Outcome 1 – Increasing communities’ capacity to promote and maintain well-being

This outcome aims to promote and maintain well-being through building health public policy to facilitate responsive communities and strong family units.

Overview of year two – 2004/05:

The primary activities of year two focused on the strengthening of partnerships, finalisation and implementation of District Action Plans, establishment of a pilot project to improve coordination of mental health responses to school aged young people, ongoing suicide prevention skills training for the workforce and marginalised youth, progression of joint Public Health and Mental Health Promotion projects, and the development of a transition plan for prisoners following their release.

Key achievements for year two – 2004/05:

- **Queensland Health** continued to implement the Early Intervention Project Officer (Suicide Prevention) program across the state. District Suicide Prevention Action Plans, developed in collaboration with local stakeholders and aligned with the strategy’s seven outcome areas, continued to be progressed. Further information about specific initiatives is contained in outcome 3.

- **Queensland Health** continued to implement the Public Health Mental Health Promotion Program with an emphasis on building supportive infrastructure and environments, increasing social support and cohesion and achieving positive transitions. A range of projects have been implemented under the action plan including Taking Big Steps: an Indigenous student’s transition project across the Northern Zone.

- **Education Queensland**, in partnership with **Queensland Health**, commenced the District Spectrum Plans project, with the project proposal receiving cross-departmental support. Three pilot sites were recruited to develop local coordinated plans aimed at assisting departments and agencies to work together to support the mental health needs of school-aged young people.

- The **Department of Communities** continued to develop and deliver 10 Prevention and Early Intervention services across the state focused on strengthening families and communities, reducing the risk of children and young people entering the statutory system, reducing the risk of harm and increasing the capacity of families and communities to respond to a range of issues including youth suicide and self-harm. From July 04 - March 05, 2195 family members across Queensland received assistance through the Prevention and Early Intervention services.

- The **Department of Communities** continued to develop and deliver two Aboriginal and Torres Strait Islander Family Support Centres in Rockhampton and Beaudesert. From July 04 - March 05, 29 family members accessed culturally appropriate family support programs through the centres, focused on
Outcomes

Outcome 1

strengthening families and communities and reducing the risk of harm to children and young people.

- The Department of Child Safety continued to fund six prevention and early intervention pilot projects to test innovative and targeted responses which seek to divert families from the statutory child protection system. In 2004-05, these projects assisted 420 families consisting of 874 people. The evaluation of these trials is scheduled to be completed mid-2008.

- The Department of Corrective Services continued to implement the Transitions Program which aims to ensure prisoners are linked with appropriate support services immediately following their release.

- The Department of Corrective Services developed and implemented a new At Risk Management (Self Harm/Suicide) Procedure to ensure appropriate processes for the assessment, management and referral of prisoners at risk of suicide and self-harm.

- The Department of Emergency Services’ Queensland Fire and Rescue Service conducted a conference for Fire Service Peer Support Officers and fee for service counsellors which included a component on understanding, identifying and managing suicidal behaviours.

- The Department of Emergency Services conducted two suicide awareness workshops for Counter Disaster and Rescue Services Peer Support Officers in Darling Downs and Hervey Bay.

- The Department of Primary Industries and Fisheries provided ongoing support to Farm Financial Counsellors through regional workshops in Toowoomba and Townsville, and supported twelve Farm Financial Counsellors to attend suicide awareness training. 72% of counsellors found the workshops improved their skills for responding to clients experiencing emotional difficulties.

- The Department of Employment and Training provided targeted employment assistance programs to support marginalised groups to connect with employment opportunities and community life. For example, 7,966 people participated in Community Employment Programs in 2004-05, of which 3,647 people obtained employment.

- The Department of Employment and Training implemented the First Start Program which assisted 2,229 young people to obtain full-time traineeship employment opportunities in State Government departments, local government authorities, statutory authorities and Aboriginal and Torres Strait Islander Community Councils.
Outcome 1

- The Department of Aboriginal and Torres Strait Islander Policy continued to support and monitor Justice Agreement initiatives targeted at reducing Indigenous over-representation in the criminal justice system. This included the support and development of community justice groups.

