

Koriyama City Safe Community Promotion Council

Suicide Prevention Task Force Activity Report (Proposed)



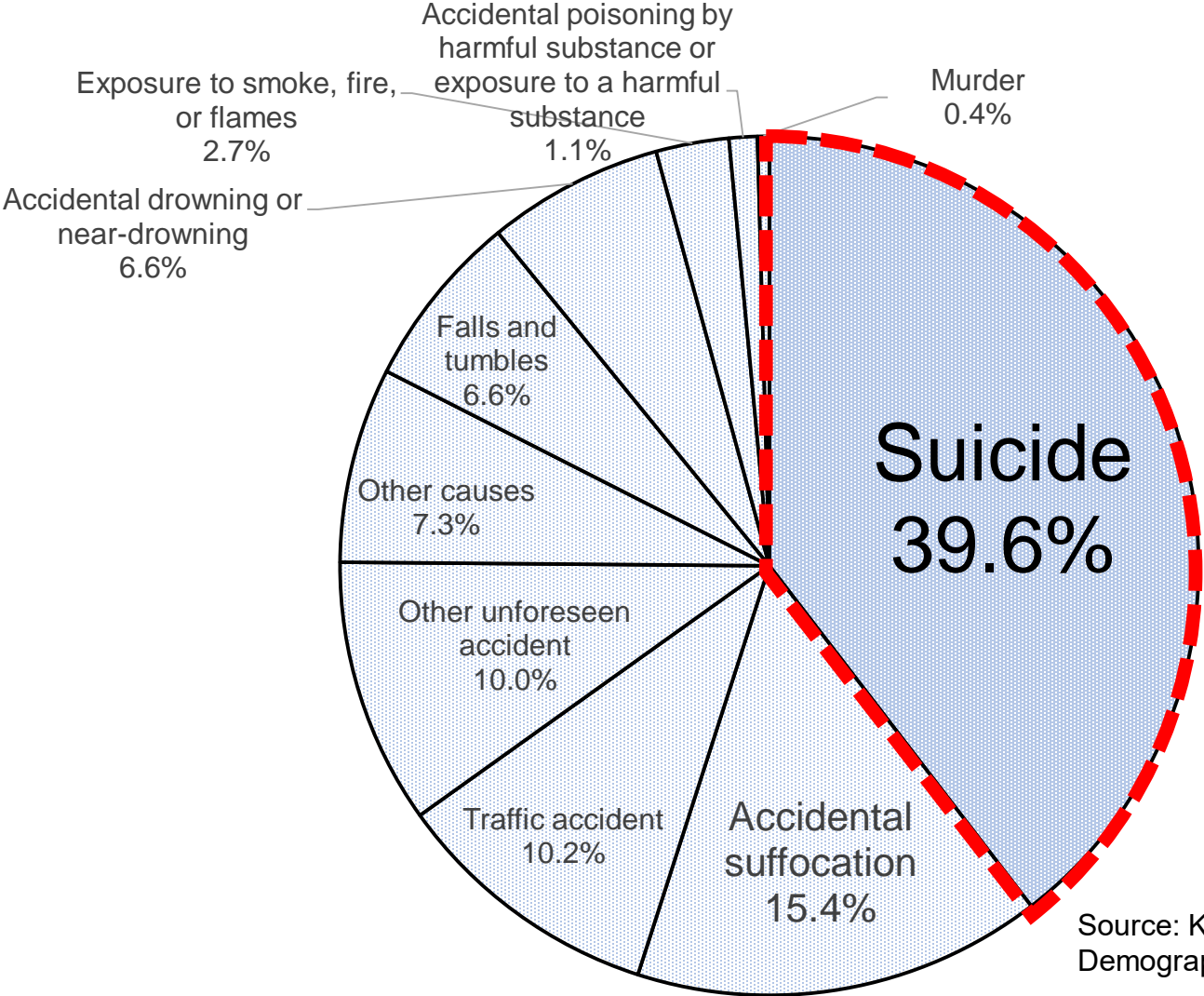
Presenter: Chiyo Wakatsuki, Task Force Chair

1. Challenges identified from data (statistics, community diagnosis)
2. Study of initiatives based on challenges
3. Specific initiatives
4. Future Measures and Prospects

Background of creating Suicide Prevention Task Force 1

Percentage of deaths due to external causes in Koriyama City from 2009 to 2014 (n=1,130)

Fig. 1



Suicide accounts for approx. 40%!

Source: Koriyama City Health Department "2009 to 2014 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

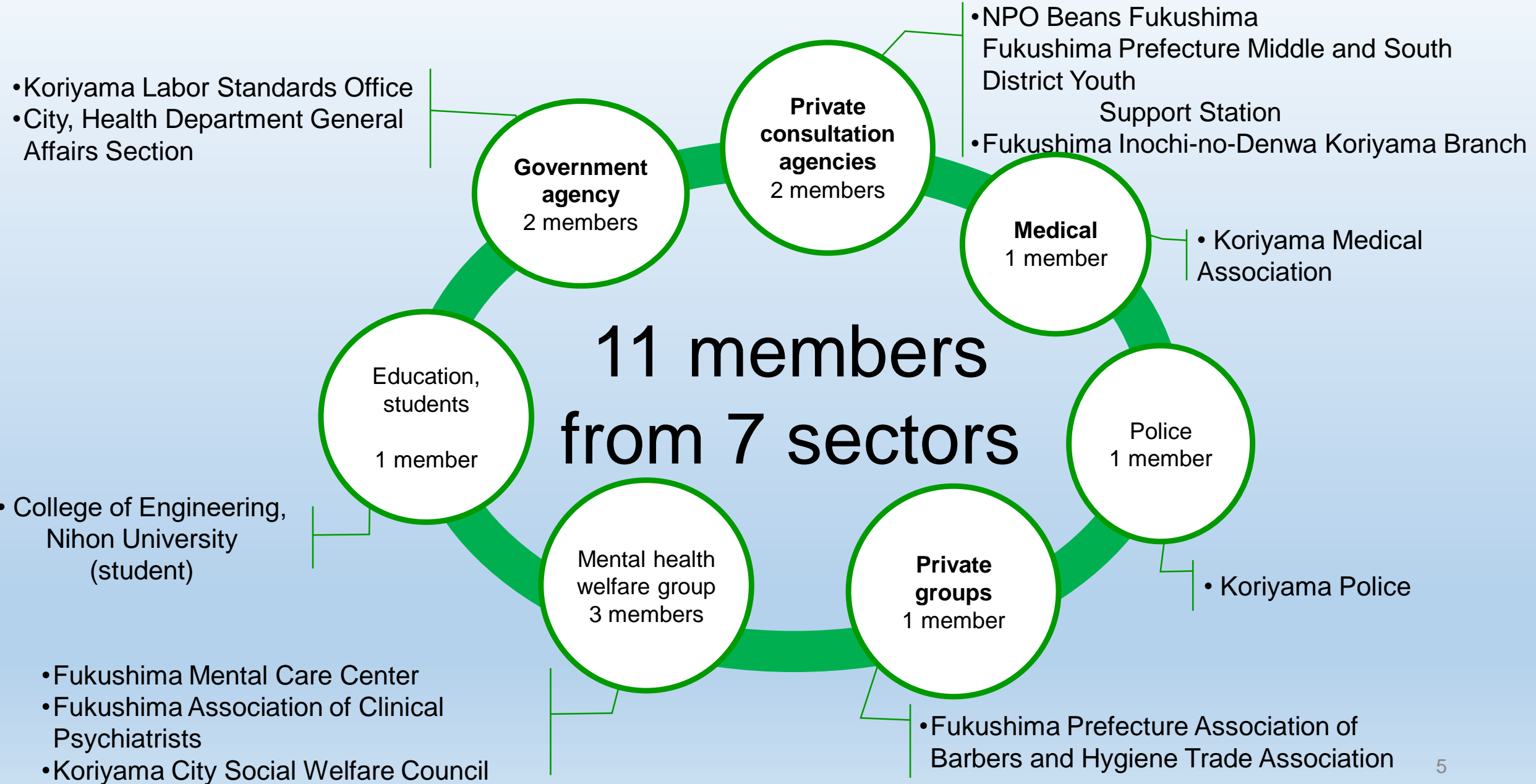
Age group	1st place		2nd place		3rd place	
0 to 9 y.o.	Suffocation	3 people	Traffic accident, drowning, near drowning	2 people	Tumble, fall, smoke, fire	1 people
10 to 19 y.o.	Suicide	8 people	Traffic accident			
20 to 29 y.o.	Suicide	64 people	Traffic accident			
30 to 39 y.o.	Suicide	62 people	Traffic accident			
40 to 49 y.o.	Suicide	72 people	Traffic accident			
50 to 59 y.o.	Suicide	95 people	Traffic accident	16 people	Drowning, near-drowning	9 people
60 to 69 y.o.	Suicide	68 people	Traffic accident	17 people	Suffocation	16 people
70 to 79 y.o.	Suicide	43 people	Suffocation	33 people	Traffic accident	29 people
80 to 89 y.o.	Suffocation	71 people	Suicide	31 people	Drowning, near-drowning	30 people
90 y.o. and older	Suffocation	37 people	Falls and tumbles	18 people	Drowning, near-drowning	6 people
Overall	Suicide	447 people	Suffocation	174 people	Traffic accident	115 people

Suicide is the leading cause for 10-79 year-olds!
This is approx. 3.9-times the number of traffic accident deaths.

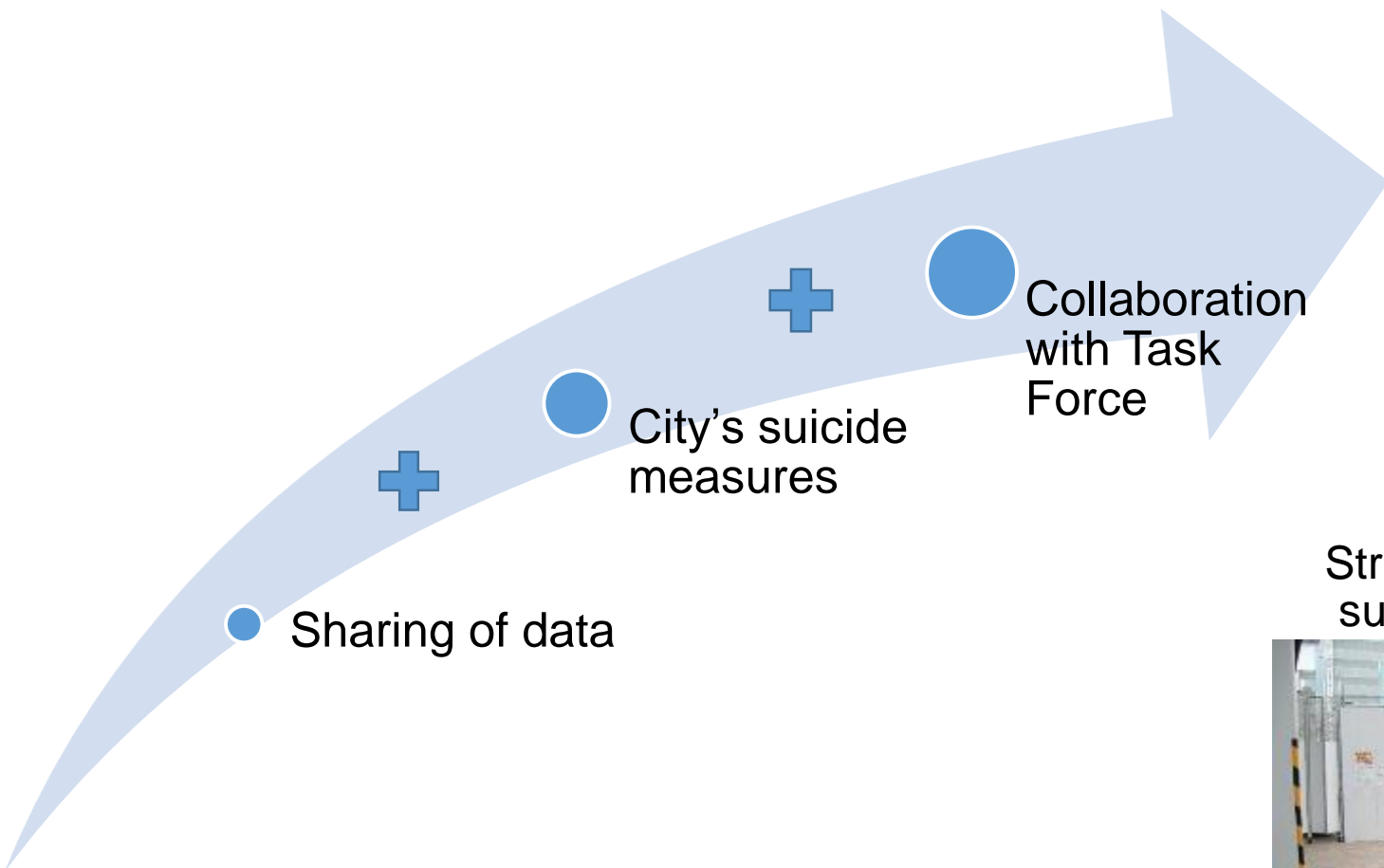
Source: Koriyama City Health Department “2009 to 2014 Demographic Statistics (Cause of Death Ledger)”

