

# LifeSpan: Understanding the impact of a multilevel suicide prevention approach in Australia

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**Black Dog Institute**



# Who we are...



## Black Dog Institute



Black Dog Institute (BDI) is a translational medical research institute

Discovery: causes of mental ill-health, new treatments

Translation: research into practice through health services, technology and community education

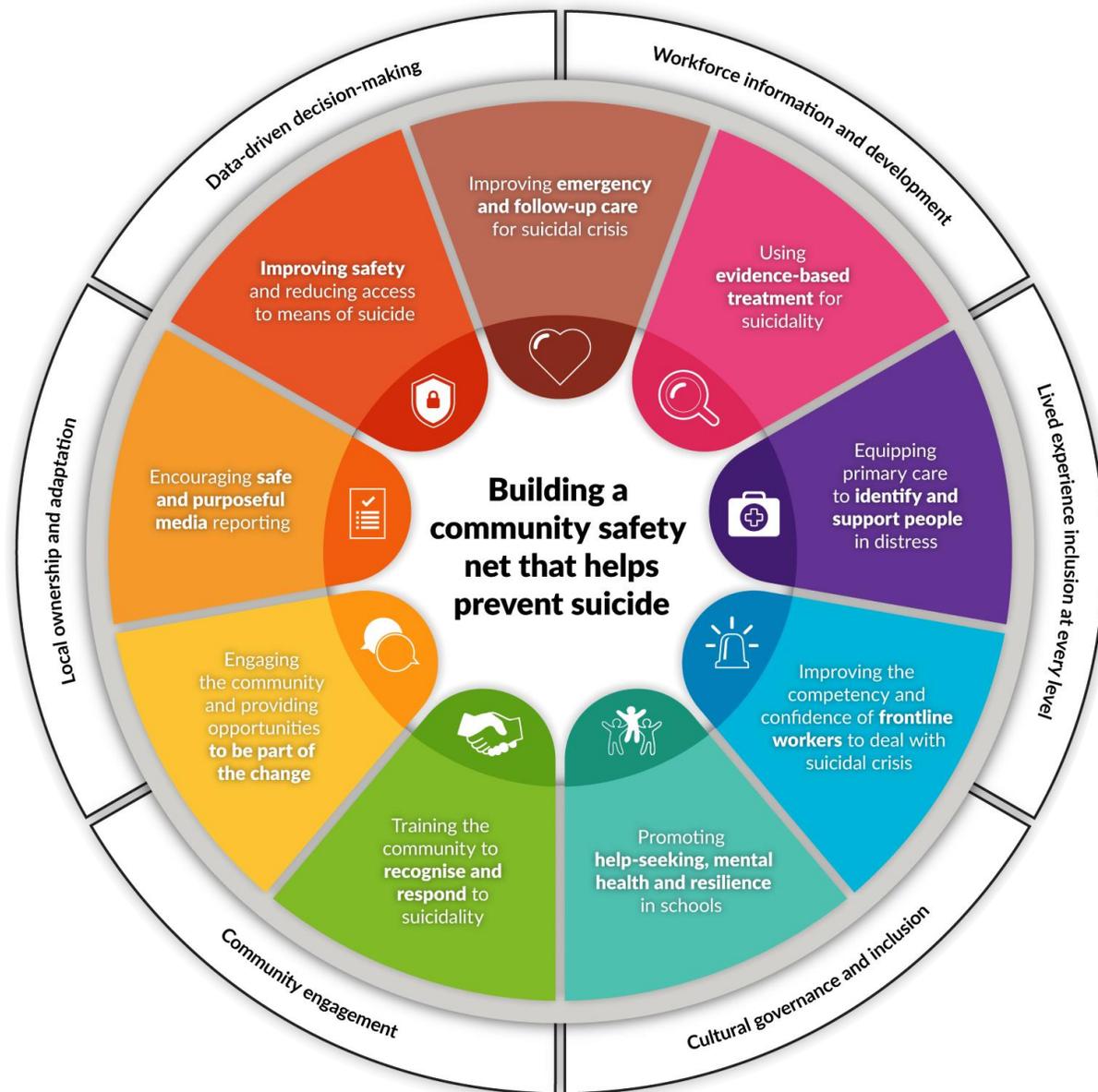
# What is LifeSpan?

