World Suicide Prevention Day
Community Forum

Working Together to Prevent Suicide

Forum Handbook

10 September 2019
The Greek Club
29 Edmondstone St, South Brisbane, Qld
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Forum Program at a Glance

08:00 – 09:00 Arrival, Registration/Tea & Coffee

09:00 Commencement

09:04 Welcome to Country
Aunty Carol Currie

09:11 General Welcome
Professor Analise O'Donovan, Dean Academic (Health), Griffith University

09:17 Welcome on behalf of the School of Applied Psychology and the Australian Institute for Suicide Research and Prevention, Griffith University
Professor David Neumann, Head, School of Applied Psychology
Professor David Crompton OAM, Professor of Mental Health Research, Australian Institute for Suicide Research and Prevention

09:29 Videostream greetings from Italy
Professor Emeritus Diego de Leo AO, Australian Institute for Suicide Research and Prevention, ideator of World Suicide Prevention Day

09:36 Video Message: Professor Murad Khan, President of the International Association for Suicide Prevention (IASP) inaugurates World Suicide Prevention Day 2019

09:43 “Identifying subgroups of self-harm: Implications for assessment and treatment”
Professor Ella Arensman, Scientific Director, National Suicide Research Foundation (NSRF), Research Professor, School of Public Health, University College Cork, Ireland and Visiting Professor, Australian Institute for Suicide Research and Prevention, Griffith University

10:09 Launch of Cycle Around the Globe
Professor Jane Pirkis, Vice President of the International Association for Suicide Prevention (IASP); Director, Centre for Mental Health, Melbourne School of Population and Global Health, University of Melbourne

10:15 – 11:00 Morning Tea
Tea & Coffee Served with warm Belgian waffles with maple syrup and Chantilly cream; and Spanakopita

11:02 Opening Address
Honourable Minister Dr Steven Miles, Minister for Health and Minister for Ambulance Services

11:12 Principal Sponsor Address
Dr Leanne Geppert, Acting Chief Executive Officer, Queensland Mental Health Commission
“Using the media as a force for good in suicide prevention”  
Professor Jane Pirkis, Director, Centre for Mental Health, Melbourne School of Population and Global Health, University of Melbourne

“On any Monday, .... Reporting of suicides to Coroner”  
Magistrate Christine Clements, Coroners Court of Queensland

“PROTECT: Relational Safety based Suicide Prevention Training Frameworks”  
Dr Manaan Kar Ray, Director, Mental Health, Princess Alexandra Hospital, Addiction and Mental Health Services Metro South Health, Queensland Health

“Bereavement of suicide and sudden death: A prospective longitudinal study of family members in Australia”  
Dr Kairi Kolves, Principal Research Fellow, Australian Institute for Suicide Research and Prevention, Griffith University

“A moment to PAUSE at the Living EDGE”  
Ms Eschleigh Balzamo, General Manager, and Mr Nick Moreau, Peer Worker and Program Coordinator, Brook RED

“Evaluation of the Roses in the Ocean Lived Experience Training Programs: Invaluable insights into the impacts of training on participants!”  
Mrs Jacinta Hawgood, Senior Lecturer, Australian Institute for Suicide Research and Prevention, Griffith University

13:10 – 14:10 Lunch – Greek Buffet  
Chicken Souvlakia, Haloumi, Lemon Potatoes & Greek Salad, Tea & Coffee & OJ

“The Depiction of Suicide in Media and Popular Culture: Some Eighteenth-Century Perspectives”  
Dr Eric Parisot, School of Humanities, Arts and Social Sciences, Flinders University

“Assertive telephone follow-up of paediatric patients at risk of suicide discharged from the emergency department: Developing an intervention with lived experience”  
Mr David Watling, Research Assistant, Australian Institute for Suicide Research and Prevention, Griffith University  
Ms Sharyn Bloomfield, Team Leader, Acute Response Team Child and Youth Mental Health Service, Queensland Children's Hospital

“Supporting the community to respond to and communicate about suicide”  
Mr Simon Pont, Project Lead, Life In Mind, EVERYMIND
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>15:04</td>
<td>“Yarns Heal: An Aboriginal and Torres Strait Islander and LGBTIQ+Sistergirl and Brotherboy Co-designed Suicide Prevention Campaign”&lt;br&gt;Ms Chantel Keegan, Project Officer, Yarns Heal</td>
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<tr>
<td>15:24 – 15:54</td>
<td>Afternoon Tea&lt;br&gt;&lt;br&gt;Tea &amp; Coffee Served with a selection of Fresh Fruit</td>
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<tr>
<td>15:56</td>
<td>“3 timely reminders about self-care”&lt;br&gt;Mr Mark McConville, Adjunct Lecturer, Australian Institute for Suicide Research and Prevention, Griffith University; Stand-Up Comedian, MC and Keynote Speaker</td>
</tr>
<tr>
<td>16:16</td>
<td>Closing remarks/evaluation</td>
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<tr>
<td>16:30</td>
<td>Exhibitors Bump Out</td>
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<tr>
<td>17:00 – 19:00</td>
<td>Informal Social Networking Function – upstairs balcony area</td>
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About AISRAP

Australian Institute for Suicide Research and Prevention (AISRAP)

Brief History

AISRAP was established as a research centre of Griffith University in 1996. Its forerunner was the Queensland Suicide Prevention Project, which Queensland Health originated as a mortality database in 1990.

With the name, Queensland Suicide Register (QSR), the project moved to Princess Alexandra Hospital in 1995, and to Belmont Private Hospital the following year. Once established as AISRAP, Institute staff continued to manage the QSR, but had a wider remit to promote, conduct, and support programs of research for the prevention of suicidal behaviour. The Institute relocated to the University’s Nathan Campus in 1997 and to the Mt Gravatt Campus in 2000 where it is currently housed as part of the University’s Health Group on that site.

Professor Diego De Leo, with an international reputation in suicide research and prevention, was appointed the Institute Director in 1998 and he moved to expand its size and scope, increasing its capability in terms of staff and resources and broadening its vision.

In 2005, AISRAP was designated a WHO Collaborating Centre with a brief requiring the collection and dissemination of information on the epidemiology of suicide and suicidal behaviour, the standardisation of suicide terminology and nomenclature; participation in collaborative research under WHO’s leadership; education and training; and the provision of information and advice on scientific and policy-related issues in the field of suicide prevention.

In 2018 AISRAP merged with the School of Applied Psychology.

Goals

**Develop effective data surveillance systems for suicide and attempted suicide in Queensland.**
- Maintain and extend the Queensland Suicide Register (over 13,000 cases) and add to it a register of suicide attempts.
- Continually enhance the quality and policy relevance of the registers held.
- Provide timely reports from the registers to guide action for suicide prevention.

**Undertake primary research and systematic reviews on suicidal behaviour and disseminate the findings widely.**
- Maintain a team researchers and research assistants knowledgeable about suicidal behaviour and skilled in primary and secondary research in this domain.
- Secure research grant funding to promote high quality research on suicidal behaviour.
- Publish research findings in high quality journals and provide early advice of these through participation in scholarly conferences.

**Evaluate best practice for interventions to reduce suicidal behaviour at the individual community, and population levels.**
- Conduct a specialist clinic for those demonstrating suicidal behaviour; staffed by qualified professionals, with a research and evaluation function.
- Act as a clearing house for the findings of national and international studies on useful and effective interventions for suicidal behaviour found to be useful and effective.
- Undertake evaluation studies of interventions in the Australian community.

**Provide strategic and policy-oriented advice to government, communities, organisations, and other interested parties.**
- Advise government and non-government agencies on suicide and suicide prevention.
- Offer a consulting service to organisations and groups working in suicide prevention.
- Act as a resource for the responsible dissemination of information about suicidal behaviour through the media.

**Educate carers, health providers and policy makers on best practice in suicide research and prevention.**
- Offer tertiary level programs in suicidology and suicide prevention to better prepare professionals working in this area.
- Develop, deliver, and evaluate training packages for suicide prevention for use by community groups and organisations.
- Undertake training of staff and required on a free-for-service basis.
Organisational Structure

AISRAP provides services in research and evaluation, clinical service delivery, and training and education (RCT). Each arm of AISRAP is important in providing a comprehensive understanding of suicidal behaviour and suicide prevention.

Research

AISRAP was established to advance research, both basic and applied, in suicide and suicide prevention. It does this by securing national competitive research funding to pursue projects of significance to the research community and by offering a consulting service to government and community agencies and organisations committed to suicide prevention. Its staff publish in high quality peer reviewed journals, present at national and international conferences, and prepare reports on projects designed to meet clients’ needs. Management of the QR8L provides a primary resource for research. Staff prepare reviews and regular updates of the research literature (Selected Readings) to inform policy makers and community groups. AISRAP also provides expertise in evaluation of research and community suicide prevention activities.

