

Jewish  Care  
You are in good hands



# Jewish

## suicidepreventionstrategy

*Whoever saves a single life, saves the world entire (Talmud)*

# The 5 Overarching Objectives

## **Objective 1:**

Improve community strength, resilience and capacity in suicide prevention via education and training

## **Objective 2:**

Raise Community Awareness through targeted suicide prevention activities

## **Objective 3:**

Develop and improve access to resources and information

## **Objective 4:**

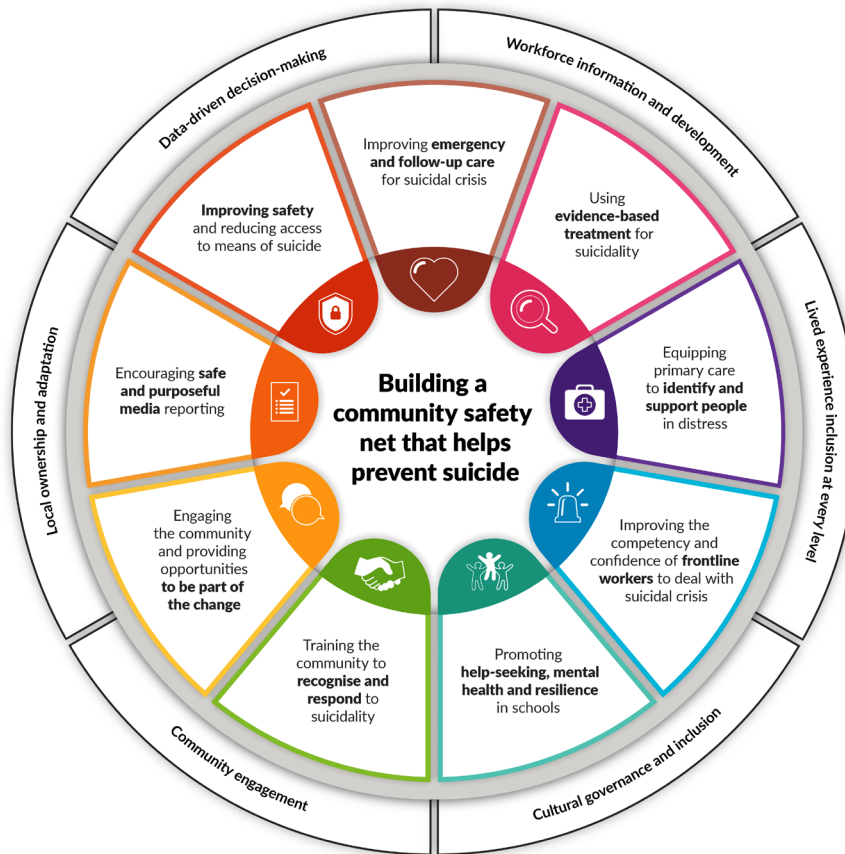
Build a strong community network and develop a wider partnership approach

## **Objective 5:**

Take a co-ordinated approach to suicide prevention, crisis care & assertive aftercare

## The Jewish Suicide Prevention Strategy is guided by the Black Dog Institute's LifeSpan Framework.

The nine areas include:



# Jewish Suicide Prevention Strategy Action Plan: 2018 - 2020

Overarching Strategy Objective	Activity/Target
<b>Objective 1:</b>  Improve community strength, resilience and capacity in suicide prevention via education and trainings	1.1 Roll out 2 day Standard Mental Health First Aid training to Jewish Organisations and community members
	1.2 Roll out 2 day Youth Mental Health First Aid Training to Jewish Youth Group Leaders, JewishCare volunteers, Year advisers, Australasian Union of Jewish Students (AUJS), Camp Sababa, Shalom College, & Maccabi staff
	1.3 Roll out 4 hour Suicide Prevention Training to Jewish Organisations and community members
	1.4 Run 2 day ASIST (Applied Suicide Intervention Skills Training) targeted to frontline staff
	1.5 Offer LifeSpan endorsed QPR (Question, Persuade, Refer) 50 minute online suicide prevention training for broader community and organisations
	1.6 Promote either 1 day Black Dog Institute Advanced Suicide Prevention Training or the condensed 3 hours suicide prevention training for Jewish and local GPs  Promote evidence based e-health programs to GPs
	1.7 Evaluate effectiveness of training activities via evaluations surveys pre-training, immediately after and 3 months later
	1.8 Conduct SOSS (Stigma of Suicide Survey) & LOSS (Literacy of Suicide Survey) amongst committee members' organisations and conduct follow up after 6 months. Evaluate the impact of the Strategy via SOSS & LOSS as well evaluations from trainings and community campaigns

