WP 6 - Supporting the development of strategies of suicide prevention based on experience and lessons learned from Austria

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I) SUPRA - How everything started...





SUPRA



- > 70 pages expert paper containing:
 - O International papers (WHO, OECD, ...)
 - O Metanalysis of national suicide prevention plans
 - O Sociology end epidemiology of suicide in Austria
 - Cost benefit calculation
 - O 10 working areas of suicide prevention
 - O Development of a national strategy

→ Not a strategy but a broad description of what should or could be done in Austria

The challenge



- the paper does not go into details on:
 - O prioritisation of measures,
 - responsibility for implementation,
 - O recommended target goals or
 - O outcome indicators.

- In order to convince decision makers to foster suicide prevention in a federally structured country like Austria all this information is crucial especially in times of limited resources
- → Double strategy: Implementation of "quick wins" and development of structured concept in parallel

A structured implementation concept was developed

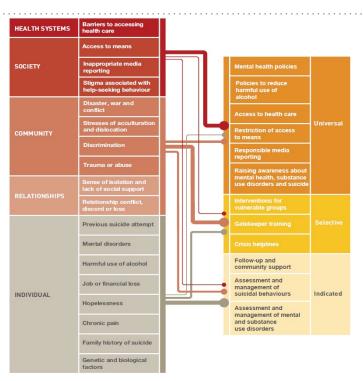


WHO 2012 i.e. 2014





inspired by National health system reform



Key risk factors for suicide aligned with relevant interventions

- lines reflect the relative importance of interventions at Different levels for different areas of risk factors) Copyright: WHO 2014





6 columns



Framework conditions



6 Columns/Strategic goals

18 operative objectives

70 measures

target sizes, indicators & responsibilities

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Starting package suicide prevention



column	Regional level Federal level		Implementation within	
1	Organizational embedding of suicide prevention into an existing organisational/coordination structure of the federal states (e. g. psychiatry coordination,)	Expansion of the SUPRA coordination office at federal level	1 year	
2	Building on existing offers: One non-confessional 24/7 crisis telephone number per state	National hotline that automatically redirects to the countries' crisis telephone numbers	1 year	
	Financing/Implementation of SUPRA/ÖGS- Gatekeeper-Programme	Financing of SUPRA/ÖGS train-the-trainer programme	2 years	
3	Identification and safeguarding of hot spots	Start the discussion process on legal measures/guidelines: Weapons, medicines, construction and transport standards	2 years	
4	Information events/seminars for regional media in order to disseminate the media guidelines/ assignment of a person responsible for the media in each federal state	Papageno-Media-Award (incl. distribution of media guidelines)	1 year	
5	Implementation of suicide prevention in schools: YAM/Vorarlberg model (integration in Eigenständig Werden, Plus, Klartext)	Support by BMBWF and BMASGK	2 years	
6	Contribution to the establishment of expertise/database by the federal states (e. g. with regard to hot spots) in cooperation with SUPRA/ÖGS-WG quality assurance.	Implementation of SUPRA/ÖGS-WG-quality assurance	1 year	

Outcomes, achievements



- annual suicide report
- > national conferences
- prevention web-portal
- gatekeeper train-the-trainer programme
- media-award
- > special programmes for risk groups (older, young, men)
- > safeguarding hot-spots
- school programmes
- boost for regional programmes.
- Website: www.suizid-praevention.gv.at

Lessons learned /recommendations



- Initiative of the Federal Ministry of Health
- National coordination (e.g. Public health institute synergies!!!) and regional coordination
- Carry out situation analysis
- Build on existing initiatives / do not re-invent the wheel
- Broad involvement of relevant stakeholders
- Clear objectives (+target sizes, indicators and responsibilities)
- Create "easy to eat" pieces for decision makers
- Use formats decision makers are familiar with
- Don't fight windmills go where the energy is
- Diplomacy and snowball effect
- Monitoring of implementation

II) JA ImpleMENTAL Work package (WP) 6 SUPRA



- > SUPRA is 1 of 2 technical WP of JA ImpleMENTAL
- → WP6 "Transfer and pilot implementation of (selected elements of) of the Austrian Best Practice on Suicide Prevention (SP) "SUPRA"
- Lead: GÖG/Austria, Co-Lead: MoH/Czech Republic
- Partners from 17 countries, 14 of them implementing countries:

 Austria, Bulgaria, Croatia, Cyprus, Czechia, Estonia, Finland, Greece, Hungary, Iceland, Lithuania, Malta, Norway, Serbia, Slovenia, Spain and Sweden,

Main objectives



- Main objective: to develop and/or (if already in place) further develop, scale-up suicide prevention strategies of participating countries comparable to SUPRA.
- no 1:1 roll-out of SUPRA but: taking into account the respective national/regional context, select specific elements of SUPRA and bring them to implementation
- Situation and Needs Assessment (SANA) in each country
- Support in setting up <u>working groups/advisory boards</u> in each country and in <u>selecting and implementing measures</u> special focus on "<u>quick wins</u>" for pilot projects

Stakeholders and target groups





(at national/regional level) in the participating countries. GmbH

- National ministries and other policy makers (national/regional level)
- Suicide attempters and survivors of bereavement due to suicide
- Representatives of relevant institutions/organisations (e.g. regarding hotspots: national railway agency; ...)
- Media professionals
- General public (awareness/stigma)
- **>** ..

Tasks → Outputs



- record and assess the **current situation** in the field of suicide prevention in each country/region (SA) → country profiles
- assess resources (staff, budget, other) needed to address and implement prioritized activities (NA) → country profiles
- obtain **stakeholder commitment** for the establishment (or further development) of a national/regional strategy including steps to promote increased awareness for SP → working groups / advisory boards
- promote learning and cross-country exchange on methods, tools, practices and experiences →
 SP strategies
- Support capacity and competence building of stakeholders → trainings
- Support the sustainable establishment, improvement and expansion of suicide prevention services → by adaption and pilot implementation of SUPRA

Challenges



- number of participating and implementing countries
- heterogenous structures of health/social system (funding, administration, provision)
- very different status of suicide prevention in different countries
- make best possible use of synergies with WP 5 Mental Health Care Reform
- (co) leading as well as implementing (AT, CZ)

Thank you for your attention!

Any questions?

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