Clinical Services

In 2004, the Institute opened the Life Promotion Clinic (LPC) at Griffith University. This was the first and remains the only outpatient facility in Australia focused on providing specialized treatment to people with a history of suicidal behaviour. The LPC is a unique place of care and monitoring service for suicide attempters (and an alternative to community mental health and medical model based care), where psychiatrists and psychologists cooperate in providing the highest possible standard of care and management from a variety of different domains. The main goal is the provision of a needs-based holistic approach to care. This includes treatment and clinical research protocols such as a modified version of Dialectical Behaviour Therapy and additional pharmacological treatments. LPC is a formal Training Agency of the Royal Australia and New Zealand College of Psychiatrists, and an official site for Advanced Training in Psychotherapy. The Clinic hosts a bimonthly Seminar Series featuring presentations delivered by experts in the field of suicidology, on topics of current interest to the community and industry stakeholders. In 2008 the Clinic successfully engaged a Clinical Mental Health Nurse through the Mental Health Nurse Incentive Program (Australian Governments Medicare). This position has provided patients with ongoing clinical support in order to facilitate the implementation of treatment plans.

Training & Education

Offering postgraduate programs in suicidology in 2001 was a world first, and these programs designed and developed by Prof Diego De Leo and Ms Jacinta Havgood remain as the only international programs of their kind worldwide. Graduates of these programs extend beyond Australia, including Belgium, New Zealand, United States of America, UK, and Ireland. The Master of Suicidology and Graduate Certificate in Suicide Prevention Studies are delivered part time and fully online. They have attracted well over 300 students since inception. In addition, since 2000, the Institute has offered Suicide Prevention Skills Training workshops for professionals and consumers of government and non-government organisations, community groups and volunteers. Workshops are tailored to specific organisational needs of workers, and are delivered within an adult learning framework. AISRAP’s training is differentiated from tertiary level education, by the predetermined target audience, localized and organizational based training content and delivery, and the diverse range of qualified facilitators; training approaches, and applied/practical face to face delivery mediums. AISRAP attracts training requests from all disciplines in the domain of suicide prevention from clergy, to police, youth workers, aged care and disability workers, construction industry and legal sectors, health, coronial and funeral workers.

Australian Institute for Suicide Research and Prevention

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Fax +61 7 3735 3450 Griffith University, Menzies Ridge Road
Email aisrap@griffith.edu.au Mt Gravatt, QLD 4122

Queensland Mental Health Commission
This event is proudly supported by the Queensland Mental Health Commission. The objective of the Queensland Mental Health Commission is to improve the mental health and wellbeing of Queenslanders.

Please visit the Queensland Mental Health Commission website at https://www.qmhc.qld.gov.au/ to read more about their work.

LivingWorks Australia

LivingWorks Australia provides high-quality intervention training programs that allow people to recognise when someone may be at risk and take steps to help them stay alive. By collaborating with communities to help them become suicide-safer, we make knowledge about suicide and its prevention accessible across Australia in practical, easy-to-learn ways.

Exhibitors/Stallholders

Founded by the late Professor Erwin Ringel and Dr. Norman Farberow in 1960, IASP is the largest international organisation dedicated to suicide prevention and to the alleviation of the effects of suicide. It includes professionals and volunteers from 77 countries. More information at https://www.iasp.info/

Social Media

The International Association for Suicide Prevention (IASP) recently announced the official support of Twitter for World Suicide Prevention Day. The Twitter team have launched a custom emoji which will appear when followers tweet with the hashtags:

#WSPD
#CycleAroundtheGlobe
#WSPD2019
#SuicidePrevention
#LightaCandle
#WorldSuicidePreventionDay

Please show your support by adding the above, and #aisrap to your social media posts.
Universal Suicide Prevention Awareness Ribbon

On 10 September 2016, the International Association for Suicide Prevention (IASP) launched, alongside their partners, a universal suicide prevention awareness ribbon. We share their wish that the suicide prevention awareness ribbon becomes globally recognisable, much like other ribbons for other worthwhile causes. Following research of ribbons and colours used to signify suicide prevention awareness around the world, yellow and orange were the two predominant colours used.

The two-toned ribbon is also indicative of a candle flame. This ties in nicely with “Light a Candle,” a WSPD activity, as well as the many candlelight walks held around the globe. It also works well with the “Out of the Darkness into the Light” walks and other activities arranged for WSPD.

WiFi

The Forum WiFi code is: Network name: TGC_Client Password: 2018greek

Evaluation Survey

We would value your feedback on a brief survey to assist us in better targeting future WSPD forums and meeting the needs of our audience. This survey data will only ever be shared in de-identified format as group data only for the following purposes:

1. Feedback to speakers and Sponsors
2. Selection of future speakers
3. Internal reporting
4. Improving future WSPD forums

Your consent to undertake this survey will be reflected by your participation. Please complete the paper survey found in Forum Satchel and post it in the Survey Box at our Registration Desk by the end of the day.
Master of Ceremonies: Mr Mark McConville

GradCert SuiPrevStudies; MSui.
Adjunct Lecturer, Australian Institute for Suicide Research and Prevention, Griffith University; Comedian MC / Keynote Speaker / Suicidologist

Mark is an accomplished Stand-Up Comedian, MC and Keynote Speaker and has been working in the Australian entertainment industry since 1998. In 2018 Mark graduated from Griffith University with a Masters Degree in Suicidology, he subsequently was appointed as Adjunct Lecturer at the Australian Institute for Suicide Research and Prevention AISRAP, based at Griffith University.

Mark travels the country presenting his Laughter Clinic Keynote which combines comedy and laughter with the latest information and research in the field of Suicidology to produce a fun, yet very powerful experience. Mark also includes practical tools for participants to use in their personal and professional lives which are aimed at helping increase mental wellness and productivity within the workplace.

Mark McConville the comedian and Mark McConville the Suicidologist are two very different entities, however, there is one overriding truth that connects them both, you can never underestimate the power of laughter.
Distinguished Community Elder, Aunty Carol Currie, was born in the 1940s as one of 11 children living off the land at Fingal. Each day they would gather fresh seafood, sharing their meals with elders and their large extended family. At age 13, Aunty Carol moved with her family to Wacol. She is a member of the Brisbane Council of Elders.

Professor Analise O’Donovan is the Dean Academic and a member of the Griffith Health Executive Office. Prior to that, she was the Head of the School of Applied Psychology. Her primary areas of research include: effective training of clinical practitioners, positive psychology, and trauma. She has also worked in a range of mental health settings as a clinical psychologist. Prof O’Donovan was the recipient of the Australian Learning and Teaching Council Australian Awards for University Teaching and has considerable experience providing training and workshops in a range of areas, including wellbeing at work and supervision.

Analise was the Acting Director of AISRAP in 2018 and supported the merger between AISRAP and the School of Applied Psychology. Analise is passionate about and supports AISRAP’s extraordinary work that makes a difference to the lives of so many.
Welcome on behalf of the School of Applied Psychology and the Australian Institute for Suicide Research and Prevention, Griffith University

**Professor David Neumann**  
*Head, School of Applied Psychology, Griffith University*

Professor Neumann’s broad area of expertise is learning and performance. He seeks to understand the brain processes that underlie learning and performance, focusing largely on attention and anxiety. Due to the fundamental nature of these processes, his research has seen wide application, ranging from sport and exercise, health, and education. He also teaches at Griffith University in the areas of learning, neuroscience, and research methods and statistics.

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**Professor David Crompton OAM**  
*Professor of Mental Health Research, Australian Institute for Suicide Research and Prevention, Griffith University*

Professor David Crompton is the Professor of Mental Health Research at the Australian Institute for Suicide Research and Prevention, and also holds a joint appointment with Metro South Hospital and Health Services, and academic titles with The University of Queensland and Queensland University of Technology. He was awarded an Order of Australia (OAM) for development of community based mental health services for veterans, and the development of community Post Traumatic Stress Disorder (PTSD), and anxiety and substance abuse treatment services.

Professor Crompton worked in private practice as a rural general practitioner prior to commencing psychiatry training and spent 12 years in private psychiatry practice.

