

# Towards Wellbeing Youth Suicide Consultation and Monitoring Programme (TWB)

(V1.03 2018)

## Te Kahu O Te Aorangi

Towards Wellbeing (TWB) is a suicide risk assessment and monitoring programme, delivered by Clinical Advisory Services Aotearoa (CASA), that aims to reduce the number of suicides and suicide attempts in young people under Oranga Tamariki – Ministry for Children care.

TWB has a national team available on [help@twb.org.nz](mailto:help@twb.org.nz) Monday to Friday during working hours. Additionally, TWB Clinical Advisors are assigned to each Oranga Tamariki site and work with social workers who have young people on their caseloads where there are concerns around suicide risk. TWB Clinical Advisors also work with residence staff when young people are placed in these settings. The focus of TWB is on managing acute suicide risk and addressing risk factors to try and reduce vulnerability to further suicidal behaviour.

If you have any queries about a young person or the TWB Programme, please contact the Clinical Advisor allocated to your office or YJ facility, or email the TWB Help Desk.

Feedback questionnaires are sent to social workers at the completion of their involvement with the Clinical Advisor. If at any other stage you wish to give feedback about the programme, please contact the Clinical Manager TWB, Kirsty Louden.

## What is the role of the TWB Clinical Advisor?

- Provide specialist advice and support to the social worker in identifying and assessing suicide risk.
- Assist the social worker in the development of a dynamic management plan for the young person and their family/whanau focusing on increasing current safety, and addressing risk factors.
- Regularly review with the social worker the level of risk and update plans in place to address the risk.
- Provide knowledge in mental health including understanding of mental health disorders and their management.
- Assist with accessing mental health services.
- Assist with case closure planning to minimise risk when Oranga Tamariki are closing the case.

## What is the role of the social worker?

- Identify young people who may be at risk for suicide using SKS screening tools or identifying through behavioural concerns, the young person talking about suicide or having made an attempt.
- Contact TWB via the Help Desk at [help@twb.org.nz](mailto:help@twb.org.nz) or directly with the Clinical Advisor for

your office.

- Bring knowledge of the young person, family, community, resources and supports to the assessment and management of risk.
- Undertake tasks as agreed in the Risk Management Plan.
- Liaise regularly at the agreed intervals the Clinical Advisor regarding the young person's current situation to review risk and modify the risk management plan as required.
- Inform the Clinical Advisor if any event occurs which increase risk for young person (e.g., relationship break-up, transitions, placement breakdown, discharge from services).
- Work with the Clinical Advisor on a case closure plan to minimise vulnerability to suicidal behaviour following discharge from Oranga Tamariki.

The frequency of contact between the Clinical Advisor and social worker depends on the level of risk, varying from weekly to monthly. When risk decreases the young person can move to national monitoring where they are monitored less frequently or through an external agency and the focus is on case closure planning. The average duration of TWB involvement is around two years or until Oranga Tamariki case closure.

### **Working with a young person at risk of suicide**

If you are working with a young person at risk of suicide it is important that:

- Their family/caregivers are made aware of their risk and how to keep them safe (CA's have handouts to help with this).
- Other relevant agencies involved with the young person are aware of their risk (e.g., school, GP, Mental health services).
- The young person and family (where appropriate) are informed and information sheet provided on TWB involvement, a team that provides specialist support and clinical advice in the area of risk management.

### **Contact between TWB, Oranga Tamariki and other agencies**

There is an awareness of the importance of, and challenges in, identifying and managing the often complex issues in this high risk population. A focus of the TWB programme has been to encourage a flexible approach and good communication between involved agencies to ensure risks are addressed and young people do not 'fall through the gaps'. It does this by:

- Identifying realistic expectations of what each agency is able to provide and having agencies work to identify how any gaps in service provision could be filled.
- Encouraging agencies to maintain involvement with high risk young people to ensure stability and support for other agencies continuing to work with the young person.
- Encouraging clear communication between agencies through
  - assistance with referrals;
  - sharing of important background and assessment information;
  - sharing and coordination of any risk management plans; and
  - sharing of any information that may indicate a possible increase in risk.