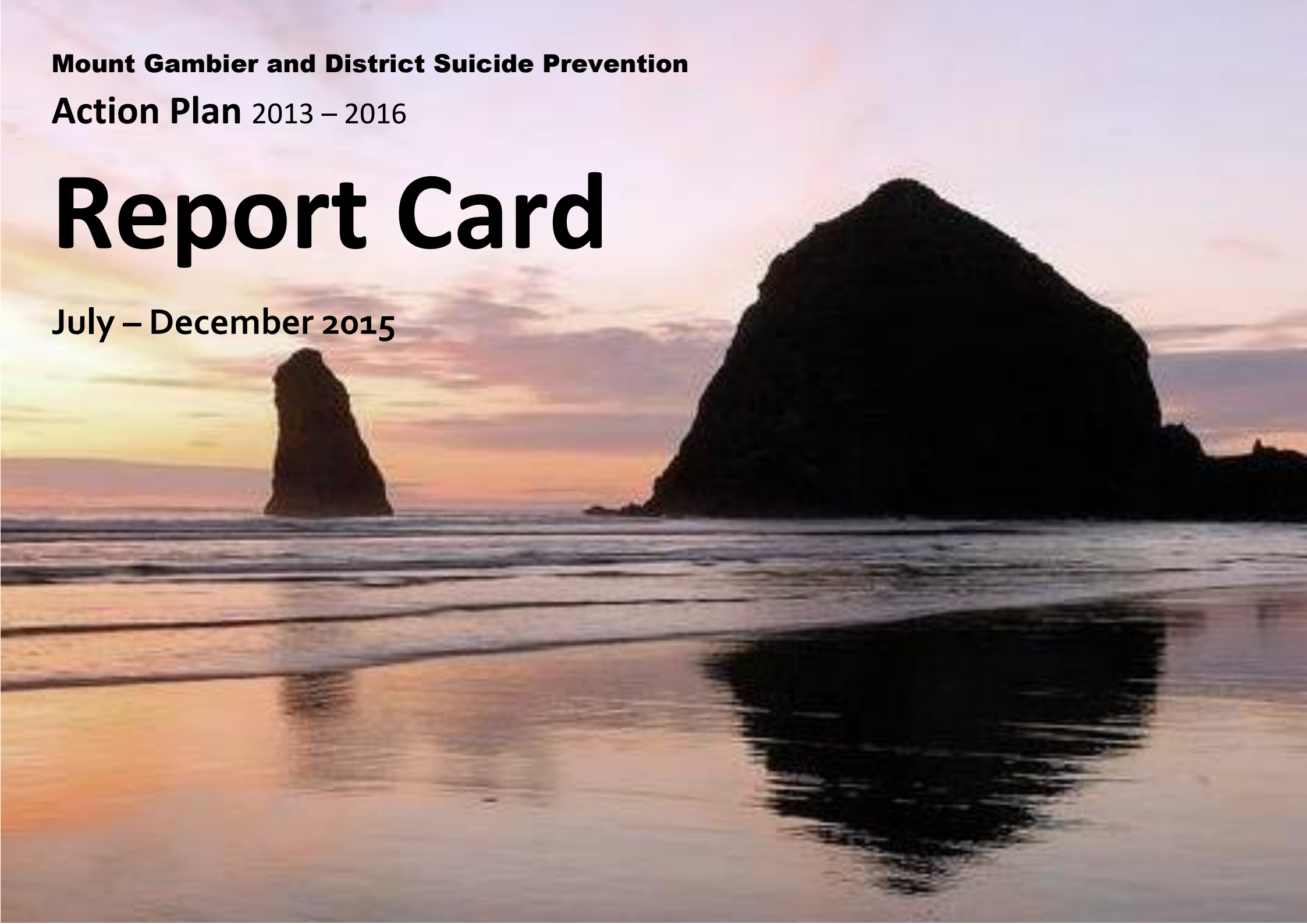


**Mount Gambier and District Suicide Prevention
Action Plan 2013 – 2016**

Report Card

July – December 2015



Mount Gambier & District Suicide Prevention Network Action Plan 2013-16

July – December 2015

Suicide Prevention Networks have been established across South Australia within local government regions to bring together a membership that will achieve collaborative action in suicide prevention.

Suicide Prevention Networks will develop Action Plans linked to their local government body and mapped against the South Australian Suicide Prevention Strategy 2012-2016 Every Life is Worth Living.

The Action Plan of the Mount Gambier and District Suicide Prevention Network was the first in the State to be developed and lodged with their local government entity, the City of Mount Gambier and later the District Council of Grant.

The Action Plan outlines the activities that will be undertaken to raise awareness in the community, break down stigma, provide organisational educational resources and opportunities and measure community and individual knowledge of help-seeking.

The Network in this local area of Mount Gambier and District believe that: Preventing Suicide is everyone's business and we all have a role to play. The Network provides a bi-annual Report Card to local government on its activities.

