



Robyn Shearer

Chief Executive

Te Pou (National Workforce Centre – Mental Health, Addictions and Disability)



Anne Brebner

Clinical Lead

Te Pou (National Workforce Centre – Mental Health, Addictions and Disability)

Reducing Suicide - Concurrent Workshop Repeated

Saturday, 17 August 2013

Start 8:30am

Start 9:35am

Duration: 55mins

Duration: 55mins

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South GP CME 2013

General Practice Conference & Medical Exhibition

15-18 August | Edgar Centre | Dunedin

Reducing Suicide



Robyn Shearer, Chief Executive

Anne Brebner, Clinical Advisor

Te Pou
o Te Whakaaro Nui

www.tepou.co.nz

Today

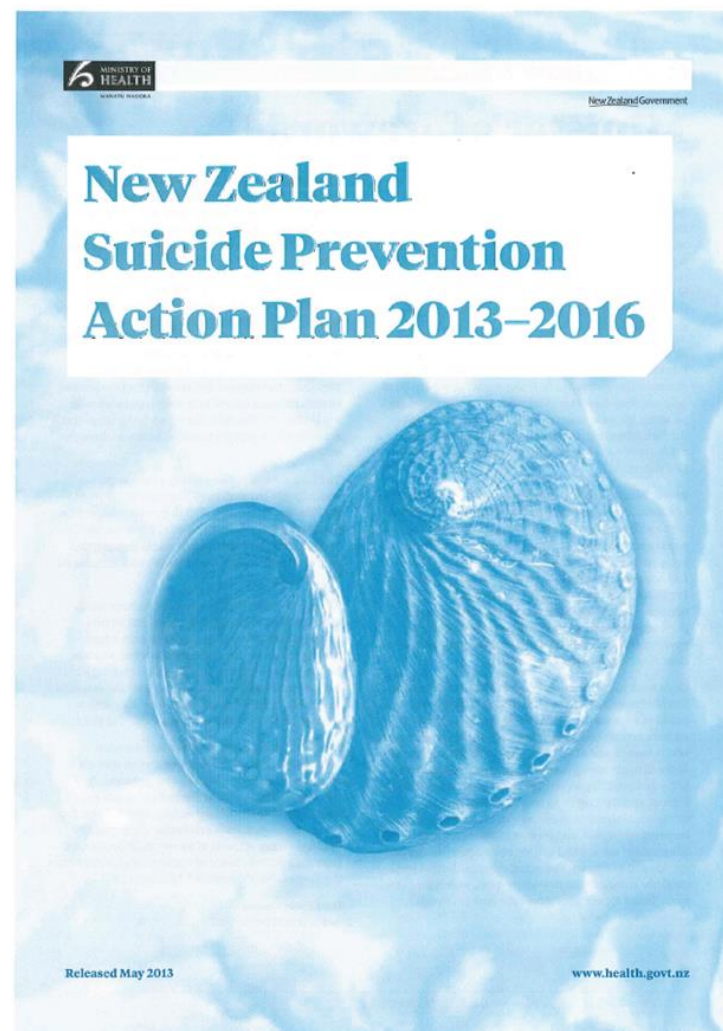
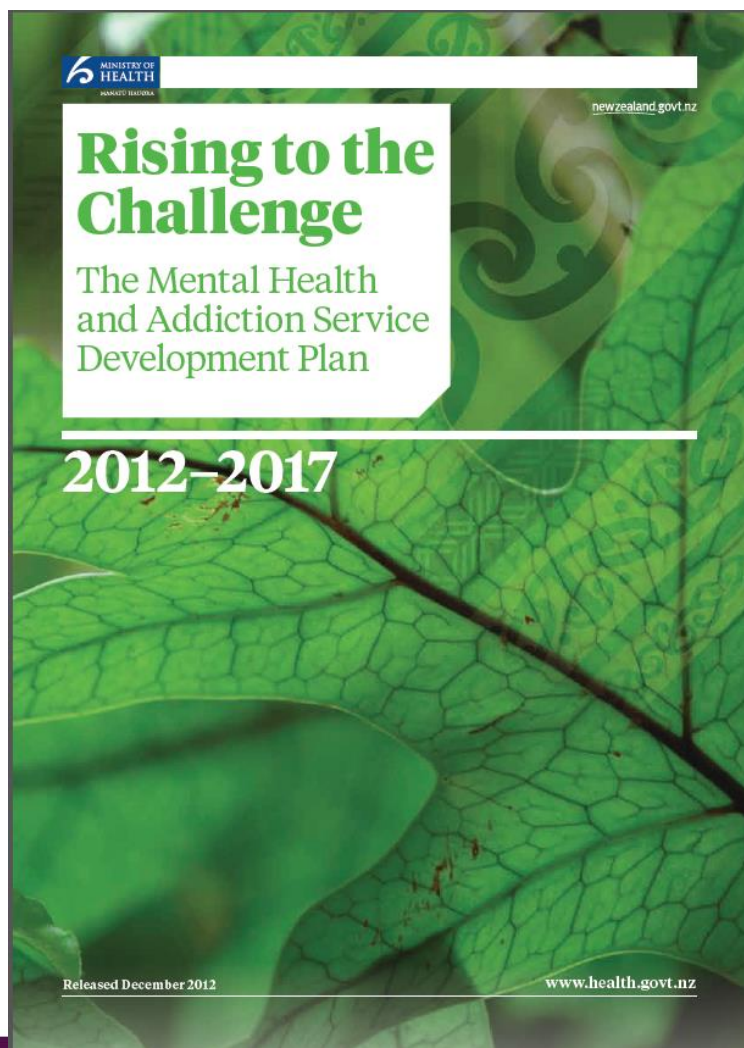
- What we do..and why we do it...
- Mythbusting..
- Quick Wins ..
- Why screen ..
- How we can do this better ..

