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Community Suicide Prevention & Resiliency

Suicide Prevention Webinar:
Tuesday May 13, 2014
1 to 2:15 p.m. ET

Presented By:
The Mental Health Commission of Canada
& Mike Price, Director,
Communities Addressing Suicide Together
(CAST)

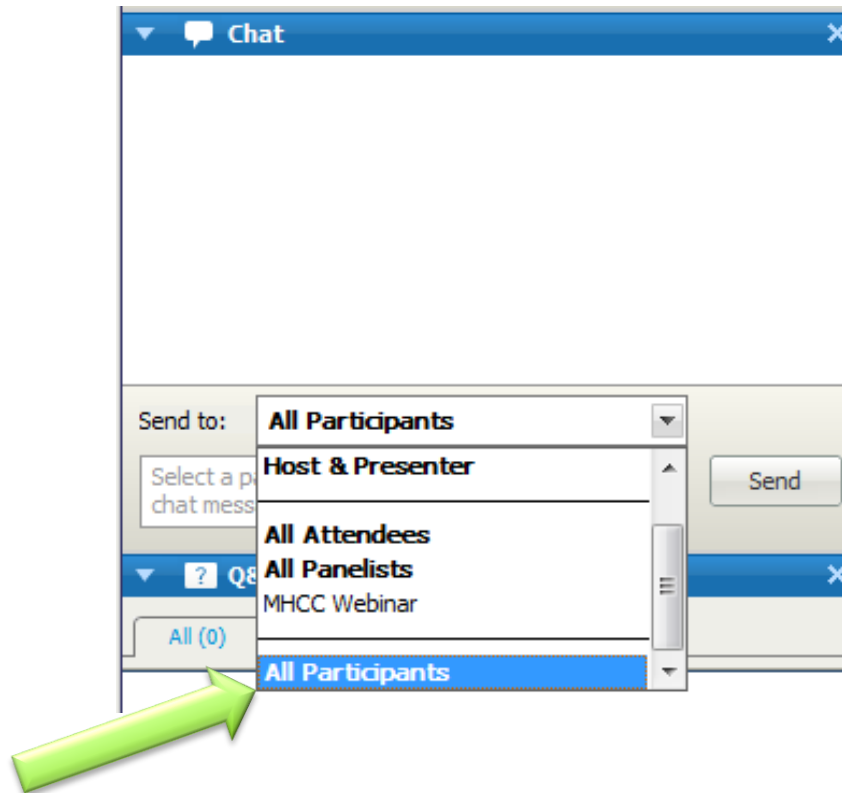


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Important! Send questions/comments to 'All Participants'





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MHCC Mandate (2007-2017)

“The Mental Health Commission of Canada (MHCC) is a catalyst for improving the mental health system and changing the attitudes and behaviours of Canadians around mental health issues.

Through its unique mandate from Health Canada, the MHCC brings together leaders and organizations from across the country to accelerate these changes.”



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Program areas and priorities (2013-2015)

Workplace

Anti-Stigma

**Housing and
Homelessness**

**Mental Health
First Aid**

**Suicide
Prevention**

Mental Health Strategy of Canada



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Suicide Prevention Webinar Series

Purpose

- Focus on suicide prevention, postvention and intervention across the lifespan;
- Share knowledge, resources and lessons learned with Canadians; and
- Showcase promising practices from across Canada and abroad.

Learning Objectives

- Create and exchange knowledge about the topic;
- Understand link between suicide and mental illness;
- Increase levels of comfort and confidence in addressing and discussing suicide;
- Increase awareness of resources and how to access them.

#308Conversations

Shine your light. Add your voice.

- Community conversations in 308 ridings across Canada
- Supported by local Ministers of Parliament, experts and Canadians
- Developing best practice community model
- Join us in conversation on suicide prevention, postvention and intervention

www.mentalhealthcommission.ca/308conversations



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Mike Price

Mike has worked in the area of Community Development for over 20 years. While focusing on a transition project with community colleges for people with autism, he noted a high number (70%) had expressed having thoughts of suicide.

After working with several repeat suicide attempters with autism, Mike took an opportunity to join the team at the Canadian Mental Health Association in 2012, leading the CAST project.

Mike currently is the Vice President of the Canadian Association of Suicide Prevention and sits of several provincial and national committees.

Dedicated to making a positive impact, Mike works hard to develop new networks and opportunities for CAST, providing leadership and expertise in community development to make Nova Scotia & all Canadian communities, suicide safer.

Overview

- A brief history of CAST & Suicide Prevention in Nova Scotia
- What is Community Suicide Prevention?
- Using the Interpersonal Theory of Suicide
- What do we know works?
- The CAST Coalition Model
- The Crisis of Resiliency in Canada & the West
- What are we doing about it?

Communities Addressing Suicide Together

A brief overview of Suicide Prevention in Nova Scotia

The Nova Scotia Framework to Address Suicide, 2006

- 6 key objectives
- The Provincial Steering Committee
- CAST
- Steering Committee Renewal and Suicide Prevention Research- is it about resiliency?



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What is Community Suicide Prevention?

- Depends who you ask....some divisions I've observed.
- Suicide as a community, public health issue vs. an individual's clinical mental health needs?
- The known impact of the Social Determinants of Health on suicide rates

"Suicide is most often the result of pain, hopelessness, disconnection and despair. It is almost always preventable through caring, compassion, commitment and community."

