

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



SUPRA – Suicide Prevention Austria



Co-funded by the European Union's Health Programme under Grant Agreement No. 01035969 /JA-02-2020 [HADEA]

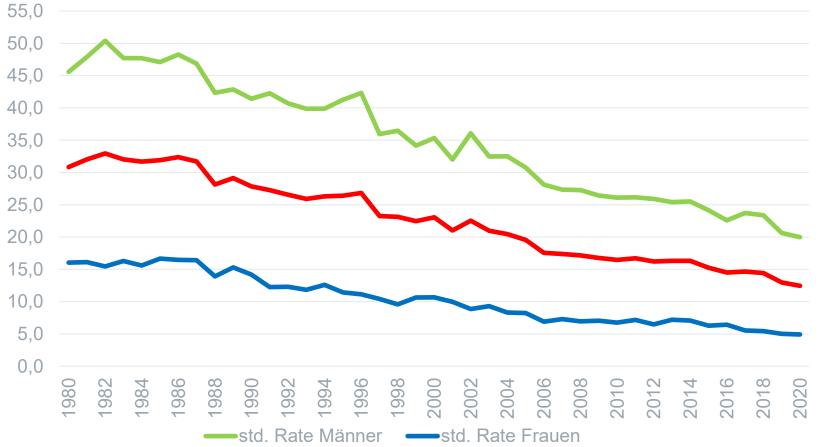
27.4.2023 Brussels





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

Suicide rates in Austria per 100.000









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

SUPRA (Suizidprävention Austria)

Long tradition of suicide prevention in Austria:

- P 1910: Wiener Rettungsgesellschaft (postvention)
- ▷ 1948: "Lebensmüdenfürsorge" (Ringel/Caritas)
- ▷ 1960: Foundation of IASP in Vienna
- 1975: Foundation of Crisis Intervention Centre Vienna
- ▷ 2000: Austrian Suicide Prevention Plan (Sonneck)

→ 2012: SUPRA + Coordinating Centre at GÖG (Austrian Public Health Institute)







TAL

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

SUPRA - How everything started...





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

SUPRA

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







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

The challenge

the paper does not go into details on:

- \triangleright prioritisation of actions,
- ▷ responsibility for implementation,
- \triangleright recommended 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







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

Implementation: double strategy

- ▷ In 2012 SUPRA was published and the "coordination centre" was established at the GÖG (Austrian Public Health institute) by the Austrian federal ministry of health → main purpose: Implementation of SUPRA
- Do what can be done: goals and actions that were easy to achieve ("Quick Wins") were conducted immediately (national suicide report, conferences, support for applications for funding, webpage, concept for gatekeeper trainings, ...)
- Development of a structured concept for implementation, inspired by the ongoing health care system reform







