

Koriyama City Safe Community Steering Committee



Suicide Prevention Task Force Activity Report

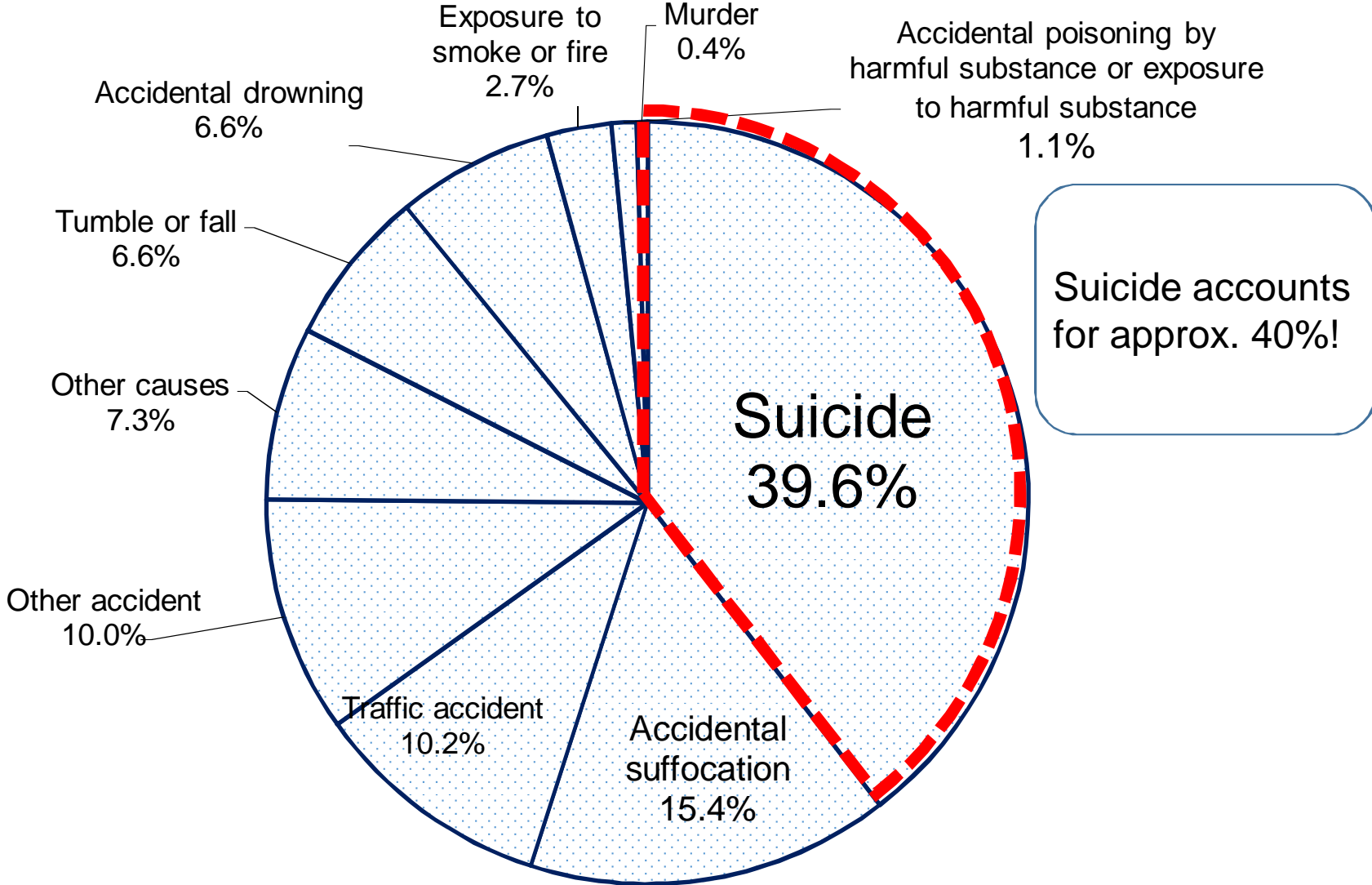


Presented by Chiyo Wakatsuki,
chair of Suicide Prevention Taskforce

Background of creating Suicide Prevention Task Force 1

Ratio of death causes in Koriyama City between FY2009 and 2014

Fig. 1



Source: Koriyama City Health Department "FY2009 to FY2014 Demographic Statistics (Cause of Death Ledger)"

Background of creating Suicide Prevention Task Force 2

Ranking of causes of death by external factors in Koriyama City by age group

Fig. 2

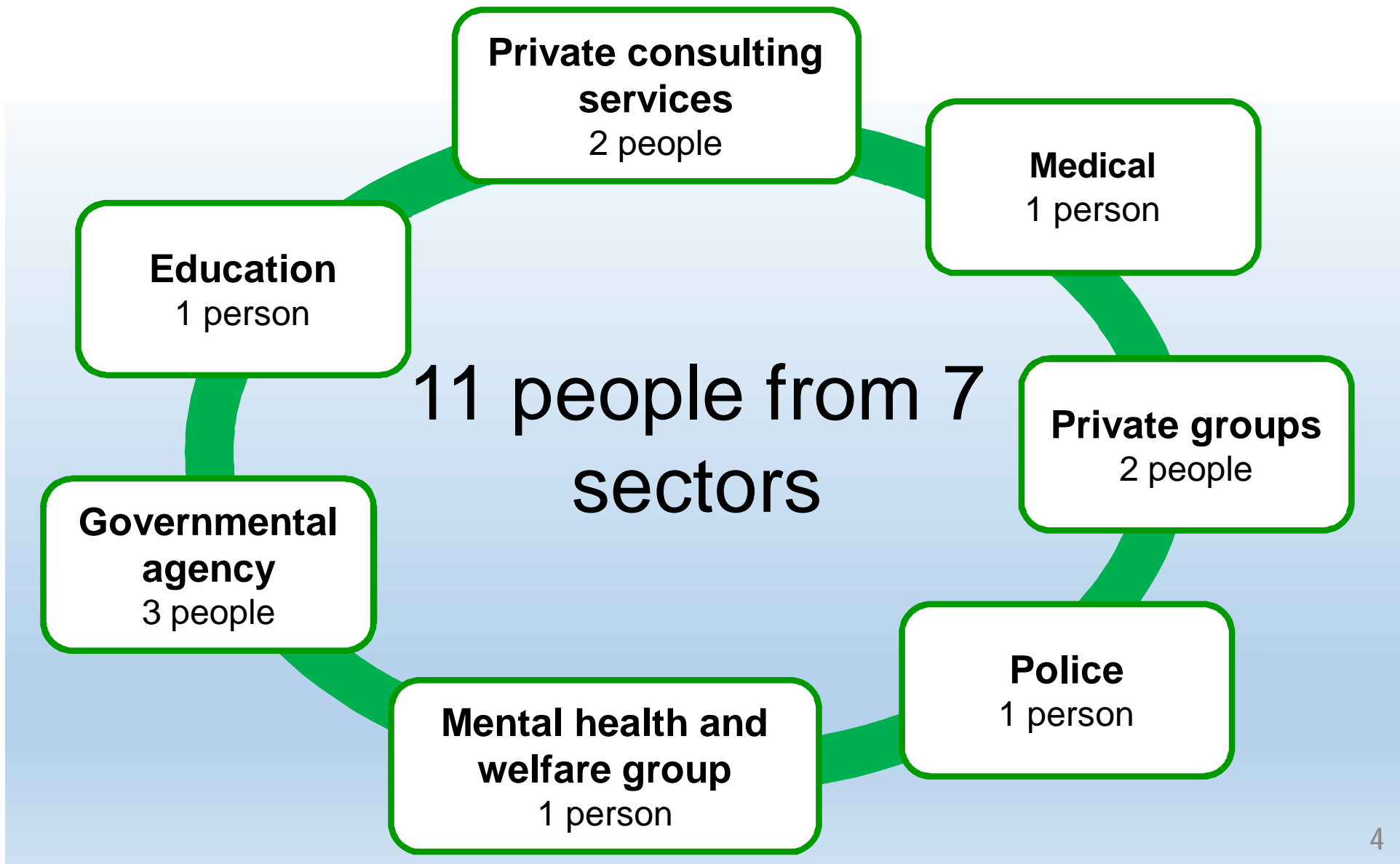
Age group	1st place		2nd place		3rd place	
Ages 0-9	Suffocation	3 deaths	Traffic accidents	1 death	Traffic accidents	1 death
Ages 10-19	Suicide	8 deaths	Traffic accidents	2 deaths	Traffic accidents	2 deaths
Ages 20-29	Suicide	64 deaths	Traffic accidents	16 deaths	Traffic accidents	16 deaths
Ages 30-39	Suicide	62 deaths	Traffic accidents	17 deaths	Traffic accidents	17 deaths
Ages 40-49	Suicide	72 deaths	Traffic accidents	13 deaths	Suffocation	5 deaths
Ages 50-59	Suicide	95 deaths	Traffic accidents	16 deaths	Drowning	9 deaths
Ages 60-69	Suicide	68 deaths	Traffic accidents	17 deaths	Suffocation	16 deaths
Ages 70-79	Suicide	43 deaths	Suffocation	33 deaths	Traffic accidents	29 deaths
Ages 80-89	Suffocation	71 deaths	Suicide	31 deaths	Drowning	30 deaths
Age 90 and older	Suffocation	37 deaths	Tumbles/falls	18 deaths	Drowning	6 deaths
Total (All ages)	Suicide	447 deaths	Suffocation	174 deaths	Traffic accidents	115 deaths

