



Postvention working group Action Plan

Postvention is a term often used in the suicide prevention field.

Postvention Australia state that “postvention is fundamentally a relationship between people and between people and their community.”

The Grit and Resilience Postvention working group will work alongside Community in the hope of strengthening community support for positive mental health and wellbeing, along with positively influencing attitudes of mental health, including those affected by suicide. A major aspect of the Postvention action plan is to also support the development of postvention support and community links for those impacted by suicide.

The Postvention activities will promote a change in our community attitudes and, it is hopes, our services responses before and after a death by suicide within our community.

The activities that are included in this action plan, have been developed based on Community feedback, evidence informed practices, the aims and objectives of the Grit and Resilience Program and the Lifespan Framework. The intent of the Grit and Resilience Program is to implement programs that reach across the whole municipality and engage as many people as possible. Some activities have been designed to attract specific cohorts within our community that have previously not engaged due to access and other reasons.

Activity	Description	How will it work?	What will this activity achieve?	Resources
Front Line Training	<p>For the Postvention group to support the coordination of up-to-date and relevant training for our first responders, inclusive of our front line staff within services.</p>	<p>The Postvention group will seek to:</p> <ul style="list-style-type: none"> • Seek to understand the most relevant and up to date training available for our front-line staff and first responders. • Seek to understand the needs of our first responders/ front line staff. • Coordinate training to our first responders/ front line staff. 	<p>Improve supportive and protective conditions for good mental health and wellbeing.</p> <p>Strengthen community support for positive mental health and wellbeing.</p> <p>Positively influence attitudes to mental health, including those affected by suicide.</p>	<p>A budget would be assigned to support this activity</p> <p>Access to the Grit and Resilience Communications team for promotion/ advertising and the Postvention Offer to support coordination.</p> <p>Support to coordinate a training timetable.</p> <p>Each activity will be followed up to support evaluation and understanding of outcomes.</p>
Peer Support Facilitation	<p>This would be an opportunity for members of our community to be trained in how to facilitate a peer support group.</p> <p>This would include the development of a Suicide Bereavement support group within Wangaratta.</p>	<p>The Postvention group will coordinate training opportunity for a group of people to be trained in peer support facilitation.</p> <p>The Postvention group will work with other local government areas to be involved in this opportunity, in the hope of increasing the number of people trained within the area (identified need).</p> <p>The Postvention group will then support the Suicide Prevention Network to</p>	<p>Improve supportive and protective conditions for good mental health and wellbeing.</p> <p>Strengthen community support for positive mental health and wellbeing.</p> <p>Positively influence attitudes to mental health, including those affected by suicide.</p>	<p>A budget would be assigned to support this activity.</p> <p>Access to the Grit and Resilience Communications team for promotion/ advertising and the Postvention Offer to support coordination.</p> <p>Support to coordinate a training timetable.</p> <p>Each activity will be followed up to support evaluation and understanding of outcomes.</p>

		coordinate the group into the community.		
Bringing the Suicide Prevention Network back together	This will be an opportunity for the Postvention group to assist in the “revamping” of the Suicide Prevention Network back into Wangaratta.	Working with Wesley Lifeforce and Albury Wodonga Health to bring the members of the Suicide Prevention Network back together to revamp and revitalise the group back into the Wangaratta Community.	<p>Improve supportive and protective conditions for good mental health and wellbeing.</p> <p>Strengthen community support for positive mental health and wellbeing.</p> <p>Positively influence attitudes to mental health, including those affected by suicide.</p>	<p>A budget would be assigned to support this activity.</p> <p>Access to the Grit and Resilience Communications team for promotion/ advertising and the Postvention Offer to support coordination.</p> <p>Each activity will be followed up to support evaluation and understanding of outcomes.</p>
Workplace Postvention Planning	This would be an opportunity for the Postvention group to support organisations and businesses within the Wangaratta Community to implement a postvention plan to support activities after a death by suicide within their community.	<p>The postvention group would link with businesses and services within the Wangaratta community to implement their own postvention plan.</p> <p>Support would be received from the creators of this plan (StandBy support after suicide) to enact this activity.</p>	<p>Improve supportive and protective conditions for good mental health and wellbeing.</p> <p>Strengthen community support for positive mental health and wellbeing.</p> <p>Positively influence attitudes to mental health, including those affected by suicide.</p> <p>Support the development of postvention support and community links for those impacted by suicide.</p>	<p>A budget would be assigned to support this activity.</p> <p>Access to the Grit and Resilience Communications team for promotion/ advertising and the Postvention Offer to support coordination.</p> <p>Each activity will be followed up to support evaluation and understanding of outcomes.</p>
Postvention Protocol for	This activity is out of scope for the Postvention Group; however, updates will be			

