

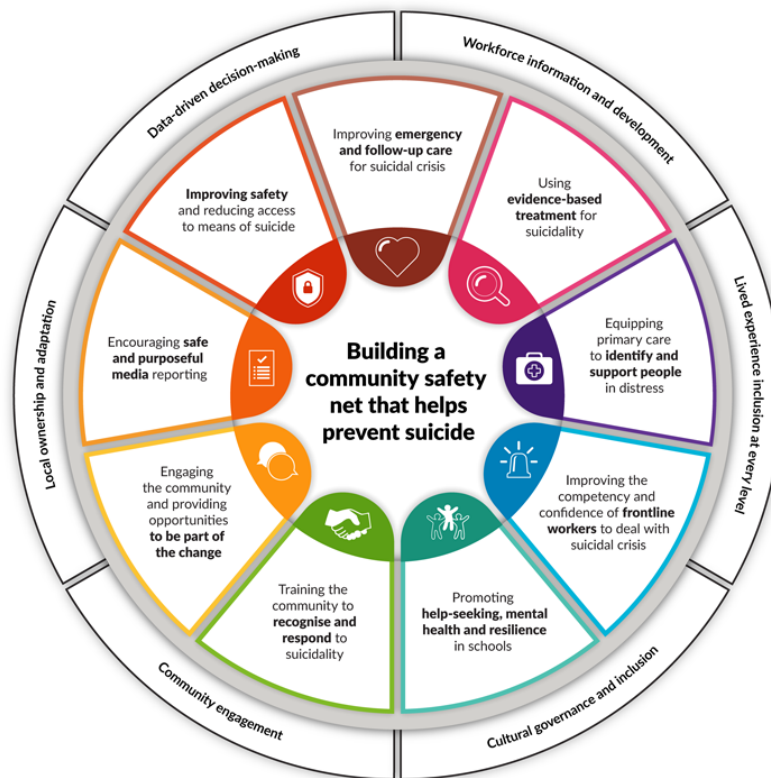
A message from
**Coordinator-General
Office for Mental Health
and Wellbeing**



Welcome to the second Office for Mental Health and Wellbeing newsletter in which I want to showcase some of the important work being undertaken in Suicide Prevention.

ACT LifeSpan

LifeSpan is the evidence-based suicide prevention strategy which is being implemented in the ACT in partnership with Capital Health Network and Black Dog Institute, as a high fidelity research trial.



ACT LifeSpan has been moving ahead in leaps and bounds over the past few months including the following activities.

Collaborative Assessment and Management of Suicidality (CAMS) Training

One of the many key training programs for ACT LifeSpan is Collaborative Assessment and Management of Suicidality (CAMS) Training. CAMS is a flexible therapeutic framework in which patients and providers work together to assess the patient's risk of suicidality and use that information to plan and manage suicide-specific, patient-centred treatment. The associated multi-

purpose clinical tool, the Suicide Status Form (SSF), guides the patient's assessment and treatment and is developed collaboratively between the patient and the practitioner over the course of therapy. CAMS can be used by mental health clinicians from a range of different therapeutic backgrounds. To get the ball rolling with CAMS in the ACT, a CAMSCare trainer from the US provide a training workshop to ACT Health Clinicians and other mental health professionals on 6 May 2019, with over 30 people attending. CAMS training will continue to be provided through ACT LifeSpan.

Suicide Prevention Collaborative on Data

A major aim of ACT LifeSpan is to improve quality, timeliness and collaboration about suicide data in the ACT, and ensure that key stakeholders in suicide data provision in the ACT community are receiving the latest information from Black Dog Institute (BDI) and other data providers. Black Dog Institute presented at a Suicide Prevention Collaborative on Data at the ANU on 14 May. Representatives from Capital Health Network, local crisis services, Police, Ambulance, data providers, health services, ANU scientists and researchers, and other institutions attended the Collaborative. BDI has created a local Suicide Audit Report using the best available data from multiple sources. Combining the evidence base with the Suicide Audit we can identify and guide local means restriction opportunities. The Audit also assists with the identification of key target groups, and 'hotspots' in the ACT to implement means restriction activities.

Youth Aware of Mental Health (YAM) Introductory Workshop

One of the 9 LifeSpan strategies is *Promoting help-seeking, mental health and resilience in schools*. The Youth Aware of Mental Health (YAM) Program will be a major part of this strategy. YAM is an evidence-based peer support program targeting Year 9 students, which promotes discussion and knowledge about mental health. YAM provides young people with a safe and non-judgmental space to explore mental health topics such as stress, crisis, depression, and suicide prevention through dialogue, role-play, and reflection (supported by instructive booklets, posters, and lectures). An introductory workshop was held with Black Dog Institute on 15 May 2019 to provide background on the program, with key school staff, community organisations, and ACT Education in attendance. A Schools Working Group will be formed to guide the implementation of the exciting new program.



