

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...

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

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

▷ the paper does not go into details on:

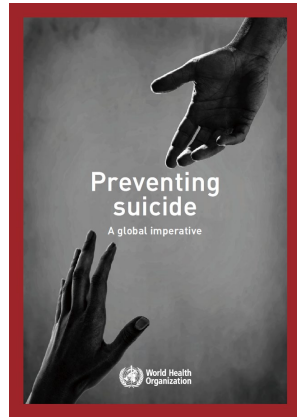
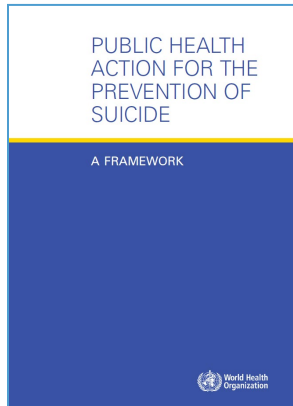
- prioritisation of measures,
- responsibility for implementation,
- recommended target goals or
- outcome indicators.

➔ 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

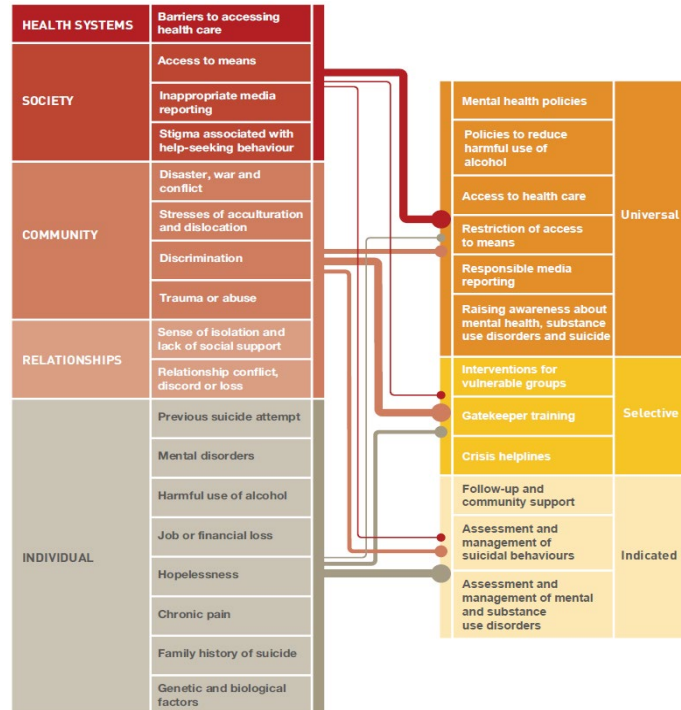
➔ **Double strategy: Implementation of “quick wins” and development of structured concept in parallel**

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

SUPRA 
Suizidprävention Austria

6 columns



Framework conditions

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.
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- ▷ Website: www.suizid-praevention.gv.at

- ▷ 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 working groups/advisory boards in each country and in selecting and implementing measures - special focus on "quick wins" for pilot projects

Stakeholders and target groups

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

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- ▷ National ministries and other policy makers (national/regional level)
- ▷ Health and mental health professionals
- ▷ 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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