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

SUPRA - Development of a structured concept for implementation



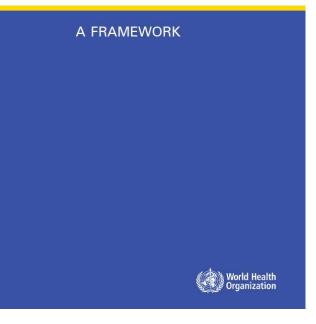


WHO 2012



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

PUBLIC HEALTH ACTION FOR THE PREVENTION OF SUICIDE



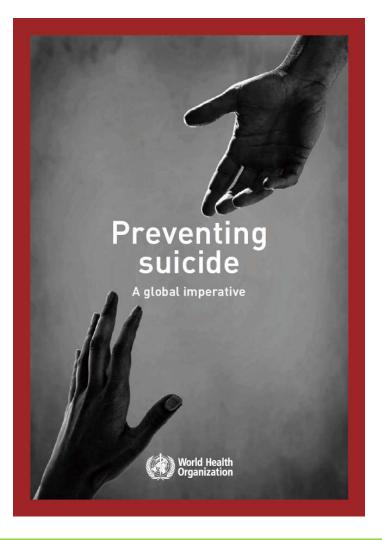




WHO 2014

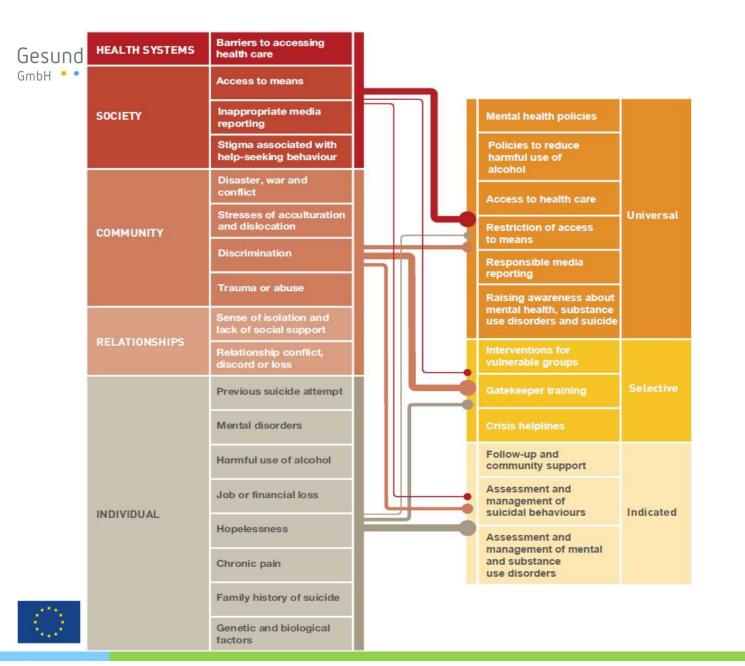


Eine Initiative des Bundesministeriums für Soziales, Gesundheit, Pflege und Konsumentenschutz











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

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)

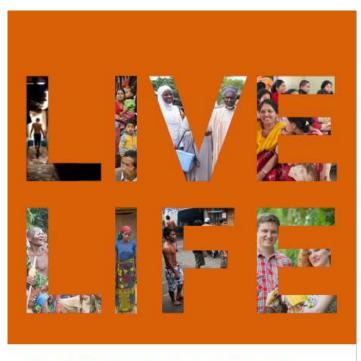
Copyright: WHO 2014



WHO 2021



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



AN IMPLEMENTATION GUIDE FOR SUICIDE PREVENTION IN COUNTRIES

World Health Organization





Evidence-Based Prevention



Practicing evidence-based prevention means using the best available research and data throughout the process of planning and implementing your suicide prevention efforts.

Evidence-based prevention includes:

Engaging in evidence-based practice (sometimes called evidence-based public health)

Selecting or developing evidence-based programs

Engaging in Evidence-Based Practice

Evidence-based practice has been defined as "the conscientious, explicit, and judicious use of current best evidence in making decisions about the care of communities and populations in the domain of health protection, disease prevention, health maintenance and improvement (health promotion)."¹

https://www.sprc.org/keys-success/evidence-based-prevention

-C)-

Co-funded by the European Union's Health Programme under Grant Agreement No. 01035969 /JA-02-2020 [HADEA]





Eine Initiative des Bundesministeriums für Soziales, Gesundheit, Pflege und Konsumentenschutz Gesundheit Österreich GmbH Development of a structured con Build smin te rium fü Soziales, Gesundheit, Prese und Kor sum rit nschutz for implementation

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

- \rightarrow 6 columns = 6 strategic goals
- \rightarrow 18 operative goals
- → 70 actions
- → target sizes, indicators and responsibilities

inspired by the ongoing health care system reform





Gesundheit Österreich "Zielsteuerung Gesundheit"

