

Rethinking

MENTAL HEALTH

6.0

A Whole of Health Approach

Promoting Optimal Health in Suicide Prevention

**Dr Jodie Landstra
& Marc Rogerson**



#RTMH



Promoting Optimal Health in Suicide Prevention

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Why focus on Health?

- ▶ Hawton et al, 2006 UK Study of Patient outcomes
- ▶ 11,000+ DSH patients presenting to ED
- ▶ ↑↑↑ death from natural causes including:
 - ▶ Respiratory, circulatory, GIT Δs
 - ▶ Neurological and endocrine Δs
 - ▶ Skin/musculoskeletal/connective tissue Δs
- ▶ Why? Lifestyle, social disadvantage, ↓ health

- ▶ Wilhelm et al, 2016
- ▶ Green Card Clinic SI/DSH patients

Hardly ever...	%
Have breakfast	42
Balanced meals	40
Sleep 7-9hrs	38
Satisfied with life role	36
Emotional support	30
Too much...	%
Tobacco 'daily use'	60
Abuse drugs 'some/most of time'	68
3+ stressful life events in past year	68

SPconnect Model

Hospital Project Officer

- Clinician within the service
- Program Education
- Referral support
- Planned readmission support

SVH POW
RPA
Hospital
Project
Officer

Optimal
Health
Program

Optimal Health Program (OHP)

- 5 week group (SVH + RPA + POW)
- Wholistic self management wellbeing program
- Promotes empowerment & self efficacy

Neami
Communi
ty Care
Coordin
ator

Community Care Coordinators

- Empowering the person by coaching and mentoring
- Service navigation to GP, clinicians and community resources
- Promote healthy lifestyle behaviours
- Improving emotional regulation and stress management
- Regularly monitor their progress towards their identified goals
- 1-3 Months Individual work

Funded by CESP HN to July 2020



OPTIMAL HEALTH

A balance

- Physical
- Emotional
- Intellectual
- Spiritual
- Occupational
- Social

I-CAN-DO MODEL

A balance

- Vulnerabilities
- Stressors
- Strategies
- Strengths

COLLABORATION

A balance

- Health Care Team
- Collaborative Partners

VISIONING AND GOAL SETTING

A balance

- Past timeline
- Goal setting
- Problem solving
- Importance
- Confidence
- Values



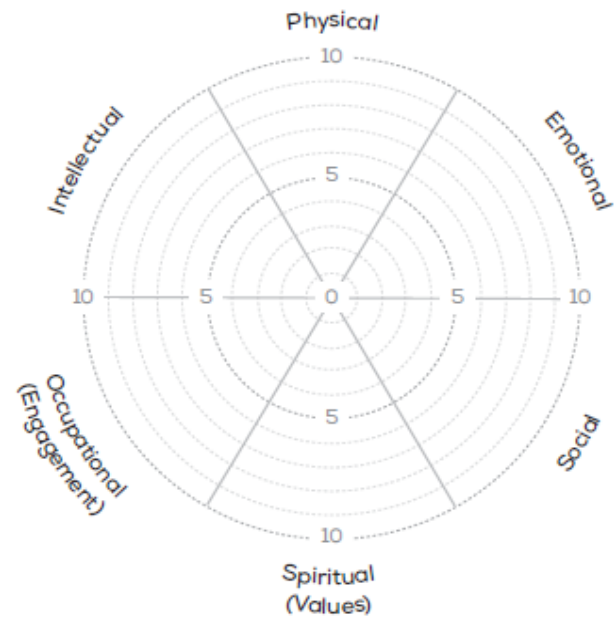
Participant Response to OHP resources

- ▶ The book is something I can keep and refer back to and is filled with a range of content that will allow me to reach optimal health
- ▶ Good personalised resources will be useful in my life.
- ▶ Definitely great to refer back to and utilise the tools, strategies, graphs etc in the book
- ▶ Absolutely useful in my life, help me to be more aware.

