

Access To Allied Psychological Services (ATAPS)

Suicide Prevention Professional Development Training

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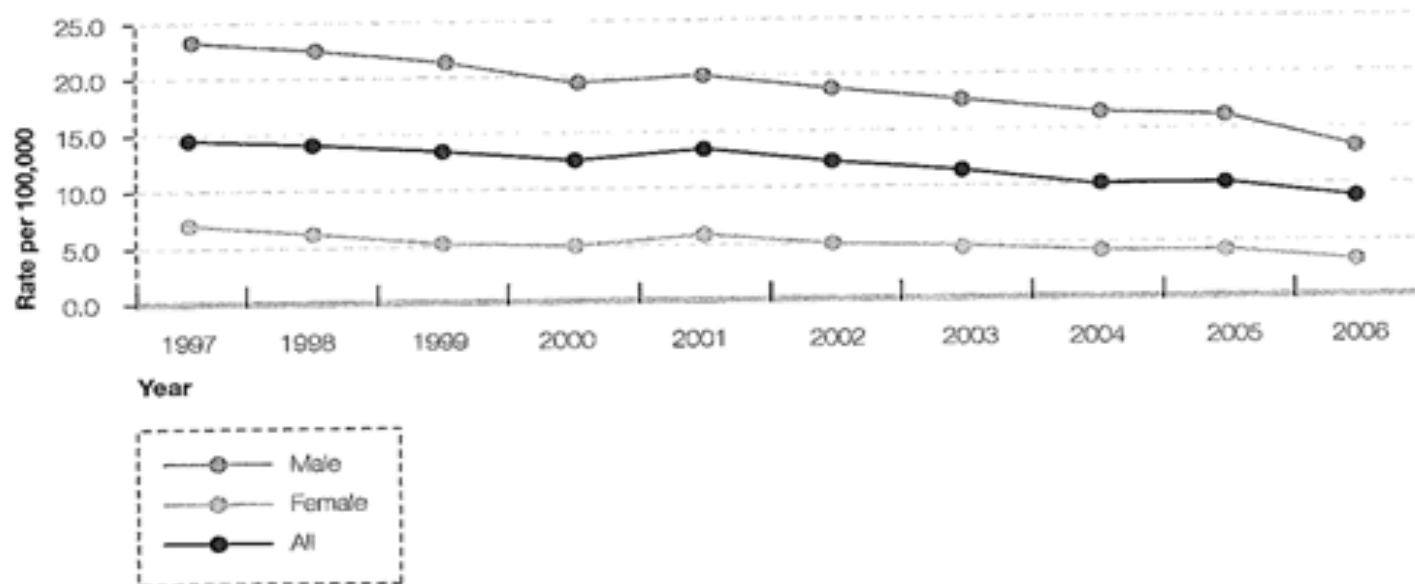
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Rates and trends of suicide in Australia

- In 2006, 1799 deaths by suicide were registered in Australia (ABS, 2008). This is an age-standardised rate of 8.7 per 100,000 people.
- This rate has been dropping steadily since a peak of 14.7 suicides per 100,000 people in 1997, especially in younger people.
- Suicide accounted for nearly one-fifth of all deaths amongst young men aged 20 to 34. Rates among females have remained fairly constant, and are consistently around one quarter of the rate for males.

Suicide Rates 1997 - 2008

FIGURE 2: Suicide rates, 1997 to 2006.



(Source: ABS, 2005)



International Suicide Rates

- The suicide rate in Australia is higher than some countries and lower than others. During 2001- 2005, the lowest reported suicide rate from the World Health Organisation (WHO) was Greece (3.2 per 100,000), and the highest reported was Russian Federation (34.3 per 100,000).
- It is important to note that making comparisons between countries is difficult due to the different ways of collecting data about deaths.

Suicide Rates in the Indigenous Population

- Suicide and self-harm rates among Indigenous males has shown to be almost three times that for non-Indigenous males, with the major differences occurring in younger age groups (ABS, 01-05).
- During 2001-2005, for Indigenous males aged 0-24 years and 25-34 years, the age-specific rates were found to be three and four times the corresponding age-specific rates for non-Indigenous males respectively.
- Similarly, the suicide rate for Indigenous females aged 0-24 years was found to be five times the corresponding age-specific rates for non-Indigenous females (ABS 01-05).

