

Suicide Prevention in Austria (SUPRA)





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

14.11.2023





SUPRA (Suizidprävention Austria)

- » Long tradition of suicide prevention in Austria:
- » 1910: Wiener Rettungsgesellschaft (postvention)
- » 1930: Suicide Prevention in schools (Viktor Frankl)
- » 1948: "Lebensmüdenfürsorge" (Erwin Ringel)
- » 1960: Foundation of IASP in Vienna (Erwin Ringel)
- » 1975: Foundation of Kriseninterventionszentrum
- » 2000: Austrian Suicide Prevention Plan (Gernot Sonneck)
- » 2012: SUPRA + Coordinating Centre at GÖG (Austrian Public Health Institute)



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SUPRA (Suicide Prevention Austria)







SUPRA (SuizidPRevention Austria)

- » 70 pages expert paper containing:
- » International papers (WHO, OECD, ...)
- » Metanalysis of national suicide prevention plans
- » Sociology end 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



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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



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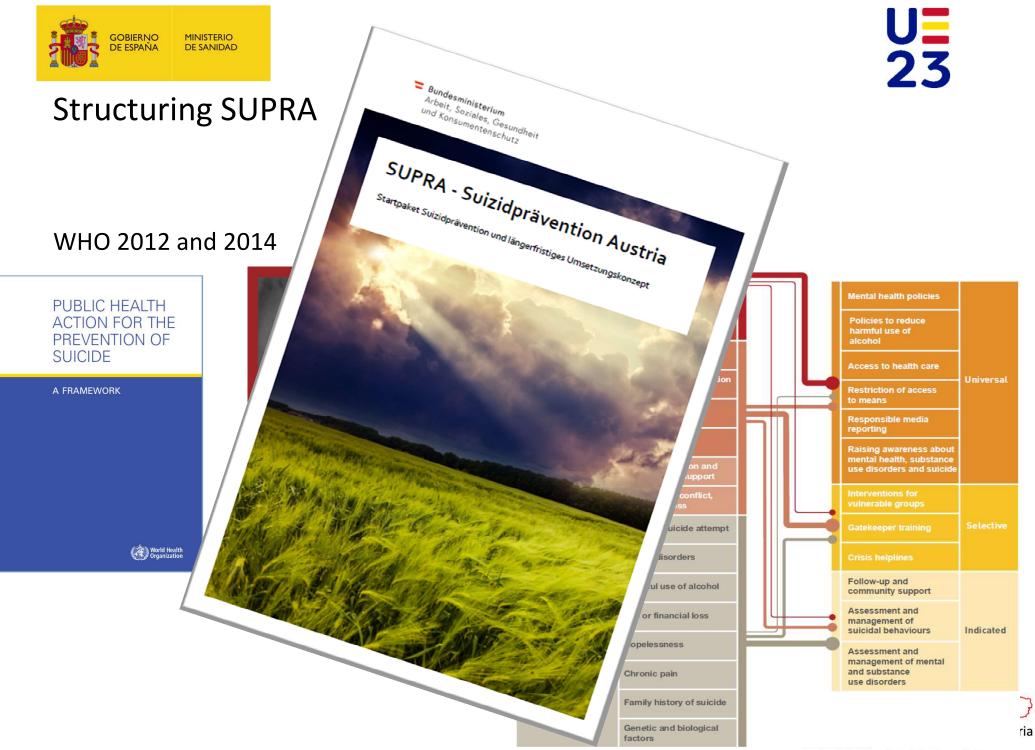




Implementation: Double Strategy

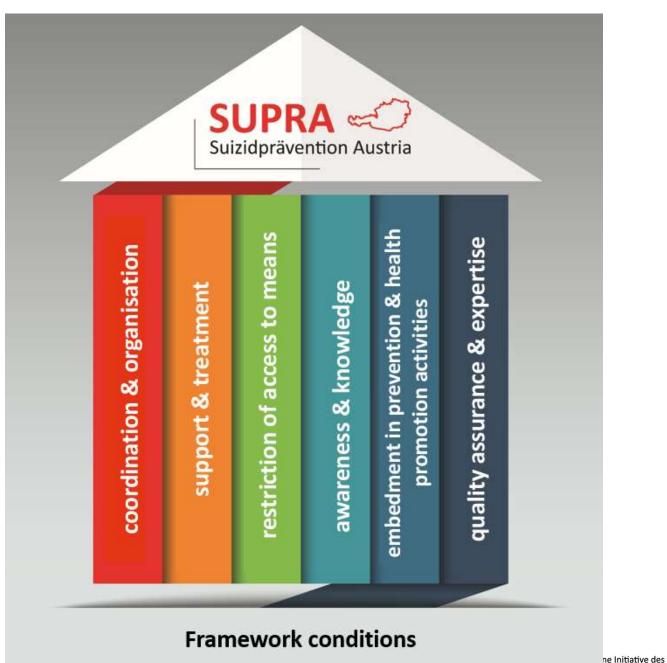
- 1. Do what can be done: goals and measures that were easy to achieve were conducted immediately "Quick Wins" (national suicide report, conferences, applications for support, webpage, concept for gatekeeper trainings, ...)
- 2. Development of a structured concept for implementation:
- → panel of leading experts → 6 columns = 6 strategic and 18 operative goals were identified, 70 measures, target sizes, indicators and responsibilities were described.

















