

Working together to reduce suicide

LGBTIQ Suicide Prevention Trial | November 2019 Update

Although many LGBTIQ Australians live healthy and happy lives, a disproportionate number of LGBTIQ people experience poorer mental health outcomes and have higher risk of suicidal behaviors compared to their peers outside the LGBTIQ community.

North Western Melbourne Primary Health Network, in partnership with our vibrant LGBTIQ community, is leading change through a National Suicide Prevention Trial aimed at reducing suicide rates for local LGBTIQ people.

Trial Objectives

The objectives of the LGBTIQ Suicide Prevention Trial are to:

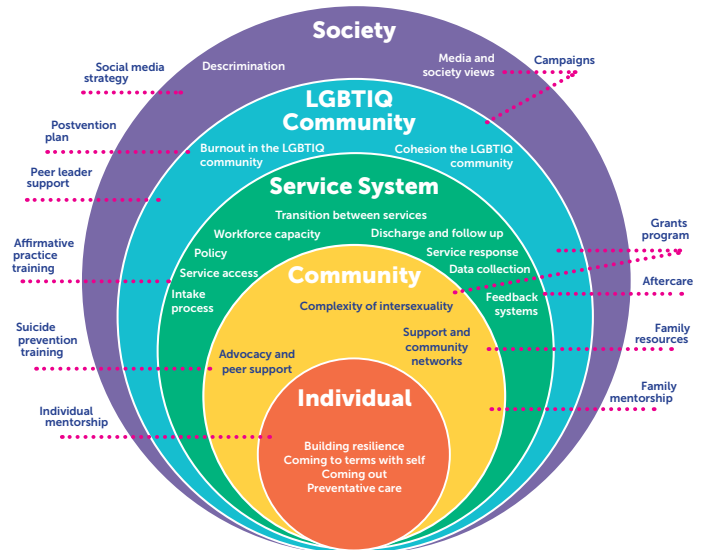
1. Understand and address the factors that contribute to suicide in the LGBTIQ community
2. Work with community stakeholders to co-design and implement a systems-based framework for suicide prevention in the LGBTIQ community
3. Grow and share our understanding of what works for suicide prevention for the LGBTIQ community through implementing and monitoring targeted initiatives

Many representatives of LGBTIQ organisations and advocacy bodies, as well as those with lived experience, have volunteered their time as participants on our LGBTIQ Suicide Prevention Taskforce. This Taskforce has played a pivotal role in guiding the planning and design of the trial, providing invaluable knowledge and insight regarding the unique needs and experiences of both consumers and service providers.

Together we have established a model and framework specifically for the LGBTIQ community, adapted from the Lifespan model, which prioritises eleven focused interventions across five key areas (individual, community, service system, LGBTIQ community and society).



The LGBTIQ Suicide Prevention Trial framework and associated interventions



Question, Persuade, Refer (QPR) gatekeeper training licences available

This is a free, evidence-based module to help community members identify the signs when someone is at risk of suicide. Training takes only 60 minutes to complete and can be done at any time.

To access QPR training, follow this link: nwmphn.org.au/suicideprevention-qpr

How you can help reduce suicide

What's happening

What has resulted from the work of the Taskforce?

Following a rigorous procurement process designed to identify the most suitable provider, each of the initiatives designed by the taskforce have been commissioned:



Mind Australia have refined a model of Aftercare in consultation and collaboration with LGBTIQ organisations and advocacy groups;



drummond street services have developed and implemented individual and family mentorship programs to provide cross-generational support for LGBTIQ people at periods of vulnerability, with a focus on building the capacity of existing services to address contributing factors to LGBTIQ suicide;



Switchboard are developing an adaptable postvention plan for the LGBTIQ community;



Thorne Harbour Health have developed a tailored affirmative practice training package for mental health services, frontline staff and general practitioners; and



Livingworks have worked with representatives of the LGBTIQ community to refine existing evidence-based methods of suicide prevention and intervention (ASIST and safeTALK) to better represent their unique needs.

System of Care

NWMPHN's System of Care promotes a person-centred approach to mental health, suicide and alcohol and other drug treatment and care, supporting services which are responsive to community needs and expectations. Services commissioned under this System of Care deliver targeted and appropriate services to a wide range of community and cultural groups at numerous locations through our region. A list of these services can be found below.

nwmpnhn.org.au/systemofcare

What's next?

The work of the Taskforce is not complete! The Taskforce continues to show leadership in innovative approaches to suicide prevention, and we are excited to build strong, sustainable networks that will last beyond the life of the trial.

In late August, the Taskforce came together for a workshop to provide another opportunity for the LGBTIQ sector, consumers and those with lived experience to reflect on and provide further input to the trial. We also reflected on the shared vision and purpose that underpins the suicide prevention trial and the work done so far. It also established the next priorities for the trial.

To support these agreed priorities, in the coming months NWMPHN will conduct several commissioning activities focused on:



- media campaigns
- the development of family support materials with a specific focus on subgroups within LGBTIQ community
- consideration of further peer leader support resources

We will provide regular updates as the commissioned activities and work of the Taskforce progress.

We are also in the process of commissioning an evaluation of the trial. This will look at how the system model was developed, how the interventions and components of the system work together, and an evaluation of the trial activities. It is hoped that the evaluation will contribute to the evidence base and support future policy and commissioning priorities.

Thank you to all those who have been involved in the trial so far, for your time and extraordinary commitment to ensuring that we are best reflecting the needs of the LGBTIQ community. We believe this trial is critical to provide better support to those in vulnerable situations and are looking forward to progressing the next phase of work.

If you would like any further information regarding activities within the Trial please contact us:

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