



Aisling Culhane Psychiatric Nurses' Association Ireland

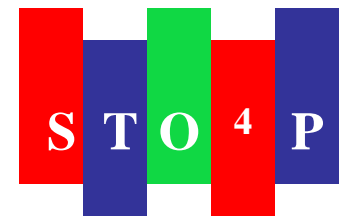
STOP₄

**SUICIDE TRAINING OUTLINE ₄
PRISONS**



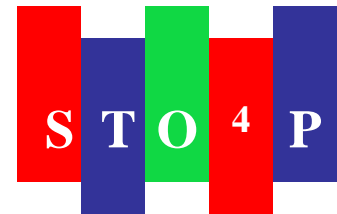
Overview

- National Office for Suicide Prevention (NOSP)
- Current Data in Suicide & Self Harm in Ireland
- STO4P Programme



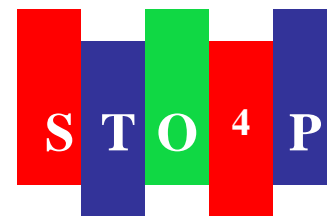
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Prisons

Overview



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**‘Reach Out’ National Strategy for
Suicide Prevention: 2005-2014
launched Sept 2005**

Reach Out

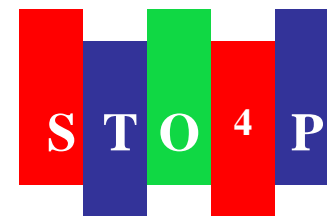


National Strategy for
Action on Suicide Prevention
2005-2014

96 Actions

26 Action Areas:

- **Population Health**
- **Targeted**
- **Postvention**
- **Research / information**



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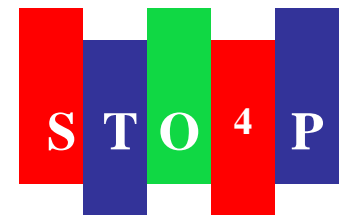
“Reach Out”

Action Area 16: Prisons

- Establishment of formal partnership between Health Services & Prison Services
- Determine the range and quality of psychosocial supports available for prisoners, those on remand and those released from prisons
- Review existing best practice guidelines, training and information resources available to prison services staff
- Develop information resources and training for IPS staff