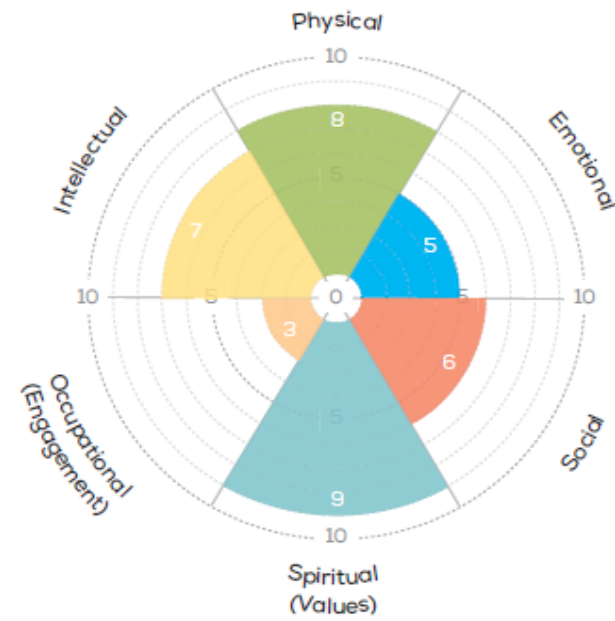


Optimal Health Wheel

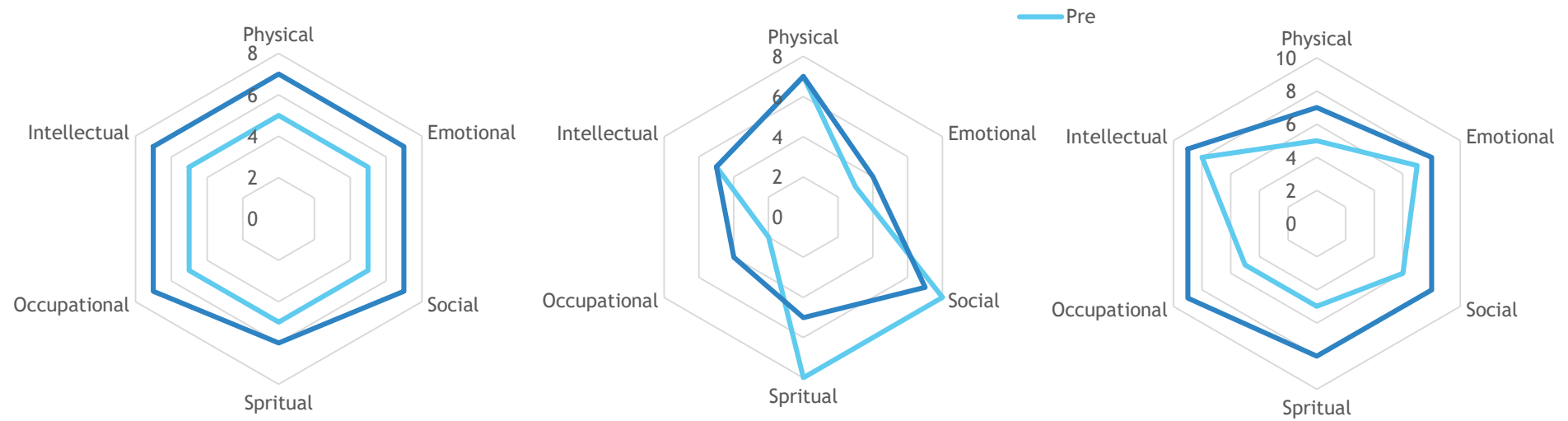
Optimal Health Wheel



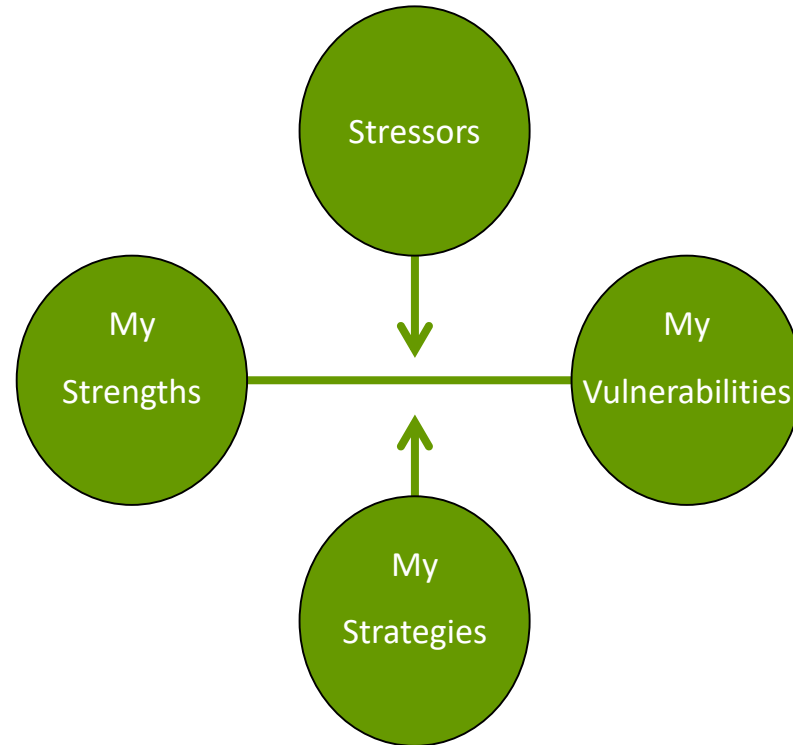
