

Kingaroy High School SafeTALK Evaluation



Training Conducted September 19 & 20, 2018.

Report prepared by Rural and Remote Mental Health (December 2018)

Introduction:

With over 18 months of support and work from the South Burnett Regional Council, Kingaroy State High School, the South Burnett Suicide Prevention Working Group, the Darling Downs and West Moreton Primary Health Network and Rural and Remote Mental Health, the LivingWorks program SafeTALK (www.livingworks.net.au) was able to be provided to all Year 12 students at Kingaroy State High School (KSHS) in September 2018.

SafeTALK is a half-day (between 3 and 4 hours) training in suicide alertness. It helps participants recognize a person with thoughts of suicide and connect them with resources who can help them in choosing to live. Participants don't need any formal preparation to attend the training—anyone age 15 or older who wants to make a difference can learn the safeTALK steps.

Over a two-day period, a total of six SafeTALK trainings were provided. Three SafeTALK qualified trainers provided by Rural and Remote Mental Health (RRMH) worked with the Pastoral Care team and teachers at KSHS to deliver the SafeTALK training in school hours to the Year 12 students (ages ranging from 16 to 18 years). With the exception of one class group, the training was delivered to class groups. It was compulsory for the Year 12 students present at school to attend, even if required sitting in a different class group.

Data was collected via a simple inhouse evaluation developed by RRMH and KSHS (see Attachment A) and the standardized LivingWorks SafeTALK evaluation (see Attachment B). Both of these evaluation processes were voluntary for participants to engage in.

Results:

A total of 103 students receiving completion certificates. The group size varied between the 6 trainings from 11 to 28. Of the 103 students, 100 completed and returned the Inhouse Evaluation while only 86 completed and returned the LivingWorks Evaluation.

The demographic breakdown of the 100 returned Inhouse Evaluations was 47 males, 50 females and 3 who did not indicate.

Only 16 students reported having previously participated in mental health and/or suicide prevention training.

