

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”

PHD 03-2019 (January 8, 2019)

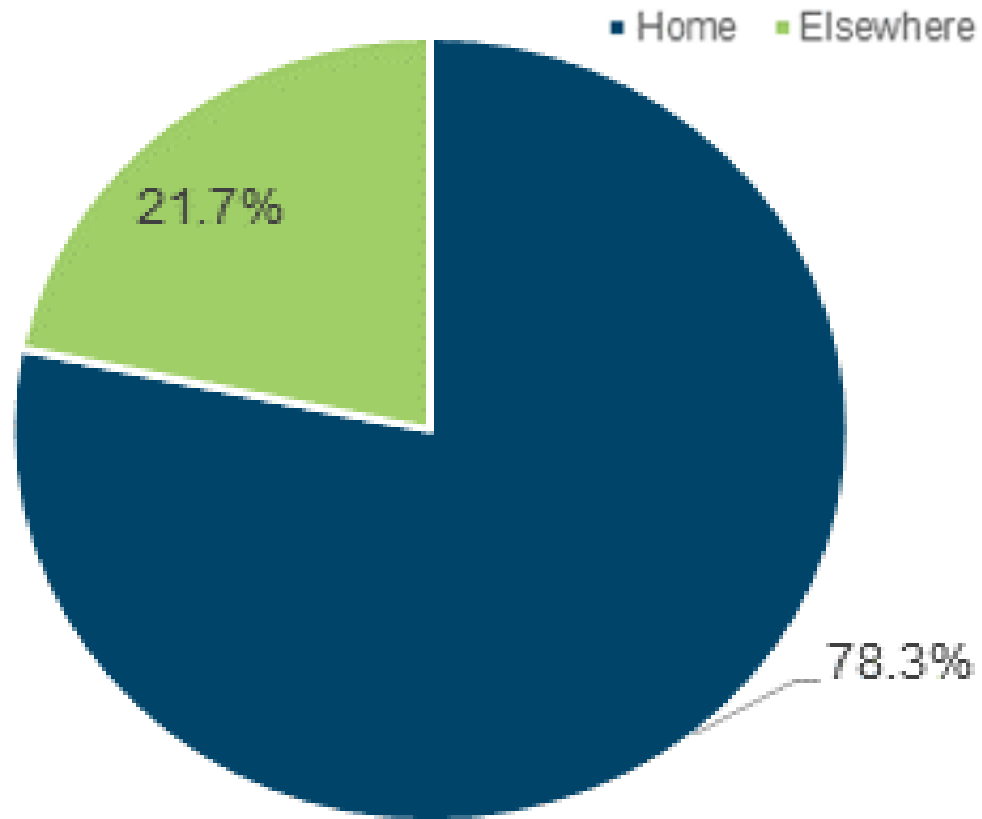
Regional Council as the Board of Health **ENDORSE** the proposed framework for preventing suicides on public infrastructure

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.

