

# **Suicide Postvention: Support for Pacific Communities**

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**08 November 2016**



**Hibiscus Research**  
LIMITED

# What is Suicide Postvention?



- **Edwin Shneidman (*1918-2009*)**
- **Suicide prevention for the next generation**

# Why Suicide Postvention?



- **Every year, 800,000 people die from suicide worldwide. Roughly one death every 40 seconds**
- **The impact becomes even more substantial for those left behind. Between 48-500 million people experience suicide bereavement annually**
- **At least 7% of people are exposed to suicide bereavement with 60 people on average directly affected by a suicide death (i.e. family, friends, colleagues, school peers)**
- **A total of 549 people died by suicide in New Zealand in 2012. Almost 75% of these suicides were male**

# Furthermore...



- **Suicide prevention focus**
- **Western-dominated focus**
- **The suicide bereaved have poorer grieving outcomes than groups who have lost through other forms of death**
- **Siblings impacted – but we still don't know enough**
- **A significant proportion of the population with an increased risk for suicide is between 2-10 times greater in comparison to the general population**



**GUILT SHAME**  
*POOR MENTAL HEALTH*  
**SOCIAL ALIENATION**  
**ELEVATED STRESS**  
**DEPRESSION**

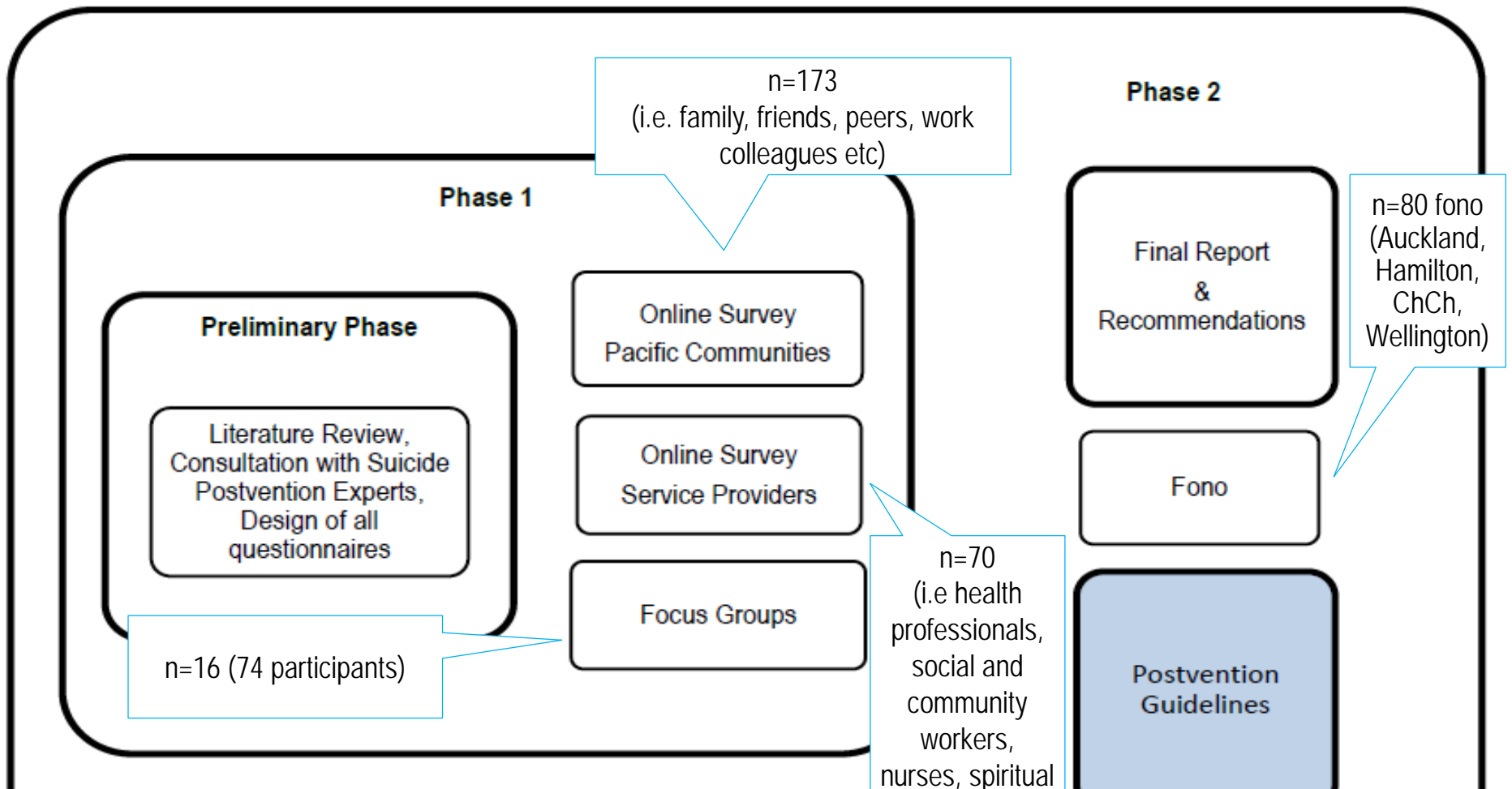
# Aims

- **To engage Pacific communities by examining appropriate and effective foci for Pacific suicide postvention activities towards the development of Pacific suicide postvention guidelines.**
- **To provide better information and support for Pacific individuals, families and communities bereaved by suicide.**

# Methods



- **Loosely based on the South Australian Suicide Postvention Project. A 2 phased mixed methods approach over 18 months (October 2014 to April 2016)**
- **Phase 1: Comprised a survey targeting those bereaved by suicide (i.e. family, friends, peers, work colleagues etc) and service providers (i.e. health professionals, social and community workers, nurses, spiritual leaders etc)**
- **Further qualitative exploration undertaken in mainly Pacific ethnic focus groups**