Professor Crompton has subsequently held leadership roles in Queensland Health and New South Wales Health Mental Health Services.
Video Greetings from Italy: Professor Emeritus Diego de Leo AO
Australian Institute for Suicide Research and Prevention; ideator of World Suicide Prevention Day

Diego de Leo is Emeritus Professor of Psychiatry at Griffith University. Recognised internationally as a leading scholar in the field of suicide research and prevention, he was the Director of the Australian Institute for Suicide Research and Prevention (AISRAP) from 1998 to 2015. He was the founder of the Life Promotion Clinic based at Griffith University’s Mount Gravatt campus, which is still the only outpatient clinic in Australia dealing exclusively with suicidal clients, and also the former convenor of the Master Courses in Suicideology at Griffith University, the only postgraduate qualification in suicide prevention and suicidology in Australia. He was a consultant for the 11th revision of the International Classification of Diseases (ICD) and contributed to the WHO World Suicide Report “Preventing suicide: A global imperative.

Professor de Leo is Past President of the International Association for Suicide Prevention (IASP) and co-founder and Past President of the International Academy for Suicide Research (IASR) of which he also co-founded the journal Archives of Suicide Research. Prof de Leo is the originator of the World Suicide Prevention Day (2003), a global initiative of the World Health Organization. He has held the post of Chair of the College of Presidents (IASP) and is presently Vice-President of the Italian Psychogeriatric Association. Head of the Slovene Centre for Suicide Research, he is the Director of the Department of Psychology, University of Primorska, Slovenia.

Professor de Leo has published extensively with more than 400 peer-reviewed journal articles, 180 book chapters, 38 volumes, and over 250 conference presentations. He is a member of the Editorial board of several international journals, and the Editor Emeritus of the journal CRISIS. Winner of several national and international awards, in 2007 he received the title of Doctor of Science by Griffith University for his work on Suicidology and Psychogeriatrics. On 26 January 2013 he was appointed as an Officer in the General Division of the Order of Australia, awarded for “distinguished service to medicine in the field of psychiatry as a researcher and through the creation of national and international strategies for suicide prevention”. In 2015 he received the LiFE Award for Excellence in Suicide Prevention and in 2017 was announced as a recipient of the Morselli Medal, for an outstanding lifetime contribution to the study of suicidal behaviour. His current research topics include definitional issues and data quality in suicide statistics, suicidal behaviour across different cultures, and bereavement from suicide and other traumatic deaths.
Video Inauguration of World Suicide Prevention Day: Professor Murad Khan

**President, International Association for Suicide Prevention; Professor, Dept. of Psychiatry at Aga Khan University, Karachi, Pakistan**

IASP President, Professor Murad Khan, inaugurates World Suicide Prevention Day and its theme for 2019, "Working Together to Prevent Suicide"

Please view the IASP and AISRAP webpages for the YouTube link

https://www.iasp.info/


**International Association for Suicide Prevention (IASP)**

Contact: membership@iasp.info

**Membership**

IASP Membership is open to individuals interested in suicide prevention (from academics and clinicians to volunteers and survivors) and organizations (from community to national and international and from academic to NGOs).

The benefits of membership include:

**Newsletter**

International Association for Suicide Prevention distributes a quarterly newsletter, keeping members informed on upcoming IASP business and activities. It also includes an address from the president, reports from National Representatives and Special Interest Group Chairpersons and information about upcoming congresses and World Suicide Prevention Day.

**Scientific Journal**

*Crisis: The Journal of Crisis Intervention and Suicide Prevention* is published under the auspices of IASP. IASP Membership includes a subscription to the Crisis journal.
Identifying subgroups of self-harm: Implications for assessment and treatment

Biography:
Professor Ella Arensman is Research Professor with the School of Public Health, University College Cork and Chief Scientist with the National Suicide Research Foundation (NSRF, Ireland. She is Vice President of the European Alliance Against Depression, and past President of the International Association for Suicide Prevention. She is Visiting Professor with the Australian Institute for Suicide Research and Prevention, Griffith University, Brisbane. She is also Associate Editor of Crisis, The Journal of Crisis Intervention and Suicide Prevention. Professor Arensman has been involved in research and prevention into suicide and self-harm for more than 30 years, with emphasis on risk and protective factors associated with suicide, self-harm and related mental health and social problems, and effectiveness of suicide prevention and self-harm intervention programmes. In Ireland, she played a key role in developing the first and second National Suicide Prevention Programme: Reach Out, 2005-2014, and Connecting for Life, 2015-2020. She was involved in a successful application for the NSRF to become a WHO Collaborating Centre in Surveillance and Research in Suicide Prevention and she is an expert advisor for WHO. She has published more than 140 papers in peer review journals as well as reports for government departments and policy makers.

Abstract:
Internationally, there is a lack of research into subgroups of people who self-harm, and clinical guidelines for the assessment and management of self-harm have limited focus on clinical subgroups of self-harm, e.g. those associated with high risk of repeated self-harm and suicide. Whilst many people who engage in self-harm seem to benefit from evidence-based interventions, such as CBT and DBT, recent research has identified subgroups of people who engage in self-harm for whom these interventions are not sufficient. Therefore, there is a need for more targeted and tailored interventions geared to specific risk profiles and needs.

Based on the National Self-Harm Registry Ireland, 39% of patients presenting to emergency departments due to self-harm do not receive a psychiatric or psychosocial assessment and 15% leave the hospital without a next care recommendation. This includes 26% of those who engaged in using highly lethal self-harm methods. Among people with a history of 5 or more previous self-harm acts, 20.7% did not receive a psychiatric or psychosocial assessment.

A recent prospective interview study among self-harm patients with high-risk self-harm and those who had engaged in 5 more previous self-harm episodes, showed largely different patterns of psychosocial and psychiatric risk factors (IMPRESS: Improving Prediction and Risk Assessment of Suicide and Self-Harm). The outcomes underline the need to improve assessment and management of self-harm in order to prevent repeated self-harm/method escalation and suicide. Among those with a history of 10 or more self-harm episodes, specific treatment plans are required for this group to manage long-term engagement with services. In addition, there is a need for more in-depth training for health and mental health care professionals working with self-harm patients with complex mental health problems, patients with a pattern of frequent self-harm repetition, and dealing with challenging behaviour and situations.
Launch of Cycle Around the Globe

Professor Jane Pirkis, Vice President of the International Association for Suicide Prevention (IASP), Director, Centre for Mental Health, Melbourne School of Population and Global Health, University of Melbourne

CYCLE AROUND THE GLOBE

2019

The Challenge
In support of World Suicide Prevention Day contribute any distance on any route to help us collectively... Cycle Around the Globe raising awareness of suicide.

The Purpose
Every year, suicide is among the top 20 leading causes of death globally for people of all ages. It is responsible annually for almost 800,000 deaths, which equates to one suicide every 40 seconds. A majority (75%) of suicide deaths worldwide occur in lower and middle income countries.

IASP’s Cycle Around the Globe Campaign supports community-based suicide prevention activities in lower and middle income countries. Activities that aim to help communities recognize suicidal feeling and support those in distress to seek help and avert a tragedy. This campaign is about finding mechanisms to spread the message exponentially into areas where there is limited knowledge of these life/death issues.

We want our global community to engage with each other and to join together to spread awareness of suicide prevention. So please, cycle any distance on any road, track or gym and help us work together to prevent suicide.

When
10th September 2019 – 10th October 2019

Registration Opens
August 2019

Where
AT HOME IN THE GYM AT WORK AS PART OF A RACE ON HOLIDAY ANYWHERE!

Cost
NOTHING. BUT WE WOULD LOVE IT IF YOU WOULD FUNDRAISE FOR US. HOW ABOUT A STARTING DONATION ON REGISTRATION. FUNDS RAISED WILL GO TOWARDS OUR VITAL WORK ON SUICIDE PREVENTION ACTIVITIES AROUND THE WORLD. FOR MORE INFORMATION, HEAD TO: HTTPS://WWW.IASP.INFO/ACTIVITIES.PHP

https://www.charityfootprints.com/iasp
An event run by the International Association for Suicide Prevention
Opening Address: The Honourable Minister Dr Steven Miles
Minister for Health and Minister for Ambulance Services

The Honourable Dr Steven Miles is the Minister for Health and Minister for Ambulance Services, and the former Minister for Environment and Heritage Protection and Minister for National Parks and the Great Barrier Reef.

Dr Miles is the member for Murrumba and was first elected to the Queensland Parliament in 2015.
Dr Leanne Geppert was appointed Executive Director of the Queensland Mental Health Commission on 1 February 2019.

She brings to the Commission more than 20 years’ experience in developing, delivering and improving high quality mental health services, most recently as Executive Director of Mental Health and Specialised Services at West Moreton Hospital and Health Service. In this role she was responsible for the region’s mental health services, drug and alcohol services and primary health services in prisons, as well as statewide programs for forensic mental health, learning, research and benchmarking.

