



COmmunity Response to Eliminating Suicide

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Suicide Prevention Training Facilitated by CORES Australia

Tasmania has the HIGHEST rate of SUICIDE of WOMEN and the SECOND HIGHEST SUICIDE rate of MEN in Australia

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, for the community, and people with 'Lived Experience' were involved from the onset. Volunteer Peer Facilitators 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 Facilitators who engaged community members and local service providers to support the Network.

In 2007 Kentish Regional Clinic Inc. (KRC) was formed to manage the CORES program and it was at this time the program became national. KRC consists of a National Board of Directors governing the integrity and viability of the CORES program including the contents of the CORES PowerPoint and Facilitator manual. Any changes to the CORES PowerPoint or manual can only be made by the Executive Officer, in consultation with the Coordinator and Facilitators, which is then approved by the KRC Board.

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 Training:

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

Aims

- To recognise the warning signs of suicide
- To learn how to support a person at risk to access appropriate services and to develop their own safety plan
- To promote help-seeking behaviour before a crisis occurs
- For each participant to identify and develop their own self-care strategies and personalised safety plan

Benefits for Community and Organisations:

- Recognises suicide as a community health issue
- Reducing the stigma associated with suicide
- Facilitates an open discussion on a topic many consider uncomfortable
- Encourages communities to become supportive, healthy and well-connected
- Increases engagement with local communities and families with lived experience of suicide
- Improves knowledge within communities of the impact of suicidal thoughts and suicide in their local community
- Strengthens community and professional networks
- Normalises help-seeking behaviour
- Reduces turnover and absenteeism by increasing employee morale
- Develops a sense of community in the workplace
- Reduces the rates of suicide and encourages early help-seeking behaviour

Target Audience

Whole Communities - All community members will benefit from this training

This training is designed for all members of the community from 15 years of age and upwards, including individuals, groups, schools and organisations.

Duration

One day: 9am – 4.30pm

Resources

- Adequate size training room for the number of participants
(Training is provided at a pre-organised venue/location)
- Whiteboard and projector
- Lunch to be supplied by the organisation or participants BYO

Cost

6 - 10 people \$1000 per day inc GST

11 - 25 people \$1250 per day inc GST

Other Expenses (Where Required)

Travel, Accommodation, Meals, Airfares

Expressions of Interest

For further information please email: sharoneo@kentishrc.com.au