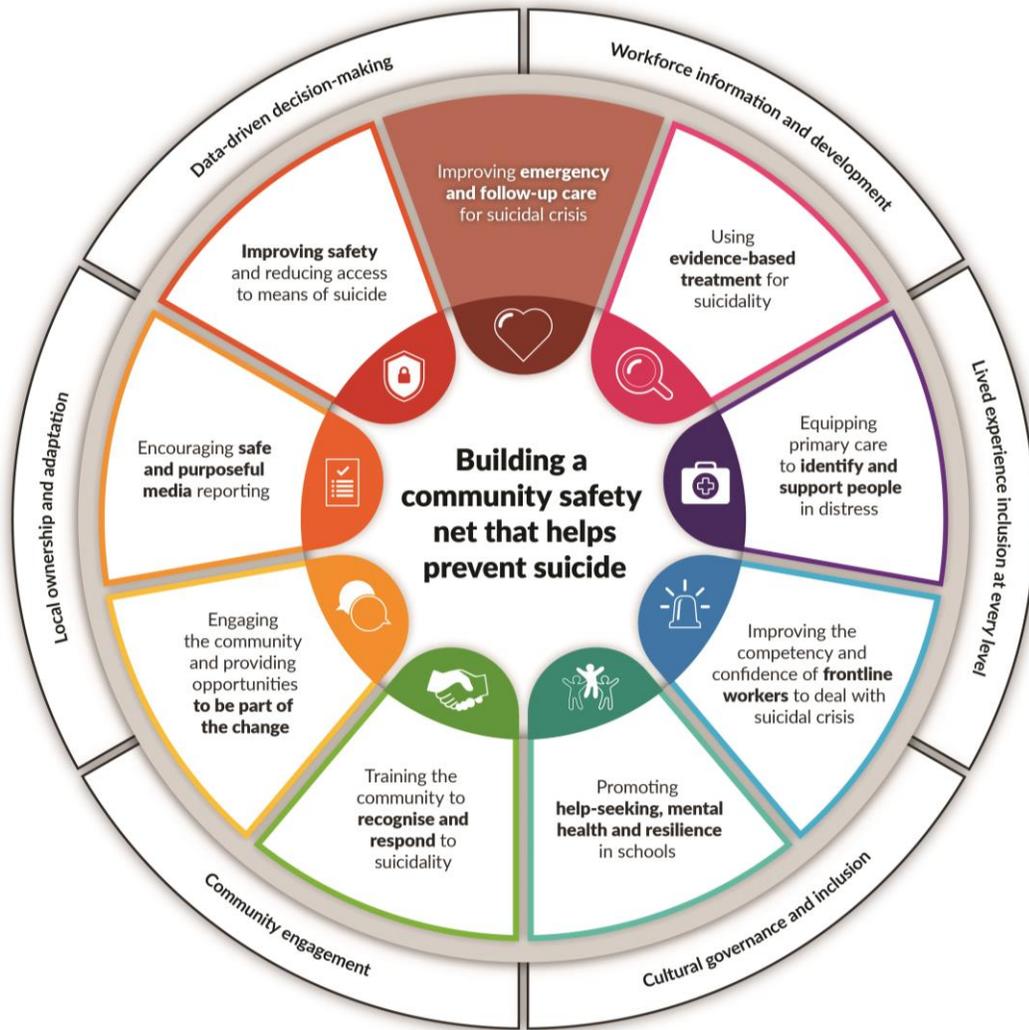
LifeSpan is an **evidence-based, multilevel approach** to integrated suicide prevention.

It combines **nine strategies** that have strong evidence for suicide prevention into one **community-led** approach, incorporating health, education, frontline services, business and the community; **simultaneous implementation**.

