



Suicide prevention:

A community-driven regional approach

Dr Alex Hains

Regional Manager

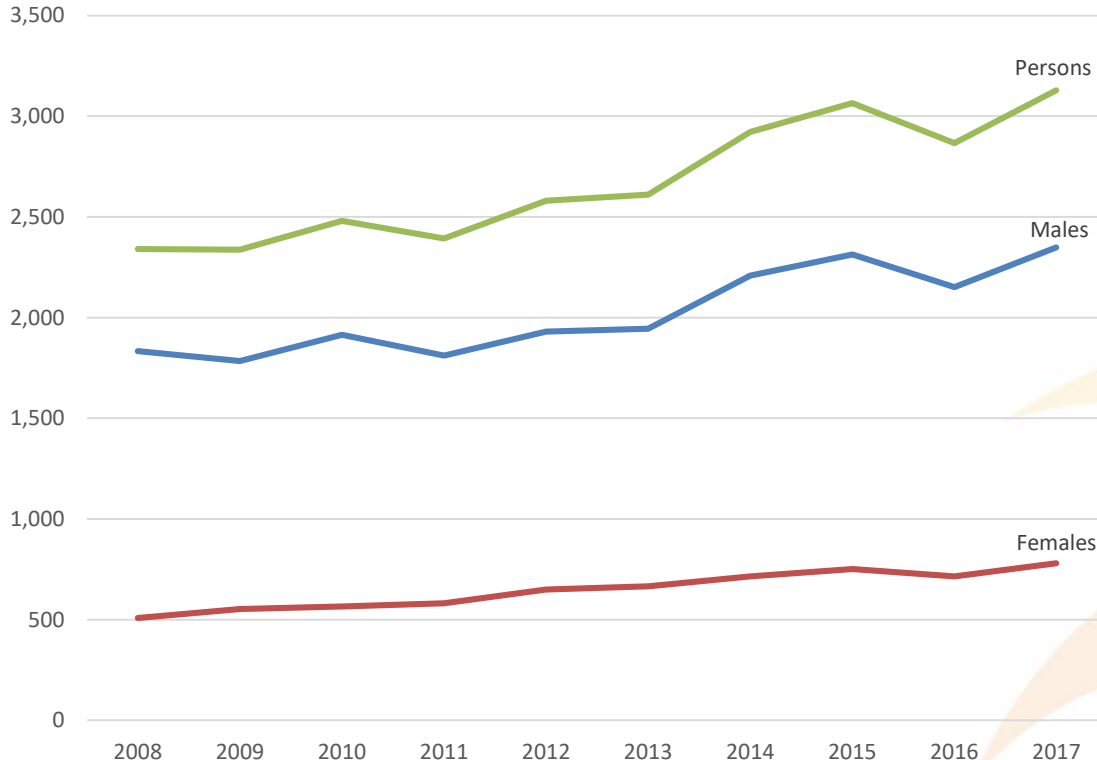
Illawarra Shoalhaven Suicide Prevention Collaborative



