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 SENSE of Community.

3. Communities have to WANT the program.

4. Communities have OWNERSHIP of their direction and outcomes.

5. Communities are the ORIGINATORS of their own capacity and inclusion.

6. Communities are PREPARED 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.
Together
Everyone
Achieves
More
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 12th 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(a) RATES(b) 2010(c)

Male
- 45-49
- 27.2

Female

Rate(b)

15-19
20-24
25-29
30-34
35-39
40-44
45-49
50-54
55-59
60-64
65-69
70-74
75-79
80-84
85+

Age Group (years)

Save Chart Image

Australian Bureau of Statistics
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Age Specific Suicide Rates 2010

Rates per 100,000 population.
Suicide Statistics
Just the Tip of the Iceberg
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 every 15 minutes

Who is affected - EVERYONE
A person who has attempted suicide

Or

Known a significant other who has completed suicide is 40 times more likely to attempt or attempt again.

Source: Ettlinger, 1964; Usden, 1996 and Tanney and Motto 1990
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

4. FAST CURRENTS
1 in 10 quickly move from thought to action

5. EDDIES
Moving closer and further away from suicidal action

6. WATER FALL
Self harm or Death by Suicide
Funnel Vision
Inverted Funnel Vision
Flags

HELP ME
Words
Behaviour
Radar
**CORES™ Wallet Card**

**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**

**RESOURCES**
- Lifeline 13 11 14

**RIVER OF RISK**
Assessing Risk

A – Ask the Question
B – Behaviour 40X
C – Current Plan How – When - Where
D – Dam Coping, Supports, Resources
Interventions

Direct

Cooperative

Non-direct

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 the...
Interventions

387 Recorded Interventions

Facebook CORES Australia

Website 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.
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