Strategies span population-level to indicated intervention **to reach everyone**

**Local adaptation**, governance, data-driven decisions, and delivery is key.





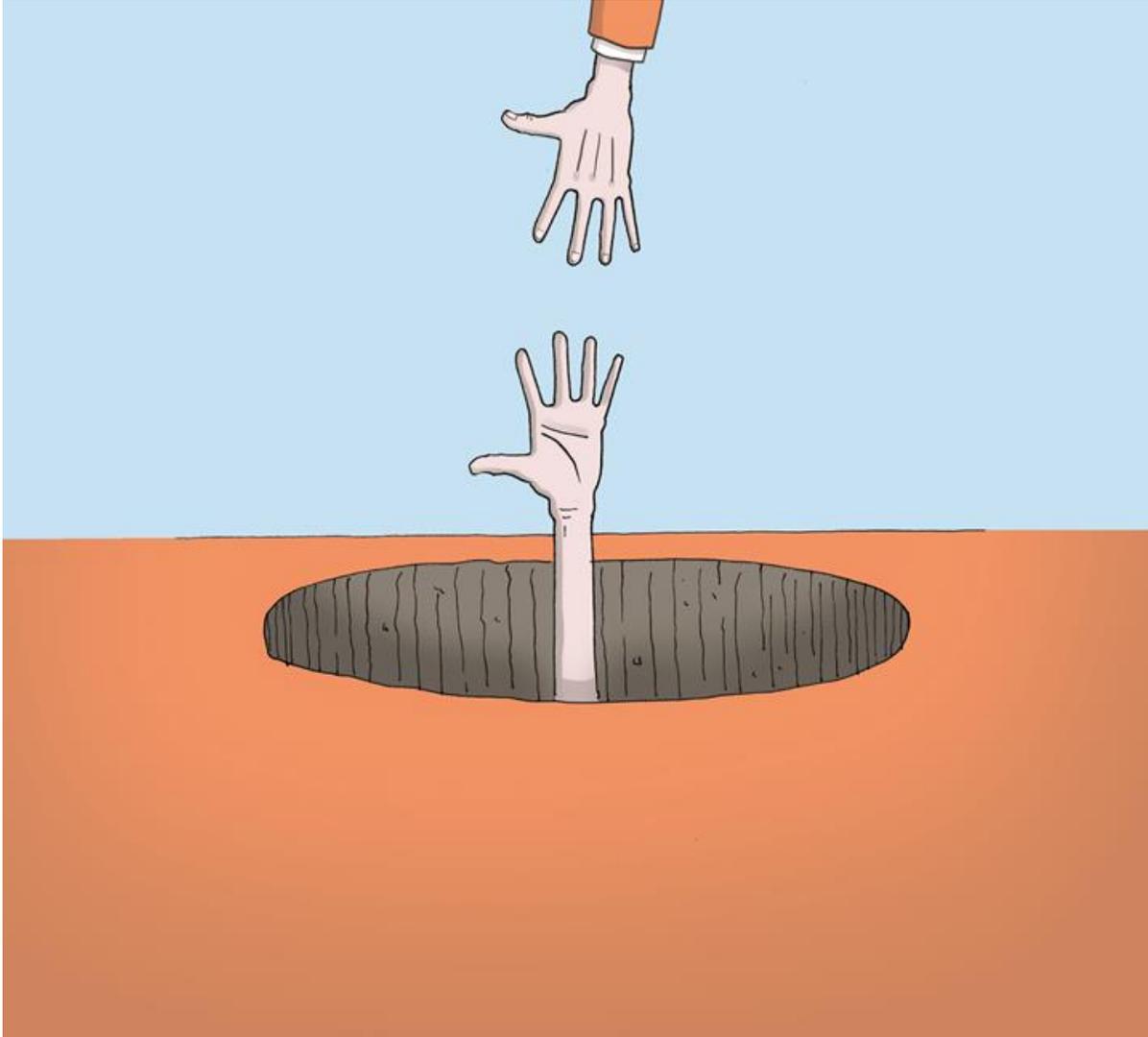
## Evaluating the LifeSpan Crisis Care and Aftercare strategy

# Key components of coordinated assertive aftercare



1. Rapid follow up – within 24 hours of discharge
2. Assertive follow up – telephone, text, home visits
3. Ongoing assessment and planning
4. Coordination of clinical and non-clinical care
5. Support to stick with treatment
6. Problem-solving counselling

