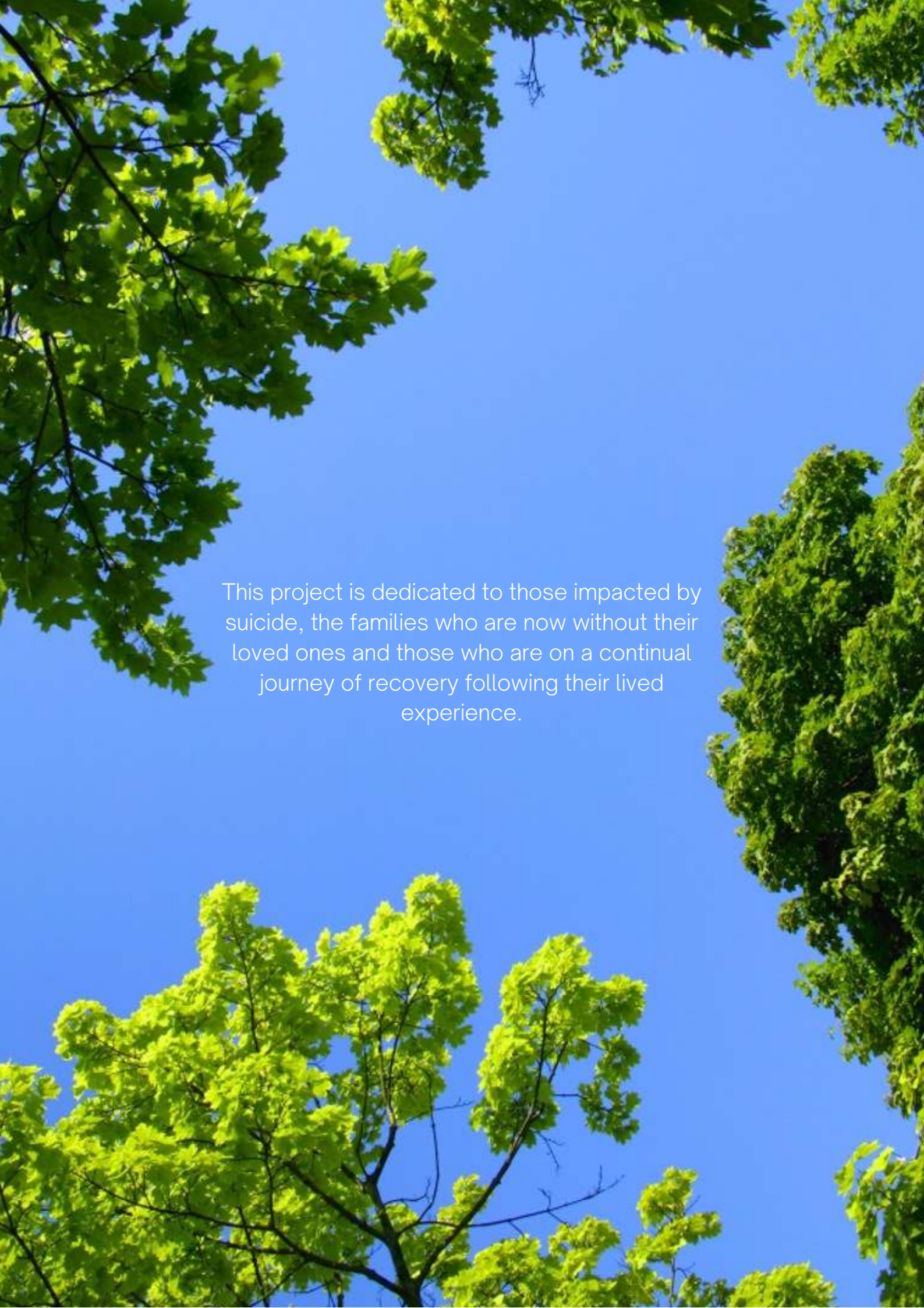


The Greater Whitsunday Council of Mayors Suicide Prevention Taskforce PROJECT UPDATE

Ft. The Pilot Model – Pathways Connect



A low-angle photograph looking up at a clear, bright blue sky. The sky is framed by the edges of several trees with vibrant, bright green leaves. The leaves are in sharp focus, showing their intricate vein patterns. The overall mood is peaceful and hopeful.

This project is dedicated to those impacted by suicide, the families who are now without their loved ones and those who are on a continual journey of recovery following their lived experience.



