Sustaining a collaborative approach to suicide prevention

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@alexhains @SPCollaborative
4 Counterintuitive Principles

• MISSION, not organisation
  Leaders adopt strategies and tactics to achieve a mission, not necessarily to stimulate organisational growth

• NODE, not hub
  Network partners see their organisations as a part of a larger web of activity directed toward a cause, not as a hub of action

• HUMILITY, not brand
  Organisations work alongside their peers as equals and willingly take a backseat when their partners are in a better position to lead

• TRUST, not control
  Trust and shared values are far more important than formal control mechanisms (contracts or accountability systems)

Wei-Skillern & Silver (2013)
Sustainability

• Focus on the mission, not the contract
  • Importance of lived experience & a broad range of stakeholders
• Cultivate and reinforce trusting relationships
  • Regular & transparent communication
WHAT’S BEEN HAPPENING IN THE COMMUNITY?

ILLAWARRA MERCURY #CARE2OPR MEDIA CAMPAIGN

WHAT DOES THE COMMUNITY THINK ABOUT SUICIDE?

- People who have thoughts about suicide should not tell others about it (64%)
- Seeing a psychiatrist or psychologist can help prevent someone from suicide (79%)
- Most people who suicide are psychiatric (74%)
- Talking about suicide always increases the risk of suicide (77%)
- A suicidal person will always be suicidal and won’t change their mind (71%)
- Not all people who attempt suicide plan their attempt in advance (91%)
- Very few people have thoughts about suicide (87%)
- If assessed by a psychiatrist, everyone who talks to themselves would be diagnosed as depressed (84%)
- Men are more likely to die by suicide than women (91%)
- People who talk about suicide rarely kill themselves (94%)
- People who want to attempt suicide can change their minds quickly (90%)
- There is a strong relationship between alcoholism and suicide (92%)

HAVE CAMPAIGNS RESULTED IN COMMUNITY ACTION?

QPR = Question Persuade Refer
TRAINING THE COMMUNITY TO HELP PREVENT SUICIDE

HOW MANY PEOPLE HAVE COMPLETED SUICIDE PREVENTION TRAINING?

- QPR online: 51%
- QPR+2F: 49%
- ASIST: 93%

- Total: 1,161 People

Wollongong: 702
Shellharbour: 149
Kiama: 76
Shoalhaven: 234

WHO HAS DONE QUESTION PERSUADE REFER (QPR) ONLINE?

- Gender: Male: 25.1%, Female: 73.4%, Non-response: 1.3%, Non-Bray: 0.2%

WHAT IS THE IMPACT OF QPR ONLINE?

- If someone was showing signs of suicide, I would directly raise the question of suicide with them:
  - Strongly Agree: 42%
  - Agree: 25%
  - Neutral: 22%
  - Disagree: 9%
  - Strongly Disagree: 2%

- I have the skills to help or support a suicidal person:
  - Strongly Agree: 9%
  - Agree: 23%
  - Neutral: 27%
  - Disagree: 25%
  - Strongly Disagree: 16%

"When my daughter initially confessed that she had suicidal thoughts, I was beside myself. We talked it through but I didn’t know what to ask and how to ask it or what to say. Initially I called Beyond Blue and the person I spoke to gave me some strategies and that did help. Then I saw the QPR advertised, I did the training and since have been able to approach discussions with her more confidently. She is on medication, is receiving counselling both at school and with Headspace."
Sustainability

- Focus on the mission, not the contract
  - Importance of lived experience & a broad range of stakeholders
- Cultivate and reinforce trusting relationships
  - Regular & transparent communication
- Help people see how they are contributing to the bigger story
How does this fit into bigger picture?
How does this fit into bigger picture?

**OUR GOAL**
Reduce suicide deaths & attempts

**WHAT WE ARE TRYING TO ACHIEVE**
- System facilitates effective care
- Connecting suicidal people with care and/or support
- Effective care and/or support for suicidal people
- Increase help seeking
- Reduce stigma, and promote hope & recovery
- Responsible media reporting
- Means restriction

**WHAT WE ARE DOING**
- ED guidelines
- Aftercare service
- After Suicide Response
- Safe Space
- Universal screening in GPs
- Health professional training
- Community training
- YAM in schools
- Events & campaigns
- Mindframe training
- Safety measures at public locations

**Working Collaboratively**
- Lived Experience Involvement

**OUR GOAL**
Reduce suicide deaths & attempts
Sustainability

- Focus on the mission, not the contract
  - Importance of lived experience & a broad range of stakeholders
- Cultivate and reinforce trusting relationships
  - Regular & transparent communication
- Help people see how they are contributing to the bigger story
- Translate relationships into systematic practice
- When in doubt, look to the evidence
- Ongoing funding commitment for ‘backbone’ staffing
What to sustain?

For each activity, consider:

- Likely impact on key outcomes
- Implementation maturity
- Evaluation maturity
- Resourcing required, both locally & externally
- Anticipated resourcing required (or likely changes to resourcing)

<table>
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<th>Interventions</th>
<th>Current resourcing</th>
<th>Anticipated local resource needs</th>
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1. Estimated impact on suicide rates
What to sustain?

...and of course, also consider:

- What do the stakeholders WANT to sustain?
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