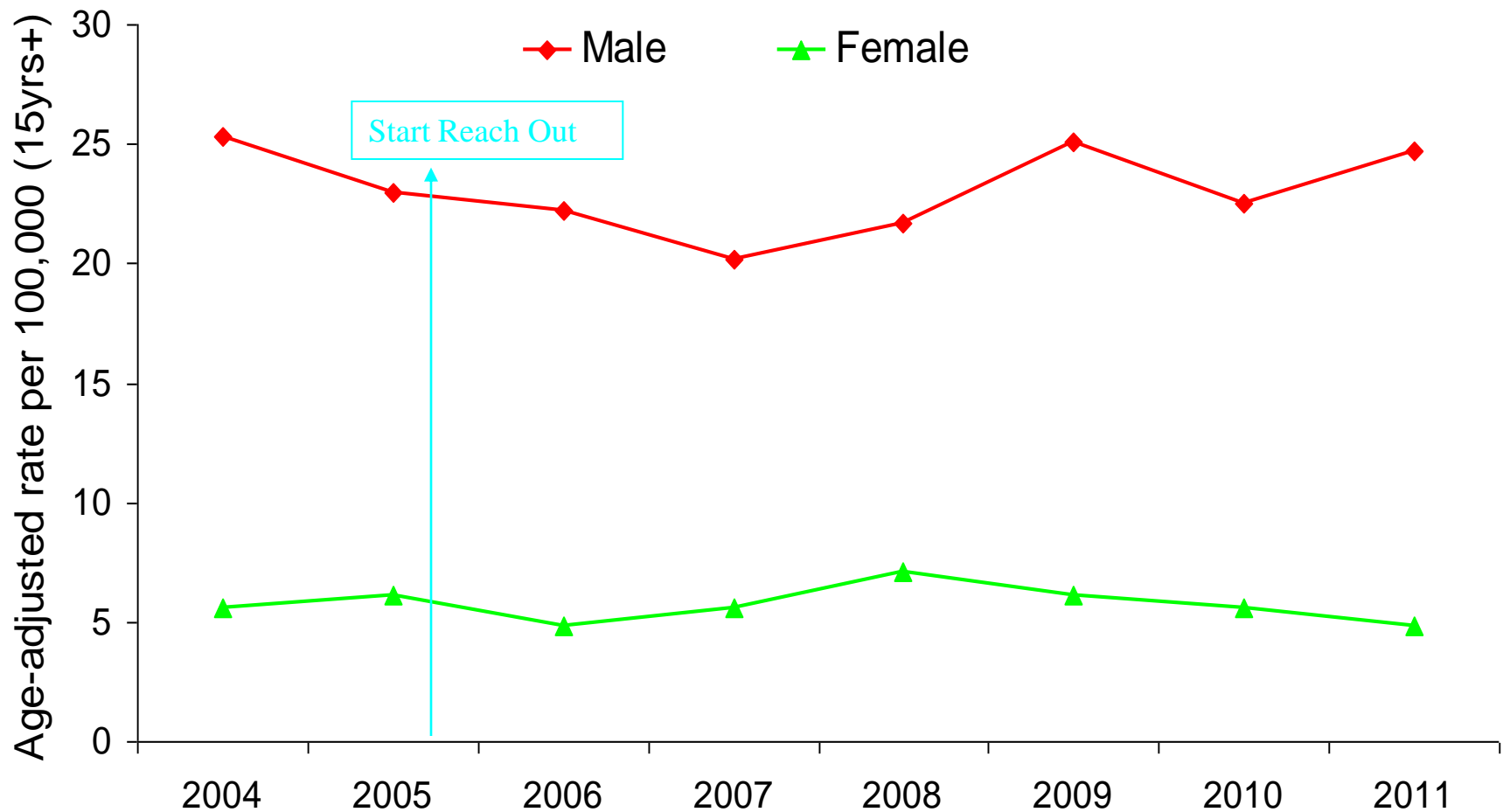
Action Area 5: Workplaces

- To promote positive mental health, employee supports and crisis response in all places of work.



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Recent trend in suicide deaths 2004-2011