- The Department of Aboriginal and Torres Strait Islander Policy implemented alcohol management arrangements in 18 of 19 Meeting Challenges, Making Choices communities. Seventeen of these communities are currently reviewing their arrangements and five communities are in negotiation with Government regarding future alcohol management arrangements.

Plans for year three – 2005/2006:

- Queensland Health will implement the Be Kind To Your Mind social marketing campaign to promote mental health issues at the population level.

- Queensland Health will recruit a Hopevale Early Intervention Suicide Prevention Coordinator to increase the early detection of Indigenous people exhibiting suicidal behaviour. The position will work collaboratively with agencies to facilitate holistic service responses for people experiencing both mental health and substance use issues, including a training strategy in the culturally appropriate detection and treatment of mental health issues.

- Queensland Health will continue to work in partnership with Queensland University of Technology and the University of Queensland to implement two research projects, the Resiliency in Schools Project and the Connect Project, aimed at enhancing understanding of critical factors for building resilience of school age children in rural and metropolitan areas.

- The Department of Child Safety will continue to implement six prevention and early intervention pilot projects to test more innovative and targeted responses which seek to divert families from the statutory child protection system.

- The Department of Corrective Services will conduct an evaluation of the Transitions Program.

- Education Queensland, in partnership with Queensland Health, will progress the District Spectrum Plans project in three pilot districts across Queensland to develop local, coordinated plans which assist departments and agencies to work together to support the mental health needs of school-aged young people.

- The Department of Aboriginal and Torres Strait Islander Policy, in partnership with Queensland Health, will develop a local suicide response plan for North West Queensland.

- The Department of Aboriginal and Torres Strait Islander Policy will progress work under the Partnerships Queensland Framework, Alcohol Management...
Arrangements, Alcohol Demand Reduction Program and the review of the Local Justice Initiatives Program and diversionary centre operations.
Outcome 2

**Outcome 2 – Increasing communities’ knowledge and awareness of suicide and responses to suicide**

This outcome aims to raise awareness and knowledge of suicide and improve responses to mental health issues through engagement of other relevant agencies and development of approaches for reducing stigma and discrimination to support marginalised and high risk groups within the community.

**Overview of year two – 2004/05:**

The primary activities of year two focused on increasing awareness and knowledge of suicide and mental health issues in rural settings, determining critical success factors for a mental health social marketing campaign and ongoing implementation of MindMatters.

**Key achievements for year two – 2004/2005:**

- **Queensland Health** continued to progress the Longreach Health Service District partnership model in collaboration with the **Department of Primary Industries and Fisheries** and the local Division of General Practice and in concert with the Early Intervention Project Officer (Suicide Prevention) position. The project has aimed to improve mental health literacy and access to early intervention services for people residing in the Central West District through initiatives such as cross-district workshops and training sessions for government and non-government services, expansion of rural men’s health promotion activities to remote centres and pastoral events and a short film about youth depression.

- **Queensland Health** completed the scoping phase and commenced implementation of phase one of the Changing Minds Social Marketing Project. The project aims to determine critical success factors for developing mental health social marketing strategies, messages and resources. The **Be Kind To Your Mind** social marketing campaign referred to in outcome 1 has developed from the Changing Minds project.

- **Education Queensland** continued to support implementation of MindMatters throughout Queensland, as a mental health promotion program aimed at increasing secondary schools’ knowledge and skills for enhancing resilience and providing appropriate whole school responses to mental health issues. MindMatters now reaches 73.2% of Queensland state schools with secondary school enrolments.

- **Education Queensland** developed the **Student Health and Wellbeing Curriculum Framework** as a model for addressing health issues, including mental health issues, via the **Year 1-10 Health and Physical Education Curriculum**. The framework will assist all schools to address mental health issues and replaces the department’s high risk settings project reported in the 2004-2005 Cabinet submission which only intended to focus on two Queensland schools.
Outcome 2

- The Department of Child Safety enhanced training of Child Safety Officers to ensure skills and knowledge in prevention and early intervention for suicide and self-harm are incorporated into their work. Since February 2004, 267 new Child Safety Officers have completed the suicide prevention component of the Child Safety Officer Entry Training.

