

Adopting the Zero Suicide Framework in Mildura Base Public Hospital Mental Health Unit

The Mental Health Improvement Program (MHIP) is supporting Victorian healthcare services to continually improve the experience of care for consumers, their families, carers and supporters by adopting the Zero Suicide Framework.

The Zero Suicide Framework aims to improve the pathway of care for individuals with suicidal thoughts and behaviours, their families, carers and supporters.

Merryl Whyte, Director of Transformation, Mental Health Unit at Mildura Base Public Hospital said the hospital has been pursuing improvements since participating in a Suicide Prevention Trial which ended in 2022.

'Our hospital has been looking for ways we can continue to improve the experience we offer those with suicidal thoughts, their families, carers and our workforce.

“ MHIP supported us with the improvement science methodology and this helps us lift our capability in making improvements.

'Partnering with MHIP to use the Zero Suicide Framework as a way to drive change further in our hospital was a timely, natural step for us. We have previously done a lot of work to increase our knowledge and understanding of better supporting those consumers with suicidal thoughts, and to understand the touchpoints we can improve within our service.'

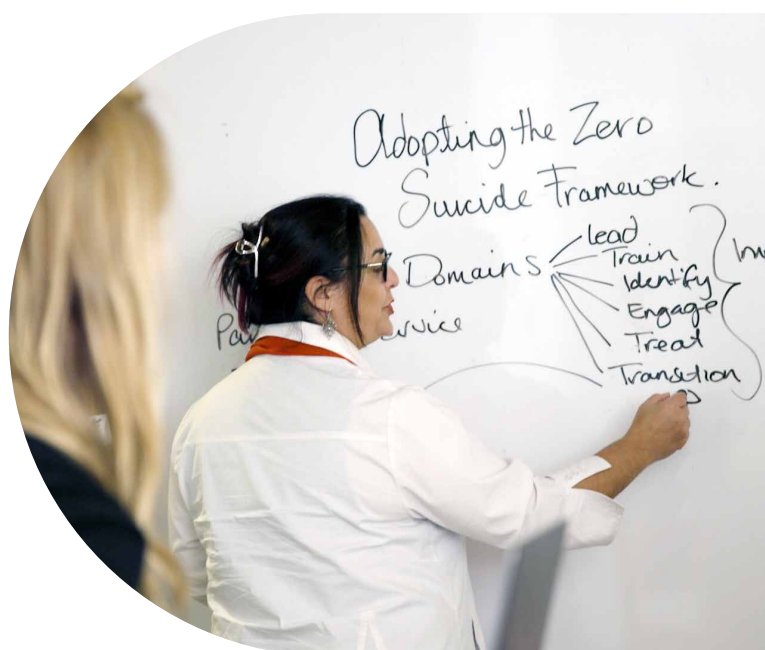
Align and Refine workshop

'In November 2023, MHIP supported us with a workshop that enabled us to understand where we were at and what further work we could do to support consumers with suicidal thoughts.

'From the workshop, we developed an action plan to align with the framework, and MHIP have supported us with improvement science to begin testing improvements and making lasting change.

'This other key benefit of the workshop was that it helped us as a service all get on the same page about how the framework could support us with our work already in suicide prevention.

'As well as helping us find opportunities to improve, it helped our team be fully engaged in our goals – we all helped create change ideas for us to trial.



**Sensitive
content
warning**

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Improving insights: workforce perspectives

'A key early initiative we have successfully trialled has been introducing a *Workforce Survey*.

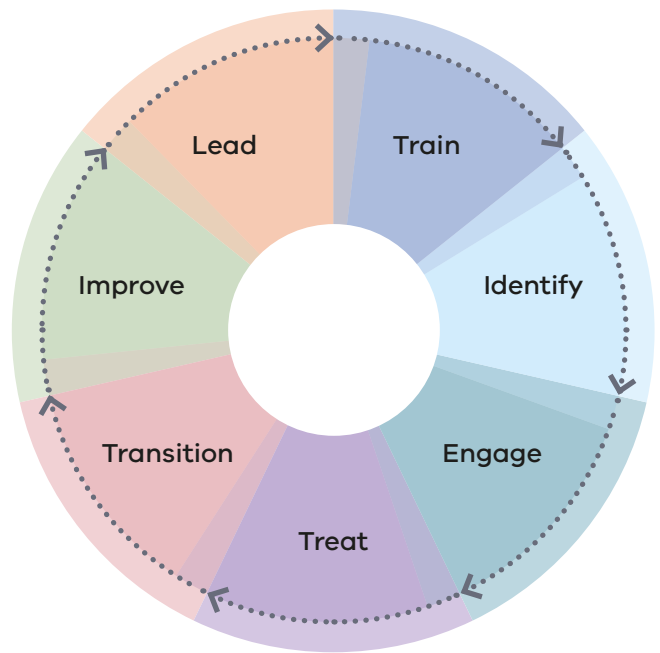
'We have been able to hear from a diverse range of voices who provide care to those with suicidal thoughts on how confident and capable they feel and what else they need to support them in providing care.

'Having completed our first survey, we are now introducing it more broadly across our workforce, and each survey will help us prioritise what improvements we should focus on to help us align with the Zero Suicide Framework.

'The data we gather provides us a baseline on where we are, and where we can focus our efforts to support our workforce further.

'The survey insights are directly helping to inform the support, learning and clinical practice improvements the hospital will make to the experience of consumers with suicidal thoughts and behaviours.'

Figure 1 – The Zero Suicide Framework seven domains



“ MHIP have also helped us strengthen the monitoring we do and data capture – meaning we are able to better measure impact and the difference specific improvements are having.

Questions?

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