Our role as a national centre

- Putting policy into practice with the sector
- Informing future policy
- Researching what practice works, testing, then implementing
- Developing data
- Change agents
- Systematic national lead solutions



2 key documents





- NZ has
OECD

in the



- Sometimes
suicidal
be taken

think about
couldn't



- Young
are in

rates



- Patients
no more
else?



ms are
one

- You can attempt

0





image via TheRiskAlliance.com





CHAT: Case-finding & 'Help' Assessment Tool

Lifestyle & mental health screening assessment tool for use in primary care

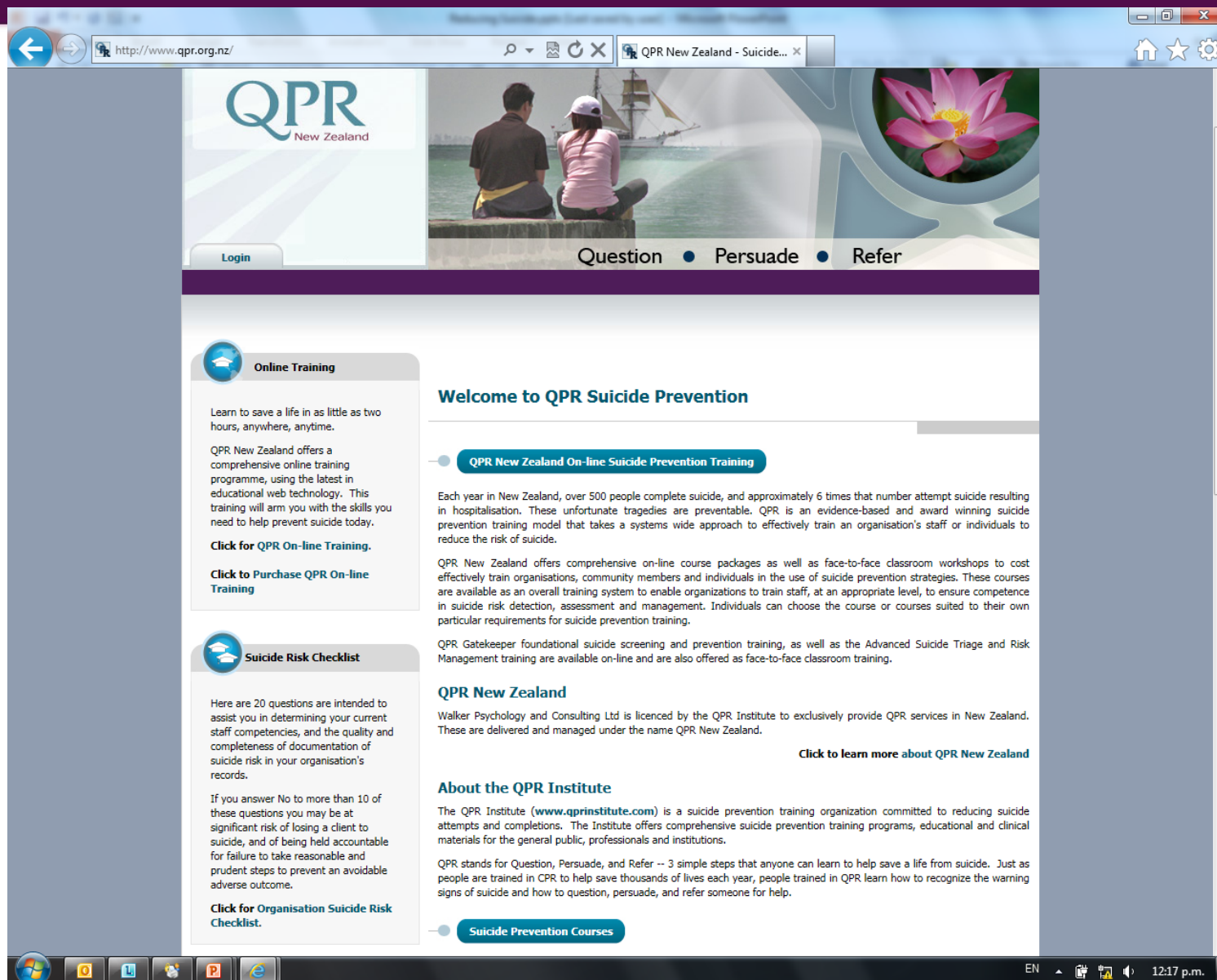
- Smoking
- Alcohol misuse
- Other drug misuse
- Problem gambling
- Depression
- Anxiety
- Exposure to abuse
- Anger control
- Physical inactivity

