



London Family
Court Clinic

Postvention: Supporting
Communities After Suicide

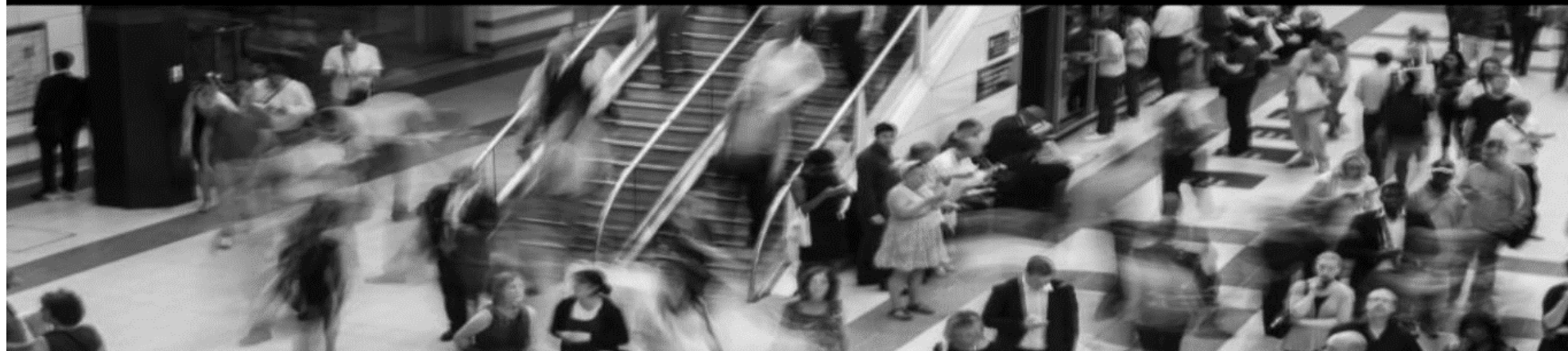


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Suicide Rates in Canada

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Postvention

- Postvention refers to those activities and processes that occur after a suicide has taken place
- Includes the skills and strategies for taking care of yourself or helping others after the experience of suicidal thoughts, attempts, or death.
- Research suggests that surviving both are uniquely impacted when a young person dies by suicide (Swanson and Colman, 2013)





What is Postvention?

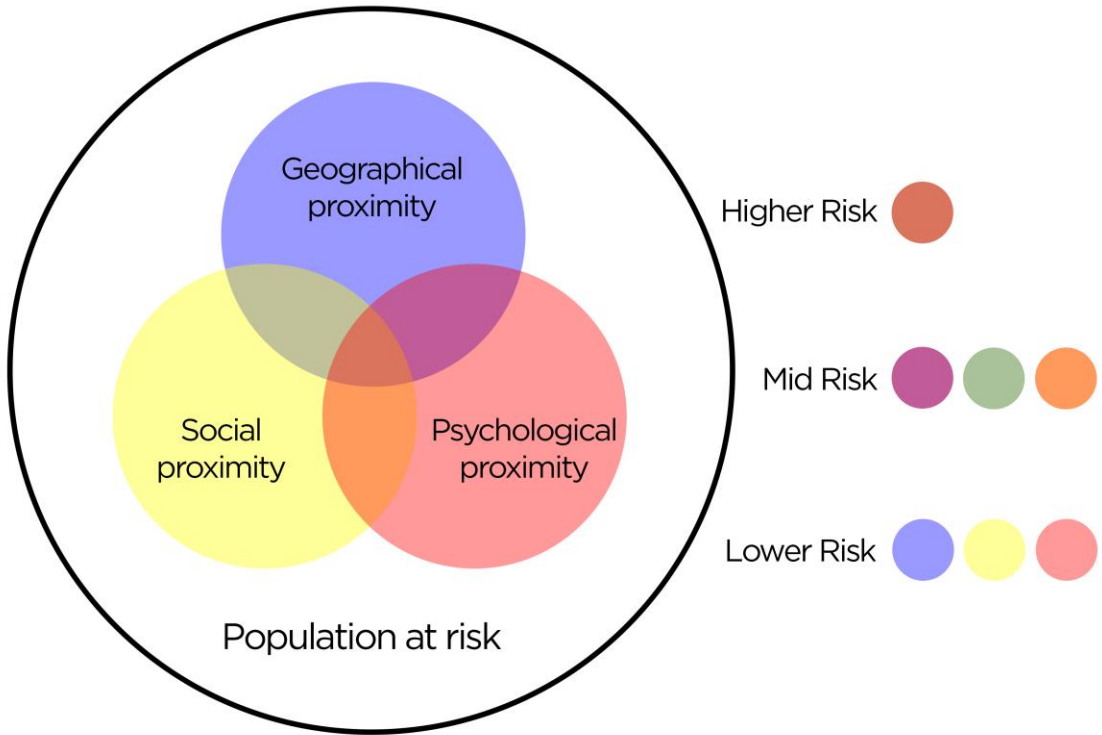
The term 'postvention' is often used in the suicide postvention field to describe an organized response in the aftermath of a suicide to accomplish any one or more of the following:

