

**CORES**

**Community**

**Response to Eliminating**

**Suicide**

The **CORES** Journey  
Implemented in Kentish in  
2003.

In June 2007

*Kentish Regional Clinic Inc.*

Was formed and now trades as

**CORES** Australia

**1 in 12 people have thoughts of  
suicide**

**One in 5 people suffer depression**

**More people die from suicide in  
Australia than are killed in road  
accidents every year**

**2010 Australian of the Year Professor  
McGorry has indicated  
1 person dies from suicide every  
4 hours and**

Winner  
Tasmanian Life Awards  
Red Herring Surf Positive  
Partnership Award 2007

&

Honourable  
Mention

Suicide Prevention  
Australia Awards



# The Aims

The **CORES** Package

will develop the skills and confidence of community members to intervene in suicide and hence assist in the development of a community's capacity to eliminate suicide.

# The Philosophy

*“The more people from within a community who complete the training , the less likelihood there is of someone at risk not receiving help.*

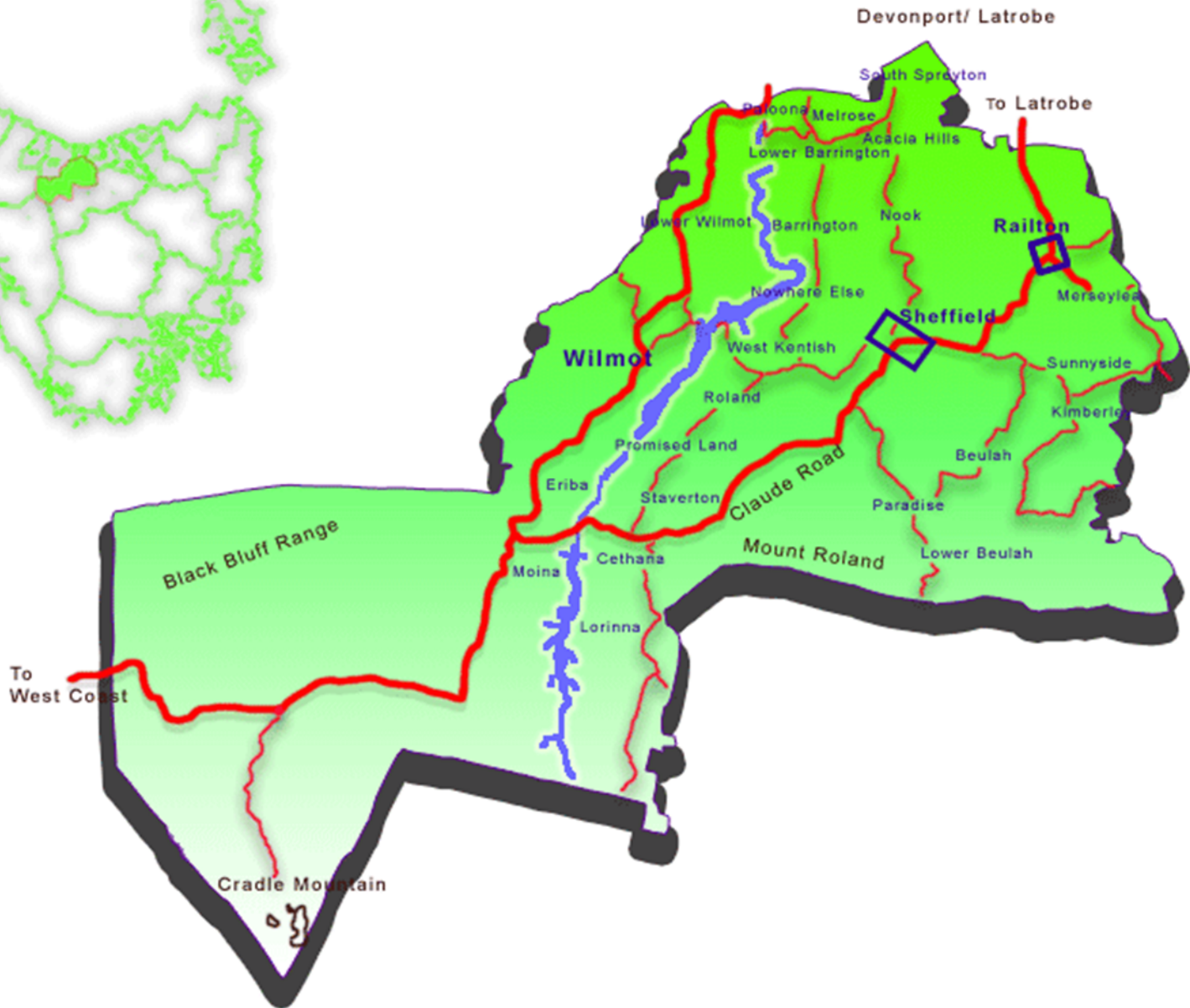
*It empowers communities to watch out for each other”*