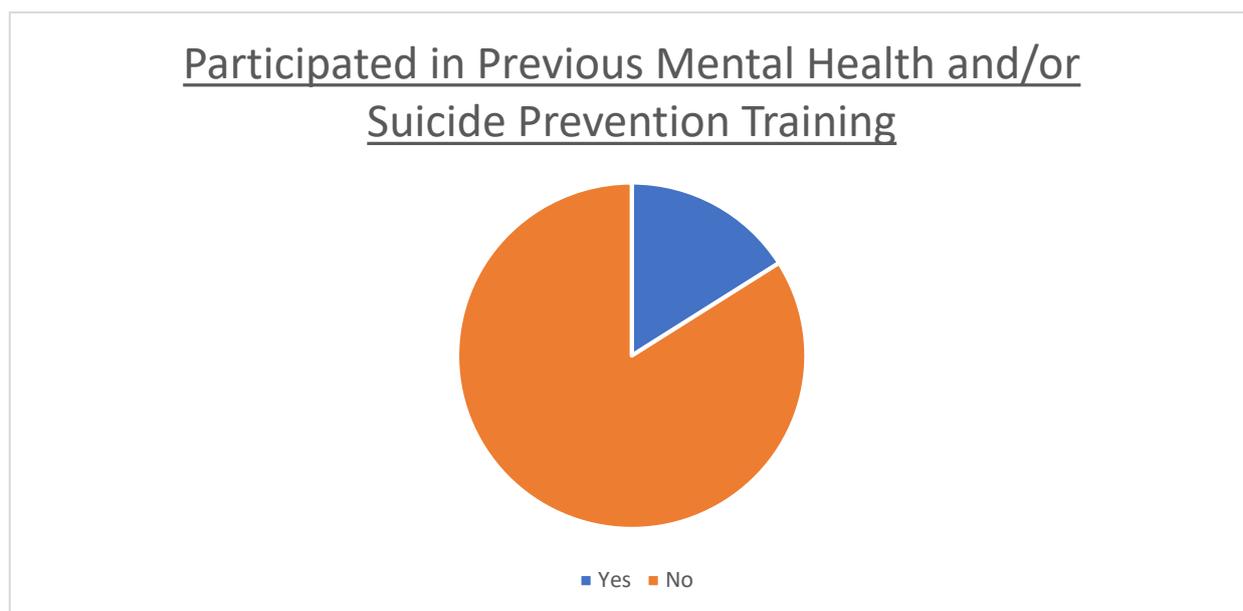


Table 1: Summary data from the Inhouse Evaluation

| <u>Question</u> | <u>TA</u> | <u>MA</u> | <u>SA</u> | <u>SD</u> | <u>MD</u> | <u>TD</u> |
|--|-----------|-----------|-----------|-----------|-----------|-----------|
| The training today was a good use of my time | 52 | 32 | 10 | 2 | 2 | 2 |
| I will not talk to someone if I have concerns about my mental health | 9 | 5 | 6 | 15 | 29 | 36 |
| everyone should do this training | 64 | 24 | 10 | 0 | 0 | 2 |
| I will not seek assistance if I am having suicidal thoughts | 8 | 7 | 5 | 6 | 26 | 48 |
| all year 12 students should do this training | 74 | 18 | 4 | 1 | 1 | 2 |

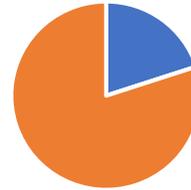
Graph 1 to 5: Agree or Disagree only from the Inhouse Evaluations:

