosts 31 operating coal mines and an additional 15 in either care or maintenance, construction or advanced stages of approval.

Spanning 58,862km² from coast to the coalfields, the Isaac local government boasts world class export infrastructure allowing it to capitalise on the economic opportunities associate with the rise of Asia.

Source: Regional Economic Profile 2021 Mackay, Isaac, and Whitsunday

Mackay Regional Council

About

With vibrant and diverse rural and coastal communities, the Mackay region covers locations such as Mackay, Sarina, Walkerston, Marian, Mirani, Haliday Bay, Eungella, Grasstree Beach Campwin Beach and Armstrong Beach.

In 2021, Mackay's population was 117,902 and is projected to be 137,915 by 2041.



As one of Queensland's fastest growing populations, the region's economy is expected to continue driving strong growth.

Only an hour's flight from Brisbane, the Mackay region boasts an enviable lifestyle and a buoyant economy with the benefits of a fast-growing coastal city.



Its coastal location is complemented by its spectacular natural environment. This includes 31 beautiful beaches, a picturesque blue river and a pristine rainforest hinterland.

The Mackay regions' top sources of income come from mining, manufacturing, construction, real estate and transport, postal and warehousing.

Some of regional Queensland's best-preserved examples of art deco buildings proudly reside in Mackay.



These beautiful buildings sit alongside a collection of public art installations, which pay tribute to Mackay's historical and ecological diversity.

Source: Regional Economic Profile 2021 Mackay, Isaac, and Whitsunday

NQPHN health needs assessment 2019-22

The NQPHN Health Needs Assessment 2019-2022 (*hereinafter referred to as HNA*) has identified a need for increased suicide prevention activities in the region.

The overall age-standardised rate for suicide in Queensland is 16/100,000 rates. Within the NQPHN catchment areas, Mackay reports the highest rate of deaths by suicide and self-inflicted injury at 20/100,000.

Reasons for suicide are complex and multifaceted. Suicide is not always connected to mental illness. Suicide attempts are often linked to feelings of helplessness or being overwhelmed by a situation. These stressful life events can include relationship difficulties, social isolation, loss of a job or income and financial or housing stress.

The highest proportion of deaths by suicide occurs among young and middle-aged people, and the proportion decreases in progressively older age groups. The median age for suicide is 44 years, which is considerably lower than the median age for all deaths (82 years).

For the three years 2011 to 2013, data prepared by the Australian Institute for Suicide Research and Prevention (AISRAP) for NQPHN provides analysis of 328 suicides in the region, of which 225 (69 per cent) were male, and 49 of 321 (15 per cent).

Regarding hospitalisations for mental and behavioural disorders Mackay fared lower than the two of the four NQPHN catchment areas.

For anxiety:

- 411 hospitalisations (public)

For self-harm:

- 322 hospitalisations (public)

For schizophrenia:

- 309 hospitalisations (public)

From the 2007 National Survey of Mental Health and Wellbeing (the most recent survey) it was estimated that about one-third (35 per cent) of people with symptoms of a mental health disorder in the previous 12 months accessed mental health service providers.

Psychologists are a core professional group that is essential for the delivery of primary and community mental health services. Workforce availability varies between different regions in the NQPHN catchment. There is a significant difference

between Cairns - 0.8 FTE/1,000 people and Mackay - 0.3 FTE/1,000 people.

In the 3-year period from 2018-19 to 2020-21, 33,198 clients received a total of 141,348 NQPHN commissioned mental health services. The highest rate of delivery of mental health services per capita occurred in the MACKAY SA3 region (700/10,000 people).

NQPHN has identified several barriers to effective suicide prevention activities throughout the region, including:

- Lack of coordination between primary health care service and related mental health and suicide prevention services.
- Lack of suicide prevention programs and response protocols in rural areas.
- Issues with current suicide prevention activities including:
 - suicide prevention models being culturally ineffective
 - limited number of services
 - lack of sector coordination
 - lack of awareness of evidence-based interventions
 - difficulty accessing services
 - a need to develop greater capacity within services.

Furthermore, the HNA advocates for a regional approach to suicide prevention that should target these barriers and provide region-wide solutions to identified needs.