SUPRA Suizidprävention Austria

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

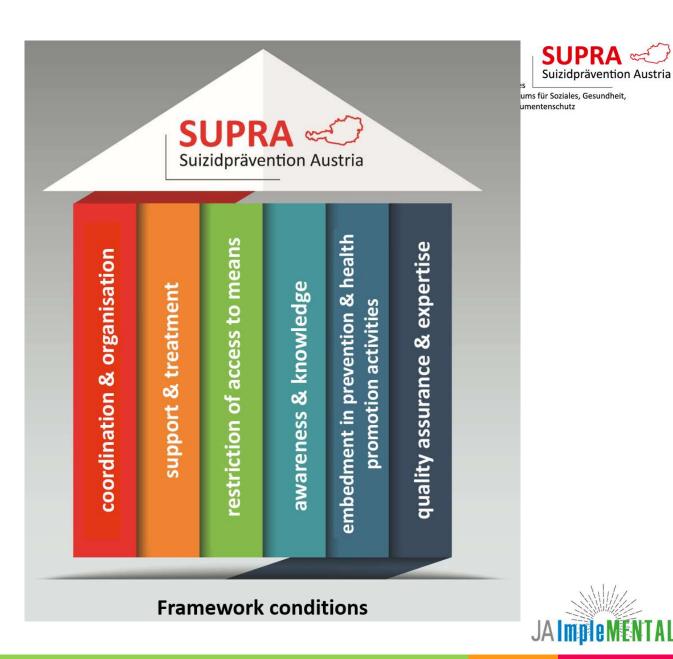
(Austrian Healthcare System Reform)

		Strategisches Ziel (Wirkungsziel)	Verbesserung von Unterstützung und Behandlung						
		Operatives Ziel (Sach- oder		rung bei Gatekeepern - Schulung und Übung des Umgangs mit alle, die mit suizidgefährdeten Personen in Kontakt kommen könnten					
		Leistungsziel)							
		Maßnahme(n)	Maßnahme 1	Entwicklung eines Gatekeeper-Schulungskonzeptes (Wer soll wann					
			(Bund, SUPRA,	von wem worin geschult werden) (bis: Termin)					
			ÖGS, Länder)						
			Maßnahme 2	Vereinheitlichte/qualitätsgesicherte Schulungsunterlagen werden					
			(Bund, SUPRA,	von der AG "Gatekeeper-Schulungen" ÖGS /SUPRA für SUPRA-					
			ÖGS, Länder)	Kooperationspartner zur Verfügung gestellt (bis: Termin)					
			Maßnahme 3	Entwicklung und Durchführung einer "Train-the-trainer" Ausbildung (bis: Termin)					
			(Bund, SUPRA,						
			ÖGS, Länder)						
			Maßnahme 4	Flächendeckende Aus- und Weiterbildung von Gatekeepern durch					
			(Bund, Länder,	eingetragene TrainerInnen (bis: Termin)					
			ÖGS)						
		Messgröße(n)		nzept liegt vor					
			 Schulungsunterlagen liegen vor, Regeln für Zurverfügungstellung sind definiert Train-the-trainer Ausbildung wird angeboten – Anzahl der eingetragenen TrainerInnen pro BL/EinwohnerInnenzahl/Suizidrate 						
				sgebildeten Gatekeeper pro BL/EinwohnerInnenzahl/Suizidrate					
		Zielwert(e)	1) 1						
Co-funded by the European	Union's Hoo		2) 1						
under Grant Agreement No.			3) Noch festzule	-					
under Grant Agreement NO.	1610222020		4) Noch festzule	egen					