@alexhains @SPCollaborative

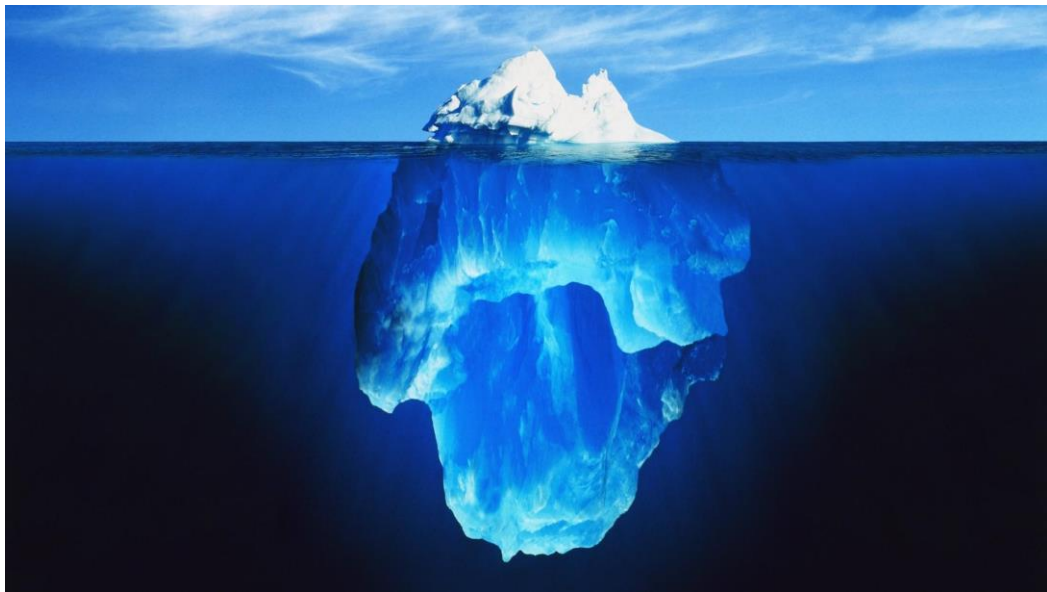
Suicide in Australia

Intentional self-harm deaths, by year and sex (2008-2017)



- More than 8 people dying by suicide per day
- 9% increase 2016-2017
- 75% of suicides are men
- But sig increase for young women too

Deaths are not the whole story



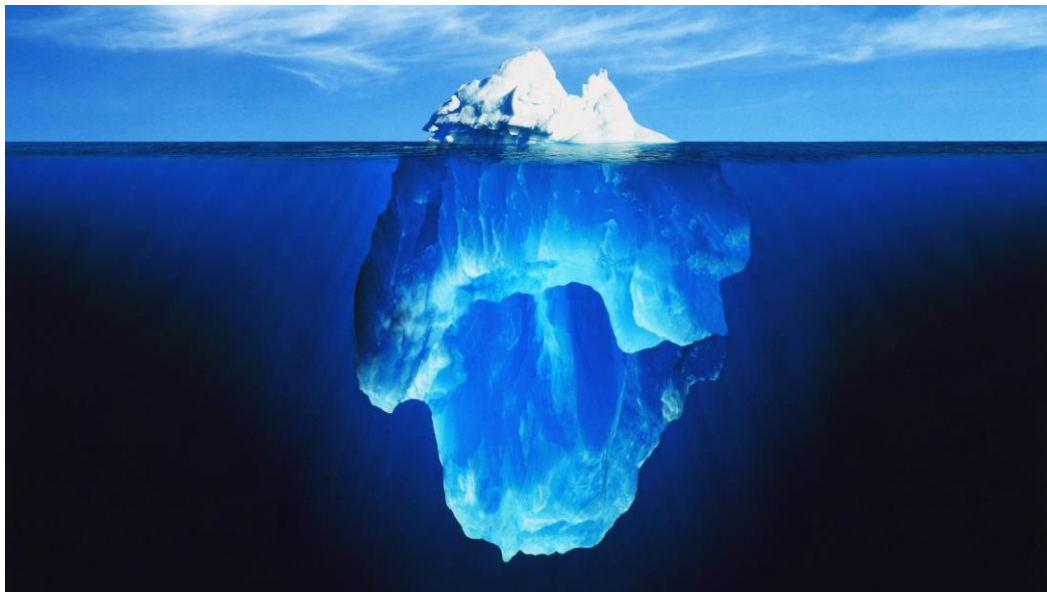
For every 1 suicide...

...there are 37 attempts

...212 people seriously
considering suicide

...135 people seriously affected
by that death

In the Illawarra Shoalhaven...



...40-50 suicides per year

...1,850 attempts per year

...10,600 people seriously
considering suicide

...6,750 people seriously
affected by suicide deaths.