- The Department of Child Safety commenced development of a manual for peer support staff which includes information about managing suicide risk. The selection process for peer support staff includes assessment of their capacity to respond to a colleague who displays indicators of self-harm.

Plans for year three – 2005/06:

- Queensland Health will ensure sustainability of activities undertaken in the Longreach Health District via the Alternative Model for Mental Health Service Delivery in Rural Queensland by incorporating them into the Early Intervention Project Officer (Suicide Prevention) position.

- The Department of Communities will develop and distribute a basic suicide prevention information resource for funded non-government agencies including neighbourhood centres, child care centres, emergency relief services and volunteer programs. The resource will provide information about warning signs, basic assessment and intervention principles and referral processes.

- The Department of Communities will develop and distribute good practice postvention guidelines for its departmental regional offices and funded non-government agencies. The aim of the guidelines will be to enhance knowledge of good practice responses to individuals, families and communities bereaved by suicide.

- In collaboration with key government and non-government stakeholders, the Department of Communities will review and update the content and format of the Suicide Prevention and Older People Awareness Raising Kit, and develop an accompanying training module and resources.
Outcome 3 – Increasing knowledge and skills of services to intervene early and respond effectively to suicide and suicidal behaviour

This outcome is aimed at developing the knowledge and skills of service providers to intervene early in and respond effectively to suicide and suicidal behaviour, through training and education, enhanced referral and care pathways and improved service support for people experiencing adverse life events.

Overview of year two – 2004/05:

The primary activities of year two focused on building the knowledge and skills of service providers in response to suicide and early detection and response to suicidal behaviour in school, police, prison, emergency and community settings.

Key achievements for year two – 2004/05:

- **Queensland Health** continued to implement a range of suicide prevention initiatives in districts with Early Intervention Project Officer (Suicide Prevention) positions, and received support from the QGSPS Steering Committee to extend the program to June 2006. Appendix 1 showcases a selection of initiatives undertaken via the Early Intervention Program.

- **Queensland Health** extended the implementation phase of the *Youth Early Intervention and Comprehensive Case Management Project* undertaken by the Bayside Integrated District Mental Health Service. The project aims to develop and evaluate a comprehensive case management model for early intervention with high school aged young people at risk of developing depression.

- **Queensland Health** endorsed the appointment of a project officer to progress implementation of the second phase of the *Improving the Provision of Mental Health Services Across Queensland Project*, aimed at improving responses to mental health issues in prisons. A Memorandum of Understanding between Queensland Health and the Department of Corrective Services will be considered during this phase.

- The **Queensland Police Service**, in collaboration with **Queensland Health** and the **Queensland Ambulance Service**, secured funding in the State Budget Implementation Plan to establish Mental Health Crisis Intervention Teams. The teams will be established to safely resolve mental health crisis situations including suicide risk.

- The **Department of Communities** mapped and documented the current provision of suicide and self-harm prevention training delivered by government and non-government providers across Queensland.

- The **Department of Communities** continued to manage the *Cross-Government Project to Reduce Social Isolation of Older People*. Non-recurrent funding of
$300,000 was allocated to support the implementation and evaluation of five community-based demonstration projects aimed at reducing social isolation of older people in a range of communities across Queensland, including Brisbane, Logan, Townsville, Toowoomba, Hervey Bay and Greenvale.

- The Department of Emergency Services’ Queensland Ambulance Service South Western Region partnered with the Toowoomba District Mental Health Service to deliver face-to-face suicide awareness training and mental health and suicide awareness training DVDs to paramedics and communications officers.

- The Department of Primary Industries and Fisheries supported twelve Farm Financial Counsellors to attend suicide awareness training programs.

- Department of Primary Industries and Fisheries through the Farm Financial Counselling Service has recorded 340 referrals of producers to professional service providers for help and advice. It is estimated that around 150 of the referrals were for help with social matters.