Suicide is the leading cause for ages 10 to 70!
Deaths are approx. 3.9-fold of traffic accident deaths.

Source: Koriyama City Health Department "FY2009 to FY2014 Demographic Statistics (Cause of Death Ledger)"

Composition of Suicide Prevention Task Force

Fig. 3





History of Activities 1



Fig. 4

Session	Date	Outline of activity
1	July 8, 2015	Explanation of outline of Safe Community Confirmation of current state in Koriyama City (community diagnosis, demographics, etc.)
2	August 4, 2015	Sharing of information on challenges from a subjective viewpoint Consolidation of opinions on problems and dangers Confirmation of situation of suicide prevention activities, etc.
3	September 15, 2015	Study of challenges from an objective viewpoint Explanation of current situation of suicides, and activities to eliminate concerns about suicide and prevent suicide
4	October 13, 2015	Study of challenges Objective study based on subjective study and data
5	November 10, 2015	Refinement of priority challenges, and actualization of challenges
6	December 14, 2015	Study of direction and targets for resolving challenges
7	January 18, 2016	Confirmation of current measures, and study of programs
8	February 15, 2016	Study of actual measures



History of Activities 2



Fig. 5

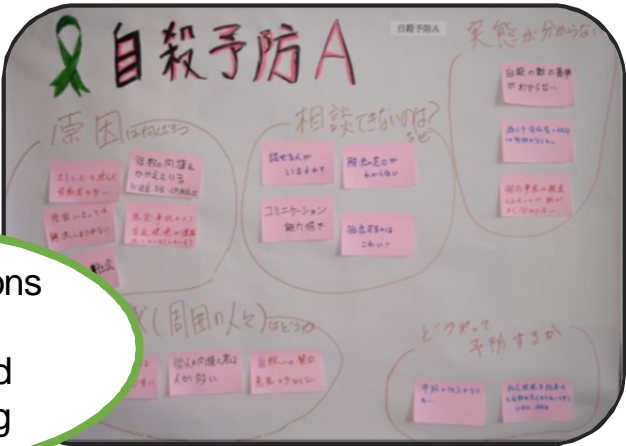
Session	Date	Outline of activity
1	May 15, 2016	Confirmation of direction, and review of programs Study of data (statistical data from FY2015)
2	June 7, 2016	Review of direction, and study of programs
3	July 12, 2016	Study of data required for understanding current state Information not obtained from statistical data, etc.
4	August 4, 2016	Study of actual measures
5	October 13, 2016	Rehearsal for preliminary guidance
6	October 27, 2016	Revisions for preliminary guidance, and final confirmation, etc.

Sharing of information on challenges from a subjective viewpoint



Discussing opinions in a workshop setting

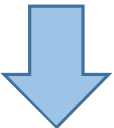
Writing opinions on post-it stickers and categorizing



- Cannot identify people who have feelings of dying
- Awareness on suicide is low
- Many people think suicide is a personal problem
- There are opinions that agree with suicide

- Counseling services are not known
- People have compound problems such as health, finances and personal relations
- People do not know where to seek help when they are feeling low

- No one to talk to
- Cannot issue SOS if method of connecting is unknown
- Sense of virtue and value to not complain
- No energy to find counsel (past the worrying stage)



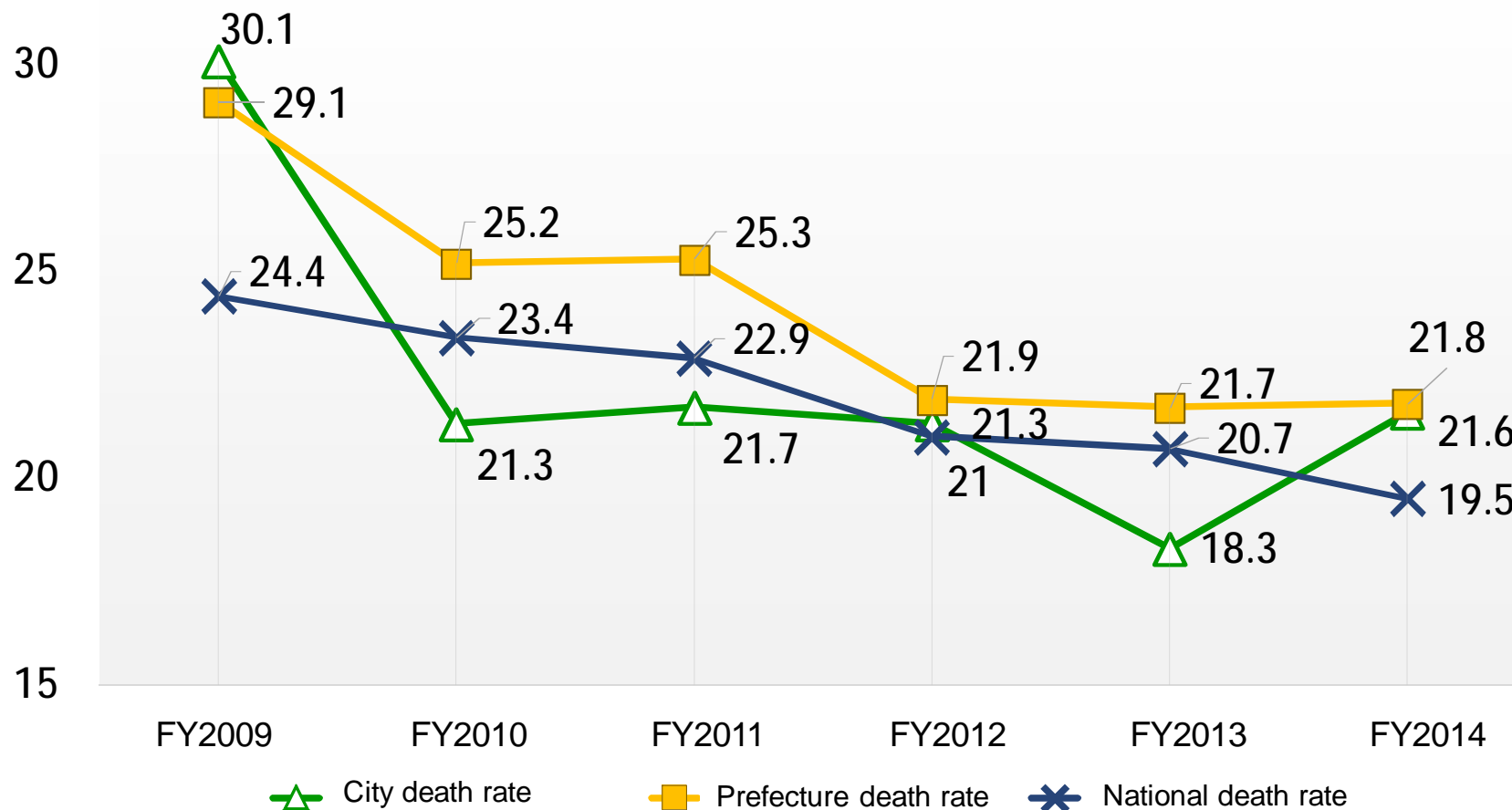
- No one to consult with
- Do not know where to consult
- Cannot go for counseling

