



## 13th Annual Conference

## PROGRAMME

Thursday, 1st October

9:00AM – 9:45AM

Introduction by Dan Neville TD, President of IAS

### OPENING ADDRESS AND LAUNCH of the revised and updated IAS/Samaritans Media Guidelines for Reporting Suicide and Self Harm

*John Moloney TD*, Minister for Equality, Disability & Mental Health

SESSION 1 9.45AM – 10.45AM

Chairperson: *Andrew Garvey*, Director IAS

*“Michael Kelleher Memorial Lecture”*

#### SUICIDE AND ECONOMIC CRISIS: EVIDENCE AND POLICY IMPLICATIONS

*Stephen Platt*

Professor of Health Policy Research, University of Edinburgh

##### Abstract

Over the last few years there has been some progress towards the UK suicide reduction targets. However, we are now in the midst of serious economic crisis, with rapidly rising unemployment (especially affecting the 16-24 age group), job insecurity, house repossessions and business failure. Will this have adverse consequences for suicide? And, if so, what can be done to offset any adverse effects? The presentation will consider the available research evidence which directly explores the association between economic recession and suicide; and report findings from studies which cast light on the topic more indirectly, e.g. by investigating the relationship between unemployment and suicide, taking account of the confounding effect of psychiatric illness. A range of policy options that might mitigate (some of) the impact of worsening economic conditions on suicide will be presented and evaluated.

COFFEE 10.45AM – 11.15AM

SESSION 2 11:15AM – 1.00PM

Chairperson: *Eileen Williamson*, Executive Director NSRF & Director IAS

#### IN THE TIGERS LAIR, SUICIDE AND ECONOMIC TRENDS IN IRELAND

*Justin Brophy*

President Irish College of Psychiatry, Director IAS

##### Abstract

The presentation will examine the impact of economic trends on suicide in Ireland and other countries, looking at recent evidence for the effect of the economic downturn in rates of suicide and self harm in Ireland. The factors mediating economic difficulty and suicide will be examined with particular focus on family stress, unemployment and debt. Measures that can be taken to lessen the burden on the population will additionally be considered with suggestions for building on the initiatives already undertaken.

#### THE IMPACT OF UNEMPLOYMENT ON MALE MENTAL HEALTH

*Brendan Bonner*

Western Investing for Health Manager in the Northern Ireland Public Health Agency

##### Abstract

The North West of Northern Ireland has been blighted with long term unemployment over the generations and continues to higher levels of economic inactivity than the rest of the UK. In 2006 Western Investing For Health Partnership undertook research that looked at the mental health of long term unemployed men and followed this up with a more focused piece of research in 2008 looking at the impact of debt on people suffering poor mental health and how to overcome the issue given the current economic climate.

#### THE EFFECT OF THE RECESSION ON THE MENTAL HEALTH OF YOUNG IRISH PEOPLE

*Helen Keeley*

Consultant Child and Adolescent Psychiatrist for the North Cork area with the HSE

##### Abstract

This presentation will explore evidence that the recession has had an adverse effect on the mental health of young Irish people. The 2008 Annual report of the National Registry of Deliberate-self Harm (DSH) shows that medically treated self-harm has increased having previously been stable or decreasing. The highest rate of DSH - 639 per 100,000 is in girls aged 15-19 years. The peak rate for men was 433 per 100,000 for the 20-24 year olds the

with the highest rates of suicide in Ireland in 2008 (35/100,000). Increasing rates of self-harm in 10-14 year olds are concerning because they are most likely to use hanging as a method and because a cohort effect could predict higher rates in the future.

How this might affect an individual, presentations to a Child and Adolescent Mental Health Service will be explored.

The Saving and Empowering Young Lives in Europe (SEYLE) project which involves second year students in 16 mixed gender schools in Cork and Kerry as well as in eleven other European countries will be described. Ireland has responsibility for examining the cost effectiveness of three different interventions under scrutiny.