- The Department of Employment and Training promoted and delivered a range of suicide awareness and mental health training opportunities for staff, government and non-government service providers and community members via a number of Institutes of TAFE across Queensland.

Plans for year three – 2005/06:

- Queensland Health will continue to implement the Early Intervention Program across the state. As outlined in outcome 7, an external evaluation will be undertaken to inform decision making about the ongoing implementation of the program beyond June 2006.

- Queensland Health will complete implementation of the Youth Early Intervention and Comprehensive Case Management Project, including a final report detailing project outcomes.

- Queensland Health will progress the second phase of the Improving the Provision of Mental Health Services Across Queensland.

- The Queensland Police Service, in collaboration with Queensland Health and the Queensland Ambulance Service, will commence recruitment of positions to establish Mental Health Crisis Intervention Teams.

- The Department of Communities will produce, promote and evaluate an on-line resource for government and non-government workers and community members outlining suicide and self-harm prevention training and professional development opportunities available across Queensland.

- The Department of Communities will recruit an Events Project Officer to organise the Queensland Suicide and Self-Harm Prevention Forum in
collaboration with the QGSPS Steering Committee. The Forum will be held in 2005-06, providing a two-day professional development opportunity for government and non-government workers in the suicide and self-harm prevention field.

- The **Department of Communities** will develop and distribute good practice guidelines to support funded non-government agencies to develop policies and procedures for managing suicide risk.

- The **Department of Communities** will commence a new training program for youth justice case workers across Queensland, which will include a component on suicide prevention.

- The **Department of Communities** will continue implementation of the *Cross-Government Project to Reduce Social Isolation of Older People*, including evaluation of community-based demonstration projects.

- The **Department of Emergency Services’ Queensland Ambulance Service South Western Region** will continue to work with the Toowoomba District Mental Health Service to deliver mental health training and explore the use of videoconferencing to provide information and support to paramedics in remote locations.

- The **Department of Child Safety** will continue to review every case where a death (including suicide death) occurs of a child or young person who has had involvement with the department within the previous three years, as per relevant legislation.
Outcome 4 – Enhancing the effectiveness of treatment and support services for people who are at high-risk of suicide and suicidal behaviour

This outcome aims to enhance the effectiveness of treatment and support services for people who are at high risk of suicide, with a focus on clinical interventions in acute and mental health settings, correctional facilities and state schools.

Overview of year two – 2004/05:

The primary activities of year two focused on enhancing systemic processes for responding to suicide and suicidal behaviour in health and educational settings.

Key achievements for year two – 2004/05:

- **Queensland Health** approved implementation of nine key recommendations arising from the *Queensland Review of Fatal Mental Health Sentinel Events*. The review, completed in March 2005, was established to investigate deaths in 2002-2003 involving people with serious mental illness and to identify systemic issues to be addressed in the provision of mental health services.

- **Queensland Health** has progressed finalisation of the *Emergency Department Guidelines* for the management of mental health issues. Implementation and training strategy currently under discussion.

- **Education Queensland** provided professional development to School Based Youth Health Nurses, Youth Support Coordinators, School Based Policing Officers and staff from Learning Engagement Centres to enhance understanding of school based suicide prevention and intervention.

Plans for year three – 2005/2006:

- **Queensland Health** will commence implementation of key recommendations arising from the *Queensland Review of Fatal Mental Health Sentinel Events*. Activities in 2005-2006 will focus on standardising mental health assessment and treatment processes, reviewing safety of furniture and fixtures in inpatient units, reviewing emergency mental health care processes in emergency departments and reviewing district health service practices for emergency mental health responses and postvention.

- **Queensland Health** will progress the *Emergency Department Guidelines* implementation and training strategy.

- The **Department of Corrective Services** will deliver specialist training to professional staff whose role includes assessment and treatment of offenders at risk of suicide and self-harm.

- The **Department of Child Safety** will develop a practice paper for staff on working with young people at high risk, including young people at risk of suicide and/or self-harm.
Outcome 5 – Enhancing the coordination of the system of care across sectors

This outcome is aimed at enhancing the coordination of the care system through improved follow-up of people at risk of suicide and suicidal behaviour, the development of working relationships with the non-government sector, improved information transfer between service systems and enhanced support for people bereaved by suicide.