Challenges identified from objective data 1

Transition of rate of suicide death at National, Prefectural and Koriyama City levels (per population of 100,000)

35

Fig. 6

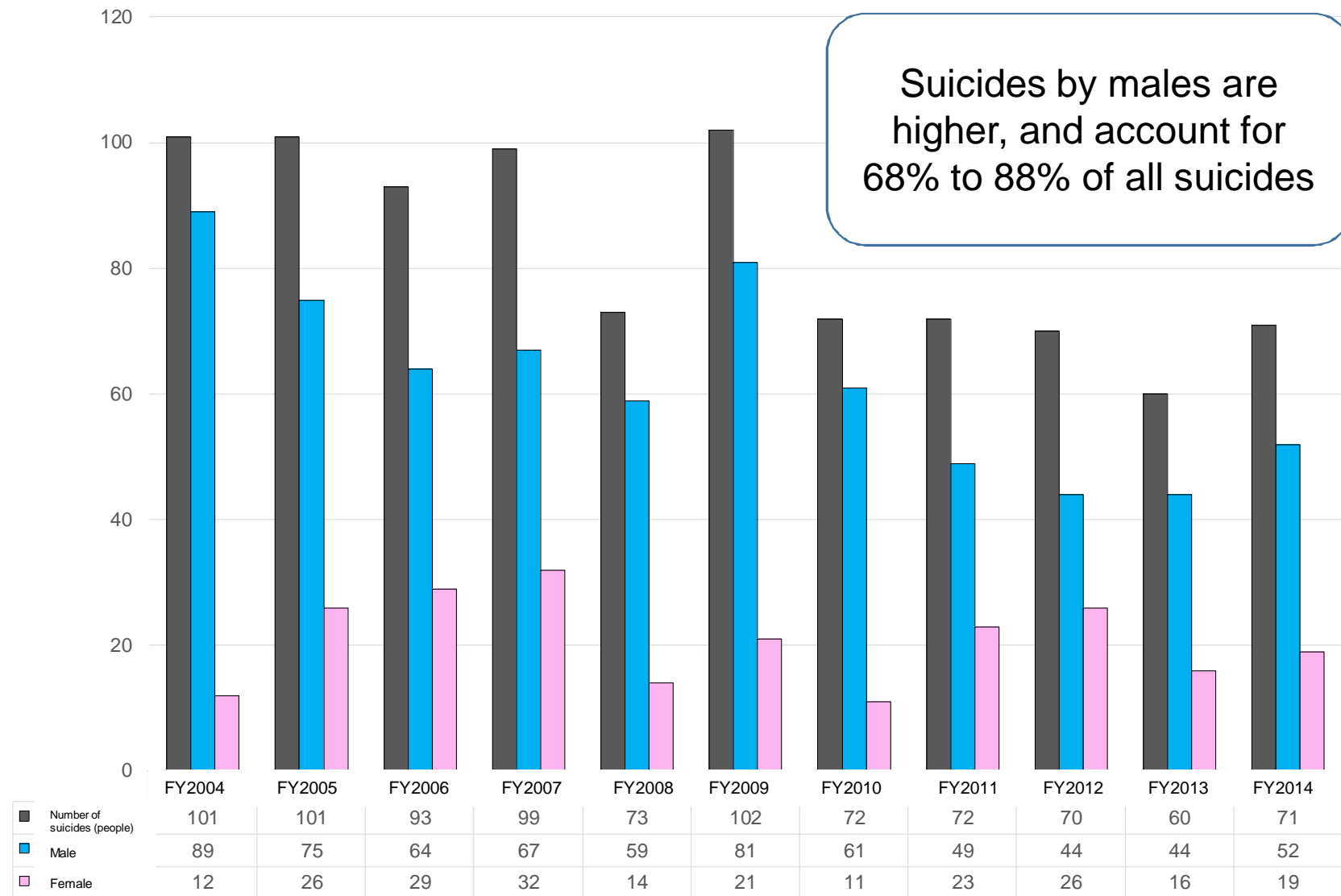


Source: Ministry of Health, Labour and Welfare "Demographic Statistics" (survey of Japanese nationals; tabulated by residence)

Challenges identified from objective data 2

Fig. 7

Number of suicides in Koriyama City each year by gender

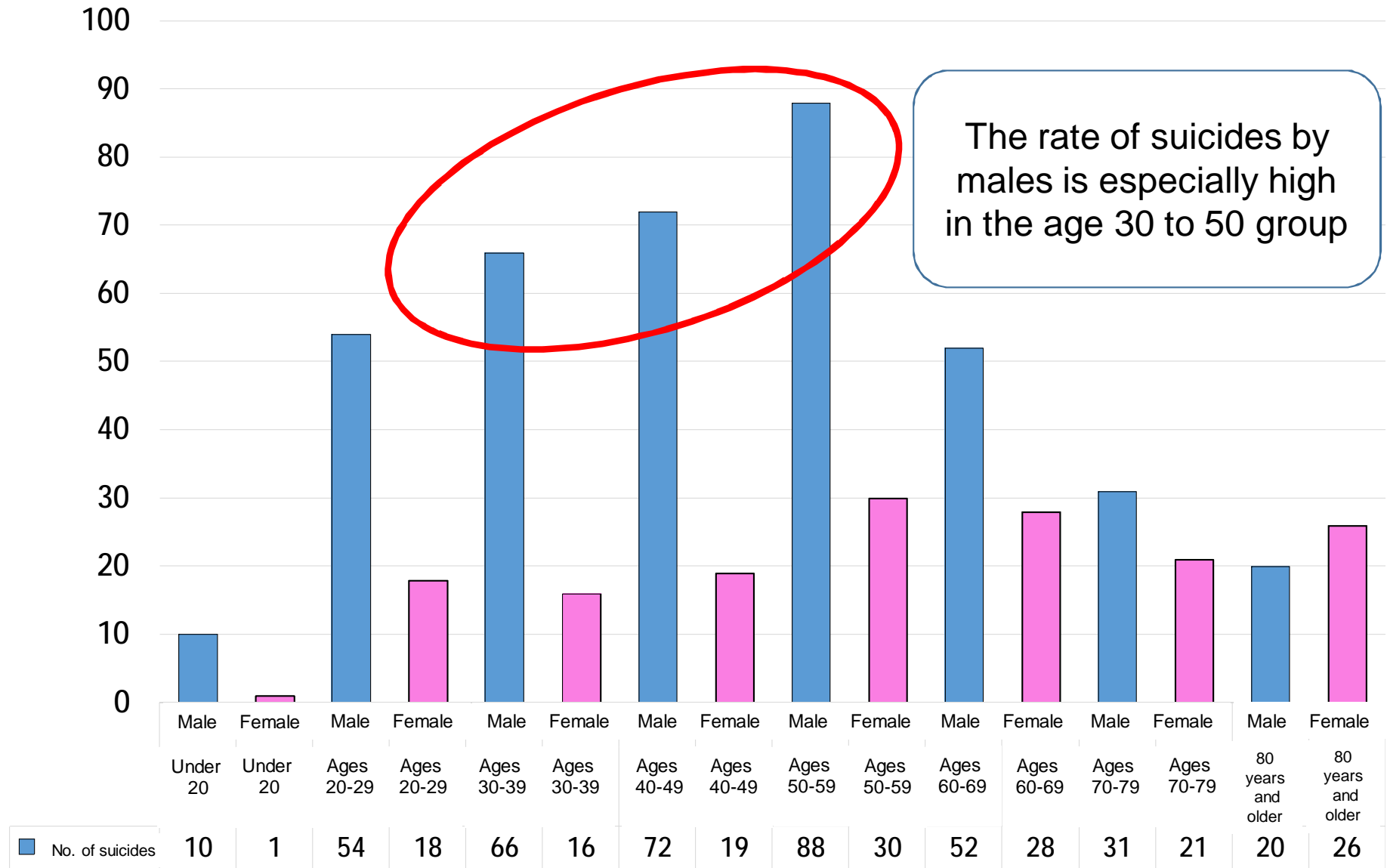


Source: Ministry of Health, Labour and Welfare “Demographic Statistics”
 (survey of Japanese nationals; tabulated by residence. * Age-based statistics are not available for municipalities)

