

Implementation of SUPRA (SUicide PREvention Austria) in Czechia

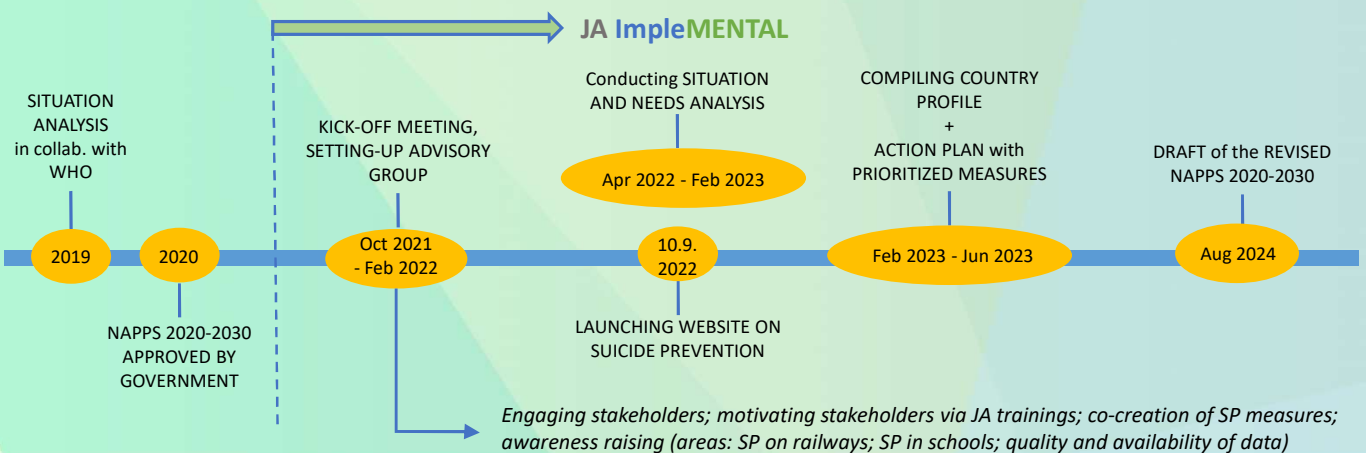
BACKGROUND

In 2021, 1221 people died by suicide in Czechia, the suicide mortality rate being 11,4 per 100 000 inhab.

A transfer of some of the elements of the Austrian best practice model for suicide prevention (SUPRA) to Czechia is part of the EU funded project Joint Action ImpleMENTAL (ja-implemental.eu, 2021-2024). In the past 10 years, partially driven by a new mental health care reform processes, Czechia has been developing a complex approach to suicide prevention (situation analysis

in collaboration with WHO was conducted in 2019; National Action Plan on Suicide Prevention for 2020-2030 (NAPPS 2020-2030) was approved by government in 2020). The project provides an opportunity to implement some of the suicide prevention measures included in the NAPPS 2020-2030 in line with current evidence, to revise the action plan and to promote sustainability of suicide prevention activities in the country.

Timeline of Implementation Process



PILOT ACTION PLAN – PRIORITIZED MEASURES linked to the SUPRA strategic areas (SA)

Prioritization is based on: 1. situation and needs (SANA, country profiles); 2. current state of implementation of NAPPS 2020-2030; 3. personnel and financial resources; open windows of opportunity; 4. evidence available on how to set the measures (e.g. JA trainings).

SA1 Coordination & Organisation – revise NAPPS 2020-2030

SA2 – Support and Treatment – scale-up postvention for railway personnel; prepare project on suicide bereavement support groups; prepare project on increasing continuity of care for high risk individuals

SA3 – Restriction of access to means – identify hotspots on railways, design appropriate measures

SA4 – awareness raising – maintain the new website on suicide prevention; pilot education modules for railway personnel; prepare project on gatekeeper trainings (GPs, social workers, school personnel)

SA5 – Quality and assurance and expertise – launch regular annual report on suicide, self-harm and suicide prevention

KEY LEARNINGS - (expected) challenges + solutions:

1. Motivation and engagement of stakeholders -> **co-creation; advocacy for SP via JA trainings**
2. Securing financial and human resources (no real budget linked to NAPPS 2020-2030) -> **preparing projects and using NAPPS 2020-2030 as advocacy tool**

3. Sustainability of SP activities -> **integration of the SP elements into already existing systems/practices; using NAPPS 2020-2030 as advocacy tool**
4. Establishing a formal (ministerial or governmental) advisory board/expert group on a national level -> **„Going where the energy is“ + advocacy for establishing the group in existing structures**

GAINS FROM JA ImpleMENTAL NETWORK

human resources for implementation of quick-wins (e.g. launching the new website  P.S. žij (P.S. live) – www.sebevrazdy.cz) and strategic work; engagement/motivation of national stakeholders; international networking and sharing experiences

