

NATIONAL SUICIDE PREVENTION TRIAL

Activity Work Plan covering activities in 2020-21

Funding for the National Suicide Prevention Trial ceases 30 June 2021. The focus of the National Suicide Prevention Trial funding in 2020-21 should be on transition and sustainability.

In 2020-21, all sites participating in the National Suicide Prevention Trial are required to:

- Continue the focus on a systems-based approach to the delivery of suicide prevention services at a local level.
- Identify priority activity and consider funding arrangements in 2020-21 and sustainability options beyond 2020-21.
- Develop and implement strategies to safely transition clients from individual or group services to other existing or planned services.
- Continue to gather evidence and participate in relevant data collection and/or evaluation activities.

Activity Work Plans (AWPs) are to identify major activities in all stages of the trial that relate to these objectives.

Only activities that will be undertaken in the 2020-21 financial year should be entered into the AWP template, noting this may include activities which only run for part of the year or have been carried over from the previous year.

COVID-19 impacts

The Department acknowledges that restrictions in place as a result of the COVID-19 pandemic have impacted on many planned trial activities in the 2019-20 financial year. While the 2020-21 work plan should focus on transition, there is scope to deliver on activities that have been postponed as a result of COVID-19. If the activities will require a carryover of funds from 2019-20, this will need to be clearly identified in the AWP and budget.

Approval of Activity Work Plans

The Department has committed to expediting approval of all existing Primary Health Network (PHN) activities specified in 2020-21 AWPs to minimise burden on PHNs during the COVID-19 pandemic. New activities will be reviewed as per standard processes.

The trial AWP will be reviewed in line with the parameters of the *National Suicide Prevention Trial – Transition Support Guidance* and *Supplementary Guidance – COVID-19 pandemic* documentation. Sites that do not include a focus on transition, or have planned new activities that have not been adequately considered in the context of this documentation may be contacted by the Department for further information.

National Suicide Prevention Trial Activity Work Plan 2020-21

SUMMARY

Provide an overview of how transition will be approached.

The focus for 2020/21 will be to build on the work and achievements of the trial and use the transition funding to extend all existing Trial activities for a short period, for the purpose of enabling robust testing and documenting of key aspects of the pilot activities. Through this extension of activities, there will be a requirement for commissioned providers to develop and implement plans for completions aundernd/ or transition of care to ensure the safety of any individual participants under the Trial. This approach will allow for the consolidation of these successful existing programs with a strong focus on building on developing models of delivery and building the evidence-base of what works for LGBTIQ community in suicide prevention.

There will also be continued engagement with the NWMPHN LGBTIQ Taskforce, who will maintain a governance and advisory role for activities within the Trial. Their main role will now move from a focus on developing activities to transition and sustainability seeking to ensure the legacy of activities developed through the Trial are continued where possible.

The transition year will provide an opportunity for NWMPHN to further explore opportunities for the Trial to connect with other relevant activities within the North Western Melbourne region. This will include building on the notable synergies with the priorities of the Melton Brimbank and Macedon Ranges Place-Based Suicide Prevention Trials currently being managed by NWMPHN, as well as how the learnings from this Trial can support a focus on the LGBTIQ community through the Regional Plan for Mental Health, Suicide Prevention and Alcohol and Other Drugs. The Final Report from the Royal Commission into Victoria's Mental Health System is due in February 2021, and it may be appropriate for some recommendations to be considered in the wrapping up and final months of this Trial.

- **What options are there to support priority activity on a longer-term basis?**

We will be working with all commissioned organisations to identify opportunities for activities to be delivered on a longer-term basis. This may include:

- How to work with organisations to embed/incorporate activity into their day to day work
- Assistance in identifying other funding sources
- Partnerships developed through the Trial

Utilising the learnings from the Trial, NWMPHN will also take a leadership role in advocating alongside the LGBTIQ taskforce membership to push for further focus and funding for LGBTIQ communities and service system responses that are safe and inclusive relating to suicide prevention.

