

# National Suicide Prevention Trial Activity Work Plan 2020 - 2021

phn  
COUNTRY SA

An Australian Government Initiative

## Strategic Vision



Country SA PHN is one of the National Suicide Prevention Trial sites, bringing significant resources, activity and funding to areas of need in regional South Australia. The trial is placed at a regional level to better respond to local needs, and identify new learnings in relation to suicide prevention strategies. Suicide Prevention strategy and activity has been implemented in to the Country North region through to mid-2021, with the main service hubs for activity being located at Whyalla, Port Augusta, Port Pirie, Port Lincoln and the Yorke Peninsula including capacity building spillage across Far West and Outback South Australia.

The trial adopted a system-based approach to the delivery of suicide prevention services, targeting populations identified at a local level as 'at-risk'.

For the Country SA PHN region, three target groups were selected based on a needs assessment conducted within the region, including youth (12-24 years), adult males (25-45 years) and Aboriginal and Torres Strait Islander.

### Key partnerships

- The South Australian Premiers Council for Suicide Prevention, SA government
- Barossa Hills Fleurieu Local Health Network
- Yorke and Northern Local Health Network
- Flinders and Upper North Local Health Network
- Riverland Mallee Coorong Local Health Network
- South East Local Health Network
- Eyre and Far North Local Health Network
- Headspace Port Augusta and Whyalla
- ACCHO's in the trial region
- University Department of Rural Health, Uni SA
- University of Adelaide- Rural Clinical School
- LGA's in the trial region
- Department for Education
- Office of the Chief Psychiatrist, SA Health
- South Australian Police
- South Australian Ambulance Service, Country North Region
- Country SA PHN Lived Experience Reference Group:
- Black Dog Institute
- University of Melbourne

### Emergency and Follow up Care for suicidal crisis service

Service continuation of mainstream Aftercare service being trialled in rural locations, as current national Aftercare models are adaptable to smaller populations and health units where infrastructure and resourcing is limited in the Yorke Peninsula, Port Pirie, Port Augusta, Whyalla and Port Lincoln.

### Aboriginal specific Emergency and Follow up Care for suicidal crisis service

Service continuation of mainstream Aftercare service being trialled in rural locations, as the need for a specific Aboriginal aftercare service was deemed a key priority from community consultations held in Port Augusta and is supported by the local Aboriginal community.

### Integrated program of community development and support for male dominated industry and workplaces

Mates in Construction will use training as a tool to raise awareness about suicide and it's contributing risk factors, delivering a suite of training and providing access to ongoing support to workers at risk.

Continuation of male targeted training to build scale and sustainability of suicide prevention knowledge and skills within regional industries.



## Sharing of NSPT Knowledge and Learnings

Consolidation and formal communication of learnings and outcomes from the trial within the CSAPHN NSPT region and to the national suicide prevention sector both state and commonwealth.

Capacity building activity based on NSPT learnings, targeted opportunities focusing on sustainability outcomes attached to best practice evidence-based suicide prevention training via online and face to face modalities.

## Local Evaluation of Country SA PHN National Suicide Prevention Trial Activities

To conduct a retrospective analysis of the CSAPHN NSPT activities to further understand what strategies or activities were most effective in prevention of suicide at a local level.

Retrospective Analysis of information from the Country SA PHN National Suicide Prevention Trial will help to plan future activity and services, plus share relevant learnings with the wider suicide prevention sector.

## Suicide Audit

The suicide audit aims to help inform local consideration of means restriction interventions and actions, through analysis and general information about means restriction specific to each trial site. The use of multiple data sources in collaboration with SA Health is expected to provide a current estimate of suicide trends which may not otherwise be captured by a single data source alone.

This information will also provide context to transition and sustainability activities.