# CORES Australia

Not for profit

Non Government

Community Organisation





# The Eleven CORE Principles of the Program

- 1 There has to be a **S**ENSE of Community.
- 3 Communities have to **W**ANT the program.
- 4 Communities have **O**WNSHIP of their direction and outcomes.
- 5 Communities are the **O**RIGINATORS of their own capacity and inclusion.
- 6 Communities are **P**REPARED to participate.

# The Eleven CORE Principles of the Program

- 6 KRC is not a Service Provider.
- 7 Communities are not made up of clients, customers or consumers.
- 8 Communities are made up of people who are willing to take action.
- 9 Therefore, as KRC does not have any clients, customers or consumers, it works with people in a unique relationship.

# The Eleven CORE Principles of the Program

- 10 It doesn't matter if KRC no longer exists, what has been passed on, can and will live on into the future, championed by people in the community.
- 11 The issue of suicide and suicide thoughts for our program is about Emotional Health, not Mental Health.

# The outcome of the Principles

When we are engaging with the community, it is about their emotional health and well being and for them to be able to monitor the emotional health and well being of their family, friends and community,

**this can saves  
lives**

**T**ogether

**E**veryone

**A**chieves

**M**ore



# **Our Journey from 2004**

**Kentish (T)2003**

**Circular Head (T)2005**

**Donald (V) August 2007**

**Burdekin (Q) July 2008**

**West Tamar (T) December 2008**

**Central Coast (T) February 2009**

**Kingborough/ Huon (T) February 2009**

**Meander Valley (T) February 2009**

**Dorset 12<sup>th</sup> March (T) 2009**

**Central Highlands (T) April 2009**

**Southern Midlands (T) June 2009**

**Eyre Peninsula (SA) 2009**

**Glamorgan Spring Bay (T) December  
2009,**

**Burnie (T) March 2010**

**Waratah-Wynyard (T) 2010**

**Whittlesea (V) August 2010**

**Townsville (Q) September 2010**

**Glenorchy City Council (T) 2009**

**Kangaroo Island (SA)**

**Hinchinbrook (Q) 2009**

**Success Works (V) 2011**

**University of Tasmania (T & NSW)  
2010**

**(Student Doctors, Paramedics Pharmacist)**

**Devonport/Latrobe (T) 2011**

**Hay (NSW) 2012**

**Riverland (SA) 2012**



## A Brief History...continued

**4204** people have completed  
One Day Course

**152** team leaders

**2012 - 749**

**2011 - 897**

**2010 - 821**

**2009 - 857**

**2008 - 462**

**2007 - 98**

**2003 to 2006 - 269**

- **We believe by raising awareness of the individual the whole community benefits.**
- **We believe in working together from the ground up.**
- **We believe in looking after our community.**
- **We believe we don't have to lose so many of our loved ones.**
- **We believe everyone is capable of saving a life.**

# Community Consultation

- Participate in a Community Meeting
- Establish Steering Committee
- Organize 2 to 3 One Day Courses (ODC)
- Conduct a Community Launch
- Train 4 Team Leaders to deliver ongoing One Day Courses

- Establish the CORES Kentish team which is made up of the Team Leaders and ODC participants
- Organise monthly Team Meeting dates, and
- Receive 12 months of ongoing support from CORES Australia or support in training up to 160 ODC participants,

