

Koriyama City Safe Community Promotion Council

Suicide Prevention Task Force Activity Report (Proposed)

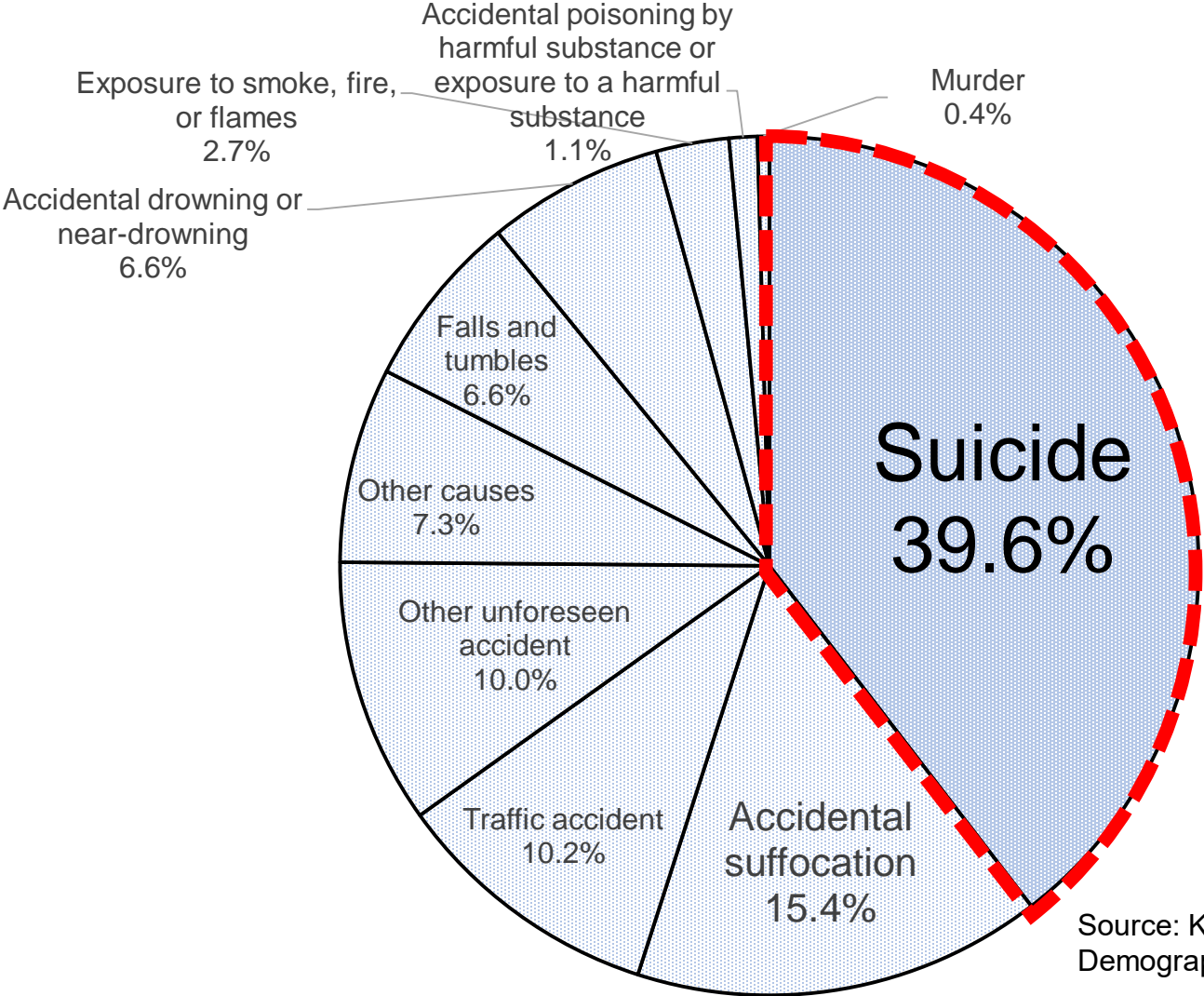


Presenter: Kazuyuki Kawakami, Task Force Chair

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

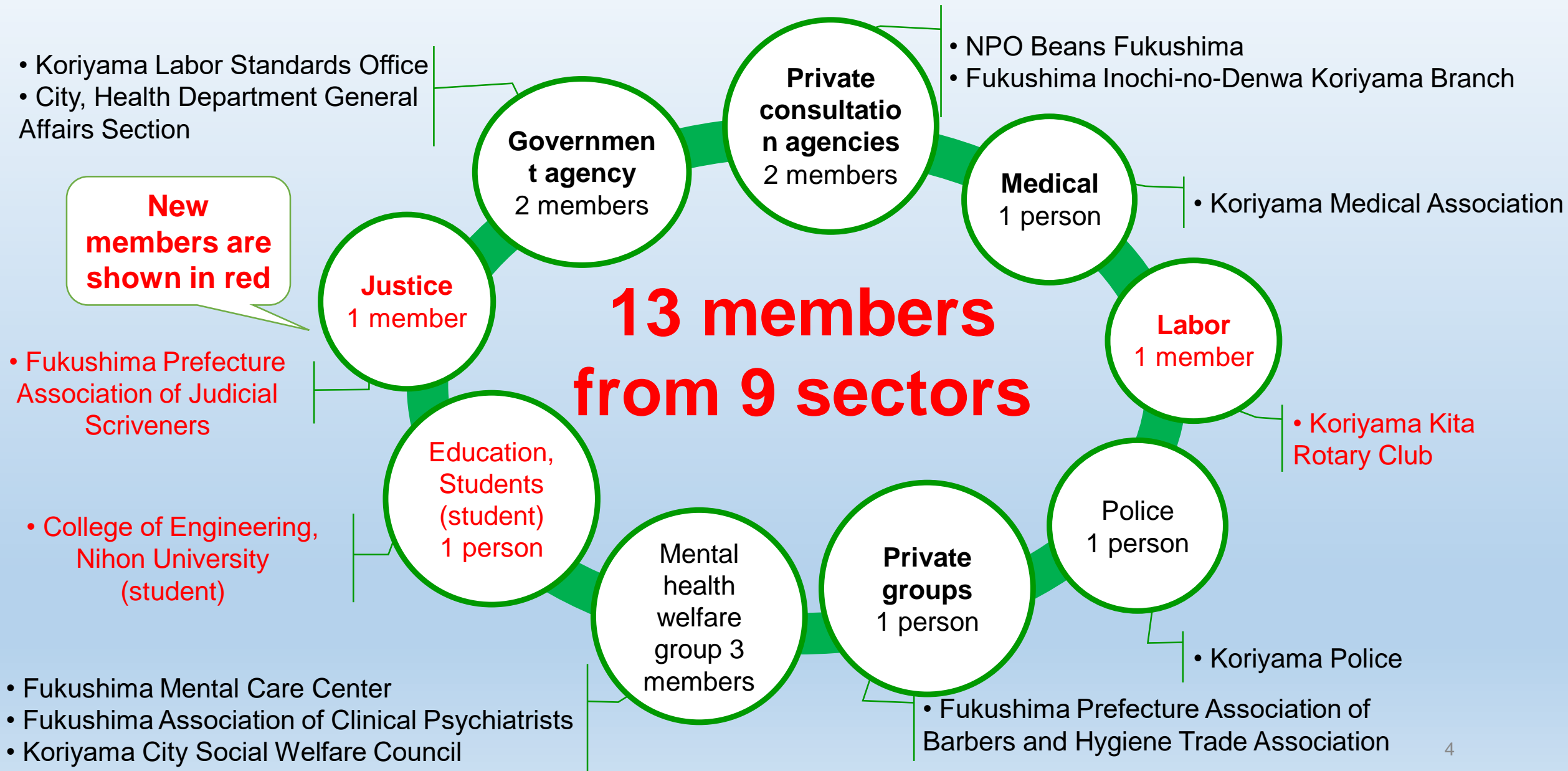
| Age group | 1st place | | 2nd place | | 3rd place | |
|-------------------|-------------|------------|---|------------|---------------------------|------------|
| 0 to 9 y.o. | Suffocation | 3 people | Traffic accident, drowning, near drowning | 2 people | Tumble, fall, smoke, fire | 1 people |
| 10 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.