As the Commission’s Executive Director, Dr Geppert’s role is to oversee the implementation of Shifting minds: Queensland Mental Health Alcohol and Other Drugs Strategic Plan 2018-2023 and shape the development of policies and strategies that support and guide its implementation. She also provides high-level analysis and advice to the Commissioner regarding the strategic policy and program direction for mental health and substance misuse reform in Queensland.

Dr Geppert holds a Masters and Doctorate of Clinical Psychology. Her clinical and executive leadership experience spans child, youth, young adult and adult consumer groups, while her corporate roles have been relevant to all age groups and all types of mental health service delivery across the state, including non-government organisations, and the private and public sectors. Dr Geppert is a registered psychologist with endorsement in clinical psychology. She is also a member of the Australian Psychological Society and the Australian College of Clinical Psychologists.

A lifelong commitment to mental health and drug and alcohol system reform positions Dr Geppert perfectly to lead the Commission team during such an exciting time in Queensland. This will be supported by her strong, established networks across the sector, and her passion for driving change and innovation through partnerships.
Professor Jane Pirkis
Director, Centre for Mental Health, University of Melbourne

Using the media as a force for good in suicide prevention

Biography:
Professor Jane Pirkis is the Director of the Centre for Mental Health at the University of Melbourne. She has worked in the suicide prevention field for nearly 25 years and has a particular interest in reporting and portrayal of suicide in news and entertainment media. She is Vice President of the International Association for Suicide Prevention (IASP) and was a founding co-Chair of IASP’s Suicide and the Media Special Interest Group. She is the Editor-in-Chief of Crisis: the Journal of Crisis Intervention and Suicide Prevention, and co-edited The International Handbook of Suicide Prevention in 2016.

Abstract:
Objectives
Much has been written about the harms associated with certain media presentations of suicide, but far less consideration has been given to how the media might be used as a force for good in suicide prevention. This presentation describes two projects investigating the effectiveness of 30-second public service announcements (PSAs), designed to be delivered over a range of media, as youth suicide prevention tools.

Method and results
In Project 1, our team worked with a production company to develop three youth suicide prevention PSAs with different messages (‘Talk to someone’; ‘Find what works for you’; and ‘Life can get better’) and a control PSA on emergency contraception (‘Available from your pharmacy’). We pitted the three suicide prevention PSAs against the control PSA in a randomized controlled trial and found the first two were associated with significant changes in attitudes towards the predictability of suicide. In Project 2, which is currently underway, we ran a summit and competition in which young people themselves developed PSAs. An international panel that included suicide prevention experts, media professionals and young people judged the PSAs, and the winning entry was one with the tag-line ‘Conversations can change lives’. We are now testing this PSA in a randomized controlled trial that is similar in design to the one we ran in Project 1.

Conclusions
PSAs hold promise as a youth suicide prevention tool but it is crucial to get their messaging right. Involving young people in co-designing PSAs may help to ensure that they resonate with their intended audience.
On any Monday, .... Reporting of suicides to Coroner

Biography:

Following her admission to legal practice in South Australia in 1980, Chris Clements worked as a Solicitor at O’Brien Andrew & Partners, in Berri South Australia until 1991. From 1992 to 2000 she was the Senior Solicitor for Legal Aid Bundaberg, becoming a Magistrate in 2000 and Coroner in 2002. Her interests include rowing and the outdoors.

Abstract:
Chris will discuss what happens when a person’s suicide is reported to the coroner.
PROTECT: Relational Safety based Suicide Prevention Training Frameworks

Biography:

Dr Manaan Kar Ray is Director for Mental Health, Princess Alexandra Hospital, Metro South, Brisbane. He trained as a Psychiatrist in Oxford and worked as the Clinical Director for Adult Mental Health Services in Cambridge for a decade. He has extensive experience in working with suicidal people and in his leadership role has carried out radical redesign of mental health care pathways to improve access to services for suicidal people. These include 333 acute care delivery, 24/7 crisis services, transformation of community-based care, establishing PRISM (PRImary care Service for Mental health). Training professionals to strike a balance between risk and recovery is very close to his heart. He is the architect of the PROTECT (PROactive detection) model (www.progress.guide) that brings together novel approaches to suicide risk detection, mitigation and documentation. He has been a prolific presenter and has done keynotes in prestigious conferences and has won a UK national award for improving patient experience.

Abstract:

Preventing suicide is a global priority and staff training is a core prevention strategy. However frontline pressures make translating training into better care for suicidal patients difficult. The talk highlights challenges in suicide risk assessment and management and introduces training frameworks to assist with mindful practice so professionals can strike a balance between risk and recovery.

The scientific literature has been combined with contemporary practice from two successful initiatives from Cambridgeshire, UK; 333 – a recovery-oriented model of inpatient/community crisis care and PROMISE – a programme to reduce coercion in care by enhancing patient experience. The resulting PROTECT (PROactive deTECTion) frameworks operationalise ongoing practice of relational safety in these two initiatives. PROTECT is a combination of novel concepts and adaptations of well-established therapeutic approaches. It has four training frameworks: AWARE for reflection on clinical decisions; DESPAIR for assessment; ASPIRE for management; NOTES for documentation.

PROTECT aims to improve self-awareness of mental shortcuts, risk taking thresholds and increase rigour through time efficient crosschecks. The training frameworks should support a relational approach to self-harm/suicide risk detection, mitigation and documentation, making care safer and person centred. Future collaborative research with people with lived and carer experience is needed for fine-tuning. Further information at www.progress.guide.
Bereavement of suicide and sudden death: A prospective longitudinal study of family members in Australia

Biography:

Dr Kairi Kõlves is a Principal Research Fellow and Course Convenor at the Australian Institute for Suicide Research and Prevention, and Co-director of the WHO Collaborating Centre for Research and Training in Suicide Prevention, Griffith University. She has been working in suicide research and prevention since 1998. Prior to joining the AISRAP team in 2008, she worked at the Estonian-Swedish Mental Health and Suicidology Institute. Dr Kõlves has been involved in several Australian, Estonian and international projects and has published over 100 peer-reviewed papers, a number of book chapters and numerous reports on suicide research and prevention. She is a member of a number of advisory committees including the Queensland Advisory Group on Suicide Information, the Advisory Board of ‘Lifeline Research Foundation’, the Queensland Child Death Case Review Panel and others. In 2010 she was the recipient of the Australian LIFE Award in Emerging Researcher category, in 2017 the Griffith Health Pro Vice Chancellor’s Research Excellence Award (Mid-Career Researcher) and the Publication Award of the Menzies Health Institute Queensland.

Abstract:

Despite grief reactions are likely to change over, there is only a limited number of studies analysing changes in individual grief reactions longitudinally. The aim of the current study was to analyse changes in grief reactions, mental health and suicidality of close family members bereaved by suicide, 6, 12 and 24 months after their loss compared with those bereaved by sudden death, adjusting for confounding factors. Participants were 142 adult family members bereaved by suicide and 63 by other sudden death, followed up at 6, 12 and 24 months in Queensland, Australia. We found significant differences in rejection, stigmatisation, shame and responsibility between the suicide and sudden death bereaved over the two-year period, after adjusting for potential confounding factors. Rejection, stigmatisation, search for explanation, somatic reactions, and mental health variables (DASS 21) declined significantly over time. Rejection and somatic reactions showed group and time interaction effects with a decrease in the suicide-bereaved and no change in the sudden death bereaved. Loss of social support and suicidal ideation (risk) did not have a group or time effect. Although our findings confirm that there are several common dimensions to experiencing a ‘sudden’ type of death in family, a number of differences were found. Our findings should be considered in postvention activities.
Ms Eschleigh Balzamo  
*General Manager, Brook RED*

Mr Nick Moreau  
*Peer Worker and Program Coordinator, Brook RED*

## A moment to PAUSE at the Living EDGE

### Biography:

Ms Eschleigh Balzamo is the General Manager of Brook RED, a Lived-Experience governed, managed, and operated organisation delivering services to people who experience mental health concern and/or suicidal distress. Eschleigh is passionate about working into the nexus of experience and evidence and delights in working collaboratively to find creative solutions to challenges.

### Biography:

Mr Nick Moreau is a peer worker at Brook and the coordinator of Brook RED’s suicide prevention programs, PAUSE and the Living EDge. He has been working in suicide prevention with Brook RED for two years. He loves mountain biking and hanging out with my family.

### Abstract:

Brook RED will share the stories of and learnings so far from two Lived-Experience designed and delivered services providing support to people who experience suicidal distress. PAUSE has been working in collaboration with the Logan Hospital Emergency Department for two years and is being evaluated by AISRAP while the Living EDge commenced this year and works in partnership with Redland Hospital Emergency Department and is being evaluated by Dr Kate Gill.
Evaluation of the Roses in the Ocean Lived Experience Training Programs: Invaluable insights into the impacts of training on participants!