Systems approach

Suicide prevention is a complex health and social policy area with responsibility shared across both health and non-health systems.

The SPCAP has been developed in direct alignment with **Black Dog Institute's LifeSpan framework**.

LifeSpan is an integrated framework for suicide prevention. It combines nine strategies that have evidence for suicide prevention into one community led approach incorporating health, education, frontline services, business and the community.

The LifeSpan framework aims to build a safety net for the community by connecting and coordinating new and existing interventions and programs and building the capacity of the community to better support people facing a suicide crisis.

LifeSpan involves the implementation of evidence-based strategies simultaneously within a localised area.

These strategies are based on the most up-to-date evidence drawn from similar, large-scale suicide prevention programs overseas that have shown positive results.

The **nine evidence-based strategies** are implemented from whole of population level to the individual level, simultaneously within a localised region.

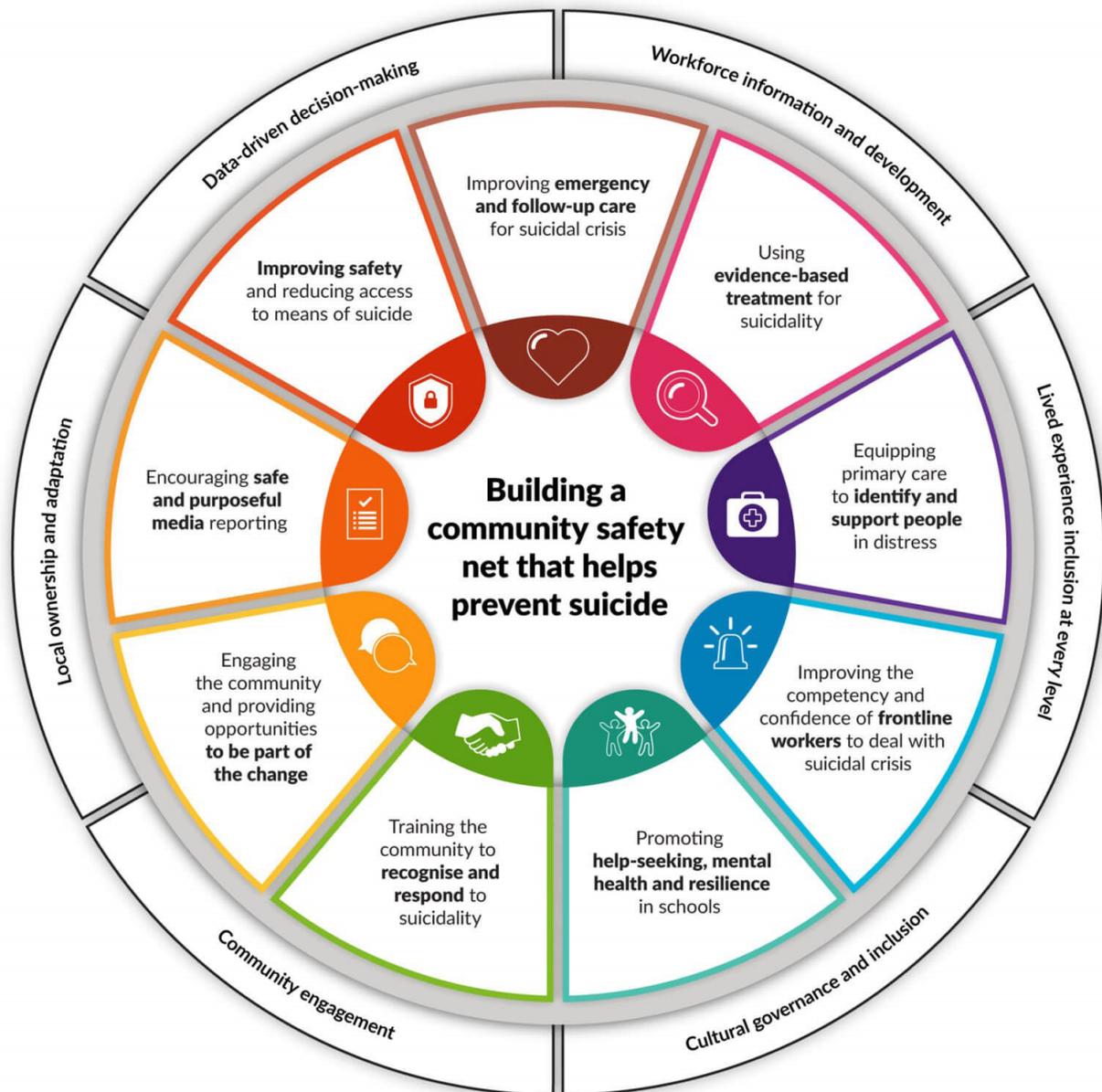
For effective delivery, all strategies require a thorough consultation and review process to ensure their relevance and tailoring to the local context and community.