eCHAT

- Automatic diagnostic tool if CHAT item +ve
 - ASSIST for Smoking, Drinking, Other drugs use
 - PHQ-9 for Depression
 - GAD-7 for Anxiety
- Report at point of care gives summary results, scores and interpretation

- After screening.....
- Diagnose .. Establish acuity
- Identify a support
- Offer community resources
- Follow-up- PN phone call/text/rebook
- Appropriate online resource
- **INSTILL HOPE**





http://www.qpr.org.nz/ QPR New Zealand - Suicide...

QPR
New Zealand

Login

Question • Persuade • Refer

Online Training

Learn to save a life in as little as two hours, anywhere, anytime.

QPR New Zealand offers a comprehensive online training programme, using the latest in educational web technology. This training will arm you with the skills you need to help prevent suicide today.

[Click for QPR On-line Training.](#)

[Click to Purchase QPR On-line Training](#)

Suicide Risk Checklist

Here are 20 questions are intended to assist you in determining your current staff competencies, and the quality and completeness of documentation of suicide risk in your organisation's records.

If you answer No to more than 10 of these questions you may be at significant risk of losing a client to suicide, and of being held accountable for failure to take reasonable and prudent steps to prevent an avoidable adverse outcome.

[Click for Organisation Suicide Risk Checklist.](#)

Welcome to QPR Suicide Prevention

QPR New Zealand On-line Suicide Prevention Training

Each year in New Zealand, over 500 people complete suicide, and approximately 6 times that number attempt suicide resulting in hospitalisation. These unfortunate tragedies are preventable. QPR is an evidence-based and award winning suicide prevention training model that takes a systems wide approach to effectively train an organisation's staff or individuals to reduce the risk of suicide.

QPR New Zealand offers comprehensive on-line course packages as well as face-to-face classroom workshops to cost effectively train organisations, community members and individuals in the use of suicide prevention strategies. These courses are available as an overall training system to enable organizations to train staff, at an appropriate level, to ensure competence in suicide risk detection, assessment and management. Individuals can choose the course or courses suited to their own particular requirements for suicide prevention training.

QPR Gatekeeper foundational suicide screening and prevention training, as well as the Advanced Suicide Triage and Risk Management training are available on-line and are also offered as face-to-face classroom training.

QPR New Zealand

Walker Psychology and Consulting Ltd is licenced by the QPR Institute to exclusively provide QPR services in New Zealand. These are delivered and managed under the name QPR New Zealand.

[Click to learn more about QPR New Zealand](#)

About the QPR Institute

The QPR Institute (www.qprinstitute.com) is a suicide prevention training organization committed to reducing suicide attempts and completions. The Institute offers comprehensive suicide prevention training programs, educational and clinical materials for the general public, professionals and institutions.

QPR stands for Question, Persuade, and Refer -- 3 simple steps that anyone can learn to help save a life from suicide. Just as people are trained in CPR to help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of suicide and how to question, persuade, and refer someone for help.