Composition of current Suicide Prevention Task Force

Fig. 3



History of Suicide Prevention Task Force activities



Further promotion of suicide prevention measures

Panel exhibit on suicide prevention



New leaflet



Street campaign on suicide prevention



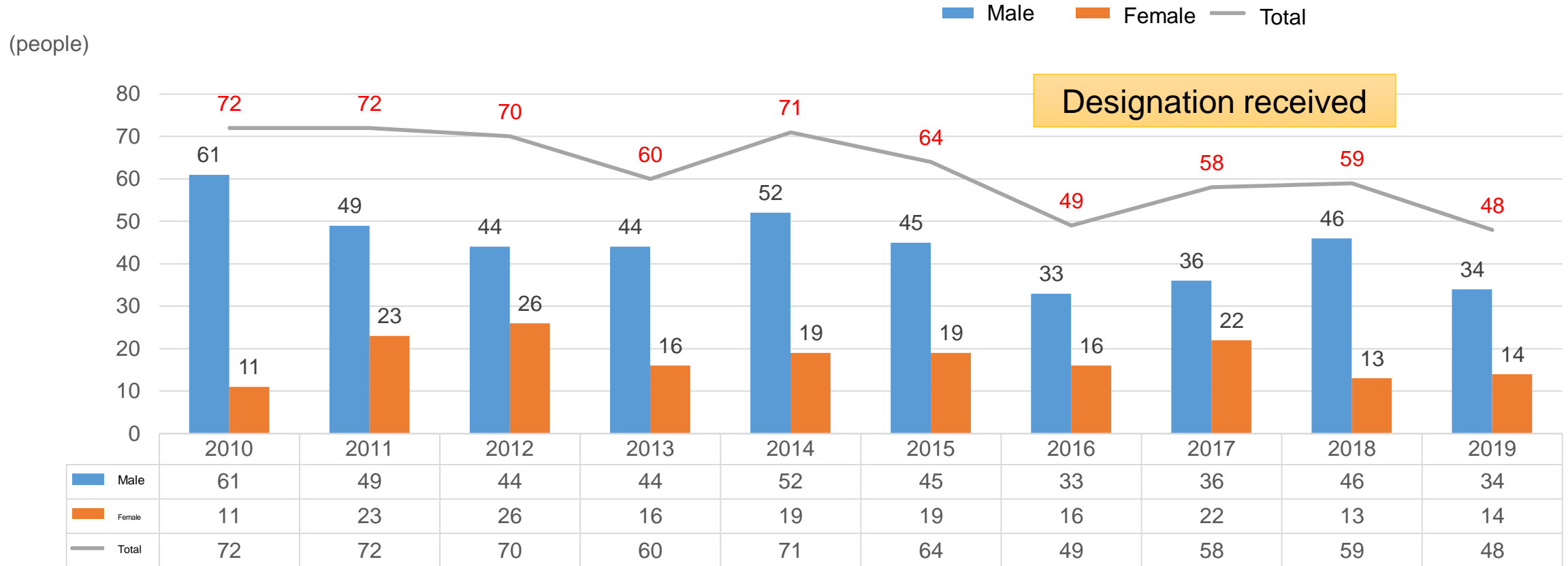
Gatekeeper training



Identification of challenges from data (statistics) (1)

Fig. 4

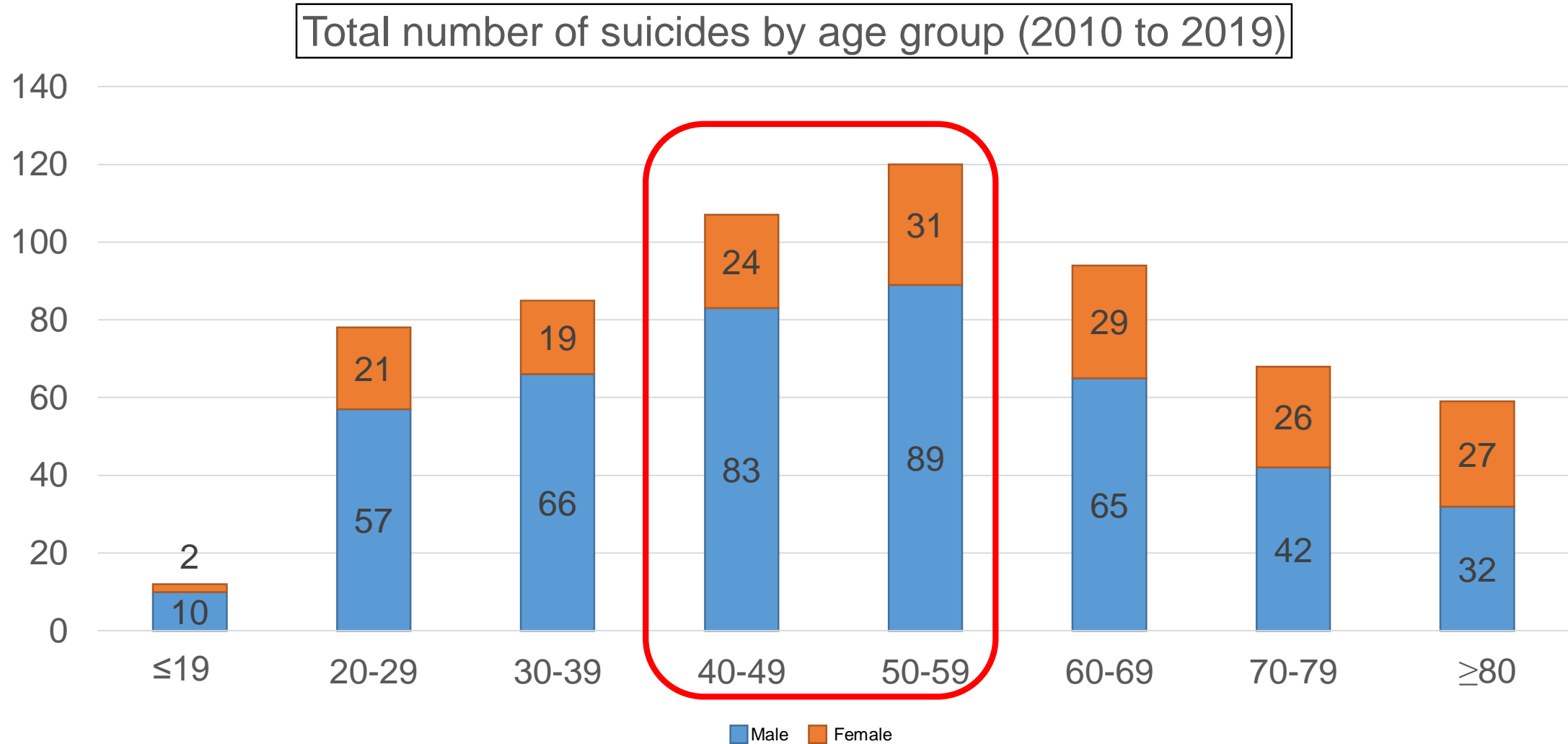
- Changes in number of suicides in Koriyama City over past 10 years



- The number of suicides is declining year by year, and 2019 had the fewest cases of the past ten years. There are 2.4-times more suicides by men than by women.

Identification of challenges from data (statistics) (3)

Fig. 5

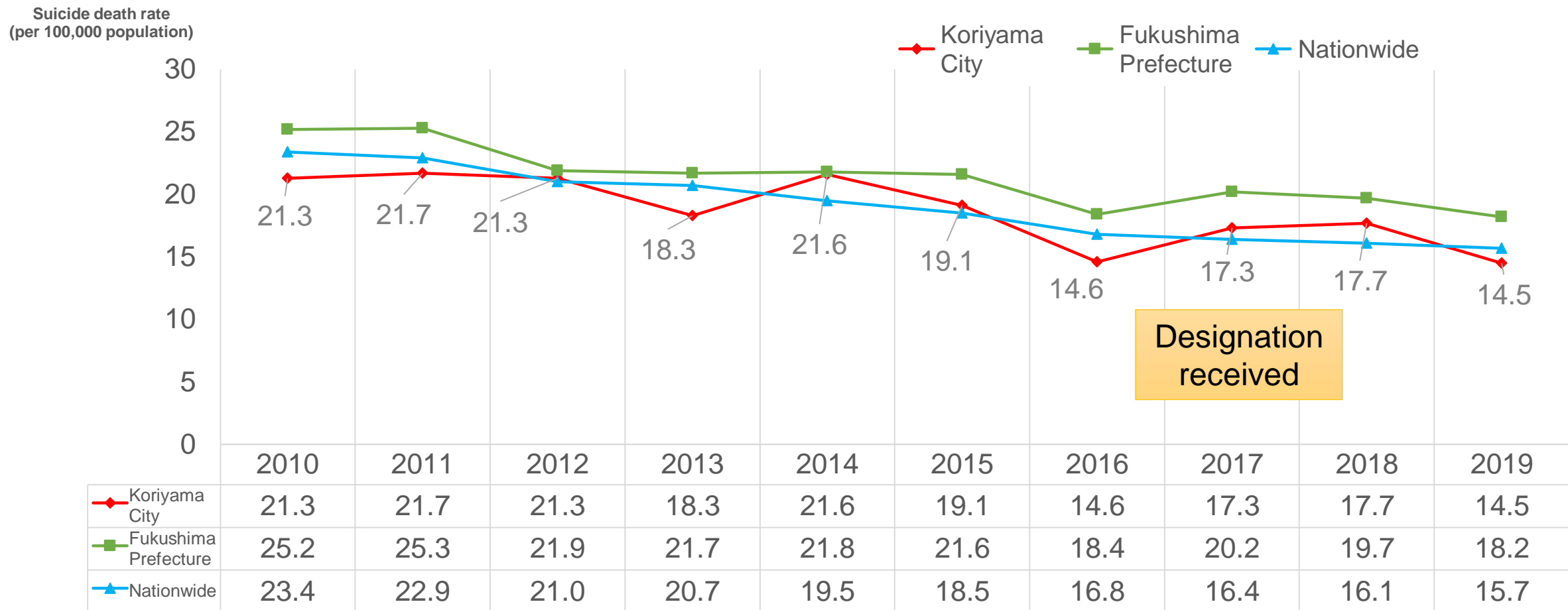


- Suicides are particularly high among men in the 40-59 year-old group.

Identification of challenges from data (statistics) (2)

Fig. 6

Changes in suicide death rate over the past ten years in Koriyama City, Fukushima Prefecture, and nationwide



The suicide death rate (number of suicides per 100,000 population) in Koriyama City in 2019 was the lowest in the past ten years.

Identification of challenges from data (statistics) (4)

Fig. 7

Cumulative order of cause of death by external factors in Koriyama City by age group (2015 to 2019)

Age group	1st place		2nd place		3rd place	
10 to 19 y.o.	Suicide	6 people	Traffic accident	4 people	Poisoning	1 people
						Drowning, near-drowning
20 to 29 y.o.	Suicide	28 people	Traffic accident	7 people	Falls and tumbles	2 people
30 to 39 y.o.	Suicide	42 people	Traffic accident	4 people	Drowning, near-drowning	1 people
					Suffocation	1 people
					Fire	1 people
40 to 49 y.o.	Suicide	52 people	Traffic accident	10 people	Suffocation	2 people
					Falls and tumbles	2 people
					Drowning, near-drowning	2 people
50 to 59 y.o.	Suicide	49 people	Traffic accident	10 people	Poisoning	2 people
					Suffocation	6 people
60 to 69 y.o.	Suicide	39 people	Traffic accident	13 people	Falls and tumbles	11 people
					Drowning, near-drowning	11 people
					Suffocation	11 people
70 to 79 y.o.	Suicide	33 people	Suffocation	22 people	Falls and tumbles	19 people
80 to 89 y.o.	Suffocation	54 people	Falls and tumbles	46 people	Suicide	25 people
90 y.o. and older	Suffocation	32 people	Falls and tumbles	20 people	Drowning, near-drowning	8 people
All ages	Suicide	278 people	Suffocation	139 people	Falls and tumbles	102 people

Suicides among the younger generations have not decreased.

