

# 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, 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.

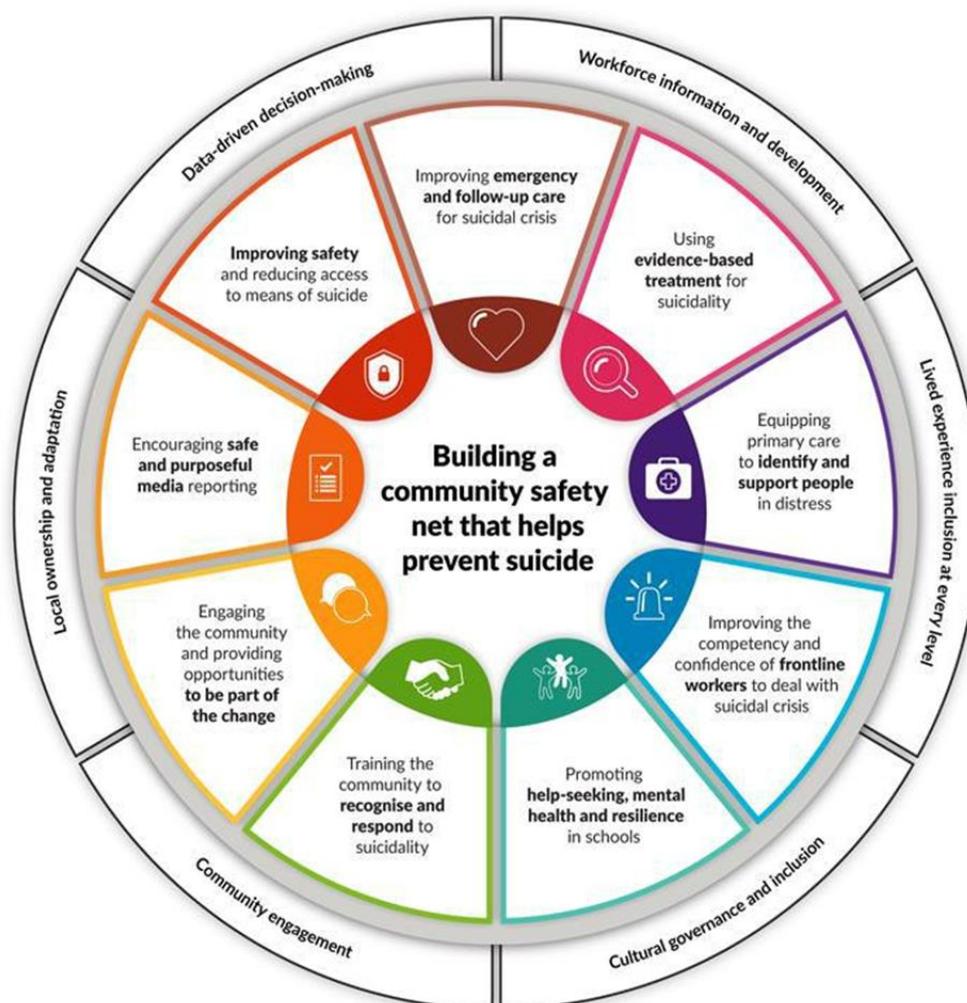
#### **Purpose of the Training:**

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.

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).

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

- Mental health and wellbeing and mental health promotion
- Destigmatising mental illness in the community
- The impact of physical, social, spiritual and emotional health on wellbeing
- Resilience and skills that support resilient behaviour
- Coping skills, help-seeking strategies and community support resources
- Networks of support for promoting mental health and wellbeing

### **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 and Smartboard or projector and screen.

### **Cost:**

Limited grant funding is available for students to attend this training.

The cost of this training is normally \$950 per day inc GST for 6 - 10 people and \$1 250 per day inc GST for 10-25 people.