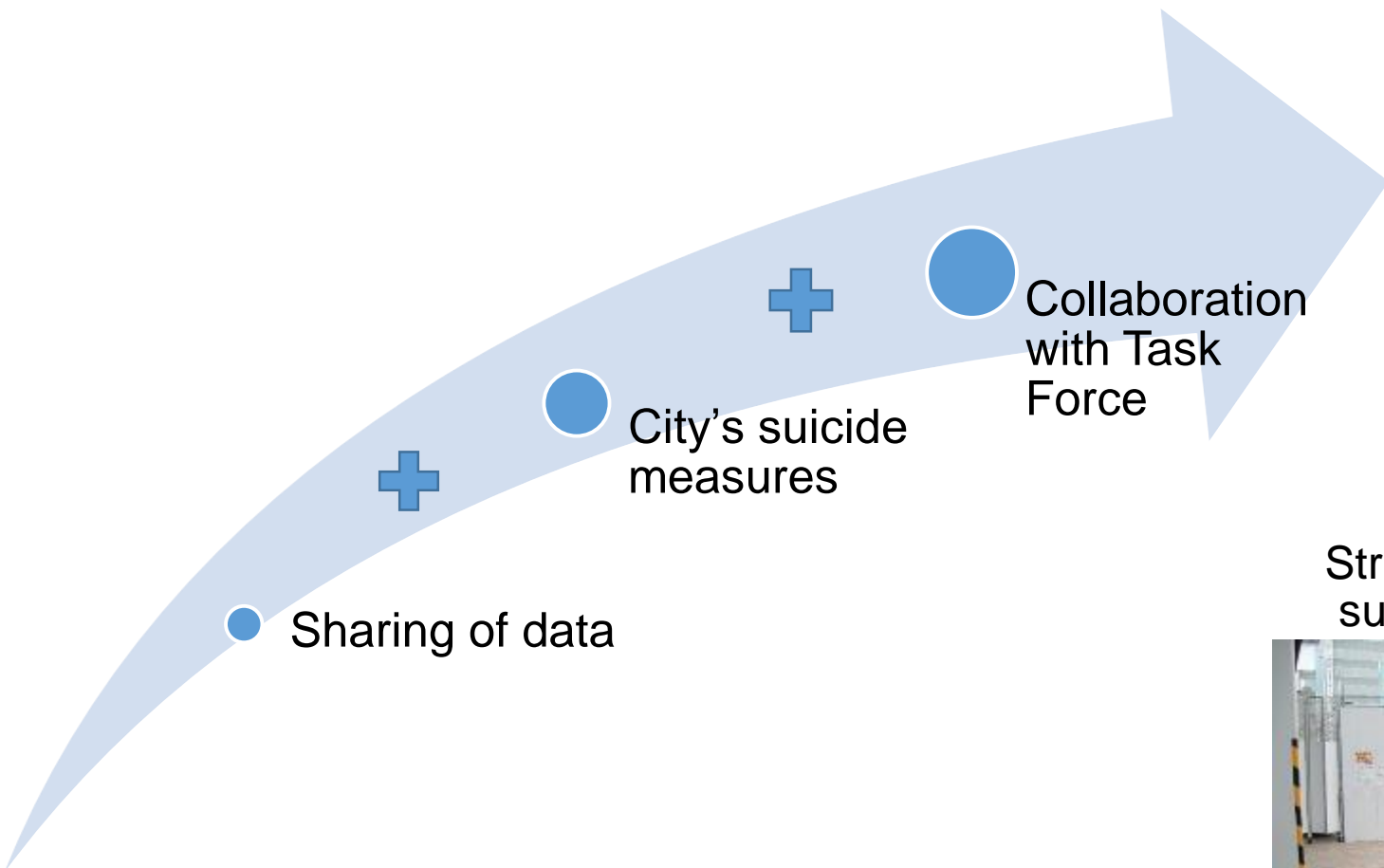
Source: Koriyama City Health Department “2009 to 2014 Demographic Statistics (Cause of Death Ledger)”

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



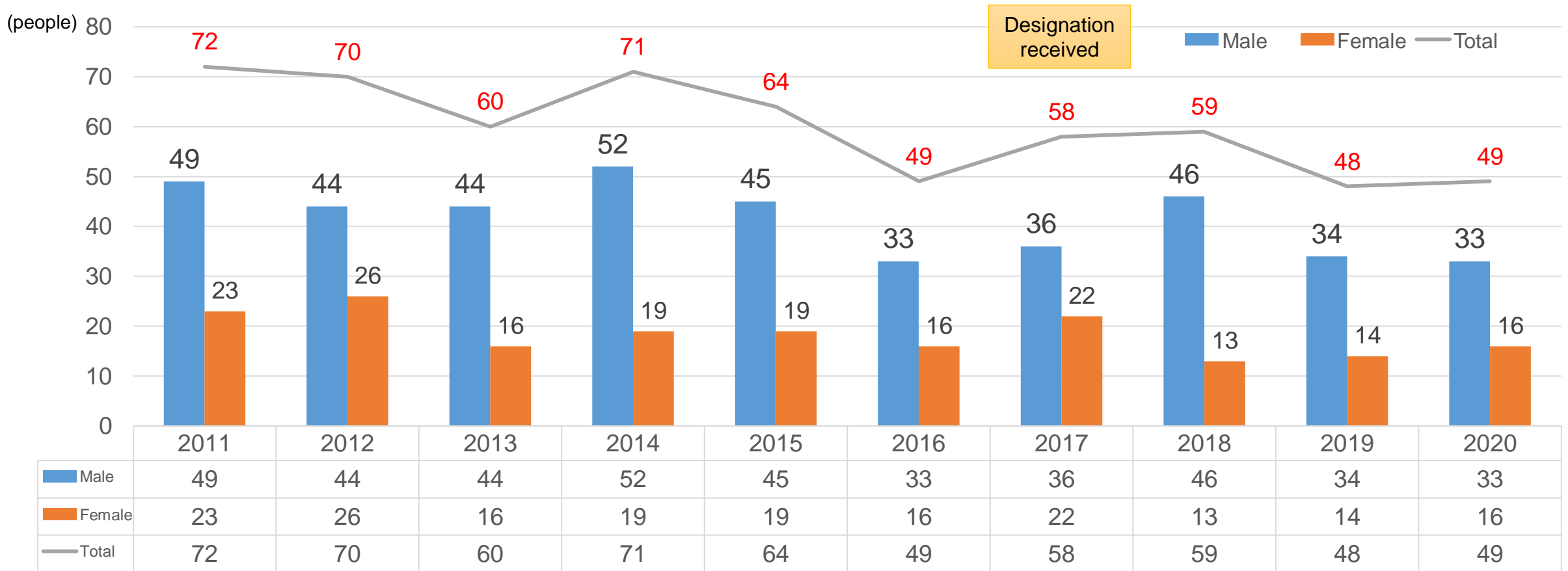
Gatekeeper training



Identification of challenges from data (statistics) (1)

