

The Suicide Closet:

Effective risk assessment and support strategies for working with suicidal LGBTTIQA+ people



A learning opportunity to explore the specific factors that contribute to suicide in LGBTTIQA+ people and inclusive practice strategies to support them

A workshop with award winning suicide prevention practitioner Barry Taylor



TaylorMade Training & Consulting

Promoting wellbeing and facilitating effective suicide prevention & postvention through evidence-based practice and evaluation

Me mahi tahi tātou mo te oranga o te katoa - Work together for the wellbeing of everyone

"Services will be responsive to people from different cultural backgrounds, life experiences and perspectives, for example, ... Rainbow communities. All services will respect the cultural, gender and sexual orientation needs of the people being supported."

He Ara Oranga

Report of Government Enquiry into Mental Health and Addiction

Recent studies show that mainstream services in New Zealand have not significantly improved in their service delivery to clients who are members of the rainbow communities (Lesbian, Gay, Bisexual, Takatāpui, Transgender, Intersex, Queer, Asexual - LGBTTIQA+). Many clinicians still fail to ask about gender or sexuality nor take into account the significance of these factors in assessing suicide risk.

Many LGBTTIQA+ people using mainstream services report feeling unsafe or that issues relating to their sexuality or gender are either stereotyped or misunderstood, adding extra stress in a time of acute distress.

Not all suicide risk factors are the same. Evidence shows that rainbow community members have additional risk factors that need to be considered in undertaking an assessment of suicide of risk.

Learn how the impact of discrimination, heteronormative assumptions, unconscious bias, internalised homo/bi/trans phobia heightens suicide risk and can impact on the therapeutic relationship.

With the current redesign of mental health and addiction services in this country, this is an opportune time to ensure that workers are LGBTTIQA+ suicide responsive.

Evaluation of this workshop shows that attendance is of benefit for LGBTTIQA+ service providers and workers in mental health, addiction, primary health, social and community services, education, youth sectors. Clinicians and support workers in DHB, PHO & NGO mental health services, Kauapapa Māori, Pasifika and primary mental health and addiction services are strongly encouraged to attend.

Topics covered in this practical workshop:

- Suicide in LGBTTIQA+ people – What is it and how is it explained
- The role of social determinants in contributing to poor mental health outcomes and suicidality in LGBTTIQA+ people
- Not all the same - understanding intersectionality of age, gender, cultural differences and ableness in LGBTTIQA+ suicide
- Risk and Protective Factors for suicide in LGBTTIQA+ people – Additional considerations when undertaking suicide risk assessment in LGBTTIQA+ people
- Unconscious bias and heteronormative assumptions and the therapeutic relationship Intervention and support - Issues to consider when working with LGBTTIQA+ people experiencing suicidal ideation or behaviour.
- Suicide contagion in LGBTTIQA+ communities

Lesbian, gay, bisexual, takatāpui, transgender, intersex, queer/questioning, asexual and people of other diverse sexual and gender identifications (LGBTTIQA+) people are over represented in the statistics for people living with a mental illness, an addiction or have died by suicide. Given there are no dedicated LGBTTIQA+ mental health or addictions services in Aotearoa, it is essential that mainstream services, mental health NGO organisations, student health and counselling services and private counselling practitioners ensure that they have an understanding of the lived experience of LGBTTIQA+ people and the associated factors of their experience that contribute to suicidality.

Studies have shown that for lesbian, gay, bisexual, transgender, takatāpui, intersex, queer/questioning, asexual and people of other diverse sexual and gender identifications (LGBTTIQA+ people) suicidal thinking, attempts and deaths are far more common than in the broader population. Transgender people have one of the highest risk of suicide among all subpopulations.

There are identified additional risk factors for suicide which often are far more influential in determining suicide therefore the use of a generic risk assessment tool may not assess accurately the suicide risk or acuity in an LGBTTIQA+ person.

This workshop provides participants the opportunity to gain insights and a theoretical analysis of the social and psychological determinants that influence suicide risk in LGBTTIQA+ people so to ensure that they undertake an accurate assessment.

Based on considered practice wisdom on working with LGBTTIQA+ people, the workshop will cover strategies that counsellors need to consider when providing crisis intervention or longer-term counselling or support with LGBTTIQA+ people experiencing suicidal ideation or behaviour. One critical factor is the importance that workers have a good understanding of how hetero and gender normative assumptions and unconscious bias can impact on the therapeutic relationship.

Learning Outcomes

Participants will be:

- Knowledgeable of the social and psychological determinants that contribute to suicide risk and behaviour in LGBTTIQA+ people
- Familiar with specific LGBTTIQA+ risk and protective factors to consider in a suicide risk assessment
- Conscious of LGBTTIQA+ specific dynamics that may affect crisis interventions and longer-term support or clinical interventions with LGBTTIQA+ people experiencing suicidal ideation or behaviour
- Cognisant of the grief issues and suicide contagion risk for LGBTTIQA+ people bereaved by suicide

Work with rainbow communities to develop guidance on inclusive suicide prevention practices

Action Area 6
He Tapu o te Oranga o ia tangata /
Every Life Matters

"The easy to understand explanations of trans and intersex was most helpful and shed light on the experiences of groups that I knew little about"

Clinical Psychologist

"I wish there had been a course like this when I first started working in mental health. I have learnt so much"

Social Worker

"Your openness and style of presentation created a safe environment to ask questions and for honest group discussion"

Mental Health Nurse

"Leaving even more determined to ensure my school is a safe place for our LGBTI students"

School Counsellor

HEAR FROM AWARD WINNING SUICIDE PREVENTION PRACTITIONER BARRY TAYLOR

Barry has proven leadership over 30 years at local, national and international levels in using community initiatives and strength-based approaches to improve individual and community wellbeing and the prevention of suicide. He has extensive experience in the development, implementation and evaluation of programmes at the local and national level, especially creating collaborative partnerships to prevent or respond to suicide.