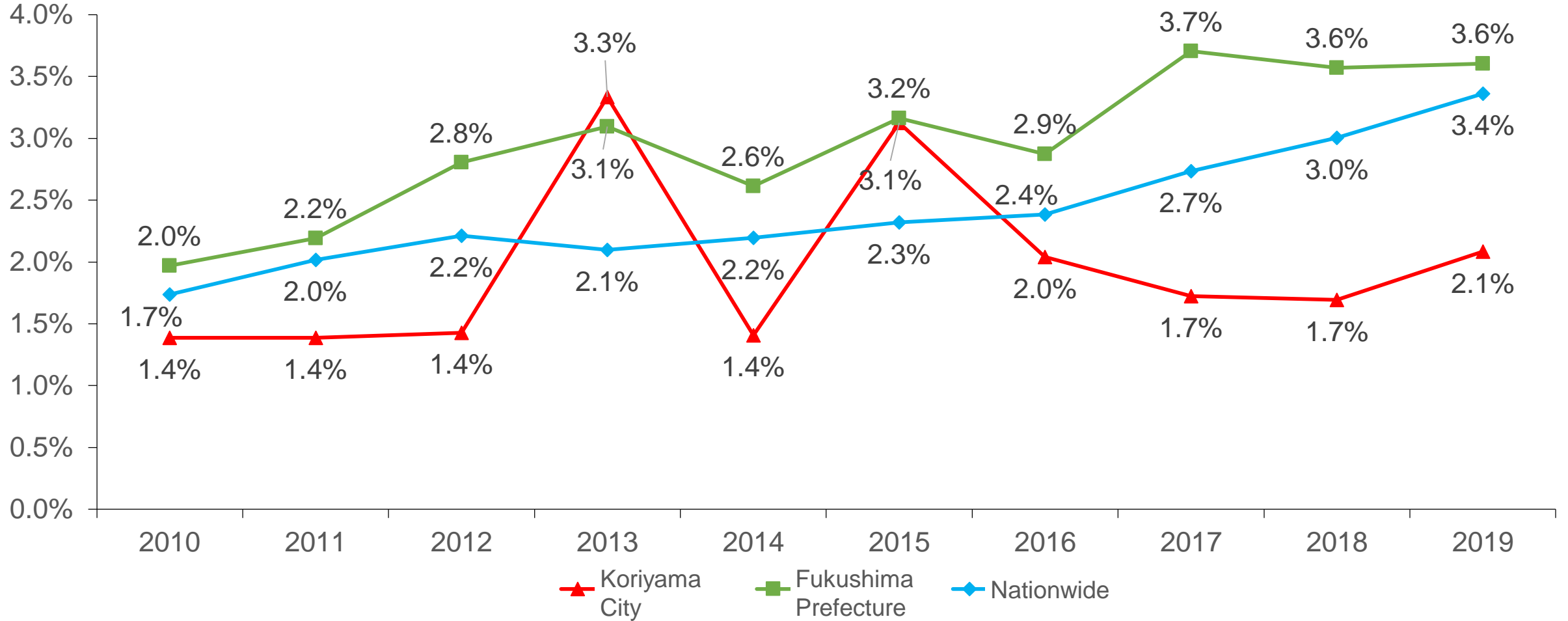
In a wide range of age groups, suicide is the leading cause of death other than illness.

There are many suicides among the elderly ages 60 and older

There are approx. 4-times as many deaths by suicide than traffic accidents (69 people)

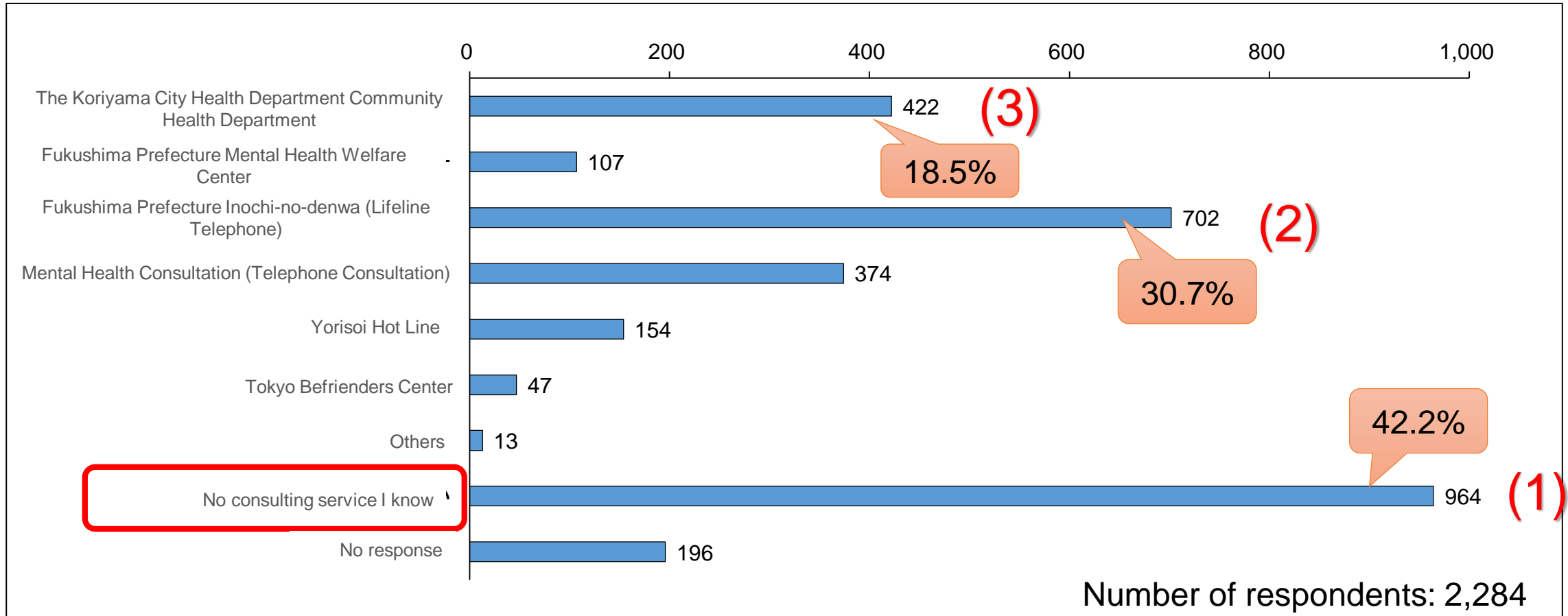
Identification of challenges from data (statistics) (5)

Changes in rate of suicide by minors (under 20) among all suicides



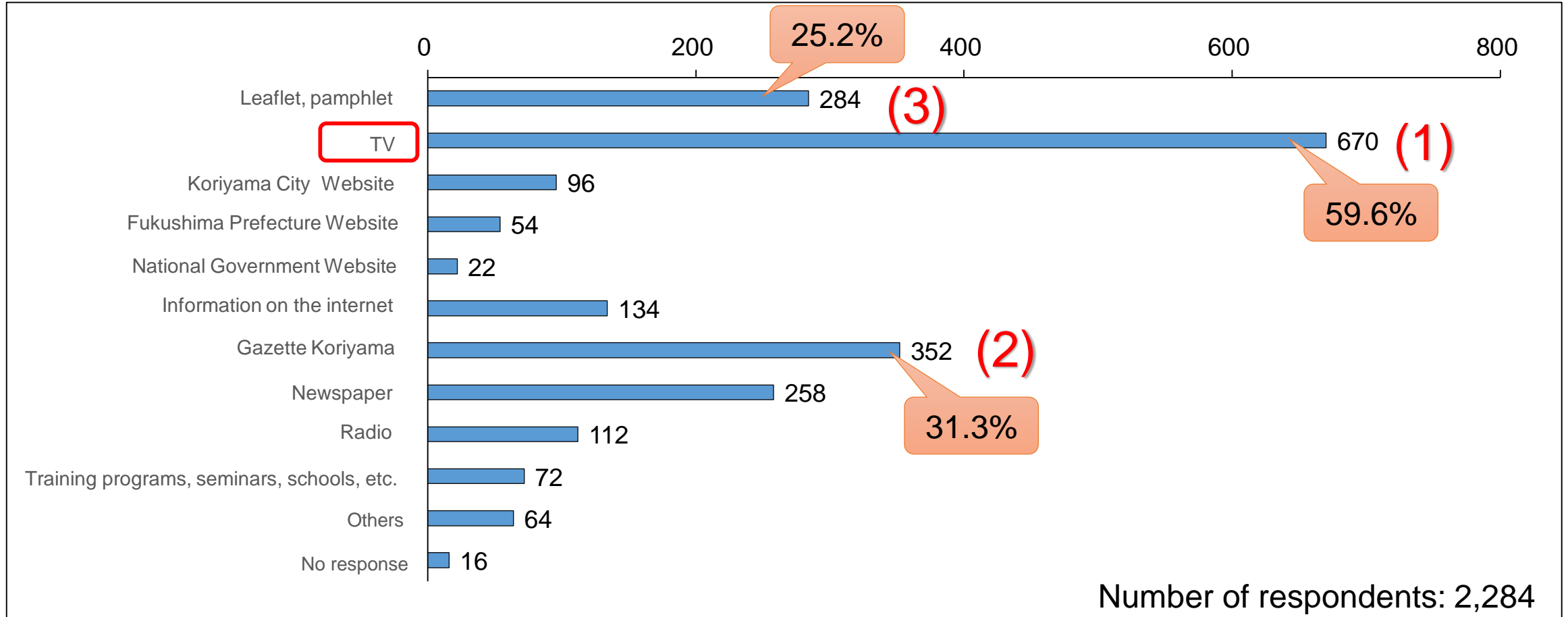
- Suicides by minors under the age of 20 is gradually increasing even in Koriyama City

Awareness of suicide prevention counseling services



- Awareness of suicide prevention counseling services is low.

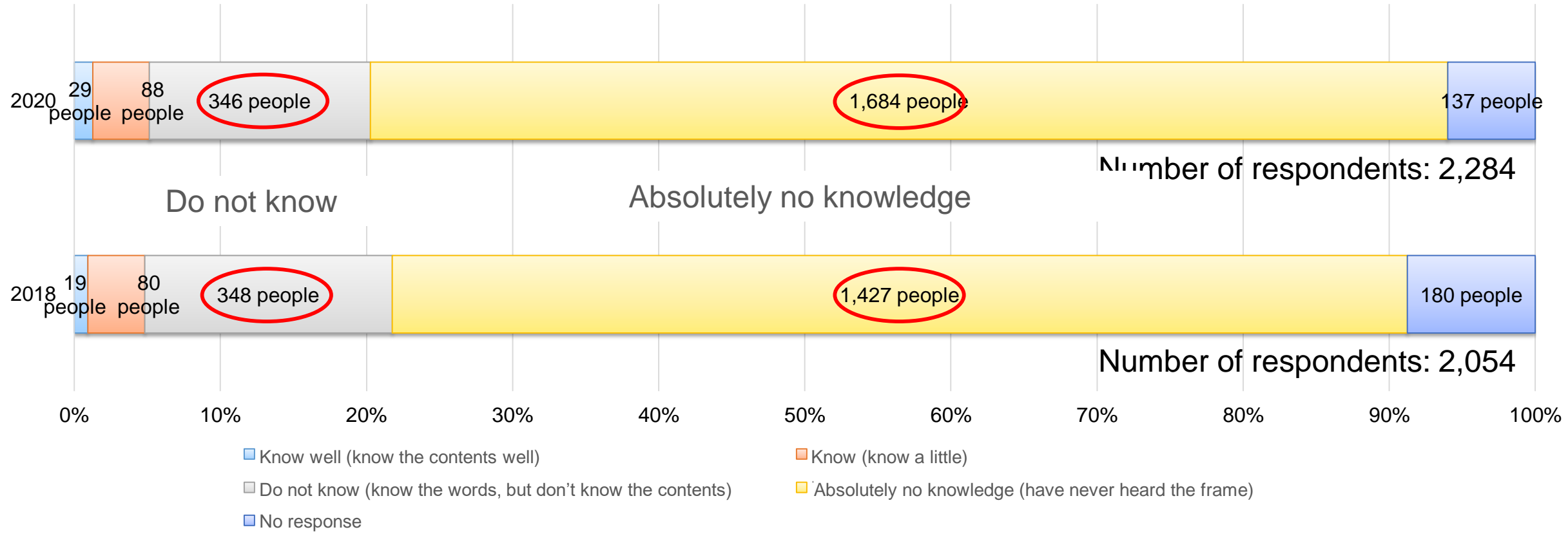
Source of information regarding suicide prevention counseling services



- More than half of the respondents said they get information on services from TV.