Acknowledgements

Greater Whitsunday Communities and The Greater Whitsunday Council of Mayors Suicide Prevention Taskforce respectfully acknowledge the Aboriginal and Torres Strait Islander peoples as Australia's First Nation Peoples and the Traditional Custodians of this land right across the Mackay, Isaac and Whitsunday region. We respect their continued cultural and spiritual connection to country, waters, kin, and community. We also pay our respect to their Elders past, present, and emerging as the custodians of knowledge and lore. We are committed to making a valued contribution to the wellbeing of all Aboriginal and Torres Strait Islander peoples. We also acknowledge the world is continuously changing and challenges facing our society will be more deeply felt by Aboriginal and Torres Strait Islander communities. Embedding a cultural lens must be a priority in any strategy that is created and implemented.

We acknowledge the lived experience of people with mental health challenges, particularly children. We pay respect to people who have lost their lives to suicide and acknowledge the families and carers of all people with a lived experience. We recognise their commitment in supporting people who experience mental health challenges to live well on the terms they choose.

A special and warm thanks to the people of First Nations background, Lived Experience, Culturally and Linguistically Diversity, LGBTQIA+, Community Members, Industry Representatives and passionate Service Providers – Government and non-government bodies who contributed, shared, collaborated and co-designed with us and continually provided fresh insights into the work as we were developing and manifesting this model for the Mackay, Isaac and Whitsunday Region.

The information compiled in this update has been developed by Greater Whitsunday Communities on behalf of the Greater Whitsunday Council of Mayors Suicide Prevention Taskforce in collaboration with the funding body Northern Queensland Primary Health Network (NQPHN), Mackay, Isaac and Whitsunday, Suicide Prevention Community Action Planning Group, and the Mackay Hospital and Health Service.



Final Taskforce meeting of 2022

25/11/2022



- The model has been developed, established and endorsed by the Greater Whitsunday Council of Mayors Suicide Prevention Taskforce



- The report is in the editing stages and is expected to be submitted in December 2022 to the NQPHN for publishing in 2023



- The Greater Whitsunday Council of Mayors have funded the extension of GWC Project Officer Courtney Wilson until June 2023



- GWC will be seeking the funding required to implement the pilot model

What did the

DATA TELL US?



people-based

real meaningful connections to people in which you relate



community-based

community solutions in community environments



values-based

compassionate people empowering purpose in others

place-based

led by Mackay, Isaac and Whitsunday local champions





THE SOLUTION

- Community based
- Creating pathways in a familiar and natural environment
- Helping people to have a positive, compassionate experience

Connect to support when they need it most, before they hit crisis



The model includes community engagement delivered by:

- Regional peer connectors who are trained to walk alongside people and provide timely, compassionate and individualised support.
- Program Coordinators who support seamless regional collaboration and cohesion, and empower and guide connectors while simultaneously working to ensure there is access to live and relevant information that enhances navigation of support options.



STRENGTHENING
communities

MACKAY, ISAAC AND
WHITSUNDAY

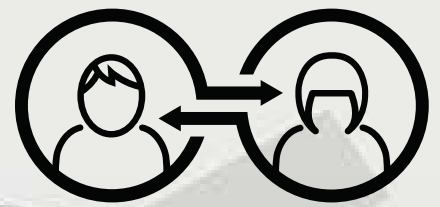
Pathways *Connect*

The Pilot Model

The data gathering and analysis resulted in a
**co-designed community-based,
early intervention pilot model**