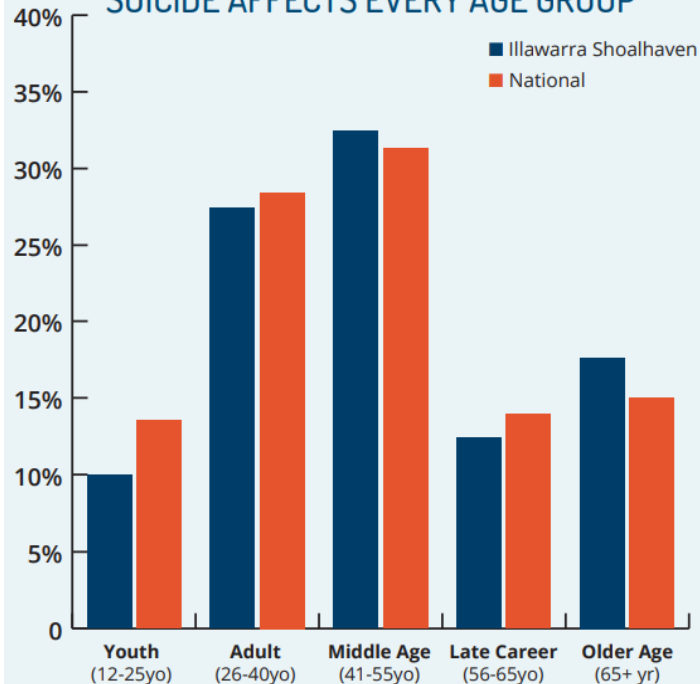
MORE THAN **2x** AS MANY AUSTRALIANS DIE BY SUICIDE THAN DIE IN CAR ACCIDENTS

ROAD DEATHS* **1,300**

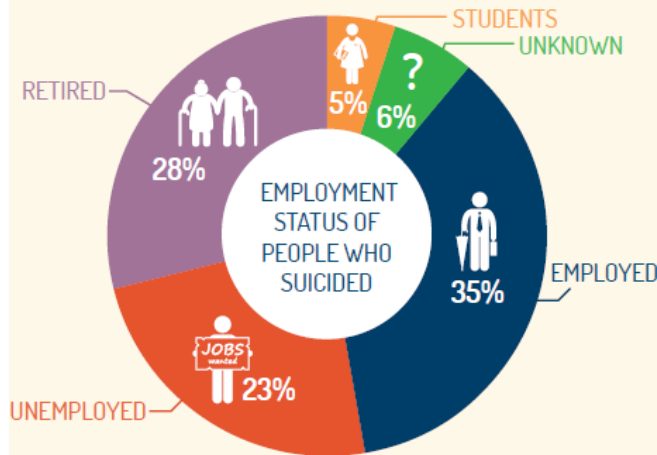
SUICIDE DEATHS* **3,027**

*IN 2015

SUICIDE AFFECTS EVERY AGE GROUP



SUICIDE AFFECTS EVERYONE, REGARDLESS OF THEIR EMPLOYMENT STATUS



SUICIDE DOES **NOT** EQUAL MENTAL HEALTH

More than a third

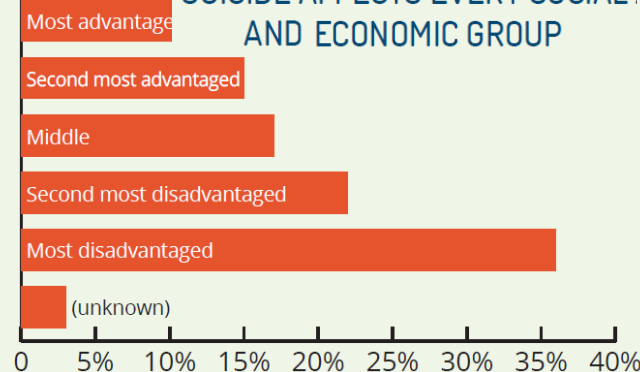
37%

of people who suicide did not have a mental health condition

Suicide affects people from all sexual orientations, gender identities, and cultural, religious and language backgrounds



SUICIDE AFFECTS EVERY SOCIAL AND ECONOMIC GROUP



'Ground up' response



- Suicide Prevention Collaborative established September 2015
- Committed to reduce the impact of suicide by:
 - Improving supports available
 - Encouraging system change through collaboration
 - Ensuring suicide prevention efforts are effective



Illawarra Suicide Prevention and Awareness Network (ISPAN)