Recognising that multiple strategies implemented at the same time are likely to generate bigger effects than just the sum of its parts, LifeSpan offers a data driven, evidence-based approach, setting it apart from current practice and raising the bar in suicide prevention (*Source: Black Dog Institute's LifeSpan Framework*).

In addition to the nine LifeSpan Framework strategies, a tenth strategy was included to the SPCAP approach in consultation with the community in 2017. This is explained further in the document.

LifeSpan Framework

The SPCAP is aligned with **Black Dog Institute's LifeSpan Framework**. High-level actions have been developed to allow prioritisation and refinement of key actions, and for local implementation teams to tailor their responses to the needs of their communities.





SPCAP focus areas

Actions register key

- Whitsunday Regional Council (WRC)
- Isaac Regional Council (IRC)
- Mackay Regional Council (MRC)

Strategy **one**

**Improving emergency and follow-up
care for suicidal crisis**

Strategy one

Priorities for Whitsunday, Isaac and Mackay region:

- Resource pack development and distribution.
- Information app development and distribution.
- Zero suicide model implementation at MHHS.
- Improved collaborative transfer of care procedures.
- Improved collaborative transfer of care procedures.
- More integrated and efficient use of existing resources.
- Improved information sharing processes.
- Implement of The Way Back Support Service.
- Regional considerations.

Actions register

OUTCOME MEASURE	NEXT ACTIONS	STAKEHOLDERS
<p>Resource packs We will: provide a resource pack for individual and/or family members after: - suicide attempt - death by suicide</p> <p>So that: regionalised resource packs are developed, accessible and in use across the region. Sustainability processes have been implemented to ensure ongoing development, distribution and availability.</p>	<ul style="list-style-type: none"> • Ongoing promotion and awareness of StandBy 	<ul style="list-style-type: none"> • NQPHN • QLD Health • QLD Health SAO Pack • StandBy • Grant/funding/donations • Organisation identified to ensure sustainability of the activity.
<p>We will: maintain production and distribution of Grapevine card.</p> <p>So that: Grapevine resource card is available and regularly accessed across Mackay.</p>	<ul style="list-style-type: none"> • Ongoing promotion of Grapevine Hubs, cards and app. 	<ul style="list-style-type: none"> • Grapevine • All services
<p>We will: provide an app that includes referral information across Mackay, Whitsunday and Isaac.</p> <p>So that: information app is developed, updated and in use across the region.</p>		<ul style="list-style-type: none"> • Grapevine • Run For Mi Life • GWC • Community Directory • WSPN • ISPN • App developer • People with lived experience • Health-Pathways

