

MESSAGE FROM THE ED METRO NORTH MENTAL HEALTH

Metro North Health

Dr Kathryn Turner



Dear Staff,

Monday 5 June was the 'Go Live' date for the ASPIRES Pathway for Prevention of Suicide, Self-Harm and Overdose.

It was inspiring to see the efforts taken by the teams to decorate their office spaces, as well as ensuring ASPIRES documentation was clearly detailed in the workstations. Some of the teams used the day as an opportunity to host a morning tea, which is a great display of workplace self-care and wellness, and a core part of the Restorative Just and Learning Culture framework.


The preparation the teams have each put into planning for the implementation is commendable. Many meetings have occurred over the last two months, both locally, and across MNMH to ensure collaboration, and standardisation was achieved, and learnings were shared.


In addition to having staff complete the two-day training, many teams also reached out requesting further in-services. In total, 22 in-services on safety planning, prevention-oriented risk assessment/integrated formulation, and care planning were delivered across MNMH over the past six months. Additional in-services were also provided to meet specific team needs, such as providing local implementation support.


The willingness of the teams to take up these offers, and the substantial effort put into the lead up to today, is very much a testament to the Team Leaders' proactively leading by example, and championing the importance and why of ASPIRES.


Thanks again to all for this wonderful milestone.


Pictured below are some of the teams celebrating the 'Go Live' day. CYMHS at Caboolture even combined theirs with the [Push-up Challenge](#).


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Best wishes,

Kathryn