Education Public Schools

wellways



Health Illawarra Shoalhaven Local Health District



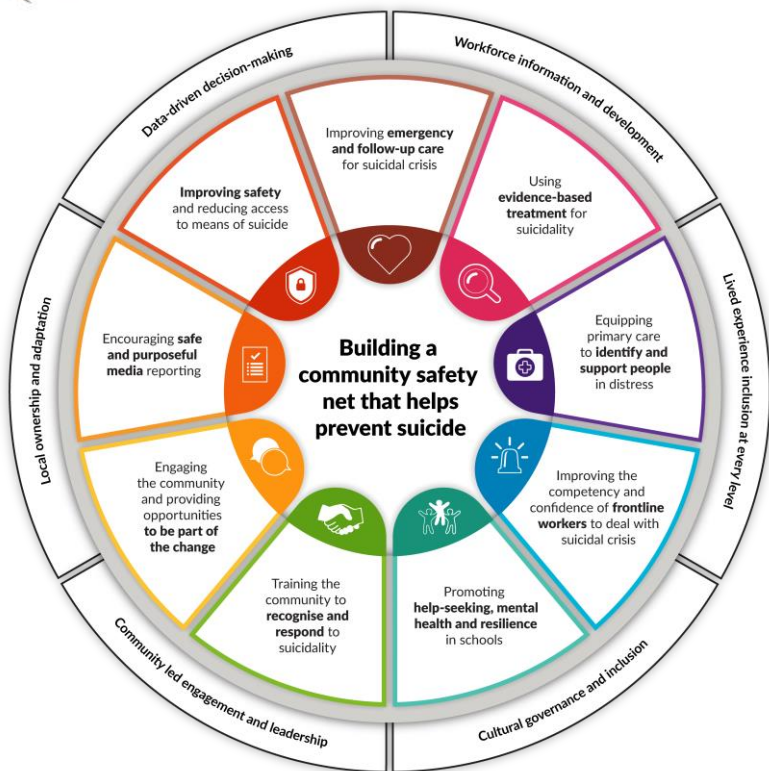
CATHOLIC EDUCATION
DIOCESE OF WOLLONGONG



HANSEN & COLE
A GUARDIAN FUNERAL PROVIDER
Honouring Lives

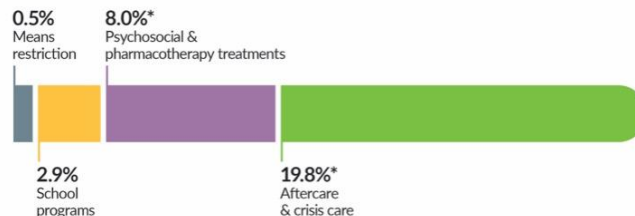


LifeSpan initiative



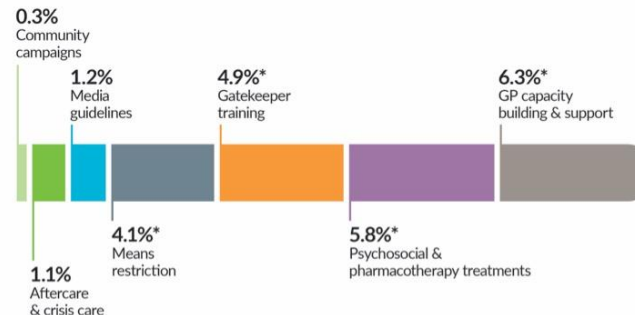
Estimated reduction in suicide attempts for certain strategies

*Priority strategies for reducing suicide attempts

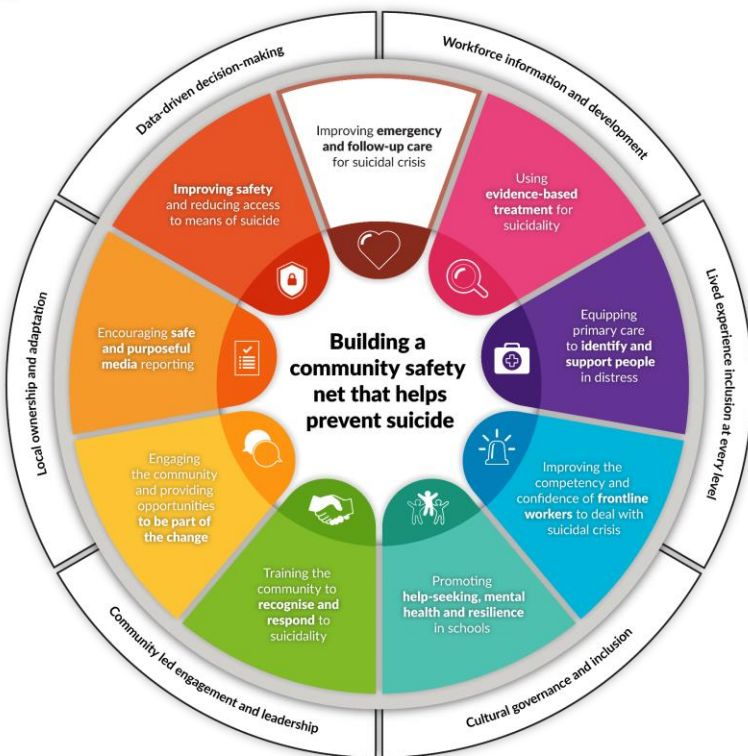


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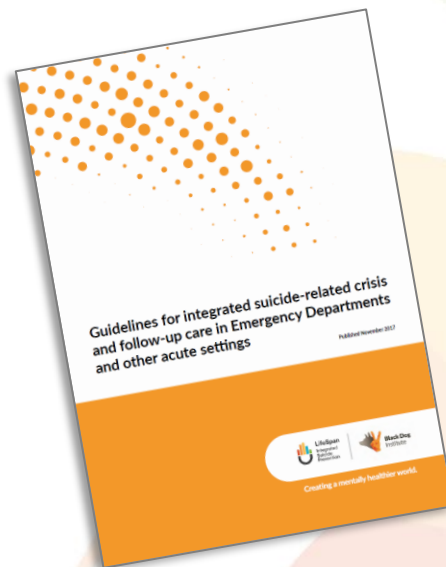