Barry has been a long term and passionate advocate of LGBTTIQA+ awareness within the the field of suicide prevention. In the 1980s, he wrote the first ever New Zealand policy paper on suicide in gay and lesbian youth. He was instrumental in the establishment of gay and lesbian youth groups throughout New Zealand and lead the organisation of the country's first national gay youth conference. He has sat on the boards of national and international LGBTTIQA+ organisations. In 2011 he headed up MindOUT: LGBTI mental health and suicide prevention project in Australia. This project was a first, with funding from a national suicide prevention strategy been specifically allocated for a national co-ordinated response to LGBTI suicide prevention and mental health.

He has advised governments on LGBTTIQA+ suicide prevention and wellbeing. As a health sociologist he has had an interest on the impact of social exclusion, discrimination on wellbeing and advocates for a human rights approach to wellbeing. In 2016 he was awarded the NSW Mental Health Commissioner Award in recognition of his outstanding contribution to mental wellbeing and suicide prevention.

After a number of years overseas, Barry is living back in New Zealand and is passionate about building the knowledge base, competence and capability within our country to effectively respond to the unacceptably high rate of suicide in this country.

Workshops Locations and Dates

Click on dates to register online and further course information

Location	Date
Auckland	Friday 3 December
Christchurch	Tuesday 7 December
Dunedin	Wednesday 8 December
Hamilton	Thursday 2 December
Wellington	Wednesday 1 December

This workshop can also be delivered in-house for organisations, professional bodies or communities. Contact Barry Taylor to arrange the training. As the business name suggest, TaylorMade does not subscribe to the *"one training package fits all"* approach and prides itself on ensuring the workshop content is tailored to the training needs of your organisation or community.

Workshop Cost

Earlybird¹ \$250 + GST

Full: \$320 + GST

Registration Fee includes course readings, workshop notes, morning and afternoon teas and lunch.

¹ Earlybird registration closes 4 weeks prior to workshop

Register online through Humanitix

Payment

Payment by Visa or MasterCard.

Organisations can request to pay by invoice. At the payment method part of the registration process click on *Invoice*.

Payment of invoice must be made within seven days to confirm registration

For further information contact

Barry Taylor

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TAYLORMADE TRAINING AND CONSULTING

Promoting wellbeing and facilitating effective suicide prevention and postvention through evidence-based practice and evaluation

MISSION

To optimise mental wellbeing outcomes, reduce the incidence of suicide and suicidal behaviour, and mitigate the impact of suicide for families and communities.

PURPOSE

To implement and evaluate effective mental wellbeing and suicide prevention/postvention programmes across New Zealand, Australia and Pacific Islands.

HOW WE ACHIEVE OUR PURPOSE

We provide training and consultancy services to governments, government departments, local government, professional bodies, academic and research institutions, NGOs and workplaces across New Zealand, Australia and Pacific Islands.

SERVICES PROVIDED

- Advice on mental wellbeing, depression awareness, suicide prevention and postvention
- Public lectures and community talks
- Training workshops, in-house professional development, webinars, webcasts and podcasts
- Policy advice and development of organisational policies and procedures
- Project or programme design, implementation and management
- Advice on programme logic and outcomes
- Programme Evaluation
- Mental wellbeing in the workplace programs
- Mental Wellbeing Impact Assessments
- Advice on LGBTTIQA+ Wellbeing & Inclusive Practice
- Mentoring and supervision
- Conference Organising

WHY CHOOSE TMTC WORKSHOPS

There are now many mental wellbeing / suicide prevention training courses being offered, so why choose to attend a TaylorMade course over the others. As a point of difference the TMTC training is at a more advanced level that builds on the information covered in foundation or gatekeeper level courses. That is not to say that people who have had no suicide prevention training would not benefit from attending TMTC workshops. Barry Taylor brings to all his training a wealth of knowledge and experience:

- Over thirty years experiencing of working in mental wellbeing and suicide prevention at the local, national and international levels
- Extensive experience in working with suicidal people of diverse backgrounds: culturally, sexuality and gender diverse, socio-economic.
- Recognised leading thinker in promoting mental wellbeing and applying wellbeing principles to community and clinical settings
- Connected to the leading wellbeing and suicide prevention researchers and practitioners internationally
- Comprehensive coverage of subject matter which is evidence-based, culturally wisdom informed and aligned to the latest best practice wisdom
- Workshops are rich with many examples and case studies of people worked with and the clinical insights gained
- Informed lived experience
- Commitment to Treaty of Waitangi and inclusive of diverse cultural models in training.
- Headed up the first response to youth suicide in New Zealand in the late 1980's
- Awarded Winston Churchill Foundation to study youth suicide risk assessment at Colombia University, New York
- Writer of the national suicide prevention guidelines
- Sat on numerous clinical, government and international advisory committees on wellbeing and suicide.
- Awarded the NSW Mental Health Commissioners Community Champion Award in recognition of outstanding contribution to wellbeing and suicide prevention
- Evaluation feedback unanimously rates the training to be of a high standard, with concepts communicated in plain language and offering practical strategies that can readily be implemented.