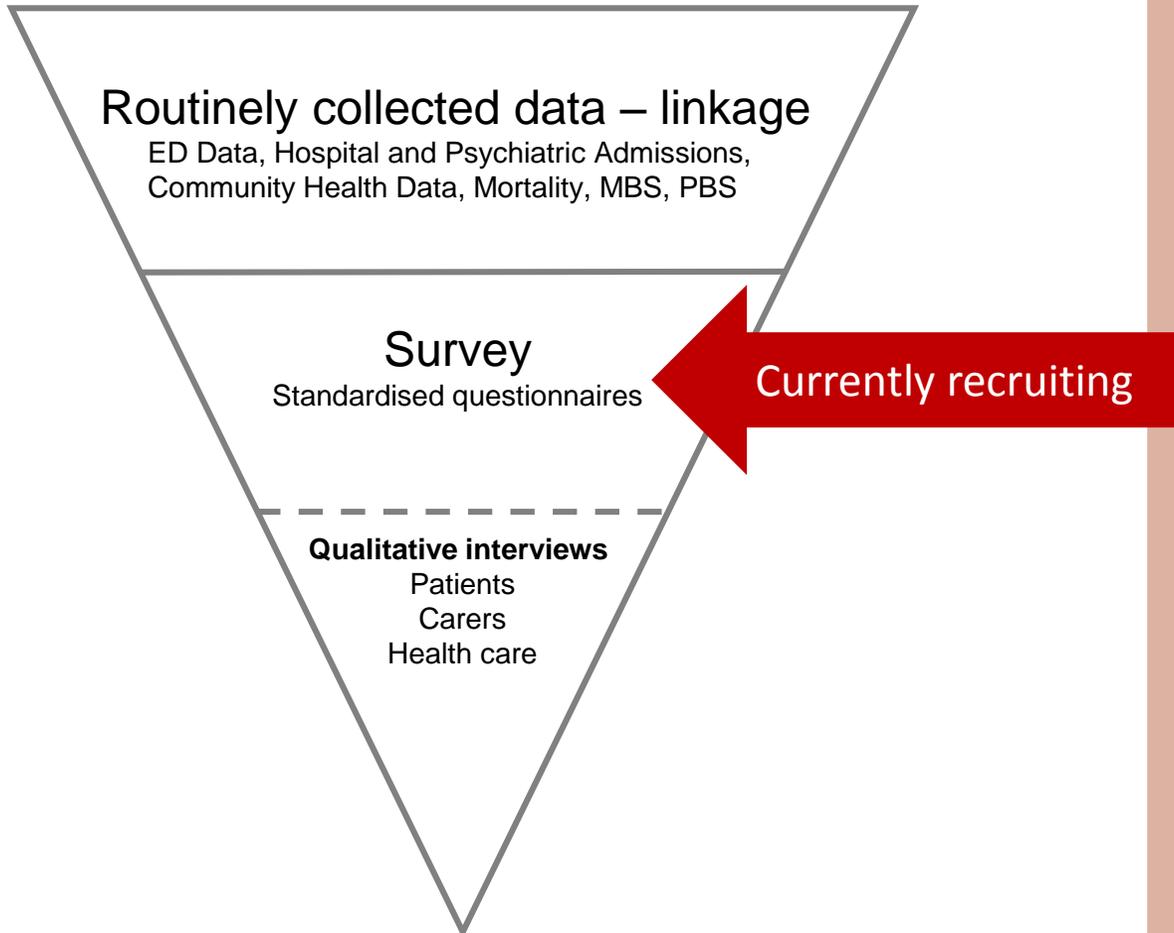
# An example: OPAC



- Outreach, Problem solving, Adherence, Continuity
- Six months of care
- Average 8 home visits or calls
- Single point of contact
- Reduced the number of people who re-attempted during the next 12m (8.7% vs 21.9%)
- 5-year follow-up – difference remained significant up to 265 weeks

**Key Point: Rapid and assertive follow up is essential**

# Study design



- 3 parts = 3 different datasets
- Comparison of LifeSpan sites and treatment-as-usual sites
- Follow a group of people over time
  - Individuals at risk of suicide
  - Carers
  - Healthcare professionals
- What are their healthcare experiences?
- Do healthcare experiences change?

# RECRUITMENT for survey



*Do you have a moment to participate in this study?*



Two recruitment strategies:

1. Online: Six Facebook ads live for the duration of one month.
2. Face-to-Face: Various strategies depending on site. Ideas welcome!

**Who is eligible to participate in the survey?**

Individuals who have presented to the ED for thoughts of suicide or suicide attempt in the past 18 months, aged 16 and over



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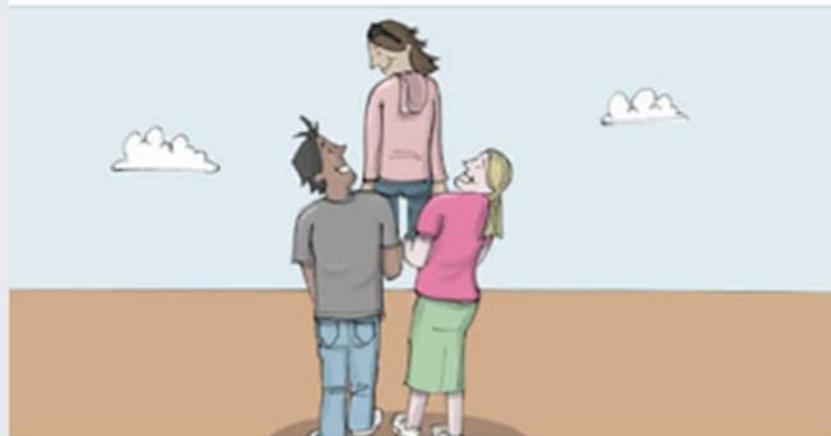
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We are looking for individuals who have been to the emergency department for suicide-risk to share their experiences.