- **For individual or group services – what plans will be in place to safely transition and support clients?**

- To meet the Commonwealth requirements that all activities associated with the Trial will cease by 30 June 2021, commissioned providers will be required to develop a suitable transition plan for community members that are engaged in the service.
- All commissioned organisations will be funded until June 30 however service delivery is to be wrapped up (at the latest) by 30 April 2021. This will provide a two-month period to address any issues that may arise and ensure all clients are transitioned safely out of the program or to another suitable service.

- **How will end of trial or transition to other programs and services be communicated with key stakeholders?**

The end date, and the associated transition requirements, of the Trial has been communicated with key stakeholders such as commissioned services and the NWMPHN LGBTIQ Taskforce prior to the contract extension of the existing activities.

However, there will be consistent communication throughout the coming financial year, including:

- Specific requirements are detailed in contracts with commissioned providers
- Regular updates provided to the LGBTIQ Taskforce through meetings and regular communications
- Newsletter
- Monitoring meetings with NWMPHN and all commissioned services

- **Which key partnerships may support transition and sustainability?**

- The LGBTIQ Taskforce has enabled a community led approach and built key partnerships amongst LGBTIQ specialist services and mainstreams services and will be key to exploring opportunities for sustainability of individual activities.

- **Has COVID-19 impacted on key 2019-20 activity and if so, what are the plans to address this in 2020-21?**

- NWMPHN has worked closely with organisations to understand Business Continuity impacts and their plans to address these. We will continue to monitor this environment and its impacts closely. Where activities have been delayed or

	postponed, these will be rolled over into the 2020-21 financial year, targets and KPIs will be monitored and adjusted as required.	
KEY ACTIVITIES	Description of activity	Is this a new or existing activity?
	<p><i>Affirmative Practice</i></p> <p><i>Purpose of activity</i> - to deliver a tailored training package for mental health services and first responders to ensure services are inclusive and a safe space for LGBTIQ people and those who support them.</p> <ul style="list-style-type: none"> • <i>Target group</i> - mental health and suicide prevention services and first responders • <i>Location</i> – North West Melbourne • <i>Key partner(s)</i> – Drummond Street, Mind Australia, St Vincents Hospital 	Existing activity - extension of timeframes for contracted activities
	<p><i>Individual Mentoring Program</i></p> <p><i>Purpose of activity</i> - to assist in rebuilding trust, increase mental health literacy, encourage help seeking, increase social emotional wellbeing, build protective factors that mitigate risks such as experiences of homophobia, biphobia, transphobia in other settings (family, peer and community connection creating arenas of comfort), building self-efficacy and a sense of mastery and individual and social life skills, at vulnerable times, such as coming out. The model includes a training program for mentors, ongoing training and supervision for mentors, a marketing campaign in various languages, a range of different, and flexible activities to help facilitate connection.</p> <ul style="list-style-type: none"> • <i>Target Group</i> – LGBTIQ youth, QTIPOC • <i>Location</i> – North West Melbourne • <i>Key partner(s)</i> – Drummond Street, Mind Australia, Switchboard 	Existing activity