Challenges identified from objective data 3

Fig. 8

Number of suicides in Koriyama City each year by gender (total for FY2009 to FY2015)

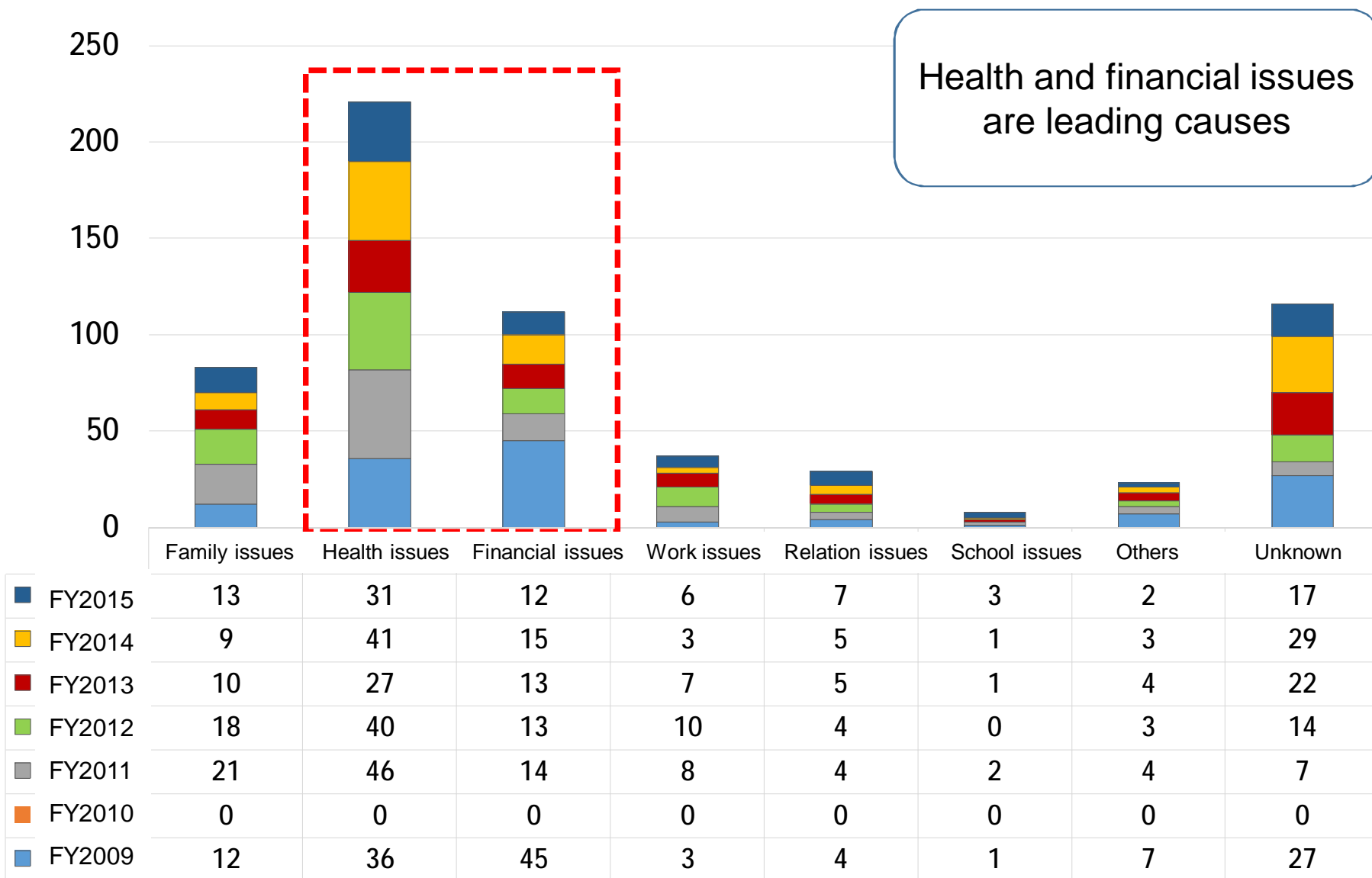


Source: Cabinet Office "Basic information on suicides" * Tabulated from "date of suicide" and "residence"

Challenges identified from objective data 4

Fig. 9

Cause and motive of suicides in Koriyama City (past seven years)