# CORES 1 Day Course

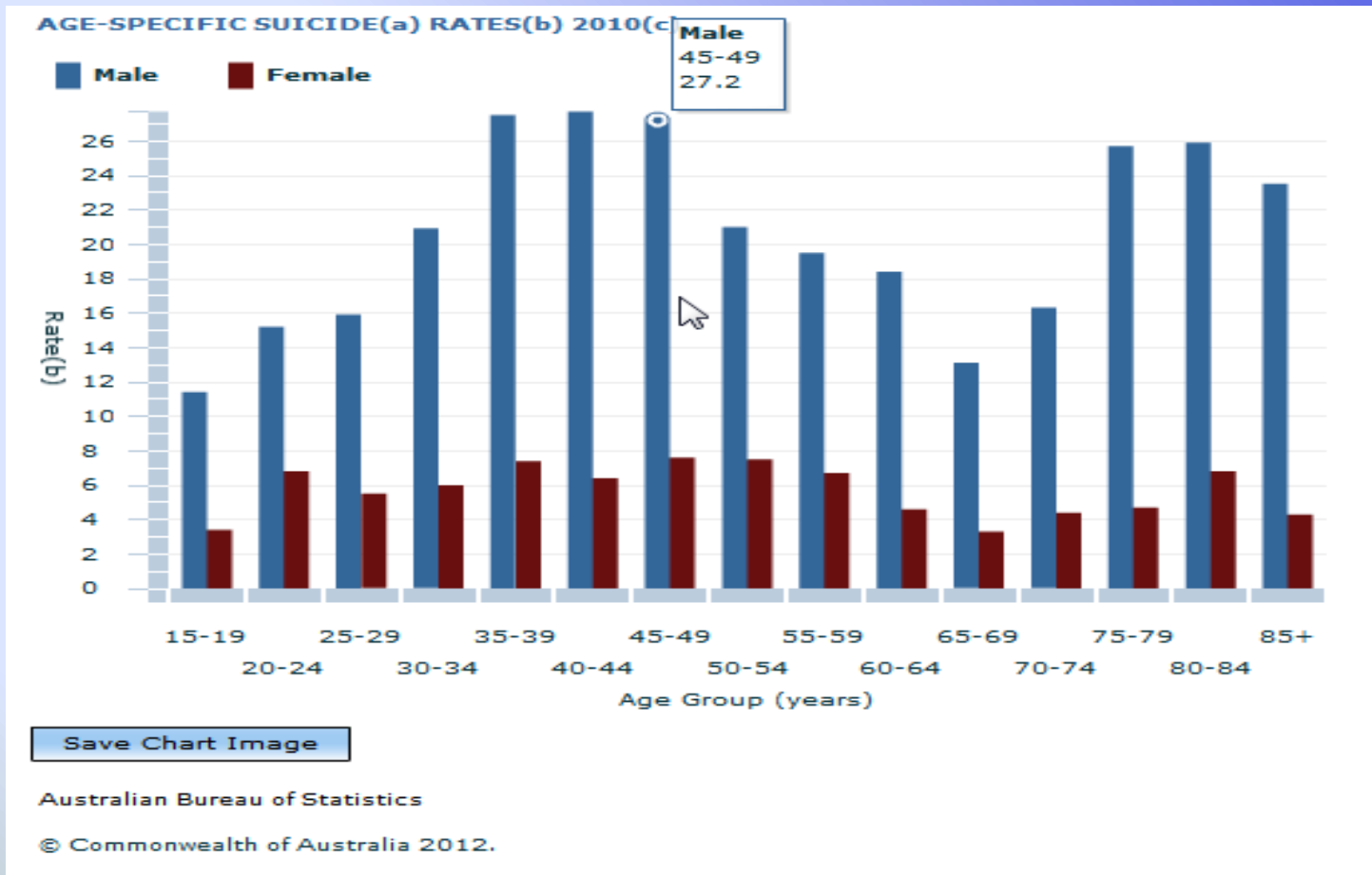
- Introduction to suicide.
- Exploring suicidal thoughts and behaviours.
- Looking for signs and indicators.
- Assessing the level of risk. (ABCD)
- Considering appropriate interventions.
- Finding and using community resources.

