

## Match Summary

Name of Match: **Community Action for Suicide Prevention**

Location of Match: Djavad Mowafaghian World Art Centre, Goldcorp Centre for the Arts, Simon Fraser University, Vancouver, BC, Canada

### 1. Brief summary of the outcomes of your match

The objective of the match was to outline key elements of a systematic and evidence-based approach to suicide prevention in communities, including:

- a) the elements/aspects of effective comprehensive suicide prevention community models; and
- b) the identification of roles and responsibilities for different players in communities.

It was our desired outcome that participants leave with concrete examples of best and promising practices and tools to begin or enhance suicide prevention activities in their communities.

There were a number of key actions that were determined based on group consensus:

- Create a detailed report on the match for distribution to participants and for posting on the IIMHL website. This will help inform the next match scheduled for Australia so that the next group can build on the work of the group from Vancouver.
- SAMHSA will host a webinar over the next 6 months to share our findings with a broader group of international stakeholders interested in suicide prevention.
- Establish and grow a diverse international network of individuals, groups, and organizations interested in community suicide prevention. Individuals from the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Mental Health Commission of Canada (MHCC) have been identified to maintain momentum on the outcomes.
- Develop a blueprint for community action on suicide prevention. The guiding principles of a systematic, comprehensive suicide prevention approach as well as underlying values were developed at this match by consensus. This will serve as the foundation for the blueprint. It is precisely because taking action to prevent suicide is complex and difficult that we need a systematic and comprehensive approach to guide our efforts.
- Look to stimulate bold conversations that will activate communities and advance the growth of community engagement in suicide prevention. These bold conversations may involve engaging the media as a powerful ally, not being reluctant to undertake public awareness campaigns, finding champions in communities and with decision-makers, empowering communities to speak out about what's working and what's not, and encouraging people with lived experience to share their stories. We need to speak out with inclusive messages and language and not be hindered by the fear that saying the wrong thing is worse than saying nothing. We are all messengers – this change will also require us as leaders to model this approach. Stimulating a new kind of conversation may be part of the disruptive change require to propel us forward.

### 2. Resources used in your match

Presentations were made on the following subjects:

- 'Help for Life' Quebec's Strategy for Preventing Suicide (Jérôme Gaudreault, Association québécoise de prévention du suicide, Canada)
- Optimising Suicide Prevention Programmes and their Implementation in Europe (Ulrich Hegerl, University of Leipzig, Germany)

- Aboriginal Suicide & Critical Incident Response Team (Kim Montgomery, Okanagan Nation Response Team, Canada)
- Adolescent Suicide Prevention Program (Patricia Serna, North Central Community Based Services, USA)
- United States Air Force Suicide Prevention Program (Eric Caine, University of Rochester Medical Centre, USA)
- School-based Interventions (Richard McKeon, Substance Abuse and Mental Health Services Administration & Elly Stout, Suicide Prevention Resource Center, USA)
- Disruptive Innovation in Suicide Prevention (Eduardo Vega, Mental Health Association of San Francisco, USA)

On the BaseCamp collaboration platform, hosted by the Mental Health Commission of Canada, a number of resources were shared by participants including:

#### *Strategies*

- United Nation's Prevention Of Suicide: Guidelines for the Formulation and Implementation of National Strategies
- Scotland Suicide Prevention Strategy
- New Zealand Suicide Prevention Strategy
- Forging an Agenda for Suicide Prevention in the United States
- 'Help for Life' Quebec's Strategy for Preventing Suicide  
(<http://publications.msss.gouv.qc.ca/acrobatf/documentation/1997/97-237-a.pdf>)
- Making it Safer: A Health Centre's Strategy for Suicide Prevention

#### *Community-Based Models/Approaches*

- SPRC/Jed Foundation Comprehensive Approach
- Optimizing Suicide Prevention Programs and Their Implementation in Europe (OSPI Europe): an evidence-based multi-level approach
- Alliances against depression – A community based approach to target depression and to prevent suicidal behavior
- Factsheet: European Alliance Against Depression
- The iFightDepression website
- European Alliance Against Depression Flyer
- Risk of suicide and related adverse outcomes after exposure to a suicide prevention programme in the US Air Force: cohort study
- The US Air Force Suicide Prevention Program: Implications for Public Health Policy

