SUPRA – Suizidprävention Austria

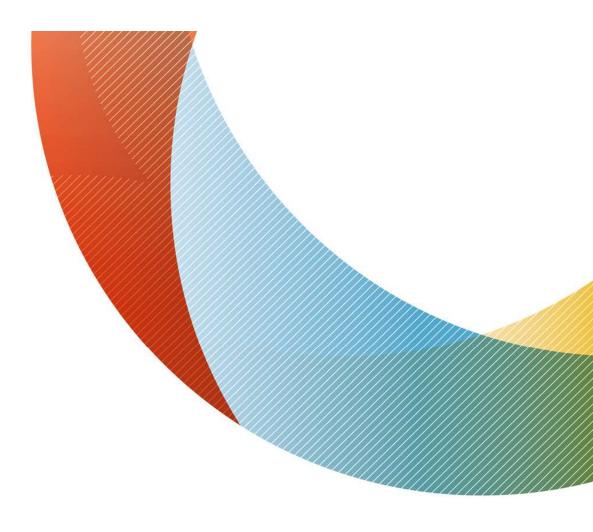
Mag. Alexander Grabenhofer-Eggerth 24. September 2022

DGS-Tagung, Jena 2022



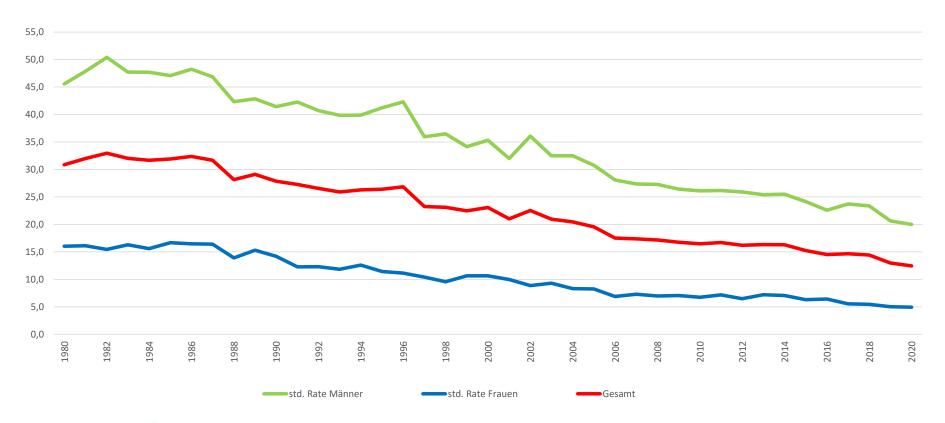
Eine Initiative des

Bundesministeriums für Soziales, Gesundheit,
Pflege und Konsumentenschutz



Gesundheit Österreich

Suicide rates in Austria per 100.000





SUPRA - How everything started...



Eine Initiative des Bundesministeriums für Soziales, Gesundheit, Pflege und Konsumentenschutz

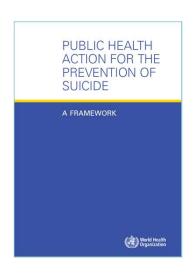
The challenge

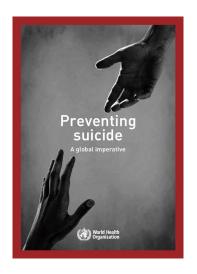
- the paper does not go into details on:
 - prioritisation of measures,
 - responsibility for implementation,
 - recommended target goals or
 - outcome indicators.
- →In order to convince decision makers to foster suicide prevention in a federally structured country like Austria all this information is crucial especially in times of limited resources
- → Double strategy: Implementation of "quick wins" and development of structured concept in parallel

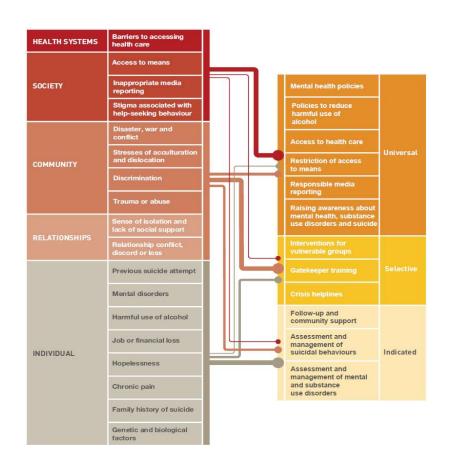


A structured implementation concept was developed

WHO 2012 i.e. 2014







Development of a structured concept for implementation

panel of leading national experts (now 30 PAX including experts by own experience)

- →6 columns = 6 strategic goals
- →18 operative goals
- →70 measures
- →target sizes, indicators and responsibilities
- >inspired by the ongoing health care system reform



SUPRA Suizidprävention Austria embedment in prevention & health quality assurance & expertise restriction of access to means coordination & organisation awareness & knowledge support & treatment promotion activities **Framework conditions**

6 columns

SUPRA Suizidprävention Austria
Eine Initiative des
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Gesundheit Österreich

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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 BMSGPK	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, current priorities

- · annual suicide report/ monitoring
- national conferences
- prevention web-portal www.suizid-praevention.gv.at
- gatekeeper train-the-trainer programme / training of gatekeepers
- Papageno-media-prize
- special programmes for risk groups (older, young, men)
- safeguarding hot-spots
- school programmes
- Postvention guidelines
- boost for regional programmes
- European best practice model Joint Action ImpleMENTAL
- National telephone helpline
- · Upscaling of crisis centres in Austria
- Law on assisted suicide





Sie kennen jemanden mit

Sie suchen Anlaufstellen?

Sie haben jemanden durch Suizid

Sie möchten mehr zum Thema Suizid

Suizidgedanken?

verloren?

erfahren?

Suizidprävention

Sie denken an Suizid, machen sich um jemanden Sorgen oder haben einen Menschen aufgrund eines Suizidtodesfalls verloren? Hier finden Sie Erste-Hilfe-Tipps, Notfallkontakte und Hilfsangebote in Ihrem Bundesland sowie weiterführende Informationen zur Bewältigung dieser Notsituation.



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JAImpleMENTAL

JA on Implementation Best Practices in the ar of Mental Health

For greater adoption and implementation within Mer of mental health promotion and prevention intervel strategies, as well as care services at communi



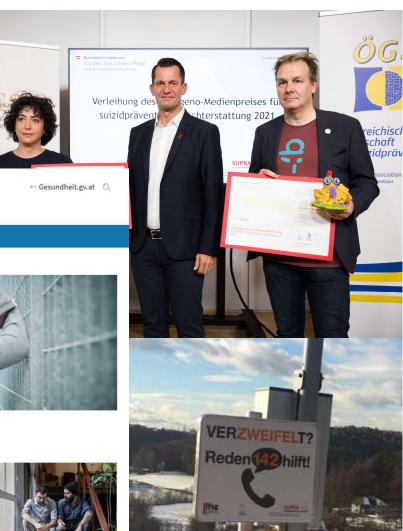




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Danke für Ihre Aufmerksamkeit!

Mag. Alexander Grabenhofer-Eggerth

Leiter

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