How CBR theory is put into practice – A CBR Approach to Suicide Prevention and Life Promotion Research

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A CBR Approach to Suicide Prevention & Life Promotion Research

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Welcome

1. Suicide & It’s Prevention

2. Suicidology & Where CBR fits

3. Example of current CBR project – WRSPC

4. Closing / Future Research
Understanding of Suicide

Suicide is a complex issue and results from many factors and should not be attributed to any single cause.

“Suicide is an attempt to solve a problem of intense emotional pain with impaired problem solving skills.”  
Judith Springer, 2011

“I don’t want to die; I struggle to live”
Suicide Prevention

- Prevention
- Intervention
- Postvention
Suicide Prevention
Potential gaps

- Are prevention efforts mis-aligned with our definition of suicide?
- Where is the lived experience knowledge in academic literature?
- Is there a gap between knowledge creation and implementation?
Filling the gaps with CBR

- Community-Driven
- Participatory
- Action-Oriented
Waterloo Region Suicide Prevention Council

“Believing that every person has the right to be supported in living a healthy, positive life, our mission is to reduce suicidal behaviour and its impact on individuals, families, and communities.”
History of WRSPC Research Priority

2017
- Research Priority Committee Created & research planning begins
- Partnered with Region of Waterloo Public Health

2018
- Finalized phase 1 of research & completed data collection

2019
- Phase 1 report published by ROWPHE
- Partnered with CCBR and began phase 2
To better understand who is dying by suicide and who is attempting suicide in Waterloo Region

To explore current suicide prevention services & supports in Waterloo Region

To utilize findings to guide future suicide prevention efforts in Waterloo Region
Research Design

Phase 1 - Quantitative

Partnered with ROWPHE, epidemiologist Jessica Deming – collection & analysis of local statistics

Phase 2 - Qualitative

Partnered with CCBR & built larger steering committee

Stage 1 – Interviewing key stakeholder service providers

Stage 2 – Interviewing those with lived experience
Current status of research

- Phase II (stage 1) currently underway
- Working on knowledge mobilization for Phase 1 results
Next steps & mobilization of research

- Phase II (stage 2) interviews with lived experience will be informed by Phase I
- Community Mobilization
- Create ‘toolkit’ for doing this type of research & share with other communities
Future CBR Research?

- Public education campaigns – stigma reduction, support, help-seeking
- Service planning within local communities
- Addressing masculinity
- Empowering & supporting communities with elevated suicide risk
Suggestions for CBR in Suicidology

- Ensure a common non-stigmatizing language of suicide
- Meaningfully involve insider knowledge & local knowledge
- Minimize risk for research participants
- Strive for research excellence & adherence to CBR standards
More Ways to Get Involved With CBRC

CBRC Webinars

Cross-Canada CBR Map

CBR Resources and In-Person Training

Bi-Annual C2UExpo

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Start press ENTER
Thank You!

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