Overview of year two – 2004/05:

The primary activities of year two focused on commencing a project to identify suicide prevention initiatives for young refugees and lesbian, gay, bisexual and transgender young people, implementing procedures to improve the management of prisoners at risk of suicide and continuing to enhance follow-up support for people discharged from psychiatric in-patient settings.

Key achievements for year two – 2004/05:

- The Department of Communities commenced literature reviews to identify effective suicide and self-harm prevention strategies targeting lesbian, gay, bisexual and transgender young people and young refugees.

- Queensland Health continued to work in partnership with the Australian Institute for Suicide Research and Prevention (AISRAP) to undertake the Commonwealth-funded Post Discharge Care Study. The study examines the efficacy of an intensive case management service in reducing suicide risk amongst people discharged from psychiatric in-patient units. Outcomes indicate that persons receiving intensive case management were significantly more likely to report lower levels of depression, self-harming behaviour and suicidal ideation, and higher levels of satisfaction with service responses.

- The Department of Corrective Services developed and implemented new operational procedures to guide the development of intensive management plans for prisoners previously identified as being at risk of suicide or self-harm. These plans provide a managed reintegration of prisoners into mainstream prison life following a period under observation or in a crisis support unit.

- The Department of Employment and Training developed and implemented suicide risk policies and procedures in a number of Institutes of TAFE across Queensland to ensure the appropriate management of at risk students.

Plans for year three – 2005/2006:

- The Department of Communities will undertake community consultations to inform the development of suicide and self-harm prevention strategies targeting lesbian, gay, bisexual and transgender young people and young refugees.
Queensland Health will finalise agreements with the Australian Institute for Suicide Research and Prevention (AISRAP) and the Commonwealth Department of Health and Ageing to enable continuation of the Post Discharge Care Study.

Queensland Health will collaborate with AISRAP in an Australian Research Council (ARC) three year study, Preventing suicide: A psychological autopsy study of the latest contact with a health professional before suicide.
Outcome 6 – Ensuring that service responses are culturally sensitive and appropriate for Aboriginal and Torres Strait Islander people

This outcome aims to ensure that suicide prevention services are provided in a culturally sensitive manner and that Indigenous staff are employed to deliver these services and are provided with appropriate training and development.

Overview of year two – 2004/05:

The primary activities of year two focused on allocating funding to an Indigenous youth suicide prevention program in Brisbane, improving school retention of Indigenous young people, ensuring Indigenous community input into health service planning and employing Indigenous cultural workers in correctional settings.

Key achievements for year two – 2004/05:

- The Department of Communities allocated $200,000 per annum over three years to Gallang Place Aboriginal and Torres Strait Islander Corporation to deliver the Brisbane-Based Indigenous Youth Suicide Prevention Program. The program provides counselling and support to young Indigenous people aged 12-25 years in the Brisbane area who are assessed as being at risk of suicide and self-harm. In addition, the program aims to improve coordination of existing government and non-government service responses to Indigenous young people at risk of suicide and self-harming behaviour.


- Consistent with recommendations of the Royal Commission into Aboriginal Deaths in Custody Report, Queensland Health established Regional and Local Partnership Forums and other appropriate mechanisms to engage communities in service planning.

- The Department of Corrective Services implemented a Cultural Immersion Framework at Townsville and Capricornia correctional centres, employing Cultural Development Officers and Cultural Liaison Officers to build effective linkages with prisoner families, community elders and other culturally significant persons and organisations.

- The Department of Child Safety sought to increase the number of Indigenous staff and improve staff awareness of the needs of Indigenous children and young people. As at 30 June 2005, the department employed 101 staff who self-identified as Aboriginal or Torres Strait Islander people, representing 8% of EEO Census respondents.
Plants for year three – 2005/2006:

- The **Queensland Police Service** will appoint a Suicide Prevention Senior Project Officer to develop culturally appropriate suicide awareness and skills training resources for police personnel who have extensive contact with Indigenous people. The project is designed to increase officers’ confidence and competency in identifying, managing and referring Indigenous people at risk of suicide.

