

# Suicide Prevention Action Plan 2017 - 2018

## *WaiLife Suicide Prevention Action Group*

**Nicola Trolove, Safe Community Facilitator, Waimakariri District Council**

### **Introduction**

In 2011 the Waimakariri District Council established the Injury Prevention Coordinator (IPW) role. One of the functions of this role was to facilitate the development of a Suicide Prevention Strategy for the district. The WaiLife Suicide Prevention Action Group were convened and comprise a wide range of interest groups involved in Suicide Prevention.

In May 2017 the WaiLife group revisited their 2016 - 2017 action plan and revised it in order to define the group's objectives for 2017 – 2018. Coordination of this project by the Waimakariri District Council is made possible through funding from the Ministry of Health. The coordination contract expires in October 2017.

The 2017 – 2018 work plan (stated below) aligns closely with the current Draft National Suicide Prevention Strategy 2017 and employs evidence based strategies for Suicide Prevention. The group work in collaboration with the Canterbury District Health Board (CDHB) Suicide Prevention Coordinator and as a result are able to contribute to the Canterbury Action Plan while maintaining Waimakariri's unique approach to Suicide Prevention.

	Objective (what is our aim)	Actions (what actions will we take to make this happen)	Time- frame	Status	Measure of success (How will we demonstrate achievement)	Account- ability (who will deliver)	Links to other stakeholder plans
Prevention	People who feel suicidal are identified and supported into appropriate services and supported in treatment.	Formal training on the fundamentals of suicide identification and referral will be offered to 100 people in the Waimakariri. (le qpr safeTalk, MHERC training) Three organisations will be invited to include staff in this training in order to raise institutional awareness.			Number of people trained		
		Presentations to social services and community organisations. Due to capacity limitations of the group, rather than arranging targeted events, opportunities to make introductory suicide talks (Waitaha 30 – 40 min talk, AEIOU messages) will be identified at wellness related events or in key organisations: such grey power, WINZ, Police. Facilitate and cooperate with organisations to deliver non-specific suicide prevention training (MH101, Mindfit, MHERC)			Number of presentations Feedback on presentations  Number of non-specific training delivered		
		In response to concerns regarding messages targeted to Youth, the group will disseminate Mental Health Foundation media responses through their networks and the Coordinator through the WaiLife Facebook page. The group will identify opportunities to participate in upcoming Youth Events, delivering Suicide Prevention messages / a keynote address.			Number of events and feedback on these events		
		Continue to facilitate relationships with Ngai Tuahuriri Whanau - Attend Healthy Day at the Pa and provide resources for whanau on mental health literacy.			Attendances		
		For people in contact with individuals at risk, a Waimakariri Information/resource pack will be developed and distributed to key organisations such as the Police and GP practices. Packs will target 4 to 5 key messages for individuals at risk and those around them. This pack will be available to QPR trained individuals as a resource to assist people while they wait to access services. Media messages Suicide is everybody's business? Posters			Number of packs distributed Feedback on usefulness of packs Number of posters displayed		

	Objective (what is our aim)	Actions (what actions will we take to make this happen)	Time- frame	Status	Measure of success (How will we demonstrate achievement)	Account- ability (who will deliver)	Links to other stakeholder plans
	<b>Reduce the means</b>	Gun safety messages to be delivered as a giveaway with empty gun barrel flags mounted on an Info Card (50) distributed through Police, neighbourhood support, ? Retailers.					
		Write to the supermarkets regarding removing bulk sales of paracetamol.			Bulk sales removed from two supermarkets		
		In schools: Down the back paddock training for gun safety and storage			Number of schools		
	<b>Promoting the good work that's already being done.</b>	Produce media message that highlights the coordination role in the district, the activities of the WaliLife Group, local contacts and the work happening regionally around Suicide Prevention. Utilise Social Media. Deliver a winter message through local media centred around Winter Wellbeing and around "Suicide is everybody's business"			Number of media messages delivered		
<b>Bereavement Support</b>	<b>Support families/whānau friends and communities affected by a suicide or suicide attempt</b>	Support Canterbury wide initiatives					
		Support individuals wishing to set up a Bereaved by Suicide Group in Waimakariri					
<b>Data</b>	<b>Support the collection and dissemination of quality data</b>	Support nationwide and regional initiatives.					
<b>Network</b>		Be an active member of the Waitaha Suicide Collective Access Group (Disabilities) – are informed of education opportunities for positive mental health. Promote awareness of the issue and work being done through existing community networks.			Attendances Waitaha WDC Access group WDC Community Network Forum	Coordinator	