



# Jewish suicide prevention strategy

2018 - 2021



**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:**

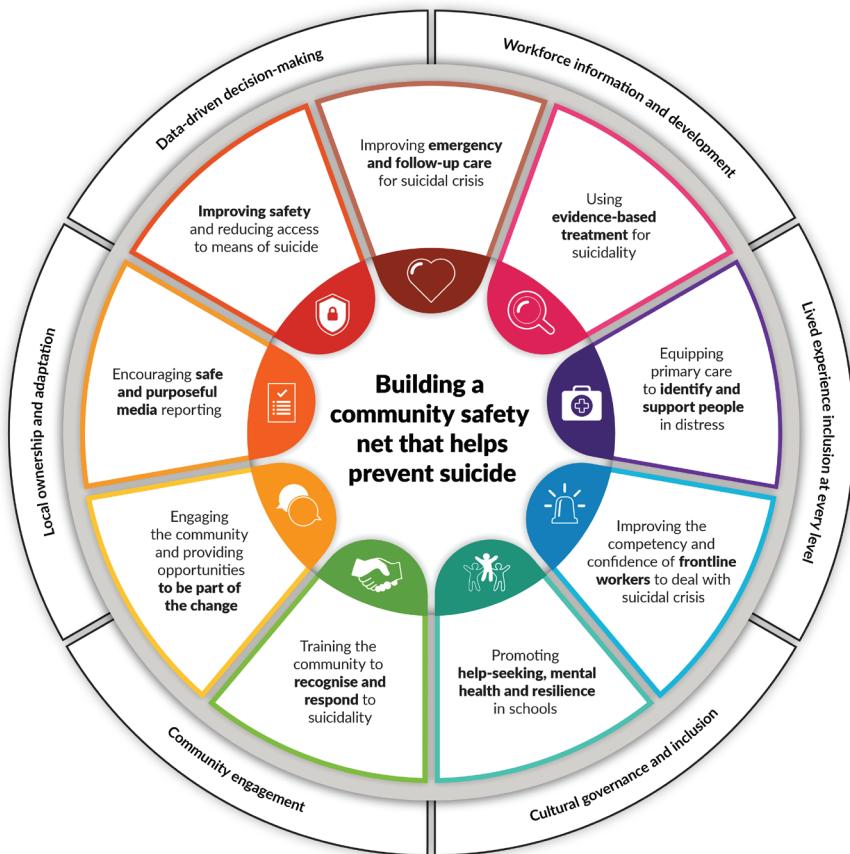
Build a strong community network and develop a wider partnership approach

## **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 - 2021

Overarching Strategy Objective	Activity/Target
<p><b><u>Objective 1:</u></b></p> <p>Improve community strength, resilience and capacity in suicide prevention via education and trainings</p>	<p>1.1 Roll out 2 day Standard Mental Health First Aid training to Jewish organisations and community members</p> <p>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 and families</p> <p>1.3 Roll out 4 hour Suicide Prevention Training to Jewish Organisations and community members</p> <p>1.4 Roll out 2 day Older Persons Mental Health First Aid Training to Jewish organisations and community members</p> <p>1.5 Promote either 1 day Black Dog Institute Advanced Suicide Prevention Training or the condensed 3 hours suicide prevention training for Jewish and local GPs</p> <p>1.6 Distribute an online survey to all Training Alumni following training and assess the results in order to continually improve the training and Strategy</p>

Overarching Strategy Objective	Activity/Target
<p><b><u>Objective 2:</u></b>  <b>Raise community awareness through targeted suicide prevention activities</b></p>	<p>2.1 Hold events to raise community awareness</p> <p>2.2 Participate in World Suicide Prevention Day and other engagement opportunities such as World Mental Health Day, R U OK Day? and other relevant campaigns</p> <p>2.3 Participate at local community events to promote the Jewish Suicide Prevention Strategy</p> <p>2.4 Develop awareness raising projects targeted at seniors, youth, teens and general community members</p> <p>2.5 Adopt and promote MindFrame guidelines</p> <p>2.6 Help seeking information in media guidelines to be tailored to include Jewish specific services alongside mainstream services</p> <p>2.7 Promote training, awareness campaigns, participant photos and JSPS support information on the JewishCare and Jewish Board of Deputies social media platforms.</p>

Overarching Strategy Objective	Activity/Target
<u><b>Objective 3:</b></u> <b>Develop and improve access to resources and information</b>	<p>3.1 Create 'referral pathways' information resource for organisations to use</p> <p>3.2 Develop Community Crisis Card and disseminate to Jewish organisations and community members</p>
<u><b>Objective 4:</b></u> <b>Build a strong community network and develop a wider partnership approach</b>	<p>4.1 Identify key figures within the Jewish Community who will champion the cause and promote strategic goals. Both the JSPS committee and training alumni achieve this</p> <p>4.2 JSPS Committee members to meet quarterly</p> <p>4.3 Establish a Alumni Community 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</p> <p>4.4 Develop partnerships with Advice and Information Services such as Lifeline and SP connect. To promote the Jewish communal supports that are available for Jewish people who access these helplines and track any increase in referrals.</p> <p>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</p> <p>4.6 Work alongside local councils and police to identify any hotspots and means restrictions strategies to be developed</p>

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

## JSPS AFTERCARE ACTION PLAN: 2019 - 2021

A postvention strategy can bring about an estimated reduction in suicide attempts of 19.8% because the strongest predictor for suicide is a previous suicide attempt. The risk of suicide is greatest immediately after discharge from an emergency department or psychiatric ward. For this reason, access to high quality postvention services is essential for a suicide prevention initiative.