Identification of challenges from data (community diagnosis) (3)

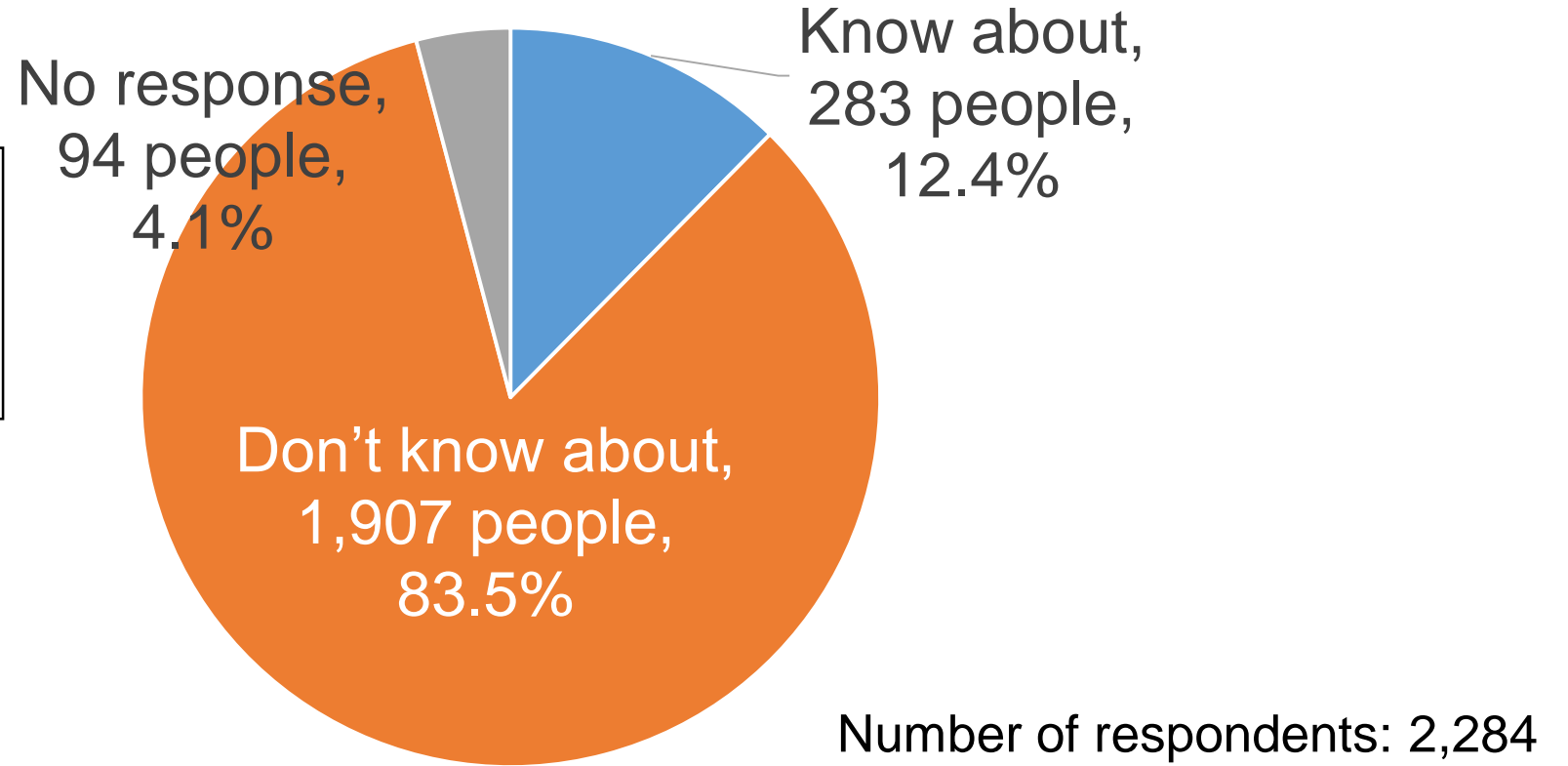
Awareness of gatekeeper program



- 73.7%, more than half of the respondents, said they have no "Absolutely no knowledge (have never heard the frame)." There is no significant change in the time course of the two years.

Current situation and awareness of suicides

Q. Do you know that suicide is the leading cause of death other than illness in Koriyama?



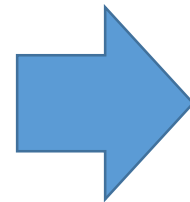
- 83.5% responded "Did not know," indicating that most people are unaware of this situation.

Study of activity indicators and performance indicators based on data

Changes to priority challenges

Before changes

- | |
|--|
| 1. There are many suicides by males working-age men.
Suicides by youth are not declining. |
| 2. Health and financial issues are leading causes of suicide. |
| 3. People are unfamiliar with counseling services
People find it difficult or not possible to seek help counseling services |



After changes

- | |
|--|
| 1. There are many suicides by males working-age men. |
| 2. Suicides by youth are not declining. |
| 3. People are unfamiliar with counseling services |

- The activity indicators and performance indicators have been simplified to make them easier to address and understand.

Study of activity indicators and performance indicators based on challenges

Fig. 14

Excerpt

Before changes

Priority challenge	Activity indicator	Short-term performance indicator	Mid-term performance indicator	Long-term performance indicator
3. People are unfamiliar with counseling services People have a hard time or cannot seek advice.	Number of locations distributing cards with information on counseling services	Number of locations distributing cards with information on counseling services	Same as short-term performance indicator	Number of deaths by suicide (Demographic statistics)
	Number of street campaigns to hand out leaflets with information on counseling services	Number of street campaigns to hand out leaflets with information on counseling services		



After changes

3. People are unfamiliar with counseling services	Number of street campaigns, etc., held	Number of people cooperating with street campaigns, etc.	Percentage of community diagnosis respondents who answered that they knew of some kind of consulting service	Number of deaths by suicide (Demographic statistics)
	Number of panel exhibitions	Number of questionnaire respondents at panel exhibition, etc.		
	Number of mentions in PR media such as Koriyama City newsletter or City website, etc.	Percentage of questionnaire respondents at panel exhibition, etc., who answered that they knew of some kind of consulting service		Number of persons transported for self-harm injuries by Koriyama Regional Fire-Fighting Union (National table)
	Number of locations distributing leaflets with information on counseling services (total) and number of leaflets distributed (by year)			

Summary of challenges, solutions, and specific initiatives

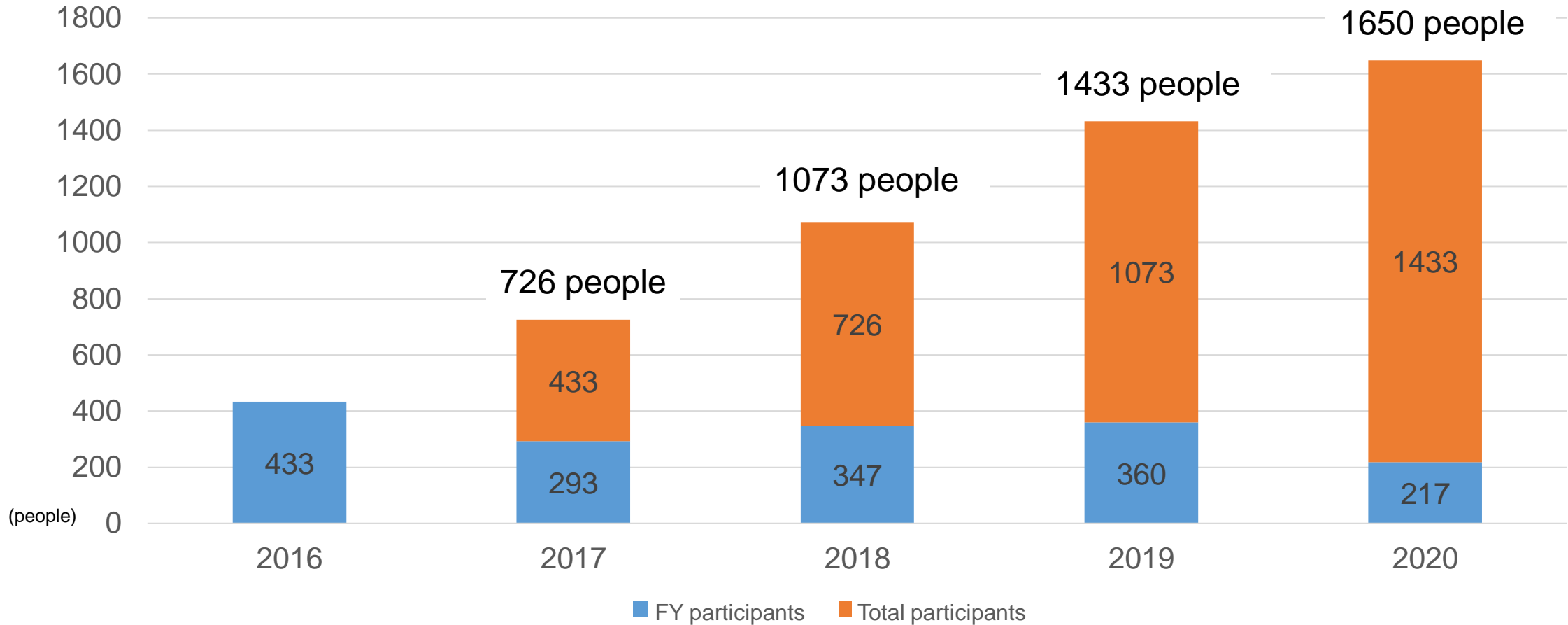
Fig. 15

<p>Challenges to solve</p>	<p>There are many suicides by males working-age men.</p>	<p>Suicides by youth are not declining.</p>	<p>People are unfamiliar with counseling services</p>
<p>What is needed for solutions</p>	<p>○ Increase people who can identify changes in working men</p>	<p>○ Raise awareness of mental health and suicide prevention among the younger generation</p>	<p>○ Further raise awareness on the current situation of suicides and counseling services</p>
	<p><<(1) Promote awareness of suicide>></p>	<p><<(2) Proactive awareness-promotion among youth>></p>	<p><<(3) Initiatives to promote awareness>></p>
<p>Initiative</p>	<ul style="list-style-type: none"> • Gatekeeper training seminars • Lectures on suicide prevention 	<ul style="list-style-type: none"> • Gatekeeper training seminars for the younger generation • Lectures on suicide prevention for supporters in the younger generation • Distribution of leaflets at Coming-of-Age day gatherings, and students at universities and vocational schools in the City 	<ul style="list-style-type: none"> • Street campaigns • Panel exhibition on suicide prevention • Broadcast on citizen monitors • Use of digital signage • Creation of new leaflet • Special article in Koriyama City newsletter

