



Partnering to Strengthen Local Mental Health Initiatives:

*WA Primary Health Alliance
and Mental Health Commission*

Jenna Denton

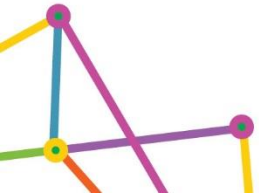
Suicide Prevention Lead / Partnerships Advisor



WA Primary Health Alliance acknowledges, and pays respect to, the Traditional Owners and Elders of this country. We recognise their diversity and the significant importance of their cultural heritage, values, beliefs and self-determination in contributing to the positive health and wellbeing of the whole community.



Koorn Koort Danjoo (*Coming Together*)
John Walley 2018



About Us

Our Vision

Better Health, Together

Our Mission

To shape, strengthen and sustain primary health care through partnerships and strategies that improve people's access and health outcomes.

Our Values

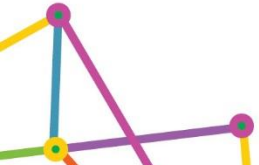
Courage ● Humility ● Respect ● Wisdom ● Integrity



Suicide Prevention Activities (*formerly known as Trial Sites*)

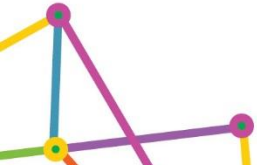
Since 2017, the Commonwealth has provided funding to support the trial of suicide prevention initiatives across 12 PHNs throughout Australia. WAPHA has three (3) PHNs (Country North, Metro and Country South), divided into 11 regions and three (3) trial sites:

- Perth South
- Midwest Region
- Kimberley Region



High Risk and Target Populations

- Perth South – Youth aged 12 – 25
- Midwest – Men aged 25 – 54, particularly FIFO, Farmers, fishers and aboriginal communities
- Kimberley – Aboriginal people



Alliance Against Depression Framework

PILLAR 1:

General public: depression awareness campaigns



Activities within this pillar target the general public. The aim of these activities is to enhance people's knowledge about depression, reduce the stigma around depression and suicide, and enable help-seeking behaviour.

PILLAR 2:

Patients, high-risk groups and relatives



Activities within this pillar target people who are at high-risk of suicide, and their families. The aim of these activities is to enhance people's self-help skills, facilitate access to care, and stabilise people who are in acute suicidal crises.

PILLAR 3:

Primary care and mental healthcare



Activities within this pillar target a range of health professionals, including GPs. The aim of these activities is to strengthen health professionals' skills in diagnosing and treating patients with mental health issues.

PILLAR 4:


Community facilitators and stakeholders



Activities within this pillar target community members and leaders, particularly those who are well-placed to identify and support at-risk people. The aim of these activities is to build community members' confidence and skills, strengthen connectedness, and improve the quality of media reporting about depression and suicide.

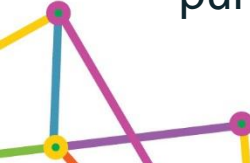


Local Government Suicide Prevention Funding



Based on the outcomes of the Shire of Murray and Shire of Waroona ATSI Mental Health funded initiatives, in 2020/21 we rolled the activity into the trial funding where City of Mandurah became engaged. From their success this initiative was expanded into other local governments in Perth South and the Midwest Region in 2021/22.

Based on the Commonwealth guidance for the 2021/22 additional funding, we were able to also expand the initiatives beyond the three (3) trial sites into the Goldfields, Pilbara and Wheatbelt regions using Midwest funds. This enabled suicide prevention activities to be delivered in areas that may not have ever had funding for this purpose previously.

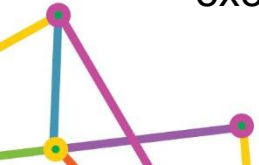
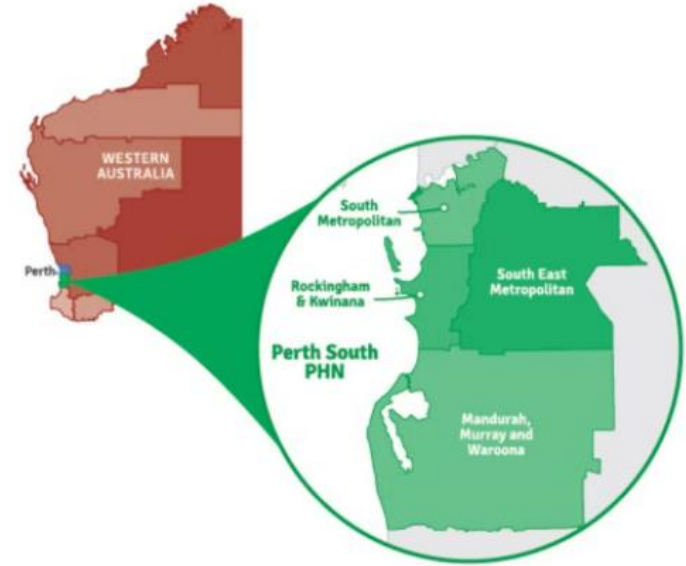