Fig. 4

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

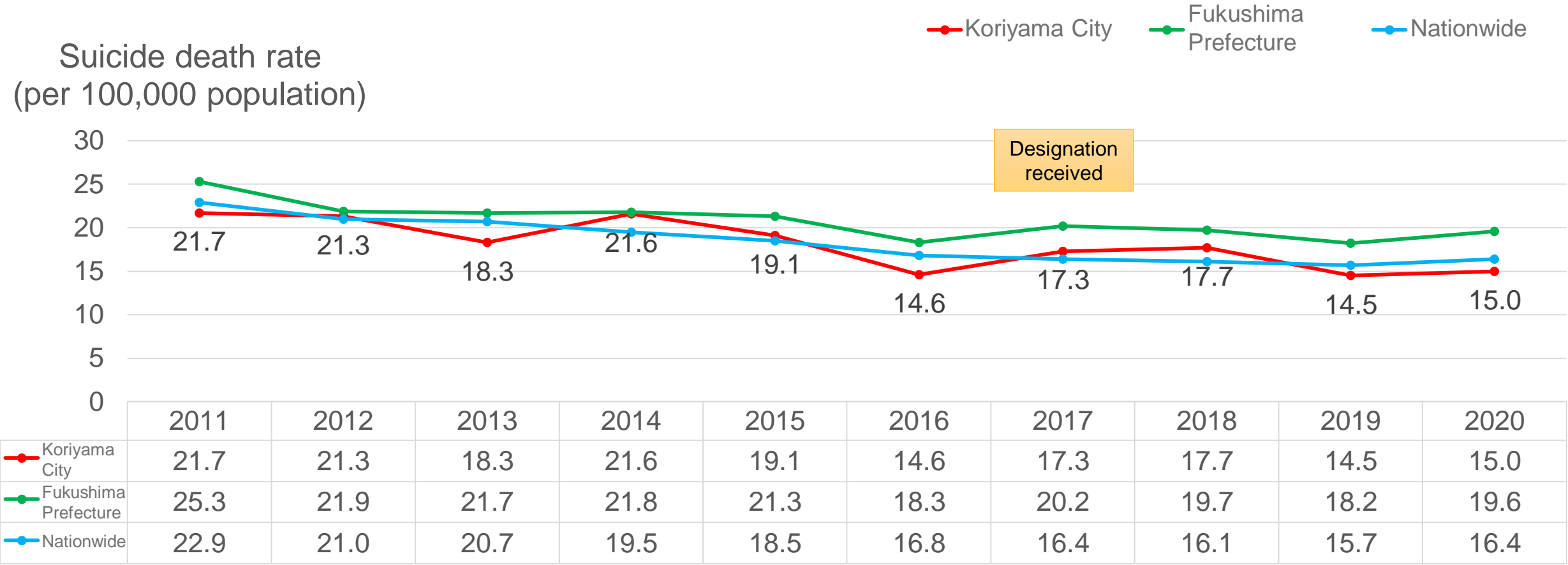


- The number of suicides is declining yearly.
There are 2-times more suicides by men than by women.

Identification of challenges from data (statistics) (2)

Fig. 5

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 is declining.

Source: Prepared by Koriyama City based on Demographic Statistics (Ministry of Health, Labour and Welfare: 2011 to 2020)

Identification of challenges from data (statistics) (3)

Fig. 6

Cumulative order of cause of death by external factors in Koriyama City by age group (2016 to 2020)

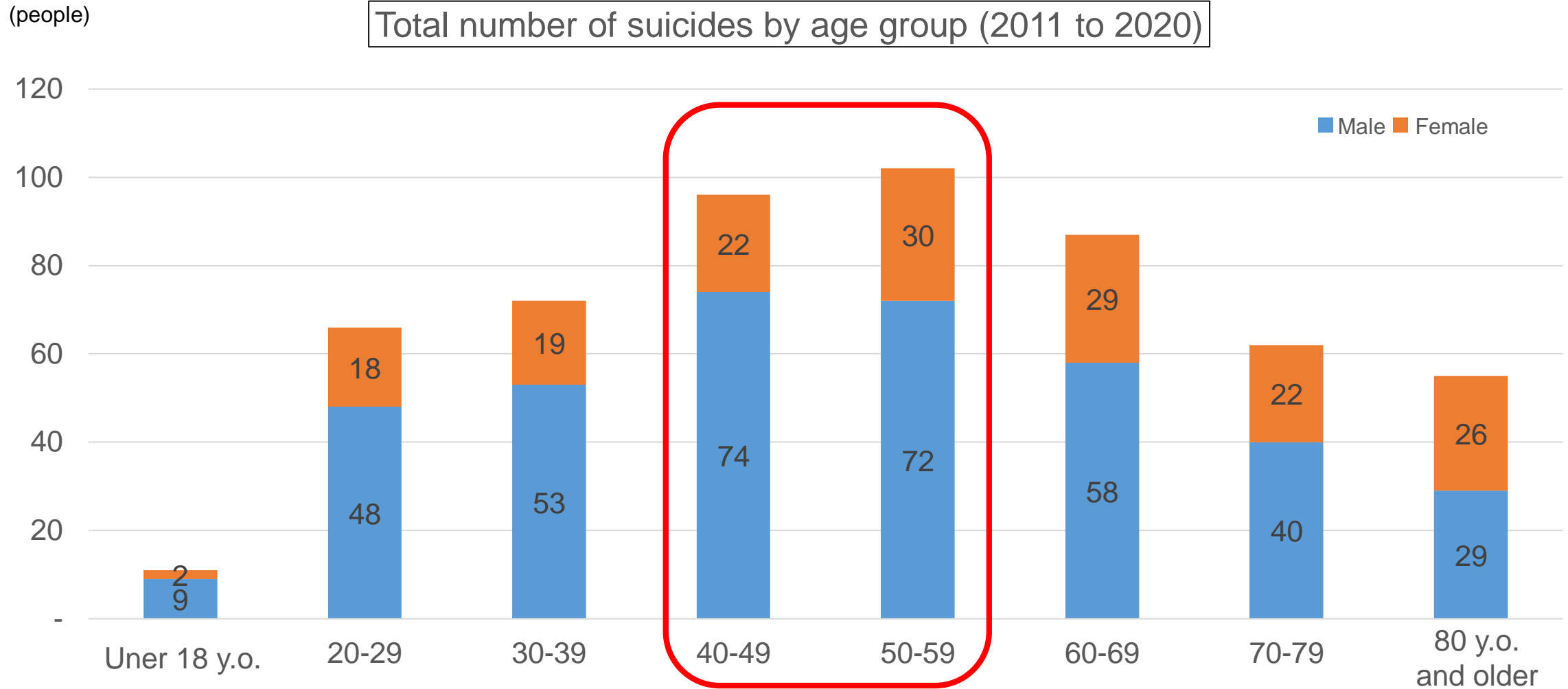
| Age group | 1st place | | 2nd place | | 3rd place | |
|-------------------|-------------|------------|---------------------------|------------|---------------------------|------------|
| 10-19 y.o. | Suicide | 5 people | Traffic accidents | 3 people | Drowning or near-drowning | 1 people |
| 20-29 y.o. | Suicide | 27 people | Traffic accidents | 7 people | Falls or tumbles | 2 people |
| 30-39 y.o. | Suicide | 42 people | Traffic accidents | 3 people | Drowning or near-drowning | 1 people |
| | | | | | Suffocation | |
| | | | | | Fires | |
| 40-49 y.o. | Suicide | 40 people | Traffic accidents | 7 people | Suffocation | 3 people |
| | | | | | Falls or tumbles | |
| 50-59 y.o. | Suicide | 43 people | Traffic accidents | 10 people | Falls or tumbles | 5 people |
| | | | | | Fires | |
| 60-69 y.o. | Suicide | 37 people | Drowning or near-drowning | 13 people | Traffic accidents | 12 people |
| | | | | | Suffocation | |
| 70-79 y.o. | Suicide | 37 people | Suffocation | 21 people | Falls or tumbles | 20 people |
| 80-89 y.o. | Suffocation | 48 people | Falls or tumbles | 42 people | Drowning or near-drowning | 28 people |
| 90 y.o. and older | Suffocation | 33 people | Falls or tumbles | 28 people | Drowning or near-drowning | 8 people |
| All ages | Suicide | 263 people | Suffocation | 122 people | Falls or tumbles | 109 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.