Optimal Health Wheel Example



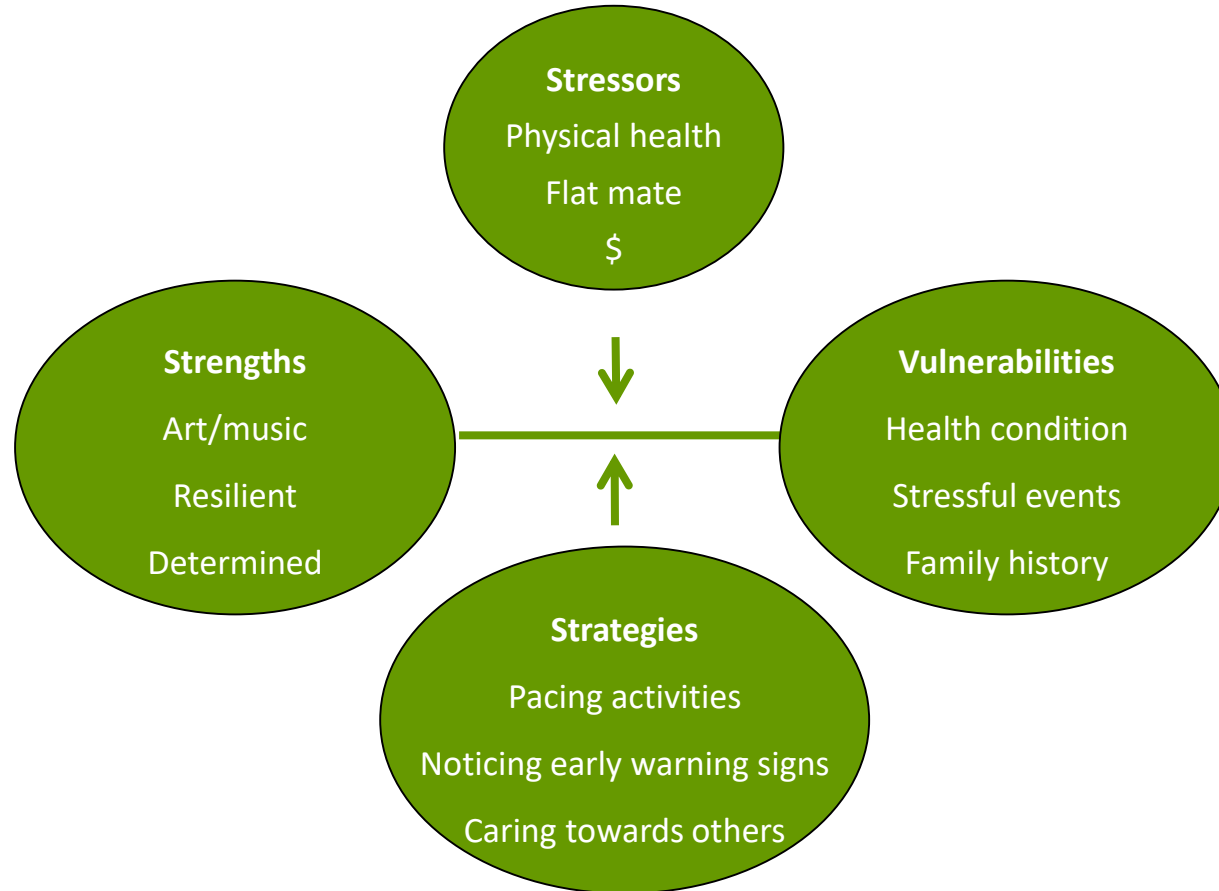
Participant Optimal Health Wheels



I Can Do Model

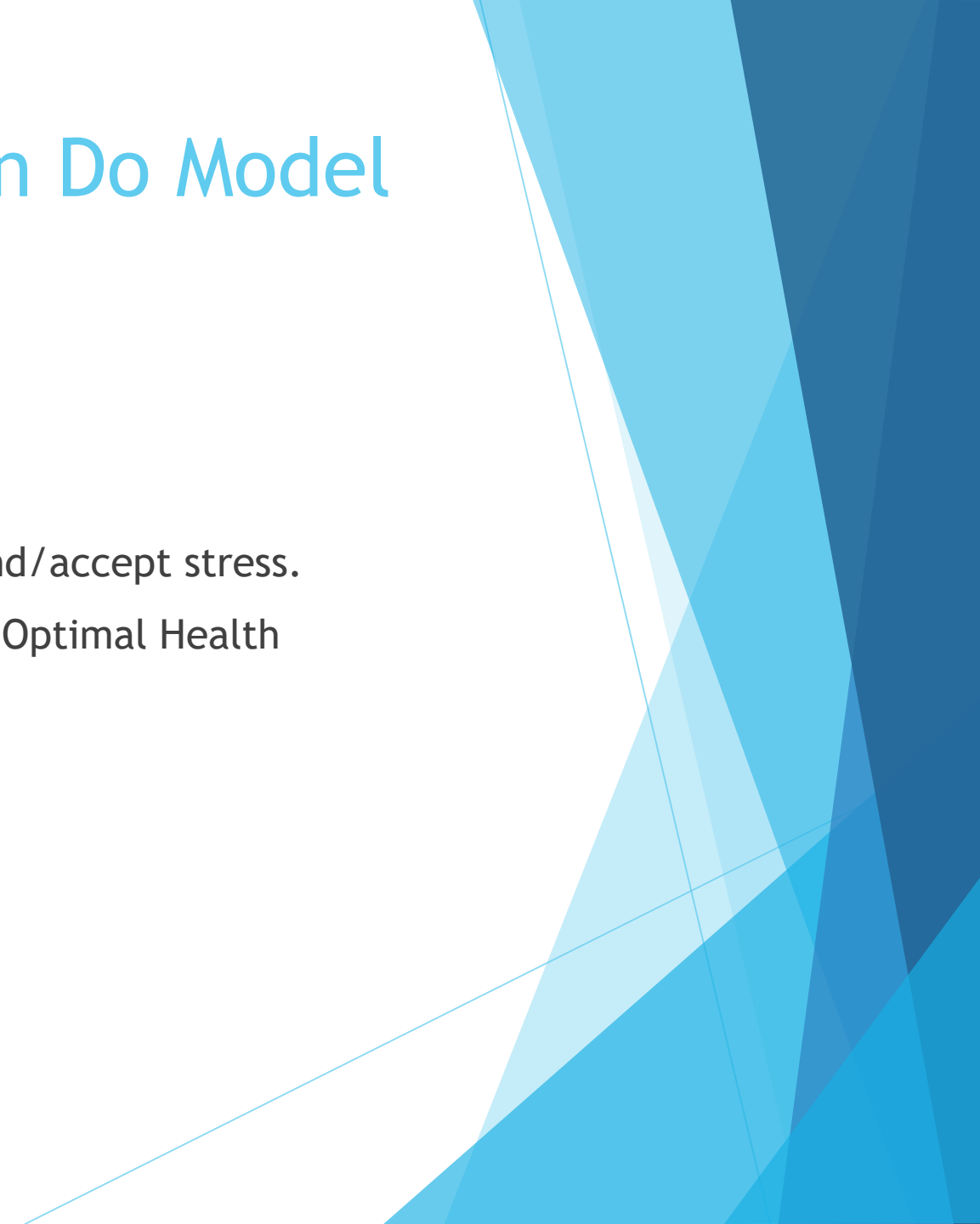