- Past gatekeeper training seminars and lectures on suicide prevention

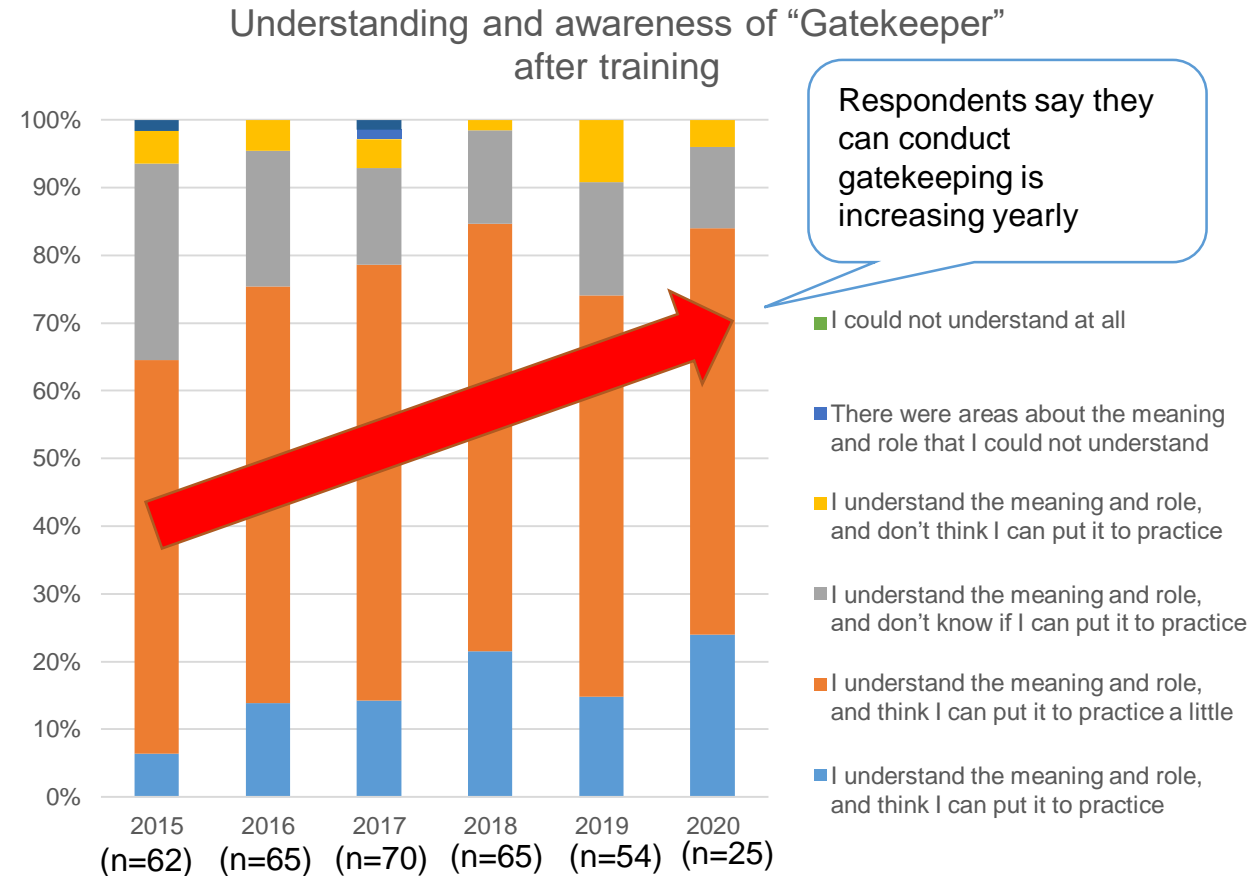
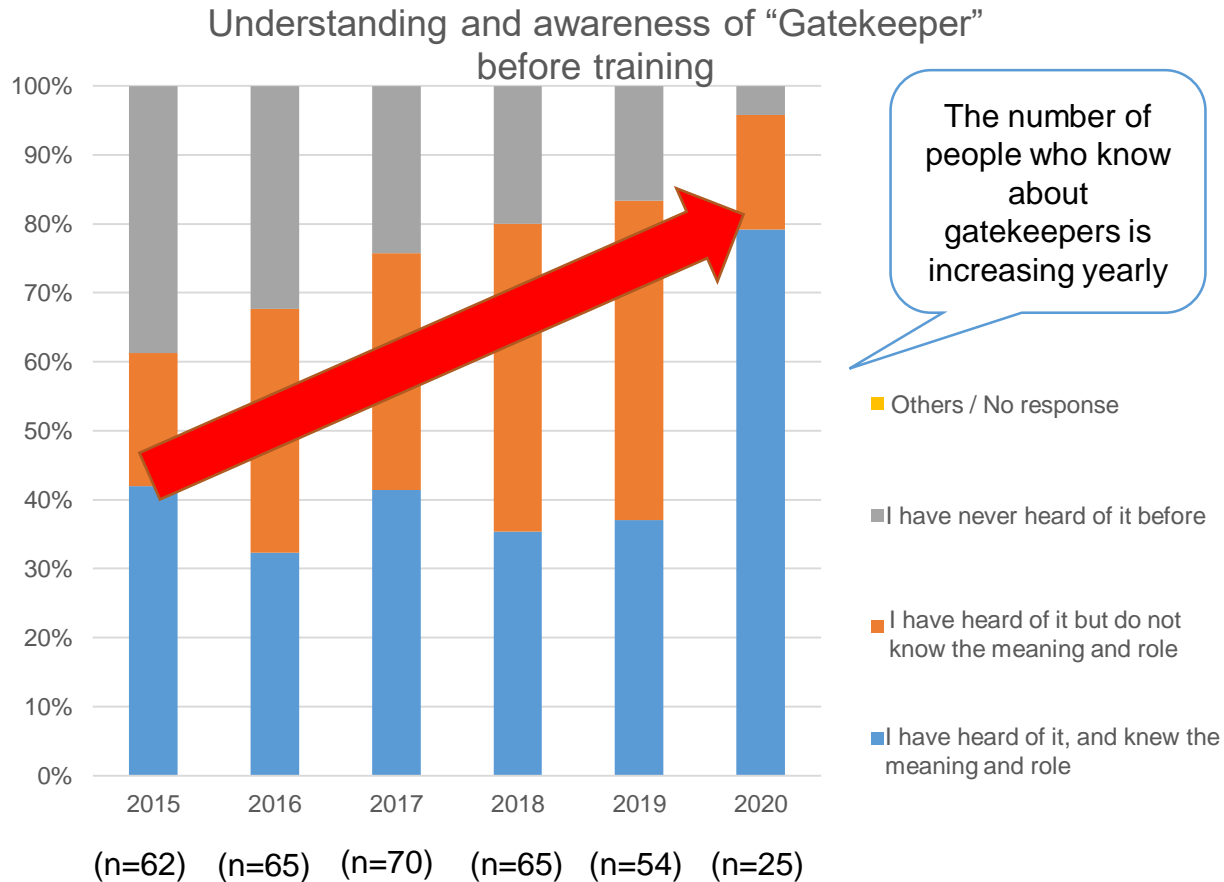
	Gatekeeper training	Number of meetings	Lecture on suicide prevention	Number of meetings
2016	Basic training on how to listen, etc., was conducted	7 meetings	-	
2017	Follow-up training was newly conducted	6 meetings	Understanding LGBT and developmental disorders, collaboration of medical agencies, etc.	5 meetings
2018	Newly held for school nurses at elementary and junior high schools	6 meetings	Support for suicide attempter, measures to care for depression, stress, etc.	4 meetings
2019	Gatekeeper training newly held for senior high school students	5 meetings	Dependency, suicide support, studies on how children issue SOS, etc.	4 meetings
2020	Gatekeeper training held for senior high school, vocational school, and university students	5 meetings	Suicide prevention measures during Covid-19 pandemic, suicide prevention measures for youth (held for supporters)	2 meetings

2016 to 2019 Number of gatekeeper training participants (trends)



- In the five years from 2016, a total of 1650 people have taken the gatekeeper training seminar.
- Persons taking the gatekeeper training seminar are increasing.

Changes in questionnaire of City employees who took gatekeeper training

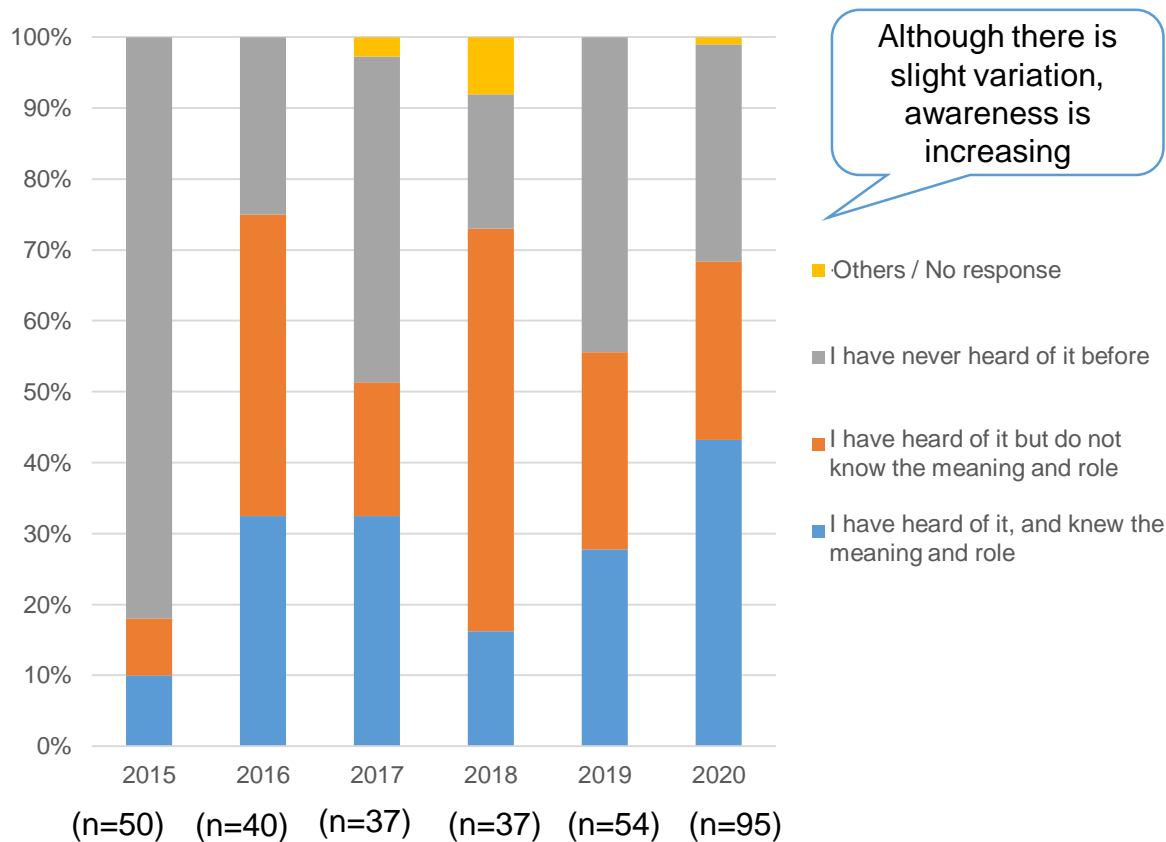


I had heard of gatekeepers	2015	2020
	62% →	95%
I knew the meaning and role of gatekeepers	2015	2020
	42% →	79%

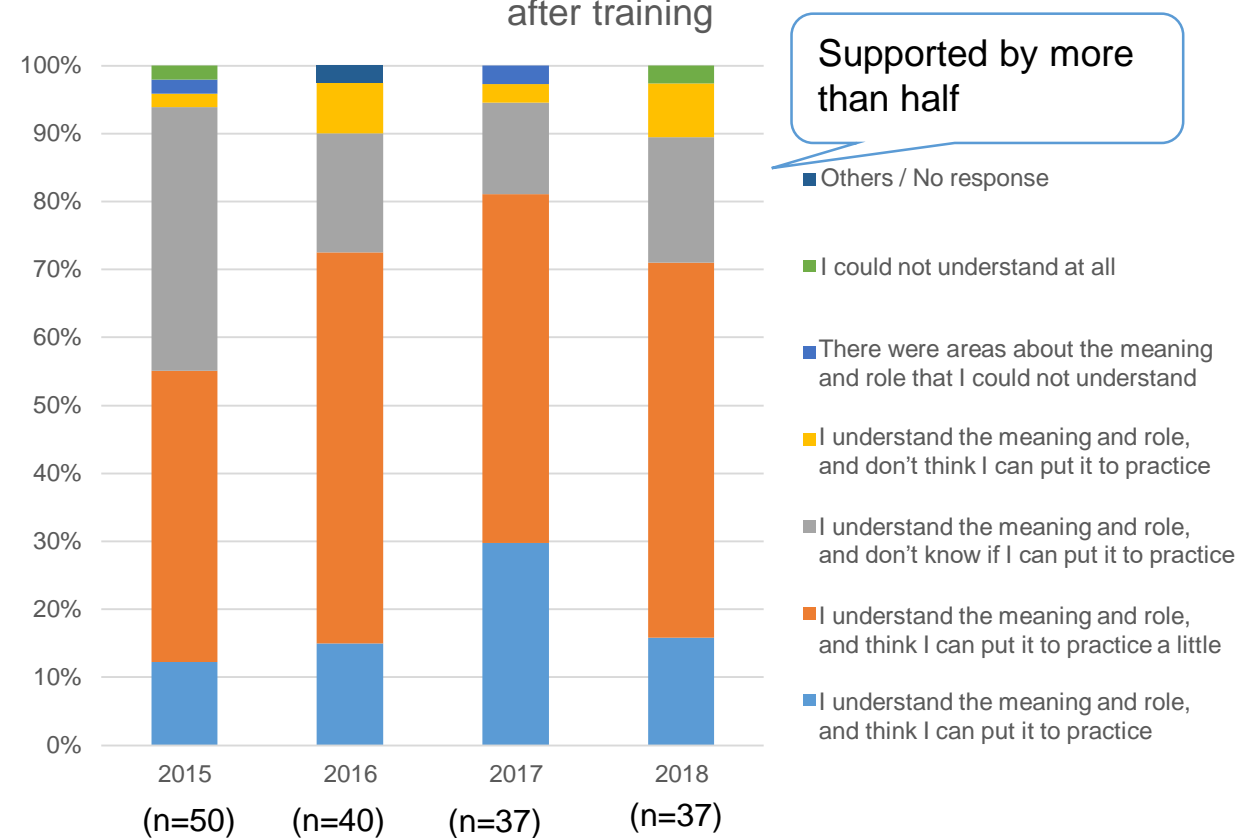
I understand the meaning and role, and put to practice	2015	2020
	6% →	23%
I understand the meaning and role, and put to practice a little	2015	2020
	64% →	83%