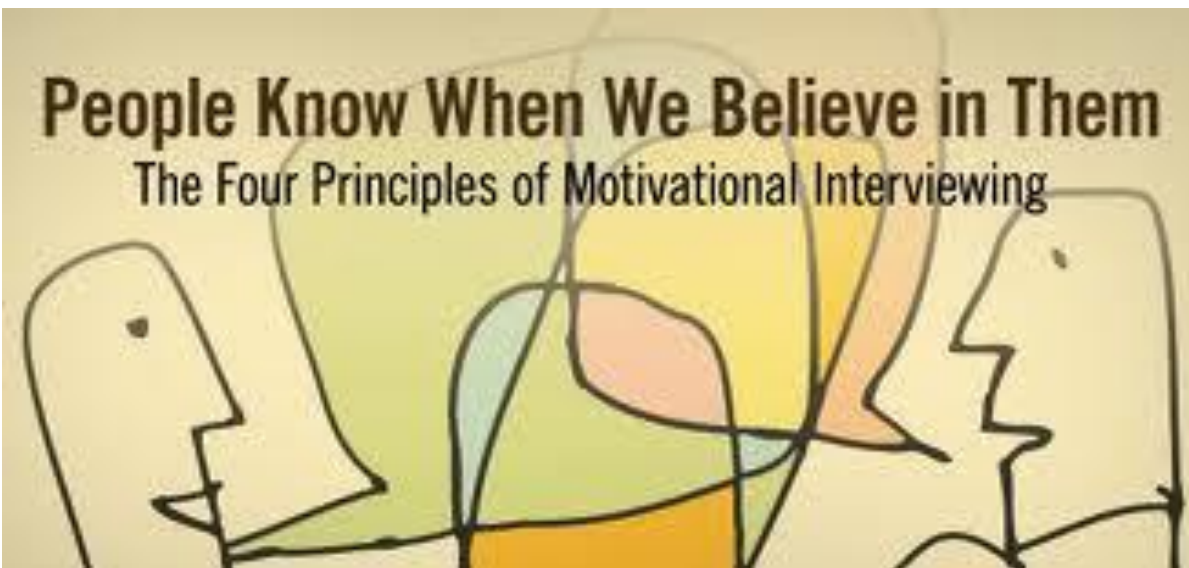
Suicide Prevention Courses

Online resources

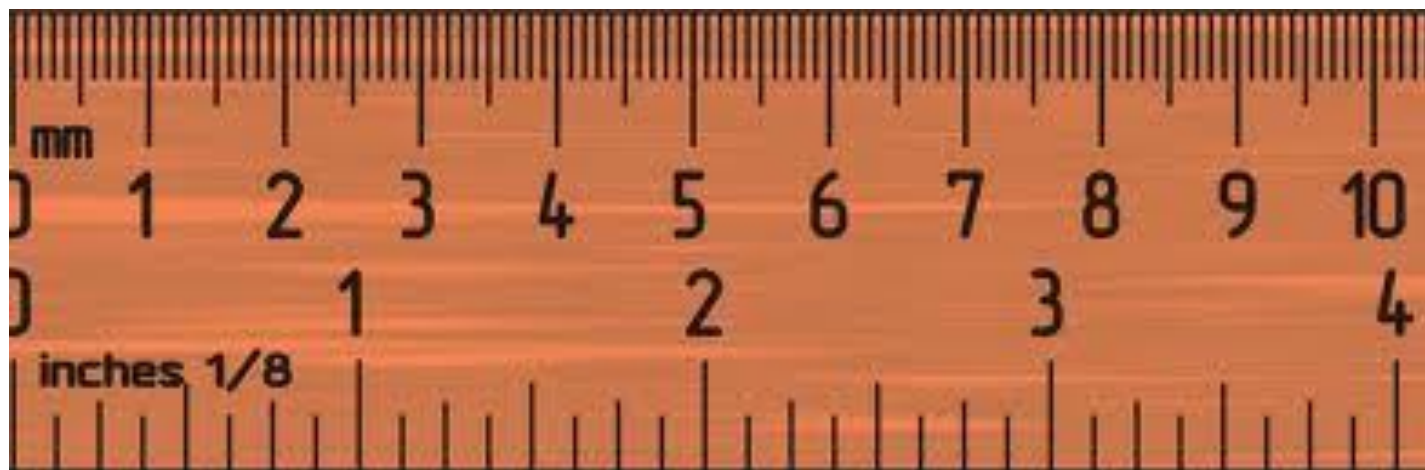
- www.beatingtheblues.co.nz e therapy CBT
- www.depression.org Sir John Kirwan resource
- www.thelowdown.co.nz for young people
- www.spinz.co.nz Information
- www.beyondblue.org.au/ Australia site 24/7
- www.calm.auckland.ac.nz Self help website - managing stress, anxiety and depression
- www.beehive.govt.nz/release/mood-diary-smart-phone-app-released apple app developed for Phobic Trust