Biography:

Jacinta is a Senior Lecturer at the Australian Institute for Suicide Research and Prevention (AISRAP) and has worked at AISRAP since 2000. In 2001, Jacinta and Emeritus Professor Diego De Leo developed the Graduate Certificate in Suicide Prevention and Master of Suicidology Programs, the first of their kind in the world. Jacinta has developed, delivered and evaluated suicide prevention training since 2000. Jacinta has specialist education, clinical and research interest in suicide risk assessment processes, personal suicide stigma, and the impacts of suicide on the worker. She has worked clinically with suicidal people for 20 years and has supervised other psychologists in this domain for over a decade. Jacinta is the lead author of Suicide Risk Screening Tool (STARS) protocol which she first published in 2015 with co-author Diego De Leo, and has since become the focus of her PhD studies. STARS training workshops have been delivered to over 400 workers within Australia, and the protocol has been translated into five other languages for use internationally. Jacinta has worked on a numerous research projects and consultancies in the suicide prevention sector pertaining mostly to training development and evaluation, suicide in occupations, personal suicide stigma and evaluation of lived experience suicide prevention training. She is a member on several national and international advisory boards regarding suicide prevention and has a reviewing role for peer-reviewed journals in this domain. She has presented research findings at a range of state, national and international conferences, has co-authored and edited a book, book chapters, and numerous peer-reviewed articles and government reports in the field.

Abstract:

Background:
Roses in the Ocean (RITO) have designed and developed several training programs to build the capacity of individuals with lived experience of suicide to both effectively and safely communicate their stories to increase awareness and effect change. The Australian Institute for Suicide Research and Prevention (AISRAP) was commissioned by RITO to examine and evaluate two of their training
Aim:
To assess the short- and medium-term impact of the Our Voice in Action training program on participants’ knowledge, literacy, wellbeing, confidence and capabilities in key tasks of lived experience representatives as aligned with the identified training outcomes.

Methodology:
A matched sample of 68 training participants completed a training impact evaluation battery of questionnaires before, after and three months following the Our Voice in Action training.

Results:
Results demonstrated strong evidence that the Our Voice in Action training significantly increased knowledge and skills in using safe language when discussing suicide, risk identification, and suicide literacy. Participants were also significantly more confident in their abilities in safely and effectively sharing their stories, identifying appropriate parts of their stories to share, understanding their individual communication styles, collaborating in suicide prevention activities, conflict management and self-care application. Notably, empowerment and psychological distress scores improved significantly after the training. Improvements in knowledge of safe language when discussing suicide, suicide literacy and empowerment scores were maintained in the 3 month follow-up sample.

Conclusions/Implications:
Although pre-program distress scores were below clinically-indicated levels, participants reported significantly less distress after the Our Voice in Action program, suggesting that the training may have a “treatment” effect for people with lived experience of suicide. We discuss this as an important opportunity to explore in future research, not only in safely training lived experience voices, but also understanding the recovery and support of people affected by suicide. We discuss how the specific evaluation learning objectives were sustained over time, limitations and recommendations for further studies.

- Author 1 (presenter): Jacinta Hawgood, Australian Institute for Suicide Research and Prevention (AISRAP), Griffith University
- Author 2 (co-author): Mandy Gibson, Australian Institute for Suicide Research and Prevention (AISRAP), Griffith University
- Author 3 (co-author): Martina McGrath, Australian Institute for Suicide Research and Prevention (AISRAP), Griffith University
- Author 4 (co-author): Jo Riley, Black Dog Institute
- Author 5 (co-author): Katherine Mok, Black Dog Institute
The Depiction of Suicide in Media and Popular Culture: Some Eighteenth-Century Perspectives

Abstract:
The eighteenth century has long been recognised by social and cultural historians as a key transitional period in the Western history of suicide. In Britain, it is marked by legal reform, increasing medicalisation, as well as the lexical shift from ‘self-murder’ to ‘suicide’ as the preferred term. This paper draws attention to imaginative portrayals of suicide in print media, drama and fiction during this period, especially to their diversity, and consequently, the variety of emotional responses enabled by such representations. Such emotional diversity might prompt questions about the comparatively limited representational and emotional range we abide by today when depicting and responding to suicide.
Mr David Watling  
Research Assistant, Australian Institute for Suicide Research and Prevention, Griffith University

Ms Sharyn Bloomfield  
Team Leader, Acute Response Team Child and Youth Mental Health Service, Queensland Children’s Hospital

Assertive telephone follow-up of paediatric patients at risk of suicide discharged from the emergency department: Developing an intervention with lived experience

Biography:

Mr David Watling is a Research Assistant with AISRAP. He completed his undergraduate and honors degree in psychology at Griffith in 2015 and has worked as a Research Assistant for the past four years across a range of projects. He is currently undertaking his Ph.D. at Griffith exploring executive functioning in late adolescence and young adulthood.

Biography:

Ms Sharyn Bloomfield is a Social Worker currently working in Queensland Health. She completed a Bachelor of Teaching and Social Work in 1993 and her Master of Social Work in research in 2004. She has worked in a multitude of therapeutic roles, focused on a diverse range of therapeutic domains such as family therapy, relationship, counselling, grief and loss, trauma, mental health and domestic violence. Ms Bloomfield has worked for Child and Youth Mental Health (CYMHS) in senior clinical positions and management. She is currently the Team Leader of the CYMHS Acute Response Team at the Queensland Children’s Hospital.

Abstract:

Suicide is the leading cause of death for children in Queensland. Patients experiencing suicidal thoughts or attempts account for the majority of mental health presentations to the Queensland Children’s Hospital Emergency Department (ED). Transfer of care from emergency settings to
outpatient treatment is a key area of patient safety risk for individuals at risk of suicide. The current model of follow-up calls to aid this process is unstandardised and has little input from those receiving the calls. This project aimed to improve the follow-up call process by incorporating lived experience into a new model. Focus groups were conducted with 18 young people, parents/guardians, and clinicians with lived experience of the process. Groups explored areas in existing and alternate models of follow-up calls that may be useful to incorporate into a new model. Foundational themes emerged from a thematic analysis of transcripts which included ensuring a patient-centred focus, improving the phone call dynamics, and clearly identifying the phone call purpose. Analysis of transcripts will continue to identify specific components of the intervention. Once completed, feasibility will be explored.

Mr Simon Pont  
Project Lead, Life In Mind, EVERYMIND

Supporting the community to respond to and communicate about suicide

Biography:
Simon is the Project Lead on the Life in Mind project, an initiative of Everymind.

Simon has a keen interest in best practice in mental health and suicide prevention/postvention. Prior to joining Everymind, Simon managed the development of the counselling service for the Forensic Medicine Branch – Newcastle. He has provided consultancy and education in evidence-based bereavement and postvention to government and non-government sector.

Simon holds a Conjoint Lecturer position with the University of Newcastle.

Abstract:  
Life in Mind aims to connect Australian suicide prevention services and programs to each other and the community by providing a comprehensive online portal and supporting coordinated, consistent messaging around suicide prevention through the operationalisation of the National Communications Charter.

Life in Mind provides a digital gateway for communities to access current resources, information and research, with the aim of supporting the community to respond to and communicate about suicide and its impacts.
Yarns Heal is a suicide prevention campaign for both Aboriginal and Torres Strait Islander and Aboriginal and Torres Strait Islander LGBTIQ+Sistergirl and Brotherboy mob. Created as part of the National Suicide Prevention Trial through Brisbane North PHN, the Yarns Heal campaign was developed over a 12month period using a co-design community engagement process. The first of its kind, Yarns Heal addresses suicide prevention from a whole of community approach, led by Elders that actively championed the inclusion of our LGBTIQ+Sistergirl and Brotherboy mob. Using our cultural ways of storytelling, this campaign works to break down the taboo of yarnin' about suicide and empowering our mob to seek help when it's needed. IndigiLez Women's Leadership and Support Group is the lead agency on this project, Yarns Heal Project Officer Chantel Keegan will present on the campaign's development and work to-date.
"WOVEN TOGETHER" BY RIKI SALAM, 2019.

YARNS HEAL CREATED BY
3 timely reminders about self-care

Abstract:
In this short interactive presentation Mark highlights the importance of using humour and laughter to maintain good mental health. The presentation includes useful information regarding self-care strategies such as the ‘future thinking task’ and the ‘what makes me happy exercise’. Additionally, Mark uses his 21 years of experience as a professional comedian to ensure that the audience also receives a healthy dose of humour and laughter.