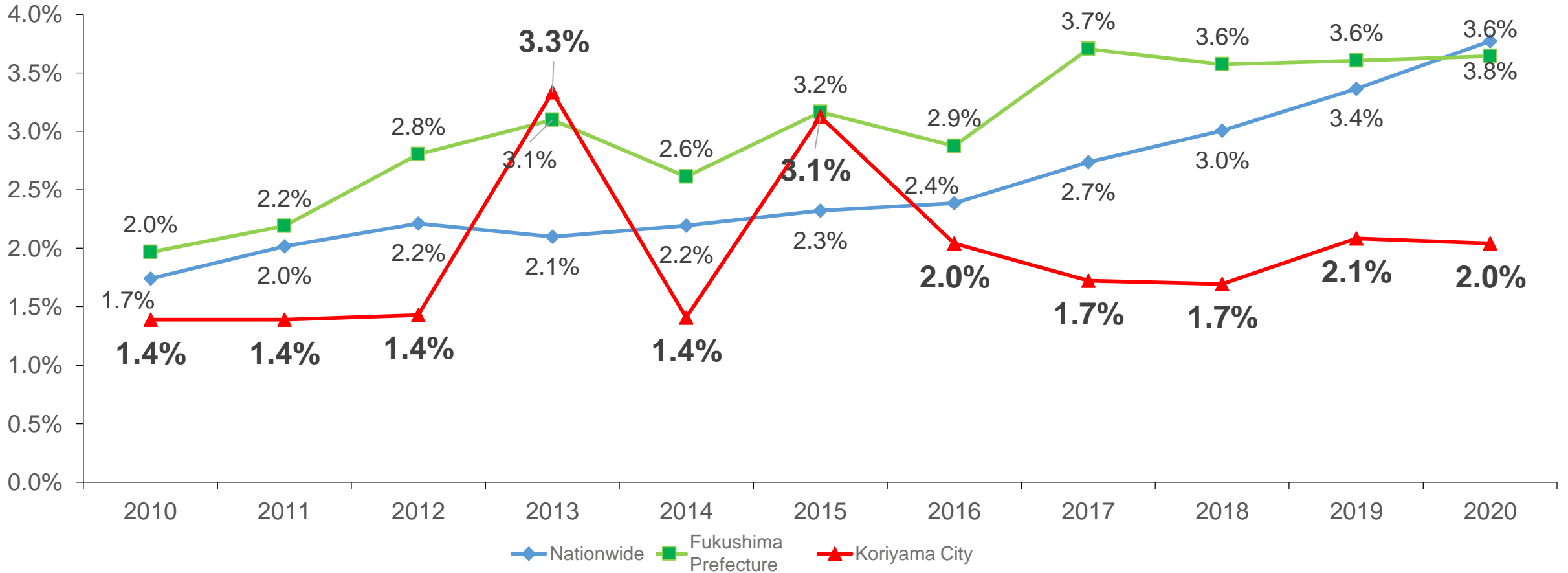
There are many suicides among the elderly ages 60 and older

There are approx. 4-times as many deaths by suicide than traffic accidents (64 people)



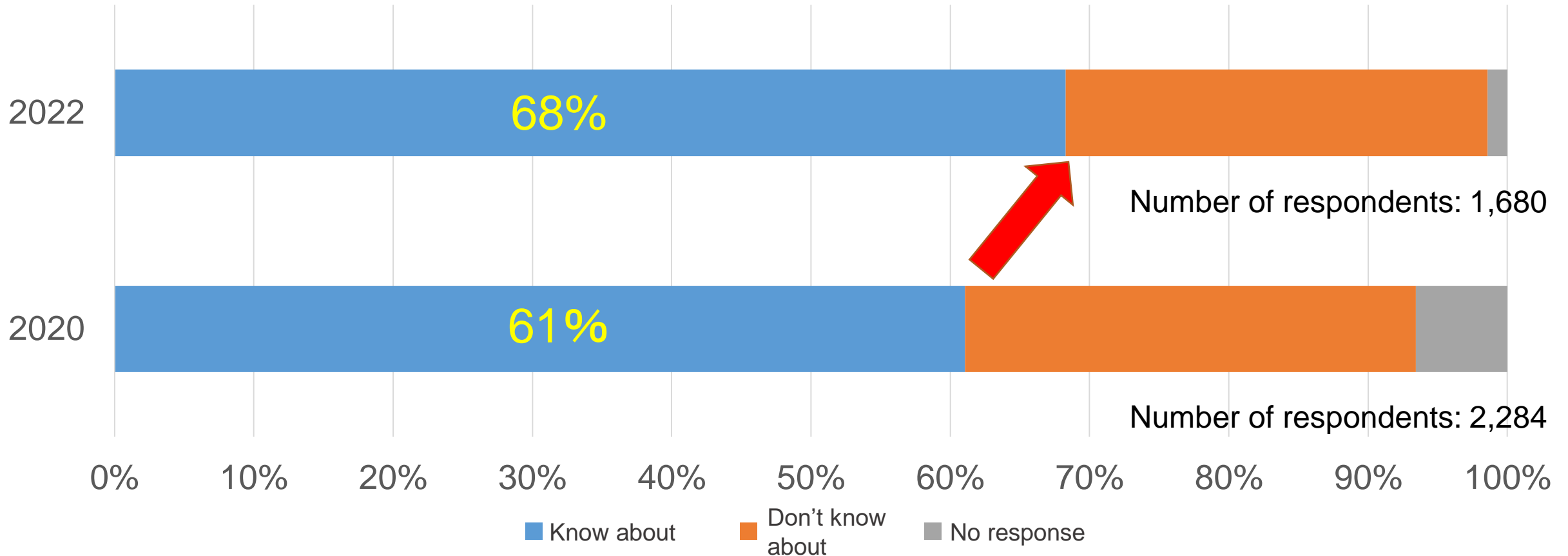
- Suicides are particularly high among men in the 40-59 year-old group.

