

# CORES™ Australia

## Community Response to Eliminating Suicide

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### Suicide Prevention Training

**“One in four young people experience a mental health condition and suicide is the leading cause of death for Australians aged 15 to 24.” Beyond Blue, 2019**

#### History and Overview:

The Community Response to Eliminating Suicide (CORES) training program was developed in the rural community of Kentish, in Tasmania and has been operating since 2003 within Tasmania. It was developed by the community with ‘Lived Experience’ people being an important part of the development. Volunteer Peer Workers were trained to deliver the one-day course and this provided sustainability of the program. Simultaneously, a CORES Network was set up in each target area, driven by those volunteer Peer Workers who engaged local service providers to support the Network. In 2007 Kentish Regional Clinic Inc. was formed to manage the CORES program and it was at this time the program became national.

In 2008, the first training took place in the Shire of Burdekin, north Queensland, with the Burdekin and Hinchinbrook Networks established in 2009. A Coordinator was employed in 2011 and the following Networks were established: Innisfail, Charters Towers, McKinlay/Cloncurry, Whitsundays, Central Queensland, Wide Bay and Sunshine Coast, Townsville and Palm Island. Over 4000 people have been trained in Queensland.

Networks have also been established in Riverland, South Australia and Hay, New South Wales.

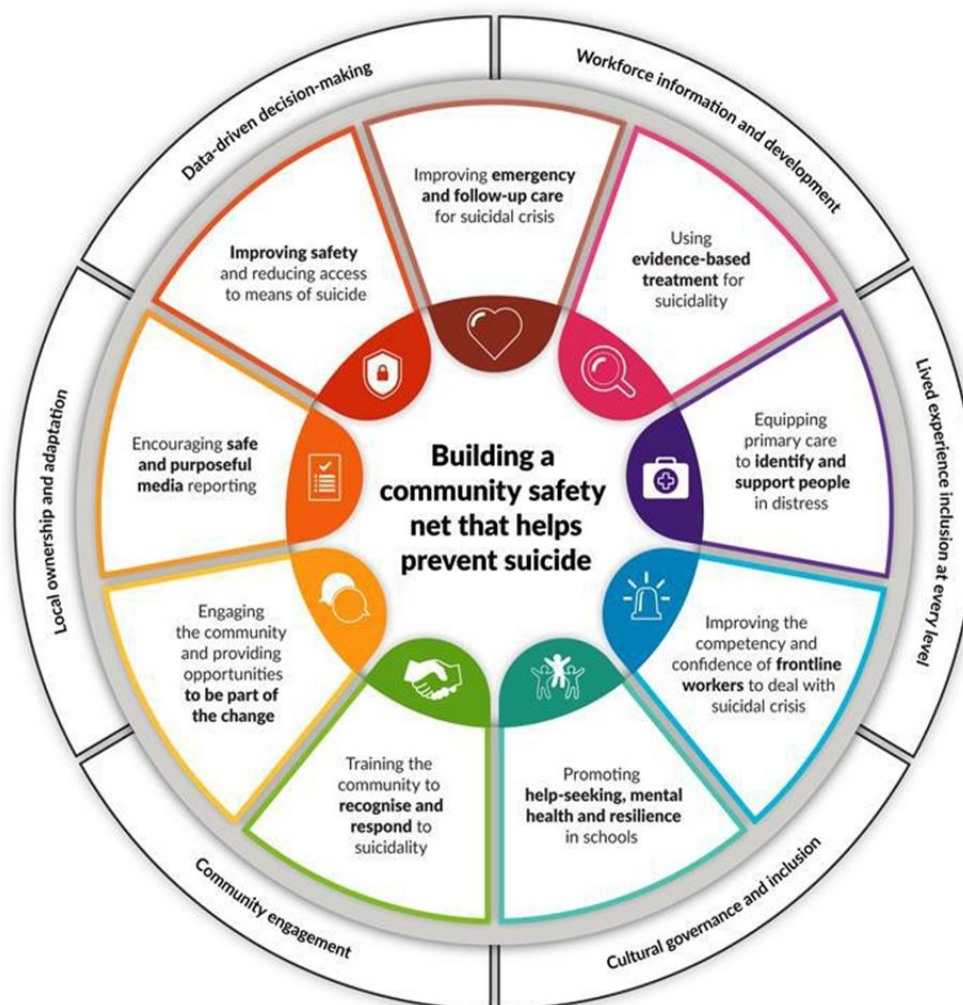
#### Purpose of the CORES Training:

The training is designed to provide individuals and communities with essential skills and resources required to identify and respond to a person at risk of suicide.

#### Aims:

- Recognise the warning signs of suicide
- Support the person at risk to develop their own safety plan and access the appropriate services
- Promote help-seeking behaviour before a crisis occurs
- Every participant in the training has the opportunity to look at their own stresses and struggles in life and develop their own self-care strategies and safety plan

The key functions of the CORES model are consistent with the Black Dog Institutes Lifespan Integrated Suicide Prevention Model 2016.



### CORES One Day Program Outline:

- Introduction to suicide (statistics and stigma).
- Exploring suicidal thoughts and behaviours.
- Looking for signs and indicators.
- Assessing the level of risk.
- Considering appropriate interventions.
- Drawing up agreements.
- Finding and using community resources.
- Evaluation Questionnaire.

### Curriculum Links:

Links directly to the Personal, social and community health strand within the Health and Physical Education (HPE) Curriculum.

- Sub-strand: Being healthy, safe and active – Help-seeking;

- Plan, rehearse and evaluate options (including CPR and first aid) for managing situations where their own or others' health, safety and wellbeing may be at short or long term risk (ACPPS091).
- Sub-strand: Communicating and interacting for health and wellbeing – Interacting with others;
  - Investigate how empathy and ethical decision making contribute to respectful relationships (ACPPS093).
- Understanding Emotions;
  - Evaluate situations and propose appropriate emotional responses and then reflect on possible outcomes of different responses (ACPPS094).
- Sub-strand: Contributing to healthy and active communities – Community health promotion;
  - Plan, implement and critique strategies to enhance health, safety and wellbeing of their communities (ACPPS096).

### **Mental Health and Wellbeing - HPE Focus Area**

- Helps to reduce the stigma associated with suicide and mental illness within the community.
- Helps facilitate an open discussion of what most consider an uncomfortable topic.
- Promotes support resources within the community.
- Develops knowledge, understanding and skills to manage mental health and wellbeing.
- Promotes resilience and self-care skills.

### **Target Audience:**

Students aged 15 years upwards.

### **Duration:**

One day: 9am – 3pm with breaks scheduled to coincide with each schools' regular timetable.

### **Resources Required:**

- Adequate size training room for the number of participants.
- Whiteboard, projector and screen or Smartboard.

### **Cost:**

6 - 10 people \$950 per day inc GST

10 - 25 people \$1 250 per day inc GST