**LUNCH 1:00PM – 2:15PM**

**SESSION 3 2:15PM – 4:30PM**

Chairperson: *Joan Freeman, Chief Executive Officer, Pieta House*

### **SUICIDAL BEHAVIOUR DURING RECESSIONS: THE EVIDENCE AND THE POTENTIAL FOR EFFECTIVE INTERVENTIONS**

*Brendan Kennelly*

Lecturer in Economics, National University of Ireland, Galway

#### **Abstract**

This paper will review the national and international evidence on the relationship between economic conditions and suicidal behaviour. Much of this evidence points to a direct relationship between economic variables such as unemployment or income and suicidal behaviour although the size of this effect varies across countries and demographic groups. The paper will also examine the potential benefits for developing suicide prevention programmes that might be effective in reducing the incidence of suicidal behaviour in the current economic environment.

### **DEALING WITH DEBT**

*Michael Culloty*

Social Policy and Communications Officer, MABS

#### **Abstract**

It's been said that one of the only certain things in life is change. People change, circumstances change, things change. Change can be big or small, foreseen or sudden. Sometimes it's easy, sometimes painful. Change may happen to us as a result of losing a job,

relationship breakdown, illness etc. – these are examples of life changes we worry about and the unknown consequences they might bring. Few of us deal with change without feeling fearful and anxious. In these difficult economic times many are having change thrust upon them which not only affects their income but also their health.

The Money Advice and Budgeting Service (MABS) is a free, confidential, independent and non-judgmental service for people in debt or in danger of getting into debt. MABS provides support and advice to people who are experiencing the trauma of losing control of their finances. Over the last decade MABS has been dealing with the causes and consequences of debt, brings a holistic approach to the issue of over indebtedness and supporting people in solving their money problems.

### **LOOK AFTER YOUR MENTAL HEALTH DURING TOUGH ECONOMIC TIMES**

*Susan Kenny*

National Training and Development Officer with the HSE/National Office for Suicide Prevention

#### **Abstract**

The National Strategy for Action on Suicide Prevention identifies workplaces and agencies working with unemployed people as key stakeholders for suicide prevention. In 2009, the National Office for Suicide Prevention (NOSP) commenced a programme aimed at supporting organisations who are concerned about the impact the economic downturn may be having on the mental health of the Irish population. The programme aims to inform the general public and organisations on mental health issues related to unemployment and financial difficulties. The NOSP is also supporting the delivery of mental health promotion programmes targeted at unemployed people. This presentation by the NOSP will outline the programme and how it may support the work of organisations.

### **STAYING AFLOAT: A HEALTH CHECK FOR YOUR ORGANISATION DURING THE RECESSION**

*Deidre Garvey*

Chief Executive Officer of The Wheel

#### **Abstract**

The recession is forcing community and voluntary organisations (large and small) to review their financial strategies and operations. With further funding cuts anticipated, organisations in the front line of delivering services directly to vulnerable people will be particularly challenged as they seek to ensure they have the people, resources and resilience they need to keep their services going in an environment where cuts are the norm.

There is no magic wand that can make the funding cuts disappear, and a worthy mission or cause is not enough to ensure continuity of services in this difficult time. As

leaders of organisations which provide vital services, we need to think now about how to adapt our organisations and the way we do our work to ensure that we are still around for our clients both during and after this recession. This presentation will provide a ten-step analysis and toolkit for leaders and managers of community, voluntary and charitable organisations as to what they can do to ensure not only the survival, but also the health and well-being of their organisations.

**CLOSING ADDRESS 4:30PM**

**Afternoon tea & scones served at close of conference**



## CONFERENCE OBJECTIVES

This conference is timely and at the end of it delegates will have a thorough understanding of:

- The effects of recession on the individual, families and communities
- How, where and when to get appropriate help
- How voluntary organisations can best cope and survive in difficult times
- The importance of fostering and channelling the inherent strength and resilience of our people and communities.