Participant I Can Do Model



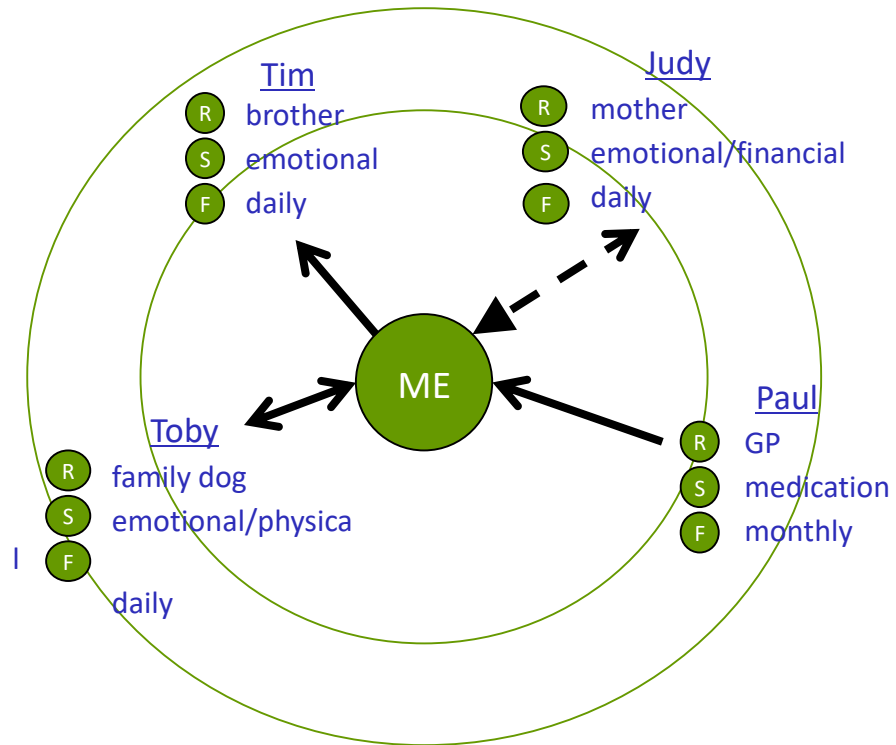
Participant Response to I Can Do Model

- ▶ Encouraged me to stop smoking
- ▶ Helped me look at and reduce my alcohol
- ▶ Helped me be kinder to myself, helped me understand/accept stress.
- ▶ Helping me create a routine that allows me to reach Optimal Health



