

North Western Melbourne PHN Suicide Prevention Lead Site Plan October 2017

Update of summary of main trial activities and approach

IMPLEMENTATION	INFORMATION REQUIRED
<p>Summary of main trial activities and approach</p>	<p><i>Provide a brief description of activities to be undertaken</i></p> <p><i>Services/Interventions should be evidence based and any models that underpin the approach identified</i></p> <p>Framework development</p> <ul style="list-style-type: none"> • Develop a cultural appropriate systems-based suicide prevention framework for the LGBTI community (Framework) based on Blackdog’s Lifespan, the National LGBTI Health Alliance Mental Health and Suicide Prevention Framework and NWMPHN’s Mental Health System of Care. UPDATE: Framework developed in conjunction with the NWMPHN Lesbian Gay Bisexual Transgender Intersex (LGBTI)Suicide Prevention Taskforce (the Taskforce), Blackdog LifeSpan and LGBTI Health Alliance through an all-day workshop held on August 10th. The outcomes were presented to the Taskforce and endorsed on September 7th. • Map existing activity against the Framework UPDATE: The Framework has been mapped against Blackdog LifeSpan and the LGBTI Health Alliance Suicide Prevention and Mental Health Strategy. Please refer to attachments. Further mapping will be undertaken after the Taskforce identifies priorities at the next meeting scheduled for 25 October. <p>NWMLGBTI Suicide Prevention Taskforce formalise membership, terms of reference and meeting structure</p> <ul style="list-style-type: none"> • Increase participation of community leadership and lived experience on the NWMLGBTI Suicide Prevention Taskforce UPDATE: Taskforce was established based on the membership of the NWMPHN LGBTI Mental Health and AOD Service Provider’s Network. Additional membership was sought to ensure the Taskforce is inclusive of the whole of the LGBTI community. Community leadership participation was sought from advocacy and other organisations: Bisexual Alliance, Australian Gay and Lesbian Multicultural Council (AGMC), Equinox, Carers Victoria, Australian Research Centre for Sex, Health and Society (ARCSHS), Victorian Aboriginal Community Controlled Health Organisation, Minus 18, Zoe Belle Gender Collective, Victoria Police. People with Lived experience recruited to Regional Suicide Prevention Advisory Group. Membership list attached. <p>Meetings to date:</p> <ul style="list-style-type: none"> - 6 May – presentation at the Taskforce meeting to ascertain interest in the co-design of the Trial

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- 2 June – discussion on the membership, purpose and ambitions of the Trial
- 24 July – outline the Terms of Reference of the Taskforce and the co-design methodology of the development of the Trail Framework
- 10 August – all day workshop to develop the Framework
- 7 September – meeting to review workshop outcomes and plan next stages
- PLANNED – 25 October workshop to identify priority actions for commissioning.

- Develop formal and informal mechanisms with other relevant LGBTI and suicide prevention and postvention consultation groups
UPDATE: Individual meetings occurred with Switchboard, AGMC and Safeschools coalition. Meetings with DHHS including Family violence LGBTI coordinator.
- Commission services to support the participation of People with Lived Experience on the Taskforce
UPDATE: Tender documents have been developed to procure the services of an expert Suicide Prevention Lived Experience organisation. Release date is October 2017.

Commissioning of Activity

- Based on the mapping of activity against the Framework, prioritise commissioning of activity to meet gaps for identified regions/ communities
UPDATE: Co-design planning of interventions to occur at upcoming workshop 25th October. Estimation of possible interventions and dates attached.
- Work with the NWM LGBTI Suicide Prevention Taskforce to identify evidence based interventions from consultations with Suicide Prevention Australia, Blackdog and the LGBTI Health Alliance.
UPDATE: Few evidence based interventions exist for LGBTI suicide prevention, however literature review has identified research based recommendations. Ongoing consultation process for further interventions, with interventions to be designed and prioritised at workshop in late October.
- Commission activity
UPDATE: Interventions not yet decided by taskforce. Commissioning planned to occur from November 2017 (refer attachments).
- Commission evaluation to measure commissioned activity for a range of evidence including cultural adaption, impact and effectiveness
UPDATE: Planned to begin November 2017 (refer attachments).

