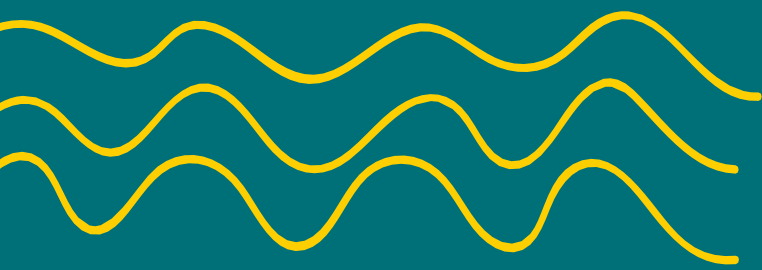




# DRAFT – Implementation Plan Two:

July 2024–December 2025

SUMMARY







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#### Acknowledgement

We recognise that Aboriginal people are the knowledge holders and provide best practice in promoting health and wellbeing for Aboriginal people.

For over 2000 generations the interconnectedness of healthy country, healthy community, and healthy family has been known to be essential to the health and wellbeing of Tasmanian Aboriginal people. Let us draw on this deep knowledge in our efforts to improve the health and wellbeing of all Tasmanians.

We recognise all people in Tasmania who have a lived experience of suicide, including those who have experienced suicidal thoughts, survived a suicide attempt, cared for someone through suicidal distress and/or been bereaved by suicide. Their knowledge is essential in the design and delivery of suicide prevention in Tasmania.

Thank you to the many organisations, service providers and community members in Tasmania who shared their experiences and expertise to help shape the *Tasmanian Suicide Prevention Strategy 2023–2027* and this second Implementation Plan (plan)

# Our strategy on a page

## Our vision

A compassionate and connected community working together to prevent suicide in Tasmania



### The change we want to see:

Reduced suicides  
Reduced suicide attempts  
Improved wellbeing

Across the whole population, regardless of age, gender, location, place of employment or cultural identity

## We will deliver our vision through our five priorities

1. Enabling collective action to prevent the onset of suicidal behaviour and respond early to distress
2. Delivering compassionate and connected services that meet people's needs
3. Empowering our people and communities to lead suicide prevention action
4. Developing a skilled, supported and sustained workforce in Tasmania
5. Enhancing whole-of-government mechanisms to coordinate our approach

## We will be guided by our principles

- Embedding lived experience knowledge in the design, delivery and evaluation of our work
- Empowering communities to plan and coordinate actions that meet specific needs
- Ensuring that compassion and connection are central to our approach
- Taking a strengths-based approach that builds on Tasmanian knowledge and resources
- Broadening our approach beyond health services to reach more people
- Using data and evidence to guide our work

## We will facilitate action through our enablers

- Elevating mental health and suicide prevention to a Premier's priority in Tasmania
- Enhancing governance arrangements to enable an accountable and coordinated approach
- Developing and reporting publicly on implementation plans

# Taking action on our priorities

## 1. Enabling collective action across agencies and sectors to prevent the onset of suicidal behaviour and respond early to distress

While each experience of suicide is unique, a broader approach is needed to have the greatest impact on improving wellbeing, reducing population risk factors and being able to respond early. People will encounter times of disconnection and unique stressors as they move through life. This presents multiple opportunities to provide proactive supports.

### We will:

- Support agencies to consider suicide prevention in policies
  - Scope the development of a Suicide Prevention Act for Tasmania
  - Work on refreshing the Tasmanian Sudden Loss Support Kit
  - Work on a protocol to support safe discussions around distressing topics
  - Work on a framework to prevent suicides in care settings
- Support cross-sector action
  - Explore a social prescribing model in Tasmania
  - Work on a Promotion, Prevention and Early Intervention Framework
  - Work on a directory of workplace programs to support worker wellbeing
- Support cross-agency action
  - Work on transitional supports for people leaving justice settings
  - Work on empowering communities to lead action on climate change and support people experiencing eco-distress
  - Continue to drive collective action to improve mental health and suicide prevention across government services
- Support best-practice communication to reduce stigma
  - Support implementation of the National Communications Charter across Tasmanian Government agencies
  - Support Mindframe training and SANE's StigmaWatch training
- Support cross-agency actions to reduce access to means of suicide
  - Support appropriate and effective prevention messaging
  - Support real-time prescription monitoring of controlled medicines

## 2. Delivering compassionate and connected services that meet people's needs

Our services need to be visible, accessible, and safe for all people. They need to include supports that meet the different needs of the people accessing them, such as our young people, men, Tasmanian Aboriginal people, LGBTIQ+ people, culturally and linguistically diverse people and Australian Defence Force personnel and veterans. A compassionate service system means that no matter when or where a person makes contact, they are connected to the supports they need.