Health strategies

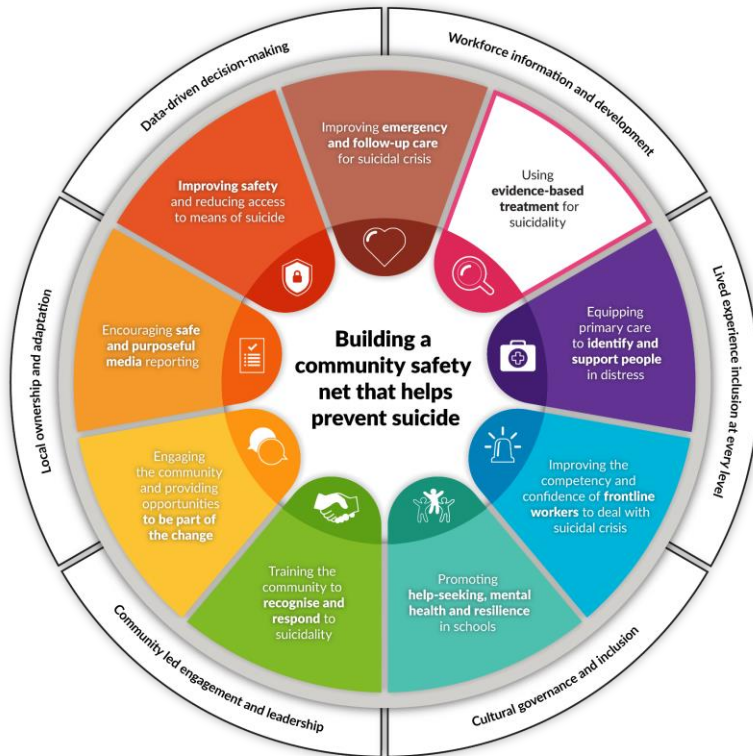


1. Crisis care & aftercare

- Benchmarking current practice against *Guidelines for Integrated Care in EDs and other Acute Settings*
- *Next Steps* aftercare service



Health strategies



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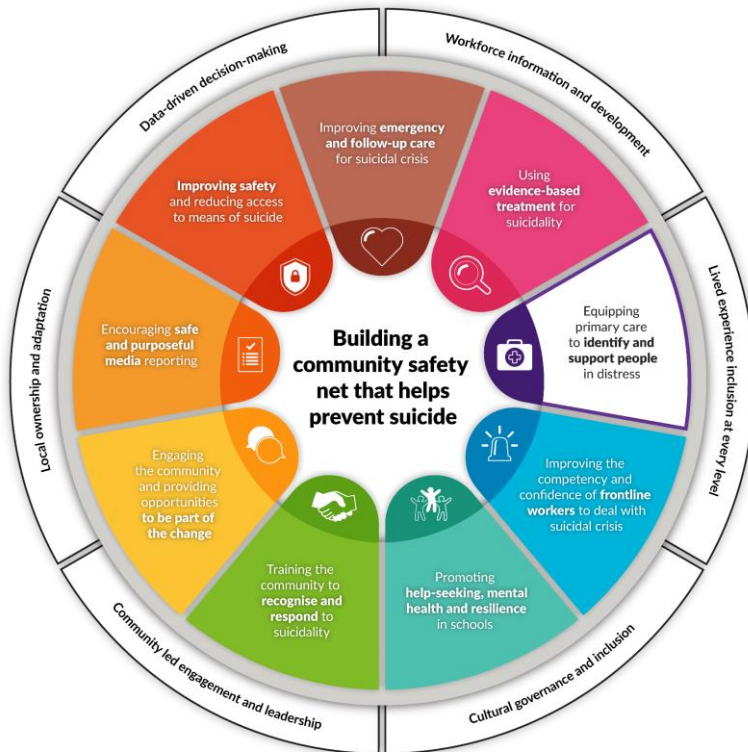
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2. Psychosocial treatments