- To facilitate the healing of individuals from the grief and distress of suicide loss
- To mitigate other negative effects of exposure to suicide
- To prevent suicide among people who are at high-risk after exposure to suicide

Postvention is...

An intentional strategy to reach out to youth. It is not a passive response where we wait for youth to self-identify and seek support independently.

Proximity



Contributing Factors to Contagion

- Developmental stage – locus on control
- Vulnerability is already present
- Identification to the deceased – a similar age, gender, experience or problem
- Presence of another crisis
- Current recent or past suicidal crisis
- Intense guilt
- Credibility of the deceased person – give credibility to the gesture
- Romanization of the act
- Misinformation, trivialization of the act
- Glorification or dramatization of suicide

Project Description

Time frame: October 2019 to October 2020

Goal: To convene, consult and engage with various community-based organizations in the development, dissemination and acceptance of a protocol for suicide postvention.


Location: London and Middlesex communities

Who: To support youth between the ages of 12-24-year-old youth exposed to suicide through psychological proximity, geographic proximity or social proximity

Project Activities

- Convene partners and build awareness
- Identification of stakeholders
- Create working group (Core group)
- Draft protocol
- Draft MOU and terms of reference
- Identify postvention leads (for intervention)
- Provide education – concept, risk assessment and intervention framework
- Legal consultation regarding privacy
- Build communication strategy e.g., One call now and CMHA crisis service #
- Pilot and evaluate the protocol (simulation events)
- Collect data – evaluation
- Adapt protocol and future training based on lessons learnt