OUTCOME MEASURE	NEXT ACTIONS	STAKEHOLDERS
<p>Collaboration with Mackay Hospital and Health Service We will: implement ongoing procedures to improve transfer of care processes between MHHS and non-government services.</p> <p>So that: issues within transfer of care processes have been identified and appropriate strategies have been developed by a cohesive team of government and community-based organisations, groups and people with lived experience</p>	<ul style="list-style-type: none"> • Ongoing strength of collaboration. 	<ul style="list-style-type: none"> • Working group including SPCAP group, SPPR members, other relevant MHHS personnel, people with lived experience and other relevant stakeholders. • Mackay Suicide Risk Reduction Steering Committee • Department of Child Safety • NDIS
<p>Collaborating with GPs</p> <p>GPs receive discharge information from other services in a timely manner.</p>	<ul style="list-style-type: none"> • Ongoing. 	<ul style="list-style-type: none"> • Working group including SPCAP group, SPPR members, other relevant MHHS personnel, people with lived experience and other relevant stakeholders. • MHHS • Primary care providers • GPs • Health-Pathways • NQPHN
<p>Regional Considerations</p> <p>Individuals and family members in regional areas report higher satisfaction with support provided to them post-discharge</p>	<ul style="list-style-type: none"> • Ongoing. 	<ul style="list-style-type: none"> • Working group including SPCAP group, SPPR members, other relevant MHHS personnel, people with lived experience and other relevant stakeholders. • MHHS • GPs • Regional SPNs • Regional service providers
<p>Information Sharing</p> <p>Community based services report fewer blockages to receiving information about individuals and greater capacity to work collaboratively with MHHS and the individual to meet each person's needs.</p>	<ul style="list-style-type: none"> • Ongoing. 	<ul style="list-style-type: none"> • Working group including SPCAP group, SPPR members, other relevant MHHS personnel, people with lived experience and other relevant stakeholders.

OUTCOME MEASURE	NEXT ACTIONS	STAKEHOLDERS
<p>We will: ensure that the Emergency Department is well-equipped.</p> <p>So that: the Emergency Department can provide appropriate support.</p>		<ul style="list-style-type: none"> • SPCAP group • MHHS
<p>Use of existing resources</p> <p>We will: make use of existing resources to improve current crisis and/or aftercare service</p> <p>So that: resources are shared across the region.</p>	<ul style="list-style-type: none"> • Ongoing. 	<ul style="list-style-type: none"> • SPCAP group • QPS • QFS • QAS • Resource Industry Network • MIC • StandBy • Education Qld
<p>Wellness strategies</p> <p>We will: develop and implement strategies that encourage wellness and resilience.</p> <p>So that: communication strategy is developed and implemented.</p> <p>Early intervention strategies that encourage wellness, resilience and help seeking are identified and supported.</p>	<ul style="list-style-type: none"> • Ongoing growth of Real Mates Talk initiative. • Collaboration with Mackay Cutters (Change the Game). • Prevention focus and holistic view of wellbeing. • Investigate youth focused life skills training? • Investigate the concept of wellbeing connectors – could this be a process of RMT ambassadors? 	<ul style="list-style-type: none"> • SPCAP group • Regional Council Community Development teams • Range of government and community-based groups • Real Mates talk • Mackay Cutters • Mates in Construction
<p>Streamlined service delivery system</p> <p>We will: provide a streamlined, collaborative and cohesive service delivery system and processes.</p> <p>So that: community can access and use services as quickly and easily as possible.</p>	<ul style="list-style-type: none"> • Ongoing. 	<ul style="list-style-type: none"> • SPCAP group • NQPHN • MHHS • Regional Councils • Service providers • Community • GWC
<p>We will: address gaps in service delivery system and processes.</p> <p>So that: community members have access to needed services and can access them as quickly and easily as possible.</p>	<ul style="list-style-type: none"> • Ongoing. • Promotion of support where there is an incomplete suicide. 	<ul style="list-style-type: none"> • SPCAP group • Real Mates Talk • NQPHN • MHHS • Regional Councils • Service providers across the regions
<p>Regional considerations</p> <p>We will: conduct a needs analysis for the Whitsunday region. (cont.)</p>	<ul style="list-style-type: none"> • Ongoing. • Developing a Youth Hub in Bowen. 	<ul style="list-style-type: none"> • SPCAP Group • Local service providers • Whitsunday SPN

OUTCOME MEASURE	NEXT ACTIONS	STAKEHOLDERS
<p>So that: updated needs analysis which identifies changed community needs is used for decision making.</p>		<ul style="list-style-type: none"> • Mining sector • Whitsunday Regional Council • NQPHN
<p>We will: build trust in telehealth services, particularly in regional areas.</p> <p>So that: increased uptake of telehealth.</p>	<ul style="list-style-type: none"> • Ongoing. 	<ul style="list-style-type: none"> • NQPHN • Local MHHS staff in regional areas • Other
<p>We will: identify particular needs in mining communities.</p> <p>So that: mining community members have mental health/suicide prevention support they need.</p>	<ul style="list-style-type: none"> • Ongoing. • Ongoing collaboration - RMT strengthen engagement. 	<ul style="list-style-type: none"> • SPCAP group • Real Mates Talk • Community members • Mining sector stakeholders • Regional councils • RIN • Community service providers • NQPHN

Strategy **two**

Using evidence-based treatment for suicidality

Strategy two

Priorities for Whitsunday, Isaac and Mackay region:

- Suicide Prevention service map, to support improved referral pathways.
- Information app, to support greater awareness of and accessibility to the range of psychological and pharmacological services available across the region.