## THE SPEAKERS

### STEPHEN PLATT

Stephen Platt is Professor of Health Policy Research at the University of Edinburgh. For over 30 years he has pursued a research interest in socio-economic, epidemiological and cultural aspects of suicide and self-harm. He served on the planning group for Choose Life, A National Strategy and Action Plan to Prevent Suicide in Scotland and led a consortium of researchers who undertook a formative evaluation of the first phase of the strategy. He is a member of the International Academy for Suicide Research and serves on the Scientific Review Board for the American Foundation for Suicide Prevention. He has been a trustee of the UK Mental Health Foundation and is currently a trustee of UK Samaritans.

### JUSTIN BROPHY

Dr Justin Brophy is a medical graduate of NUI Galway, and trained in Psychiatry at Cambridge University and UCH Galway. He is President and a Fellow of the College of Psychiatry of Ireland and a Fellow of The Royal College of Psychiatrists. He is appointed Consultant Psychiatrist and Executive Clinical Director of the HSE Wicklow/South Dublin Mental Health Services. He is also President of the Bray Clinical Society (2009) He is Senior Lecturer in Psychiatry at the Royal College of Surgeons of Ireland . He formerly served as a member of the Expert Group on Mental Health Policy and is currently a member of the Implementation Steering Group for the Report of the Commission on Patient Safety and Quality Assurance. He is also a Director and Vice Chairman of The Irish Association of Suicidology and advises the HSE and several other

bodies in mental health policy. His professional interests and publications include Suicide epidemiology in Ireland , early intervention in psychosis and mental health policy and law.

### **BRENDAN BONNER**

Brendan Bonner is the Western Investing for Health Manager in the NI Public Health Agency. His remit covers a broad range of areas that includes, poverty, mental health, obesity, partnership working, evaluation, social inclusion and community development etc. He is the PHA lead in the west on Suicide Prevention and has developed initiatives such as the integrated community development initiative, CLEAR, and developed new cross border reporting arrangements with PSNI and the Garda on the reporting of suicides. He has led on a number of research initiatives including the health of long term unemployed males, mental health and debt.

Brendan is a committee member of the Public Health Alliance of the Island of Ireland, a member of the N.I.C.E. Expert Panel on Public Health, a graduate of the Institute of Public Health Leadership Course, a graduate of the Common Purpose Leadership Programme, a member of the Population Health Group of the cross border health group C.A.W.T. He has recently led on the development of a new initiative tackling rural poverty in NI in partnership with the Department of Agriculture and Rural Development. Brendan's background prior to Public Health was in economic and social renewal in rural areas and social housing.

### **BRENDAN KENNELLY**

Brendan Kennelly studied economics at University College, Cork and at the University of Maryland, College Park. He has been a lecturer in economics at NUI Galway since 1991. Much of his recent research has been in the economics of mental health and suicide. He recently completed a large research project on the Economics of Mental Health in Ireland for the Mental Health Commission. His papers on the economics of suicide and mental health have been published in journals such as Crisis, Health Policy, and the Irish Journal of Psychological Medicine. He is the joint author of a chapter on the economics of suicide in the Oxford Textbook of Suicidology that was published in 2009.

### **HELEN KEELEY**

Dr Helen Sarah Keeley is Consultant Child and Adolescent Psychiatrist for the North Cork area with the Health Service Executive and has been involved with the National Suicide Research Foundation since it was established by Dr Michael Kelleher in 1995. She was initially Research Registrar and then Deputy Director, when the Foundation was the Irish Centre for the WHO/EURO Multi-centre Parasuicide Study, which formed the basis for the establishment of the National Registry of Deliberate Self-harm. She was then Specialist Registrar in Child and Adolescent Psychiatry at the Tavistock and Portman NHS Trust in London from 1998, returning to Ireland in 2001. She continues to be involved with the NSRF with a particular emphasis on biological and psychosocial research in young people, for example, the Child and Adolescent

Self-harm in Europe (CASE) study, which was administered to 4,000 young people in schools in the old Southern Health Board region in 2004, as part of a multi-centre European study. She was awarded an MD for her thesis “Markers of Suicidality” in 2005. She is now Principal Investigator for the Saving and Empowering Young People in Europe Study (SEYLE).