There are experiences in your life that make you happy.

There are experiences in your life to look forward to.

There are experiences in your life that make you laugh.
Suicide in Queensland: Annual Report 2019

The Suicide in Queensland Annual Report 2019 (Suicide in Queensland) provides recent suicide trends in Queensland to help target and inform suicide prevention activities in Queensland by understanding the circumstances in which suicides occurred. This report focuses on information from the years 2013 to 2018. The information comes from a public health surveillance system - the Queensland Suicide Register (QSR) and the interim Queensland Suicide Register (iQSR).


Important Information

About the Venue
Our Community Forum will be held in the Grand Ballroom, Level 1. Please see following page “Housekeeping” for further information.
P: 07 3844 1166, F: 07 3844 9032, E: info@thegreekclub.com.au

Registration, Name Tags and Satchel
Registration commences at 8:00 am. Please display your Name Tag for networking and security purposes.

Facilities
Please enquire at the Registration desk should you require Internet access or any other business support/equipment.

Table Displays
Morning tea, Lunch and Afternoon tea will be served in The Grand Ballroom. There are display tables hosted by AISRAP, the Queensland Mental Health Commission, LivingWorks Australia and the Cycle Around the Globe Campaign by the International Association for Suicide Prevention (IASP).

Mobile Phones
Delegates are requested to please turn off mobile phones or place them on silent mode in consideration of other participants and speakers.

Photography
Please note that this event will be photographed for marketing, promotion and educational purposes. A Photographer will be onsite taking various images throughout the day. Should you not wish to be photographed, please advise Registration and/or the Photographer/s.

Networking Event
We invite you to join us for an informal Networking gathering from 5:00 to 7:00 pm and look forward to meeting and mingling with you at the newly renovated balcony area upstairs. There will be a cash bar should you wish to purchase alcohol or nibbles.
Housekeeping

The Greek Club welcomes you and hopes you have a memorable and successful event. Staff will always be available and please do not hesitate to call on them at your leisure.

Please take a few minutes to review the housekeeping and feel free to ask any questions.

Evacuation
In the event of an emergency, an alarm will sound and The Greek Club staff will immediately evacuate the building. Under the direction of the staff, please make your way to the nearest exit and move to the assembly point located behind The Greek Church next to Besant Street. Please leave all belongings behind and only re-enter once given the all clear by authorities.

Bathrooms
Bathrooms are located on the upper level to the rear of the Grand Ballroom and downstairs behind the office and in the restaurant.

Smoking
There is designated smoking area is located downstairs and outside at the front of the Greek Club.

Parking
Guests are able to access our onsite carpark to the right of the venue (as you are facing it). The carpark fits 40 cars and we will validate all parking for all guests as they depart. Unless parking at a meter, all other street parking is limited to 2 hours. Additional secure discount parking is available at SW1 and the Melbourne hotel both within 500m of The Greek Club. Location information for the car parks is available from the reception desk.
In loving memory of Associate Professor Allison Milner
1 May 1983 – 12 August 2019

Associate Professor Allison Milner graduated from Griffith University with a Bachelor of Psychology (honours in organisational psychology) in 2005. She was awarded an Australian Rotary Health “Ian Scott Scholarship” for the state Queensland in 2008 and 2009 whilst working at the Australian Institute for Suicide Research and Prevention, and in 2010 she received her Doctor of Philosophy, for “Suicide in a global world: an empirical examination of the relationship between globalisation, social-ecological factors, and suicide mortality in 35 countries” (Principal Supervisor: Professor Emeritus Diego De Leo AO; and Associate Supervisor Professor Rod McClure).

In 2014 Allison was appointed as Mates in Construction (Mates) National Academic Director, while she also participated and led several studies for Mates investigating and progressing knowledge of suicide in the building construction industry. This interest derived from the original investigation into suicide in this industry was based on AISRAP’s commissioned with by the Queensland Building Construction Industry which subsequently informed the development of the Mates in Construction Program.

From 2015, Allison was Deputy Director of the Disability and Health Unit, Melbourne School Population and Global Health, the University of Melbourne. Her areas of research interests included the influence of gender, employment characteristics, quality of work, and occupation as determinants of mental health and suicide. Allison focused on specific groups at risk of suicide, such as workers in the manufacturing and construction industry. Allison’s work ranged across a number of externally-funded etiologic and intervention projects. She worked with key policy stakeholders to promote research on the link between work and mental health, and was the co-chair for an international panel of researchers aiming to promote workplace suicide prevention. She was awarded the Victorian Health and Medical Research Fellowship for her work on employment and mental health. In 2017 she won the Griffith University Outstanding Higher Degree Research Health Alumnus of the Year Award.

We are deeply saddened by Allison’s sudden and tragic passing. On behalf of Griffith University and specifically on behalf of the University Vice Chancellor, Professor Carolyn Evans, we convey our most heartfelt condolences to Allison’s family, friends and colleagues. Allison was not only a co-worker, colleague and friend, but a brilliant, funny, compassionate, inspiring, dedicated and beautiful individual. We will truly miss her for all these things, and more.

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Support services

Jill Fisher

Internationally recognised for her work in the areas of suicide prevention, postvention and mental health, Jill Fisher has a special interest in the areas of crisis and traumatic loss & grief. Her media background and professional experience in research and national community development further enhanced her skills in establishing integrated community responses to traumatic events. With active memberships on several national and international committees, Jill also serves as a professional advisor and peer reviewer for international journals and research programs and has been a member of research studies and publications including the first Australian Economic Evaluation of a Suicide Bereavement program.

Jill was honoured to receive the highly regarded International Association for Suicide (IASP) Norman Farberow Award in 2011 in recognition of her work in the field of bereavement and support for survivors after suicide. In 2013 Jill received the National Suicide Prevention Australia Leadership & Innovation Award in recognition of her work in the field of suicide postvention. Jill's interest and passion in addressing the needs of those affected by suicide was greatly advanced by achieving her Masters of Suicidology with the Australian Institute for Suicide Research & Prevention at Griffith University, under the directorship of internationally renowned suicidologist Professor Diego De Leo AO and prominent Australian suicidology Academic Jacinta Hawgood.

In addition, AISRAP staff members will be available during the day, should you wish to speak with a support person. Please see Registration to arrange a private meeting ASAP during the day.

**Needing support?**

**National 24/7 crisis services:**
- beyondblue: 1300 22 4636 [www.beyondblue.org.au](http://www.beyondblue.org.au)
- State mental health crisis line Qld: 13 HEALTH (13 43 25 84)
- Suicide Call Back Service: 1300 659 467 [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

**Specific 24/7 crisis services:**
- Bereavement support - National StandBy Response Service 07 5442 4277
- Veterans and Veterans Families Counselling Services 1800 011 046

**Specific crisis services (not 24/7):**
- Bereavement - GriefLine 1300 845 745 (National, landline only); (03) 9935 7400 (National and metro Melbourne) midday to 3am AEST, 7 days a week. [www.griefline.org.au](http://www.griefline.org.au)
- Bereavement in secondary schools - headspace School Support 1800 688 248
- LGBTI Australians - QLife 1800 184 527 3:00pm to midnight every day [www qlife.org.au](http://www qlife.org.au)
- Those affected by mental illness - SANE Australia 1800 18 SANE (1800 18 7263) 9am-5pm on week days [www.sane.org](http://www.sane.org)
Do you need to know more about suicide research and prevention?

Post-Graduate Programs
Griffith University's Australian Institute for Suicide Research and Prevention (AISRAP) was the first tertiary institute in the world to develop – and the only university in Australia – to award Postgraduate Degree qualifications in Suicide Prevention and Suicidology.

The Graduate Certificate in Suicide Prevention Studies and the Master of Suicidology programs offer students a 360-degree perspective of suicide and its prevention, including knowledge from a range of theoretical perspectives and orientations.

Graduate Certificate in Suicide Prevention Studies
Program Code: 3110
The Graduate Certificate in Suicide Prevention Studies is designed to provide students with a range of experiences aimed at developing and/or updating knowledge of suicide prevention, research, attributes and skills. Students are provided with both practical and theoretical aspects of suicide prevention research. Graduates will gain a basic understanding of the key themes that emerge in suicide research and contemporary suicide prevention practices. The foundations of suicide and its prevention are explored through examination of historical, cultural, epidemiological, and practical theory and practice elements, providing a 360-degree perspective of the phenomena and its complexities. This program is of value to the professional disciplines and human services providers whose work is concerned with at-risk and suicidal persons, policy development and/or suicide prevention research. General Practitioners, Nurses, Social Workers, Psychologists and other Allied Health Professionals, Educators, Counsellors, Community Service Workers, Guidance Officers, Police, Emergency Services Staff, Correctional Personnel and Volunteers who are involved with community-based government and non-government organisations, have been attracted to this program.