# Community Attitudes

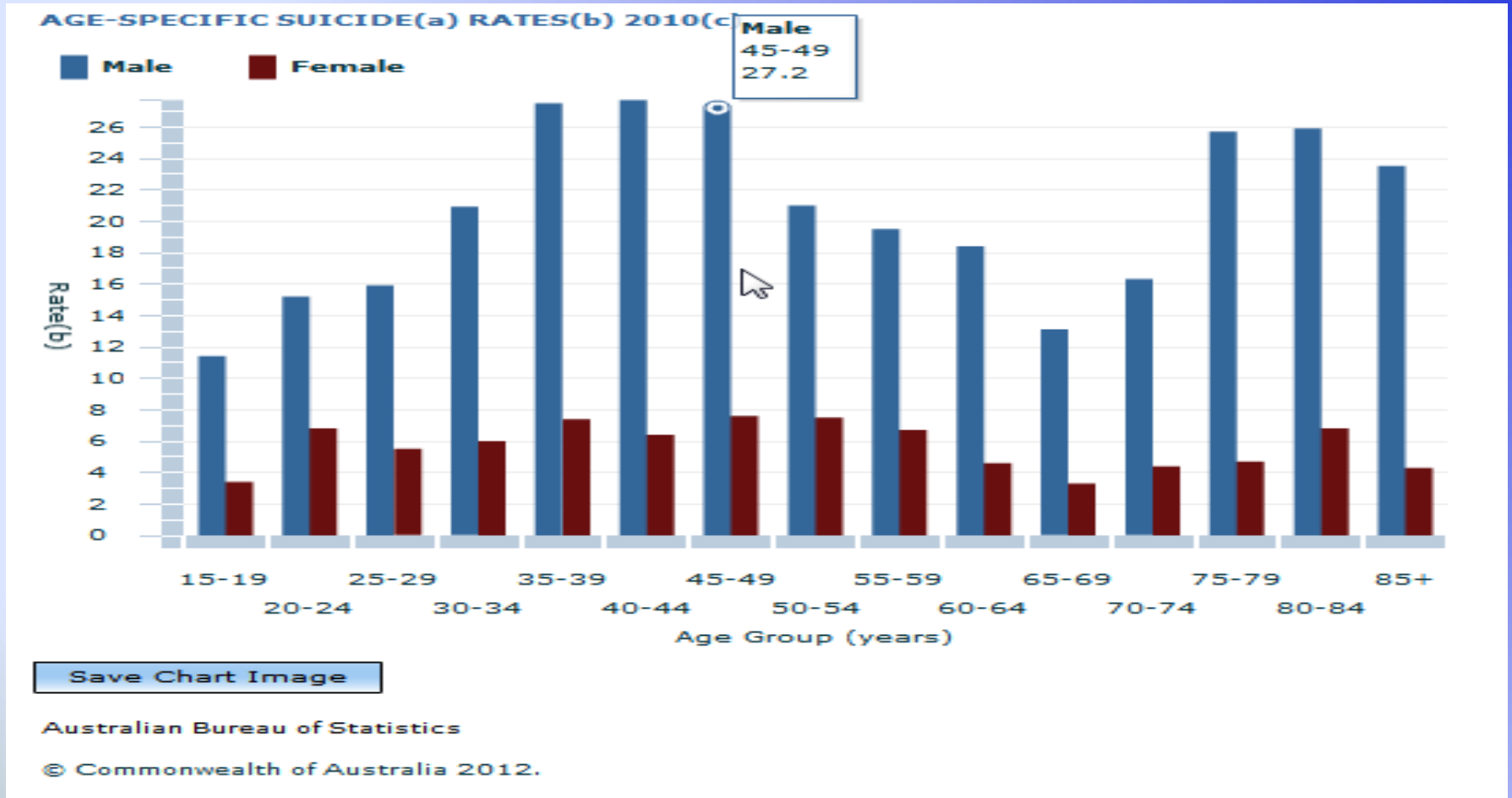
- People who talk about suicide won't do it.
- Suicidal people are intent on dying
- Once people are suicidal, they always will be, and they are beyond help.

