

CAST

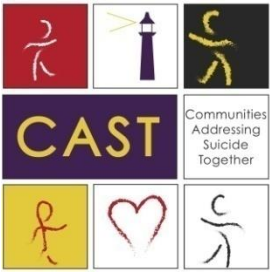
Communities Addressing Suicide Together

ACIP Conference
June 2010



**CANADIAN MENTAL
HEALTH ASSOCIATION**

**ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE**



Talking About Suicide

Think About:

- Committed
- Successful
- Failed Attempt

Instead consider:

- Completed
- Died by

- Suicided
- Attempted

Some other terms:

- Self Harm
 - Survivor of Suicide
 - Attempt Survivor
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Suicide & Attempted Suicide in Nova Scotia

Suicide

- Average 108 suicides /year
- Ranged from 79 – 173 /year
- 5 males suicide for every female
- Rate ranged from 11 – 20 per 100,000



Attempted Suicide (only those hospitalized)

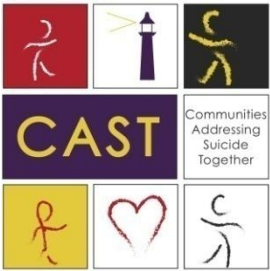
- Average of 641 attempts per year
 - 55:45 – female: male ratio
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Suicide & Attempted Suicide in Nova Scotia

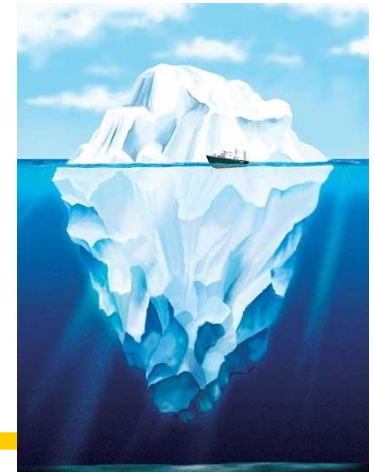
- No significant difference between rural and urban areas in suicide rates
- Men from age 35 – 74 have rates of over 20 per 100,000 (men aged 50-54 most at risk)
- Poisoning most commonly used means for attempting suicide
- Youth aged 15-19 have highest suicide attempt rates

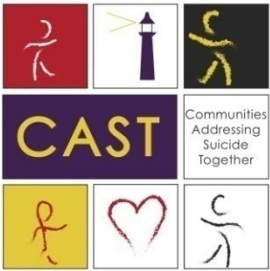




Suicide & Attempted Suicide in Nova Scotia

- Overview of data from 1997 - 2005
- Based on pre-existing data sets
 - Vital Statistics Deaths Database (VS)
 - Canadian Institute of Health Information Discharge Abstract Database (CIHI-DAD)
- Data seriously limited





NS Strategic Framework to Address Suicide

- Released in Fall 2006
- Process took over 24 months to complete
- Over 21 consultations held across NS





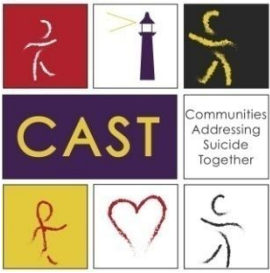
Goals of the Strategic Framework

1. Leadership, Infrastructure, and Partnerships
 2. Awareness and Understanding
 3. Prevention
 4. Intervention
 5. Postvention
 6. Knowledge Development and Transfer
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Communities Addressing Suicide Together

- Started in May 2006
 - Direct partnership between NS Health Promotion & Protection & CMHA-NS
 - Modelled after the Preventing Falls Together Initiative of Community Links
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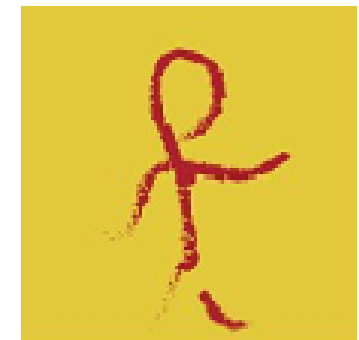
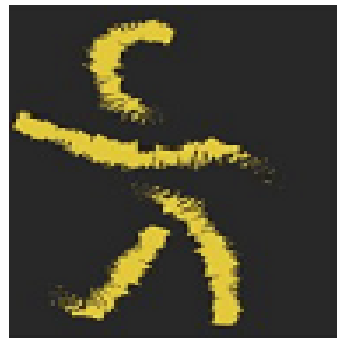


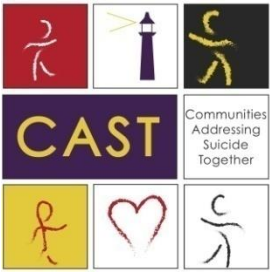
There is hope.
We can save lives.