Changes in questionnaire of citizens who took gatekeeper training

Awareness of "Gatekeepers" before training



Understanding and awareness of "Gatekeeper" after training



I had heard of gatekeepers	2015	2020
	18%	63%
I knew the meaning and role of gatekeepers	2015	2020
	10%	42%

I understand the meaning and role, and put to practice	2015	2018
	12%	17%
I understand the meaning and role, and put to practice a little	2015	2018
	55%	70%

Gatekeeper training seminar for younger generation

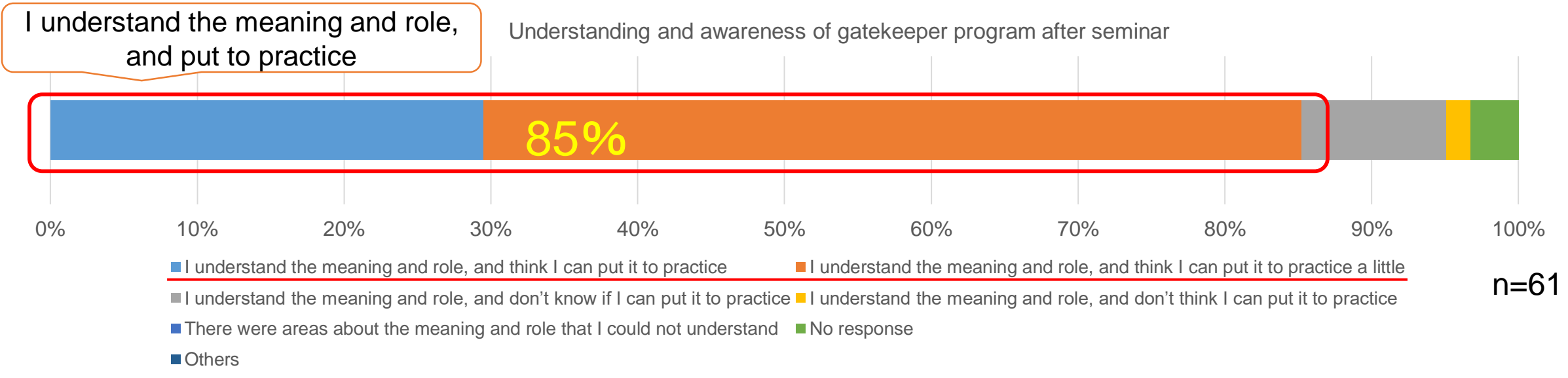
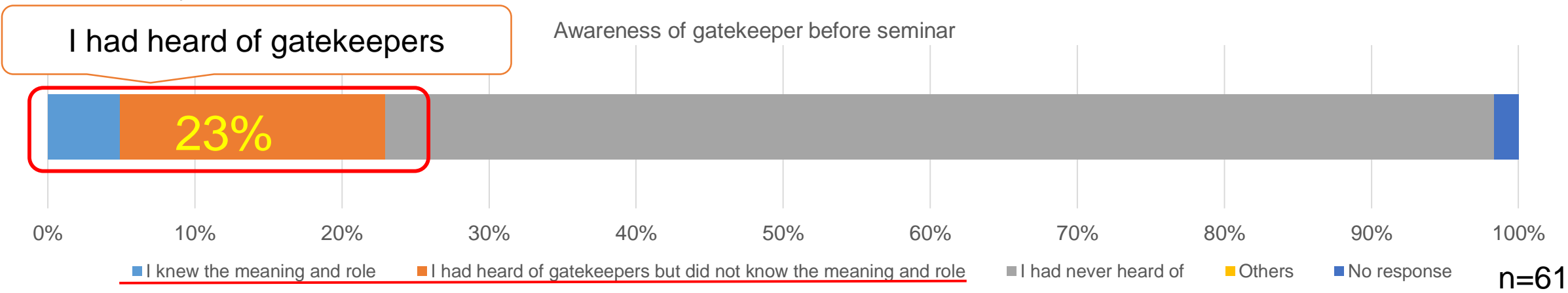
- Plan and conduct as proactive awareness-promotion among youth

	Number of seminars held
2019	Held at one senior high school in the City
2020	Held at three schools: one each of senior high school, vocational school, university

As a proactive approach to the younger generation, information on the seminar was sent to a total of 44 schools, including senior high schools, vocational schools, and universities in the City. Schools were encouraged to hold the seminars in school units.



Results of 2020 Questionnaire of participants in gatekeeper training for younger generation (immediately after session)



- Less than 30% of the respondents knew about the gatekeeper program before the seminar. After taking the course, more than 80% said that they understood the role of the gatekeeper and could put it to practice.

A follow-up survey was conducted to check changes in awareness and behavior after the gatekeeper training seminar for the younger generation

Items about change in awareness

	Changed greatly	Changed somewhat	Did not change much	Did not change at all
Q1. Did your awareness of suicide prevention change after the seminar?	<input type="radio"/>			
Q2. Did your awareness of relieving stress change after the seminar?		<input type="radio"/>		

Example of question

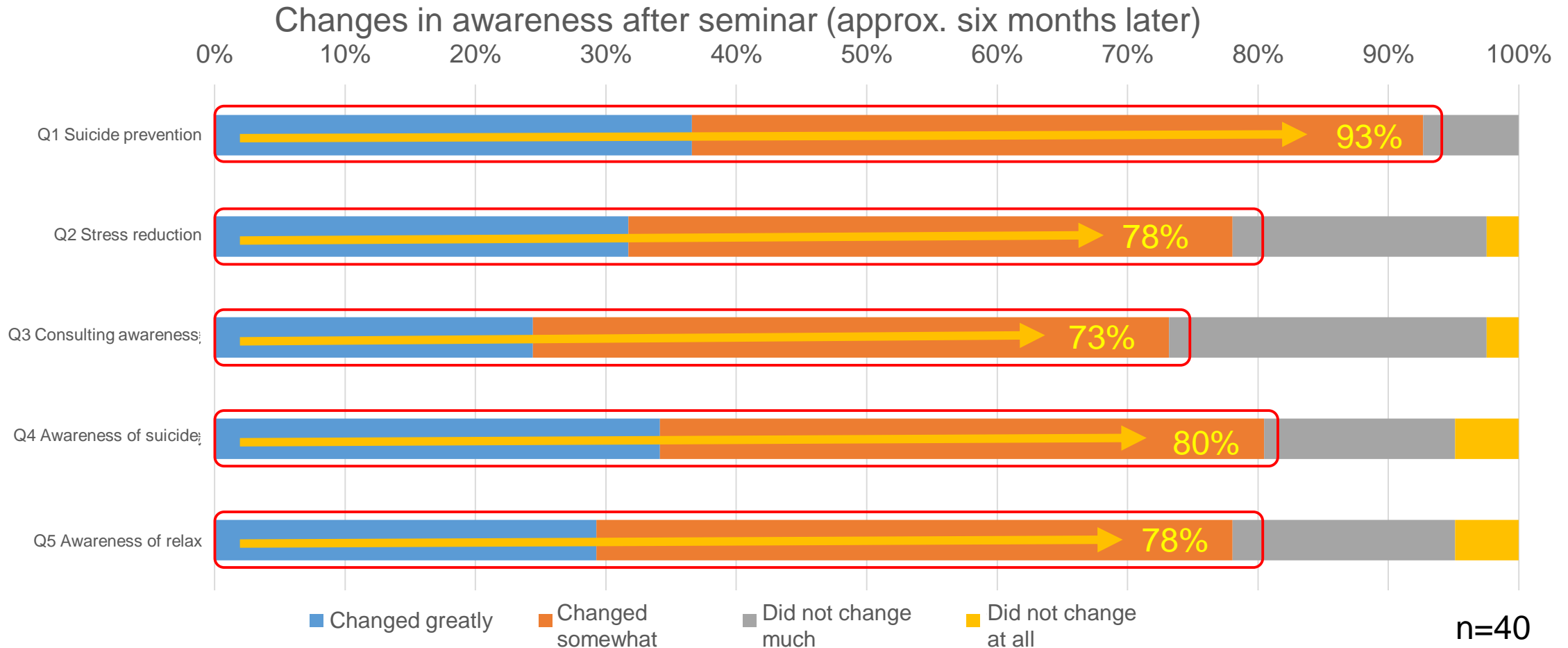
Items about change in behavior

Q. What actions did you take after the seminar?
(* Circle all that apply.) [Multiple responses]

- Actively looked up about suicide prevention and mental health.
- I called out to people I was worried about.
- I listened carefully and thought about their situation with them.

Total 13 questions

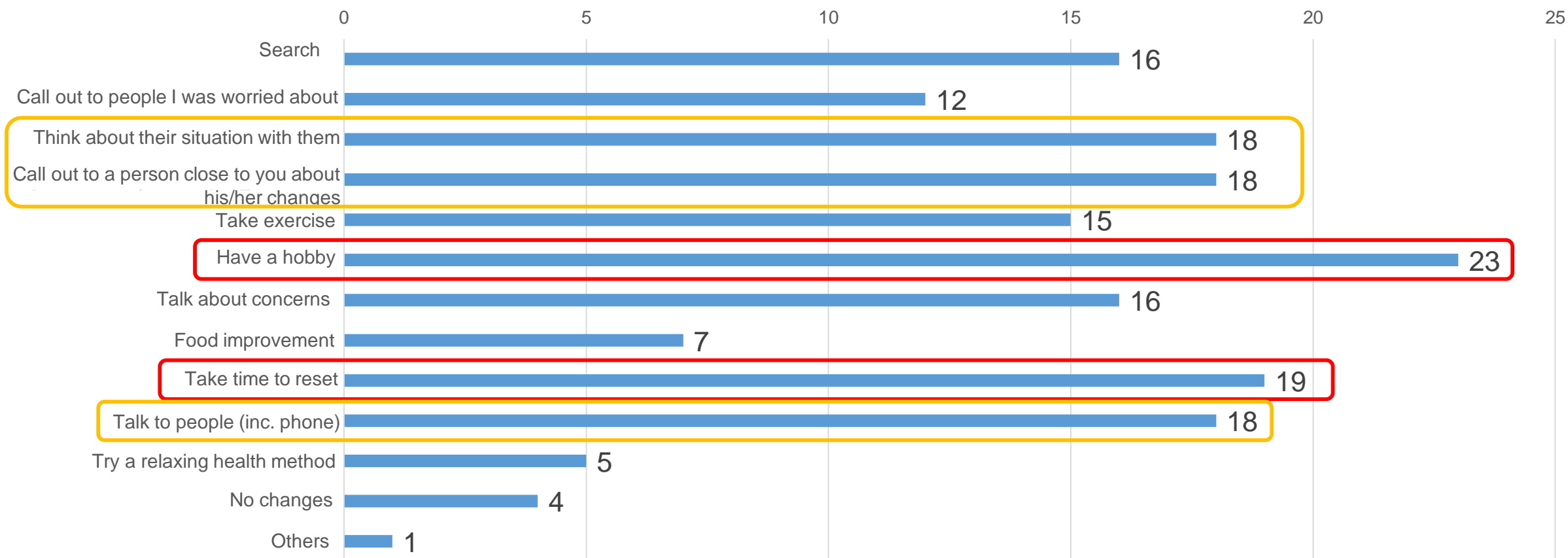
Source: Results of 2020 Gatekeeper training seminar for younger generation (Post-seminar questionnaire)



- The change in awareness was maintained even six months after the seminar.