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



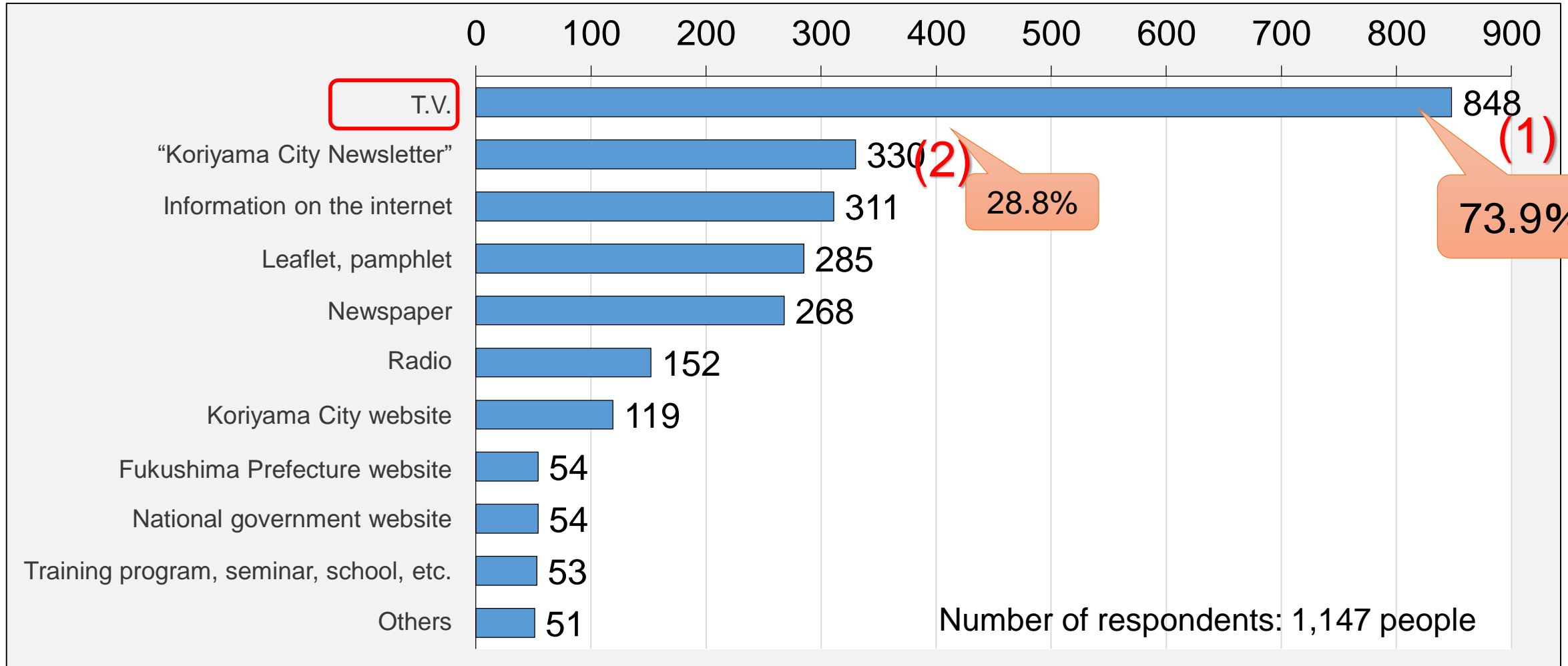
- Suicides by minors under the age of 20 are gradually increasing even in Koriyama City

Awareness of counseling services for suicide prevention



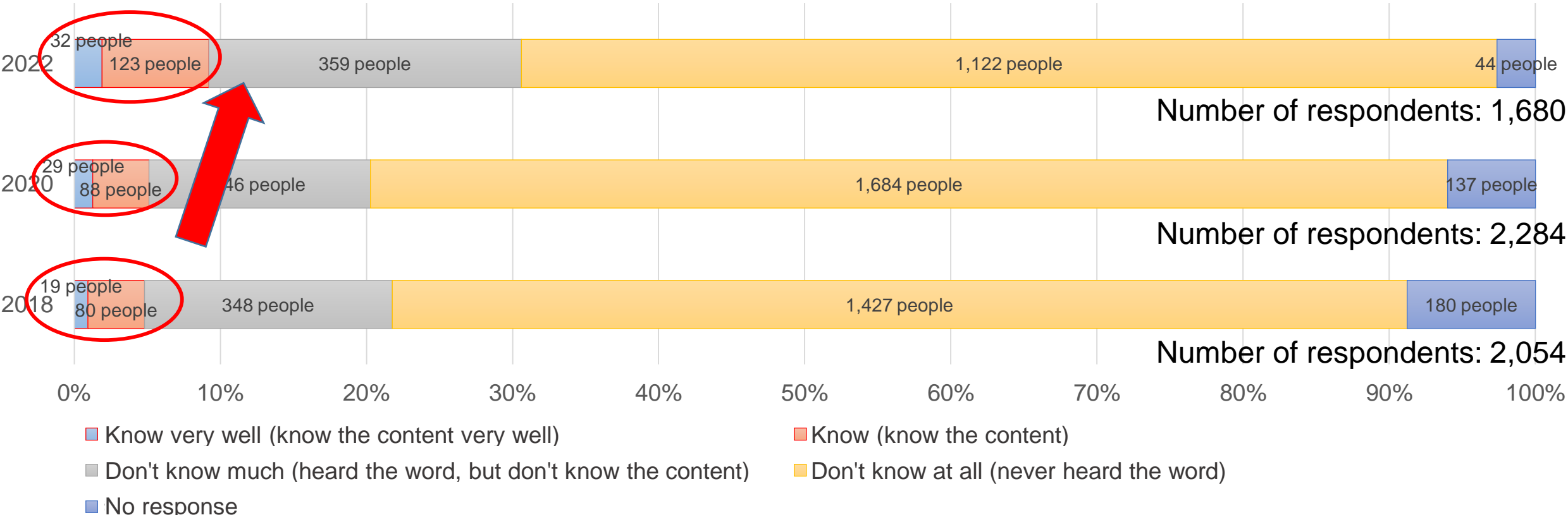
- The level of recognition has increased since the previous survey.