Collaborative Partners & Strategies

- R relationship
- S support
- F frequency



Visioning & Goal Setting

- ▶ Timeline of past events
- ▶ Decisional balance
- ▶ Anticipating & imagining the future
- ▶ Problem solving
- ▶ Brainstorming
- ▶ Goal setting
- ▶ Review & Celebration

SMARTTEST Goals

Specific

Measurable

Achievable

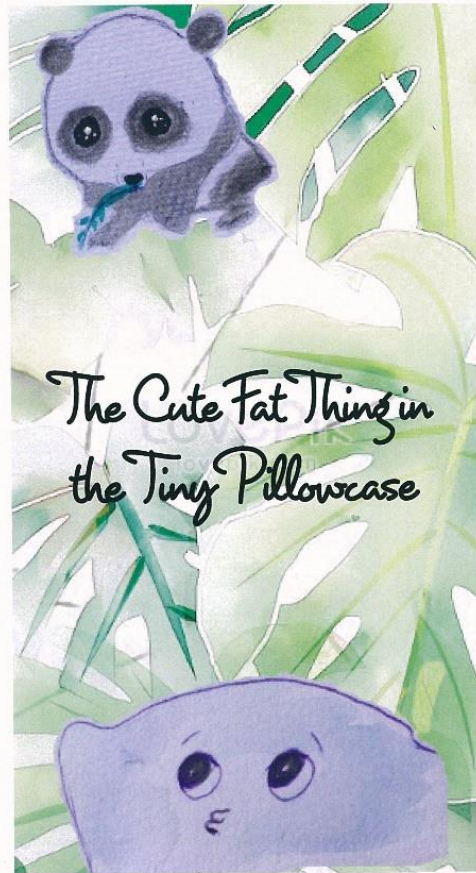
Realistic

Time-framed

Enjoyable/Rewarding

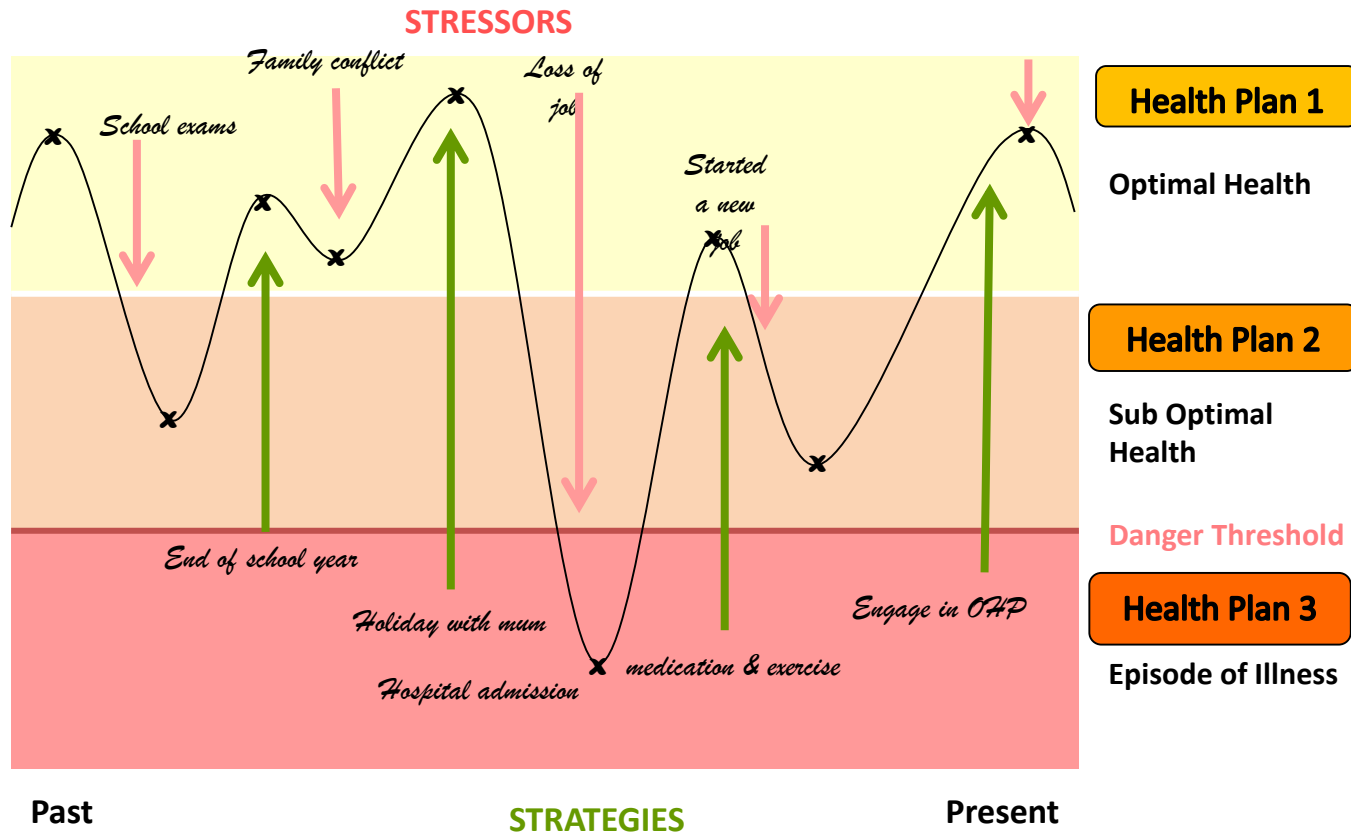
Sustainable

True to self



The Cute Fat Thing in
the Tiny Pillowcase

Understanding past events



Participant Response

▶ Participant health plan summary

My Health Plan Summary

Name: [redacted] DOB: ___/___/___ DATE: ___/___/___

Health Plan 1: Things I need to do every day to maintain my optimal health

Sleep at least 8 hours eat well/healthy.	Be productive work/study be creative Sports/Fitness. listen to my body.	meditation Awareness of my feelings love, love wife, each month.
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Health Plan 2: Things I need to do when I notice early warning signs

Warning Signs	Strategies and/or Partners
Out feeling Craving chocolate restless.	stop, feel, think. Reality check Talk to family about feelings checking back health plan 1