### **MICHAEL CULLOTY**

A graduate of the National University of Ireland and London University he has been involved for many years in the voluntary and community sector both in the UK and Ireland. He has worked for over eight years in front line money advice in a Dublin suburb both as a money adviser and service manager. Since 2004 he has national responsibility for social policy which affords the opportunity to effect change at local and national level. He is also responsible for media management for the Money Advice and Budgeting Service (MABS). He is a frequent contributor to national press, radio and TV discussing issues of interest to the MABS service particularly in relation to people on low incomes and welfare and their access to affordable credit.

### **SUSAN KENNY**

Susan Kenny is National Training and Development Officer with the HSE/National Office for Suicide Prevention, her role is to develop and implement national training programmes as set out in the Reach Out- The National Strategy for Action on Suicide Prevention. In the NOSP, she coordinates work on suicide prevention and mental health promotion in the school and workplace settings. In 2009, she has been charged with managing the NOSP programme targeted at those working with people who are unemployed and in financial difficulty. She represents NOSP on the HSE's National Alcohol Information and Mental Health Awareness Campaign steering groups.

Prior to joining the NOSP, she held posts with clinical and health promotion services in the HSE and the NHS where she managed health promotion programmes. Susan has post graduate qualifications in Public Health and Health Care Management and is a visiting research fellow with the Department of Public Health and Primary Care, TCD.

### **DEIRDRE GARVEY**

Deirdre Garvey is Chief Executive Officer of The Wheel – a support and representative body for the sector in Ireland which has almost 850 members. She represented the community and voluntary sector in the implementation of the Government's White Paper on ‘Supporting Voluntary Activity’ from 2001 to 2007. The Wheel was awarded the status of Social Partner by Government in 2003 and Deirdre is currently a member of the Steering Group for the ‘Towards 2016’ national agreement. She was a member of the National Economic and Social Council from 2003 to 2007 and is currently an alternate member.

Prior to joining The Wheel , Deirdre was Director of Development (Fundraising) at The Barretstown Gang Camp in Kildare for five years. Before moving into full-time paid work

in the community and voluntary Sector, Deirdre worked in the private sector, holding several managerial posts in the hi-tech field in Germany . Having studied science for her bachelors degree in 1986, she completed a Masters in Business Administration in 2003.

## REGISTRATION

Thursday 1st October

8:00am – 9:00am Conference Centre, Dunraven Arms

### Special Accommodation rates available from the Dunraven Arms Hotel, Adare

€100 B&B Double/Twin Room

€80 B&B Single

2 Nights B&B and 1 Dinner from €99 per person sharing in a Double/Twin Room.

€150 Single Occupancy

Tel. +353 61 605 900

Email: [reservations@dunravenhotel.com](mailto:reservations@dunravenhotel.com)



## REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone No. \_\_\_\_\_

E-mail \_\_\_\_\_

\*Conference Fee includes conference pack and meals

### Conference Fee:

Members €90/£70

Non members €100/£80

### Annual Membership (Sept 2009 – Aug 2010)

Single membership €40/£30

Corporate membership (up to 7 members) €200/£150

Total amount enclosed €/£ \_\_\_\_\_

Application Form, **which must include conference fee** (cheques to be made payable to the Irish Association of Suicidology) should be sent to: IAS, 16, New Antrim St., Castlebar, Co. Mayo. Tel. +353 (0) 94 9250858. Fax +353 (0)94 9250859. E-mail [info@ias.ie](mailto:info@ias.ie)

**Closing date for registration 25th September 2009. 10% cancellation fee applies. No refund for cancellation/no-show with less than 24 hours notice in writing.**