Source of information regarding suicide prevention counseling services



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

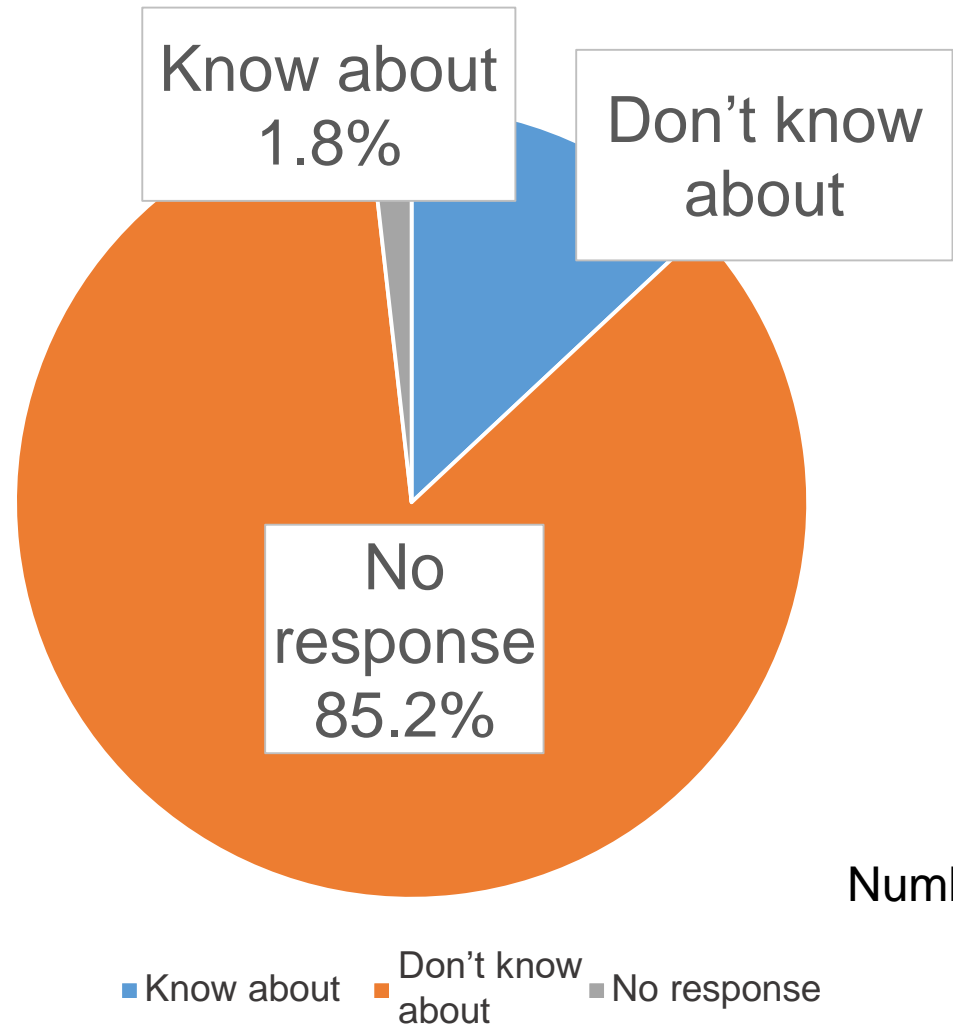
Awareness of gatekeeper program



- 66.8%, more than half of the respondents, said they have no “Absolutely no knowledge (have never heard the term).”

Current situation and awareness of suicides

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



Number of respondents: 1,680

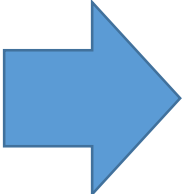
- 85.2% responded “Did not know,” indicating that most people are unaware of this situation.

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

| Challenges to solve | There are many suicides by working-age men. | Suicides by youth are not declining. | People are unfamiliar with counseling services |
|------------------------------|--|--|---|
| What is needed for solutions | ○ Increase people who can identify changes in working men | ○ Raise awareness of mental health and suicide prevention among the younger generation | ○ Further raise awareness on the current situation of suicides and counseling services |
| Initiative | <<(1) Promote awareness of suicide>> | <<(2) Proactive awareness-promotion among youth>> | <<(3) Initiatives to promote awareness>> |
| | <ul style="list-style-type: none"> • Gatekeeper training seminars • Lectures on suicide prevention • Distribution of leaflets listing all counseling services | <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 to 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 |

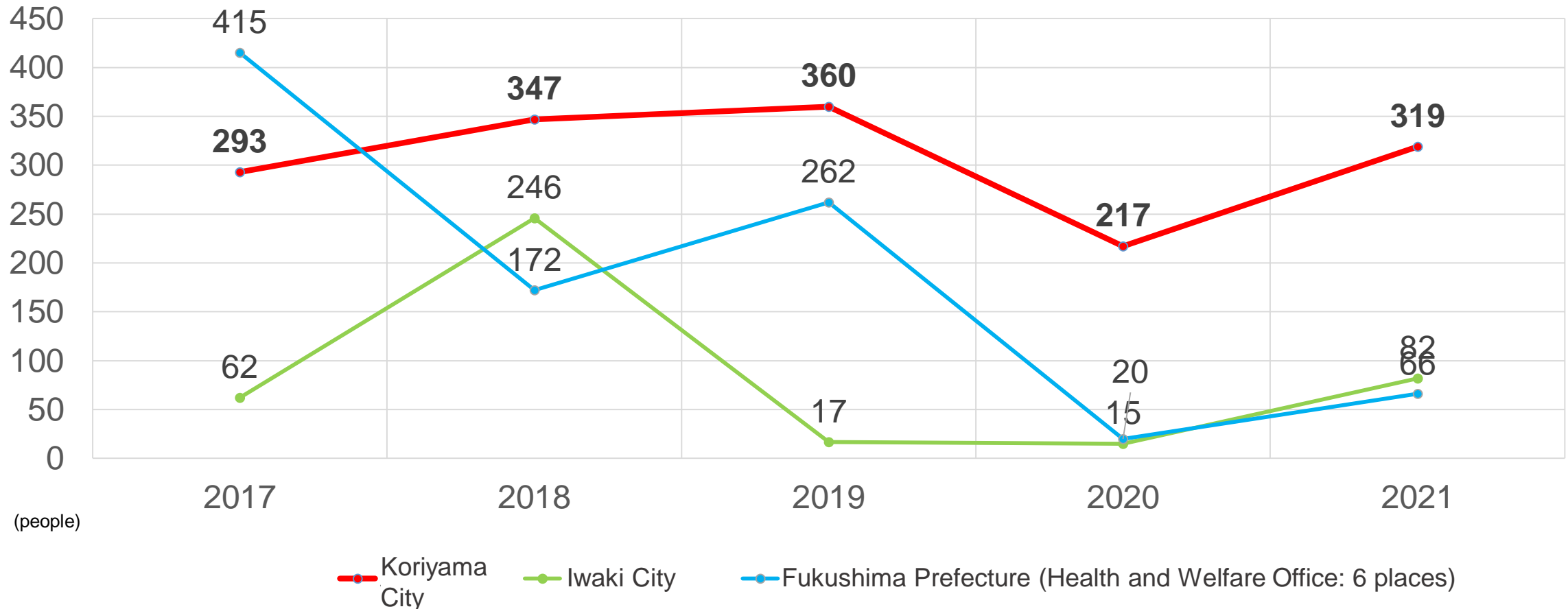
- Past gatekeeper training seminars and lectures on suicide prevention

Fig. 16

| | Gatekeeper training | Number of meetings Session | Lecture on suicide prevention | Number of meetings Session |
|------|---|-------------------------------|---|-------------------------------|
| 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 | Newly held for high school students | 5 meetings | Dependency, suicide support, studies on how children issue SOS, etc. | 4 meetings |
| 2020 | Held for senior high school, vocational school, and university students | 5 meetings | Suicide prevention measures during the Covid-19 pandemic, seminars for youth supporters | 2 meetings |
| 2021 | Held for students as well as local residents, such as neighborhood associations | 10 meetings | Held for youth supporters | 1 meeting |

2017 to 2021 Number of gatekeeper training participants (trends)