Year 2010 and 2011 figures are provisional



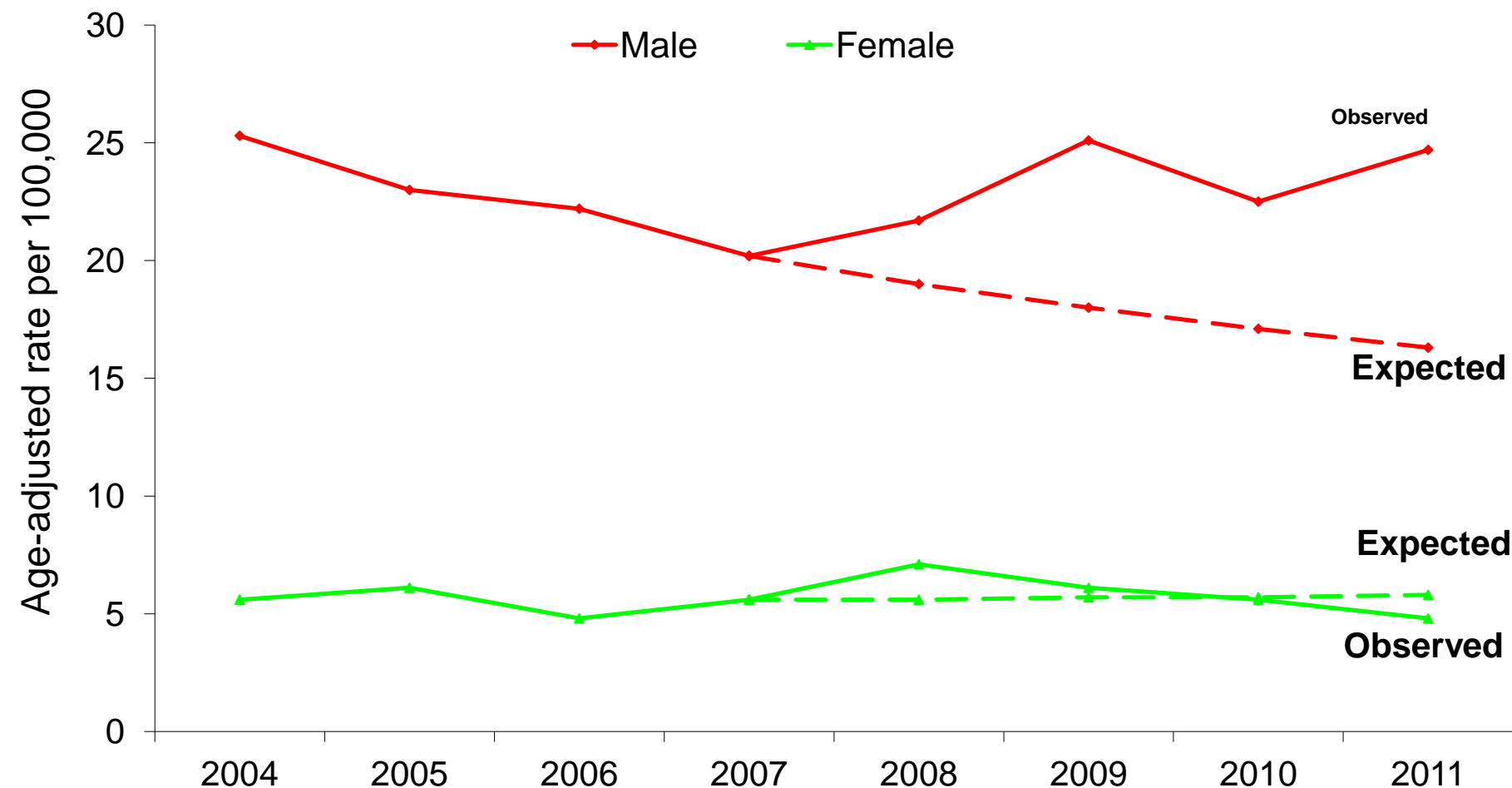
National Suicide
Research Foundation

Recent trend in suicide deaths

Annual age-adjusted change in suicide rate, 2004-2007

Male: 6.8% decrease (95%CI: -11% to -2%, $p=0.002$)

Female: 1.8% decrease (95%CI: -11% to +8%, $p=0.703$)




Factors associated with suicide based on the Suicide Support and Information System, Sept. 2008 – March 2011

FIRST REPORT OF THE SUICIDE
SUPPORT AND INFORMATION SYSTEM

1st Report of the Suicide
Support and Information System
1st Report of the Suicide
Support and Information System
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Support and Information System

- Among the people who died by suicide, 38.1% were unemployed and 32.8% had been working in the construction sector.
Other frequently reported occupations: agricultural occupations, students, medical profession, business/commerce, educational sector and taxi drivers
- 45% had a history of self harm. Of those, 52% had engaged in self harm 12 months prior to suicide, 24% less than a week, and 12% less than a day.
- 51.7% had abused alcohol and/or drugs in the year prior to death, the majority abusing alcohol (78.1%)



Factors associated with suicide based on the Suicide Support and Information System Sept. 2008 – March 2011

- Among those who had received a psychiatric assessment (31.4%), 61.1% were diagnosed with mood disorder followed by anxiety disorder (12.9%), alcohol dependence (9.4%) and schizophrenia (9.2%).
- Over two-thirds were known to have experienced suicidal behaviour (fatal and/or non-fatal) by family members or friends at some point in their lives (68.3%).
- In the year prior to death, 81% had been in contact with their GP or a mental health service. Among those who had been in contact with the GP, the majority (67.4) had done so 4 times or more during the year prior to death.

Incidence of Deliberate Self Harm (2002-2011)

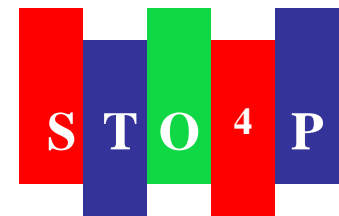
Person-based rates per 100,000 by gender

Year	Men		Women		All	
	Rate	% Difference	Rate	% Difference	Rate	% Difference
2002	167	-	237	-	202	-
2003	177	+7%	241	+2%	209	+4%
2004	170	-4%	233	-4%	201	-4%
2005	167	-2%	229	-1%	198	-2%
2006	160	-4%	210	-9%	184	-7%
2007	162	+2%	215	+3%	188	+2%
2008	180	+11%	223	+4%	200	+6%
2009	197	+10%	222	-<1%	209	+5%
2010	205	+7%	231	+4%	217	+7%
2011	205	-3%	226	-4%	215	-4%



IPS National Training Programme

- At that time undergraduate IPS members did not receive suicide prevention training
- Staff Officers did not receive training or updates.
- Trained staff can identify
 - Prisoners high risk of suicidal behaviour
 - Mental health difficulties



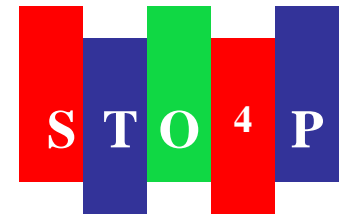
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IPS National Training Programme



In 2006 Partnership between HSE/IPS undertake an action research piece of work on the training needs of prison officers in relation to suicide prevention to:

- Identify training needs of prison officers within the Mountjoy Prison Complex
- Develop standardised training programme for prison based staff & undergraduate prison staff



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Aims of STO4P Training Programme

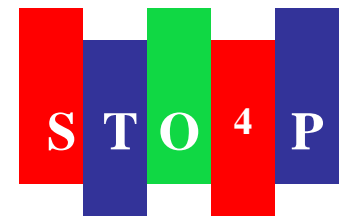
At the end of the training participants will have
A better understanding of suicidal behaviour within the context of IPS

Examined their attitudes & beliefs re self harm

Examined relationship between prison officer relationship & its impact on suicide prevention

Developed skills in identification & management of self harm & suicide in the prison setting

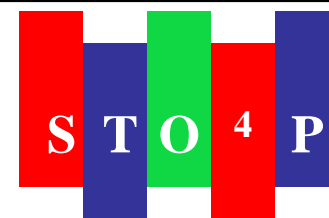
Developed postvention strategies for managing self, prisoners family post suicide



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Content of the Programme that emerged!:

Module 1	Understanding Suicidal Behaviour
Module 2	Understanding Mental Health Disorders and the needs of Prisoners Assessing Prisoners for Suicide Risk
Module 3	Skill Based Practice Formulating Safe Plan for Prisoner
Module 4	Crisis Management Identifying Supports for Prisoners Postvention procedures Identifying own personal support systems



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National Roll Out of Programme

National Implementation began in February 2011

Evaluation

High Degree of Satisfaction with programme

Increase in Knowledge & Skills

Feedback on changes to content

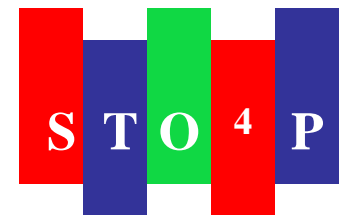
Paired Facilitation of Training between HSE & IPS & PNA

Integrated into new recruits undergraduate training curriculum

National Briefings to key groupings not just IPS , HSE & PNA but Gardai & Defence Forces have expressed an interest in the approach

Development of learning material & resources

Initial targeting prison staff who have a lot of contact with prisoners



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Feedback

This course is very interesting & particularly applicable to life inside prison

This course is very interesting and particularly applicable to life inside prison

I am more knowledgeable & aware of the signs and problems pertaining to suicide

I am more open minded & more knowledgeable

This course has values inside & outside the job – everyday I'll apply this knowledge

This course has made me more aware & more confident in a possible situation

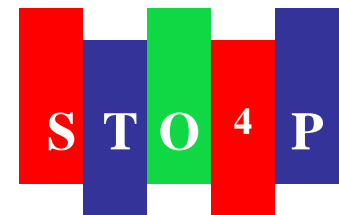


National Roll Out of Programme

In April of this year we were contacted by the Governor of St Patricks Institution and asked could we adapt the programme to train staff dealing with young offenders aged 14 – 18 years. As the only young persons institution the IPS were about to undertake root and branch analysis of their training for staff

Young People we know are a particularly vulnerable group as their development is affected by imprisonment in the following ways:

- mental health & substance misuse problems
- violence
- separation from family or friends
- reflecting on their crimes
- All of the above may increase vulnerability to suicidal behaviour

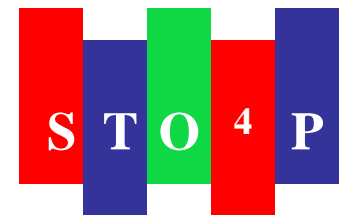


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National Roll Out of STO4P Programme For Young People

The programme is almost developed and ready for piloting ;
It will set the context and underpin National policy to detain the younger cohort (14-16 years) in a specific youth offenders centre

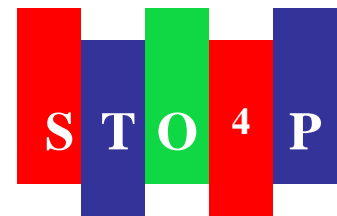
The initial pilot will be aimed at class officers who are dealing on a day to day with the young people and again we hope to facilitate the delivery of the programme with IPS staff and Psychiatric Mental Health Nurses from the CAMHS Services and our HSE colleagues.



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“Reducing suicide rates requires a collective, concerted effort from all groups in society; health, social services, other professionals, communities and community leaders, voluntary and statutory agencies and organisations, parents, friends, neighbours and individuals. It also requires the careful nurturing of a culture in which people in psychological distress don’t hesitate to seek help”

*Remarks by President Mary McAleese
at the World Congress of Suicide Prevention - Killarney in August 2007*



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