- **Phase 2: *Fono* (meetings, forums)**



**Preliminary Phase**

Literature Review,  
Consultation with Suicide  
Postvention Experts,  
Design of all  
questionnaires

n=16 (74 participants)

n=173

(i.e. family, friends, peers, work  
colleagues etc)

Online Survey  
Pacific Communities

Online Survey  
Service Providers

Focus Groups

n=70  
(i.e. health  
professionals,  
social and  
community  
workers,  
nurses, spiritual  
leaders)

**Phase 2**

Final Report  
&  
Recommendations

Fono

Postvention  
Guidelines

n=80 fono  
(Auckland,  
Hamilton,  
ChCh,  
Wellington)





# Recommendations



# Family Champion

Cultural competency training

Ethnic specific resources

When to talk about it - 24+ months?

Family support groups

Gendered responses

Suicide postvention visibility



Family counselling & spiritual guidance preferred support  
**More training**

Open communication between families and coroners

**Support & training in the workplace**

Financial advice and support needed

# Family support groups

A service dedicated to Pacific suicide postvention

# Search optimisation strategies

More research needed

# Organisation and Community Support

**Rev. Makesi Alatimu** (St Paul's Trinity Pacific Presbyterian Church - Christchurch), **Les Atoni** (Vaka Tautua - Wellington), **Professor Annette Beautrais**, **Tagaloa Taima Fagaloa** (Capital Coast DHB), **Vui Mark Goshe** (Vaka Tautua - Auckland), **Kim Holt** (K'aute Pasifika - Hamilton), **Willie Iosia**, **Peta Karalus** (K'aute Pasifika - Hamilton), **Rev. Perema Leasi** (Pacific Islanders Church of Christ the King, Wellington), **Le Va, Community Postvention Response Service (CPRS)/Clinical Advisory Services Aotearoa (CASA)**, **Maria Pasene** (Pegasus Health - Christchurch), **Rev. Iki Pope** (Tongan Youth Trust - Auckland), **Teina Powell** (Vaka Tautua - Wellington), **Kristina Sofele** (Vaka Tautua - Auckland), **Sam Tuaoi**, **Kaiongo Tupou** (Vaka Tautua - Christchurch), **Rev. Veitomoni Suifanga** (Trinity College - Hamilton), **Waka Hourua**.



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