Q1: The training today was a good use of my time



■ Agree ■ Disagree

Q2: I will not talk to someone if I have concerns about my mental health



■ Agree ■ Disagree

Q3: Everyone should do this training



■ Agree ■ Disagree

Q4: I will not seek assistance if I am having suicidal thoughts



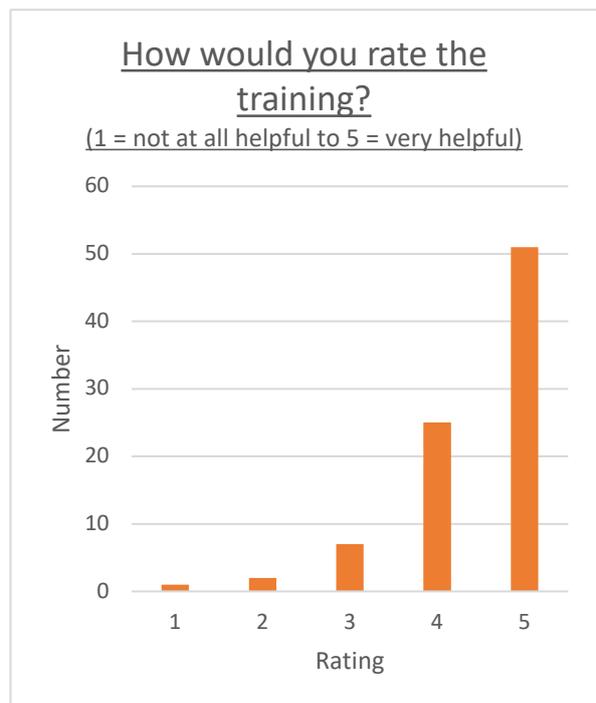
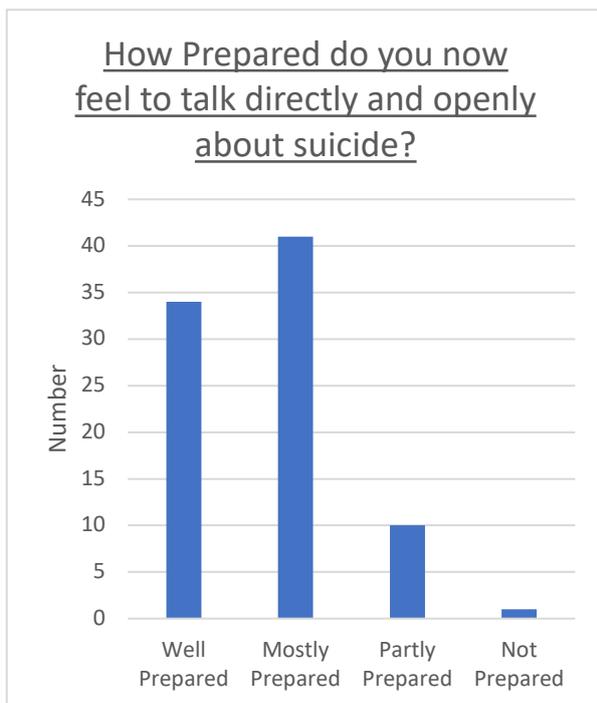
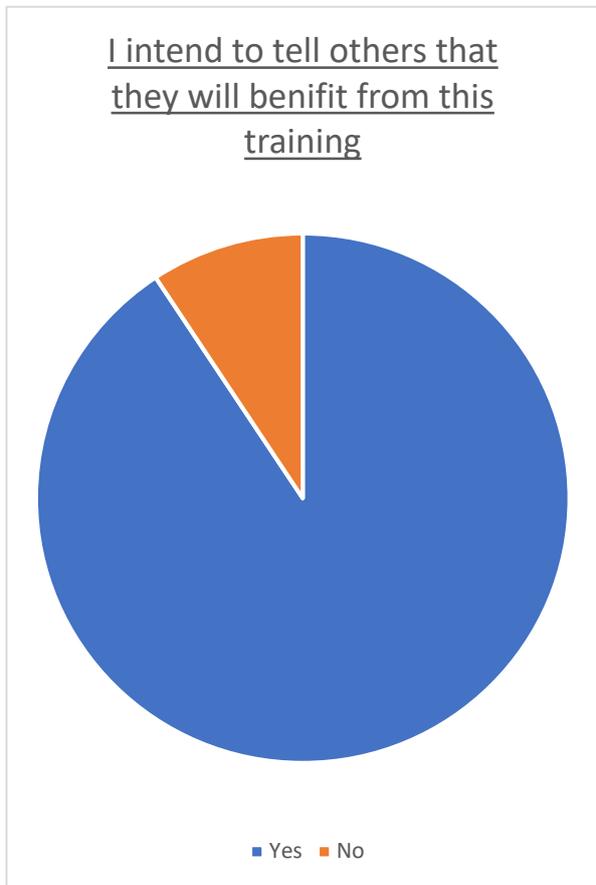
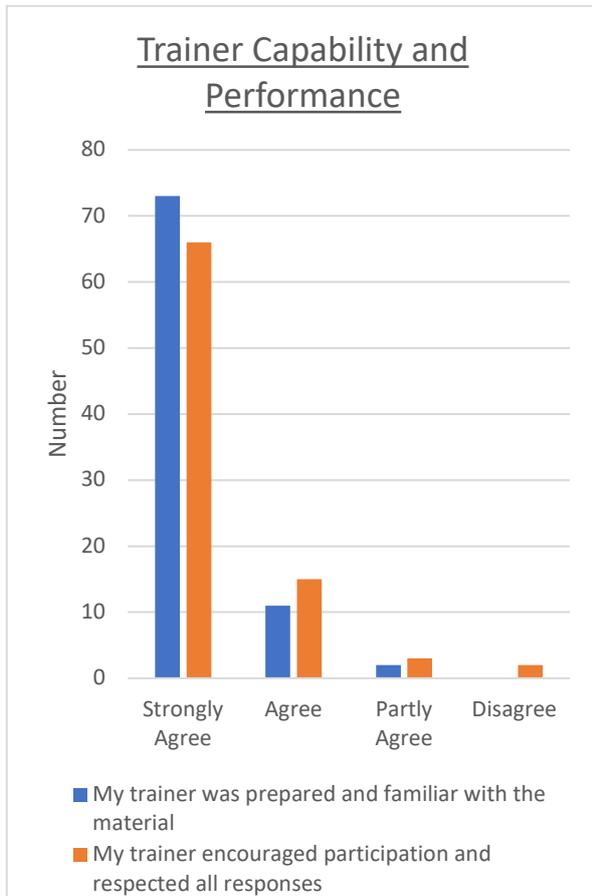
■ Agree ■ Disagree

Q5: All Year 12 students should do this training



■ Agree ■ Disagree

The LivingWorks Standardised Evaluation has a lower return rate of only 86 returns. The following graphs summarise the data received.



The LivingWorks Evaluation also provided an opportunity for extended (or expanded) evaluation response. These responses varied considerably. For a full detail of those responses see Attachment C.