- *SafeSide* training for health professionals
- *Collaborative Assessment & Management of Suicide* (CAMS) for those providing ongoing therapy



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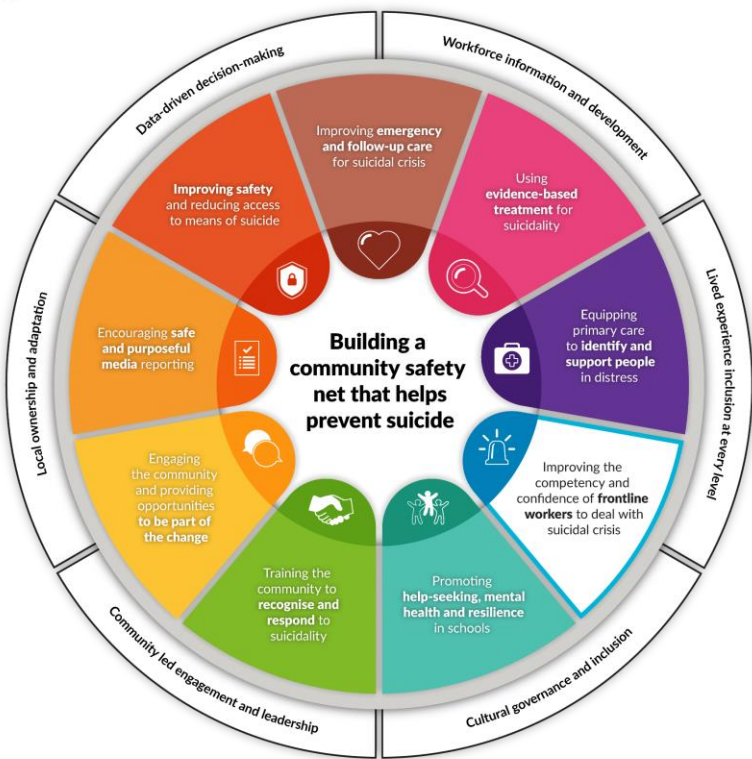
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3. Identify & support people in primary care

- *StepCare*: universal screening within general practice
- *Advanced Training in Suicide Prevention* (6 hrs)
- *Talking About Suicide in General Practice* (3 hrs)

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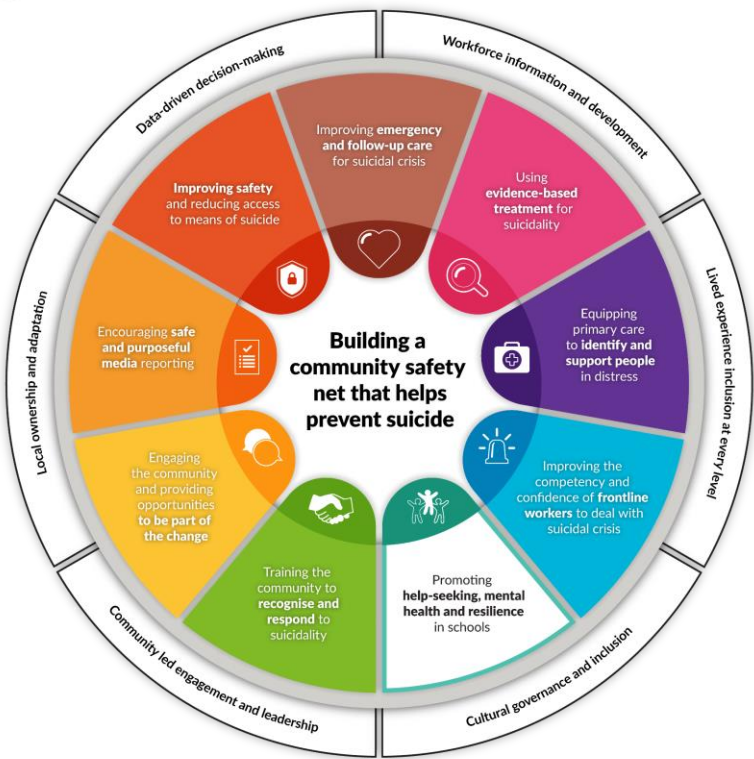
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4. Frontline staff training