Community Partners



Police

- LPS
- OPP
- Strathroy



Children's Mental Health

- LFCC
- Vanier
- Craigwood
- WAYS
- CAS
- YOU



Adult Mental Health

- CMHA
- MRC
- ICHC
- SOAHAC



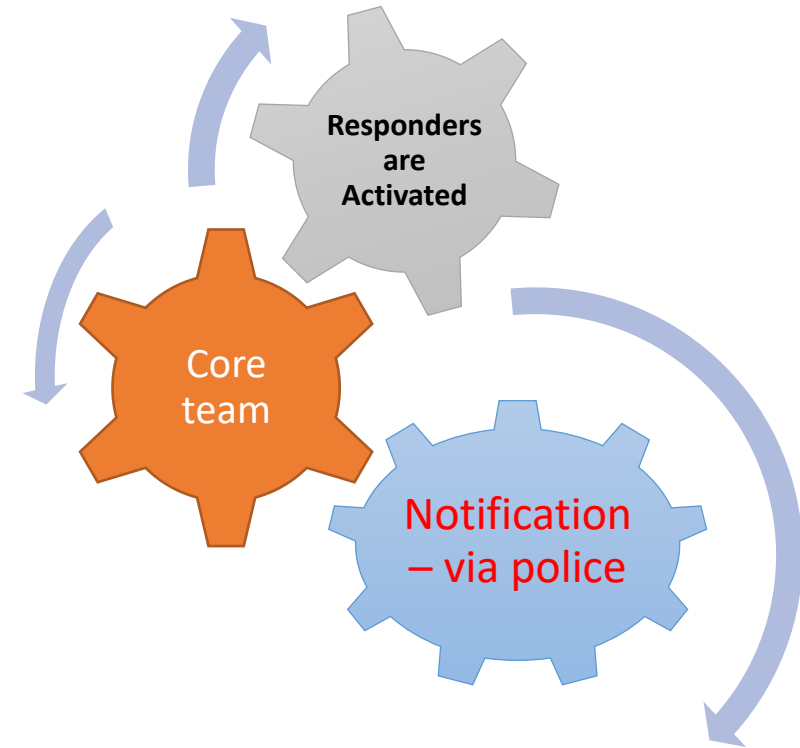
Education

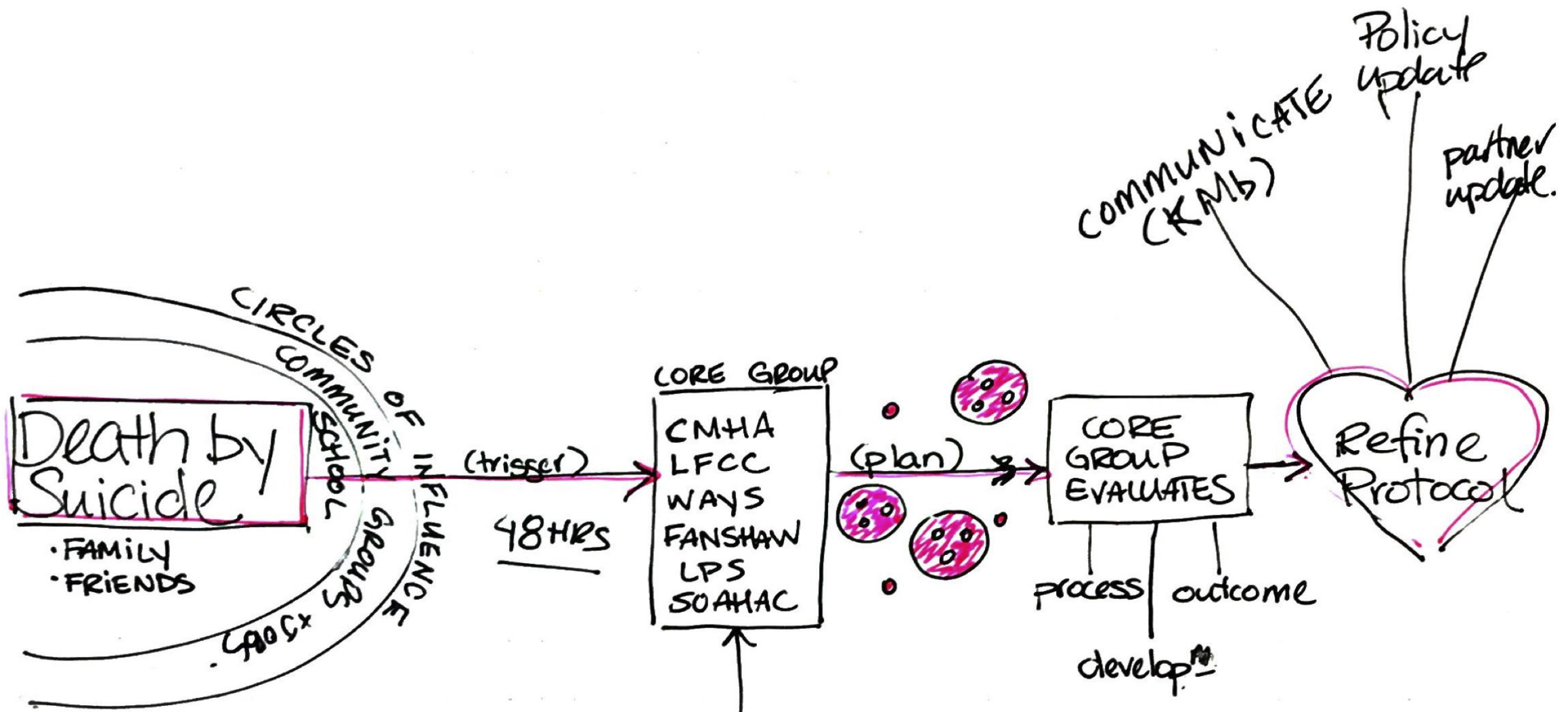
- Fanshawe
- Western
- LDCSB
- TVDSB

London and Middlesex Postvention Protocol

CORE Team model: identification of those impacted, having a prompt notification process; coordinated support; reaching out to youth, connecting to resources and reevaluating response.