### We will:

- Support provision of aftercare services
  - Work with key stakeholders to support access to best practice model of universal aftercare
  - Support enhanced referral pathways to aftercare services
- Support community-based models of care
  - Contribute to the evaluation and establishment of Safe Havens
- Support coordinated supports for families, friends and caregivers
  - Work on expanding the Minds Together program across Tasmania
  - Support best-practice service models for postvention
  - Work on best-practice oversight and response mechanisms
  - Support enhancement and establishment of postvention services
  - Work on implementation of postvention response plans
- Support an early distress response service for Tasmania
  - Work on a pilot early distress response service
  - Work on an evaluation framework, training packages and key resources

### 3. Empowering our people and communities to lead suicide prevention action

People with lived experience of suicide, our communities and particular population groups in Tasmania are central to the planning and delivery of suicide prevention action. A focus on co-designing solutions that can be delivered in and with communities is crucial.

#### We will:

- Support people with lived experience of suicide to co-design programs
  - Support the Tasmanian Suicide Prevention Community Network
  - Work on a suite of operational protocols to support implementation of a framework for lived experience participation
  - Continue to support inclusion of lived experience representation in Tasmania
  - Support the Roses in the Ocean Lived Experience Summit
- Support enhanced capacity of communities to implement action plans
  - Support communities to develop Community Action Plans (CAPs)
  - Fund small community grants to support local action
  - Support development of an evaluation framework for community-led prevention activities
  - Support continuous engagement with local councils to ensure suicide prevention activities are integrated statewide
- Support targeted action for particular groups at increased risk
  - Support 'Working It Out Together' and LGBTIQ+ peer navigators
  - Boost community funding grants to engage priority populations
  - Fund Aboriginal Community Controlled Health Organisations
  - Support implementation of actions from the National Aboriginal and Torres Strait Islander Suicide Prevention Strategy (once released)
  - Continue to support implementation of the Culture Care Connect Program
  - Work on a wellbeing screening questionnaire for refugees
  - Work on providing support and helping Tasmanians from a CALD background navigate systems
  - Work on implementing recommendations from the Royal Commission into Defence and Veteran Suicide in Tasmania

- Support targeted action for particular groups at increased risk (continued)
  - Support implementation of the Tasmanian Veterans Employment Strategy 2023–2027
  - Work on checklists and supporting toolkits to enhance health service access for men and young people
  - Work to promote online parenting programs
  - Promote and support the program, Movember Conversations
  - Continue to support and expand the reach of training and models to enhance wellbeing
  - Support programs which target prevention in male dominated industries
  - Support enhancement of a directory of wellbeing programs in schools
  - Work on implementing postvention guidelines for schools
  - Support staff and students to build the knowledge and skills to respond to suicidal distress
  - Work on implementing Statewide guidelines for self-harm

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## 4. Developing a skilled, supported and sustained workforce in Tasmania

Every contact a person has with a service is an opportunity for a compassionate response that connects them to the right supports. Our workforces providing this care are more likely to respond with compassion when they have the knowledge and skills they need and where they are working in organisations that promote their wellbeing.

### We will:

- Support the delivery of risk-mitigation education, training and tools
  - Work on creating a directory to help link organisations to workforce training with a supporting evaluation framework
  - Fund and deliver suicide prevention workforce training
- Support co-design and delivery of workforce training to support particular population groups
  - Support additional education and training in health care settings for focusing on Aboriginal Cultural Respect, Multicultural Awareness, Confidence with Disability, Safeguarding Children and Young People and LGBTIQ+ Inclusion
  - Support implementing Men in Mind training
  - Work to improve workforce skills in risk mitigation and crisis intervention for refugees
- Support increasing the capacity of alcohol and other drug (AOD) services in Tasmania to provide integrated support for clients experiencing suicidal distress
  - Work on implementing national comorbidity guidelines and providing online training in AOD services
  - Work on a collaborative care project for AOD clients with comorbidities
  - Work to adapt and apply the Drug and Alcohol Services Planning Model (DASPM) to Tasmania
  - Fund and deliver tiered suicide prevention training for AOD workforces and community members
  - Support implementing a statewide central intake and referral service to provide information, support, advice and referral to services in all sectors (public, private or community)

## 5. Enhancing whole-of-government mechanisms to coordinate our approach

Coordinated action across all levels of government and across agencies is required, drawing on the strengths of local relationships and available data. This will increase transparency and accountability to the people of Tasmania.

### We will:

- Coordinate and monitor TSPS actions under the TSPS governance structure
- Support real time suicide and self-harm data in Tasmania
  - Explore novel approaches, systems and tools to enhance the availability and use of suicide and self harm data in Tasmania
  - Release the next Report on Suicide to the Tasmanian Government
  - Work on identifying national data sets to inform suicide prevention
  - Work on using a Tasmanian Overdose Register
  - Fund an additional research officer for the Tasmanian Suicide Register
- Support suicide prevention programs
  - Work on an updated communications plan and third implementation plan for the TSPS
  - Identify nationally funded projects that could benefit Tasmanians
  - Identify global initiatives, grants, research, programs and trials that could benefit Tasmanians
  - Work with national partners to implement the National Suicide Prevention Strategy (once released)



Tasmanian  
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