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Dublin Simon Community Sure Steps Counselling Service



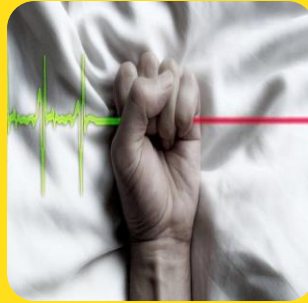
Agenda



Background



Every year, almost 1 million people worldwide lose their lives by suicide and many more attempt suicide (World Health Organization, 2012)



There is no one cause for suicide – so it requires a multifaceted approach



The homeless are a particularly vulnerable group



Stigma
Access
difficulties

The Pilot: November 2016 to February 2018

Why:

- Need for a specific suicide management approach that would meet the complex needs of clients with suicidal ideation
- Alternative to A&E
- Immediate access & onwards options

Approach: Collaborative Assessment and Management of Suicidality (CAMS)

First Insights – Interim Report June 2018

Participants

17



Sure Steps Counselling Clients

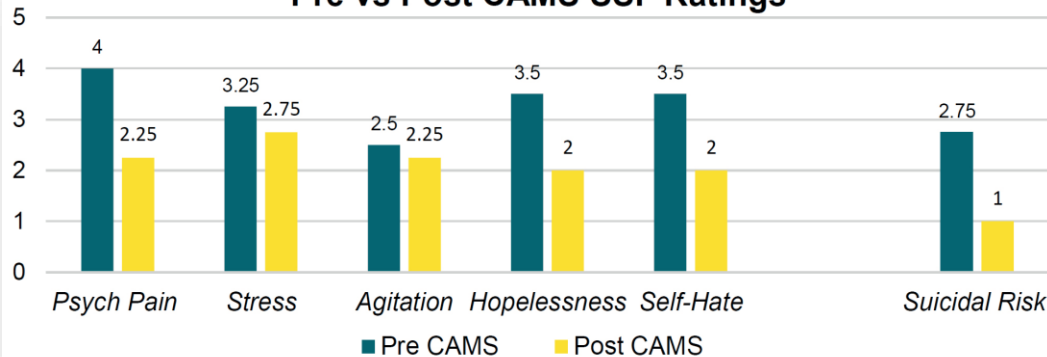
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Simon Staff receiving CAMS training

64.7% of participants reported at least one previous suicide attempt

Pre vs Post CAMS SSF Ratings



Qualitative Insights

- RFL/RFD
- Related Risk Variables (shame, isolation, addiction)
- Trends in Behaviour

First Insights – Interim Report June 2018

Frontline staff:

- Increased staff confidence
- Challenging to find the time
- Integration into the “whole system”

Counsellors:

- Increased confidence
- Suicide-specific intervention
- Gradual process
- Concerns over funding and resources
- Paperwork

First Insights – Interim Report June 2018

- **Effective Tool – organisational roll out**
- **Need for a pathway system (Suicide Specific Treatment Track – SSTT), including training module and booklet**
- **Round the clock care**
- **Development of organisational Suicide Prevention Strategy**



August 2018: Creation of Suicide Prevention Service (SPS) by Sure Steps Counselling Service with funding (by NOSP) for an out of hours service extension