Actions register

OUTCOME MEASURE	NEXT ACTIONS	STAKEHOLDERS
<p>We will: improve referral pathways between psychological and other services across the region.</p> <p>So that: Suicide Prevention service map (which includes psychological services) is developed, updated and in use by GPs and other relevant services/groups.</p>	<ul style="list-style-type: none"> • Ongoing. • Ongoing through GWC project. 	<ul style="list-style-type: none"> • NQPHN • All services
<p>We will: ensure awareness of and accessibility to the range of psychological and pharmacological services available across the region.</p> <p>So that: information app (which includes psychological and pharmacological service information) is developed, updated and in use across the region.</p>	<ul style="list-style-type: none"> • Ongoing. • Ongoing through GWC project. • Ongoing collaborations. 	<ul style="list-style-type: none"> • Grapevine • Run For Mi Life • WSPN • ISPN • Corporate organisations • All services across the region (to provide data) • App developer • People with lived experience
<p>We will: provide an app that includes referral information across Mackay, Whitsunday and Isaac.</p> <p>So that: information app is developed, updated and in use across the region.</p>		<ul style="list-style-type: none"> • Grapevine • Run For Mi Life • GWC • Community Directory • WSPN • ISPN • App developer • People with lived experience • Health-Pathways

Strategy **three**

Equipping primary care to identify and support people in distress

Strategy three

Priorities for Whitsunday, Isaac and Mackay region:

- Ensure GPs and consumers have ready access to current, easy-to-use information, including through use of HealthPathways and Suicide Prevention service map.
- Investigation and potential implementation of app.
- Regional considerations for GP professional development.

Actions register

OUTCOME MEASURE	NEXT ACTIONS	STAKEHOLDERS
<p>We will: ensure GPs and consumers have ready access to current, easy-to-use information about suicide prevention services and support options.</p> <p>So that: there is a higher uptake by GPs of suicide prevention information and resources provided through HealthPathways. There is a higher number of referrals by GPs to community-based services.</p>	<ul style="list-style-type: none"> • Ongoing. • Collaboration around referral processes. 	<ul style="list-style-type: none"> • SPCAP group • GPs • GP Practice Managers • GPLO • Practice Support Team • NQPHN • Connect To Wellbeing • Navicare
<p>Black Dog Institute</p> <p>App has been implemented in 20 GP practices and is routinely used by GPs.</p>	<ul style="list-style-type: none"> • Ongoing. • Ongoing through GWC project. • Ongoing collaborations. 	<ul style="list-style-type: none"> • SPCAP group • People with lived experience • BDI • GPs/GPLO • GP Practice Managers
<p>We will: raise GP awareness of suicide prevention services</p> <p>So that: Suicide Prevention service map is developed, updated and in use by GPs and other relevant services/groups.</p>	<ul style="list-style-type: none"> • Ongoing. • Collaboration around referral processes. 	<ul style="list-style-type: none"> • NQPHN • All services • QPS • QAS • QFS • SES • GPs • NQPHN • QLD Health, Health-Pathways staff • Regional community disaster recovery services • headspace • Mental Health Nurses
<p>We will: provide alternative capacity building strategies that meet the needs of GPs in (cont.)</p>	<ul style="list-style-type: none"> • Ongoing. • Advocating for GP's in regional areas. 	<ul style="list-style-type: none"> • NQPHN • GPs

OUTCOME MEASURE	NEXT ACTIONS	STAKEHOLDERS
<p>regional areas.</p> <p>So that: GPs in regional areas are regularly accessing workshops and training provided across the region through video-conferencing facilities.</p>		<ul style="list-style-type: none"> • Regional video conferencing facilities • People with lived experience

Strategy **four**

Improving the competency and confidence of frontline workers to deal with suicidal crisis

Strategy **six**

Training the community to recognise and respond to suicidality

Strategy four

Priorities for Whitsunday, Isaac and Mackay region:

- Know what suicide prevention training needs to be provided to which individual and/or groups across the region.
- Maintain up-to-date knowledge and skills of identified frontline staff and gatekeepers.
- Link with and support provision of training in high-risk industries.