6 columns



Gesundheit Österreich GmbH 🔸 • •

	SUPRA - SUizidPRävention A	ustria: Său	llen - Ziele - Maßnahmen			
	SOTIA SOLID REVENUEL	ustria. sau	ien ziele mabhaimen			
	Situle: Koordi Bretagliche: Zid 1: Die babiderkentien in Ör	ination und Organise derreich let organisationsch	ffices h elegedwittet und wird koordiniert			
	The Long-Device is of holes, and Delemine in Spontation line. The Hard standards and approximate of a high standard	in any last	- Margana - Angelan	(Salara)	Northeast	
144	nefferen bildekentet anter at belanden. Die der anter die geschen die geschen die anter alle die die die die die die die die die di	Tapage	fertile an rectamber and a significant Antige face for a good for face of the face of the significant of the state of the significant of the signi		-22	
	Sõute: Unters	dutzung und Schend		1.	1111	1
2	Designation and all the second s	I Make a sugar sector to	the Property of the Antonia State of the Antonia State	Table	and a supe	Loo de
111	ne se a la companya de la companya de La companya de la comp	terris fine ins store	Michaelman (Marine, August & Const Statematics and Marine) Michaelman (San Angelan, August & Const Statematics and Marine) Michaelman (San Angelan)		1	-
	referentiet de sylfederet op en besteart in die geregen geweiten pie anteine in ferenze de beste gerennes feit www.teen.en.teet.en.	fait has fire	And in any set for the set of the	Survey .		
100	h on in southed particular batter of theory partition of Subgrave mystelse (bit) on Subgrave (bit), or Subgrave (bit) on the sector of the sec	Librarian g Santo Santo Santo Palage	Manage West	-	Pilotester 1-1	Saleson .
1.44	And an Chronic Supervised from Angeles and Handra strange second in Contract and All Materia Statistics Management of the contract of the Angeles of the Angeles of the Statistics and All Materia Statistics (Contract of the Statistics of the Angeles of the Angeles of the Statistics and All Materia Statistics and All	tion on the	Also applies and an experience and the and the part of	1	1	-
	n gan canal (gan ban gan ban mar a an hannan). I ann ar gan an ban an an an hannan an a		Mentelena all Arap cont & turbu and 6 take (apolo all far a ser pale			
10	n de la recisa de la dela de la constante en ance a constante que par parte de antes en a de la constante. Esta esta de la dela de la constante de la constante que parte de la constante de la constante de la constante Esta esta dela constante de la	ISB ISCO ISC	English of the agent to a substantial and Apple *	Adam	11 Indiana	an de
	ne of a set of the set	1012112	Argens intelligion for manufactory Altonogo et encode a la intellación destancia destancia estatuacionadas		i	1
				Sileer	-	-
1.00	Nonseguetati (M. Nonseguita video Videoseguetati (M. Nonseguita video) Non Alla video (Videoseguetati Videoseguetati Non Alla videoseguitati (Videoseguetati	Index Sec	Ber a gler til heleg i blegad			9.40
1.88	i ne ege al valenza i ne an la tradina da Alli. Esta da la tradina da Alli.	and the	private for the first character	-	- 81	-
	Sinte Rel	iktion der Suizidmit	in and a state of the state of	· · · · · · · · · · · · · · · · · · ·		-
54	Intelligence Brill Adde test In Name of the stants of producting parties	if an a finner side milligit by b	nation includes	Sale 1	Manheuer	-
***		tan bi ana	an distanti di di successi si sul si su in su su su in su in su in su in su su su in su in su in su in su in su Su su in su In su in su i		-	-
***		Faile for the later of	Ungenig er forsonne for lint in synkring, fonden portens for garinte lag at 1916 der verförste lint er för darate ligter i faga att der ingenation erhenden gemente der att gart			-
114	without and device the full sectors.	Last Land	Construction do not be before the three stores and the best of the operators of the store of the		4	
44	Naminin an Naman (In Annu In An Annu Annu Annu Annu Annu Annu Annu	ter	Manage Man	Later .	Printmat	Marked State
1.11.0 8,6	a definition de la contra contra contra contra contra contra contra contra destante en un terretor de aconte en acon	Last add to 10.40. artist Theatary Both	and of a second the second sec	Saler!	Information	