Master of Suicidology
Program Code: 5666
The Master of Suicidology provides an extension to the Graduate Certificate Program (reported above) which includes one year of part-time study. The flexibility of the Master program enables those students who wish to explore suicide research further, to undertake (in the final third year of study) a dissertation within an area of interest and acceptance by the Program Convenor. This option also meets criteria for any student wishing to pursue a higher research degree pathway (e.g. PhD). Alternatively, students may be more interested in gaining a diverse level of knowledge and skill development across several areas of specialist focus within Suicidology via coursework covering a range of disciplinary knowledge.

The program is designed to produce graduates who are knowledgeable and skilled in the identification of a range of concerns regarding suicidal behaviours and their planned management at various levels (including within the domains of research, public policy, and primary, secondary and tertiary prevention). Graduates will have expert knowledge of the underpinning issues of suicide research and practice.

Graduates will examine the factors that influence the development and assessment of suicidal behaviours and the ways in which current intervention and prevention strategies interpret, and approach/deal with these factors. Students will have the opportunity to compare different management methods and identify the advantages and disadvantages of each theoretical management approach. Culture, ethics of suicide and suicidal behaviour, as well as research concepts and epidemiology are important domains of knowledge acquisition preceding the third year of the Master Program. The final year of study in the Master Program offers two pathways of educational outcomes for students including: a research (dissertation) focus on a chosen area of interest or a focus on diverse yet suicide prevention related coursework (elective courses of relevance to the domain of suicide research and prevention). Graduates will be able to utilise this knowledge base to inform their professional practice in their chosen field of human and health service provision, research and policy making. Graduates will have a substantial understanding of the theoretical issues that govern existing research into suicide, suicidal behaviour and current practice and prevention strategies.

To apply for one of these courses, go to https://degrees.griffith.edu.au/
Enquiries: Mrs Dianne Dunn - email: aisrap@griffith.edu.au
STARS is a person-centred, psycho-social needs based semi-structured interview.

STARS was developed to provide a very initial insight into the complex world of a suicidal person to inform immediate collaborative and compassionate client care, including further examination of client suicidal state as necessary.

The purpose of STARS

> To assist and guide workers on ways to elicit key client reported concerns subjectively perceived to contribute to suicidality.

> To provide workers with guiding domains of enquiry concerning empirically based risk and protective factor information, short-term indicators of suicide risk (and warning signs), and current and past suicidality (all accounted for from the client’s perspective).

> To encourage worker reflection and reduce worker anxiety that often accompanies approaching this domain of assessment.

> To include commensurate safety planning and risk mitigation responses undertaken collaboratively with the purpose to bring the client to desiring and experiencing a life worth ‘more’ living.

> To provide a guiding tool for diligent practice and appropriate duty of care, responsible documentation and follow-up response planning activities.

> To provide a ‘beyond minimum standard’ approach to risk assessment processes.
Unique Attributes of STARS

- Addresses domains associated with chronic (long term) and acute (short term/warning signs) factors.
- Allows workers to determine administration point of enquiry or the priority assessment areas based on presenting acuity – Enquiry may begin at either Part A, B or C.
- Includes protective factor enquiry (not often sought with suicide risk tools) including client relatedness, interpersonal and intrapersonal elements, norms, spirituality, coping and problem solving, esteem and cultural identity.
- Seeks worker confidence ratings against commentary aligned with specific items or suicidality.
- Provides example probe questions, with potential meaning or indicators of client response.
- Past and present data is explored – to allow for interpretation of a timeline of experience as well as trajectory or pathway of suicidality (e.g. fluctuating experiences associated with specific events/crises can be understood in context).
- Allows rating of client concern regarding a specific item (e.g. no concern, some concern and severe concern) rather than overall risk rating; to allow for importance of each item to be indicated according to the unique concerns of the client (e.g. something of significance as a risk factor in the literature may not necessarily be experienced by the client as such, and vice a versa).
- Documentation requires translation of the clients response which can be collated in the ‘specify’ column of all Parts A, B and C.
- The lack of requirement to make an overall risk rating or categorical allocation of risk for commensurate planning is viewed positively rather than as a weakness of STARS, since it reflects the need for unique understanding of the inner distress of the client rather than a categorical measurement of this overall state.
- STARS is based on ‘team’ work and collaboration with client and carer; and the end of protocol signature reflects a commitment of all parties to bring the client to a place worth ‘more’ living.

STARS Training – 2-day workshop

Cost and Inclusions: $770 (including GST)

- License to use STARS protocol for 12 months (a refresher 1-day training required in 12 months time from license date.)
- Workbook, Handouts, Articles, Certificate of Completion, Hard Copy of STARS protocol, e-PDF version (printable/reproducable) of STARS protocol.

Micro-credentialing (online) and Train the Trainer STARS – COMING SOON!

Additional – expert supervision, mentoring and support for organisations who adopt the STARS protocol as part of their quality assurance and risk management policy.

For more information contact:
STARS@griffith.edu.au | Jacinta.hawgood@griffith.edu.au
Life Promotion Clinic
In 2004, AISRAP opened the Life Promotion Clinic at Griffith University. This was the first outpatient facility in Australia focused on providing specialised treatment to people with a history of suicidal behaviour.

The Life Promotion Clinic is a unique place of care and monitoring service for suicide attempters, where psychiatrists and psychologists cooperate in providing the highest possible standard of assistance. This research institution, of growing impact in the community delivers, among most advanced protocols of care, a modified version of Dialectical Behaviour Therapy, and has become a formal Training Agency of the Royal Australia and New Zealand College of Psychiatrists.

Today, it is also an official site for Advanced Training in Psychotherapy.

Referrals are accepted from Queensland public mental health services (e.g. Community Mental Health Services, public hospitals etc.) and services are bulk-billed through Medicare.

For further details, please contact Clinic Reception on (07) 3735 1168 or email aisrap@griffith.edu.au

Consider The Language You Use

Consider the language you use

Certain ways of describing suicide can alienate members of the community or inadvertently contribute to suicide being presented as glamorous or an option for dealing with problems. Some suggestions are provided below.

<table>
<thead>
<tr>
<th>Issue</th>
<th>Problematic</th>
<th>Preferred</th>
</tr>
</thead>
<tbody>
<tr>
<td>Language that presents suicide as a desired outcome</td>
<td>‘successful suicide’, ‘unsuccessful suicide’</td>
<td>‘took their own life’, ‘ended their own life’, ‘died by suicide’</td>
</tr>
<tr>
<td>Phrases that associate suicide with ‘crime’ or ‘sin’</td>
<td>‘committed suicide’, ‘commit suicide’</td>
<td>‘died by suicide’, ‘took their own life’</td>
</tr>
<tr>
<td>Language that glamourises a suicide attempt</td>
<td>‘failed suicide’, ‘suicide bid’</td>
<td>‘made an attempt on his life’, ‘suicide attempt’, ‘non-fatal attempt’</td>
</tr>
<tr>
<td>Phrases that sensationalise suicide</td>
<td>‘suicide epidemic’</td>
<td>‘higher rates’, ‘increasing rates’, ‘concerning rates’</td>
</tr>
<tr>
<td>Gratuitous use of the term ‘suicide’ out of context</td>
<td>‘suicide mission’, ‘political suicide’, ‘suicide pass’ (in sport)</td>
<td>refrain from using the term suicide out of context</td>
</tr>
</tbody>
</table>

Giving – Every gift makes a difference

Donations
Our success depends not only on the future generosity of our governments and industry partners, but on donations from individuals, community groups and philanthropic organisations. 100% of your donation goes towards the area of your choice.

All gifts of $2 or more are tax-deductible. Donors receive an official Griffith University receipt.

Telephone: Use your credit card to make a donation over the telephone on +61 7 5552 7218 during business hours.

Mail or Fax: Download the ‘Giving to Griffith’ form at https://www.griffith.edu.au/development-alumni/giving/three-ways-to-give

and mail or fax back to the Office of Development and Alumni.

Mail to:
Development and Alumni Office, The Chancellery (G34)
Gold Coast campus
Griffith University QLD 4222

Online giving - https://www.griffith.edu.au/development-alumni/giving

Making a Bequest

Bequests are intensely personal gifts, providing a legacy that lasts beyond a lifetime. A bequest can be an amount of money or specific property such as real estate, shares and other investments. Some donors have specific interests that they want to support with their bequest while other donors provide their gift to be used at the University's discretion on high priority areas. The Development and Alumni office works with all prospective bequesters to help them direct their gift to their area of interest.