Further information is readily available from the Secretariat of the Network: office@lifelines.com.au

Report Card

Jul-Dec 2015

SPN Actions / Activities	Progress
Increasing Awareness	
Strengthen Membership	Continue to widen membership especially community members and business reps from groups.
Public Speaking	<ul style="list-style-type: none"> • Probus • Cancer Support • Palliative Care Staff & Volunteers • Naracoorte Community
Media Articles	<p>Excellent coverage from Border Watch and Radio Stations on Suicide related issues including:</p> <ul style="list-style-type: none"> • Rural statistics – country people 66% more likely to suicide (August 2015) • Latest suicide figures (August 2015) • Out of the Shadows event on 12/09 for World Suicide Prevention Day • Launch of Keeping You Safe cards at main corner (October 2015) • Article on Farmers and Suicide Risk (November 2015) • Launch of smartphone app by Lifeline Australia, 85,000 free or low cost services across Australia (November 2015) • World Suicide Bereavement Day and Vansittart Park event (November 2015) • Opening of the new Mental Health Support Service (December 2015)

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<p>Awareness Raising</p>	<ul style="list-style-type: none"> • Out of the Shadows Community Breakfast and Walk on 12/9/15 to recognise World Suicide Prevention Day. Supported by Local Councils and Lakes Rotary Club. • Distribution of Suicide Prevention Action Plan for ATSI Community – Treasuring Life. • Network of Suicide Prevention Networks in Adelaide. • R U OK Day was also on World Suicide Prevention Day. Local coffee shops supported. Build on this for 2016. • Uniting Church Annual Church Service to raise suicide awareness. • International Suicide Survivors Day 19/11/2015 – Reflective event held at Vansittart Park Reflective Garden. • Network Members attended Suicide Prevention Australia’s National Conference in Hobart. Social determinants such as unemployment, financial pressures, family stress, need greater consideration when assessing suicide risk.
<p>Suicide Prevention</p>	
<p>Strengthen Membership</p>	<p>Continue to widen membership especially community members and business reps from groups.</p>
<p>Links with SA Suicide Prevention Strategy</p>	<p>Lifeline CEO and Network Secretary continue to work closely with staff from Chiefs Psychiatrists Office around developing and strengthening links and outcomes between local Network and SA Suicide Prevention Strategy.</p>
<p>ASIST</p>	<ul style="list-style-type: none"> • 2 community ASIST workshops held. • DCS funding received to hold Safe TALK for Prisoners at Mt Gambier Prison – completed.
<p>Suicide Awareness and Prevention Brochure (attached)</p>	<ul style="list-style-type: none"> • Electronic Copy sent to other suicide prevention networks for use in their regions.

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	<ul style="list-style-type: none"> • Electronic copies distributed to organisations and businesses in Mt Gambier including Library and Main Corner. • 15,000 copies of booklets have been distributed.
Media Training provided to journalists on the National Mindframe Guidelines on the responsible reporting of suicide and citing statistics from a legitimate source with relevant year e.g. ABS (2015)	Workshop for Border Watch Staff on Mindframe Guidelines for the responsible reporting of Suicide. In particular being scrupulous about informing the community rather than inflaming and accepting that language constructs meaning especially for vulnerable readers. Resources provided to journalists enabling them to report ethically, responsibly and factually in this area.
Language (attached)	
Intervention	
Strengthen memberships	Continue to widen membership especially community members and business reps from groups.
Training for key staff in business, community, education etc.	Three Day Safe Talk funded workshops offered in 2015. These are more user friendly for those organisations who do not require staff to be ASIST trained. Four Suicide Talks completed in 2015. One ASIST and one Mental Health First Aid completed in 2015.
Working with Pangula Mannamurna and Aboriginal Health	While one suicide is one suicide too many, the rates of ATSI suicide are of particular concern. The rate of ATSI suicide is now twice that of non-indigenous Australia. Reducing suicide in the ATSI community is a public health priority for all Australian governments. Network members work closely with Pangula Mannamurna and Aboriginal Health to promote Treasuring Life, the Action Plan of the South East ATSI Suicide Prevention Network.
Strengthen Service Knowledge on Suicide Assessment and Intervention (attached)	On behalf of the Network Lifeline developed a Keeping You Safe card and successfully applied for funding to print, launch and distribute these. This initiative is to strengthen service knowledge on suicide and so

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	<p>maximise the informed response that help-seekers will receive. The Network has developed and printed Mouse Mats for distribution to service providers including Library and Main Corner showing the Diagrammatic SALT message –</p> <p>S. See the Signs A. Ask directly: Assess Suicide Risk L. Listen, Listen, Listen T. Take Action: Safety Plan</p> <ul style="list-style-type: none"> • The Network has developed and distributed suicide risk assessment charts for the agencies. • The Network had developed and distributed suicide awareness brochures.
<p>Prison Work</p>	<ul style="list-style-type: none"> • All new staff at Mount Gambier Prison trained in Suicide Prevention/Intervention • All staff at Mount Gambier Prison undertake annual upskilling in Suicide Prevention/Intervention • New Peer Support Prisoner ‘Listener’ training at Mount Gambier Prison. SA Health funding to roll out this program to other SA prisons • Funded Safe TALK programs delivered at Mount Gambier Prison • Prison Psychologist on membership of Network
<p>Postvention</p>	
<p>Strengthen Memberships</p>	<p>Continue to widen membership especially community members and business.</p>
<p>Bereaved by Suicide Support Group</p>	<p>Monthly newsletter and support group.</p>
<p>Standby</p>	<p>Standby is now fully staffed and operational across Country SA</p>

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	including Limestone Coast. Co-ordinator is Member of Network and works closely with Network goals especially around post-vention.
Suicide Bereavement	<ul style="list-style-type: none"> • Information on Suicide Bereavement distributed to Funeral Directors with links provided to accessing further information as required. • Standby hosted twilight recognition of International Suicide Survivors Day in December at the Reflective Garden, Vansittart Park. Mt Gambier Suicide Prevention Network Members also serve on the Steering Committee of Standby. • Reflective Garden at Vansittart Park utilised by Bereaved Community Members. • Uniting Church held service to mark Suicide Bereavement and promote more support and understanding within the community. • Network secretary key speaker at the funeral of a community member who suicided.