Source: Results of 2020 Gatekeeper training seminar for younger generation (Follow-up research)

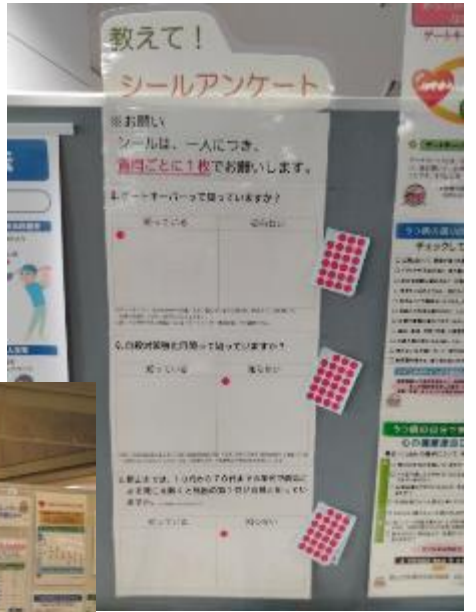
Changes in actions after seminar (approx. six months later) (Multiple respondents)



- Young people tend to consciously cope with distractions.
- We confirmed that specific actions as a gatekeeper were being taken even after the seminar.

n=172

(1) Panel exhibit



Improved points

Illustrations were added to make the displays easier to see

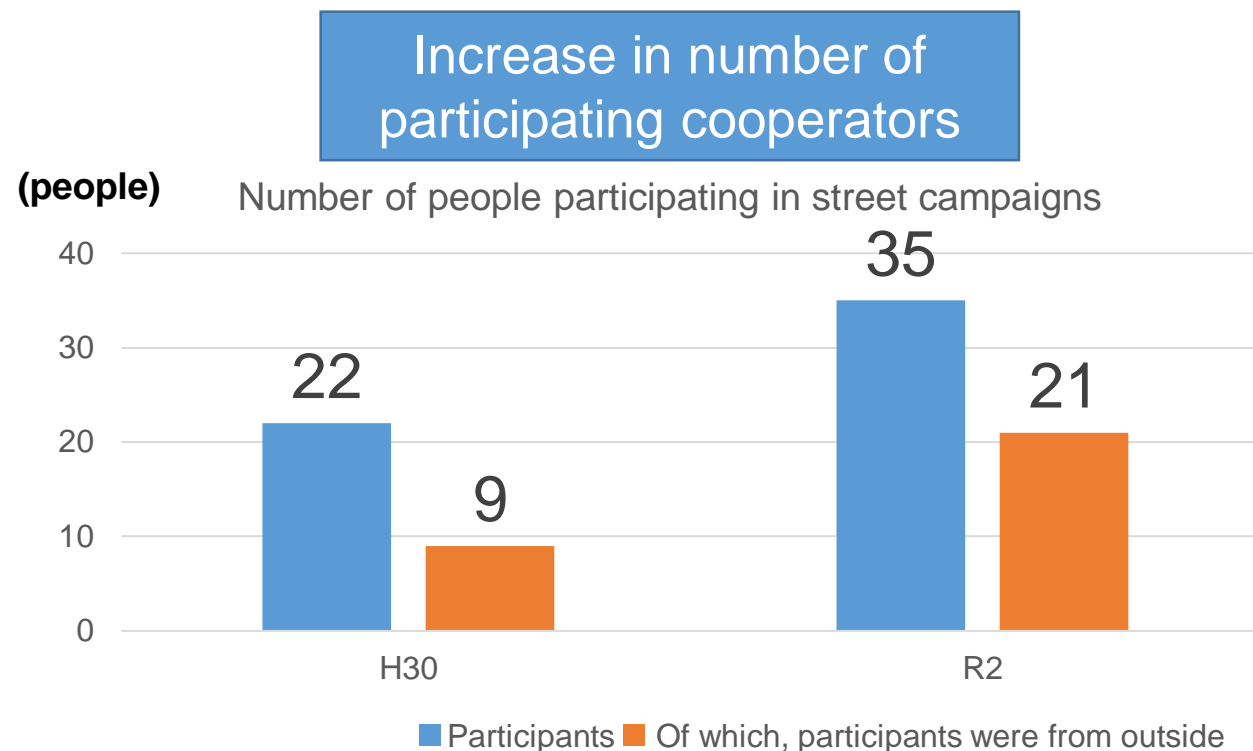
The displays were designed to emphasize mental health instead of highlighting "Suicide."

Exhibits were held at places with many customers, such as shopping malls

A simple awareness survey was conducted at the panel exhibit

(2) Street side activities

Suicide prevention street campaign ~ in front of Koriyama Station ~



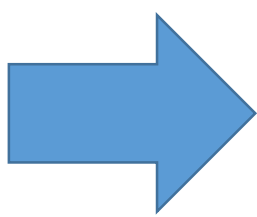
* The campaign was canceled because of a typhoon in 2019.

Started in 2017. Joint activity of Suicide Prevention Task Force and Association of Barbers. Companies participated in distributing leaflets from 2020.

(3) Use of digital signage



Koriyama Station



Size and number of screens	70-inch x 8 screens
Time and number of frames	30 seconds x up to 2 frames (per time)
Operating hours	05:00-24:00
Number of people using Koriyama Station	18,071 people/day

Results of broadcast

Broadcast from January 25 to 31, 2021 • Broadcast again from September 6 to 12, 2021.

(4) Improvement of leaflet



相談窓口	電話番号	相談受付時間
（のどぼっちでめず学校）	024-936-4343	毎日 10:00-22:00 土 10:00-19:00
（ほくまのあし（労働）フューチャール）	0120-556-188	10:00-22:00（日曜まで3時）
（ほくまのあし（労働）フューチャール）	0120-783-556	毎月10日 8:00-19:00 毎日 10:00-22:00
（ほくまのあし（労働）フューチャール）	0570-783-556	毎日 10:00-22:00
（ほくまのあし（労働）フューチャール）	0570-064-556	月-金 9:00-17:00
（ほくまのあし（労働）フューチャール）	0120-279-226	24時間対応
東京自殺防止センター	03-5296-0090	月 22:30-深夜2:30 火 17:00-深夜2:30 水-日 20:00-深夜2:30
精神保健福祉士による相談	024-924-5560	水 9:00-16:00（お盆休み）
郡山市保健所	024-924-2163	月-金 8:30-17:15

相談窓口	電話番号	相談受付時間
NPO法人 自殺対策支援センター ライフリンク	03-5296-0090	月-水-金-日 17:00-22:00（お盆休み） 木 11:00-16:30
NPO法人 若狭メンタルヘルス・スクエア	024-924-5560	毎日 12:00-16:00（お盆休み） 17:00-21:00（お盆休み）
NPO法人BONDプロジェクト	024-924-5560	月-水-木-金-土 14:00-18:00（お盆休み） 18:30-22:20（お盆休み）

○Improvements to design

- Counseling service divided according to consultation content.
- QR Codes of counseling services added

Study of distribution locations

Instead of distributing the location at the "Coming-of-Age Ceremony", where many papers are handed out, the new leaflet and suicide prevention measures leaflet (3500 copies) were distributed to first year students at vocational schools and universities (20 schools) in the City.

As suicide prevention measures for the working generation, 10,800 leaflets were distributed to 8,100 companies and 255 medical institutions in the city.



(5) Special article in Koriyama City newsletter

"Koriyama City Newsletter"
 • 120,000 copies of the City newsletter are distributed to each home and facilities in the City.

• A special article introducing the gatekeeper program was included in the September edition to coincide with the Suicide Prevention Month.

ゲートキーパーの4つの行動

ゲートキーパーとは、「奮んでいる人に気づき、話を聞いて、必要な支援につなげ、見守る」という4つの行動があります。

- 1 気づく**
 どうしたの？ 何かあったの？
 家族や仲間の異変に気づいたら声をかける(表情が暗い、口数が少ない、飲酒量が増えた、交流を避ける、自殺をはめやす発言をするなど)
- 2 傾聴する**
 大事な話をよく聴いてあげよう
 本人の気持ちを尊重し、話を傾ける。批判や否定、安易な励まし、一般的な価値観の押し付けをせずに、共感しながらじっくり話を聞く。
- 3 つなぐ**
 ちゃんと相談してあげよう
 本人の気持ちを汲み取り、押し付けをせず、本人の抱える困難に応じて、適切な専門家や相談機関への相談を促す(関連30ページ)
- 4 見守る**
 最近どう？ 何か为になれる？
 相談先へつなげた後も、相手を後からサポートし、声をかけたり、話を聞いたりするなど、温かく様子を見守り、こころの回復を支える。

ゲートキーパーになるには？

ゲートキーパーになるために、特別な資格は必要ありません。家族・同僚・友人といった身近な立場の誰もが、ゲートキーパーとして行動することができます。

周りの存在に気づき、寄り添い、その声に耳を傾けることが、命を守ることに繋がります。

彼で、仕事で、学校で・・・身近な方の様子が「いつもと違う」と感じたら、「どうしたの？」とひと声をかけることが、ゲートキーパーの第一歩です。

私たち一人ひとりの取り組みで、かけがえのない命を守りましょう。



▲市長向けに開催されたゲートキーパー養成研修の様子 ▲研修受講者は自衛隊員も含まれています

本市では、ゲートキーパー養成研修を定期的に開催しています。詳しくは、保健・感染予防課にお問い合わせください。



厚生労働省では、ゲートキーパーに関する研修用動画や絵本・マンガを配信しています。ぜひご覧ください。

ゲートキーパーの心構えを知って

研修を受けて、ゲートキーパーは、周囲の人の些細な変化に気づいてあげる重要な存在であること、また、周りの人の力も借りながら、気負わずにいる心構えが大切だと分かりました。普段から会話する友人たちがいつも迷子であるか気がかけるなど、今まで以上に周りが意識して話さずようになりました。

日本大学上野校心理学部3年 池田 真希さん



特集2 守れるいのちがそこにある

あなたもわたしも こころといのちのゲートキーパー

ゲートキーパーを志すか？ゲートキーパーとは、「命の門番」として、心の不調を抱える人が命を絶つ道へ向かわないために、生きていくための支援をする人たちです。自殺対策推進月間(関連29ページ)である今回は、大切な命を守る存在として、その役割に注目されているゲートキーパーをご紹介します。 保健・感染予防課024-7163

知っておくべき自殺の現状

本市では、毎年約50〜70人の方が自殺で亡くなっています。2015〜2019年の本市の年齢別自殺者数(病気を除く)

年齢	2015	2016	2017	2018	2019
10~19歳	21	6	2	4	1
20~29歳	20	25	28	26	24
30~39歳	39	42	47	44	34
40~49歳	40	57	59	54	47
50~59歳	26	49	52	47	34
60~69歳	46	24	20	12	11
70歳以上	26	13	10	10	10
合計	189	212	218	207	171

自殺には、健康・家庭問題、生活困難、孤立、介護、貧困、人間関係の悪化、長時間労働、学業不振など、様々な社会的要因があり、自殺はそれらの様々な要因が連鎖することで起こります。自殺はその多くが思い込まれた末の死であり、その多くは社会の努力で防ぐことのできる問題とされています。

今、ゲートキーパーが求められています

自殺を考える人は何らかのサインを発していることが多いと言われています。さらに、コロナ禍で感染や経済への不安、孤独感で悩む人が増えている現状、ゲートキーパーの存在はとて重要で、特に、代表的なゲートキーパーである保健師や民生委員、地域ボランティア以外にも、目線から離れず寄り添い、手を差し伸べられる身近な人がゲートキーパーとして寄り添うことが、現在強く求められています。

心の不調を感じる人へ

心の健康を保つポイント

心のケアには、①睡眠や食事などのいつもの生活リズムを保つこと、②安心できる人とのつながりを維持すること、③ストレッチなどの運動をすること、④自分が今できていることを認めて、自分を大切にすること、⑤信頼できる情報に目を向けることが大切です。また、身近な人や相談機関にも相談しましょう。

福島県医師会 山下 和彦さん



Further development of awareness-promoting activities



Active utilization of mass media

Collaboration with other departments

Active participation in other events

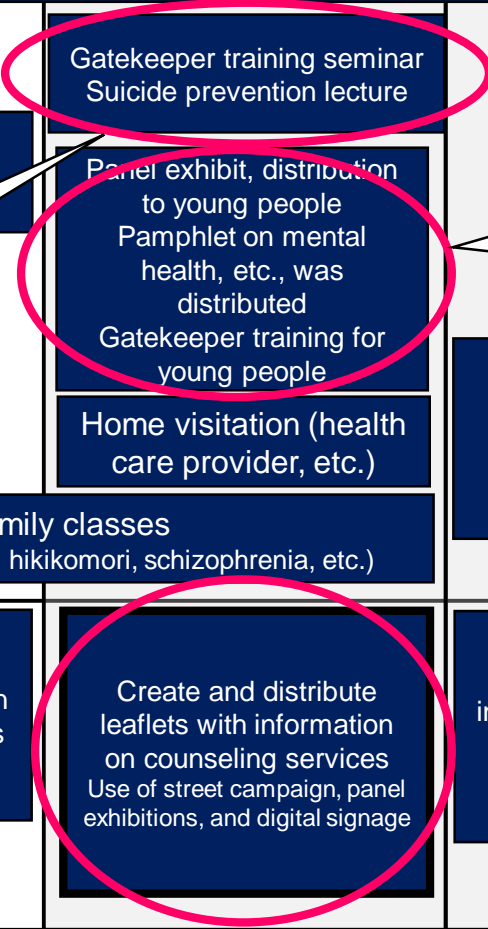
Proactive approach to companies

Current initiatives

	Country	Prefecture	City	Community
Priority challenge (1) • There are many suicides by males working-age men.	Consultations by phone, social media, e-mail, or visit © National, prefectural, city, private (Nation-wide, regional) at each agency or group General worries, mental, work, crime, abuse, law, human rights, consumer affairs, children, domestic violence, medical, hikikomori, etc.			
	Stress check Promote implementation	Lecture and seminar (related to mental health, suicide prevention, etc.)		
	Suicide Prevention Week (September) Suicide Prevention Month (March)	Suicide Prevention Month (September, March)	Gatekeeper training seminar Suicide prevention lecture	
	• Lectures including content on the psychological impact of Covid-19 were held.		Panel exhibit, distribution to young people Pamphlet on mental health, etc., was distributed Gatekeeper training for young people	
Priority challenge (2) • Suicides by youth are not declining.		Home visitation (health care provider, etc.)		Self-help group activities (Alcohol, gambling, suicide-bereaved family)
		Family classes (Alcohol, depression, hikikomori, schizophrenia, etc.)		
Priority challenge (3) • People are unfamiliar with counseling services	Create and distribute leaflets with information on counseling services from each agency	Create and distribute leaflets with information on counseling services from each agency	Create and distribute leaflets with information on counseling services Use of street campaign, panel exhibitions, and digital signage	Creation and distribution of leaflet introducing various self-help group activities and counseling services, etc.