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	<p>Specialist Primary Care Navigator</p> <ul style="list-style-type: none">• In consultation with relevant leading experts and services, develop a model of specialist primary care navigator with key skills in support after suicide, self-harm, service access and linkage and family support as well as broader skills and resource utilisation for a range of issues both mental and physical in nature.• Commission implementation of the model within of primary health settings• Commission evaluation to measure commissioned activity to build the evidence base <p>UPDATE: internal working group has been established and mapping of existing similar programs is underway. Timelines for future development below.</p>
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LGBTI Suicide Prevention Trial

Society

	Commissioned activity	Timeline
Discrimination	<ul style="list-style-type: none"> • LGBTI online media campaign • LGBTI Youth Internet Resource – cyber safety program • LGBTI Youth Internet Resource – trans youth • LGBTI suicide prevention chat room 	<ul style="list-style-type: none"> • Stage 4
Media and Society Views	<ul style="list-style-type: none"> • Dispelling myth and stereotyping campaign • LGBTI and SP/MH organisations develop a campaign 	<ul style="list-style-type: none"> • Stage 4

LGBTI Community

	Commissioned activity	Timeline
Cohesion in the LGBTI community	<ul style="list-style-type: none"> • Suicide prevention community campaign including face-to-face events that celebrate cohesion and diversity within the community • (possible link to Family Violence) • Gatekeeper training 	<ul style="list-style-type: none"> • Stage 4 • Stage 2

Service Delivery

	Commissioned activity	Timeline
Intake process	<ul style="list-style-type: none"> • LGBTI sensitive service delivery training including ‘taking sexual histories’; inclusive practices • Organisational leadership program 	<ul style="list-style-type: none"> • Stage 2
Accessing of services	<ul style="list-style-type: none"> • Communication campaign including posters and service promotion telling readers that the service is LGBTI friendly 	<ul style="list-style-type: none"> • Stage 2
Workforce development	<ul style="list-style-type: none"> • LGBTI professional development and diversity training for key workforce • Suicide prevention training for LGBTI workforce • Increase the capacity of LGBTI-health services to deliver MH and SP programs to LGBTI people 	<ul style="list-style-type: none"> • Stage 2

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	<ul style="list-style-type: none"> LGBTI suicide risk training for staff and volunteers of suicide crisis lines, law enforcement, emergency care professionals and others who work with suicidal individuals Specific GP training 	
Service Response	<ul style="list-style-type: none"> Development of appropriate collateral to support service delivery Self-acceptance and stigma reduction should be a focus of therapists Develop specialist LGBTI health promotion programs in mainstream health promotion agencies LGBTI specific mental health promotion programs to provide education, and information regarding healthy sexual and gender variations and promote positive identity and family and community connectedness Introduce trained LGBTI needs-specific champions in mainstream mental health services Increase services that target trans young people 	<ul style="list-style-type: none"> Stage 3
Policy	<ul style="list-style-type: none"> develop draft policy of differences and support services to adopt gay affirmative practice should be applied to suicide prevention programs delivered in clinical and non-clinical settings 	<ul style="list-style-type: none"> Stage 3
Discharge and follow up	<ul style="list-style-type: none"> Develop Culturally appropriate discharge follow up program that includes referral pathways to services and social supports 	<ul style="list-style-type: none"> Stage 3
Transition between services	<ul style="list-style-type: none"> Develop service map to support transition of service; develop communications campaign; develop health pathways 	<ul style="list-style-type: none"> Stage 2
Data collection and feedback systems	<ul style="list-style-type: none"> Improve collection of adequate and appropriate data 	<ul style="list-style-type: none"> Stage 2

