Increasing Capacity for Suicide Prevention Efforts

Public Health and Social Services Committee
Presentation Outline

• Reminders around discussing suicide
• Considerations
• Suicide prevention framework
• Recommendations for NRPH & ES
Language is Important

• Avoid specific and graphic language that includes means and/or location
• Avoid ascribing simple or singular reasons for suicide. Suicide is complex.
• Use appropriate language e.g. “died by suicide”, “suicide death”
Regional Council as the Board of Health **ENDORSE** the proposed framework for preventing suicides on public infrastructure.

To implement this framework, Regional Council as the Board of Health **DIRECT** staff to develop and report back in spring 2019 with detailed cost-estimates and budget options for:

- a. Suicide identification/intervention training
- b. Suicide risk assessment capacity-building
- c. Support for a Mental Health Hub/Clubhouse in St. Catharines

That staff **BE DIRECTED** to bring a report back...proposing a framework for preventing death by suicide through other methods.
In Canada, more than 90% of those who died by suicide were living with a mental health problem or illness.

Most people who live with a mental illness do not attempt nor die by suicide.
Data Considerations

Must consider a **wide range of interventions** as restricting means is not always possible.
Framework for Suicide Prevention

Areas of suicide prevention include

• Public awareness
• Restricting and deterring means
• Increasing opportunities for help seeking behaviours
• Increasing probability of intervention
• Enhancing capacity of the mental health system
Public Awareness

• Media reporting guidelines
• Raise awareness about suicide and suicide prevention strategies
Restricting and Deterring Means

- Barriers on public infrastructure
- Gun control
- Restricted access to pharmaceuticals
- Other means restrictions
- Individual means restriction as follow up to suicide risk assessment
Increasing Opportunities for Help Seeking

• Signs and phones
• Crisis lines
• Walk in crisis counselling
• School-based programs
• Staffed sanctuary
Increasing Probability of Intervention

- Surveillance cameras
- Police patrols
- **Suicide awareness and intervention training**
Enhancing Capacity of the Mental Health System

• Treatment of mental illness
• Increasing suicide risk assessment
• Mental health service coordination
Niagara Suicide Prevention Coalition

**NSPC** was formed in response to increased deaths by suicide in the Niagara region.

**NSPC** members include dozens of organizations, service providers and community-minded individuals.

**NSPC** brings stakeholders together, focuses on protective factors, coordinates efforts and is a leader in suicide education and training for Niagara.
Recommendations

Boost the capacity of the NSPC and the community by:

- Sharing latest data, trends, research and best practice interventions
- Increasing gatekeeper training efforts
- Supporting health service providers to implement a common suicide risk assessment
- Developing a sustainability plan
Recommendations

Broader Community

Community Service Providers

Health Service Providers

SafeTALK training

ASIST training

Risk Assessment
## Financial Implications

<table>
<thead>
<tr>
<th>Description</th>
<th>Cost</th>
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<tbody>
<tr>
<td>2 FTEs over 2 years</td>
<td>$348,844</td>
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<tr>
<td>- Focus on health promotion including training</td>
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<td>1000 individuals SafeTALK trained</td>
<td>$14,246</td>
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<td>- Staff certification (to become facilitators)</td>
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<td>- Administrative costs</td>
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<td>- Train the trainers for partner organizations</td>
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<td>200 individuals ASIST trained</td>
<td>$30,528</td>
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<tr>
<td>- Staff certification (to become facilitators)</td>
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<td>- Administrative costs</td>
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<tr>
<td>Suicide Risk Assessment forum</td>
<td>$5,597</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>$399,215</strong></td>
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