

TASMANIAN SUICIDE PREVENTION COMMITTEE'S OPERATIONAL PLAN 2009 – 2011

(Formerly the Tasmanian Suicide Prevention Steering Committee – TSPSC)

Mission Statement:

To reduce the incidence and overall impact of suicide on the Tasmanian population.

Goal	Action	Output / Deliverable
<ul style="list-style-type: none"> • Promote suicide prevention within the state and national social inclusion agenda / policy. 	<ul style="list-style-type: none"> • Increase understanding of the influences of social inclusion and suicide. • Raise the profile of the importance of social inclusion as a component of suicide prevention. • Promote awareness of social inclusion to all levels of Government and the community. Identify and include the link between projects and policies involved in providing and supporting social inclusion and suicide prevention so that the link will be increasingly identified. 	<ul style="list-style-type: none"> • Membership from DPAC's Social Inclusion Unit on the TSPC. • Include articles on social inclusion in the TSPC newsletter. • Include social inclusion topics in the statewide forum and three regional forums. • Include social inclusion topics in the LIFE awards category.
<ul style="list-style-type: none"> • Convene an effective well managed committee with appropriate membership and structure to implement a range of activities and actions to prevention suicide in Tasmania. 	<ul style="list-style-type: none"> • Develop, support and maintain a Tasmanian Suicide Prevention Network. • To keep membership of committee, terms of reference and operational plan up to date and in line with community needs and expectations and regularly reviewed and monitored and accountable. 	<ul style="list-style-type: none"> • Review operational plan and the Terms of Reference every three years in line with reporting requirements. • Produce a report every three years that reports on the goals, actions and output deliverables so that the committee is transparent and accountable.

		<ul style="list-style-type: none"> • Convene a statewide forum every three years with regional forums being held in each region during the three year reporting cycle.
<ul style="list-style-type: none"> • Reduce suicidal thinking, suicidal behaviour and the injury and the impact of self-harm that results, by promoting and targeting culturally appropriate and evidence based approaches to risk. 	<ul style="list-style-type: none"> • Develop an evidence base for informed responses to suicide prevention. • Identify and promote responses to risk that are appropriate to the Tasmanian context. • Promote understanding of the affect of culture on suicide prevention. 	<ul style="list-style-type: none"> • Identify risk factors relevant to the Tasmanian context including different cultures and population groups. • Establish partnerships with relevant organisation with research agenda regarding risk factors (eg Suicide Prevention Australia (SPA) , Australian Institute for Suicide Research and Prevention (ASRAP).) • Promote development of culturally appropriate approaches to risk and suicide prevention • Publish culturally appropriate responses in newsletter, fact sheets, place on agenda for forum(s).
<ul style="list-style-type: none"> • Monitor and report trends on suicide and attempted suicide. 	<ul style="list-style-type: none"> • Provide support and input into the state and national data collection process. • Improve access of key stakeholders to Tasmanian suicide data / trends. • Enhance accuracy of data, data collection and analysis. • Act as a clearing house for research and data collection . • Dissemination of Tasmanian suicide data to enhance quality research. 	<ul style="list-style-type: none"> • Develop mechanisms to increase demographic information on suicides with longitudinal reporting. • Prepare and promote on-line updated annual suicide data that provides basic information on gender, method and regional breakdowns. • Prepare and distribute a three year report that includes suicide data. • Information data experts to evaluate and provide expert analysis of the Tasmanian suicide data. • Partner with research organisations such

		<p>as ASRAP, ORYGEN, Ministerial Council of Suicide Prevention WA, SPA with regards to sharing information and keeping up to date with national and overseas research in suicide prevention.</p> <ul style="list-style-type: none"> • Include key information into newsletter. • Work in partnership with the research staff from University of Tasmania in relation to data collection and identifying research opportunities.
<ul style="list-style-type: none"> • Promote and disseminate strategies that increase recognition, education and promotion of help-seeking behaviours for at-risk individuals and groups. 	<ul style="list-style-type: none"> • To increase capacity of services, community and other stakeholders to identify and respond appropriately to suicide. • Promote the TSPSC as the first point of reference in relation to suicide prevention in the state. • Develop stronger linkages with local government. 	<ul style="list-style-type: none"> • Provide consistent accurate evidence based information from our data collection unit. • Develop discussion / research papers and present to State and Federal Governments on suicide prevention related issues pertaining to suicide prevention in Tasmania. • Write articles for the LGAT magazine. • Presentations at LGAT conference and Mayors and local members forums.
<ul style="list-style-type: none"> • Develop strategies that enable collaboration and effective partnerships between key stakeholders involved in the prevention of suicide from a primary, secondary and tertiary health perspective. 	<ul style="list-style-type: none"> • Effective targeting with community with key stakeholders • Assist building capacity of organisations and other stakeholders to help address suicide prevention in their community 	<ul style="list-style-type: none"> • Develop an effective clearing house and data base for electronic distribution of relevant information. • Identify key stakeholder groups within the state and nationally to promote increased collaboration with regards to suicide prevention. • Identify areas of mutual benefit and interest with the above mentioned key stakeholders. • Develop and implement a communications

		<p>plan that incorporates effective communication tools such as the newsletters and forum participation</p> <ul style="list-style-type: none"> • Provide up to date research. • Promote and advertise grants and how to apply for them. • Promote networks by providing and supporting network opportunities through forums and through sharing of information. • Promote professional development opportunities. • Use data to identify research opportunities • Host community / consumer forums to increase knowledge and provide networking opportunities. • Utilise the forums to provide opportunities to increase knowledge of suicide prevention programs and research and provide networking opportunities.
<ul style="list-style-type: none"> • Increase support available to individuals, families and communities affected by suicide or suicidal behaviours. 	<ul style="list-style-type: none"> • Promote understanding about recognition and the importance of health-seeking behaviour. • Promote broad community awareness and effective strategies for suicide prevention for at-risk groups. • Improve suicide prevention literacy of specific health and community sector groups. 	<ul style="list-style-type: none"> • Identify and prioritise high risk groups. • Identify principles / evidence base for improving health seeking behaviours. • Identify evidence informed screening tools and intervention models appropriate for use by primary, secondary and tertiary providers. • Liaise with relevant curriculum educational providers for community sector (eg TAFE), health care providers around appropriate strategies, tools and interventions around suicide prevention.

		<ul style="list-style-type: none"> • Establish formal linkages with the Divisions of General Practice to promote the inclusion of education sessions in relation to high risk groups and suicide prevention. • Develop a database on appropriate resources and training organisations for suicide prevention.
<ul style="list-style-type: none"> • Provide advice and information on suicide related issues at a state, national and local level. 	<ul style="list-style-type: none"> • Act as a conduit between national, state and the local level in relation to suicide prevention and related issues. • Develop, revise and monitor a Tasmanian suicide prevention strategy that provides linkages between the national, statewide and local level. 	<ul style="list-style-type: none"> • Ensure a continuum of information around suicide prevention between all levels of government and to include this in the communications plan. • Ensure that policies and strategies for suicide prevention which involve all levels of government and identify any related linkages with other policy areas. • Provide whole of community / whole of life / population approach to suicide prevention. • Include development of quality and standards framework for services • Include community awareness and education. • Revise suicide prevention strategies and the TSPC's operational plan and Terms of Reference in line with regular community consultations and feedback processes.