	<p>Family Mentoring Program</p> <p><i>Purpose of activity</i> – address contributing factors to LGBTIQ suicide, such as building resilience, enhancing social connectedness, giving skills to navigate services and enhance family cohesion. Includes a training program for mentor families, ongoing training and supervision for mentor families and a range of different, and flexible activities to help facilitate connection.</p> <ul style="list-style-type: none"> • <i>Target group</i> - families who have an LGBTIQ loved one and who needs assistance in supporting them. • <i>Location</i> – North West Melbourne • <i>Key partner(s)</i> - Mind Australia, Switchboard 	Existing activity
	<p>Suicide Prevention Training – LGBTIQ – ASIST -LivingWorks Australia</p> <ul style="list-style-type: none"> • <i>Purpose of activity</i> - Suicide prevention and intervention (ASIST and safeTALK). The adapted training will be delivered to LGBTIQ health organisations who will work towards becoming qualified ASIST trainers in the region, to build capacity of the sector to respond to community members in need of suicide intervention support. • <i>Target group</i> – LGBTIQ Health Services, LGBTIQ community • <i>Location</i> – North West Melbourne <p><i>Key partner(s)</i> – Livingworks, Mind Australia, Switchboard, Thorne Harbour Health, Drummond Street, Beyondblue</p>	Existing activity
	<p>Postvention Research Project – Switchboard Victoria</p> <ul style="list-style-type: none"> • <i>Purpose of activity</i> - Switchboard Victoria are working with NWMPHN to develop a suicide postvention plan and to build the capacity of Switchboard volunteers and the wider LGBTIQ sector in suicide prevention. The project will also allow an opportunity to understand and address key issues in the LGBTIQ community that contribute to suicide. 	Existing activity

	<ul style="list-style-type: none"> • <i>Target group</i> – Switchboard staff and volunteers and broader LGBTIQ service sector • <i>Location</i> – North West Melbourne <p><i>Key partner(s)</i> – Switchboard, Thorne Harbour Health, Drummond Street, LGBTIQ community</p>	
	<p><i>Aftercare Program</i></p> <ul style="list-style-type: none"> • <i>Purpose of activity</i> - refine and implement a model of Aftercare in consultation with representatives from the LGBTIQ+ community. The model mainly focuses on face to face contact, however outreach and other forms of contact will be considered. This specific aftercare service will be an adjunct to other support services, with referrals for this service sought from Area Mental Health Services, Emergency Departments, General Practitioners, and other health services. • <i>Target group</i> – LGBTIQ people and their family of choice/origin • <i>Location</i> – North West Melbourne <p><i>Key partner(s)</i> – Mind Australia, Thorne Harbour Health</p>	Existing activity
	<p><i>LGBTIQ Community Campaign</i></p> <ul style="list-style-type: none"> • <i>Purpose of activity</i> - to improve understanding, awareness and compassion for LGBTIQ people. To promote supportive and responsive communities to improve health and wellbeing of LGBTIQ people, families and communities. • <i>Target group</i> – Broader mainstream community and LGBTIQ people and their family of choice/origin • <i>Location</i> – North West Melbourne • <i>Key partner</i> – The Shannon Company 	Existing activity

	<p>LGBTIQ Suicide Prevention Evaluation</p> <ul style="list-style-type: none"> • <i>Purpose of activity</i> - to evaluate the Trial. The evaluation will examine the effectiveness of the overall design and consultation process of the Trial, as well as NWMPHN's progress in meeting objectives of the key interventions and contribute to the currently lacking evidence base for LGBTIQ suicide prevention. • In addition to the evaluation, this project will support the development of the models of service by all commissioned services. • <i>Target group</i> – Broader mainstream community and LGBTIQ people and their family of choice/origin • <i>Location</i> – North West Melbourne • <i>Key partner(s)</i> – all commissioned services, the NWMPHN Taskforce 	Existing activity
	<p>LGBTIQ Community Leaders Lived Experience in Suicide Prevention Research Project</p> <ul style="list-style-type: none"> • <i>Purpose of activity</i> - undertake a qualitative research project focusing on the informal care network that exists within the LGBTIQ community for people experiencing poor mental health or suicidality. • <i>Target group</i> – LGBTIQ Community Leaders • <i>Location</i> – North West Melbourne • <i>Key partner(s)</i> – Australian Research Centre in Sex, Health and Society (Latrobe University) 	Existing activity
	<p>Small Grants</p> <ul style="list-style-type: none"> • <i>Purpose of activity</i> - The objective of the LGBTIQ Wellness Grants is to strengthen protective factors, personal or environmental characteristics, that help to reduce the risk of poor mental health and suicidal ideation for LGBTIQ people through the 	New activity, with this intervention identified in the