111	endante de restructura en antificamente de la solate una antifica ante entrete en antifica entre en la solate	TR Last risk Last risk Last risk	Names of the Annual Annua		1	1
114	Control of the second secon	Last Mit Last Last	And a second secon	-	1	-
101		Tanting Sec.	The second		1	Baltaire.
1.04	Annue de la finite	Tail doi: 10	Received and the second s	ł		1
	Soulie: Bev Breisginden Ziel 4: bewentisch und Wisert Oler Schödbilt auf	wussise in und Wisse Der die beeltigung van p	m - primer delane teles and in der Beschlanung verfendigt			
61	District of the Architecture and a second	Bardin beeltigung uns p Destergiere	New York	Adver	Manment	art dar Nachartere
64 110	District of the Architecture and a second	wusstsein und Wésse Der die Inweltigung von p Maangenoon Maangenoon Maangenoon Maangenoon Maangenoon	7) Systematicalism United alled is der Bereillarung vertrevitet Mehreiten Mehreiten United auf einer Mehreiten und Anders Mehreiten und Anders und Anders		National	
	Biologiches Biol i, bezontechnik na Weisen Dari Saldabilitz auf Saldabilitz auf der Biologiches auf ihr ihr de bezontechnik ein der Biologiches auf der Biologiches der Biologiches auf der Biologiches auf der Biologiches auf der Biologiches auf der Biologiches Seiter der Biologiches auf der Biologiches auf der Biologiches auf der Biologiches auf der Biologiches Seiter der Biologiches auf der Biologiches auf der Biologiches auf der Biologiches auf der Biologiches Seiter der Biologiches auf der Biologiches auf der Biologiches auf der Biologiches auf der Biologiches Seiter der Biologiches auf der Biologiches auf der Biologiches auf der Biologiches Seiter Biologiches auf der Biologiches Seiter Biologiches auf der Biologiches Biologiches auf der Biologiches Bi	Uner die Deselligung und p Deselling bei Seinen Sei	Name The Second second second second second	Allerer Printerson (1990) Printerson (1990) Printerson (1990) Printerson (1990)	Nimmerer 4 5	
	Biologiches Biol i, bezontechnik na Weisen Dari Saldabilitz auf Saldabilitz auf der Biologiches auf ihr ihr de bezontechnik ein der Biologiches auf der Biologiches der Biologiches auf der Biologiches auf der Biologiches auf der Biologiches auf der Biologiches Seiter der Biologiches auf der Biologiches auf der Biologiches auf der Biologiches auf der Biologiches Seiter der Biologiches auf der Biologiches auf der Biologiches auf der Biologiches auf der Biologiches Seiter der Biologiches auf der Biologiches auf der Biologiches auf der Biologiches auf der Biologiches Seiter der Biologiches auf der Biologiches auf der Biologiches auf der Biologiches Seiter Biologiches auf der Biologiches Seiter Biologiches auf der Biologiches Biologiches auf der Biologiches Bi	Uner die beweitigung von j Deutsegeno Kan deutsegeneten finnen Kan deutsegeneten finnen	Name of the second state o	Reserve	Nisetterart 	
	Bindighter Birl, henneterin und Annet Birl, Salah Birl, Henneterin and Water Birl, Salah Birl, and Salah	Uner die Deselligung und p Deselling bei Seinen Sei	Hengile Hand and and the set and the set with the de of the set and the set of the set of the set of the set with the set of the set of the set of the set of the set with the set of the set of the set of the set of the set with the set of the set o	Allowi - Annual and the second second - Annual and the second second - Annual Annual Annual Annual Annual - Annu	Nisetteur 	
	Bindighter Birl, henneterin und Annet Birl, Salah Birl, Henneterin and Water Birl, Salah Birl, and Salah	Uner die Deselligung und p Deselling bei Seinen Sei	Hengile Hand and and the set and the set with the de of the set and the set of the set of the set of the set with the set of the set of the set of the set of the set with the set of the set of the set of the set of the set with the set of the set o	Adver	Principant 	
	Bystapholos 2014 (J. Burnstein and and S. Burnstein	Hann die Knock (geing sin) Interpretation Constant auf die State Marken auf die State State (sin die State State (sin die State State), sind die State State State (sin die State), sind State	Search Se	All of a defense of a solar of a	n heritare 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