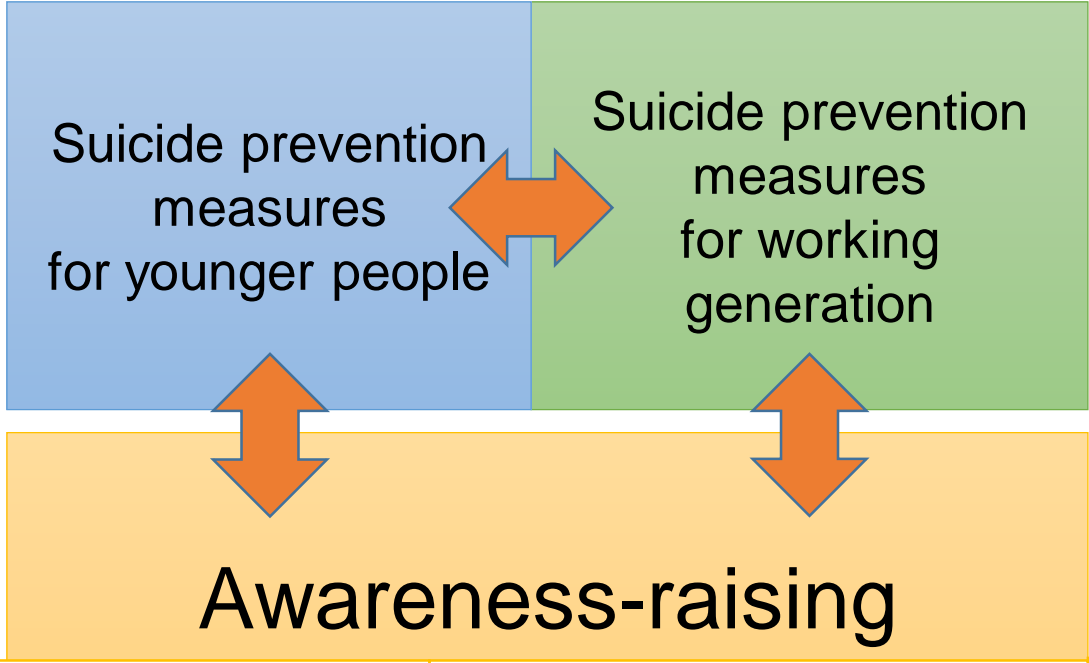
• A follow-up questionnaire was held six months after the gatekeeper training.

• Lectures including content on the psychological impact of Covid-19 were held.



Future countermeasures ~ Performance to date ~

- 2019 Gatekeeper training seminars for youth held
- 2021 Students participated in Task Force



- 2017 Suicide prevention lecture held
- 2021 Total number of participants in gatekeeper training seminar since 2012 reached 2863 people

- 2018 Street campaigns held together with private groups

- 2020 Promotional activities using digital media developed

- 2021 Collaborative installation of panel exhibit

- Roles of Task Force members
- Proposals to programs by the city government and collaboration in the practice

Development of awareness-raising activities utilizing community network

Discoveries and changes ~ Feedback from members ~

- To prevent young people from committing suicide, shouldn't we educate junior high school students about suicide and depression so people are aware.

- There is no place where men can easily ask for advice.

- The hurdles to connect someone seeking help to counseling are high. We must lower them. Shouldn't we promote awareness-raising activities?

- I think it would be good to educate business managers about the benefits of health management.

- Maybe places outside school where students can seek advice should be created.

- Wouldn't it be ideal to be able to talk about mental health in the home?

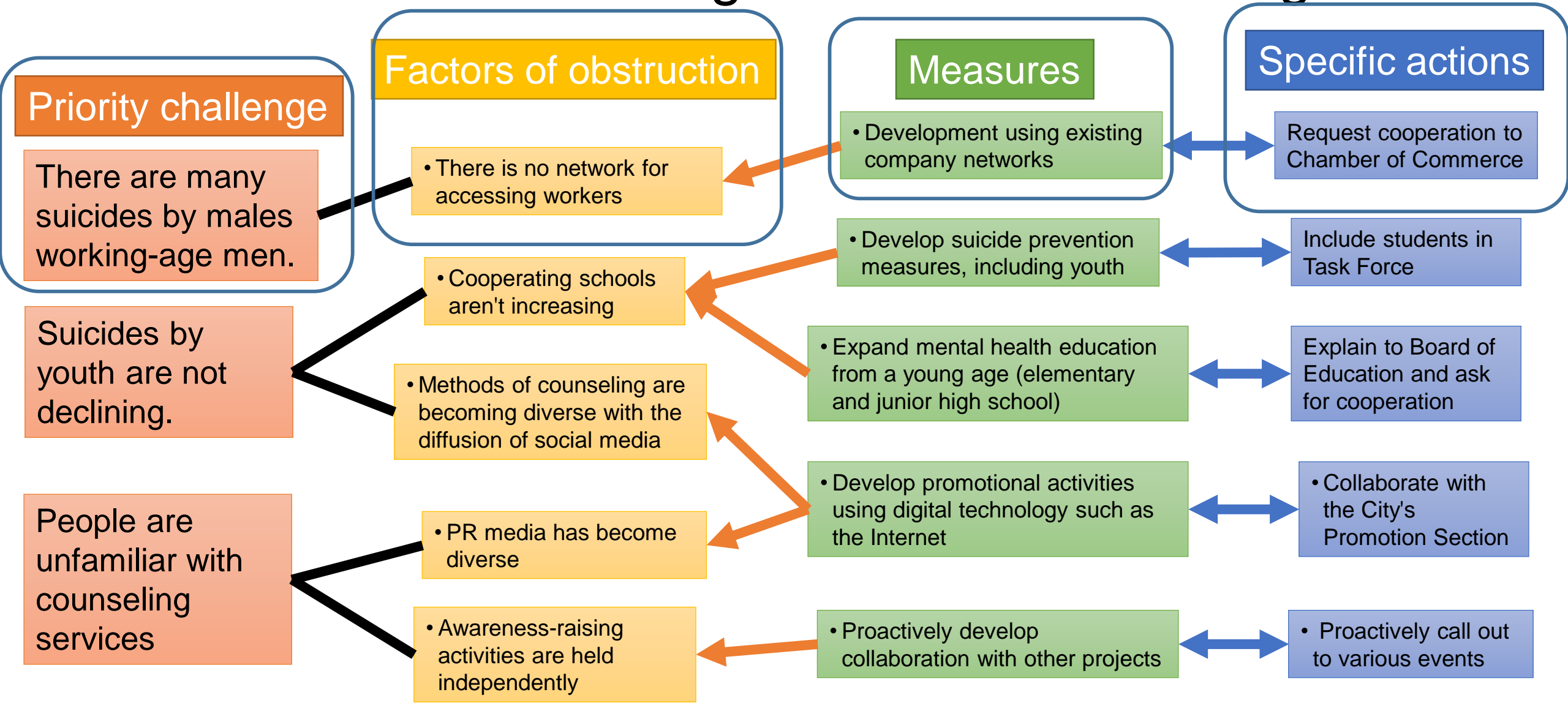
- Some people feel lonely while living with their families, while others are hurt because they live with family.

- People need a place other than home or work to talk.

The Task Force members shared their feelings, which cannot be expressed in data, and discussed future initiatives.

Future measures ~ Finding solutions for challenges ~

Fig. 26



• Through piling up practices, classify and develop measures to take immediately and those to take over the long term.

Future prospects

Fig. 27

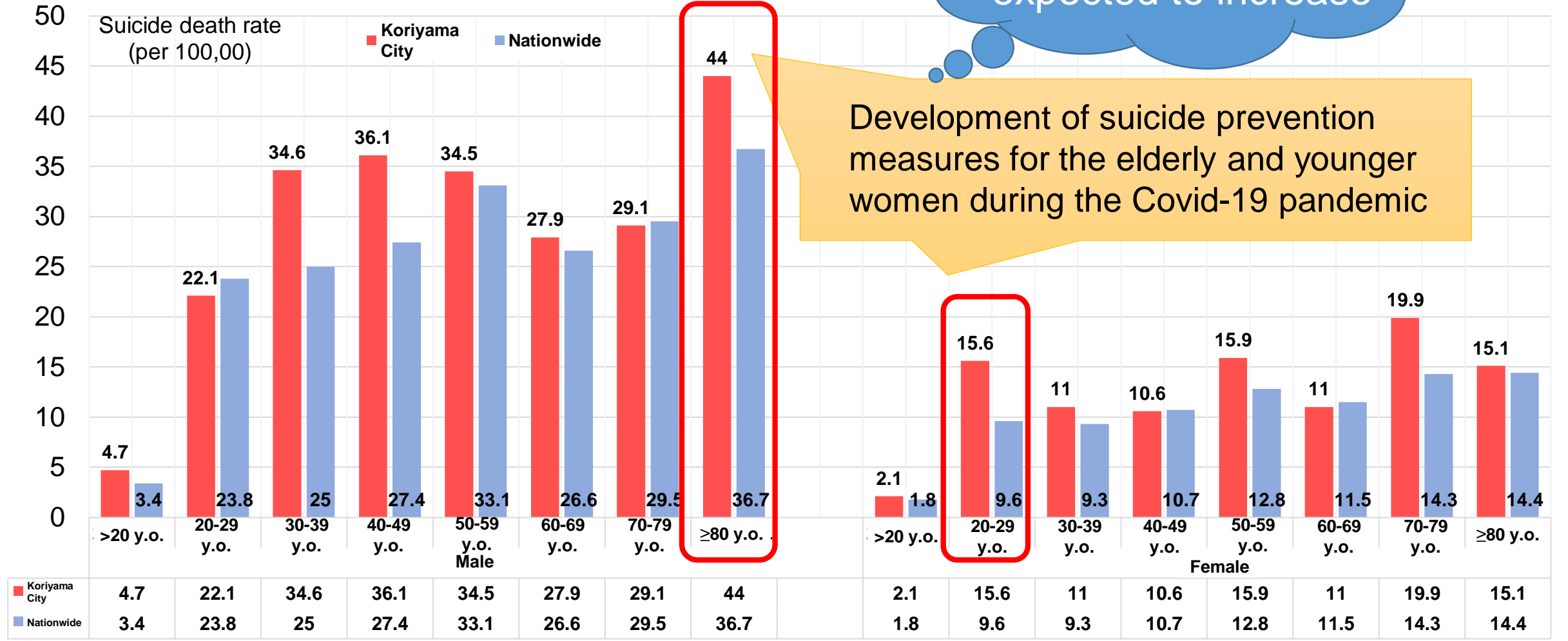
Rate of suicide death in Koriyama City and Japan by gender and age (average for 2015 to 2019)

Response to problems with alcohol, which are expected to increase

44

Development of suicide prevention measures for the elderly and younger women during the Covid-19 pandemic

15.6



Source: Japan Suicide Countermeasures Promotion Center "Regional suicide statistics profile 2020)

Thank you for listening