	<p>provision of community grants. The Project will target the higher at-risk LGBTIQ groups of poorer mental health and suicidality outcomes such as, trans and gender diverse, bisexual and intersex people, with a strong focus on regional areas within the NWMPHN catchment across all age groups. It is the intention that these grants will be made available to small community groups and individuals rather than LGBTIQ organisations.</p> <ul style="list-style-type: none"> • <i>Target group</i> – North West Melbourne community • <i>Location</i> – North West Melbourne • <i>Key partner(s)</i> – North West Melbourne community 	<p>LGBTIQ model for suicide prevention</p>
	<p>NWMPHN LGBTIQ Taskforce</p> <ul style="list-style-type: none"> • <i>Purpose of activity</i> – continue the membership of the Taskforce to help support a community led approach to the Trial activities. The Taskforce consists of individuals with a lived experience of mental health and who are part of the LGBTIQ community; and service providers supporting the LGBTIQ community. The continued engagement of these members will be critical in ensuring the sustainability of the learnings from the Trial. • <i>Target group</i> – LGBTIQ Community • <i>Location</i> – North West Melbourne • <i>Key partner(s)</i> – <ul style="list-style-type: none"> ○ Drummond Street Services ○ Thorne Harbour Health ○ Transgender Victoria ○ Bisexual Alliance ○ St. Vincent’s Hospital ○ Merri Health ○ Carers Victoria ○ Mind Australia (including the Mind Equality Centre) ○ headspace ○ Switchboard 	<p>Existing activity continuing until the end of the Trial</p>

	<ul style="list-style-type: none"> ○ EQUINOX ○ Orygen ○ Minus 18 ○ YSAS ○ Vic Transcultural Mental Health ○ Cobaw Community Health ○ GLHV/ ARCSHS ○ Family Safety Victoria ○ Representatives with lived experience 	
	<p>COVID-19 Support activities</p> <ul style="list-style-type: none"> • <i>Purpose of activity</i> – to provide additional funding to trial service providers who have experienced increased demand for services or have identified additional unmet need within that service. This may include additional funding for the development of online learning materials, or for alternate activities that have been identified as meeting community need in the LGBTIQ community during and following the COVID-19 crisis. The needs of the LGBTIQ community in the fallout of the COVID-19 crisis will emerge in the coming months, and any activities will be commissioned by the end of 2020. • <i>Target group</i> – LGBTIQ community, commissioned providers • <i>Location</i> – North West Melbourne • <i>Key partner(s)</i> – LGBTIQ community, commissioned providers 	New activity
<p>DATA COLLECTION AND REPORTING</p>	<p>Confirm what data are being collected routinely on services and consumers, including outcome measures.</p> <ul style="list-style-type: none"> - MDS – Client activity & Community Activity (Melbourne University evaluation) - Internal NWMPHN Trial evaluation – client data, training data, client feedback, program staff interviews, co-design process <p>Identify any major ad hoc or one-off collections to be undertaken this financial year.</p> <p>Data collection will continue as identified in the existing contract requirements. No additional collections are anticipated.</p>	

	<p>Identify any major issues affecting compliance with reporting requirements and how these are to be remedied.</p> <p>There are no major issues that we are aware of that will impact compliance with reporting requirements. Meetings with NWMPHN and all commissioned services occur regularly, and this will continue into 2020/21 year.</p>
<p>RECRUITMENT AND WORKFORCE</p>	<p>Identify issues that may affect recruitment and/or commissioning of services as necessary to progress trial activities.</p> <p>The resourcing structure we have in place at NWMPHN will allow for activities as outlined above to progress with no anticipated issues.</p>
<p>OTHER</p>	<p><i>Identify any other major factors not covered above.</i></p>