(Photo: Agatha Mossakowska from BDI presenting on the YAM Program at ACT Health)

National Suicide Prevention Symposium

The Black Dog Institute hosted a national suicide prevention symposium in Canberra on 21 and 22 May 2019. For the first time BDI brought together the 29 supported suicide prevention trials from across Australia to reflect on the collective experience of implementing a systems approach to suicide prevention. Our ACT LifeSpan Manager, Ros Garrity spoke at a panel on national directions for suicide prevention and the work of the Office for Mental Health and Wellbeing. A Symposium booklet is available bringing together information about the activities of all the LifeSpan Trial sites across Australia: <https://www.blackdoginstitute.org.au/docs/default-source/lifespan/national-suicide-prevention-symposium-booklet-2019.pdf?sfvrsn=2>

Question, Persuade, Refer (QPR)

QPR, a key component of ACT LifeSpan, has been widely promoted across the ACT in recent months. QPR is a suicide prevention intervention that teaches lay and professional gatekeepers to recognise and respond positively to someone exhibiting suicide warning signs and behaviours. QPR training is designed to detect persons who are in the thinking or ideational phase of a suicide plan. QPR training may also enable natural helpers to identify people at risk who have already made one or more non-lethal attempts. QPR online takes approximately 60 mins to complete and can be completed over multiple sessions. In addition, an individual who has finished QPR can continue to access the program for 3 years to refresh their skills and knowledge.

In the ACT, the Capital Health Network supports the training as a component of ACT LifeSpan. You can sign up to complete QPR Online here: <https://www.chnact.org.au/mental-health-programs-hp>

ACT LifeSpan Aboriginal and Torres Strait Islander Working Group

Aboriginal and Torres Strait Islander suicide prevention is a major focus for ACT LifeSpan. The establishment of a proposed new all Aboriginal and Torres Strait Islander Working Group for ACT LifeSpan has been underway since April this year. There has been significant consultation with local Aboriginal and Torres Strait Islander community groups, and with all key stakeholders including ACT Health and the Black Dog Institute concerning the composition, terms of reference and membership. The establishment of the Working Group has been led by the ACT LifeSpan Aboriginal Project Officer, Neville Perkins and is now nearing completion.

Other ACT LifeSpan Working Groups

In addition to the Aboriginal and Torres Strait Islander Working Group, other Working Groups covering the following LifeSpan strategies will have an advisory role in driving elements of ACT LifeSpan:

- Schools Strategies
- Health Strategies
- Community Strategies
- Improving Public Safety Strategies

If you would like to be involved in any of these groups, please contact the ACT LifeSpan Manager Ros Garrity: Ros.Garrity@act.gov.au or ACT LifeSpan Project Officer Neville Perkins:

Neville.Perkins@act.gov.au

Mending the Gap: 2019 Suicide Prevention Ball – Saturday 4 May 2019



Organised by ACT Health staff and members of the community and supported by The Hellenic Club, this inaugural event was held to raise funds to support Black Dog Institute's valuable suicide prevention research. The following video was featured key with key ACT Health staff speaking about the importance of working together as a community to prevent suicide.

<https://vimeo.com/rogerprice/review/326005836/4c5cd82667>

Suicide Prevention Fundraiser

On Friday 31 May our team took part in the #TreadAsone 24-hour treadmill event at Any time fitness to raise funds for RU OK DAY to support suicide prevention. It was truly collaborative, with the Mental Health Community Coalition, Mental Health Consumer Network Inc, and Mental Illness Education ACT and the Office all participating to raise awareness and funds for this worthy cause!



Lock up Your Boss for Lifeline



Thank you to all who donated to this worthy cause – and thank you for raising my bail money! Over \$1000 has been raised to support Crisis Support.

If you or someone you know struggles with mental health issues or feels overwhelmed, please remember you are not alone. Some of services that can give help include:

Beyondblue – call 1300 22 4636

Lifeline – call 13 11 14

Suicide Call Back Service – call 1300 659 467

Office for Mental Health and Wellbeing Work Plan

I am very pleased to advise that our office Work Plan 2019-2021 is available online at

<https://www.health.act.gov.au/news/launch-office-mental-health-and-wellbeing-work-plan>

Along with the Work Plan, our Territory-wide Vision of Mental Health and Wellbeing was launched, which can all work towards.

*A kind, connected and informed community
working together to promote and protect
the mental health and wellbeing of all.*



This tree represents strength through collaboration. A community that builds on input from a diverse range of people, is grounded and grows together. Together, we'll improve the mental health and wellbeing of all Canberrans.

Any feedback on the newsletter or the workplan will be gratefully received. Please contact:

Office for Mental Health and Wellbeing

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