Caring for one another is
the most important thing

Suicide affects us all. It knows no boundaries of
age, gender, culture or socioeconomic status.





Building Suicide-Safer Communities

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





What is CAST All About?

- 1. *Dialogue* -> Community Momentum**
 - 2. *Coalitions* -> Community Cohesion**
 - 3. *Tool Kit* -> Community Knowledge & Capacity Building**
 - 4. *Planning* -> Community Action**
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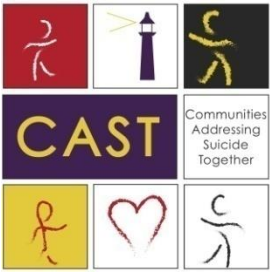


Community Momentum **Dialogue**

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

Communities must have the opportunity to come together and begin the conversation about suicide, how it has affected their community and what they feel needs to be done.

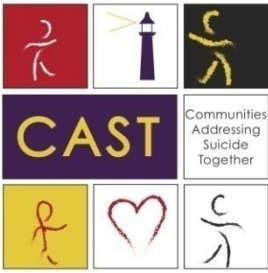
Acknowledgment of the issue of suicide and dialogue about it is the first step in saving lives.



Community Cohesion Coalitions

A community can be any group of people who share something in common, for example: geography, culture, gender, or interests.

When it comes to addressing suicide coalitions come in all shapes and sizes. Their size and who is at the table does not matter – their passion and energy for the issue does.



Coalition Development

- Geographic coalitions
 - 1 coalition per district health authority
- Population Based
 - BGLT,
 - First Nations
 - Etc...





CAST Tool Kit

PART 1: FLASH DRIVE/ BINDER

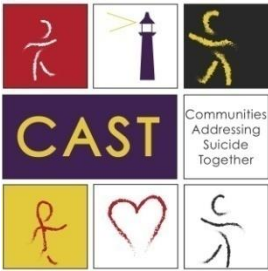
- 1 Understanding Suicide**
 - 2 Approaches to Addressing Suicide**
 - 3 Suicide Through the Age Span**
 - 4 Culture & Suicide**
 - 5 The Environment and Suicide**
 - 6 Suicide Research Information**
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CAST Tool Kit

PART 2: WORKBOOK

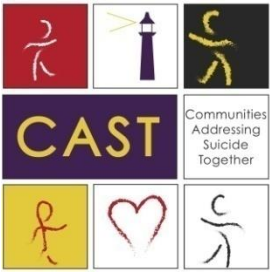
- 1: Community Coalitions**
 - 2: Coalition Population Health Planner**
 - 3: Working Together as a Coalition**
 - 4: How to Use Stories**
 - 5: How to Advocate for Your Issue**
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CAST Tool Kit

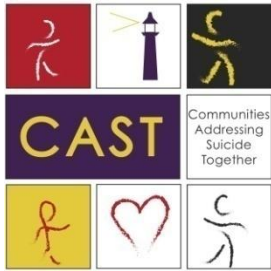
PART 3: TOOL BOX

- **Nova Scotia Strategic Framework to Address Suicide**
 - **Summary of NS Strategic Framework**
 - **Suicide in NS: A Profile**
 - **Summary of Suicide in NS**
 - **Terms in this Tool Kit**
 - **Stories Booklet**
 - **Social Determinants of Health: The Canadian Facts**
 - **Circle of Health**
 - **Canadian Rural Partnership: What Rural Canadians Are Saying**
 - **List of WHO Guides for Preventing Suicide**
 - **First Nations Assessment & Planning Toolkit for Suicide Prevention**
 - **What is Working, What is Hopeful**
-



CAST Tool Kit Orientation Training

- Mandatory to obtain a tool kit
 - Provided to coalitions as a group
 - Three purposes:
 1. Creating group cohesion
 2. Familiarization with tool kit
 3. Introduction to addressing suicide
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Community Action: Creating a Community Plan to Address Suicide