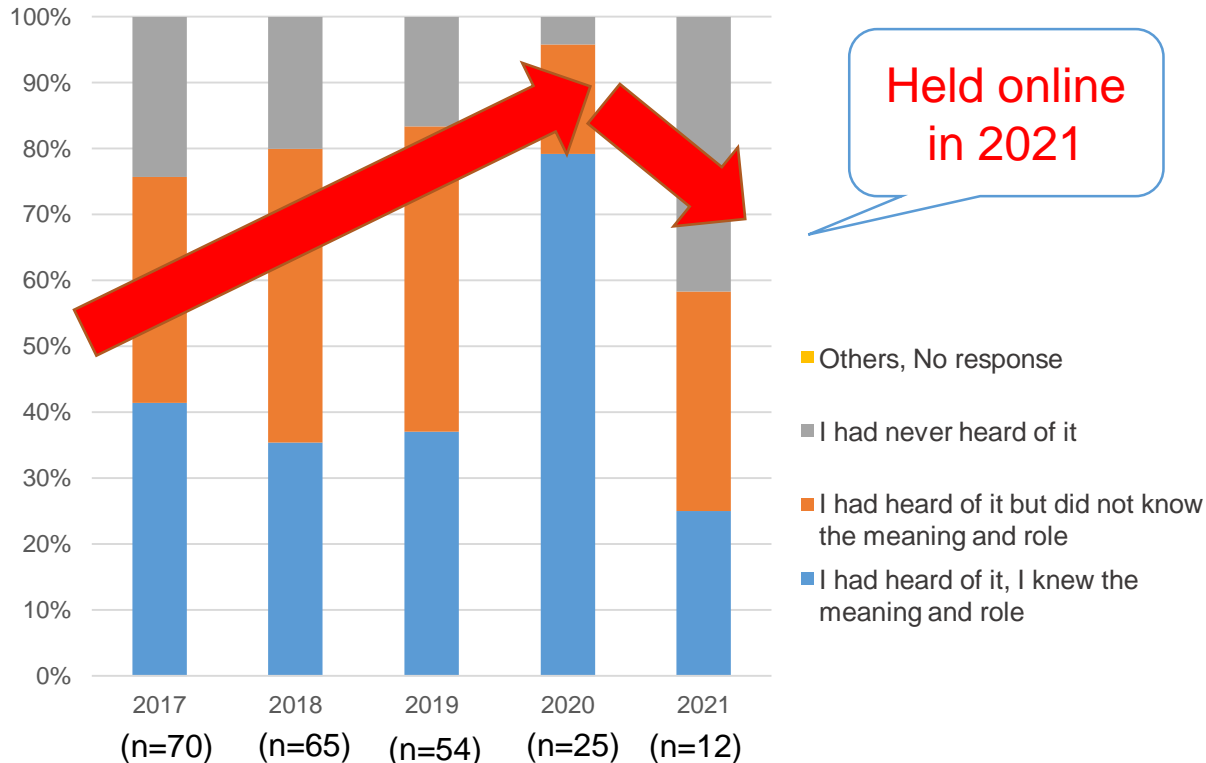
Fig. 17



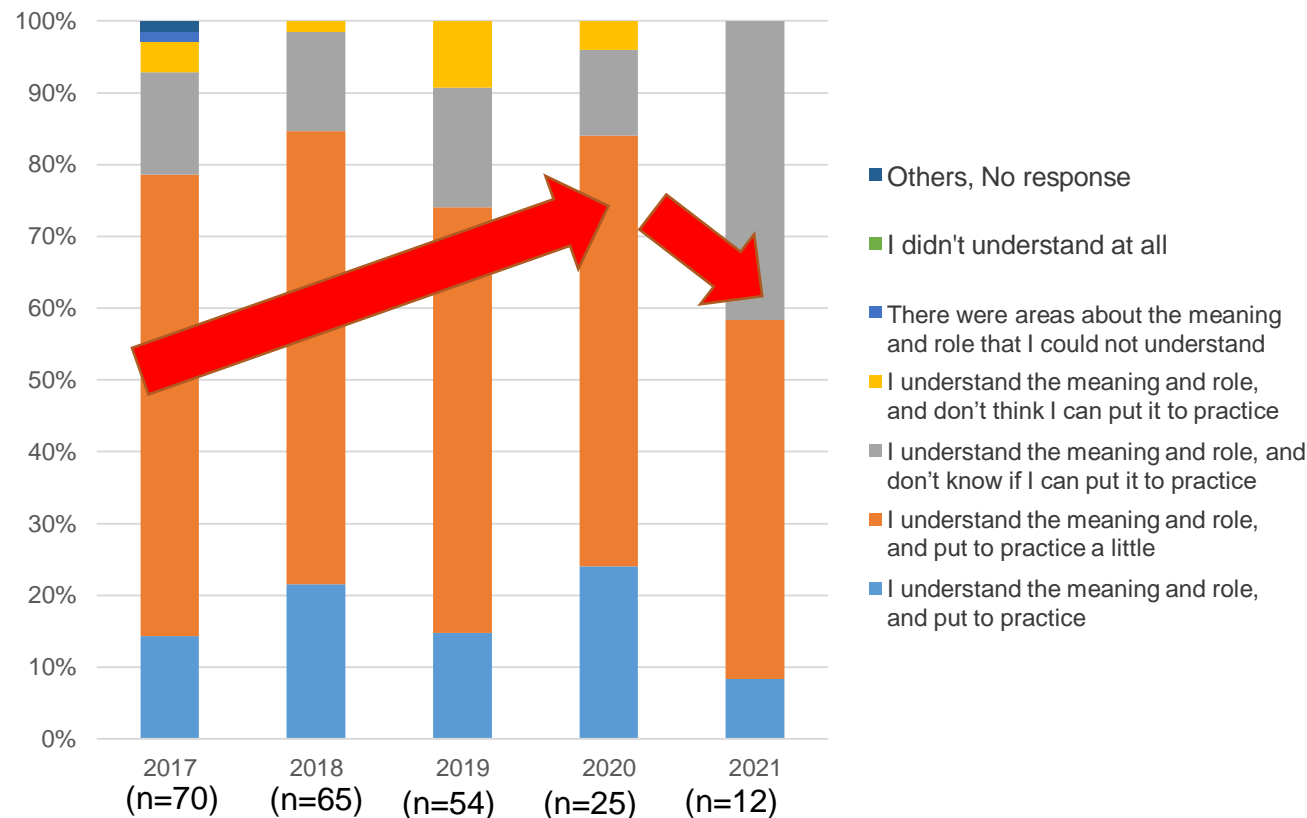
- In the five years from 2017, a total of 1536 people have taken the gatekeeper training seminar in Koriyama City.
- Persons taking the gatekeeper training seminar are increasing.