- The **Department of Communities** will continue to fund Gallang Place Aboriginal and Torres Strait Islander Corporation to deliver the Brisbane-Based Indigenous Youth Suicide Prevention Program.

- **Education Queensland** will continue to implement the *Partners for Success Action Plan 2003-2005*.

- **Queensland Health** will establish additional Regional and Local Partnership forums in collaboration with the Australian Government Department of Health and Ageing and the Queensland Aboriginal and Torres Strait Islander Health Forum to engage Indigenous communities in service planning.

- The **Department of Corrective Services** will develop a peer-delivered culturally appropriate blood borne virus prevention and sexual health program targeting Indigenous offenders in custody within all Queensland correctional centres.

- The **Department of Child Safety** will seek to increase the number of Indigenous staff and increase staff awareness of Indigenous children and young people’s needs.
Outcome 7 – Improving evidence-based policy, program and service development

This outcome aims to ensure evidence-based policy, program and service development by establishing evaluation and reporting as core components of suicide prevention programs, building networks with key researchers and academics, supporting ongoing research into suicide prevention and facilitating greater alignment of State, Commonwealth and local suicide prevention initiatives.

Overview of year two – 2004/05:

The primary activities for year two focused on hosting a symposium to review progress of the QGSPS, progressing the QGSPS evaluation framework, disseminating data about suicide mortality in Queensland and developing evidence-based good practice guidelines for schools.

Key achievements for year two – 2004/05:

- The QGSPS Steering Committee hosted a Mid-Term Review Symposium in June 2005 to review progress of the QGSPS and the National Suicide Prevention Strategy to date, identify key issues, gaps and barriers in the implementation of suicide prevention strategies in Queensland and plan future directions. Key outcomes agreed at the symposium included implementation of the QGSPS at a regional level, a comprehensive evaluation of the strategy and a realignment of the current governance structure.

- The Department of the Premier and Cabinet developed an evaluation framework for the QGSPS which was endorsed by the Steering Committee. The Department of the Premier and Cabinet undertook the first three methodologies of the framework, including an audit of suicide data, an exercise to map current QGSPS projects to key areas of suicidality and known priority populations and a report on trends in Queensland’s rates of suicide and suicide attempts. Findings have informed the preliminary evaluation of the strategy completed by the Department of the Premier and Cabinet.

- Queensland Health called for tenders to undertake the external evaluation of the Early Intervention Program.

- Queensland Health funded the Australian Institute for Suicide Research and Prevention (AISRAP) to maintain a register of suicides in Queensland and disseminated AISRAP’s report, Suicide in Queensland 1999-2001, to relevant government departments.

- Education Queensland developed evidence-based Good Practice Guidelines for addressing school-based suicide issues within the curriculum, through policy development and community engagement which ensure suicide issues within schools are addressed in the safest and most effective way. The Guidelines have been incorporated into the Student Health and Wellbeing Curriculum Framework.
Plans for year three – 2005/2006:

- **Queensland Health** will lead the development and implementation of a new QGSPS governance structure in collaboration with the Steering Committee.

- The **Department of Communities** will undertake the next phase of the QGSPS evaluation with the transfer of $100,000 from Queensland Health.

- **Queensland Health** will complete an external evaluation of the Early Intervention Program.

- **Queensland Health** will continue to fund the Australian Institute for Suicide Research and Prevention (AISRAP) to maintain a register of suicides in Queensland.

- **Education Queensland** will ensure the *Suicide Prevention in Schools Good Practice Guidelines* are available online for all school personnel.

- The **Department of Child Safety** will provide access for staff to suicide awareness professional development and training and facilitate staff awareness of recording suicide alerts and critical incident reporting mechanisms.

- The **Department of Employment and Training** will review the Referral for At Risk Apprentices and Trainees strategy to ensure apprentices and trainees at risk of suicide and self-harm receive appropriate and timely interventions and referrals.