Continuous learning model



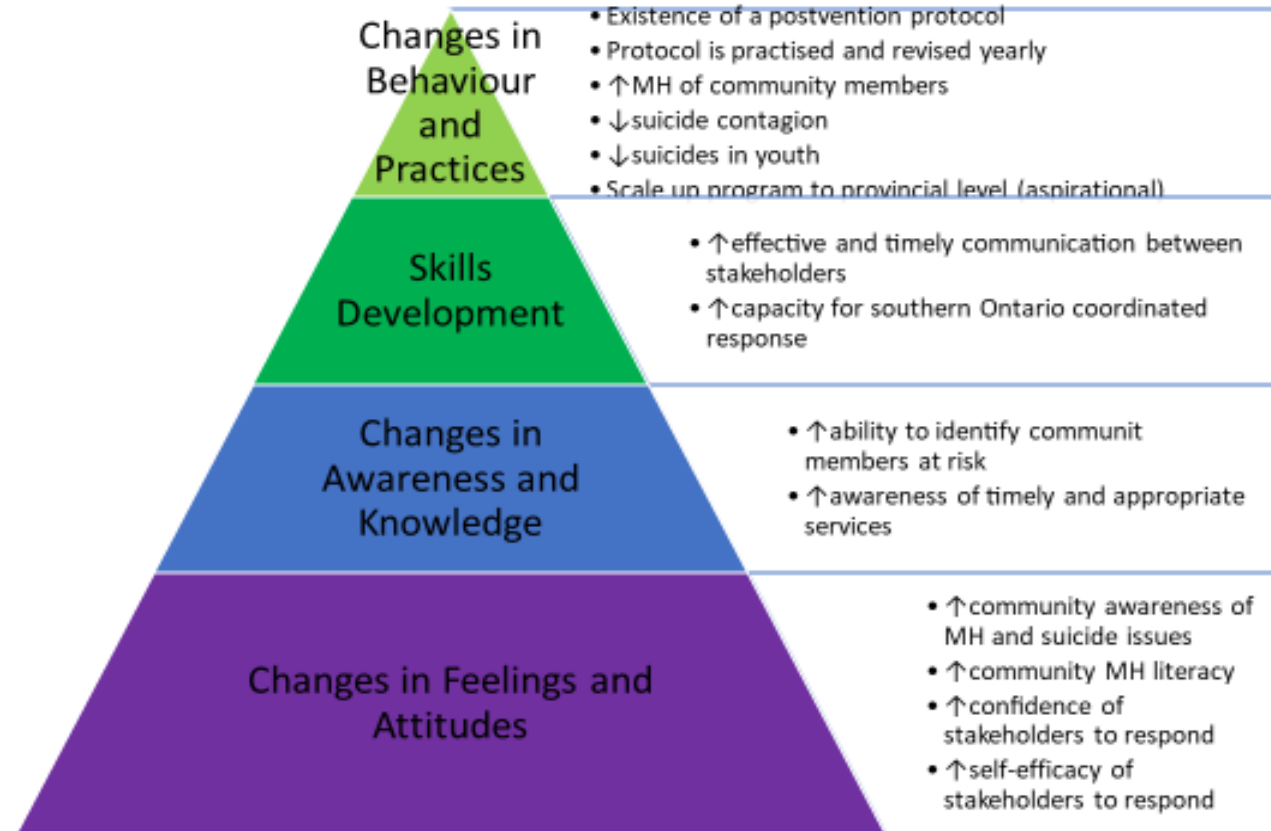


- Meet w/in 48 HRS
GOAL:
- ① share information
 - ② determine circles of influence
 - ③ determine the Ix + who will deliver Ix
 - ④ when to meet again (FLUID)