An example of the comments include:

Who else should attend this training?:

- Everyone
- I feel it should be compulsory
- All high school students (more so seniors) and staff

Comment on the rating you gave the program:

- I felt going into the program that I wouldn't take much away. However at the end of the session I felt like I had gained a lot.
- It was very clear
- A lot of information learned and well constructed

What was your take home message?:

- That anyone could be effected and it only takes a question for someone to talk about what they feel and why.
- There are lots of things you can do to help someone who is having suicidal thoughts
- Be alert to suicidal signs

How could the training be improved?:

- Given to a wider group to raise awareness with younger people
- Less obviously suicide videos
- Maybe a little more modern – social media
- Don't know any possible changes that can be made

Conclusion:

Overall the training exceeded expectations.

The feedback from the students was overwhelming positive and supportive of a greater rollout to their peers. The students' comments were in the main positive. The students found the training useful and indicate that they believe the training needs to be provided across all senior secondary students.

The very minor adaptation of the training to align with the school's daily timetable was very easy to implement and resulted in far less disruption to the school. Thus increasing the school's likelihood of rolling out the training again as well as other school's eagerness to introduce the program.

It would be interesting to see if the responses remained similar if the training was not compulsory to all students. This may also have the effect of lessening some of the behaviour issues that were experienced in some of the training sessions.

One future consideration of rollout is the cost of the SafeTALK kits (\$15 +GST each). This when added to the cost of the trainers, the provision of the training could potentially be limited due to costs.

Excluding the cost, there are no significant identified barriers to rolling this training out to a wider audience of Year 12 students. At a minimum, this training should be offered to staff and student leaders. As proven by this data, it is acceptable and appropriate in a school setting.

Attachment A:



Kingaroy High School SafeTALK Evaluation

This is voluntary but we appreciate your input.

I have participated in mental health and/or suicide prevention training before

 Yes

 No

Are you

 Male

 Female

Please tick the appropriate response.

| # | Statement | Totally Agree | Mostly Agree | Slightly Agree | Slightly Disagree | Mostly Disagree | Totally Disagree |
|---|--|---------------|--------------|----------------|-------------------|-----------------|------------------|
| 1 | The training today was a good use of my time | | | | | | |
| 2 | I will not talk to someone if I have concerns about my mental health | | | | | | |
| 3 | Everyone should do this training | | | | | | |
| 4 | I will not seek assistance if I am having suicidal thoughts | | | | | | |
| 5 | All year 12 students should do this training | | | | | | |

Other comments: _____

Attachment B:



| | |
|------------|----------|
| DATE | LOCATION |
| TRAINER(S) | |

1. My trainer was prepared and familiar with the material:
 Strongly agree Agree Partly agree Disagree

2. My trainer encouraged participation and respected all responses:
 Strongly agree Agree Partly agree Disagree

3. I intend to tell others that they will benefit from this training: Yes No
Who should take safeTALK training?:

4. How prepared do you now feel to talk directly and openly to a person about their thoughts of suicide?
 Well prepared Mostly prepared Partly prepared Not prepared

5. On a scale of 1 (not at all helpful) to 5 (very helpful), how would you rate this training?

Comments:

Your feedback is important—thank you. Please see over. 

6. What are the main 'take home' messages for you from this training?

7. How could this training be improved to make it more effective in preparing suicide alert helpers?

8. How helpful were the audio-visual clips used in this training?

9. Any other comments?

My comments may be quoted anonymously to promote safeTALK: Yes No

If you would like to talk to your trainer further about your own or another's thoughts of suicide, please indicate your name and contact information. (Also remember the contact numbers on page 16.)

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Attachment C:

LivingWorks Evaluation Extended Responses (deidentified and in no particular order)

Who else should take SafeTALK training?