Nine (9) local governments accepted the Suicide Prevention Funding:

- City of Mandurah
- Shire of Serpentine-Jarrahdale
- Shire of Murray
- City of Rockingham
- City of Kwinana

Four (4) in final stages of contract execution



Perth South

- WAPHA works in consultation with PaRK and Imagined Futures to coordinate and deliver initiatives in Perth South. Both groups work closely with their LGA's to support planning
- Serpentine-Jarrahdale - Camp Hero will deliver 2 x unique, five-day mental health and leadership programs, designed to educate young people to promote strong mental health in their communities and arm them to become leaders of tomorrow.
- Youth orientated education, camps, pop up spaces and art programs

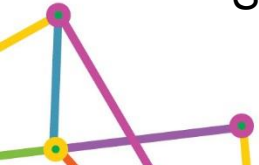
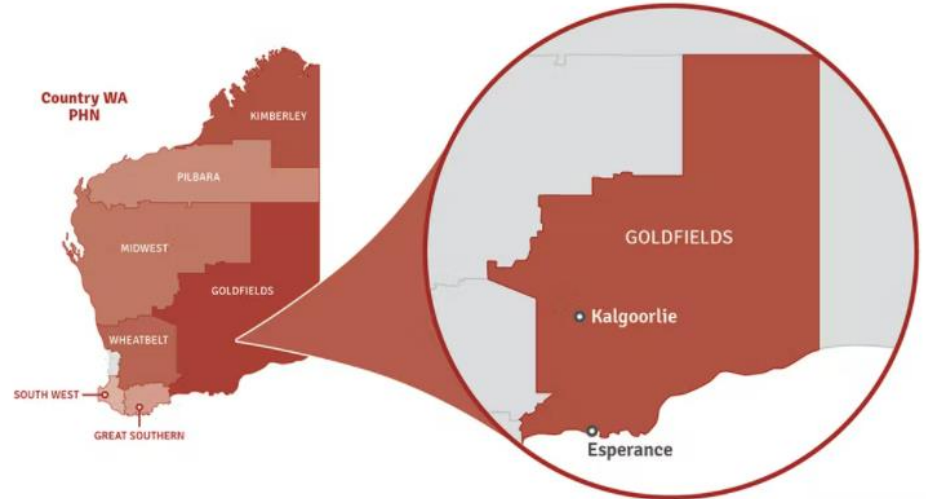


Goldfields Region



Eight (8) local governments accepted the Suicide Prevention Funding:

- Shire of Wiluna
- Shire of Leonora
- City of Kalgoorlie-Boulder
- Shire of Coolgardie
- Shire of Dundas
- Shire of Esperance
- Shire of Laverton
- Shire of Menzies



Goldfields Region

Shire of Menzies is utilising funds to support the remote **Tjuntjuntjara** community to create films and art to develop coping strategies associated with depression, and providing purposeful activity. *Tjuntjuntjara is one of the most remote communities in Australia.*

Shire of Esperance is funding talks, workshops and events delivered by local and external organisations and leveraging the opportunity to engage for greater understanding of the needs of their communities.

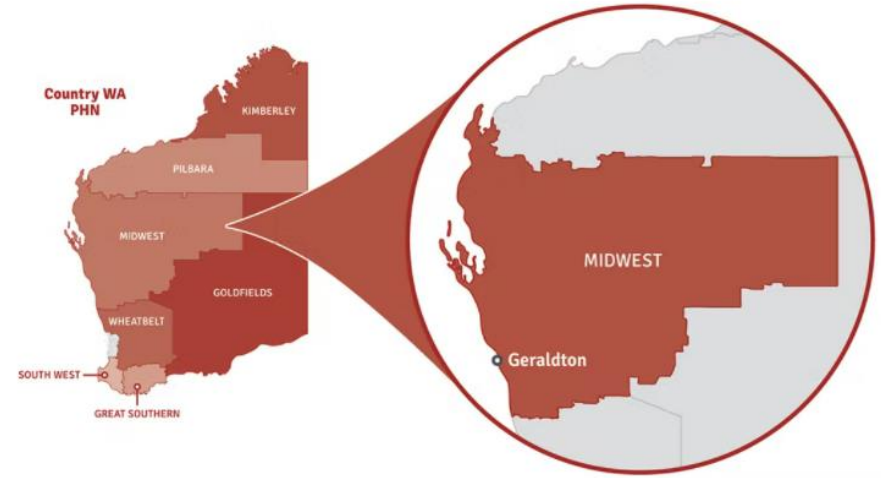
City of Kalgoorlie-Boulder and the shires of **Laverton, Leonora and Coolgardie** have formed a collaboration by pooling funds and sharing resources.