# Statistics

## Male – Female 2010



# Age Specific Suicide Rates 2010



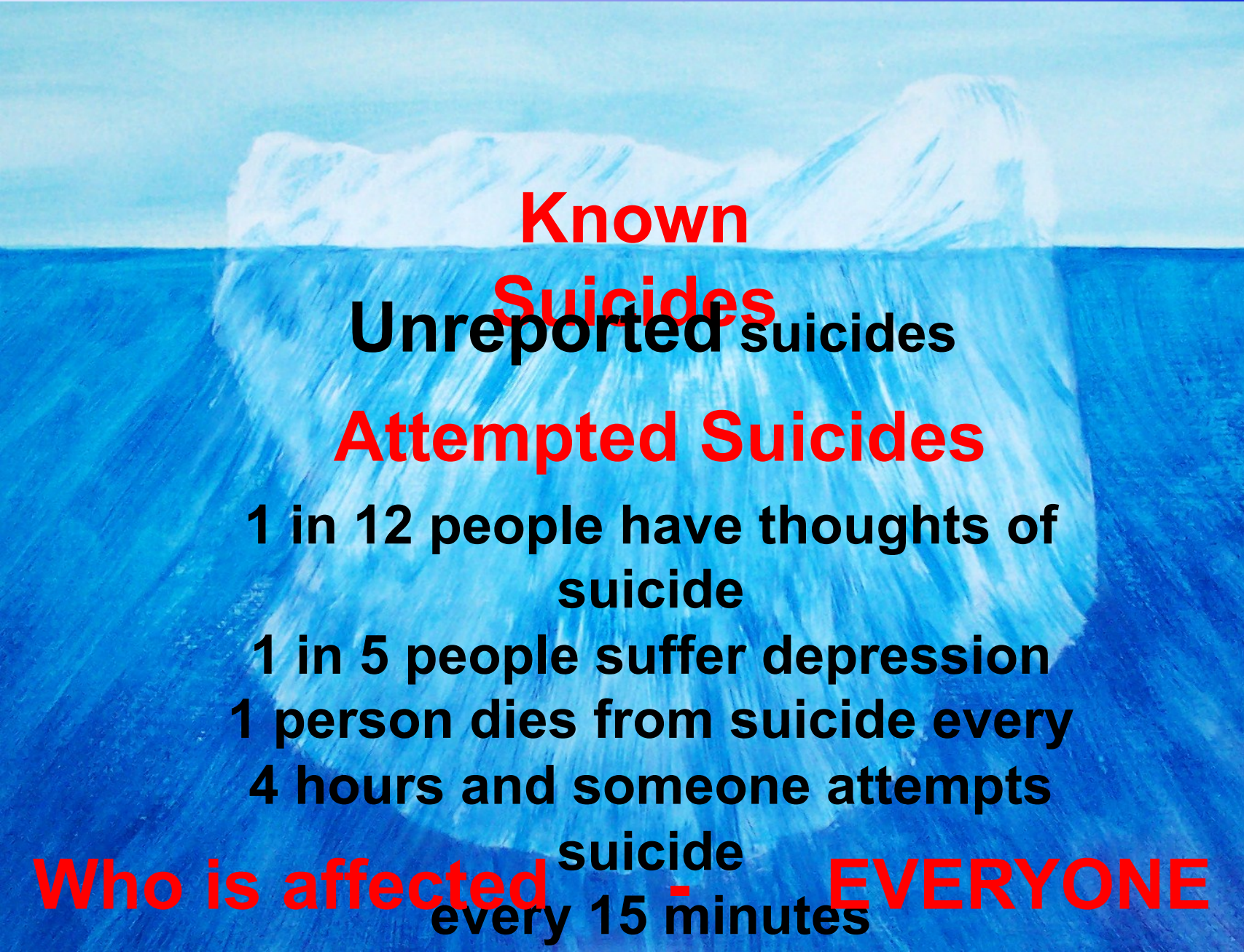
Rates per 100,000 population.



# **Suicide Statistics**

## **Just the Tip of the Iceberg**



An iceberg floating in the ocean, with a small portion visible above the water surface and a much larger portion submerged. The text is overlaid on the image.