- Everyone as it is good to learn about
- My boyfriend (TBH) – All workplaces and all schools
- Family
- Everyone
- All students from year 10 to 12 so more people can identify and help other people who are thinking about suicide
- Those that could benefit or help others easily
- Students for sure
- Everyone
- People responsible for others, teachers, parents etc.
- Teachers
- Everyone
- Everyone
- All people that I know
- All people over the age of 15
- Anyone/everyone
- At risk age groups
- My friends, family, peers and parents
- Anyone, as we will all be affected by suicide in some way.
- Everyone
- Everyone
- I feel it should be compulsory
- Trained people
- All high school students (more so seniors) and staff
- Have the skills to deal and help others
- This is because he was very inspiring and provided information I did not know.
- People of the age of 14 and above
- Everyone
- 14 and above
- Everyone can benefit from this
- Everybody
- All students
- All high school students and teachers
- All high school students should
- All people should do this training
- I believe it should be a mandatory training program throughout all high schools, but with adaptations
- Everyone
- Senior school student and harsh workplaces

- Everyone should participate in this training
- Everyone
- Anyone and everyone
- Everyone
- Everyone
- Everybody
- Other people
- Big companies, schools etc
- Businesses and other school students

Comment on the rating you gave the training:

- I am reasonably certain 'suicided' is not a word
- I felt going into the program that I wouldn't take much away. However at the end of the session I felt like I had gained a lot.
- It was very clear
- A lot of information learned and well constructed
- I learnt a lot of new things during this talk to prevent suicide and now I know how to help others
- I can now go and ask people how they are and if something 'clicks' I can ask "You're not thinking about suicide are you?"
- It was helpful and reiterated information I already knew
- The trainer respected everyone and answered all the questions
- Was a bit long, but very important
- Social media should be added to the powerpoint as it is 6 years old. Confidentially around social media after talking to the victim.
- As it covers all the ways that is possible to get help for yourself or someone who is having suicidal thoughts.
- Since I'm already familiar with this and have had to do this before, I was aware of most of this info.
- This information can be found elsewhere. Should be more interactive (movement/activities) to make it more beneficial. Learning strategies and behaviours.
- Conversations were started
- I thought it was very informative – thanks to the trainer
- The trainer was very knowledgeable and presented the stimulus in an interesting way with a combination of visuals, talking and class responses.
- I now know how to ask 'are you thinking of suicide?'
- Could have covered more content, but due to time restraints that's understandable.
- It was helpful in learning about how to approach suicide and how to assist people
- Knowledge is important and the first step to prevention such issues. Little to no other services like this available and well known and recognisable.
- The trainer really cared about what he was talking about and it inspired me to listen.
- Very good presentation and well explained
- I have more confidence to help others now and to ask if they have suicidal thoughts
- I am more confident with this subject
- It was very good course and would recommend it to everyone

- The trainer was very nice and supportive but the presenter on the screen was not very helpful and distracted from the message.
- The trainer was very consistent, straight forward, educational, good bloke, very friendly.
- Very good, but could be a little boring at times
- Slightly brain dead
- It was extremely boring. The information was good, but the way it was presented was so draining and not interesting which lead me to not be engaged and therefore I didn't learn barely anything. It was not engaging enough. And was not necessary to spread the session out for so long – definitely could have been all put into on lesson as everything was basically repeated.
- This training session was one of the least interesting sessions I have even been to. Suicide is such an important subject and the talk was just boring and repetitive and made our cohort not want to take part. Content was all good but no one was paying attention because the session was presented very poorly and in melancholy tone. A few people in our session fell asleep throughout the talk and quite a few didn't come back after the first break.
- The 3 hours and 30 minutes of this 'training' was the most un-useful and boring 3 hours and 30 minutes. We couldn't even do school work. And as if someone would tell you if they were planning to kill themselves – so unrealistic! Waste of our day Tbh. Our teachers also shouldn't make us be here.
- This training involved a wide range of information and knowledge in which can greatly benefit students and help decrease the number of suicides occurring. However the presentation of this information was conveyed in an unenthusiastic manner which resulted in student becoming bored and less engaged.
- The information was interesting, however it could have been presented in a more interactive way, to help get the message across.
- People in the class were ignorant and rude – they treat suicide as a joke
- It was a good session which better educated me
- A great way to raise awareness about the topic of suicide
- Was pretty good however could have had more role playing and hands on activities
- Helps people realise how important it is to be open about suicide
- Is good on creating an understanding but seems somewhat unrealistic
- Some of the information presented made me backtrack on my approach to this topic a little.
- The trainer was very informative and lovely she knew what she was talking about and she made sense.
- Was an excellent presentation, had lots of fun
- Great examples/video clips
- I learnt a lot at this training and it was very helpful
- Lots of information – very helpful
- The trainer was very lovely and helpful and helped us to prepare for events like suicide
- It was a very eye opening experience
- It was pretty good. Just told us stuff about how we can help other people with stuff
- I think it can go slightly into more detail about suicide and maybe some real life stories with how it effected family/friends and everyone around the person who did commit suicide.