#### *First Nations/Aboriginal Resources*

- Working Together to Address Suicide in First Nations Communities
- Preventing Youth Suicide in First Nations
- First Nations Mental Wellness Continuum Framework
- Suicide Prevention in Rural, Tribal Communities: The Intersection of Challenge and Possibility
- Culturally Responsive Suicide Prevention in Indigenous Communities: Unexamined Assumptions and New Possibilities
- Outcome Evaluation of a Public Health Approach to Suicide Prevention in an American Indian Tribal Nation
- Hope, Help, and Healing: A Planning Toolkit for First Nations and Aboriginal Communities to Prevent and Respond to Suicide

#### *Youth/School-Based Resources*

- School-Based Strategies to Reduce Suicidal Ideation, Suicide Attempts, and Discrimination Among Sexual Minority and Heterosexual Adolescents in Western Canada
- Expanding and Democratizing the Agenda for Preventing Youth Suicide: Youth

- Participation, Cultural Responsiveness, and Social Transformation
- School-based suicide prevention programmes: the SEYLE cluster-randomised, controlled trial
- Youth Suicide Prevention Plan for Canada: A Systematic Review of Reviews
- Impact of the Garrett Lee Smith Youth Suicide Prevention Program on Suicide Mortality
- U.S. Summary of Resources for Youth Violence and Suicide Prevention

#### *Research*

- Differentiating Suicide Attempters from Suicide Ideators: A Critical Frontier for Suicidology Research
- The Three-Step Theory (3ST): A New Theory of Suicide Rooted in the “Ideation-to-Action” Framework
- Cultural competence and evidence-based practice in mental health: Epistemic communities and the politics of pluralism

#### *Lived Experience*

- The Way Forward: Pathways to hope, recovery, and wellness with insights from lived experience
- Scottish Recovery Network’s Experts by Experience: Values Framework for Peer Working  
([http://www.scottishrecovery.net/images/stories/downloads/srn\\_peer\\_values\\_framework\\_publication.pdf](http://www.scottishrecovery.net/images/stories/downloads/srn_peer_values_framework_publication.pdf))

#### *Media*

- Role of media reports in completed and prevented suicide: Werther v. Papageno effects
- *Mindset: Reporting on Mental Health* Media Guide (<http://www.mindset-mediaguide.ca/>)
- Australian Media Guide on Using Recovery Oriented Language  
(<http://mob.mhcc.org.au/media/5902/mhcc-recovery-oriented-language-guide-final-web.pdf>)

#### *Other*

- Suicide-Safer Communities: Recognizing community commitments to suicide-safety  
(<https://www.livingworks.net/community/suicide-safer-communities/>)
- Strengthening the Safety Net: A Report on the Suicide Prevention, Intervention and Postvention Initiative for British Columbia  
(<https://suicidepipinitiative.files.wordpress.com/2009/05/suicide-pip-initiative-full-report.pdf>)
- Plea for suicide prevention in Quebec  
([http://www.aqps.info/media/upload/Plaidoyer\\_AQPS\\_ANG\\_Final\\_Mai2014.pdf](http://www.aqps.info/media/upload/Plaidoyer_AQPS_ANG_Final_Mai2014.pdf))
- Quebec training programs (in French) (<http://www.aqps.info/se-former/>)

3. Brief description of how your match has accelerated change towards mental health, well-being and inclusion

Our match has accelerated change in the following ways:

- Emphasized the importance of the perspective of individuals with lived experience across the entire continuum (suicide attempt survivors, survivors of suicide loss, caregivers) and their full and active engagement in community suicide prevention efforts.
- Reinforced the importance of upstream investments in community suicide prevention that strengthen protective factors and build community wellness and resilience.
- Helped us to more overtly articulate the tensions around suicide prevention that hold us back and detract us from moving forward towards our goals. Some of these tensions included a focus on at risk populations versus broad upstream prevention initiatives, medical models

versus community development models, and initiatives that are community-built and led versus prescriptive.

- Sparked ideas on how to incorporate innovation, risk-taking, and disruptive change to help accelerate us forward.

4. Brief description of how your match has built leadership for the future

Our match has built leadership capacity for the future in the following ways:

- The diversity and openness of the group allowed us to build on each other's expertise and help establish some important points of consensus.
- The dialogue will help inform our future work in our respective areas.
- The personal connections and network we plan to build will allow us to continue to learn from one another into the future.
- We have been able to galvanize around some common objectives for advancing community action for suicide prevention.
- A suggestion was put forward to have each country sponsor a youth to attend the next IIMHL suicide prevention match as a way to groom future leaders.