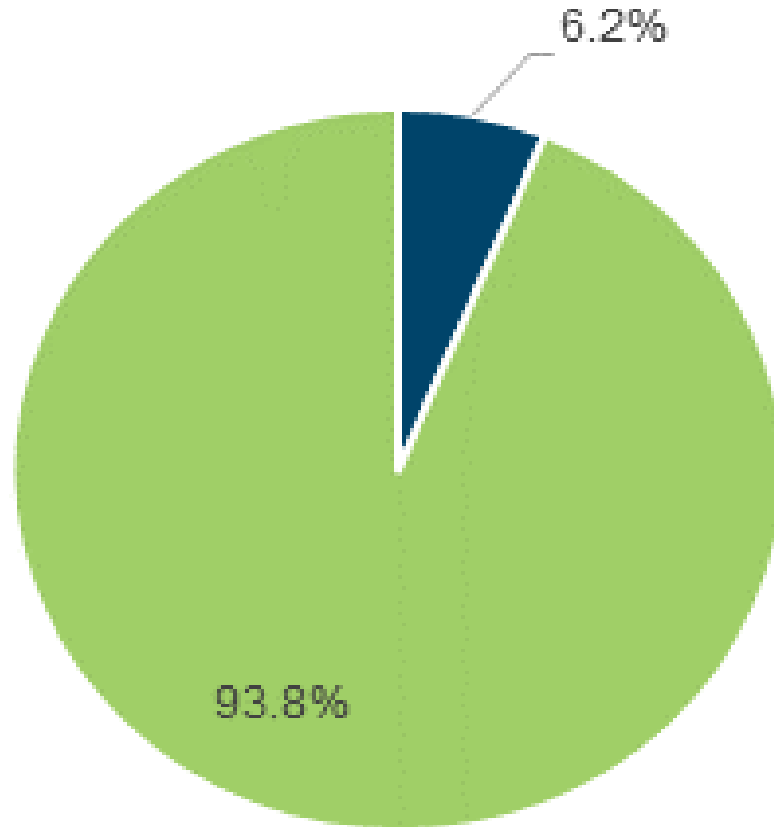
Data Considerations



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



■ Falling from a height ■ Other

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

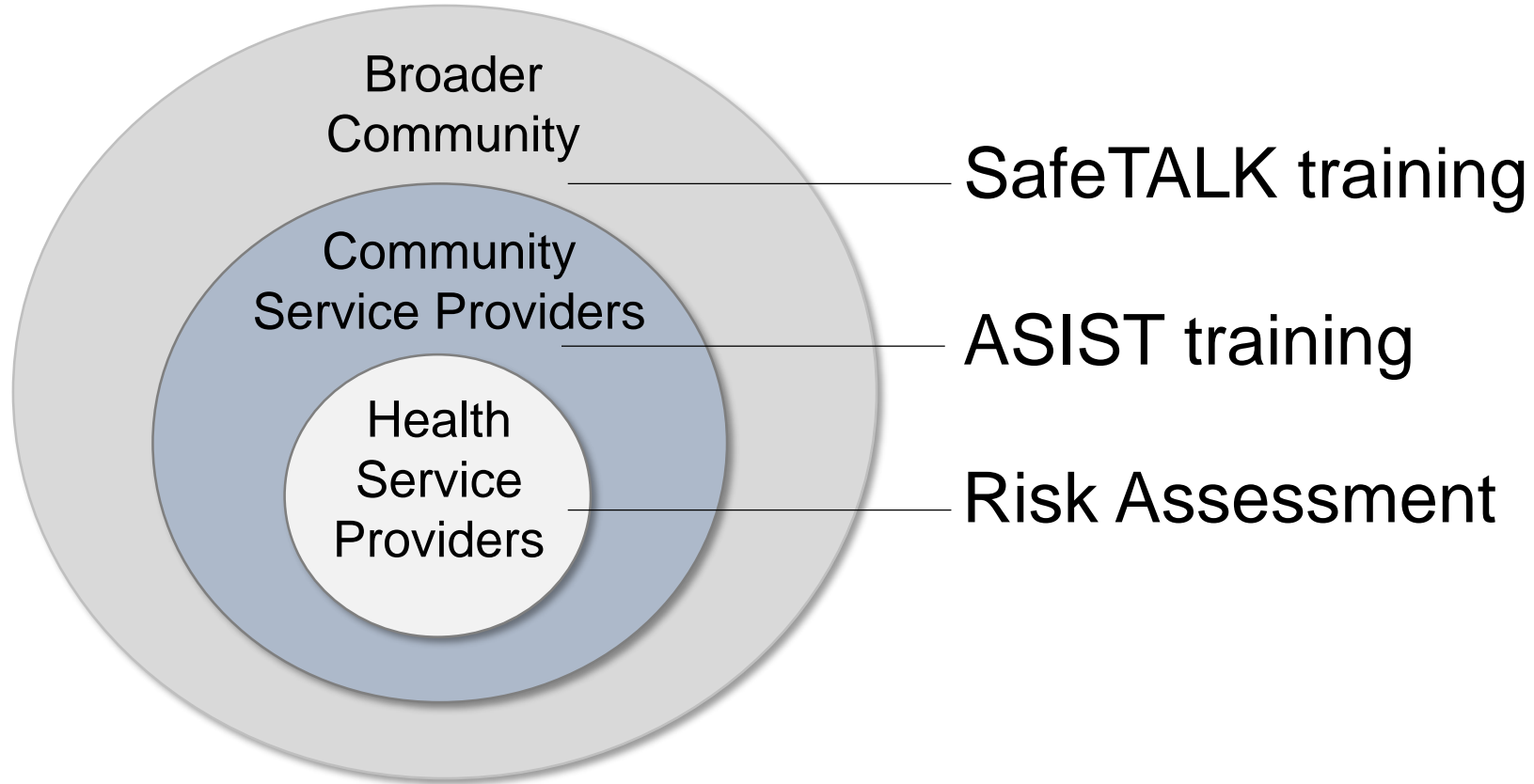
NSPC brings stakeholders together, focuses on protective factors, coordinates efforts and is a leader in suicide education and training for Niagara

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



Financial Implications

2 FTEs over 2 years - Focus on health promotion including training	\$348,844
1000 individuals SafeTALK trained - Staff certification (to become facilitators) - Administrative costs - Train the trainers for partner organizations	\$14,246
200 individuals ASIST trained - Staff certification (to become facilitators) - Administrative costs	\$30,528
Suicide Risk Assessment forum	\$5,597
Total	\$399,215