	Bioinformation of the second sec	Hanne din Konselli (pring sin) (manya sabi san man sabibit ab sabibit ab	Joseffe and an annual for a strateging of the state and a strateging of the state of the state and a strateging of the strateging of the state and a strateging of the strateging of the strateging of the strateging of the and a strateging of the strateging of the strateging of the strateging of the strateging of the and a strateging of the strateging of the strateging of the strateging of the and a strateging of the s		n heritare 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
	Reproductions: Ref. of Australia Aus	Hann of the Investment (and provide the second seco	Head Section 2014 (1997) (1997	All of a defense of a solar of a	n heritare 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
	Britischers Bild (Berningheiter, B	The of the heart of large and particular of the second sec	Head State	All of a defense of a solar of a	n heritare 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
	Britisphere 2014, Besenheim im Alleren für Stadsbiller und Stadsbiller Stadsbiller und Stadsbiller und Stadsbiller und St	The of the heart of large and particular of the second sec	Head State	All of a defense of a solar of a	n heritare 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
	Britischers Bild (Berningheiter, B	The of the heart of large and particular of the second sec	begin b	All of a defense of a solar of a	n heritare 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
	Britisphere 2014, Besenheim im Alleren für Stadsbiller und Stadsbiller Stadsbiller und Stadsbiller und Stadsbiller und St		bereff	All of a defense of a solar of a	n heritare 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
	Britischers Bild : Besechen in einen Besechen in einen Bild Besechen einen Bild Besechen in ein einen Bild Besechen in ein	The off the second by proof participants of the second by proof th	best	All of a defense of a solar of a	n heritare 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
	Britspieler, Beild, Hannessen, and Seither Steamen and Seithe	The other handling was a manage was a mana	bereff	All of a defense of a solar of a	All and the set of the	
	Britspieler, Beild, Hannessen, and Seither Steamen and Seithe	The other handling was a manage was a mana	bereff	All of a defense of a solar of a	All and the set of the	
		Handback (Section 1996) Manage and Manage a	best	All of a defense of a solar of a	ninerana Selection Selecti	
	Britspieler, Beild, Hannessen, and Seither Steamen and Seithe	The other handling was a manage was a mana	bereff	All of a defense of a solar of a	All and the set of the	
4 100 All A All All All A All All All All All All All All All All		In the second large care, and a second large care, and a second large care and		All of a defense of a solar of a	ninerana Selection Selecti	
4 100 All A All All All A All All All All All All All All All All		Han of the second light of	benefit b	All of a defense of a solar of a	ninerana Selection Selecti	
	Berelepidere Bald (b. berechten in einer Berechten	The off how the set of		All of a defense of a solar of a	ninerana Selection Selecti	
4 100 All A All All All A All All All All All All All All All All	Berefaciones de la conserva de la c			All of a defense of a solar of a	* * * * * * * * * * * * * * * * * * *	
4 100 All A All All All A All All All All All All All All All All	Berelepidere Bald (b. berechten in einer Berechten	In the however by any part of the second sec	Jeen Series and Series	All of a defense of a solar of a	Allowerset	
4 100 All A All All All A All All All All All All All All All All	Berefaciones and a second and	The other and the set of the set		All of a defense of a solar of a	* * * * * * * * * * * * * * * * * * *	
4 100 All A All All A All All A All All All All All All All All All All	Berelapines and a set of a se	In the however by any part of the second sec		All of a defense of a solar of a	* * * * * * * * * * * * * * * * * * *	
	Biological Control of	In the house the set of the set o		All of a defense of a solar of a		
	Berefacioned and a second and	Beneric Barrier (Beneric Barrier) Beneric Barrier (Beneric Ba		All of a defense of a solar of a		
	Biological Control of	Band and an		All of a defense of a solar of a		