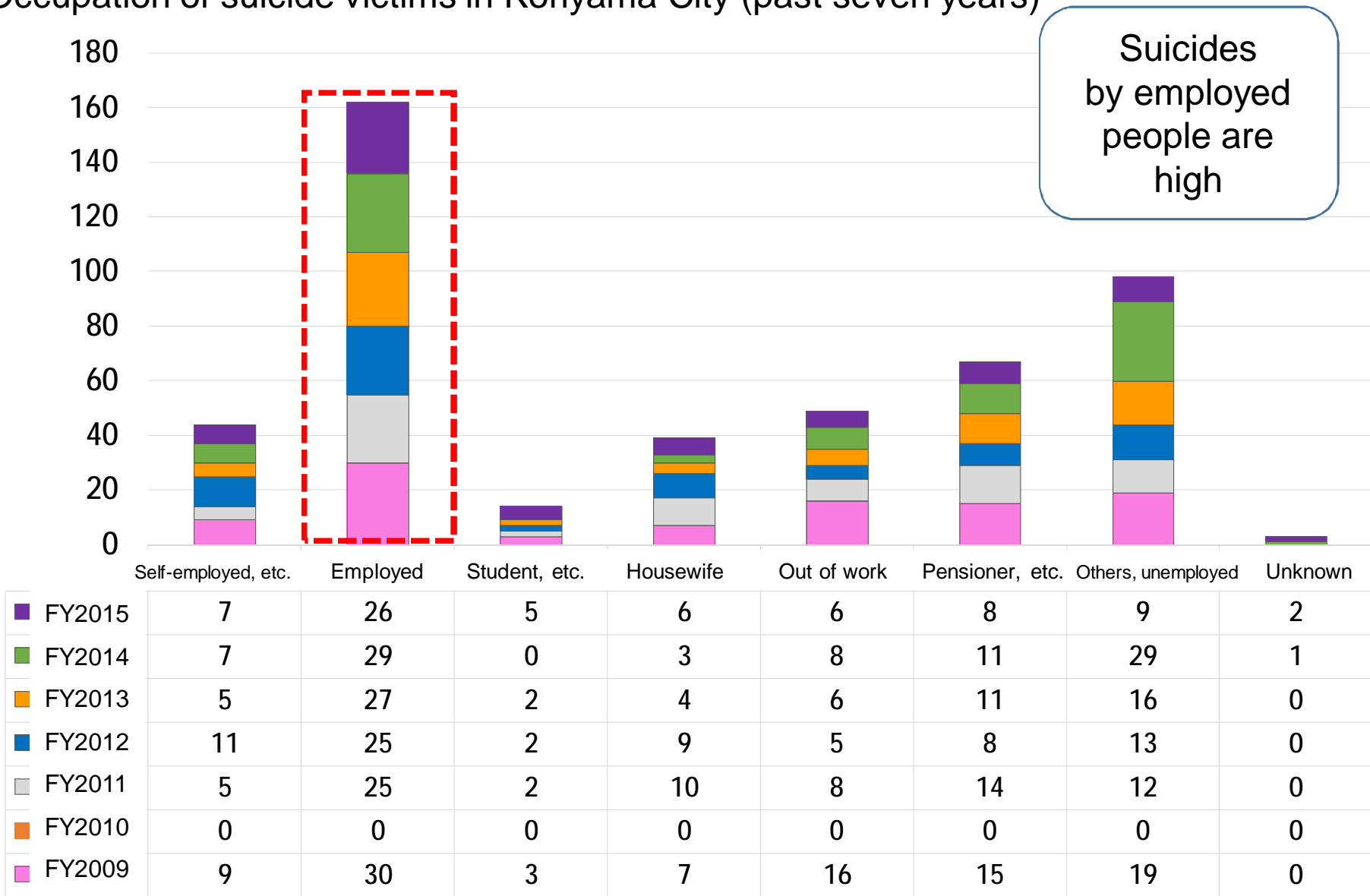


Source: Cabinet Office “Basic information on suicides” * Tabulated from “date of suicide” and “residence”

Challenges identified from objective data 5

Fig. 10

Occupation of suicide victims in Koriyama City (past seven years)

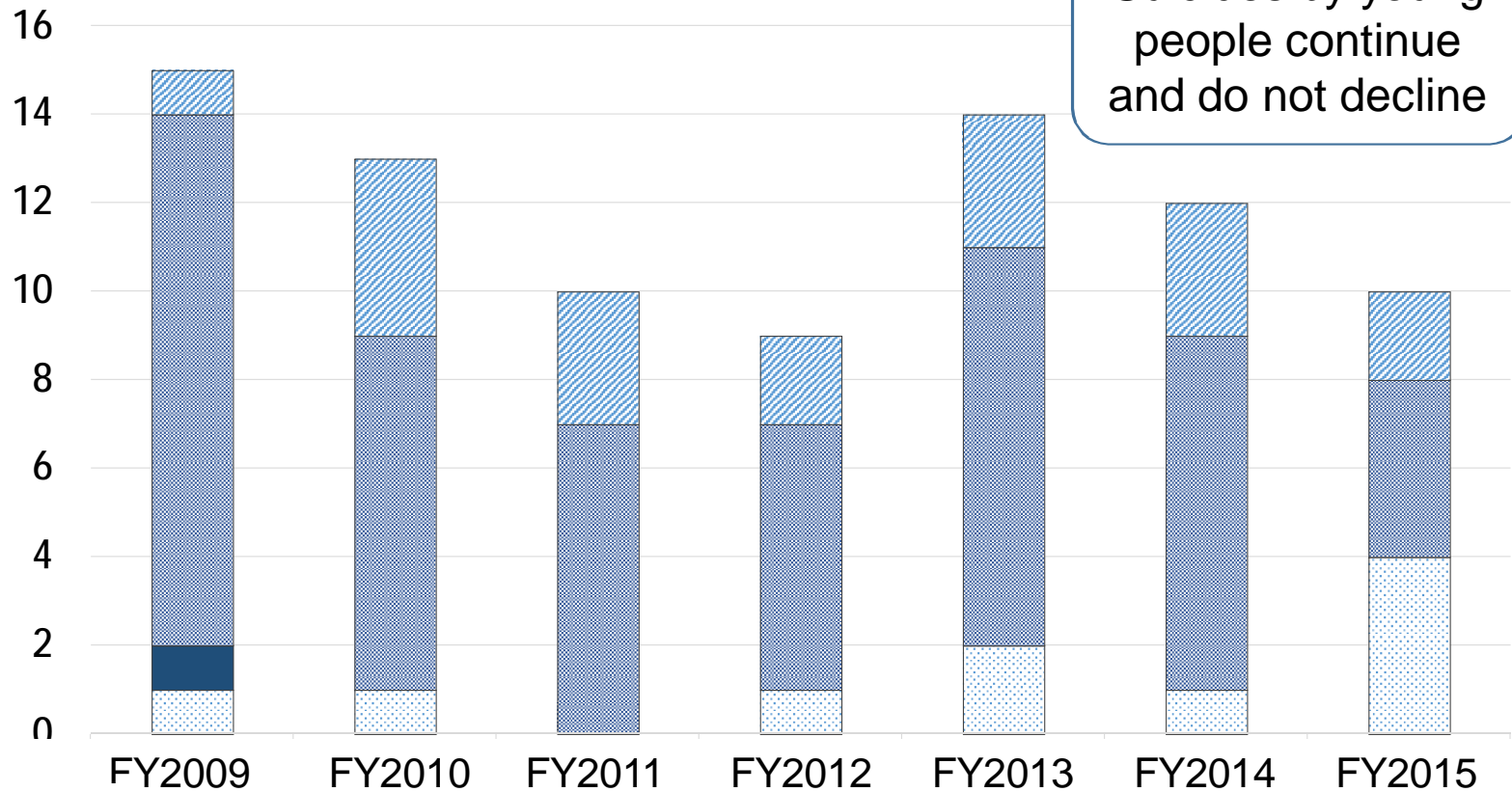


Source: Cabinet Office "Basic information on suicides" * Tabulated from "date of suicide" and "residence"

Challenges identified from objective data 6

Fig. 11

Transition of suicide victims ages under 20 in Koriyama City



	FY2009	FY2010	FY2011	FY2012	FY2013	FY2014	FY2015
Ages 20 to 29, female	1	4	3	2	3	3	2
Ages 20 to 29, male	12	8	7	6	9	8	4
Ages under 20, female	1	0	0	0	0	0	0
Ages under 20, male	1	1	0	1	2	1	4

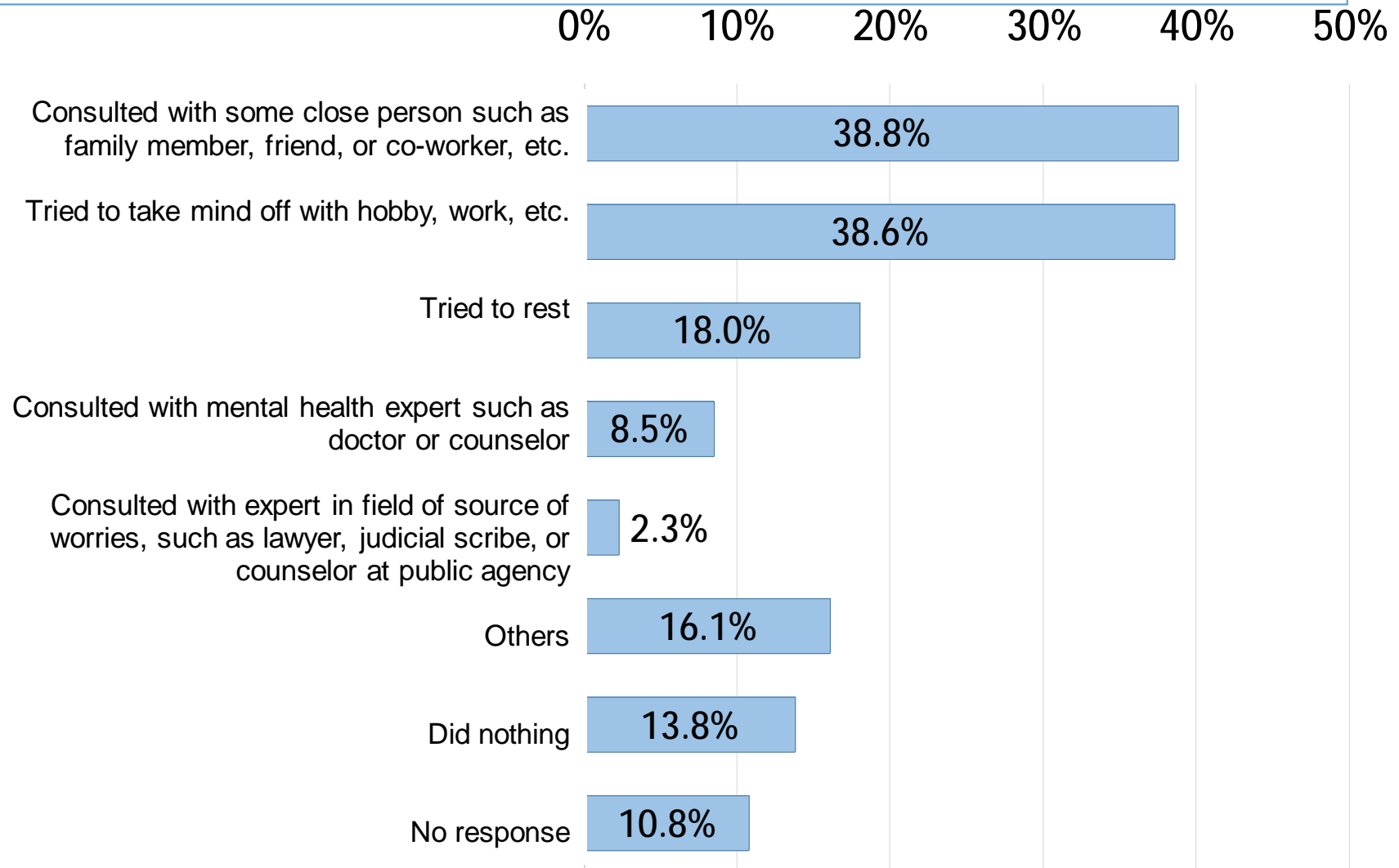
Source: Cabinet Office "Basic information on suicides" * Tabulated from "date of suicide" and "residence"