**Known  
Suicides**

**Unreported suicides**

**Attempted Suicides**

**1 in 12 people have thoughts of  
suicide**

**1 in 5 people suffer depression**

**1 person dies from suicide every  
4 hours and someone attempts**

**suicide**

**Who is affected**

**every 15 minutes**

**EVERYONE**

# 40X

**A person who has attempted  
suicide**

**Or**

**Known a significant other who  
has completed suicide is 40  
times more likely to attempt**

Source Ettliger, 1964; Usden, 1996 and Tanney and Motto 1990

**or attempt again**

# River of Risk

## 1. TRIBUTARIES

Contributing risk factors, persistent and consistent with **Loss and aloneness**

## 2. THE DAM WALL

Coping skills. Resources, supports

## 3. THE RIVER OF RISK

Thoughts of suicide

## 6. WATER FALL

Self harm or Death by **Suicide**

## 4. FAST CURRENTS

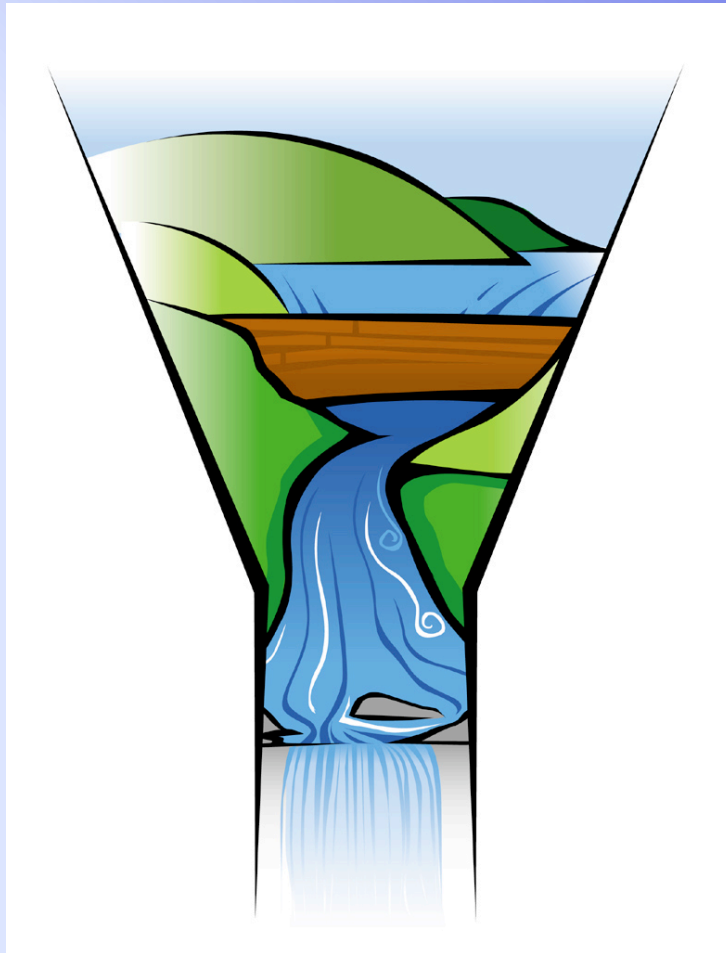
1 in 10 quickly move from thought to action

## 5. EDDIES

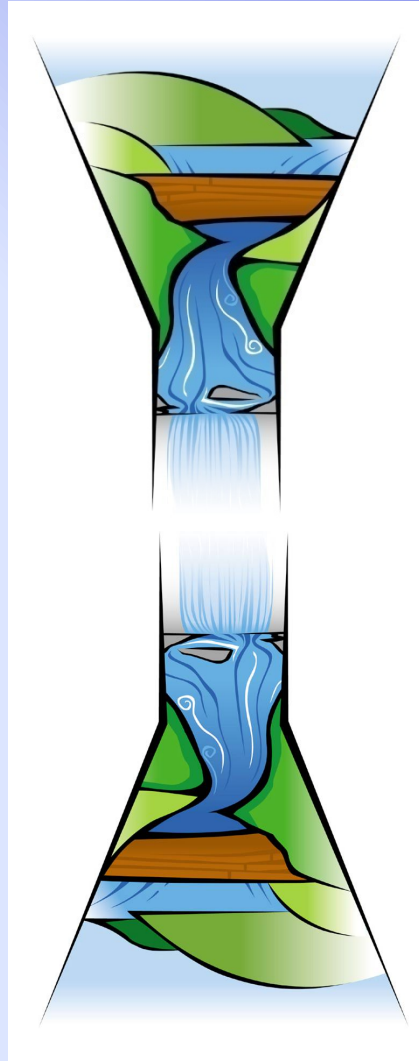
Moving closer and further away from suicidal action



