



Reforming Times

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Queensland Mental Health Commissioner

World Suicide Prevention Day
The Greek Club, South Brisbane



About the Commission

- Established in 2013 to drive reform towards a more cohesive and recovery oriented mental health, drug and alcohol system in Queensland
- Our aim is to improve the mental health and wellbeing of all Queenslanders
- Get our achievements through the achievements of others

Queensland Suicide Prevention

Action Plan 2015-17





Our Shared Goal

To reduce suicide and its impact on
Queenslanders

*as a step towards a 50% reduction in suicide
in Queensland by 2026*



Suicide in Queensland

- In 2014, 648 Queenslanders – 490 men and 158 women, took their own lives ABS
- Suicide is the leading cause of death for Australians aged 15 to 44 years with men three times more likely to die by suicide
- For every person who dies by suicide, an estimated 30 people attempt suicide. Nearly two-thirds of people who attempt suicide are female

Comparing approaches

Qld statewide approach

1. Evidence based actions in 4 priority areas
2. On-going implementation across the State
3. State level governance structure, to complement local governance esp through PHNs and HHSs

Black Dog systems approach

1. Nine evidence based strategies
2. Simultaneous implementation in selected areas
3. Governance at local levels

Queensland Suicide Prevention Action Plan 2015-17 aims to reduce suicide and its impact

42 initiatives by 11 government agencies in 4 priority areas

1. **Stronger community awareness and capacity** so that families, workplaces and communities are better equipped to support and respond to people at risk of, and impacted by suicide
2. **Improved service system responses and capacity** to ensure people at risk, including those who have attempted suicide, get the support they need, when and where they need it
3. **Focused support for vulnerable groups** to address the specific needs of groups and communities experiencing higher rates, and at greater risk, of suicide
4. **A stronger, more accessible evidence base** to drive continuous improvement in research, policy, practice and service delivery

Systems - LifeSpan Approach

Queensland Suicide Prevention Action Plan 2015-17 Coordinated Approach

1.	Aftercare and crisis care	<ul style="list-style-type: none"> Enhanced training for all emergency department staff – QH Review of suicide bereavement resources – QMHC Review of available models and approaches for aftercare project - QMHC Crisis support for young Aboriginal & Torres Strait Islander peoples in Townsville – QMHC Review of suicide & self-harm involving individuals with current or recent contact with health services to improve care within Hospital and Health Services statewide – QH Suicide Prevention Taskforce in public health (2016 announcement)
2.	Psychosocial and pharmacotherapy	<ul style="list-style-type: none"> Support & treatment in correctional centres - DJAG Strong not Tough resilience program in correctional facilities - DJAG Pool of specialised psychologists for complex cases and to build capacity of Corrective Services staff to respond - DJAG National surveillance system for overdose and suicidal behaviour – QA Therapeutic services for children and young people in the child protection system – DCCSDS Increased access to mental health services in drought affected areas – QH
3.	GP capacity building and support	<ul style="list-style-type: none"> Primary Health Networks (2016 announcement)
4.	Frontline staff training	<ul style="list-style-type: none"> Training and support programs for Fire & Emergency Services, Police, Corrective Services, Rail Postvention programs for frontline staff in Queensland Rail and Corrective Services Suicide awareness training for custodial, probation & parole officers - DJAG Mental Health, Wellbeing & Suicide Prevention Plan - QPS Suicide Recognition and Intervention training – QR Risk identification training for custodial admissions - DJAG Workforce education for paramedics to improve outcomes for men and boys – QA
5.	Gatekeeper training	<ul style="list-style-type: none"> Awareness training for people presenting at risk of suicide to regional customer service staff - DNRM Practice tools for child protection practitioners - DCCSDS Rural/remote place-based suicide prevention initiative - QMHC Options to expand MATES Suicide prevention in the construction industry – QMHC
6.	School programs	<ul style="list-style-type: none"> 8 Mental Health Coaches in school regions statewide – DET Mandatory suicide prevention training for school Guidance Officers - DET

Systems - LifeSpan Approach

Queensland Suicide Prevention Action Plan 2015-17 Coordinated Approach

7.	Community campaigns	<p>QMHC -</p> <ul style="list-style-type: none"> • Suicide prevention training and resources for CALD communities • Lived Experience Speakers Bureau training program to raise community and workplace awareness • Ongoing funding to beyondblue for community awareness campaigns and resources • Rural/remote place-based suicide prevention initiative • World Suicide Prevention Day kit & community events • Funding for beyondblue • Additional funds to NRL (2016 announcement)
8.	Media guidelines	<ul style="list-style-type: none"> • Promotion of Mindframe resources to ensure cautious and appropriate reporting and portrayal of suicide - QMHC
9.	Means restriction	<ul style="list-style-type: none"> • Minimise risk in youth detention centres – DJAG • Expansion of safer cells design in correctional centres - DJAG • Safety guidelines and support in acute mental health inpatient wards – QH • Reducing access to lethal means in police watch houses – QPS • Analysis of suicide incidents on rail system in order to support security operations – QR & QPS • Regular review of suicide and self-harm in correctional facilities to reduce access and risk. Provision of data to regional correctional centres to inform local responses – DJAG
		<h3>Building the evidence base</h3> <ul style="list-style-type: none"> • Build Research into increased risk of suicide in farming communities – ARC partnership with AISRAP • Maintaining Child Death Register – annual data & trends – QFCC • Development of national surveillance system for suicidal behaviour - QA • Development of a Data & Information Sharing Framework for suicide mortality data provided by AISRAP– QMHC



Suicide initiatives Sept 2015 to Sept 2016

- **Queensland Government**

- \$9.6 million Suicide in Health Services initiative including the establishment of the Suicide Prevention Health Taskforce
- \$1M to NRL State of Mind for mental health literacy

- **Australian Government**

- Brisbane North PHN –national trial site for integrated healthcare packages for mental illness and suicide prevention
- Townsville suicide prevention trial site for veterans



Suicide initiatives – September 2016 to September 2017

- Queensland Government
 - TBC
- Australian Government
 - TBC
- Community
 - TBC



What next?

- Commission will undertake a review of the *Queensland Suicide Prevention Action Plan 2015-17*
- The review will ensure the Action Plan continues to complement national approaches to suicide prevention
- The review will also identify new actions and potential funding sources to further the aim of reducing suicide and its impacts here in Queensland

Thank you

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