

# Working together to reduce suicide

## Macedon Ranges Suicide Prevention Trial

December 2020

**The Macedon Ranges Suicide Prevention Trial is one of twelve place-based trial locations throughout Victoria. The Trial aims to have a positive impact on rates of suicide and attempts, individual resilience and well-being and broader system improvements.**

It has been a busy few months for trial site partners and, despite the challenges this year, meetings and project activities have found a way to continue.

We would like to thank all our partners for their continued efforts, commitment and engagement in trial site activities. We look forward to collaborating with you further in the New Year!

## Projects and Initiatives

### # the Human Code

The Human Code project (formerly 'Challenging masculine stereotypes, promoting healthier masculinities') is off to a fantastic start, with a new name and branding!

Led by Orygen, the project includes a survey of 1,000 community members and targeted interviews and focus groups to help local partners understand how the attitudes and behaviours of men and boys in Macedon Ranges aligns with harmful masculine stereotypes.

Ken Reither from Gisborne Men's Shed is a member of the Working Group overseeing this project. He told us *"my hope is that this project moves the community understanding of masculinity to be more like humanity, whereby we all keep an eye out for those needing assistance, we don't walk past what we don't accept, and it is ok for any of us to ask for help."*

Orygen is working with local partners including health services, the council, sports clubs, young people and schools to complete development of the community survey which we will be launching soon. Watch this space...

[nwmphn.org.au](http://nwmphn.org.au)

## Macedon Ranges Mentally Active Sports (MRMAS) kicks off

We are excited to announce that the Mentally Active Sports Project has kicked off with Gisborne Cricket Club and Riddell Football Netball Club (RFNC) selected to pilot mental health activities over the next 18 months. They will be supported by the Macedon Ranges Suicide Prevention Trial Site at Macedon Ranges Health, Central Victorian Primary Care Partnership and Sports Focus.

RFNC Mental health officer Scott Tresize said the Riddell Bombers are proud to be part of the project. *"Mental Health is a growing concern, especially in these times. This program will help not only our club, but our community. We look forward to working with the Macedon Ranges Suicide Prevention Trial Site."*

Gisborne Cricket Club coach Gavin McKay said the Dragons are also really excited to be participating. *"Gisborne Cricket Club sees this as a fantastic opportunity to work with our members - as well as their parents and siblings - in breaking down mental health stigma and beginning the education of our community around staying mentally healthy."*

*This project is generously funded by Gisborne and District Community Bank Branch (Bendigo Bank) and supported by the Macedon Ranges Suicide Prevention Trial Site.*



## Supporting community after suicide

Local partners and community leaders are strengthening support for community members following a suicide in the Macedon Ranges. A time limited Working Group including health services, MRSPAG, VicPol, Macedon Ranges Shire Council Central Victorian PCP, Jesuit Support after Suicide and Standby Murray has been established to look at how processes can be improved.

The first meeting which took place in November was an opportunity for members to hear more about the key role of police in the Northern Mallee postvention protocol. Future meetings will consider arrangements to coordinate timely local supports including the roles and responsibilities of individual organisations. Working Group members will continue to draw on good practice in other areas, subject matter expertise and the voice of lived experience to guide and inform their work.

## Sustainability Planning for Suicide Prevention Activities in the Macedon Ranges

Local partners are getting ready to embark on a critical new project which will create an agreed sustainability plan for suicide prevention work in Macedon Ranges Shire. This is a key project and provides an opportunity for local partners to shape and determine the governance structure that will oversee project activities in community post June 2022 when funding for the trial site will come to an end. Project activities are due to commence early in the new year.

## Improving how organisations work with people who have a lived experience of suicide

Does your organisation take a good practice approach when engaging the voice of lived experience in suicide prevention services?

Macedon Ranges Suicide Prevention Trial Site is partnering with Roses in the Ocean and MRSPAG to deliver a half day workshop that supports local health and community organisations work effectively with those who have a lived experience of suicide.

This Workshop will give you the opportunity to:

- hear directly from a panel of lived experience experts
- build your knowledge of some practical considerations when engaging with lived experience
- unpack some scenarios to test out your learning

To register your interest to attend or find out more email [deepa.patel@mrh.org.au](mailto:deepa.patel@mrh.org.au) or call 0437 771 840

## FREE online training

### Livingworks START

The Start program only takes an 90 minutes and gives you the skills and knowledge to keep family, friends, co-workers, and others safe from suicide.

If you would like to complete the free online training, visit [LivingWorks Start Enrollments](#)



## Collaborative Assessment and Management of Suicidality (CAMS)

CAMS is a three hour program for mental health professionals. It walks you through using a flexible therapeutic framework to work with patients to assess suicidal risk and to plan their treatment.

If you live or work in the Macedon Ranges and would like access to training, please contact Deepa Patel, Suicide Prevention Project Officer at [deepa.patel@mrh.org.au](mailto:deepa.patel@mrh.org.au).

If you have any ideas, want to participate in free training, or make an impact in reducing suicide in your community, you can get involved by contacting [deepa.patel@mrh.org.au](mailto:deepa.patel@mrh.org.au)

*The Macedon Ranges Suicide Prevention Trial is a collaborative partnership between local communities and organisations, training partners, The Victorian Government and North Western Melbourne Primary Health Network - an Australian Government Initiative.*