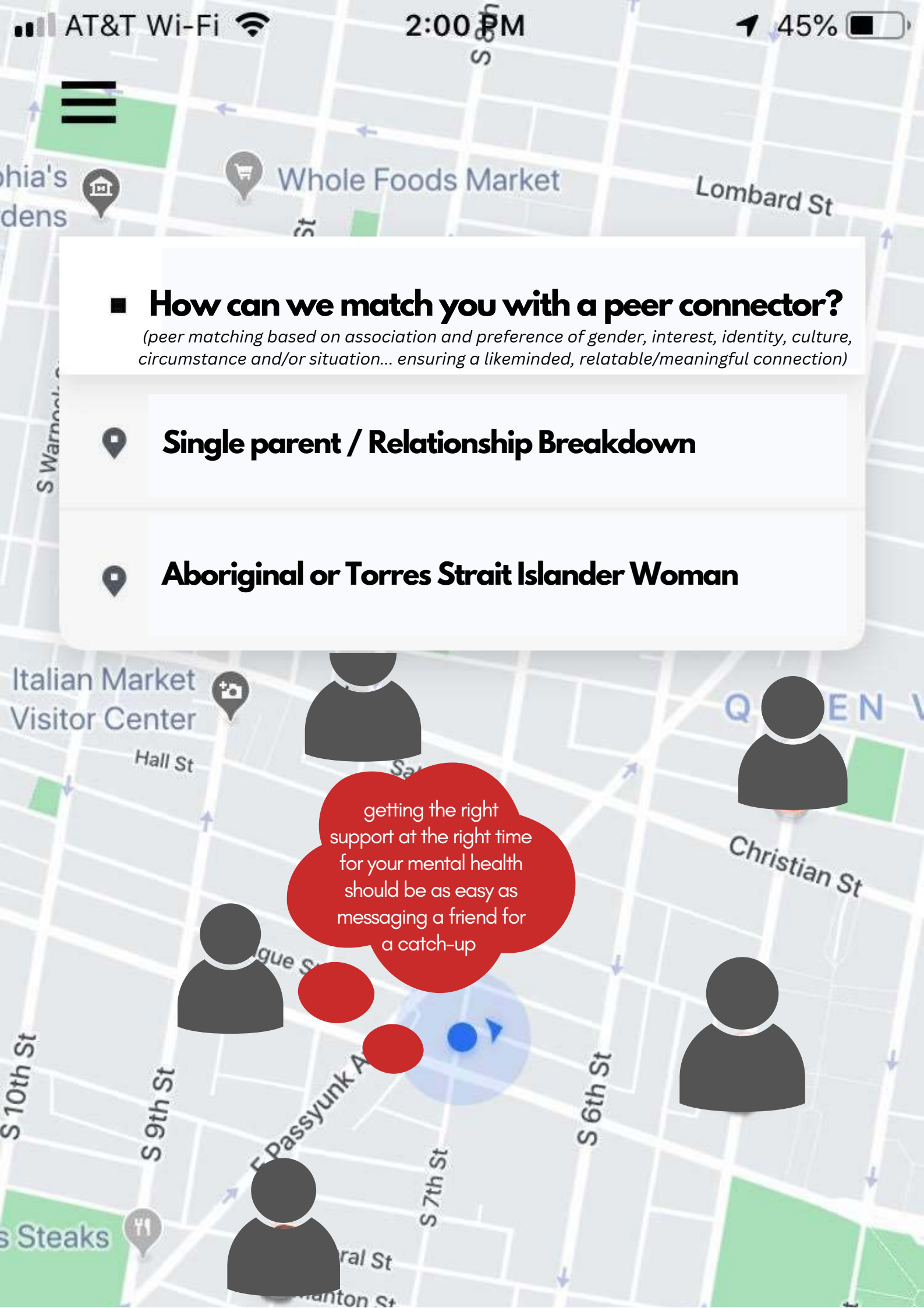
that prioritises community facing care navigation and creates seamless connections for community across sectors. It is designed to be a collective and responsive approach to suicide prevention planning and implementation, while addressing the barrier of distance. This solution is innovative and **builds on existing** initiatives, campaigns, services and other support options.