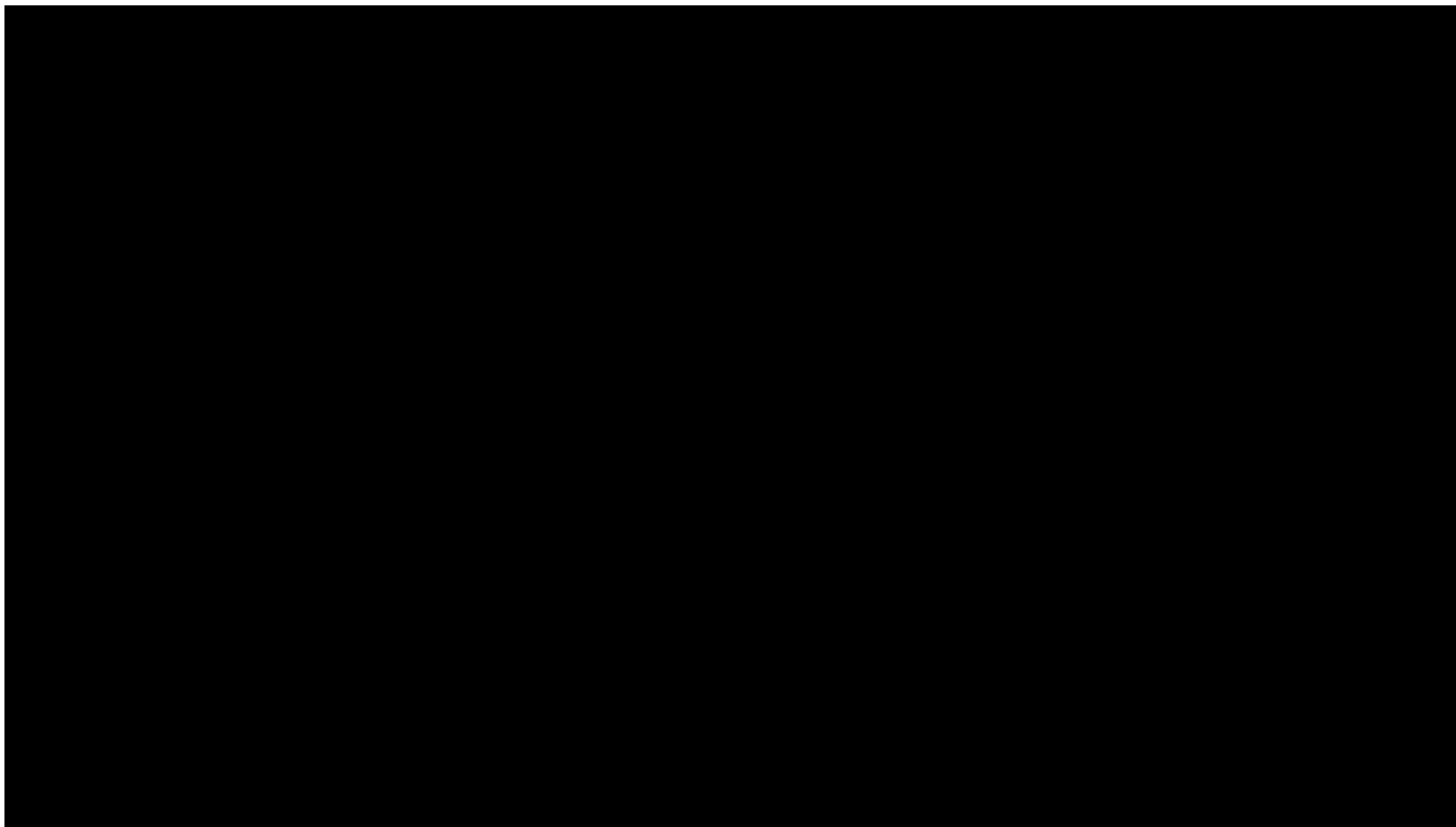
People Know When We Believe in Them

The Four Principles of Motivational Interviewing



Readiness Ruler





In review

- <http://www.health.govt.nz/publication/identification-common-mental-disorders-and-management-depression-primary-care>