Extract: implementation concept

SUPRA - SUicide PRevention Austria: Columns - Objectives - Actions

Column: Coord	lination and organi	sation					
Strategic objective 1: Suicide prevention in Austria is organisationally embedded and coordinated							
revention is embedded in organisational and coordination structures at federal and regional level and is coordinated Implementation by measurand		measurand	target value				
Continuation of the SUPRA Coordination Unit at federal level	BMASGK	Continuation of the coordination office is ensured	1				
Embedding suicide prevention in an existing organisational/coordination structure of the countries (e.g. psychiatry coordination, addiction/drug coordination, social psychiatric services, suicide prevention officer)	federal states	Suicide prevention is integrated into an existing organisational/coordination structure in each federal state	9				
	pport and treatme						
Strategic objective 2: People at risk of suici Gatekeepers are competent in dealing with people at risk of suicide and risk groups	Implementation by	measurand	tarnot value				
Gatekeepers are competent in dealing with people at risk of suicide and risk groups	Implementation by	measurand	target value				
Development of a gatekeeper training concept (who should be trained when by whom and in what form)	federal government, SUPRA, ÖGS, federal states	Training concept is available	1				
Standardised/quality assured training documents are provided by the Working Group "Gatekeeper Trainings" ÖGS /SUPRA for SUPRA cooperation partners.	SUPRA, ÖGS	Training documents are available, rules for provision are defined					
Development and implementation of a "Train-the-trainer" programme	federal government, SUPRA, ÖGS, federal states	Train-the-trainer training is offered - Number of registered trainers per federal state / population / suicide rate	to be determine				
Nationwide training and further education of gatekeepers by registered trainers (incl. inclusion of the topic in the training programmes/curricula of the individual health and social professions)	federal government, federal states, ÖGS	3S Number of gatekeepers trained per federal state / population / suicide rate					
Sufficient psychosocial supply and care structures are provided for risk groups (emergency and stabilisation)	Implementation by	measurand					
Establishment of a nationwide crisis emergency number (0-24h) for adults and for children/young people, which redirects to the existing (or to be created) facilities (technical cross-reference TEWEB)	federal government, federal states, supporting organisations	Crisis telephone numbers are set up and assured for the long term					
Expansion / interlinking of online crisis services (online counselling) both for adults and for children/young people	BMASGK, federal states, supporting organisations	Online offerings have been expanded and are secured for the long term					
Ensuring, establishing, expanding and coordinating (low-threshold, anonymous, multilingual) nationwide coverage:	BMASGK, federal states, SI, supporting	Emergency psychiatric services, psychosocial/psychotherapeutic orisis intervention centres, post-emergency	1				
- psychiatric orisis services (24h) - psychoscical / psychotherapeutic orisis intervention centres	organisations	care after emergency contact and inpatient and/or day-care psychosocial crisis intervention facilities for adults as well as children/young people are established throughout the country					
- psychosociar (psychotmetapeutic ortiss intervention centres - follow-up care after emergenci contact		aduits as well as onlightenryoung people are established throughout the country					
- Ion/owp/Data and/or finite/projectors/contact/ - inpatient and/or fay-oare psychosocial crisis intervention facilities (24h) for both adults and children/adolescents							
Nationwide coordinated offers after losses and catastrophes (central hotline, clearing, emergency psychological teams) for adults as well as for children/youths	BMASGK, BMI, federal states, supporting organisations	Offers after losses and catastrophes are coordinated and established across all regions					
Develop and ensure sufficient supporting interpretation services for actions 1-4 (e.g. video interpretation)	BMASGK, BMEIA, BMI, federal states, supporting organisations	5, Sufficient interpretation services are provided for measures 1-4 1					
Sufficient psychosocial supply and care structures are provided for risk groups (coping and prevention).	Implementation by	measurand	target value				
Expanding/developing psychosocial counselling/care/treatment services for particularly vulnerable target groups (e.g. LGBT), victims of violence, survivors of suicide, prisoners, ex-prisoners, addiction, poisoning)	federal government, federal states, SI, supporting organisations	Offers developed/established	1				
Support, promotion and networking of self-help offers	federal government, federal states, SI,	Support, promotion and networking are established	1				



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SUPRA 2018: Säulen - Ziele - Maßnahmen



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starting package suicide prevention

colu mn	Regional level	gional level Federal level	
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-	Implementation of SUPRA/ÖGS-WG- quality assurance	1 year





Lessons learned /recommendations

- » Initiative of the federal ministry of health
- » National coordination (e.g. public health institute synergies!!!) and regional coordination
- » Carry out situation and needs analysis (SANA)
- » 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



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Key facts

- » Geographical scope: national (multilevel)
- » Timeframe: continuous (starting in 2012)
- » Initiative/Financing: Federal Ministry of Labour, Social Affairs, Health and Consumer Protection
- » Implementation: Coordination centre (national public health institute) + national/regional/local players
- » Goals: 6 strategic, 18 operative goals, 70 measures (including target sizes, indicators, responsibilities) → starting package
- » Target populations: universal, selective, indicated prevention
- » Evidence: evidence based (as far as possible)
- » Evaluation: on project/actions basis+ annual report (indicators/targetPRA sizes)





Key facts II

- » Stakeholders: broad stakeholder involvement based on already existing initiatives
- » Annual budget: coordination centre: ~ € 80.000 (aim is to use synergies and convince others)
- » Outcomes: annual suicide report, 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.
- » Contact: <u>alexander.grabenhofer-eggerth@goeg.at</u>



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