

# Postvention Community Planning

Postvention Working Group

June 2017

# Introduction

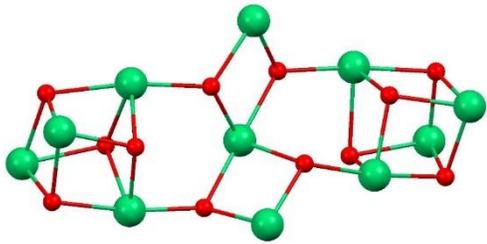


- What is contagion, clusters, postvention?
- Review and discuss the community postvention planning process

# Suicide contagion in Canada

- 24.1% of youth in Canada reported having been exposed to a schoolmate's suicide
- Exposure shown to lead to suicidal ideation and attempts
- Effects can last up to 2 years
- (Swanson, Colman, 2013; Mueller, A. et. al, 2014; Gould, M. et. al, 2003)

# Suicide clusters defined



- Multiple deaths, usually 3 or more
- Two types 1) Mass cluster 2) Point cluster
- Caused by imitation or contagion
- Always a risk
- Risk increases after each new death
- (Niedzwiedz, C., et. al 2014; Johansson, I. et. al, 2006)

# Contagion in Ontario in 2016?

- 5 youth died by suicide in Woodstock in spring of 2016
- 4 youth died by suicide in the fall of 2016 at University of Guelph
- Attiwapiskat and Wapekeka First Nation have declared a state of emergency because of suicide in 2016/17.

# Postvention



- Collaborative, cross-sectoral
- Activated quickly
- Psychoeducational and psychological debriefings
- Screening of high risk individuals
- Counselling for those at risk
- Responsible media reporting
- Evaluation of the postvention response (Cox, G., et. al, 2012).

## Active vs. passive postvention response

- Passive postvention: service users identify and reach out to services
- Active postvention: identify youth at risk and invite them to services
- Active postvention increases uptake to support services (Cerel, et. al, 2008)

# Ottawa's immediate response

- Effective, experienced, coordinated emergency response



After the  
first 4 days,



- quality of care continues
- coordination of response becomes informal
- informal response can lead to delays

# Immediacy improves effectiveness

- the sooner the response is activated, the safer youth will be

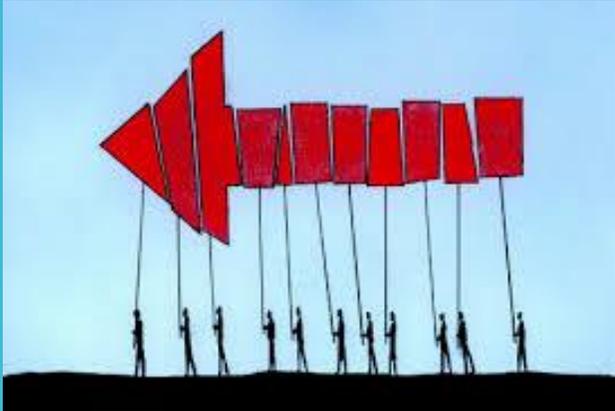


# The need to be proactive



- Different people at-risk, services needed & cross-sectoral partners involved
- Given this complexity, a coordinated response can be difficult to establish in the midst of a crisis (Seguin, M., et. al., 2009)
- Differential response with a consistent overarching formula is needed (Callahan, J., 1996).

# Community strengths



- Collaborative cross-sectoral relationships
- Relevant organizational procedures
- Strong communication structures
- Champions who are members of the Community Suicide Prevention Network (CSPN) and Ottawa Suicide Prevention Coalition (OSPC).

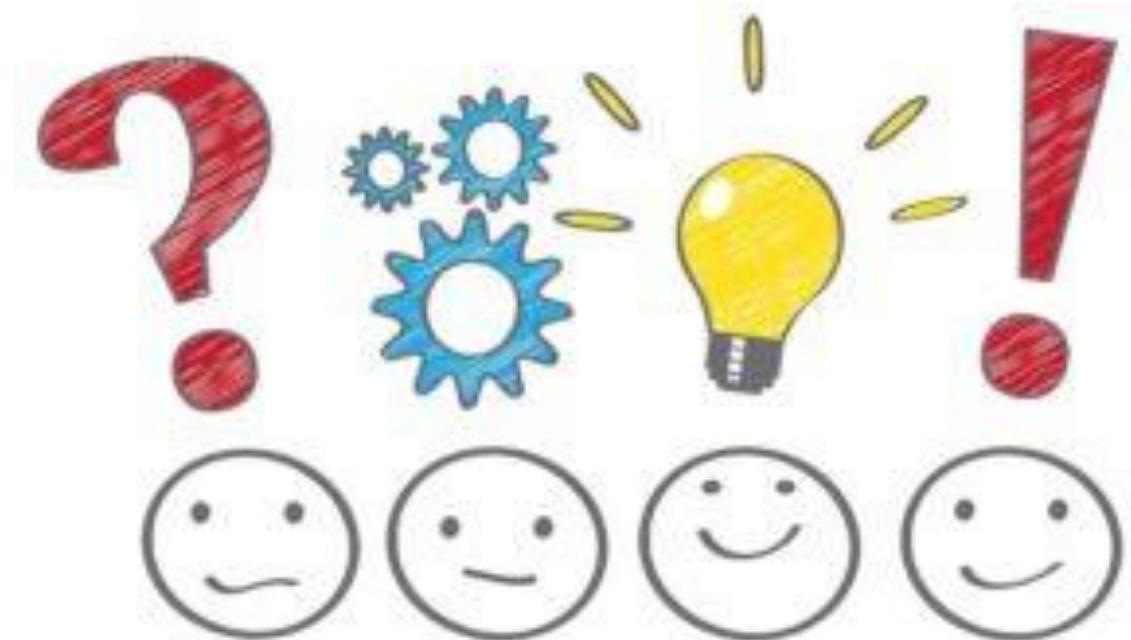
# Existing Services



- Emergency response
- Post Suicide Support Team
- School boards, hospitals, and other organizational postvention protocols
- Informal coordination/collective response

# What's unknown

- What postvention services exist in organizations in Ottawa
- Process to coordinate a collaborative response



# What's needed

- Don't have all the answers
- A lot of resources in Ottawa, but need to pull it all together
- Get everyone on the same page to respond proactively when a death occurs



# Next Steps



- Pull information about services in Ottawa together
- Survey

# Community Plan

- Questions/Discussion