Suicide Prevention Service

Sure Steps Counselling

**Suicide Prevention
Service**

Freephone

1800 844 600

Service Hours

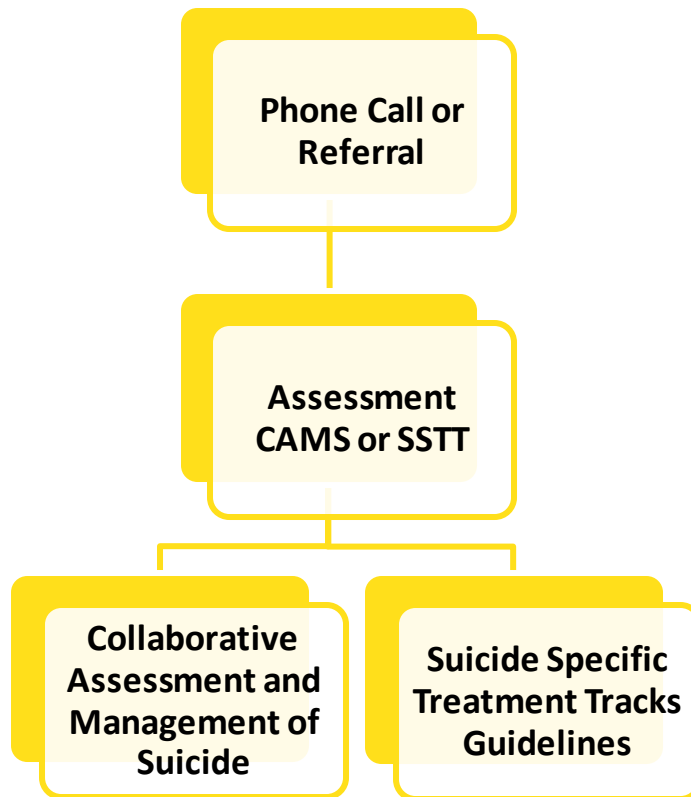
Mon - Fri: 8am - 10pm

Sat - Sun: 4.30pm - 10pm

suicideprevention@dubsimon.ie



Suicide Prevention Service Referral Process



Finding Our Way Forward



External Services



Number of Interventions

September 2018 – July 2019



National Office for
Suicide Prevention



Suicide Response Service

Day Service

September 2018 - July 2019



302

New Referrals Day
Service



17

CAMS / Self-Harm
Referrals



2171

Total One to
One Hours
provided



132

Total Suicide -
specific
interventions

(Not including crisis call outs,
staff support, suicidal drop-in
clients or suicide related
interventions given to general
counselling clients)



218

Total Drop
In Clients
seen



36

Respite Groups



33

Detox Groups



75

Respite
Drop In
Clients



108

Detox
Drop In
Clients



31

Step-Up/
Step-Down
Drop In
Clients



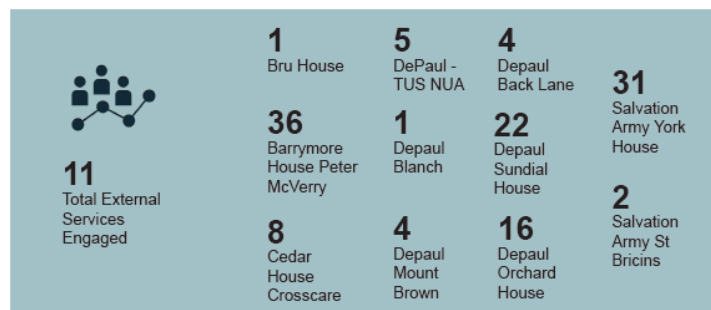
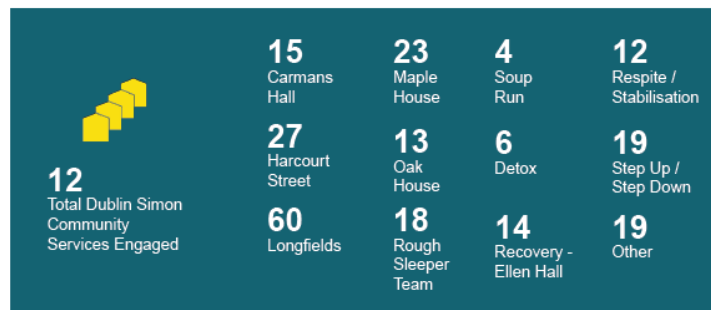
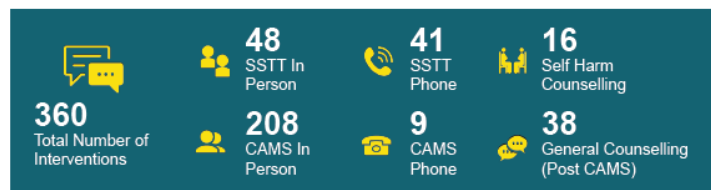
Number of Interventions

September 2018 – July 2019

Suicide Response Service

Out of Hours Service

September 2018 - July 2019



Case Study


Understanding The Darkness



Case Study Top-up



What's Next?

- 
- **Train Staff in SSTT (Suicide Specific Treatment Tracks Guidelines)**
 - **Ongoing Evaluation of 2 year pilot by Work Place Research Centre**
 - **Launch Evaluation Report Q2 – Q3 2020**
 - **Self Harm Project**