# Funnel Vision



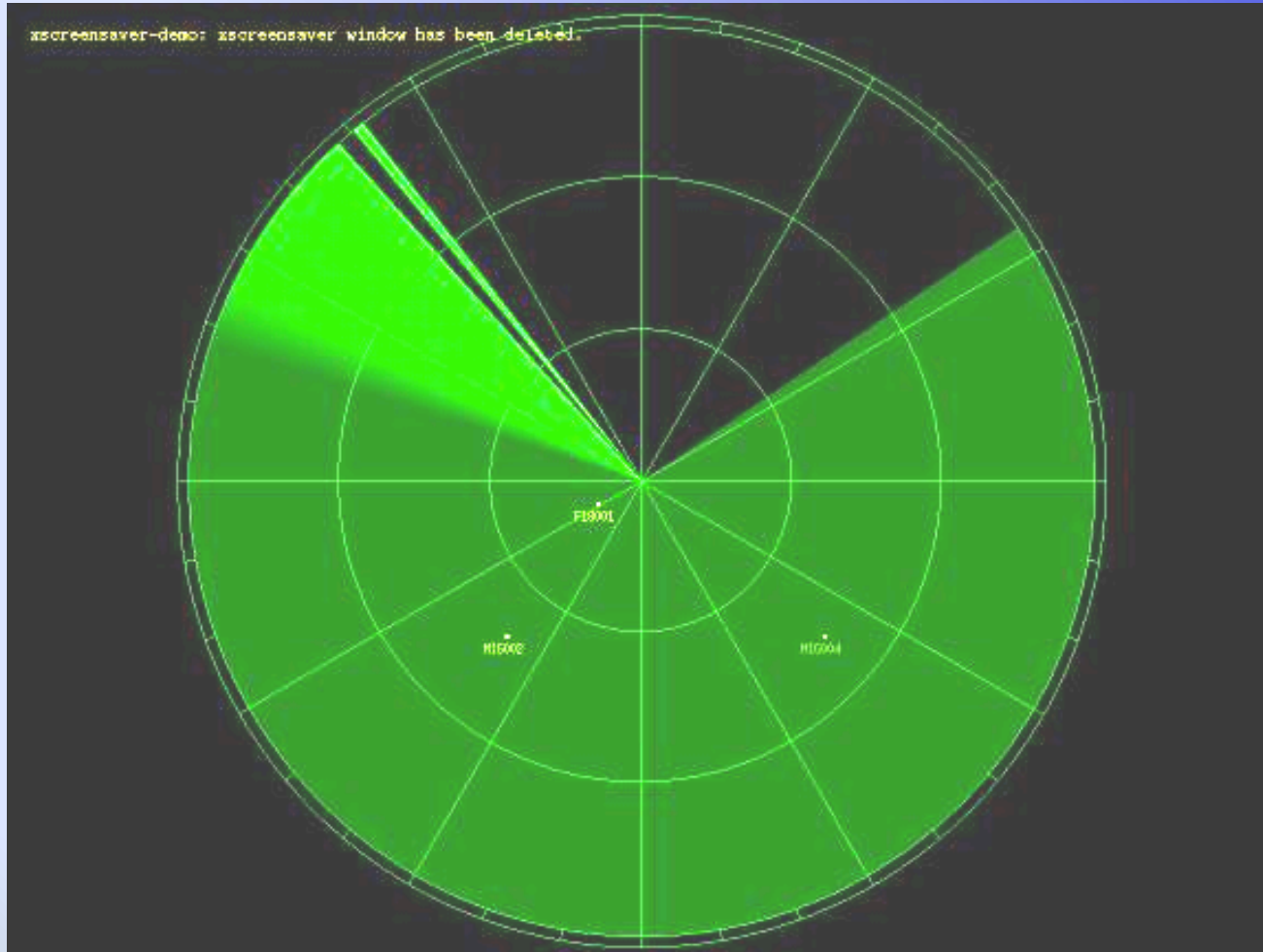
# Inverted Funnel Vision



# Flags



# Radar





# CORES™ Wallet Card

**CORES™**

**Tributaries:** overwhelming stresses  
**Flags:** signs/indicators  
**Ask:** the question  
**Behaviour:** suicide history (40X)  
**Current Plan:** how, when, where  
**Dam:** coping resources  
Low    Medium    High