Suicide Rates in Rural and Remote Areas

- Suicide rates in rural and remote communities have risen substantially over the past few decades, especially among men. The highest rates are evident in very remote areas of Australia (20.1 per 100,000 population).
- Reasons for these regional differences include economic and financial hardship, easier access to means that lead to immediate death, social isolation, less help-seeking, reduced access to support services, or a combination of these.

APS Suicide Prevention Training

- Need for specific training due to:
 - Intensive nature of service provision under ATAPS the initiative
 - Complexity of working with people who have attempted suicide
 - Potential risks to consumer if practitioners skills are not well developed

APS Suicide Prevention Training

- Training modules developed:
 - by clinical academic psychologists with expertise in each of the module areas and experience in dealing with clients at high risk of suicide.
 - using the latest research findings on assessment, treatment and management of suicidal clients
 - in consultation with an expert reference group

ATAPS Suicide Prevention Training

Current training content

Module One: Ensuring safety – Engagement and clinical risk assessment with the suicidal person

- About suicide and suicidal behaviour
- A model for understanding risk of suicidal behaviour
- Approaching risk assessment

Module Two: Intensive early intervention

- Introducing crisis and crisis intervention
- Therapy techniques
- Therapist self-care

Module Three: Engaging young people at risk of suicide and serious self-harm

- Help-seeking behaviour of young people
- Engaging young people
- Communication skills

ATAPS Suicide Prevention Training

- The APS has been funded by DoHA to revise and update the ATAPS Suicide Prevention Training for allied health professionals working under the ATAPS Suicide Prevention Service.
- The aim of this training program is to equip allied health workers with foundational knowledge and skills to assist working with populations at risk of suicide and serious self-harm.
- The updated training package will be delivered online and will include a range of learning activities such as, written content, videos, audio and interactive exercises.

ATAPS Suicide Prevention Training

Updated training content

Module One: Suicidal Behaviour – An Intervention Framework

- About suicide and suicidal behaviour
- Detailed review of risk assessment protocols
- Considerations in working with populations at risk of suicide and serious self-harm (e.g., rural and remote populations, Indigenous communities, young people, men)
- Appropriate referrals
- Self-care for the allied health worker

Module Two: Clinical Interventions

- Crisis intervention with a person at risk of suicide or serious self-harm
- Engaging Aboriginal and Torres Strait Islander People
- Engaging young people at risk of suicide or serious self-harm

ATAPS Suicide Prevention Training

Updated training content

Resources Tool Kit

- AISRAP PROTOCOL Suicide Risk Assessment
- Risk Assessment Guide
- Suicide Risk Assessment Guide (NSW)
- Crisis referral template
- Support person's connection template
- ATAPS After Hours Support Service Information Sheet
- Clinical Support Service Information Sheet

Assessment

- An online assessment will be required to be completed for each module of the training

ATAPS Suicide Prevention Training

Other Project Objectives

Peer Network Webinars

- Four peer network webinars will be held for allied health providers working under the ATAPS Suicide Prevention Service
- Peer Networking webinars provide a platform for communication with Allied Health Providers whilst providing professional development by networking on key topics.

Clinical Support Service

- As part of the project, the APS will provide a Clinical Support Service for ATAPS Suicide Prevention Service providers.
- The Clinical Support Service will provide:
 - Debriefing and support
 - Clinical advice
 - Access to resources

ATAPS Suicide Prevention Training

Other Project Objectives

Recognition of Prior Learning

- In conjunction with a Reference Group, the APS will develop a system for the recognition of prior learning for the ATAPS Suicide Prevention Service that is relevant to, and appropriate for all eligible professions.

When will the training be available?

- The updated ATAPS Suicide Prevention Training is currently being developed and will be online and available to allied health professionals by late 2011.
- The training will be able to be accessed online via the APS website.

Thank you