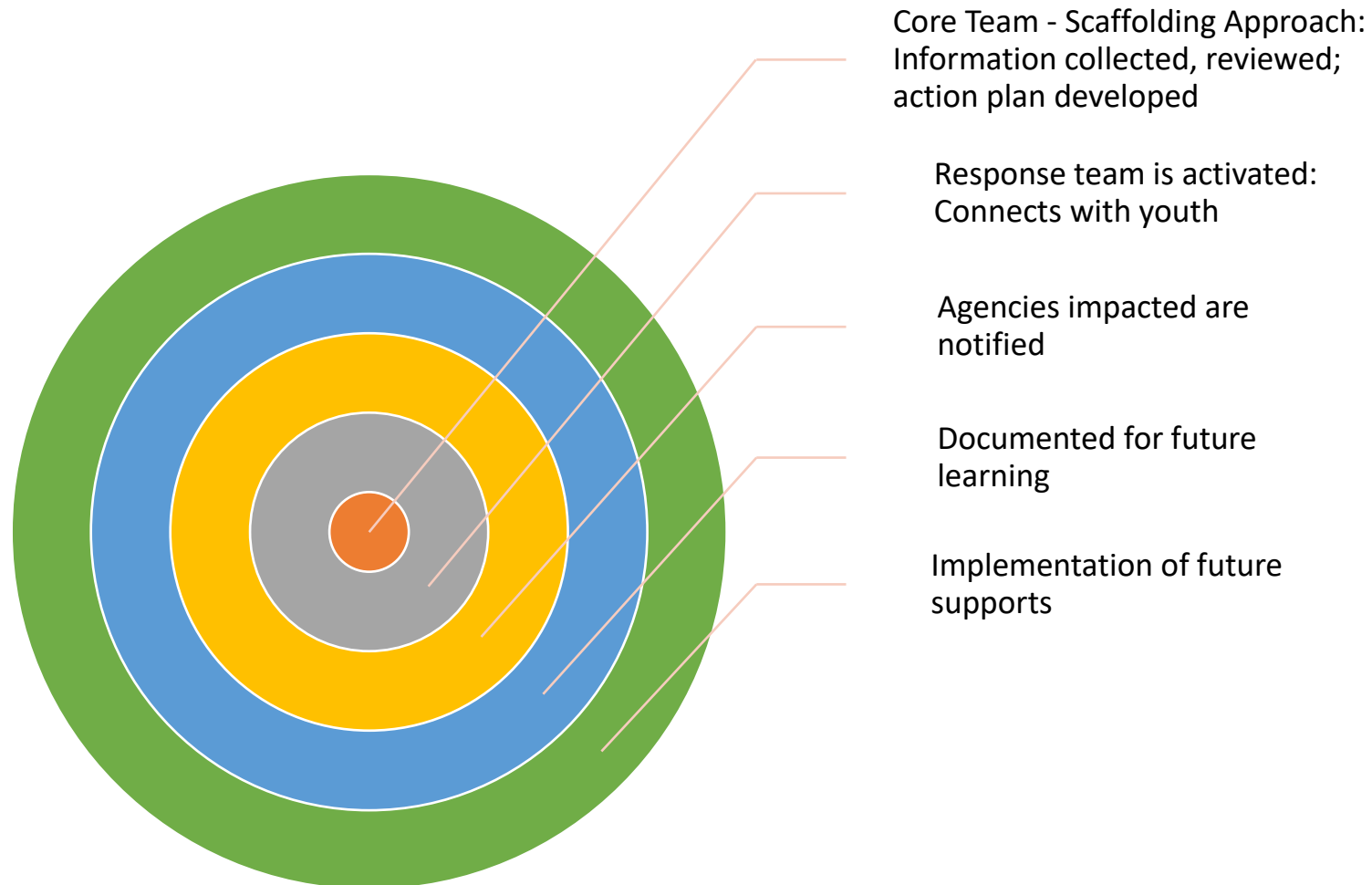
Theory of Change



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Activation of the Protocol



Impact



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Differences Between the Effects

Stress

- Can be a physical or emotional state
- Influenced by environment
- Focus on managing temporary stress
- Prevention of long-term distress

Grief

- Common experience as a result of loss
- May include feelings of anxiety, anger, sadness, yearning
- Grieving is unique to each individual and requires time and support

Crisis

- Emotional state of being unable to cope
- Typical coping responses are not sufficient
- Often requires intervention to regain well-being
- Often involves change and loss



“How an individual copes with..... A suicide is also determined by contacts with formal supports.”

“Reactions by first responders, social workers, nurses etc.... have a lasting impact and can vastly influence the course of recovery.”

- Assessing the needs of Survivors of Suicide

Calgary Health Region, 2005