

# 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**

#### **Background:**

The Community Response to Eliminating Suicide (CORES) program was developed in Sheffield, Tasmania in 2003. It was developed to address the issue of suicide in the Kentish Region after ten people died by suicide over a three-year period. It was developed by community for community with ‘lived experience’ people involved from the very beginning. Its greatest strength is that it is a peer support model.

In 2007 Kentish Regional Clinic Inc. was formed as a not for profit organisation to manage the CORES program. Now a national organisation, with a main office in Sheffield, Tasmania, the integrity and viability of the CORES Program is governed by a Board of Directors.

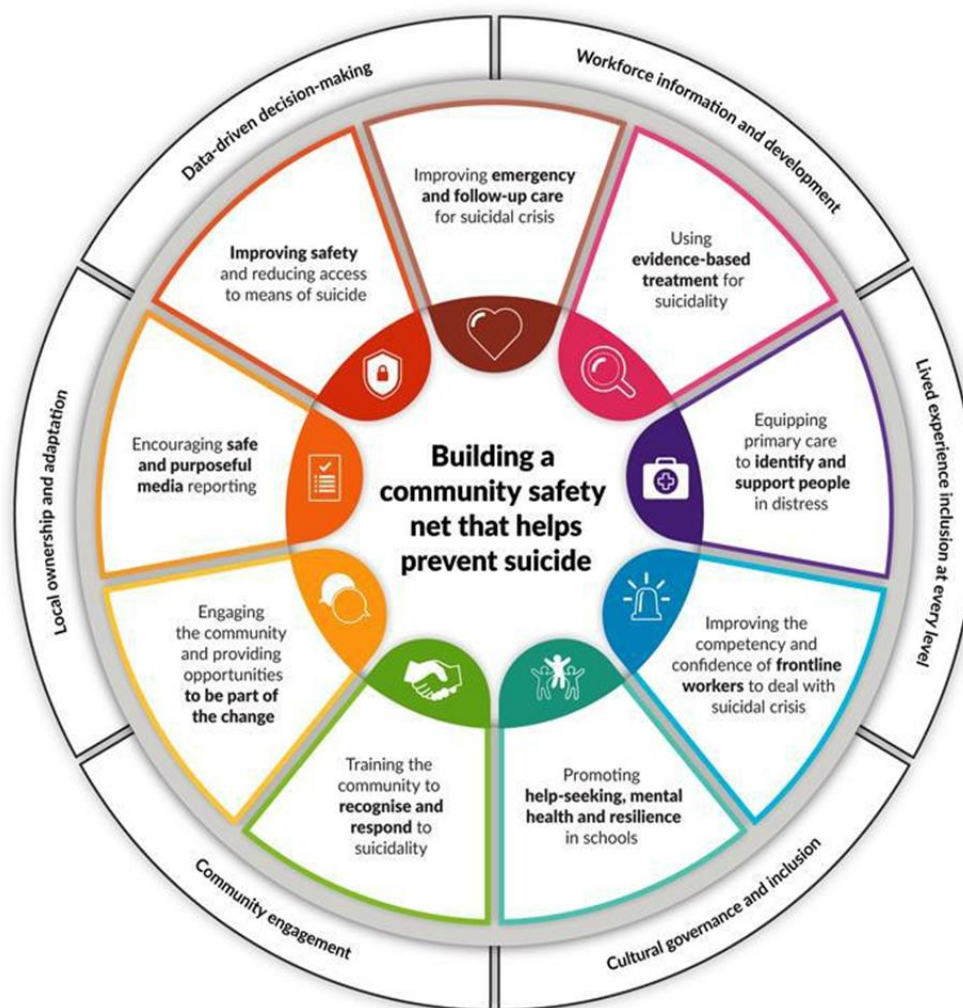
#### **Purpose of the CORES Training:**

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