The study aims to help understand the needs of people during and after suicidal crisis.

... [Mehr](#)



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**Lend your voice to suicide research**

MEHR DAZU

  42

15 Kommentare 31 Mal geteilt

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*That's easy. Start looking at your governments enabling poverty in so called societies. We all live on a petri dish designed to enslave the many like any other social experiment.*

*If I wasn't so depressed and I had the energy I would participate.*

*Not related to this article but I have a chronic depressive disorder and am having a great deal of negative effects being related to the 'one size fits all' approach of disability support providers causing myself to sink into a despondent depression.*

*[...] I've tried some of those services and there were issues with some of them. I'm happy to help with your studies and provide info. I have had 25 years worth dealing with this. Things do need to change and methods for help [...]*

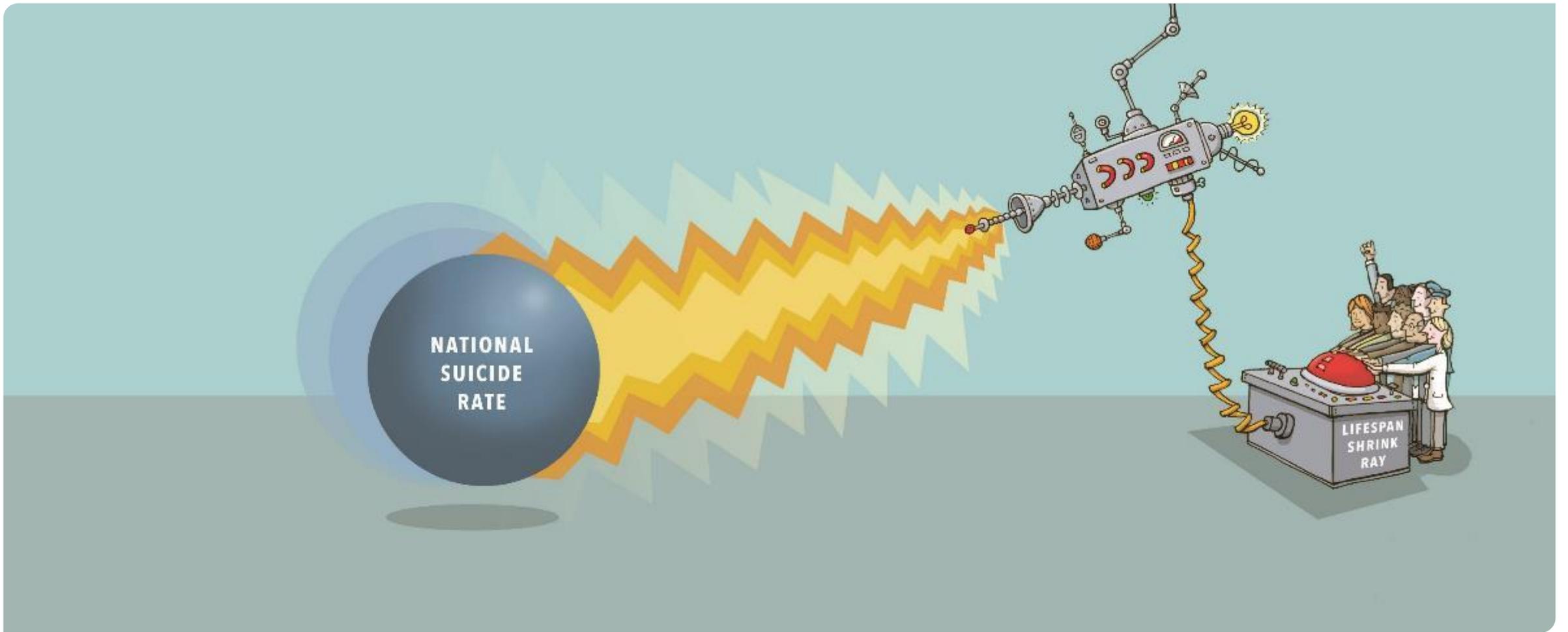
*What about interviewing parents of teenagers that have attempted to commit suicide*

*Can this be done from a carers/parent perspective?*

# Ethics approved *Recruitspirations*



- Distribution of flyers in waiting areas, discharge packs etc.
- Telling eligible participants about the study. Take verbal consent and pass on contact details on to research team.
- Hand-out information packs (Participant Information & Consent Form & Phone Helpline Numbers in envelope)



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