Making a bequest to Griffith is a straightforward process. You may sign a new will, amend your current one or add a codicil. To ensure that your exact intentions are honoured, it is important to discuss your wishes with your family before preparing estate planning documents with your lawyer.

A bequest takes one of two forms – an unrestricted or restricted gift.

Unrestricted gifts allow the University to support a range of activities such as important research breakthroughs, student scholarship or facilities as they are needed.

Restricted gifts are made with a particular aim or program in mind. Share with us what captures your imagination or is close to your heart.

If you intend to leave a gift to AISRAP at Griffith University in your Will, please let us know so we can ensure your goals are achieved. Please contact us to arrange a visit to the University or an obligation-free and confidential discussion: telephone 07 5552 7218 or email giving@griffith.edu.au.
Be REMARKABLE

Remarkable is an adjective but it’s also our aspiration.

It reflects the way we see ourselves and our offering. Remarkable is not a gift or a boastful claim.

We believe in, strive for and celebrate:

- the Remarkable people who better their world and the world around them
- the Remarkable experiences that transform people and communities
- the Remarkable contributions that change the future forever
- the Remarkable impact we have on students, industry, society and one another
- the Remarkable commitment and tenacity that sits behind our many and varied achievements.

We’re proud of being Remarkable.
Thank you for your support - Sixth Annual Suicide Prevention Comedy Fundraiser

SIXTH ANNUAL Suicide Prevention Comedy Fundraiser

MC: MARK MCConVILLE
KAT DAVIDSON
STEVEN J WHITELEY

SUNDAY 8th SEPT
SHOW @ 7PM

$10 ENTRY
BOOKINGS ESSENTIAL
CALL 07 3369 4466

DOUBLE FEATURE!

All proceeds go direct to the Australian Institute for Suicide Research & Prevention

PROUDLY SUPPORTED BY

LOL!
The Australian Research Workshop on Suicide and Self-Harm intends to follow in the footsteps of the British Isles Research Workshop established in 1993 at Oxford University, Department of Psychiatry. Like the British Isles Research Workshop, its Australian counterpart has been established so that key researchers initially throughout Australia, with the potential in the future to expand regionally, can meet annually to discuss current research. By providing this forum, all aspects of research into suicide and deliberate self-harm can be explored, shared, questioned and discussed in a closed meeting amongst respected research colleagues. These meetings are designed to empower and encourage valid new research and provide a base for mentoring across the disciplines. It provides an opportunity to share concerns and innovations in a safe academic environment with the sole purpose of promoting and establishing evidence-based science in the field of suicide and suicidal behaviour. We were very privileged to have as our guest Professor Keith Hawton.

Prior to the commencement of the Workshop, Keith provided a public lecture on ‘Self-harm and Suicide in Young People’ to a group of 70 plus delegates from all areas of the community including the Coroner’s Office, Police Department, Health Departments, Mental Health Commission, NGO’s, Educators, Students, Australian Bureau of Statistics and Lifeline.

The Workshop hit the ground running with outstanding, ground-breaking presentations from Professors’ Keith Hawton, Ella Arensman, Jane Pirkis and Dr Kairi Kolves on Thursday afternoon followed on Friday with largely unpublished works from Professor Eric Caine (USA), Professor Nicholas Procter, Mrs Raelene Ward, Drs. Annette Erlangsen, Katrina Witt and Andrew Page.

The next Workshop is already scheduled for February 2020, with dates and venue announcements to be made late March 2019. If you missed this Workshop and would like to be involved in 2020, please email Wendy Cliff wendycliff@iasp.info to be added to the mailing list. Invitations will be extended to New Zealand and Pacific Researchers to make this a regional event.

Workshop delegates
21 MAY 2019

GOLD COAST TO HOST INTERNATIONAL CONGRESS FOR SUICIDE PREVENTION AND INTERVENTION

The International Association for Suicide Prevention (IASP) has announced the Gold Coast has been selected to host its 31st World Congress in 2021.

The Congress will bring together around 800 mental health professionals, academics, crisis workers, teachers and suicide survivors from around the world.

Destination Gold Coast CEO Annaliese Battista said it was the first time the global congress would convene on the Gold Coast.

“Securing this event is a testament to the capabilities of the city to deliver world-class, large-scale business events in the heart of Australia’s playground. It also highlights the appeal of Gold Coast’s growing health and innovation sector,” said Ms Battista.

“The distinctive winning mix of conference infrastructure, delegate experiences, service and our climate, continue to entice prominent business events to the region.

“It’s encouraging to see more associations and multi-disciplinary medical and health conferences, choosing to align with the Gold Coast and its burgeoning reputation as Australia’s progressive hub for medicine, health and innovation.”

IASP is dedicated to preventing suicidal behaviour and alleviating its effect through a network of professionals and volunteers from over 80 countries.

Announcing the decision to meet on the Gold Coast, Professor Jane Pirkis, a psychologist and epidemiologist based at the University of Melbourne in Australia and one of IASP’s Vice Presidents, said the Congress is an important forum to examine advances in suicide prevention, research and support.

“This Congress will discuss evidence-based research, best practice and suicide prevention measures, bringing together networks to share knowledge and skills,” said Professor Pirkis.

The Congress returns to Australia for the first time since 1997, with the organisation citing the appeal of the Gold Coast to international delegates as a major drawcard in the decision.

“The Gold Coast Convention and Exhibition Centre is the perfect fit for our event, and the compact nature of the city means our delegates can experience so much of the Australian lifestyle, within walking distance of the venue,” she said.
“As a host city, the Gold Coast bid offered an intimate and holistic approach to accommodating our Congress, which is highly valued by our organisation.”

“The bid was a collaborative effort, with strong local support from Griffith University, Australian Institute for Suicide Research and Prevention (AISRAP), as well as the backing of Tourism and Events Queensland, Destination Gold Coast and Gold Coast Convention and Exhibition Centre.”

Tourism Industry Development Minister Kate Jones welcomed the announcement. “The Gold Coast has stamped its event hosting abilities on the world through the Commonwealth Games, and securing international events such as these demonstrates the confidence around the globe in this destination,” Ms Jones said.

“The beauty of the Gold Coast as a business event host is that delegates can extend their stay or enjoy iconic tourism experiences in between conference commitments.

“The Queensland Government, through Tourism and Events Queensland’s Business Events Acquisition and Leveraging Fund, is proud to support such events because they drive significant economic benefit for the state and in this case, address vital issues that affect society.”

The Congress will be held from 21- 24 September 2021 at the Gold Coast Convention and Exhibition Centre.

ENDS

About IASP

The International Association for Suicide Prevention (IASP) is dedicated to:

- preventing suicidal behaviour,
- alleviating its effects, and
- providing a forum for academics, mental health professionals, crisis workers, volunteers and suicide survivors.

Founded by the late Professor Erwin Ringel and Dr. Norman Farberow in 1960, IASP now includes professionals and volunteers from more than fifty different countries. IASP is a Non-Governmental Organisation concerned with suicide prevention.

IASP will host the 2021 Congress with the partnership of the Australian Institute for Suicide Research and Prevention (AISRAP), Griffith University. The Congress will be co-chaired by Melbourne based Professor Jane Pirkis; Professor Diego De Leo, Emeritus Professor, AISRAP, Griffith University and Professor and Chief Scientist; Ella Arensman of the School of Public Health, College of Medicine and Health & National Suicide Research Foundation, University College Cork, Ireland, WHO Collaborating Centre for Surveillance and Research in Suicide Prevention; of the International Association for Suicide Prevention.

For further information on IASP visit https://www.iasp.info/ or contact wendycliff@iasp.info

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World Suicide Prevention Day – 2020

Should you wish to receive updates, be involved, provide support or sponsorship to our next Forum in 2020, please contact Wendy Iverson, Research Development Manager, Australian Institute for Suicide Research and Prevention.

Telephone: (07) 3735 3379
Email: w.iverson@griffith.edu.au

Thank You
Lived Experience Registration Bursaries generously provided by:

Thank you to the Master of Ceremonies, all the speakers and presenters, our supporters and guests, delegates, stallholders, volunteers and the AISRAP team for your presence and participation at our Forum.

Thank you to Griffith Sport and the South Bank Fitness Centre for arranging the bikes for the Cycle Around The Globe Campaign launch today.

AISRAP team participating and assisting during this WSPD Forum

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Forum Organiser

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Research Development Manager  
Australian Institute for Suicide Research and Prevention, Griffith University  
2018 recipient of The Vice Chancellor's Award for Excellence in Professional and Support Staff Service  

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