Challenges identified from objective data 7

Fig. 12

How did you get over suicidal thoughts?

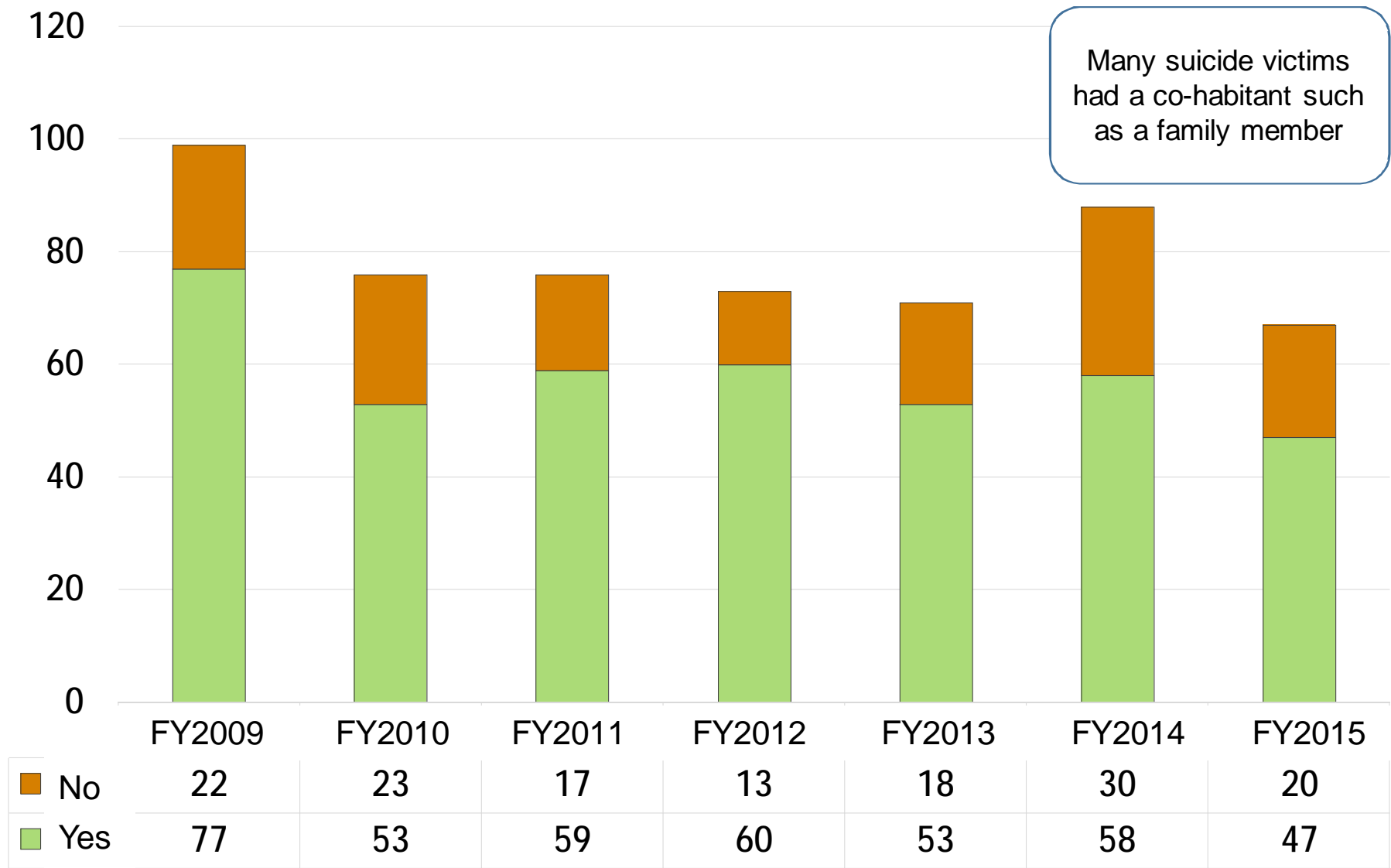
Responses from 472 people who responded that they had “Contemplated suicide in the past”
(Multiple answers permitted)



Challenges identified from objective data 8

Fig. 13

Presence of co-habitant at residence of suicide victim in Koriyama City



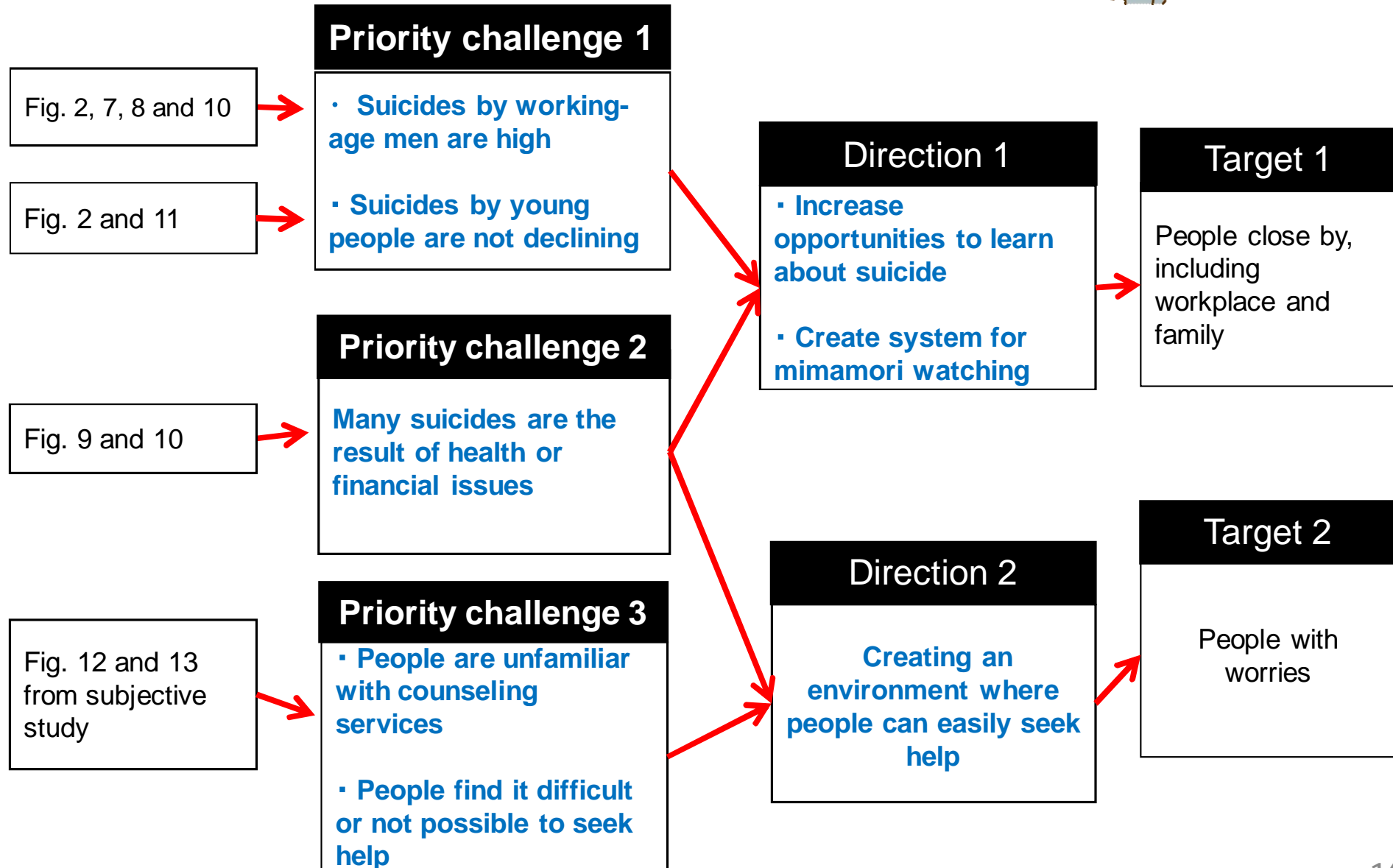
Source: Cabinet Office "Basic information on suicides" * Tabulated from "date of suicide" and "residence"