- **Building Community Capacity**
 - **Focus on Population Health**
 - **Evidence & Promising Practice**
 - **Leadership**
 - **Coordination**
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October 5-7, 2010
Halifax, Nova Scotia

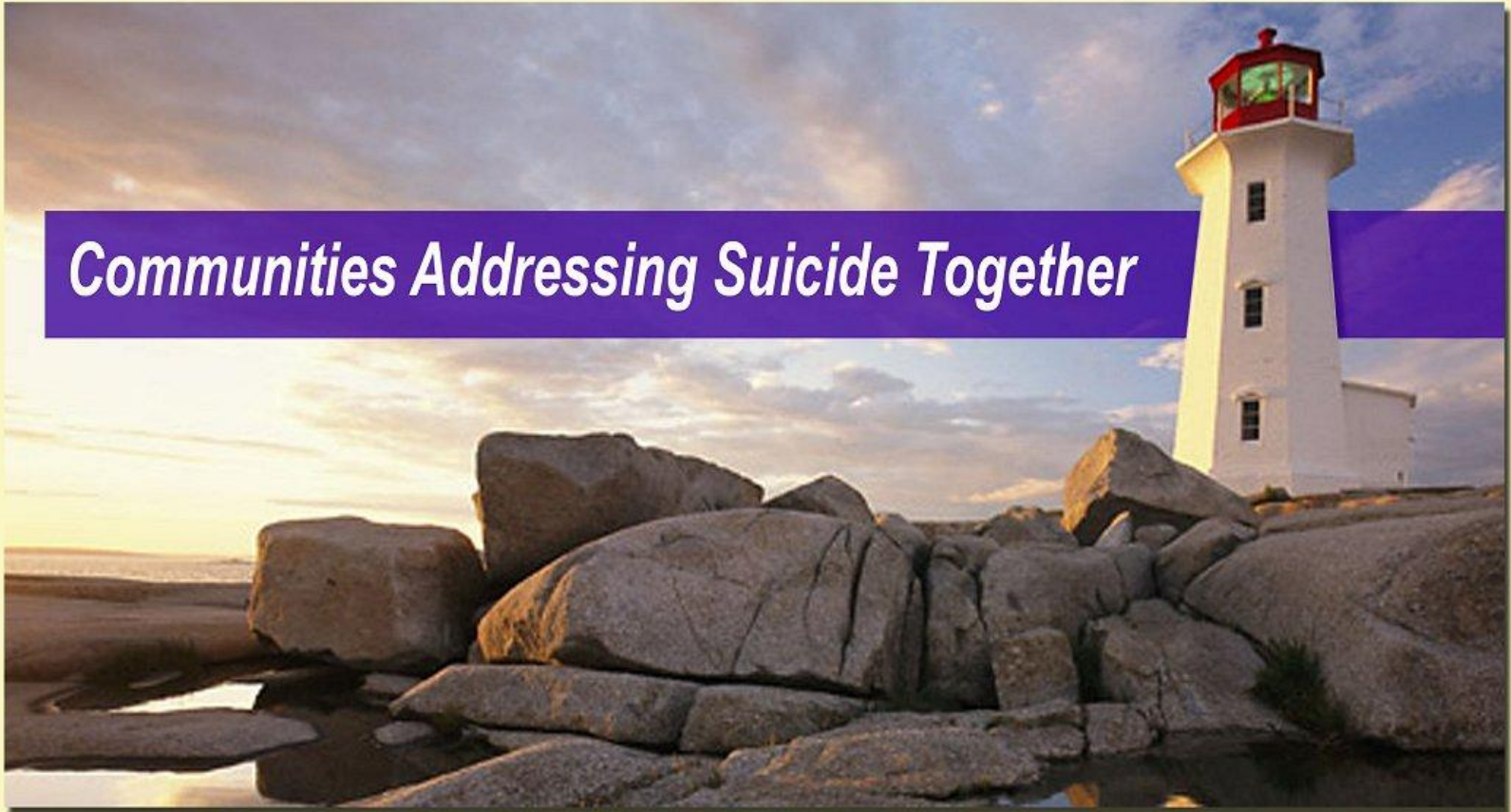
Canadian Association
for Suicide Prevention



Association canadienne pour
la prévention du suicide

2010 National Conference

Communities Addressing Suicide Together





Best Friends ♡