Co-funded by the European Union's Health Programme under Grant Agreement No. 01035969 /JA-02-2020 [HADEA]

11 1 1

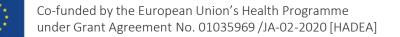


Bundesministeriums für Soziales, Gesundheit, Pflege und Konsumentenschutz

Categories of actions

- ▷ Quick wins: quick and easy to implement with relatively little effort
- Implementation work: concept in place, "only" needs to be implemented - appropriate resources are needed - can be implemented in the medium term
- Development work: Concept development necessary, (political) decision-making necessary - can be implemented in the longer term





Gesundheit Österreich Starting package suicide prevention

Eine Initiative des

		Bundesministeriums für Soziales, Gesundheit,				
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			





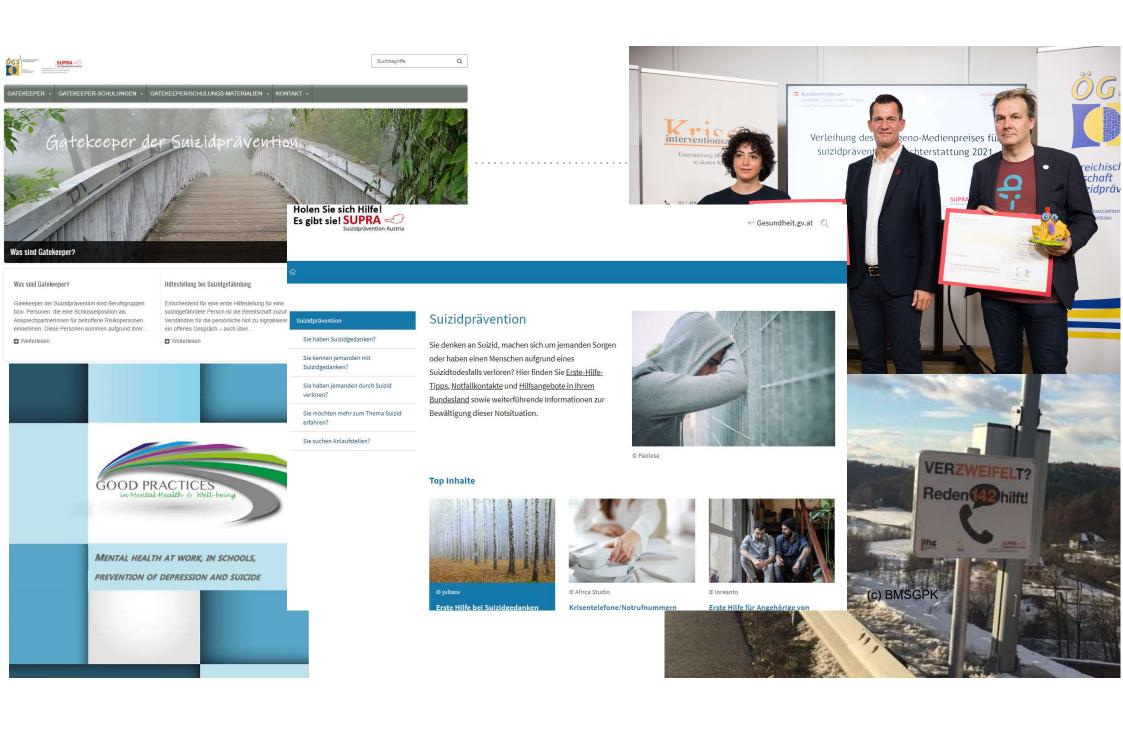
Eine Initiative des Lensen Bundesministeriums für Soziales, Gesundheit, Pflege und Konsumentenschutz

Outcomes, achievements

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











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









Lessons learned / recommendations 1

- ▷ 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 goals (+target sizes, indicators and responsibilities)
- ▷ Create "easy to eat" pieces for decision makers







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

Lessons learned / recommendations 2

- ▷ Use formats decision makers are familiar with
- ▷ Don't fight windmills go where the energy is
- Don't be a flagship project
- ▷ Think long-term and enduring
- ▷ do not expect any praises
- ▷ Diplomacy and snowball effect
- Monitoring of implementation







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

Thanks! Any questions?

You can find me at: alexander.grabenhofer-eggerth@goeg.at