- This training was very well presented and there was a lot of information given
- Was very good, was a bloody legend
- The trainer, I've gotta say this was the best possible way I could have spent the ¾ of my day. I strongly recommend this session to all senior students in the world. Thank you for all of the knowledge you have passed onto our school.
- Provide food would be good

What are the main take home messages?

- Don't hold back on telling someone about suicidal thoughts
- It is important and you shouldn't leave it and not pursue checking up on them
- When you meet a suicidal person, talk to them.
- How to not miss, dismiss or avoid.
- That it is important to talk to someone when having these thoughts about suicide as it can help protect yourself or someone else that might be at risk.
- You can talk to people
- Not try and 'fix' someone, but instead refer them to a mental health professional and how to listen properly
- Listen and make a change
- The important steps to follow.
- What are invitations to talk
- LISTEN!!
- Check if people are ok
- There are lots of things you can do to help someone who is having suicidal thoughts
- Be alert to suicidal signs
- The important steps to follow
- SafeTALK what it means and how to do it. Important steps to check if people are ok
- Statistics
- To be direct with people and actually listen to them
- If something is not feeling right, ask about it and ensure that they are ok or help them get help.
- Be nosy and send people to a professional
- Talk to people
- Very good
- People's attitudes and how they react
- That you can help anybody no matter how far into their suicide plan they are
- It is ok to ask
- Its ok to ask someone if they're ok and even though it may be confronting, it should be done.
- To ask your friends and family if your ok and the steps to follow
- Warning signs and how to always ask no matter what.
- Always ask people if they are ok and ask about suicide directly
- That anyone could be effected and it only takes a question for someone to talk about what they feel and why.
- To ask if your family is okay and follow the steps
- Be aware, follow TALK structure

- You shouldn't brush off the thoughts of suicide
- Suicide is very real
- Suicide is everyone's problem
- Suicide is everyone's problem
- It is important to talk to people. Suicide is very serious.
- The main take home message for me was the 'invitations' to ask about suicide
- A lot more people think about suicide than you think
- That it be ok to talk about suicide
- Asking the question is never a bad idea
- Don't be afraid to ask for help
- Always ask someone if they are ok
- Don't be afraid to talk if you think something is wrong
- Helpline numbers – who to call
- Never be scared to talk
- Always ask the person if they are thinking of suicide
- Help peep about suicide
- Its ok to talk about suicide
- Don't be scared
- The TALK method and steps

How could this training be improved?

- Make it a bit easier to understand with contacts
- More interaction – sitting in a chair and answering questions is boring
- Talk about online and how it effects teens and adults
- Social media confidentiality should be added as it talks about us being able to tell other people that could help them but making sure not to post other people's personal story online.
- Not sure, it was very good
- Could be a little more hands on, so that people are not just sitting and listening.
- Doing activities in groups to develop strategies and make it more interactive
- Nothing
- Maybe a little more modern – social media
- Don't know any possible changes that can be made
- More practical work
- Make it more fun instead of boring
- More interactions with students
- Not so long, as people lost interest
- A little more coverage on different sorts of situations
- More prompts for interactivity to break the ice
- Have the charisma to draw responses from the audience instead of occasional mumbles
- Younger examples involved
- I think it was very effective, I am not sure how it could be changed.
- Was effective in educating and don't think it could be improved