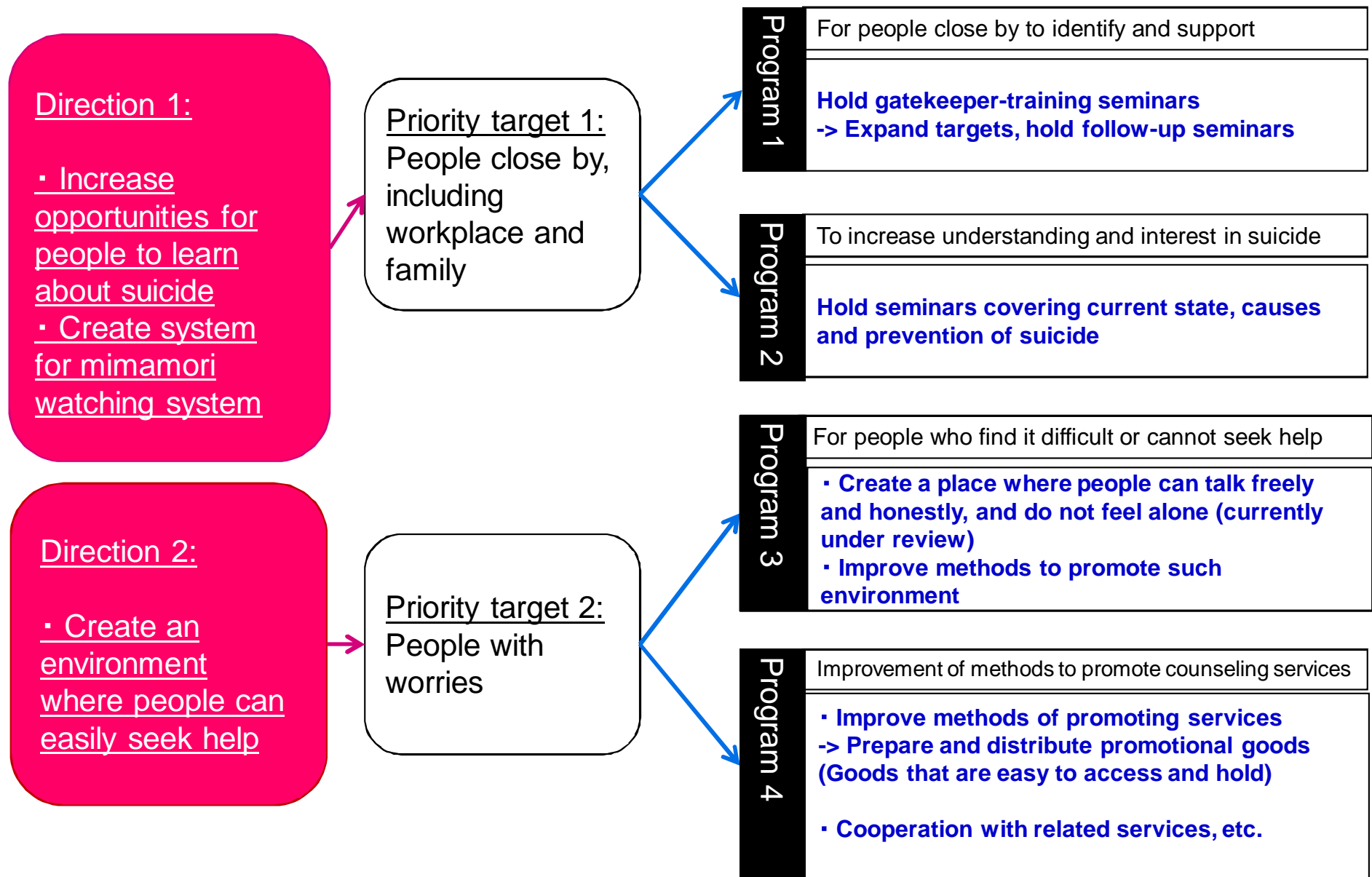
Summary of challenges and directions



Fig. 14



Summary of directions, targets, and programs Fig. 15



Current system for promoting suicide prevention measures

<p>Basic Act on Suicide Prevention</p>	<p>Enacted in October 2006 as a measure against the sudden increase in suicides from 1998, and which continued to exceed 30,000 annually. Implemented to promote nationwide comprehensive and systematic measures against suicide. Revised in April 2016.</p>
<p>General Principles of Suicide Prevention Policy</p>	<p>Policy for suicide prevention measures promoted by the government. Aiming to create a society where no one is pushed into suicide.</p>
<p>Fukushima Prefecture Action Plan to Prevent Suicide</p>	<p>Policies promoted based on five pillars</p> <ol style="list-style-type: none"> 1) Enforcement of studies and research 2) Programs to prevent suicide 3) Programs to provide emergency response in event of suicide 4) Programs for response after a suicide 5) Support and cooperation for involved persons
<p>Koriyama City Suicide Measures</p>	<ul style="list-style-type: none"> • A plan related to the City's suicide measures is scheduled to be enacted. (Basic Act on Suicide Prevention was revised in April 2016, and was incorporated in contents.) • Safe Community Suicide Prevention Task Force <ul style="list-style-type: none"> * "Special Committee for Safe and Secure City Planning" established in Koriyama City Council in December 2015. <p>Studies and research are underway to propose ordinances for suicide prevention measures.</p>

Existing Programs

	National	Prefecture	City	Community
Priority1 ・Suicides by working-age men are high ・Suicides by young people are not declining	Hotline, Face to Face consolation General , mental, work related, crimes, law, human rights, consumers, children, DV, medical issues, hikikomori			
	Stress check promotion	Symposium, seminar (mental health, suicide prevention)		
Priority2 Many suicides are the result of health or financial issues	Suicide prevention Campaign (Sept., March)	Suicide prevention Campaign (Sept., March)	Gate Keeper training	
			Exhibition, pamphlets distribution	
			Home visit by public health nurses	
Priority3 ・People are unfamiliar with counseling services ・People find it difficult or not possible to seek help		Family classes for depression, etc.		Self help group activities (alcohol, gamble, survivors)
			Gathering for alcohol related problems	
	Information provision by agencies to inform on consultation services	Information provision by agencies to inform on consultation services	Information provision by agencies to inform on consultation services, Gate keeper training etc.	Introduction on activities by self-help groups Leaflet provision on counselings

Direction 1

Increasing opportunities to learn about suicide, and creating a system for mimamori watching

Program 1 Gatekeeper training

Improvement

Outline

Training sessions for increasing citizens' interest in suicide prevention, and providing training for early discovery and early measures for people leaning toward suicide. (Training of gatekeepers for preventing suicide)

Organizer

Koriyama City

Participating groups, etc.

