HNE MHS Suicide Care Pathway







Connect & Reflect*

Explore

Formulate

Respond

Extend

- Explore collaboratively (involve Elders, loved ones and identified supports)
- Create understanding via empathy
- Enquire openly about suicidality

- Validate the individual's experience
- Engender hope, through empowerment and commitment to recovery
- Recovery is more than JUST ensuring safety

Explore

- Build on CONNECTION
- Symptoms, mental state and feelings of defeat/entrapment *
- Stressors, precipitants* & recent changes
- Recent/present suicide ideation, behaviour, intent, & means
- Past suicidal behaviour & exposure
- Impulsivity/agitation/ substance use
- Long term risk factors & vulnerabilities, including trauma
- Strengths & protective factors*

Formulation of the Person's Story

- Introduce the PERSON
- Situation: Describe current context: Presentation today, recent suicidal thinking, recent life events, drivers for suicidality *
- Background: Outline historical context: past suicidal exposure, long-term risk factors and vulnerabilities
- Assessment: Evaluate & IDENTIFY:
 - a. Immediate safety needs (Least restrictive care* / positive risk taking*)
 - b. Available strengths and protective factors
 - c. Identify foreseeable changes *
 - d. What would trigger an escalation in risk?
- Recommendations

Respond

- Increase positive impact through use of therapeutic strategies*
- To address suicidal symptoms, modifiable risk factors* and safety needs, collaboratively develop & document:
 - Immediate Actions for the Service
 - Safety Plan (including foreseeable changes)
 - o Longer term Care Plan
- Build on Strengths and Protective factors
- Build on Collaborative Partnerships
 - With family and carers
 - With colleagues
 - With relevant external services (government and community)
- Complete referrals with warm handovers*

EXTEND: Best practice care will include:

Treatment and support for suicidality and underpinning factors

Treatment and support for modifiable risk

Optimisation of protective factors and

Monitoring, review and feedback on suicidality and effectiveness of care

Discharge planning & Reconnect pathway