<p>the Wangaratta Community</p>	<p>provided on a regular basis to ensure the lived experience expertise is imbedded to all activities.</p>			
<p>Listening to Voices performance and workshops</p>	<p>Since 2016 the Listening to Voices Project has utilised creative performance of real-life accounts to reach from the stage to communities, to stimulate important conversations in mental health and wellbeing and offer a unique way of contributing to connection, empathy and shared dialogue.</p> <p>The Postvention group will support bringing the Listening to Voices group performance and workshops to Wangaratta.</p>	<p>The Postvention Groups will support bringing the “Listening to Voices” Theatre performance of “Hero of Myself” to the PAC in Wangaratta, which will be followed with a meet and chat after the event with the performers.</p> <p>The Postvention Group will then facilitate conversations with the wider community using Workshops.</p> <p>Two workshops to be held – one for frontline staff and first responders and the second is for community members within the Rural City of Wangaratta.</p>	<p>Improve supportive and protective conditions for good mental health and wellbeing.</p> <p>Strengthen community support for positive mental health and wellbeing.</p> <p>Positively influence attitudes to mental health, including those affected by suicide.</p> <p>Support the development of postvention support and community links for those impacted by suicide.</p> <p>Strengthen community connection and broaden relationships between people in common communities.</p>	<p>A budget would be assigned to support this activity.</p> <p>Access to the Grit and Resilience Communications team for promotion/ advertising and the Postvention Offer to support coordination.</p> <p>Each activity will be followed up to support evaluation and understanding of outcomes.</p>
<p>headspace in School / Be You Program</p>	<p>This is an opportunity for the Postvention Group to advocate and work with headspace in schools to support the implementation the headspace in schools postvention plans into every school in Wangaratta.</p>	<p>The Postvention group would work with headspace in schools to support every school across wangaratta to have a postvention plan.</p>	<p>Improve supportive and protective conditions for good mental health and wellbeing.</p> <p>Strengthen community support for positive mental health and wellbeing.</p>	<p>A budget would be assigned to support this activity.</p> <p>Access to the Grit and Resilience Communications team for promotion/ advertising and</p>

	<p>It would also be the role of the Postvention group to promote the B You Program to all schools and support the implementation where possible.</p>	<p>The Postvention group would also support the schools to run any B You programs that are on offer and offer support to coordinate and advertising with the schools.</p>	<p>Positively influence attitudes to mental health, including those affected by suicide.</p> <p>Strengthen community connection and broaden relationships between people in common communities.</p>	<p>the Postvention Offer to support coordination.</p> <p>Each activity will be followed up to support evaluation and understanding of outcomes.</p>
<p>Agile Social Media Campaigns</p>	<p>Our community changes regularly and through a robust and connected social media plan, the Grit and Resilience Program will work with the postvention group to enact campaigns that speak to where the community is at and promote positive mental health activities and messages. This will include postvention flooding after a death by suicide within the community.</p>	<p>The Grit and Resilience Program Communications specialist will work with the postvention working group on the development and implementation of a number of social media campaigns.</p> <p>It is hoped that many of these campaigns can be adapted to include an “in real life (IRL)” application for those members of our community who do not have access to Social Media.</p>	<p>Improve supportive and protective conditions for good mental health and wellbeing.</p> <p>Strengthen community connection and broaden relationships between people in common communities.</p> <p>Strengthen community support for positive mental health and wellbeing.</p> <p>Positively influence attitudes to mental health, including those affected by suicide.</p>	<p>A budget would be assigned to support this activity and additional funding to support the IRL activities that will replicate the online versions.</p> <p>Each activity will be followed up to support evaluation and understanding of outcomes.</p>