

RECOVERY

Mental health, suicide prevention, alcohol and other drug news from your PHN

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Newly launched Planning for Wellbeing website

We are excited to announce the launch of the Planning for Wellbeing website.

Jointly sponsored by Brisbane North PHN and Metro North Hospital and Health Service, a regional plan was developed to identify opportunities for service improvement for mental health, suicide prevention and alcohol and other drug treatment services for the North Brisbane and Moreton Bay region.

After many months of consultation and design, the Planning for Wellbeing website now provides a dedicated space to locate information and resources relevant to the regional plan.

The site contains a wealth of information about the plan, including some useful links and resources, and stories summarising key achievements to date.

The site also makes it simple to access resources and tools including downloadable copies of the plan and links to relevant websites.

Each chapter of the plan has its own page on the site where you can find information as well as links to relevant stories, resources and the governance mechanisms that underpin each part of the plan. The chapter pages also allow site users to view and track the progress of a suite of shared objectives that have been developed in partnership with our stakeholders.

The website also makes it simple for site users to contact us if they are interested in getting involved, access more information or access the guidance of our team.

We invite you to take a look, bookmark your favourite pages, read about our partnership groups, or connect with us via the contact form.



Visit www.planningforwellbeing.org.au and email your feedback, queries or comments to planningforwellbeing@brisbanenorthphn.org.au.

Online suicide prevention training

Many people are surprised to learn they are far more likely to save a life with suicide intervention than with CPR.

The increased social isolation, unemployment and financial challenges caused by COVID-19, combined with anxiety about returning to normal life, means those who may have been at risk before are more vulnerable than ever.

Peer workers, support workers and others in professional caring roles may be crucial in identifying and protecting someone from suicide. Suicide is preventable and with the right skills, you can save a life.

This is why Brisbane North PHN is funding the LivingWorks Start training program for 80 peer workers and support workers in the Brisbane North region.

[LivingWorks Start](#) is a 90 minute online training that will help you to:

- identify that someone may be considering suicide
- safely and confidently ask about thoughts of suicide
- respond appropriately and connect someone at risk of suicide to services and resources that can assist them.

To take advantage of this great opportunity for free training, please contact Tiana Gordon via mhaod@brisbanenorthphn.org.au (please note, this inbox is monitored 8.30 am–5.00 pm Monday – Friday).



Professional development resources: Supporting people impacted by COVID-19

The PHN has developed a resource listing the various tools, fact sheets and professional development opportunities available to support people impacted by COVID-19, both practitioners and people accessing services.

The resource has been designed to support specific populations, or designed for use by specific sectors. For additional information about any of the resources, please liaise directly with the provider.

[Download the resource.](#)

ABOUT THE RECOVERY eNEWSLETTER

If you did not receive this eNewsletter directly from the PHN, email info@brisbanenorthphn.org.au to sign up for future editions.

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Suicide prevention service now supporting Redcliffe and Caboolture

The Way Back Support Service, operating in Redcliffe since 2017, has now expanded its service to Caboolture, offering crucial support in the three months following a suicide attempt or suicidal crisis.

People who have attempted suicide often experience severe distress in the days and weeks immediately afterwards and are at a high risk of making another attempt on their life. The Way Back aims to support participants to stay safe and be protected from further harm during this crucial period.

The Way Back delivers personalised non-clinical support, for up to three months, to people who have presented to Redcliffe or Caboolture Hospitals following a suicide attempt or crisis.

Participants are contacted by the service within 24 hours of referral and supported in their road to recovery.

Each participant connects with a support coordinator to guide them through their recovery by building a personal connection, developing a personalised safety plan and supporting them to access services, which can vary from

clinical support to receiving financial or relationship counselling.

Psychological support services are also available to participants of The Way Back in both Redcliffe and Caboolture. This one-on-one support helps motivate people to keep connected and alive.

Within the North Brisbane and Moreton Bay region, partnering Redcliffe and Caboolture Hospitals assess and refer people to The Way Back Support Service.

The service, developed by Beyond Blue, will continue to be delivered across the region by Richmond Fellowship Queensland, is commissioned by Brisbane North PHN and jointly funded by the Australian Government Department of Health and Queensland Health.

Read more about [The Way Back Support Service here](#).





Helping people in the region who are at risk

Connecting people at risk of suicide and those caring for them with appropriate support can be challenging and result in those in need not receiving the right care in the right place at the right time.

With the additional pressures imposed on people due to the economic, social and emotional impacts of the COVID-19 pandemic, ensuring people can find their way to the best service to meet their needs is crucial.

[Reasons to Stay.com.au](http://www.reasonstostay.com.au) can support those at risk of suicide and those caring for them to find the best service. The website provides valuable information about accessing face-to-face suicide prevention services

in the North Brisbane and Moreton Bay region.

Users can also access telephone crisis and information lines and links to reputable sites for further reading and support.

“The Reasons to Stay campaign aims to show people where and how to get the help they need. It also encourages them to reach out and start a conversation, so they can find their reasons to stay,” Brisbane North PHN Chief Executive Officer Libby Dunstan said.

Visit www.reasonstostay.com.au to find out more and share with your clients.

Visit www.reasonstostay.com.au to find out more.



Contract renewal for mental health lived experience engagement network

The Department has extended the contract to Brisbane North PHN for the 2019 – 2022 period to administer, chair and provide secretariat services for the PHN Mental Health Lived Experience Engagement Network (MHLEEN).