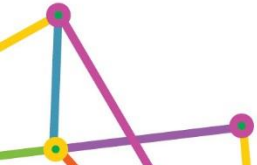
Midwest Region

Three (3) local governments accepted the Suicide Prevention Funding:

- City of Greater Geraldton
- Shire of Meekatharra
- Shire of Carnarvon



Meekatharra has one of the highest
Aboriginal suicide rates across Australia.



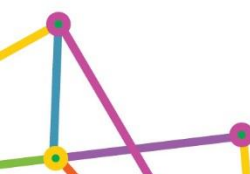
Midwest Region

- **Shire of Meekatharra** are utilising a co-design approach with the Meekatharra Aboriginal Reference Group and agencies delivering local services, to design and deliver initiatives based on community need.
- **Shire of Carnarvon** are using a partnership approach to support their indigenous population with education and programs on country, whilst also enhancing already existing grassroots initiatives.
- **City of Greater Geraldton** are working with the Midwest Coordinators to contribute to community wellbeing plans for both Geraldton and Mullewa. As well as partnering with grassroots organisations to enhance programs and initiatives.

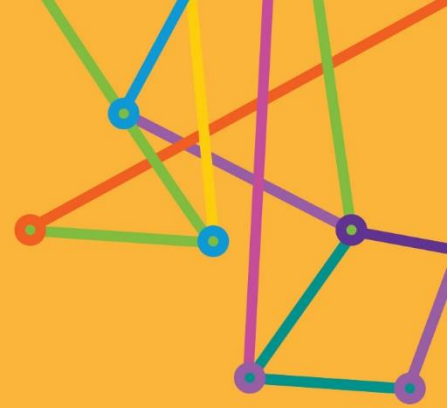
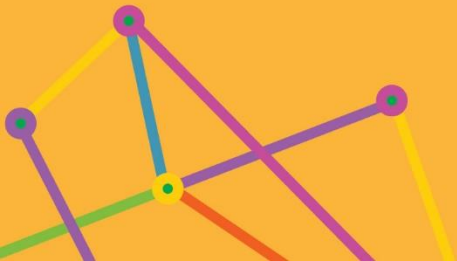


Internal Upskilling and Capacity Building

Provisioned the use of funds internally to support upskilling of local government workforce in mental health and suicide prevention:


- Mental Health First Aid
 - Aboriginal Mental Health First Aid
 - ASIST
 - Gatekeeper (MHC)
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MHC and WAPHA Collaboration



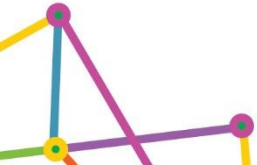
MHC Suicide Prevention Coordinators and Aboriginal Community Liaison Officers

WAPHA and MHC communicate regularly to ensure community initiatives are delivered collaboratively.

- Community and health professional education
 - Support Community Wellbeing Plans
 - Innovate ways to provide education to aboriginal and vulnerable communities that are culturally safe and appropriate
 - Identify key regional people in regional places to participate in facilitator training in accredited trainings.
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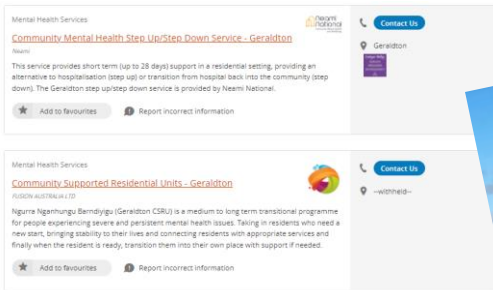
MHC and WAPHA Working Group

- Memorandum of Understanding to formalise our strategic partnership
- WAPHA and MHC working groups meet regularly for the purpose of information sharing and to enhance collaboration at a commissioning and strategic level. (eg Wheatbelt)
- WAPHA CEO and Commissioner regularly meet for information sharing



My Community Directory

The Mental Health Commission (MHC) and WA Primary Health Alliance have collaborated to utilise a shared platform. By working together to improve the same database of services, the MHC and WAPHA are on track to ensure consumers have accurate and up to date information on the services available across the system, regardless of funding source.



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Thank you



**WA Primary
Health Alliance**
Better health, together

phn
PERTH NORTH, PERTH SOUTH,
COUNTRY WA
An Australian Government Initiative