Actions register

OUTCOME MEASURE	NEXT ACTIONS	STAKEHOLDERS
<p>Frontline workers We will: know what suicide prevention training needs to be provided to which individual and/or groups across the region</p> <p>So that: map of current suicide prevention training/ courses being provided across the region has been developed and is maintained with up-to-date information.</p>	<ul style="list-style-type: none"> • Ongoing. • Promote CORES training as another option for community - with follow on self-care and wellbeing training. 	<ul style="list-style-type: none"> • SPCAP group • Suicide prevention services across the region • Suicide Prevention Networks
<p>We will: maintain up-to-date knowledge and skills of identified frontline staff and gatekeepers.</p> <p>So that: key gatekeepers and frontline workers have been identified and provided with opportunities to access suicide prevention training.</p> <p>Gatekeeper and frontline worker training provision is coordinated across the region and appropriately targeted to particularly vulnerable and/or hard to reach individuals/ groups.</p>	<ul style="list-style-type: none"> • Ongoing. • Promote CORES training as another option for community - with follow on self-care and wellbeing training. 	<ul style="list-style-type: none"> • SPCAP group • Suicide prevention services across the region • Suicide Prevention Networks
<p>We will: link with and support provision of training in high-risk industries.</p> <p>So that: training in high-risk industries targeted to particular needs so that information retention rates are higher and a wider audience is reached.</p>	<ul style="list-style-type: none"> • Ongoing. • Continue to collaborate with RMT partners. 	<ul style="list-style-type: none"> • SPCAP group • Resource Industry Network (RIN) • Mates in Construction • Resource industry sector

Strategy **five**

Promoting help-seeking, mental health and resilience in schools

Strategy five

Priorities for Whitsunday, Isaac and Mackay region:

- Support effective communication between hospital and schools.
- Support schools to identify and implement appropriate suicide prevention supports, training and/or resources.
- Maintain relationships with schools to facilitate information flow.

Actions register

OUTCOME MEASURE	NEXT ACTIONS	STAKEHOLDERS
<p>We will: support effective communication between hospital and schools that supports young people post-discharge.</p> <p>So that: MHHS and Education QLD staff members report higher rates of communication between staff members.</p>	<ul style="list-style-type: none"> • Ongoing. 	<ul style="list-style-type: none"> • SPCAP group • EdLinQ • Mental Health First Aid training providers • Parents and family members • HealthPathways
<p>We will: support schools to identify and implement appropriate suicide prevention supports, training and/or resources, for staff and students.</p> <p>So that: Schools are working collaboratively with local organisations/groups to confidently provide integrated suicide prevention training, resources and other supports.</p>	<ul style="list-style-type: none"> • Ongoing. • 2022 School Guidance Counsellor Forum – Mental Health and Suicide Prevention. • Collaborate to investigate programs, anti-bullying education, social media awareness. • Continued collaboration to encourage programs, Resilience Project, Change the Game, First 5, Youth and Teen Mental Health First Aid. 	<ul style="list-style-type: none"> • SPCAP group • Guidance Officers Supervisor • EdLinQ • Education QLD Mental Health Coach • headspace School Support Service • People with lived experience • School Based Youth Health Nurses • RMT
<p>We will: maintain relationships with schools to facilitate information flow so that people impacted by suicide receive integrated support</p> <p>So that: schools are working collaboratively with local organisations/groups to confidently provide integrated suicide prevention training, resources and other supports.</p>	<ul style="list-style-type: none"> • Ongoing. • Promotion of established locally based services who have existing relationships with schools. • Real Mates Talk. • Can we partner with someone RE a school program? • Investigate mini health and wellbeing workshops for students and educators. 	<ul style="list-style-type: none"> • SPCAP group • Guidance Officers Supervisor • EdLinQ • Education QLD Mental Health Coach • School Based Youth Health Nurses • headspace School Support Service • People with lived experience

Strategy **seven**

**Engaging the community and
providing opportunities to be part of
the change**

Strategy seven

Priorities for Whitsunday, Isaac and Mackay region:

- Implement strategic, collaborative, evidence based local campaigns that have a clear purpose.

