

Implementation of SUPRA Best Practice in Croatia

BACKGROUND

Localized centrally in Europe, Croatia is a republic consisting of 4 regions and 20 counties, with the capital City of Zagreb acting as the 21st county. At the end of 2022, Croatian government adopted the Strategic Framework for Mental Health Development for 2022-2030 period. There is no stand-alone strategy for suicide prevention, but this Framework includes measures related to suicide prevention, including public health campaigns aimed at increasing health literacy and help seeking behaviors, reducing stigma, and providing support to persons who attempted suicide and their loved ones.

Suicide Mortality Rate (SMR) per 100 000 (2022) – 14.3 (Total), Highest SMR by age groups: 65+ 23.7 (Total). SMR is higher in men than in women.

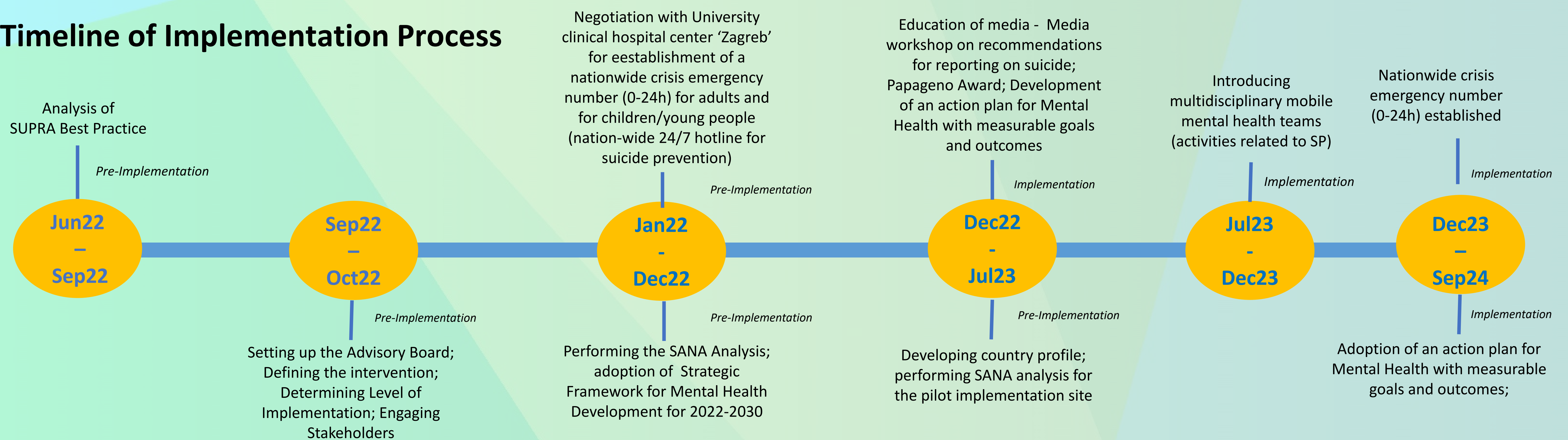
Level of Implementation – National Level

Target Population – Whole of Croatia

General Purpose – Transfer and Pilot Implementation of the Austrian Best Practice SUPRA on Suicide Prevention

Aims -Adopting an action plan for Mental Health with measurable goals and outcomes; Improving availability of mental health care in the public health system; Implementation of a nation-wide 24/7 hotline for suicide prevention

Timeline of Implementation Process



SA1 Coordination & Organisation - Adopting an action plan for Mental Health with measurable goals and outcomes based on the Strategic Framework – with areas related to suicide prevention

SA2 Support and treatment – Establishment of a nationwide crisis emergency number (0-24h) for adults and for children/young people (nation-wide 24/7 hotline for suicide prevention); Improving availability of mental health care in the public health system (activities related to SP);

Introducing multidisciplinary mobile mental health teams (activities related to SP)

SA3 Awareness and knowledge - Education of media-Media workshop on recommendations for reporting on suicide; Social media posts aimed at reducing stigma associated with mental health Problems; Publishing instructions and tips on responsible reporting on the CIPH webpage

KEY LEARNINGS

CHALLENGES AND SOLUTIONS

- Resistance to change from MH practitioners - opportunity to change view through presentation of best practices and trainings
- Engaging more stakeholders – opportunity to network and make new connections

POSITIVE OUTCOMES

- Knowledge transfer and skill enhancement
- Networking and collaboration opportunities
- Increased advocacy and awareness

KEY LESSONS LEARNED

- Multidisciplinary collaboration is important
- Tailored and culturally sensitive approaches are necessary
- Continuous evaluation and adaptation are key

GAINS FROM JA ImplementAL NETWORK

- gained knowledge
- cooperation with experienced professionals
- general support