Overarching Strategy Objective	Activity/Target
<p><b>Objective 2:</b></p> <p>Raise community awareness through targeted suicide prevention activities</p>	2.1 Committee members to nominate community presenters with a lived experience of suicide or impacted by suicide. Community presenters to receive tailored training via Black Dog Institute Community Presenters Program
	2.2 Create a Speakers Bureau
	2.3 Hold events to raise community awareness
	2.4 Participate in World Suicide Prevention Day and other engagement opportunities such as World Mental Health Day, R U OK Day? Stress Down Day and other relevant campaigns
	2.5 Participate at local community events to promote the Jewish Suicide Prevention Strategy
	2.6 Develop awareness raising projects targeted at seniors
	2.7 Adopt and promote MindFrame guidelines
	2.8 Help seeking information in media guidelines to be tailored to include Jewish specific services alongside mainstream services
	2.9 Adopt 'KindnessRocks' creative project to promote the JSPS message, reduce stigma and use as a conversation starter.
	2.10 Create a JSPS Facebook page to promote training, awareness campaigns, sector updates as well as providing support service information

Overarching Strategy Objective	Activity/Target
<b>Objective 3:</b>  Develop and improve access to resources and information	3.1 Create 'referral pathways' information resource for organisations to use
	3.2 Develop Community Crisis Card and disseminate to Jewish organisations and community members
	3.3 Provide 'prevention, intervention & postvention' resources packs for relevant community organisations
<b>Objective 4:</b>  Build a strong community network and develop a wider partnership approach	4.1 Identify key figures within the Jewish Community who will champion the cause and promote strategic goals
	4.2 JSPS Committee members to meet bi-monthly
	4.3 Establish a <i>Trainer Hub</i> comprising of all past participants of Mental Health First Aid and Suicide Prevention trainings who will be part of the network and champions for the JSPS
	4.4 Develop partnerships with Advice and Information Services such as Lifeline, Suicide Call Back Service and aim to track referrals made to these services as a result of crisis cards and community campaigns. Also make these services aware of what community supports are available for Jewish people who access these helplines and track any increase in referrals.
	4.5 As a member of Suicide Prevention Australia stay up to date with latest research in the field of Suicide Prevention Australia, attend conferences, connect with SPA Hub and Life in Mind, be aware of current best practice guidelines and disseminate information accordingly
	4.6 Work alongside local councils and police to identify any hotspots and means restrictions strategies to be developed

Overarching Strategy Objective	Activity/Target
<p><b><u>Objective 5:</u></b></p> <p>Take a co-ordinated approach to suicide prevention, crisis care and assertive aftercare</p>	5.1 Set up a monthly support group ‘Suicide Impacting Me’ for those in the community who have been impacted by suicide
	<p>5.2 Schools to have a consistent approach and strategy to managing crisis and aftercare support with policy and procedures in place.</p> <p>Schools to be encouraged to adopt evidence based programs such as kidsMatter and MindsMatter</p>
	5.3 All Jewish community services to have a consistent approach to crisis care and aftercare – Shared guidelines to be developed
	5.4 JewishCare’s Mental Health & Wellbeing Program to develop an intensive aftercare program to work with local public and private mental health units and provide intensive aftercare support with Jewish patients & their families pre and post discharge.
	5.5 Promotion of crisis lines and afterhours support within Jewish organisations
	5.6 Promotion of Psychological Support Services (PSS) to be included as part of referral pathways info sheet
	5.7 Clear guidelines to be adhered to on the use of provision of medication with suicidal individuals

## 24 hour crisis services

Police and Ambulance Emergency .....	000
From a mobile .....	112
Hatzolah (Eastern Suburbs only) .....	9371 2222
Lifeline .....	13 11 14
Jewish House.....	1300 544 357
Suicide Call Back Service .....	1300 659 467
Kids Helpline (5-25 years) .....	1800 551 800
24 hour Mental Health Line.....	1800 011 511

## Counselling and support services

JewishCare.....	1300 133 660
Jewish House.....	1300 544 357
SANE .....	1800 187 263
Alcohol and Other Drugs Information Service (ADIS) .....	9361 8000
Beyondblue Information Line .....	1300 224 636

## Websites & Resources

JewishCare	<a href="http://www.jewishcare.com.au">www.jewishcare.com.au</a>
Jewish House	<a href="http://www.jewishhouse.org.au">www.jewishhouse.org.au</a>
Suicide Prevention Australia	<a href="http://www.suicidepreventionaust.org">www.suicidepreventionaust.org</a>
Lifeline	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
Suicide Call back Service	<a href="http://www.suicidecallbackservice.org.au">www.suicidecallbackservice.org.au</a>
Kids Helpline	<a href="http://www.kidshelp.com.au">www.kidshelp.com.au</a>
Beyond Blue	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
Black Dog Institute	<a href="http://www.blackdoginstitute.org.au">www.blackdoginstitute.org.au</a>
Headspace	<a href="http://www.headspace.org.au">www.headspace.org.au</a>



@jewishsps