Actions register

OUTCOME MEASURE	NEXT ACTIONS	STAKEHOLDERS
<p>We will: undertake strategic community campaigns that have an identified purpose and meet evidence-based goals.</p> <p>So that: local campaigns are strategically designed to meet predetermined outcomes and integrated with broader community wide goals.</p>	<ul style="list-style-type: none"> • Ongoing. • Investigate options for emotional intelligence training. • Social media awareness training. • RMT to continue engaging with community leaders and 'mental health champions' to assist growing the initiative. • Ongoing - continue to provide opportunities for community connections, <i>eg. Movie Nights, Basketball.</i> • RMT to continue engaging with groups and clubs encouraging mental health training. • Explore idea of 'Town Talk'. 	<ul style="list-style-type: none"> • Community campaign committee formed from three suicide prevention networks and other parties with relevant expertise (WIMSPN) • Run For Mi Life • Government services • Community based services • Suicide Prevention Networks • SPCAP Group • Grapevine • Community groups • Community members

Strategy **eight**

Encouraging safe and purposeful media reporting

Strategy eight

Priorities for Whitsunday, Isaac and Mackay region:

- Build a local media database.
- Establish a Lived Experience Speakers Bureau.
- Implement Mindframe training.

Actions register

OUTCOME MEASURE	NEXT ACTIONS	STAKEHOLDERS
<p>We will: support media to report responsibly about suicide so the potential for further harm is minimised.</p> <p>So that: local media understand and apply guidelines for responsible reporting about suicide and instances of further harm are reduced.</p>	<ul style="list-style-type: none">• Ongoing.	<ul style="list-style-type: none">• SPCAP group• Local print, radio and television media across the region• Mindframe• Roses in the Ocean• People with lived experience• MHHS• Regional suicide prevention networks

Strategy **nine**

**Improving safety and reducing access
to means of suicide**

Strategy nine

Priorities for Whitsunday, Isaac and Mackay region:

- Explore options to include suicide prevention information in Party Safe Tool Kit.

Actions register

OUTCOME MEASURE	NEXT ACTIONS	STAKEHOLDERS
We will: minimise the possibility of suicide in certain environments/circumstances	<ul style="list-style-type: none">• Ongoing.	<ul style="list-style-type: none">• SPCAP group• QPS• Range of government and community-based services

Strategy **ten**

Overarching strategies

Strategy ten

Priorities for Whitsunday, Isaac and Mackay region:

- Ensure sustainability of co-ordination of the plan.
- Gather data to inform planning.
- Ensure strategies are culturally and regionally appropriate.
- Ensure strategies are based within the context of lived experience.

Actions register

OUTCOME MEASURE	NEXT ACTIONS	STAKEHOLDERS
<p>Sustained plan coordination We will: maintain a consistent, long-term structure for coordinating evidence-based suicide prevention strategies across government, community based and other services across the region.</p> <p>So that: SPCAP is sustainable financially and structurally, with strong regional relationships and demonstrated commitment to regional suicide prevention goals in the Community Action Plan.</p>	<ul style="list-style-type: none"> • Ongoing. • Continued funding to continue action, improvement and development. • Diversify funding resources – not just mining. • Ongoing exploration of funding. • Ongoing development and action of strategies. • Strengthening the presence of Real Mates Talk across the Whitsunday, Isaac and Mackay footprint. 	<ul style="list-style-type: none"> • SPCAP group • NQPHN • Other grants/funding opportunities • Real Mates Talk
<p>We will: ensure development and sustainability of suicide prevention networks in Whitsunday, Isaac and Mackay.</p> <p>So that: suicide prevention networks continue to report sustainability and growth over time.</p>	<ul style="list-style-type: none"> • Ongoing. • Strengthening the presence of Real Mates Talk across the Whitsunday, Isaac and Mackay footprint. 	<ul style="list-style-type: none"> • SPCAP group • Real Mates Talk • Mackay SPN • Isaac SP Group • Whitsunday SPN • Wesley LifeForce
<p>Data gathering to inform planning We will: conduct service mapping so that Community Action Plan strategies can be appropriately targeted to produce identified outcomes.</p> <p>So that: service map has been developed, is maintained and in use across the region suicide audit is complete and target groups/key concerns are identified.</p>	<ul style="list-style-type: none"> • Ongoing • Continue collaboration with GWC Council of Mayors Suicide Prevention Taskforce. <i>(This includes work around My Community Directory and Care Navigation)</i> 	<ul style="list-style-type: none"> • SPCAP group • AISRAP • NQPHN • Research groups/institutions • MHHS • QPS • GWC • Navicare