General public, community organizations including social workers, welfare professionals such as in-home care helpers, hairdressers, acupuncture/moxibustion/massage therapists, private corporations such as small and medium-sized companies, elementary and jr. high teachers, city employees

Results of activities

Number of participants
2014 600 people
2015 420 people
2016 (end of August) 197 people

Changes since starting SC

- Seminars targeted for elementary and jr. high school teachers, etc. conducted as a measure against suicides in the younger age groups.
- Seminars for the general public were increased to two.
- Follow-up seminars are planned.



Direction 2

Creating an environment where people can easily seek help

Program 4 Improving methods to promote counseling services
(preparing and distributing promotional goods)

Improvement

Outline

Holding panel displays and distributing of leaflets and educational goods, etc. during Suicide Prevention Campaign Months, distributing pamphlets regarding mental health at Coming-of-Age Ceremony, and distributing leaflets promoting counseling services at various offices and stores.

Organizer

Koriyama City, Suicide Prevention Task Force

Results of activities

Participation in this year's "Autumn Traffic Safety Campaign"
• Distributed items: 1,100 handbills promoting counseling services



Changes since starting SC

- Holding of street campaigns (SC)
- Preparation and distribution of card-type leaflets to promote counseling services
 - * Distribute leaflets at governmental agencies, and at shops such as barbershops, beauty salons, pharmacies, etc.



Programs under Discussion 1

Direction 1

Increasing opportunities to learn about suicide, and creating a system for mimamori watching

Program 2: Measures to increase understanding and interest in suicide

- **Holding of seminars related to current state and cause of suicides**

• Traffic accidents are mentioned in newspaper, but most suicides are not. People do not know about the situation of suicides in Japan and Koriyama.

• The problem of suicides. People who are not involved are not interested because it is about someone else.

- **Seminars for citizens**
It is important that citizens learn about and have interest in suicides.



Programs under Discussion 2

Direction 2

Creating an environment where people can easily seek help

Program 3: Measures for people who find it difficult or cannot seek help

- **Place where people can talk freely and honestly, and do not feel alone” (currently under review)**

People will not come if the sign says “Suicide Prevention”

This type of place is necessary for people who cannot seek help from family members

- **Lowering the hurdle of “seeking help” (currently under review)**

Being familiar with counseling services is one of ways to “find it easy to seek help” -> Measure 4

Japanese often believe it is a virtue to not complain. This may make it harder for people to seek help -> What is needed?

Programs under Discussion 3

Direction 2

Creating an environment where people can easily seek help

Program 4: Improving methods of promoting counseling services

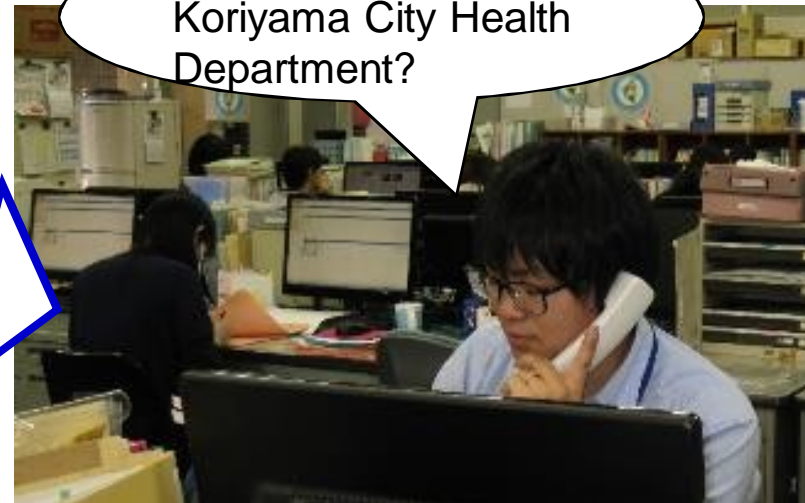
- **Cooperation with related services, etc.**

I'll introduce you to
Koriyama City Health
Department



• Isn't it important for
each counseling service
to work together?

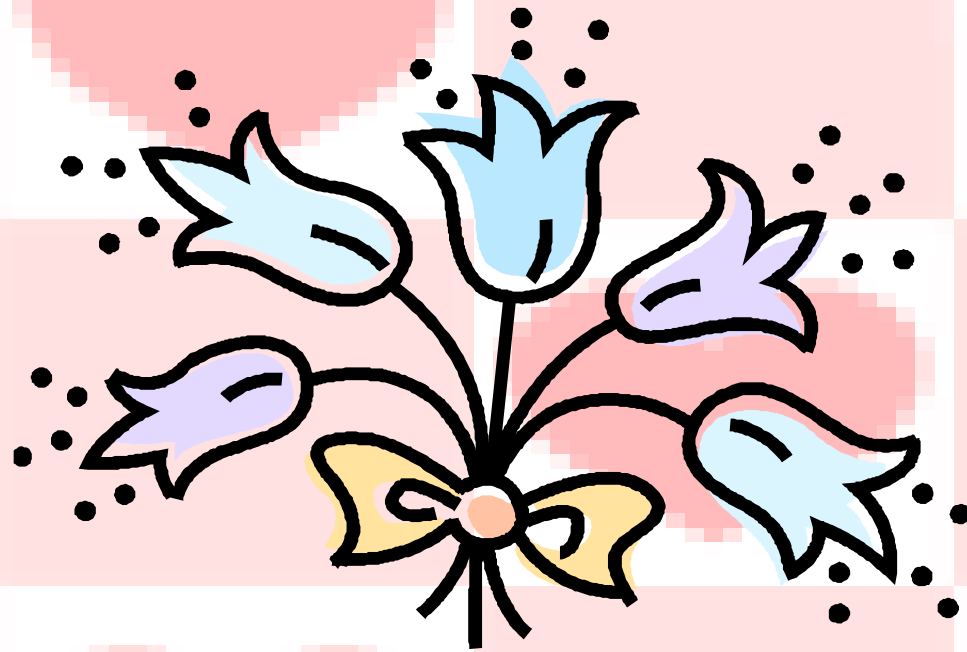
Is this Mr. xx at the
Koriyama City Health
Department?



Points currently attained and future directions

Fig. 17

	Priority challenge	Currently attained point	Future direction
1	<ul style="list-style-type: none"> • Suicides by working-age men are high • Suicides by young people are not declining 	<ul style="list-style-type: none"> ○ Actual measures Expand targets for gatekeeper training and hold follow-up seminars (scheduled for this fiscal year) • Increase sessions for citizens • Hold seminars for teachers, etc. as a measure for younger generation 	<ul style="list-style-type: none"> • Study of evaluation indicators
2	<p>Many suicides are the result of health or financial issues</p>	<p>* To be studied</p>	<ul style="list-style-type: none"> • Study of evaluation indicators • Discuss data to obtain and conduct analysis.
3	<ul style="list-style-type: none"> • People are unfamiliar with counseling services • People find it difficult or not possible to seek help 	<ul style="list-style-type: none"> ○ Actual measures Distribute promotion goods (leaflets, etc.) at events. Prepare handy card-sized promotional leaflet promoting counseling services. (Distribute with cooperating private groups.) 	<ul style="list-style-type: none"> • Study of evaluation indicators • Look for reference data. • Discuss required measures to a level that can be implemented.



Thank you for listening.