The JSPS AfterCare strategy aims to provide one-on-one care coordination for people who have attempted suicide or experienced a suicidal crisis and have been discharged from an emergency department, acute setting or following admission to hospital, allowing a coordinated transition to community.

Components of the service include the following key principles:

1. Person centred – individualised
2. Trauma informed
3. Recovery focused
4. Inclusive of family and carers
5. Safety and care planning – JewishCare NSW My Wellbeing mobile app
6. Culturally specific to the Jewish Community

**The levels of support provided are based on the needs of the individual and can include:**

Components of the strategy	Activity
<b>Accommodation</b>	Crisis accommodation coordinated by JewishCare
<b>Financial Assistance / Flexible Funds</b>	Provided by JewishCare – food/ petrol vouchers, child care, allied health expenses, medical bills, pharmaceutical expenses
<b>Emotional Support</b>	<p>JewishCare support coordinators contact the individual within 24 hours and work with them to develop a safety plan.</p> <ul style="list-style-type: none"> <li>• Ongoing and consistent communication, risk assessment and planning with the individual</li> <li>• Encouragement and motivation to adhere to treatment/ after care plan</li> </ul>
	Flexible Service delivery: Including one-on-one, non-clinical care and practical support after a suicide attempt: face to face, telephone support and/or internet based (see JSPS AfterCare App below)
	JewishCare Support Worker to provide transport- from hospital, to follow up appointments
	JewishCare's Turn Around program can help an individual with job search and placement
<b>Babysitter/ child care</b>	If children
<b>Spiritual Guidance / past</b>	If appropriate

Components of the strategy	Activity
<b>Coordinated referral service</b>	Establishing a clear referral service with emergency departments and clinics within 24-72 hours of a patients discharge to fill the gap between public and private hospital and community discharge services
<b>Food</b>	<ul style="list-style-type: none"> <li>• Weekly shopping and meal preparation by a JewishCare support worker</li> <li>• Pharmacy shop and controlled adherence to medication by support worker</li> </ul>
<b>Care for Family members</b>	Provide copy of after care program upon discharge of patient.
	Supporting family members, carers, and other significant others to enable them to support the person to access appointments wherever possible.
	<ul style="list-style-type: none"> <li>• Establish a carers support group/training</li> <li>• Family therapy/meetings</li> </ul>

Components of the strategy	Activity
<p><b>Safety Planning APP:</b>  <b>Named:</b>  <b>'JewishCare NSW My Wellbeing'</b></p>	<p>Safety planning provides a structured approach to help people manage psychological distress and suicidal thoughts, which can reduce their immediate risk of engaging in suicidal behaviour.</p> <p>It involves creating a structured plan- ideally with support from a health professional or someone trusted. The safety plan starts with things a person can do to help themselves, such as thinking about reasons to live or distractions which are enjoyable activities. It then moves on to coping strategies and people who can be contacted for support.</p> <p>Convenient and confidential, the JSPS Safety Planning App can be accessed and edited at any time.</p> <p>It will cover:</p> <ul style="list-style-type: none"> <li>• Recognising warning signs</li> <li>• Creating a safe environment</li> <li>• Identifying reasons to live</li> <li>• Internal coping strategies</li> <li>• Socialisation strategies for distraction and support</li> <li>• Trusted contacts for assisting with a crisis</li> <li>• Professional contacts for assisting with a crisis</li> </ul>

## 24 hour crisis services

Police and Ambulance Emergency .....	000
Hatzolah (Eastern Suburbs only) .....	(02) 9371 2222
Lifeline .....	13 11 14
Lifeline sms (6pm - 12am) .....	0477 131 114
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
Beyond Blue.....	1300 224 636

## Counselling and support services

JewishCare.....	1300 133 660
Jewish House.....	1300 544 357
SANE .....	1800 187 263
Alcohol and Other Drugs Information Service (ADIS) .....	1800 250 015
Beyondblue Information Line .....	1300 224 636
GriefLine .....	1300 845 745
Mens Line.....	1300 789 978

## 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>
R U OK?	<a href="http://www.ruok.org.au">www.ruok.org.au</a>
Mens Line	<a href="http://www.mensline.org.au">www.mensline.org.au</a>
Head to Health	<a href="http://www.headtohealth.gov.au">www.headtohealth.gov.au</a>

This initiative is funded by



and JCA's Haberman, Kulawicz & Wolanski Fund