- Focused context-specific training
- Resources to support transfer of care

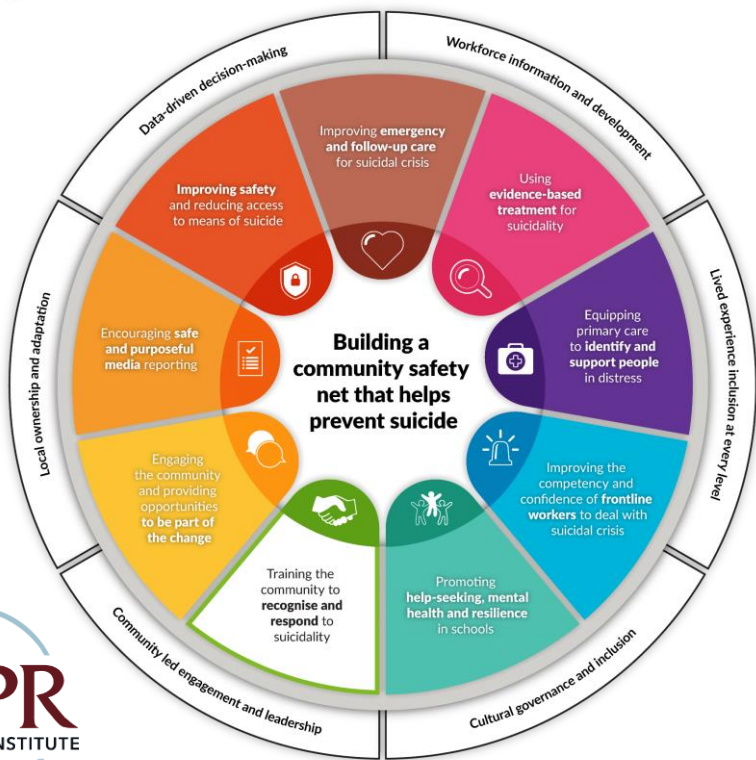
School strategy



5. Promoting wellbeing & resilience in young people

- *Youth Aware of Mental Health (YAM)* for Year 9 students
- *Youth in Distress* for school counsellors
- *Question Persuade Refer (QPR)* for school staff & parents





6. Community suicide prevention training

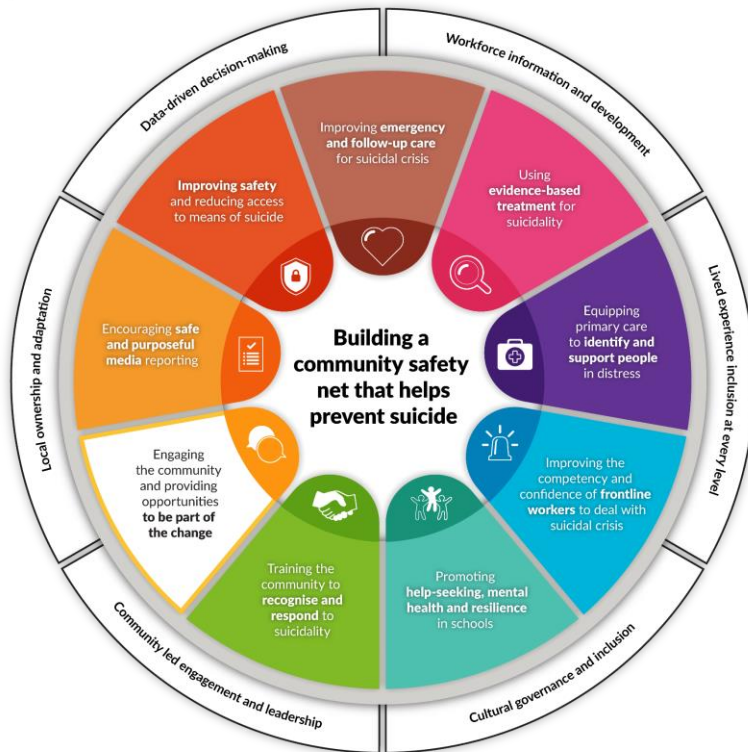
- *Question Persuade Refer (QPR)* – 1 hour (online) or 3 hours (f2f)
- *Applied Suicide Intervention Skills Training (ASIST)* – 2 days

If those close to you were suicidal,
would you know what to do?