**STRATEGIES:**

- Agreements
- Referrals
- 
- 
- 
- 

**CORES™**      **Wallet Card**

**Community Response to Eliminating Suicide**

**RIVER OF RISK**



**RESOURCES**

- Lifeline 13 11 14
- 
- 
- 
- 
- 
-

# Assessing Risk

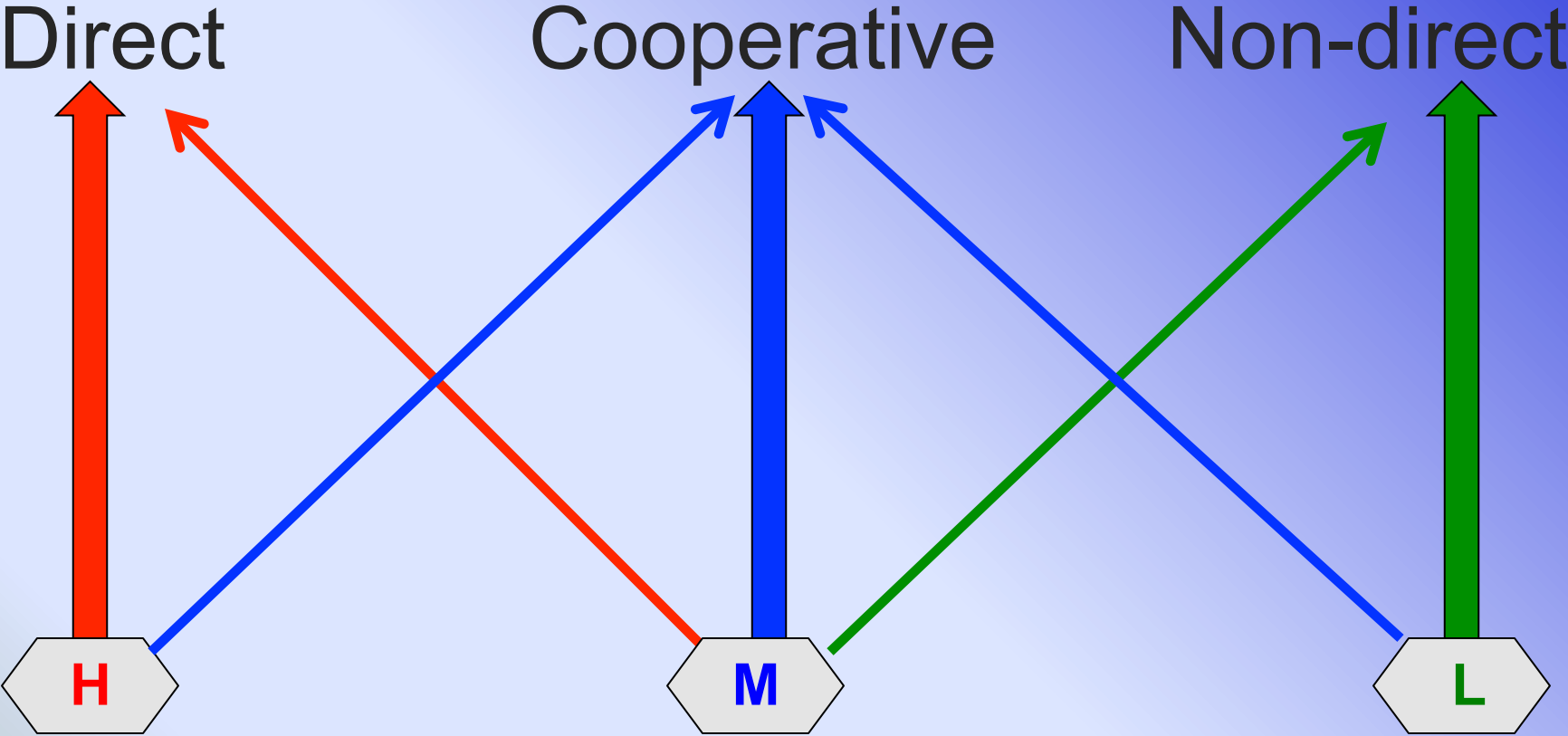
**A** – Ask the Question

**B** – Behaviour 40X

**C** – Current Plan How – When -  
Where

**D** – Dam Coping, Supports,  
Resources

# Interventions



Risk Assessment

# Agreements

Sometimes called contracts

Verbal or written

Realistic

Clear Boundaries

# Resources

Emergency

24 hour

9 am to 5 pm Business hours

Community based

# Quotes External Report

- My expectations were well met. The information provided will come in very handy in my current employment and to help me understand and move on from a personal experience with suicide. (Townsville)
- Yes. The course was exactly what I had hoped for, giving me insight into how to engage with people who I am concerned about. (Ingham)

# Quotes External Report

- Yes they were exceeded, valuable resource and training for any community (Kinglake)
- Better than expected. Learnt much from the sharing. Felt it was relevant as a future medical practitioner and member of society. (UTAS Med Student)
- Met & exceeded. It's a fantastic course that I believe should be run by all schools & universities. (Paramedic Student Sydney)

*Quote from the External Evaluation  
September 2009*

*The 'black funnel' initiative was especially powerful and gave me more insight into how my son must have been feeling before he took his life.*

*While the course was confronting and (for me) emotional, the information and understanding I gained has definitely helped me in dealing with my loss*

*(CORES training participant, Personal Story).*



# Has Suicide Been Reduced In **CORES** Communities?

Sufficient responses were received to demonstrate that CORES had in fact averted possible suicides, with a number of people identifying others at significant risk and able to divert them into appropriate services.

It is apparent then that individuals are able to utilise the basic skills that they acquired through their one-day training in 'real life' situations.

This is critical and in many ways can be considered

# Interventions

387 Recorded Interventions

Facebook CORES Australia

Website [www.cores.org.au](http://www.cores.org.au)

# Our Message

TEAM

Together Everyone Achieves More

Rural communities can look after each other

**One of the Greatest things  
we can do as humans  
is to be,  
somehow responsible  
for saving another human life.  
But something greater than  
this is:**

**To be somehow responsible  
for saving a life of  
somebody whom:**

**We don't know and;**

**We are never likely to meet.**

**This is something truly great.**

**This is what the**

**CORES** program is about

# CORES

Does the program work?

Is it effective?

*“The training it provided me with  
saved my daughter’s life.”*

Thank you for your  
time

Any Questions