Health Plan 3: Things I need to do when I experience an episode of depression

Triggers	
1 Body shuts down.	3
2 Substance abuse	4
	5
My signals of distress or symptoms	
1 Anxiety	4 Suicidal thoughts
2 Panic attacks	5 Withdrawal
3 loss of appetite.	6
	7
Strategies for calming down	
1 Breathing	4 Reaching out to family/friends
2 meditation	5 Go for a walk
3 rest the body.	6 Creativity/writing
	7
Who can help	Contact details
1 My family	
2 my friends: Christian, Abbie, Daniel	
3 Dr. McDonald GP.	
4 Green card / life line 13114	0293021547
In extreme emergencies if admitted to hospital: I want health professionals to know my	
Medical Conditions	Bipolar Disorder
Medications	Seroquel 25mg
Things that have been helpful or unhelpful in the past:	
Talk to Therapist	

I plan to share this with my partner/ family friend GP Psychologist Psychiatrist

Local MH team Local Hospital: SVH POW RPA

Participant Response to OHP

- ▶ I saw that other people have thoughts and challenges just like me. Also, the book is useful to re-read/re-do in the future.
- ▶ I enjoyed doing the mindfulness activities and learning more about myself
- ▶ The group was very safe and understanding
- ▶ I wish that my friends could have done the course. It could help everyone