Question.
Persuade.
Refer.
(QPR)

ONLY	ONLY TAKES	LICENSES REMAIN ACTIVE FOR
\$10		
PER LICENSE	60 MINUTES	3 YEARS

Community strategies



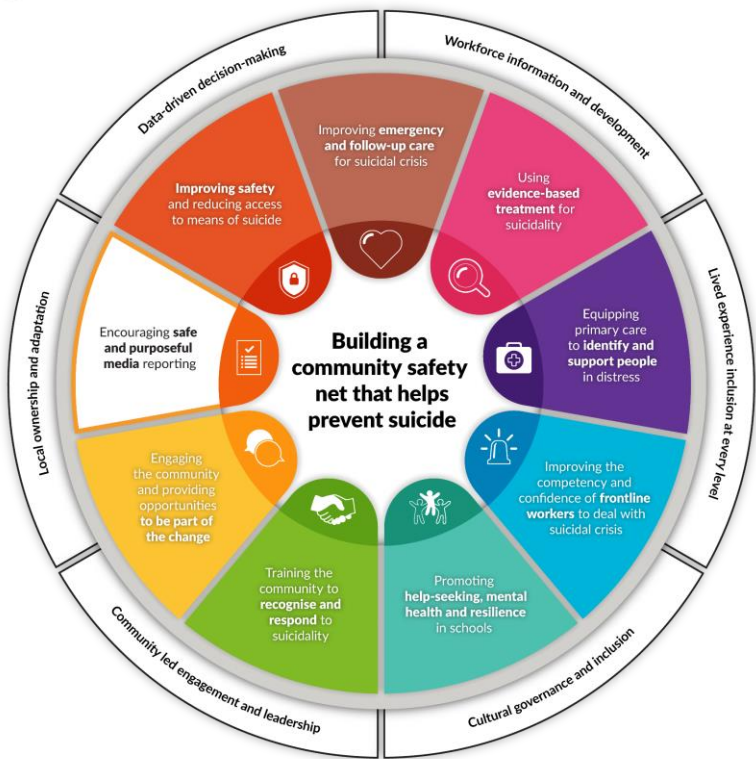
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7. Community awareness campaigns

- Partnering with *Illawarra Mercury* and other media
- *R U OK? Day* events

Community strategies



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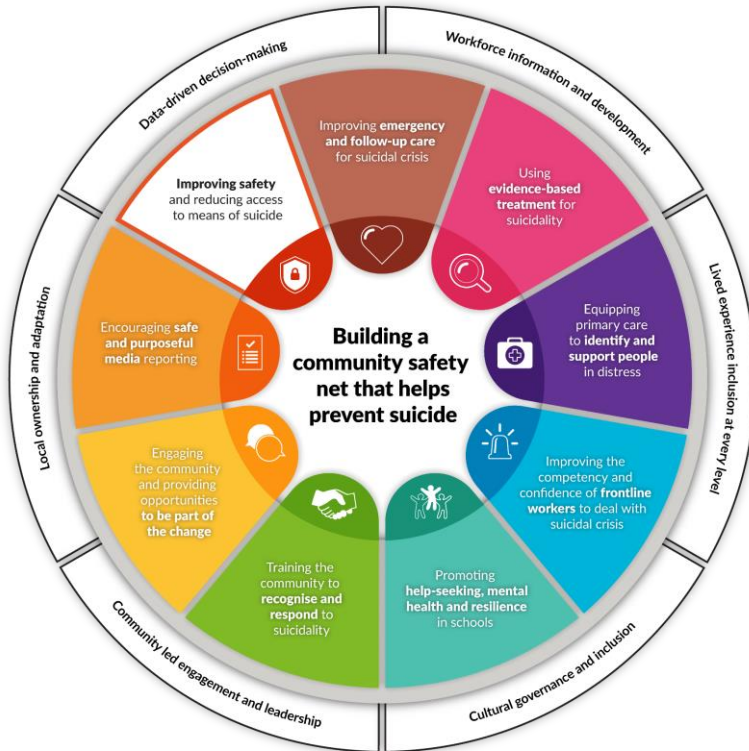
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8. Media promoting hope & help-seeking

- *Mindframe Plus* training for local media & spokespeople
- *Roses in the Ocean 'Our Voice'* training for people with lived experience of suicide & recovery

Public safety



9. Improving safety at public suicide locations

- Working with a number of local groups and Councils to improve safety at 3 sites



Dr Alex Hains

Regional Manager

Illawarra Shoalhaven Suicide Prevention Collaborative

Honorary Fellow, University of Wollongong

Research Affiliate, Illawarra Health & Medical Research Institute

w. suicidepreventioncollaborative.org.au

e. ahains@coordinare.org.au

p. 1300 069 002

 @alexhains @SPCollaborative