OUTCOME MEASURE	NEXT ACTIONS	STAKEHOLDERS
<p>We will: collect, collate and analyse regional suicide-related data.</p> <p>So that: Community Action Plan strategies can be appropriately targeted.</p>	<ul style="list-style-type: none"> • Ongoing strength of collaboration. 	<ul style="list-style-type: none"> • SPCAP group • AISRAP • NQPHN • Research institutions • MHHS • QPS
<p>We will: conduct research/data gathering to determine validity and efficacy of the Community Action Plan's post-discharge strategies for individuals and their families.</p> <p>So that: baseline and comparison surveys have been conducted and trends identified to improve post discharge processes.</p>	<ul style="list-style-type: none"> • Ongoing. 	<ul style="list-style-type: none"> • SPCAP Group • MHHS • JCU • Regional Suicide Prevention Networks
<p>We will: conduct research/data gathering to determine validity and efficacy of the Community Action Plan's strategies for information sharing between government and community-based organisations.</p> <p>So that: baseline and comparison surveys have been conducted and trends identified to improve collaboration between government and community-based organisations.</p>	<ul style="list-style-type: none"> • Ongoing – 2022 survey data to be reviewed by data working group. 	<ul style="list-style-type: none"> • SPCAP group • Relevant research body • Range of community-based services
<p>Culturally and regionally appropriate</p> <p>We will: understand the specific nature of an individual's interactions with services in this region.</p> <p>So that: suicide prevention strategies can be appropriately targeted.</p>	<ul style="list-style-type: none"> • Ongoing. 	<ul style="list-style-type: none"> • SPCAP group • Coroner's Office • Other relevant government agencies
<p>We will: ensure suicide prevention services are appropriate for different gender preferences, cultures and other communities within the region.</p>	<ul style="list-style-type: none"> • Ongoing. • Ongoing strengthening of specific working groups within the SPCAP Group. • Strengthen relationships with Mackay Pride Committee. 	<ul style="list-style-type: none"> • SPCAP group • Transcultural Mental Health Service • ATSI CHS • headspace

OUTCOME MEASURE	NEXT ACTIONS	STAKEHOLDERS
<p>(cont.) So that: suicide prevention strategies across the region meet the identified needs of a range of cultural, age, gender groups.</p>	<ul style="list-style-type: none"> • Strengthen relationship Bindi Tok Olgeta. • Strengthen relationship with Veteran Support Services. • Follow up on feedback from GWC project where there was a call for specific cultural acknowledgement of Aboriginal, Torres Strait Islander and South Sea Islander communities. 	<ul style="list-style-type: none"> • MHHS • Schools • Mates in Construction • Resource Industry Network (RIN) • Mackay Pride Committee • Bindi Tok Olgeta • Veterans Support Services • GWC • Other regional groups and organisations
<p>Lived experience We will: ensure that strategies are based on, and meet the needs of, people with a lived experience. So that: Lived Experience Advisory Group is established and functioning.</p>	<ul style="list-style-type: none"> • Ongoing. • Ongoing collaboration with Roses in the Ocean - training in Mackay. • Collaboration with peer workers. • Ongoing strengthening of the lived experience working group within the SPCAP group. 	<ul style="list-style-type: none"> • SPCAP group • People with lived experience • Roses in the Ocean

selectability
mental wellbeing and suicide prevention



phn
NORTHERN QUEENSLAND
An Australian Government Initiative