THE VISION



peer connecting
and matching
system





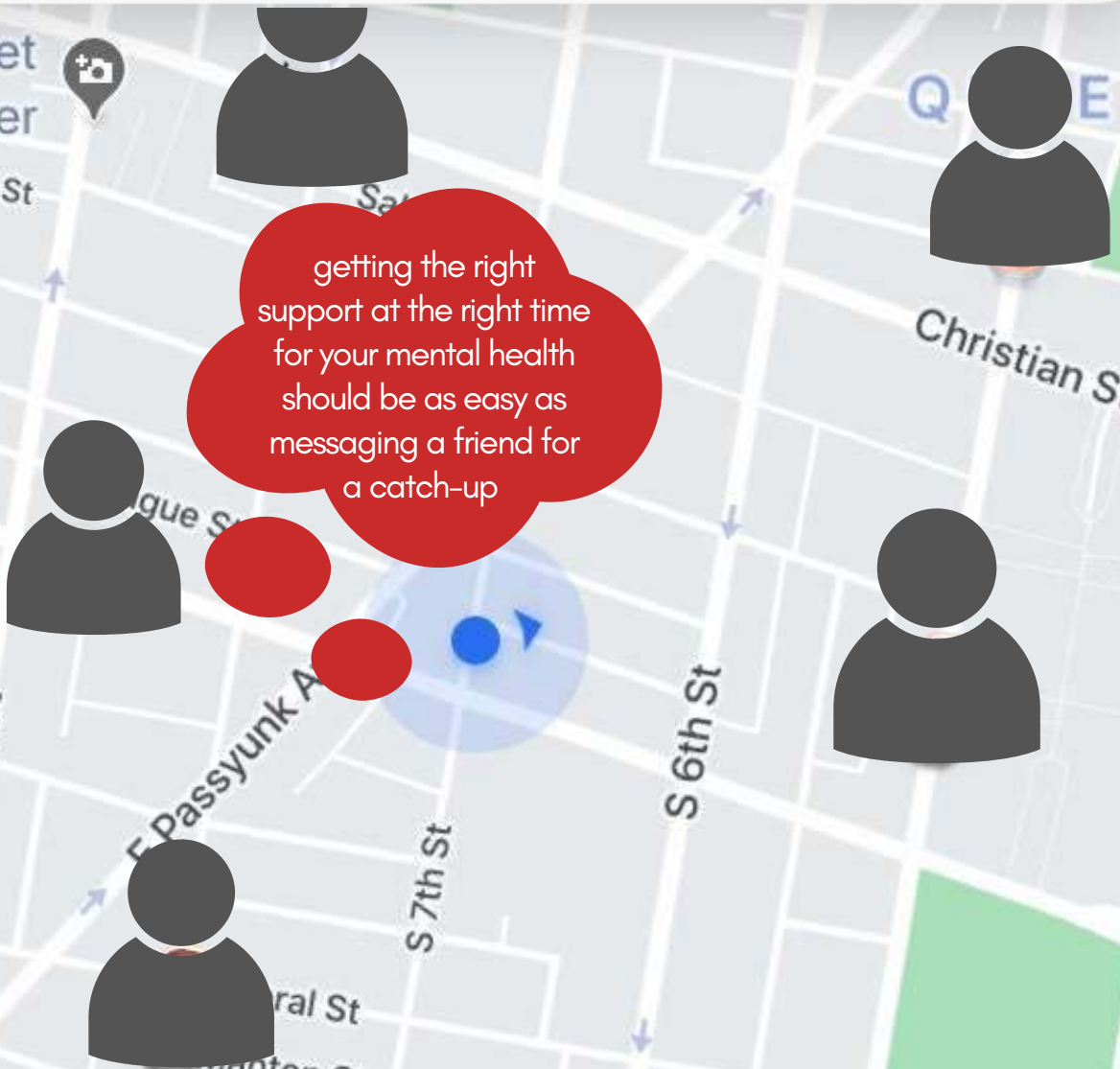
■ How can we match you with a peer connector?

(peer matching based on association and preference of gender, interest, identity, culture, circumstance and/or situation... ensuring a likeminded, relatable/meaningful connection)

📍 **Single parent / Relationship Breakdown**

📍 **Aboriginal or Torres Strait Islander Woman**

getting the right support at the right time for your mental health should be as easy as messaging a friend for a catch-up



Social impacts

Aligning with social impacts goals and plans by addressing communities' physical and mental health and well-being, as well as their social, cultural and economic well-being.





Promoting good health through connection

Preventing suicide through building connection points can be everyone's business.

A hand reaching out towards another hand, with a jagged line graph and an upward-pointing arrow overlaid on the scene.

**This innovative approach
could create new
National Standards for
suicide prevention.**

By recognising the power of
empathy and connection,
we can change the way
people experience mental
health and suicidal
challenges.

**Be a part
of the
change.**



Recommendations

Over 12 months, GWC collected an enormous amount of data, co-designed solutions and rich information pertaining to suicide prevention in a unique geographical context specific to the Mackay, Isaac and Whitsunday Region. GWC and the Greater Whitsunday Council of Mayors Taskforce recommend that the co-designed, community-based model be implemented as a pilot over two years.

However, it is acknowledged that the pilot model Pathways Connect is only a fraction of the work required to improve and significantly reduce the stigma, crisis presentations and local suicide rate. Other recommendations have emerged from this process and have been captured and included in the final report.



**this
project...**

**all of
the
data...**

A snapshot of the recommendations

A community project that follows the Joint Regional Wellbeing Plan - Preventative focus rather than suicide prevention/crisis intervention.

More focus on Youth Mental Health, Wellbeing Education and building resilience

Improved Governance that informs data collection for funding planners

Someone i can relate too

- Indigenous Suicide Prevention Response Team
- Recognise the value of nature as a healing tool
 - Suicide risk screening
 - Earlier intervention youth education

Non-clinical experience, personal and familiar

Multiple pathways of access: Phone, Internet, QR Code, App, Face to Face

hybrid / outreach mobile / in-home support

- Suicide Prevention High Risk Team
- Streamlining: empathy, perspective thinking tools, feedback informed, recovery orientated, trauma informed, culturally safe, lived experience, peer led
- Build community purpose and meaning

Mandating Mental Health First Aid and other training



**Every
contribution
counts.**

The model has been costed to require funding of \$2.5m over a two-year pilot.

GWC and the Greater Whitsunday Council of Mayors Suicide Prevention Taskforce are now actively seeking funding partners to initiate the suicide prevention pilot model, which can be measured, evaluated and refined during the two year pilot.

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