- Not much to improve
- I found this good wouldn't recommend a change
- I think it was great and there is nothing to fault
- More videos about other situations
- Not much to improve on
- Have each person analysed for competency
- Maybe a story from a real life suicide survivor (there are plenty on YouTube)
- I believe that this training is very good and doesn't need to be improved
- It should incorporate 'real-life' stories from people actually involved
- More practical activities
- Make it more interesting
- Make it more interactive (but not by making us do a coffee shop skit) and do less 'scenarios'. And make it more realistic. Maybe get a guest speaker that has survived suicide thoughts/actions and let them present and talk about their experience and things they wish other people would have done to help them when they were struggling.
- Be more interactive as opposed to just asking 'what are your thoughts?' the presenter could be using a more enthusiastic tone to try and get others involved. The cohort staying seated the whole time made the presentation extremely boring. Most of the content covered was stuff the cohort learnt from previous talks on suicide.
- Make it fun. Don't have to listen to stupid sue for half the time.
- A more enthusiastic presentation, possibly some engaging activities with the students. Also make/choose scenarios that would be more realistic.
- More interactive
- Make questions more interacting, to allow everyone to express their opinions on the topic. Less information about each element, there it too much information to remember
- Nothing can be improved it was a good course
- Perhaps including real stories and experiences rather than actors
- Interactive activities
- Doesn't need improving
- I don't think it could
- Dunno – maybe introduce more complex scenarios that we may find ourselves in
- Better videos
- It is hard to improve the effectiveness when people see it as a joke. The trainers could be stricter with the jokes made.
- Given to a wider group to raise awareness with younger people
- Less obviously suicide videos
- More role play and hands on activities – more scenarios as they were very basic and fake.
- Make it compulsory and happen more often throughout communities
- Encourage more positive talking instead of just stating 'are you thinking suicide'
- Using videos on scenarios that seem more likely with the dialogue that is true to people nowadays.
- The trainer was very informative and lovely she interacted with us and made us feel included and comfortable.
- I don't think it needs to be improved as it has informed and educated us very well
- I don't think it needs to be improved
- More involving towards activities

- Better videos
- Better videos
- Change the co-trainer to someone younger
- The vids can be improved
- More vids
- More people should do this all over Australia
- The videos could have been less scripted
- Session could be shorter and better video acting as these did not demonstrate appropriate acting
- The scenes can be improved
- Provide food

How helpful were the Audio-Visual clips used in this training?

- The clips were extremely helpful it could save some lives in the future.
- Pretty helpful
- Very helpful
- Very
- They were some what helpful, as they show how people implicate someone that might be at high risk of danger.
- Helpful
- Alright, mostly boring.
- Helpful, but needs to be updated (modern)
- Sorta. Old and a bit boring.
- They were very helpful as they clearly demonstrated real life situations.
- Good – could be a little modern with a person who relates to students
- The audio visual clips are very helpful for the training
- They were interesting, average acting and didn't seem accurate
- Pretty helpful
- Very helpful
- Bit boring, but impactful
- Very useful
- The monotonous lady consolidated the message and the skits helped us identify the issues.
- Not very, the bad acting and stilted writing made the 'skits' distracting and the narrator-women thing was more annoying than anything.
- Very helpful
- Pretty helpful
- They made the performance more interactive.
- Most helpful
- They were clear and concise about how we should approach someone about suicide.
- Very helpful as it gave me information and knowledge to deal with these issues
- Yes, very
- Very helpful
- Very helpful

- Very helpful, have taken a lot in today.
- Alright, at times repetitive
- They were really helpful
- Very useful, shows a lot of key factors
- Very helpful
- It was very helpful
- Very helpful as they showed Tells and how to deal with them
- Honestly not very. The presenter in the video did not seem genuine and it did not add anything to what The trainer said. The roleplays on the audio visuals were informative thought
- Helpful enough
- Very helpful
- They were helpful in the training
- Very
- Very helpful
- Very helpful
- Helpful (need better actors)
- Very helpful
- Pretty helpful – even though they were too blunt
- Fairly
- Helpful to see the scenario being played out

Other Comments:

- Thank you for caring about people
- It is a really good concept and should be implemented in ALL schools but it could be more interactive so students learn better.
- Fantastic overall
- Thanks mate
- Very good presenter
- The trainer was a great mentor and should be praised
- This has really made my knowledge of suicide and greatly appreciated the information given.
- This course helped me understand how to help people who are suicidal and how help can be delivered
- overall very good and helpful
- The trainer was great and helped me feel like I know what to do