Community

	Commissioned activity	Timeline
Support and community networks	<ul style="list-style-type: none"> Development of interventions aimed at families: focus on CALD parents; focus on families of trans individuals 	<ul style="list-style-type: none"> Stage 2

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	<ul style="list-style-type: none"> Parents need both educational and support to be prepared for a possible disclosure and sometimes to manage their own feelings 	
Complexity of intersectionality	<ul style="list-style-type: none"> Information about same sex attraction and gender diversity should be included in all mainstream material about adolescent health 	<ul style="list-style-type: none"> Stage 4
Advocacy and peer support	<ul style="list-style-type: none"> Identify gaps in provision of social support to LGBTI communities including funding to address gaps Support direct participation programs that combine groups of people and places that strengthen existing social ties, foster new connections or create opportunity to participate in activities that promote mental health Gatekeeper training Programs that increase LGBTI people's capacity to build and sustain friendships Building sustained relationships between LGBTI communities and mainstream groups 	<ul style="list-style-type: none"> Stage 2

Individual

	Commissioned activity	Timeline
Coming out and coming to terms with self	<ul style="list-style-type: none"> Social media campaign for prevention of suicide Hotline Mass media campaign Support for P-Flag Attachment-based family therapy for LGBTI adolescents 	<ul style="list-style-type: none"> Stage 4 Stage 2 Stage 2
Resilience building and preventative care	<ul style="list-style-type: none"> Stigma reduction campaigns in development of an LGBTI identity School based initiatives Trans-specific, anti-discrimination and anti-bullying policies, processes and education programs Mental health management in schools 	<ul style="list-style-type: none"> Stage 4 Stage 2 Stage 3 Stage 2

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Staging					
July 2017	Stage 1: - Framework Development -Activity Prioritisation				
August 2017					
September 2017					
October 2017					
November 2017		Stage 2: Commissioning and procurement of initial activities <i>Capacity Building</i> <i>Upskilling</i>			Stage 5: Evaluation of activities
December 2017					
January 2018					
February 2018					
March 2018					
April 2018					
May 2018					
June 2018					
July 2018			Stage 3: Commissioning and procurement of second wave of activities <i>Health promotion</i> <i>Resources</i> <i>Policy</i>		
August 2018					
September 2018					
October 2018					
November 2018					
December 2018					
January 2019					
February 2019					
March 2019				Stage 4: Commissioning and procurement of third wave of activities	
April 2019					
May 2019					
June 2019					
July 2019					

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August 2019				<i>Campaigns</i> <i>Online</i>	
September 2019					
October 2019					
November 2019					
December 2019					
January 2020					
February 2020					
March 2020					
April 2020					
May 2020					
June 2020					

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Specialist Primary Care Navigator – Indicative timeframe and expenditure

	Activity	Timeline
Development	<ul style="list-style-type: none"> • Researching evidence based models of care navigation • Develop proposed model based on the evidence 	July 17- Feb 18
Co-design	<ul style="list-style-type: none"> • Seek feedback and assistance from key stakeholders regarding model of care navigation • Refine and finalise model of Care Navigation via co-design model 	Feb 18- Aug 18
Recruitment	<ul style="list-style-type: none"> • Advertise Care Navigation position • Recruit role of Care Navigator • Onboarding and orientation process for Care Navigator 	Aug 18 – April 19
Evaluation	<ul style="list-style-type: none"> • EOI's to be completed • Commission agency to complete evaluation 	May 18- June 20

Staging				
July 2017	Development			
August 2017				
September 2017				
October 2017				
November 2017				
December 2017				
January 2018				
February 2018				

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March 2018		Co-design		
April 2018				
May 2018				Evaluation
June 2018				
July 2018				
August 2018		Procurement		
September 2018				
October 2018				
November 2018				
December 2018				
January 2019				
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January 2020				
February 2020				
March 2020				

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April 2020				
May 2020				
June 2020				