

# ACTION PLAN

## Halton Suicide Prevention Coalition

### 2007 - 2008

**Goal:** To develop a coordinated suicide prevention strategy for the Halton Region

Components	Awareness & Understanding	Primary Prevention	Clinical Intervention	Knowledge Development and Transfer
<b>Objectives</b>  From: Canadian Association for Suicide Prevention Blueprint	<ul style="list-style-type: none"> <li>Promote awareness that suicide is everyone's problem and it is preventable</li> <li>Develop broad based support for suicide prevention and intervention</li> <li>Develop and implement a strategy to reduce stigma about mental illness and suicide</li> <li>Educate the media about suicide</li> </ul>	<ul style="list-style-type: none"> <li>Advocate for community-based suicide prevention programs</li> <li>Advocate for an increase in the number of primary prevention activities</li> <li>Facilitate partnerships with agencies implementing suicide prevention programs</li> <li>Influence health care providers to assess for the presence of lethal suicide methods</li> </ul>	<ul style="list-style-type: none"> <li>Advocate for and promote effective clinical support for clients, families &amp; communities</li> <li>Advocate for improved access and integration of services along the continuum of care</li> <li>Make recommendations to prioritize intervention and service delivery for high risk groups</li> <li>Advocate for an increase in crisis intervention &amp; support services</li> <li>Advocate for an increase in services and support to those bereaved by suicide</li> <li>Promote effective emergency room suicide protocol with hospitals</li> </ul>	<ul style="list-style-type: none"> <li>Advocate and promote training for recognition of risk factors and warning signs</li> <li>Investigate the possibility of establishing a "database" of documents about suicide related research</li> <li>Promote existing suicide related research and resources</li> </ul>
<b>Short Term Actions &amp; Outcomes</b>	<ul style="list-style-type: none"> <li>Increase awareness that suicide is a public health issue and it is preventable               <ul style="list-style-type: none"> <li>Develop media release for World Suicide Prevention Day September 10, 2008</li> <li>Develop and promote "Tell Someone" campaign</li> </ul> </li> <li>Increase awareness about signs of suicide               <ul style="list-style-type: none"> <li>Promote print resources, e.g. Fact Sheet</li> <li>Maintain web content</li> <li>Develop process for writing web content</li> </ul> </li> <li>Increase awareness about local resources and how to access them               <ul style="list-style-type: none"> <li>Put CMHA Inventory on web</li> </ul> </li> <li>Increase the number of community           </li></ul>	<ul style="list-style-type: none"> <li>Increase partnerships with agencies implementing suicide prevention programs (e.g. Youth Net/TAMI)               <ul style="list-style-type: none"> <li>Maintain representation on Regional Suicide Prevention Network (Hamilton, Brant, Niagara, HN)</li> <li>Advocate for addition of speakers on suicide prevention for TAMI</li> </ul> </li> <li>Increase opportunities for networking among Halton agencies for information sharing, e.g. coalition meetings               <ul style="list-style-type: none"> <li>Plan November 2008 meeting</li> </ul> </li> <li>Increase number of health care providers screening for suicide ideology               <ul style="list-style-type: none"> <li>Encourage local use of                   </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Continue to support the Halton COAST program               <ul style="list-style-type: none"> <li>Support committee in ongoing adjustment of Emergency Department Admissions After Hours protocols.</li> </ul> </li> <li>Advocate for improved access to community services following discharge               <ul style="list-style-type: none"> <li>Facilitate meeting with hospital ED and inpatient teams to develop protocols for discharge planning e.g. family physician receives copy of admissions sheet, social worker in ED follows up within 24 hours, COAST notified.</li> </ul> </li> <li>Increase awareness of crisis services in Halton (including resources and           </li></ul>	<ul style="list-style-type: none"> <li>Increase membership on the Suicide Prevention Coalition from all relevant Halton agencies</li> <li>Maintain participation on Ontario Suicide Prevention Network for information sharing.               <ul style="list-style-type: none"> <li>Attend networking meeting Fall 2008.</li> </ul> </li> <li>Investigate local opportunities to educate local health professionals about the risk factors, warning signs, treatment options and services.</li> <li>Advocate to medical schools to increase training time on mental health           </li></ul>

**Colour Key:**  
Crisis Intervention Work Group  
Education and Awareness Work Group  
Steering Committee

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	<ul style="list-style-type: none"> <li>partners involved with suicide prevention               <ul style="list-style-type: none"> <li>○ Increase linkages with existing resources in the community doing anti-stigma activities about mental illness and suicide</li> </ul> </li> <li>• Support volunteers who wish to be involved in suicide prevention work.               <ul style="list-style-type: none"> <li>○ Maintain Volunteer Protocol</li> <li>○ Develop a list of tasks for volunteers</li> </ul> </li> <li>• Increase the number of articles published in Halton newspapers regarding suicide prevention               <ul style="list-style-type: none"> <li>○ Liaise with local agencies about sharing a monthly newspaper column on mental health</li> <li>○ Nominate local media for CASP Excellence in Media Coverage Award in July 2008</li> </ul> </li> <li>• Increase media knowledge about suicide reporting.               <ul style="list-style-type: none"> <li>○ Provide link to CMHA Ontario media package on web.</li> </ul> </li> </ul>	<p><u><a href="#">RNAO Best Practice Guidelines on Suicide Prevention.</a></u></p>	<ul style="list-style-type: none"> <li>telephone lines).               <ul style="list-style-type: none"> <li>○ Support CMHA in updating and distribution of inventory of local services</li> </ul> </li> <li>• Liaise with Elderly Services Advisory Committee and Region Transportation Committee re lack of transportation/access to mental health services in North Halton</li> <li>• Increase awareness of services available to support those bereaved by suicide               <ul style="list-style-type: none"> <li>○ Provide information on website – link to SOS</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Advocate to LHINs re mental health service needs re Detailed Planning Action Teams.               <ul style="list-style-type: none"> <li>○ 4 Steering Committee members on planning teams</li> </ul> </li> <li>• Advocate to LHINs re coordination and data needs re suicide prevention through joint proposal from Regional Suicide Prevention Network               <ul style="list-style-type: none"> <li>○ Proposal to be submitted Dec/07</li> </ul> </li> </ul>
<b>Long Term Outcomes</b>	<ul style="list-style-type: none"> <li>• <b>Increase in knowledge of Halton residents about the warning signs of suicide and the resources available for help</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Decrease in the number of completed suicides in Halton</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Decrease in the need for suicide intervention</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Increase in Health professional's knowledge of warning signs of suicide</b></li> <li>• <b>Increase in LHIN funding for mental health services</b></li> </ul>

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