The network was established in 2018 in response to a workshop that identified some of the participants' top priorities as consumer and carer engagement and peer workforce development.

Within the initial one-year contract, MHLEEN provided the opportunity for sharing approaches for co-design and lived experience engagement and consultation, a key component of the Government's mental health reform policy.

With the contract renewed, MHLEEN will continue to undertake the following activities:

- provide secretariat support for national teleconferences
- organise, chair and host face-to-face meetings
- support the involvement of People with Lived Experience (PLE) at Stepped Care Workshops
- give presentations to the PHN National Stepped Care Workshops
- prepare lived experience stocktake report

- share good practice ideas
- support training and capacity building for LE workers and LE representatives engaged by PHNs and through PHN commissioned services
- liaise closely with the Department's Liaison Officer in supporting MHLEEN
- other activities to support lived experience representation.

The 2020 - 2021 workplan has a focus on identifying and sourcing training, mentoring and coaching for lived experience delegates and the peer workforce.

Positive feedback provided recently by a MHLEEN member highlights how empowering the lived experience process can be.

“MHLEEN provides a valuable place where members can raise stories, challenges and ideas from their own community straight into the hands of policy and decision makers from government.”

— *MHLEEN member, 2020*

For further information please contact mhleen@brisbanenorthphn.org.au.

Strengthening health assessment responses for children and young people in care

Children in out of home care are likely to have complex health needs such as poorer physical, mental and developmental health than their peers. These children may also not be accessing the full range of options within the health service system, in part, due to placement instability combined with limited coordination and information sharing between service providers.

Brisbane North PHN is working with primary care providers across the Caboolture child safety service centre catchment to strengthen health assessment response for children and young people in care.

The National Clinical Assessment Framework for Children and Young People in out of home care recommends that children in care receive:

- a preliminary health check within 30 days of entering care
- a comprehensive health and developmental assessment within 90 days of entering care and annually thereafter
- a health management plan.

Brisbane North PHN is working with primary care providers across the Caboolture child safety service centre catchment to support the implementation of the health pathway and leading the following activities:

- development of a localised health pathway and health assessment templates for children in out of home care, published via HealthPathways
- facilitation of a community of practice involving GPs, hospital and child safety stakeholders to improve the health response for children in out of home care
- support primary care providers working with children in out of home care to complete health assessments and health management plans.

For more information about the Out of Home Care Project, or to be involved, contact Brisbane North PHN Project Officer Michele Hayes on 07 3490 3430 or email michele.hayes@brisbanenorthphn.org.au.

Primary medical issues:

- 14 per cent have abnormal growth
- 24 per cent have incomplete vaccinations
- 20 per cent have abnormal vision screening
- 28 per cent have an abnormal hearing test
- 30 per cent have dental problems

Trauma-related issues:

- 54 per cent have emotional or behavioural problems
- Up to 63 per cent have an eating disorder or obesity
- 77 per cent aged \geq 12 years smoke every day
- 45 per cent aged $<$ 5 years have a speech delay

Multicultural connect line

World Wellness Group offers support and information to find aid, assistance and mental health services in a variety of languages.

For more information on accessing this support, [visit World Wellness Group helpline](#)



Domestic and family violence tools for alcohol and other drug settings

A survey of 15,000 women by the Australian Institute of Criminology revealed more than half of the women who had experienced physical or sexual violence before the COVID-19 crisis said the violence had escalated since the pandemic began.

Conducted in May this year, the survey found 4.6 per cent of respondents have experienced physical or sexual violence from a current or former cohabiting partner. Almost six per cent (5.8 per cent) of women experienced coercive control and 11.6 per cent reported experiencing at least one form of emotionally abusive, harassing or controlling behaviour. For almost one-third (33 per cent), it was their first time experiencing physical or sexual violence in their relationship.

COVID-19 has seen significant rises in calls to crisis and support services, along with increased consumption of alcohol, cannabis and tobacco. There are strong links between the use of alcohol with adverse social health impacts, including domestic and family violence.

A package of three tools, produced in 2017, form part of the AOD Safer Families Project.

These tools enable specialist AOD treatment and support services to provide more effective responses for people who use AOD in harmful ways and either experience domestic and family violence (DFV) and/or are at risk of using DFV. The tools can be used to provide clinical and practical guidance to the AOD sector to prevent and respond to DFV. The tools include:

- [Domestic and Family Violence Capability Assessment Tool: for Alcohol and Other Drug Settings](#)
- [Scope of Practice: for Working with Service Consumers in Alcohol and Other Drug Settings who Experience or Use Domestic and Family Violence](#)
- [Practice Guide: for Responding to Domestic and Family Violence in Alcohol and Other Drug Settings](#)

Further information about the AOD Safer Families Project visit the [Alcohol Tobacco and Other Drug Association website](#).

Take control of your wellbeing during the COVID-19 pandemic

Neami National has launched Queensland Wellbeing Link, a telehealth, brief-intervention program, providing low intensity support to people experiencing distress due to the impacts of the COVID-19 pandemic.

The program offers free phone or video-based support to Queensland residents aged 16 and over, that identify the COVID-19 pandemic as impacting their mental health and wellbeing.

Peer wellbeing coaches provide support through the short-term Health Matters program, identifying participants' goals, supports and strategies. Participants can self-refer or they can be referred by another person such as a GP, community service or family member with their consent.

Further information about the wellbeing link program is available at www.neaminational.org.au/wellbeinglink.



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