





SUPRA – Suicide Prevention Austria

Alexander Grabenhofer-Eggerth (Austrian National Public Health Institute – Gesundheit Österreich GmbH)







Pflege und Konsumentenschutz

SUPRA (Suizidprävention Austria)

Long tradition of suicide prevention in Austria:

- ▶ 1910: Wiener Rettungsgesellschaft (postvention)
- ≥ 1948: "Lebensmüdenfürsorge" (Ringel/Caritas)
- > 1960: Foundation of IASP in Vienna
- > 1975: Foundation of Crisis Intervention Centre Vienna
- → 2012: SUPRA + Coordinating Centre at GÖG (Austrian Public Health Institute)







SUPRA - How everything started...





Pflege und Konsumentenschutz

SUPRA

70 pages expert paper containing:

- Sociology end epidemiology of suicide in Austria
- ▶ 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 actions,
- > responsibility for implementation,
- > 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







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









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SUPRA - Development of a structured concept for implementation







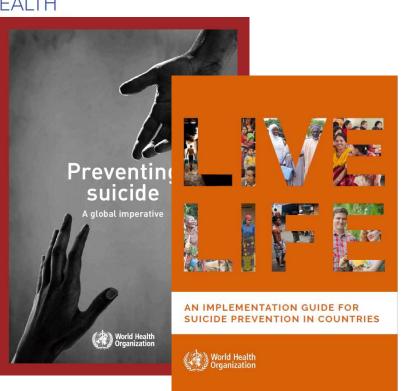


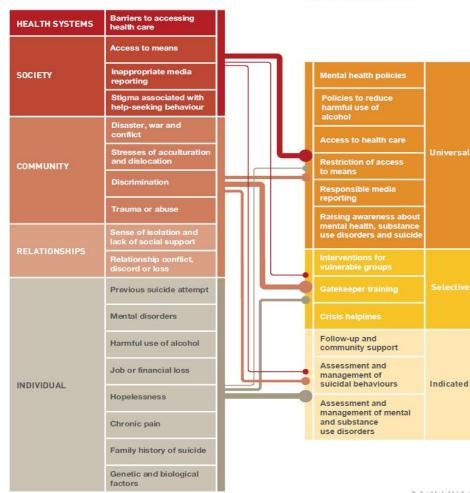
WHO 2012/2014/2021

PUBLIC HEALTH

ACTION F PREVENT SUICIDE

A FRAMEWORK







JAImple

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

Evidence-Based Prevention



Suicide Prevention Resource Center

Keys to Success

- → Centering Lived Experience
- → Partnership and Collaborations
- → Safe and Effective Messaging and Reporting
- → Culturally Competent Approaches
- → Evidence-Based Prevention

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









Development of a structured con Burd Smin to fund sum of the Soziales, Gesundheit, Priese und Kon sum of the Soziales, Gesundheit, Priese und Gesu

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

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





Gesundheit Österreich

GmbH • •

6 columns





ums für Soziales, Gesundheit, umentenschutz



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Gesundheit Österreich

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Gesundheit Österreich Starting package suicide prevention



		Bundesministeriums für Soziales, Gesundneit,		
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 2 years measures/guidelines: Weapons, medicines, construction and transport standards		
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

- > annual suicide report
- national conferences
- > prevention web-portal
- □ gatekeeper train-the-trainer programme
- special programmes for risk groups (older, young, men)
- > safeguarding hot-spots
- > school programmes
- boost for regional programmes







Suchbegriffe Q

GATEKEEPER - GATEKEEPER-SCHULUNGEN - GATEKEEPER/SCHULUNGS-MATERIALIEN - KONTAKT -

Gatekeeper der Suizidprävention Holen Sie sich Hilfe! Es gibt sie! SUPRA Suizidprävention Austria



Was sind Gatekeeper?

Was sind Gatekeeper?

Gatekeeper der Suizidprävention sind Berufsgruppen bzw. Personen, die eine Schlüsselposition als AnsprechpartnerInnen für betroffene Risikopersonen einnehmen. Diese Personen kommen aufgrund ihrer...

Hilfestellung bei Suizidgefährdung

Entscheidend für eine erste Hilfestellung für eine suizidgefährdete Person ist die Bereitschaft zuzuh Verständnis für die persönliche Not zu signalis

ein offenes Gespräch – auch über.

■ Weiterlesen

Suizidprävention Sie haben Suizidgedanken?

Sie kennen jemanden mit Suizidgedanken?

Sie haben jemanden durch Suizid verloren?

Sie möchten mehr zum Thema Suizid erfahren?

Sie suchen Anlaufstellen?

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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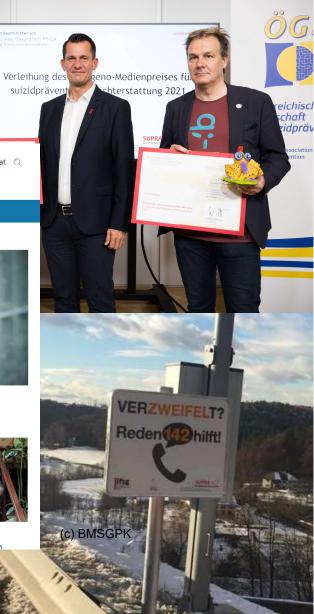
Krisentelefone/Notrufnummern



Erste Hilfe für Angehörige



MENTAL HEALTH AT WORK, IN SCHOOLS, PREVENTION OF DEPRESSION AND SUICIDE



Gesundheit Österreich



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











The secret of success?

- > Situation analysis and broad inclusion of stakeholders

- > Structure a complex topic and present it in digestable pieces
- Motivation by "quick wins"
- See also: https://implemental.files.wordpress.com/2022/12/supra-handbook_incl.-new-eu-logo.pdf









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









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Lessons learned / recommendations 2

- 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







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Thanks!

Any questions?

You can find me at:

alexander.grabenhofer-eggerth@goeg.at