- The Canadian Association for Suicide Prevention



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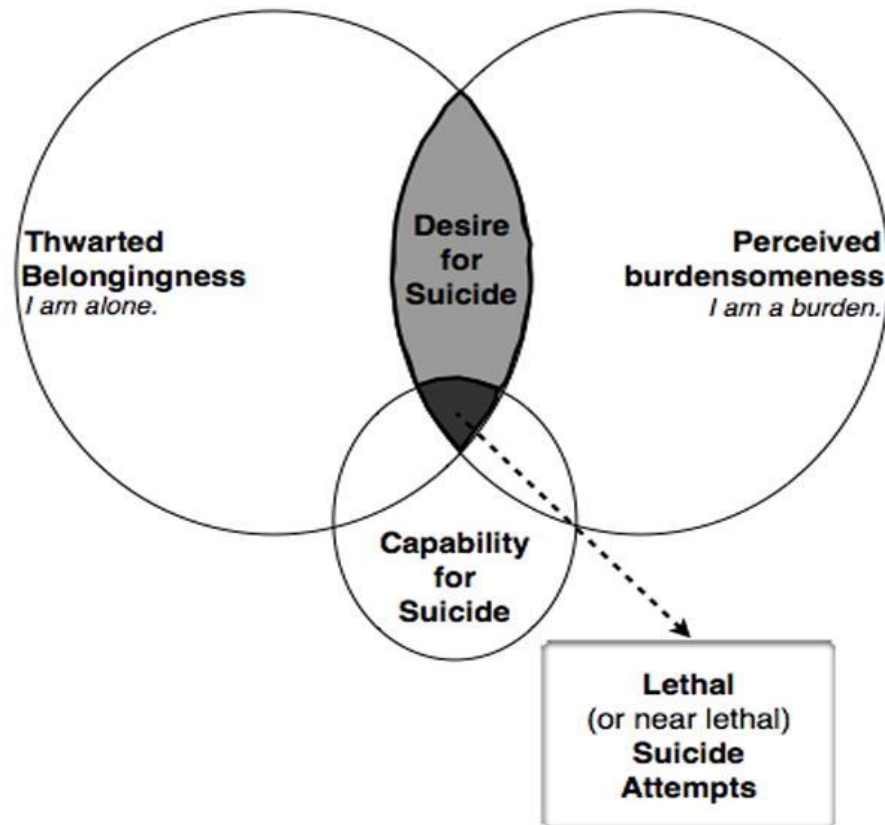
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Evidence for Community Suicide Prevention

- Four internationally recognized Actions that make a known difference:
 - Safe Messaging
 - Means Restriction
 - Alcohol Policy
 - Universal Approaches*
- Interpersonal Theory of Suicide Behaviour- Thomas Joiner's Work
- Durkheim's Anomie Theory of Suicide

Thomas Joiner's Interpersonal Theory





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CAST Coalition Model

- An evidence based universal approach to addressing suicide in diverse communities
- <http://cast-cmhans.com/coalition-model/>

Helping communities come together to
build their capacity
to address suicide
safely & effectively
using a
population health approach
to save lives



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Coalition Development

- Goal of one Coalition per DHA
- Population Based Coalitions
 - BGLT
 - First Nations
 - Youth



Suggested Steps for Starting a CAST Coalition

1. Put together a core group
2. Hold one or more community information meetings
3. Invite members in to the coalition
4. Plan and hold your first meeting
5. Follow up on the first meeting
6. safeTALK Session
7. Organize your CAST Tool Kit Orientation Training (Eg. Adopt a model to organize coalition)



Crisis of Resiliency

- Resiliency research and what it can tell us. (Nicki's Story)
- What about our children?
- “Epidemic of loneliness”, no connections is really bad for us.
- Bereavement support vs. Community understanding of underlying issues.
- Social & Emotional Learning (Eg. The Seak Project)

Conclusions

- CAST & NS Provincial Steering Committee have new focus on promoting resiliency and increased networking between all stakeholders
- Is resiliency is a key factor in preventing suicide?
- NSHRF Community Suicide Prevention and Resiliency Research Project (Sweeney et al 2014)

The Road Ahead

- What matters more? Newer and better Gatekeeper Training or getting back what we have lost and becoming loving and caring members of our communities?
- Where do we invest in suicide prevention?
- What do we value as communities? How do we restore our abilities to cope as a community in a secular society?

References

- Provincial Strategic Framework Development Committee (2006). Nova Scotia strategic framework to address suicide. Nova Scotia. Retrieved from <http://www.novascotia.ca/dhw/healthy-communities/documents/Nova-Scotia-Strategic-Framework-to-Address-Suicide.pdf>
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- Wolff, T. (2001). Community coalition building – Contemporary practice and research: Introduction. American Journal of Community Psychology, 29(2), 166.

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- Zakocs, R.C., & Edwards, E.M. (2006). What explains community coalition effectiveness?: A review of the literature. American Journal of Preventive Medicine, 30(4), 351-361.



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Questions for Mike?

Mike Price, CAST Director, CASP Vice President

Email: Mike.cmhans@bellaliant.com

Continue the conversation by visiting MHCC's Collaborative Spaces:

<http://www.mentalhealthcommission.ca/English/mhcc-collaborative-spaces>

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Thank you!

Contact us: info@mentalhealthcommission.ca

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