Year-by-year changes in results of a survey conducted at gatekeeper training for city employees

Understanding and awareness of "Gatekeeper" before training



Understanding and awareness of "Gatekeeper" after training

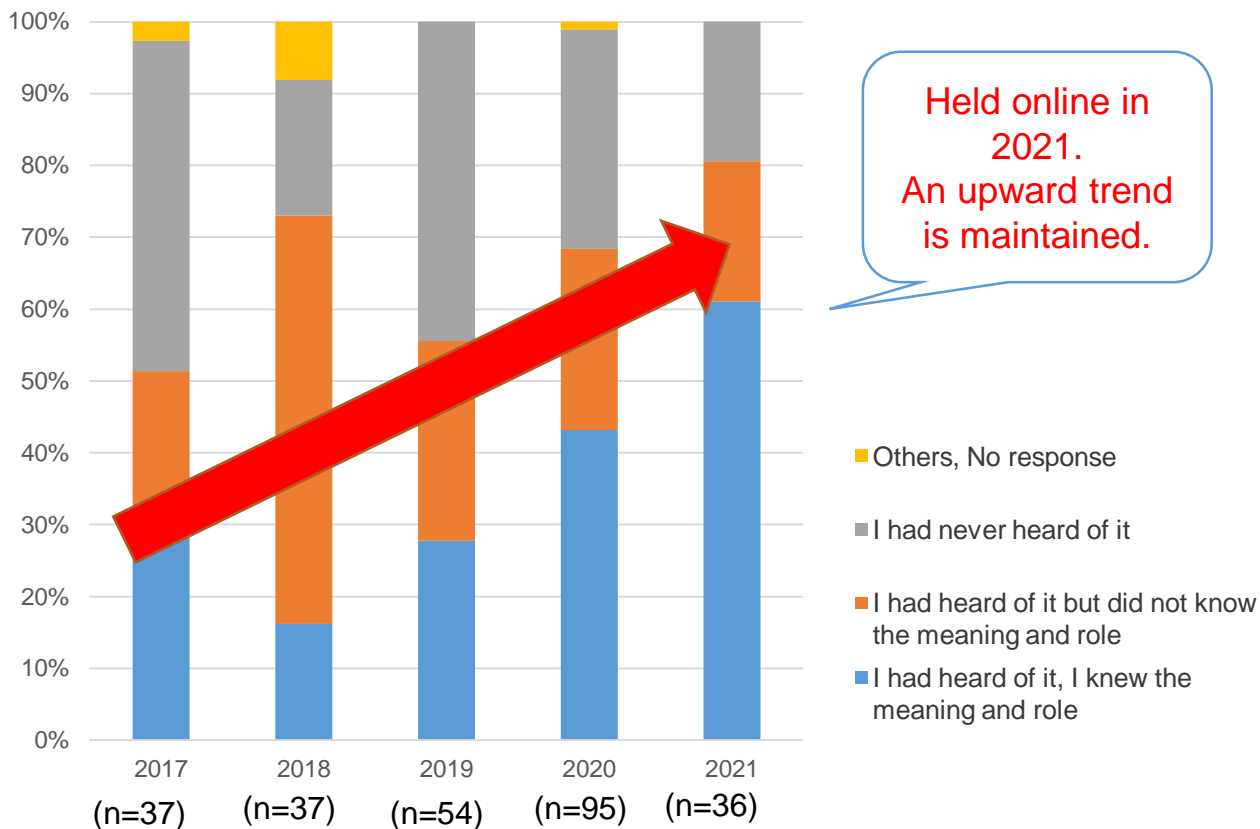


| | | | |
|--|------|-------|-------|
| I had heard of gatekeepers | 2017 | 2020 | 2021 |
| | 75% | → 95% | → 58% |
| I knew the meaning and role of gatekeepers | 2017 | 2020 | 2021 |
| | 41% | → 79% | → 25% |

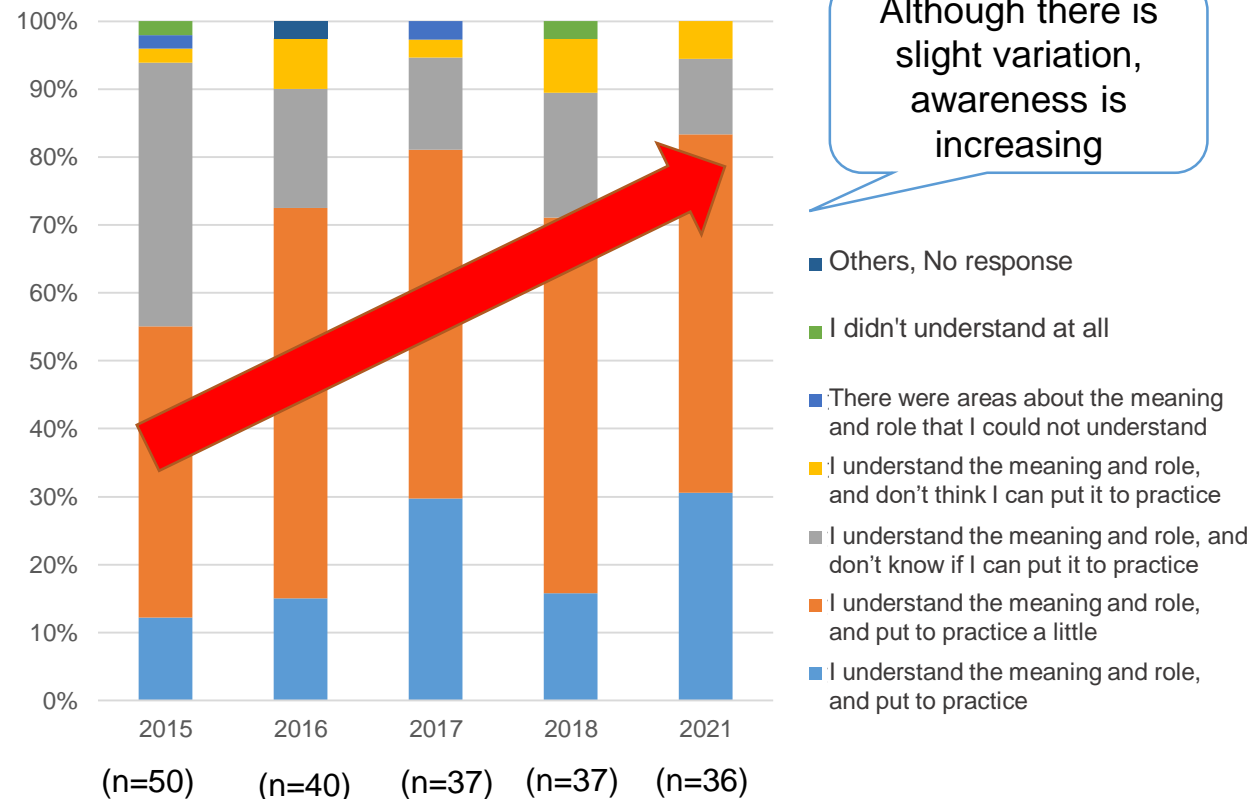
| | | | |
|---|------|-------|-------|
| I understand the meaning and role, and put to practice | 2017 | 2020 | 2021 |
| | 14% | → 23% | → 8% |
| I understand the meaning and role, and put to practice a little | 2017 | 2020 | 2021 |
| | 64% | → 83% | → 50% |

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 | 2017 | 2021 |
| | 51% | 80% |
| I knew the meaning and role of gatekeepers | 2017 | 2021 |
| | 32% | 61% |

| | | |
|---|------|------|
| I understand the meaning and role, and put to practice | 2015 | 2021 |
| | 12% | 31% |
| I understand the meaning and role, and put to practice a little | 2015 | 2021 |
| | 43% | 53% |

Initiative (2) Proactive awareness-promotion among youth

Gatekeeper training seminar for younger generation

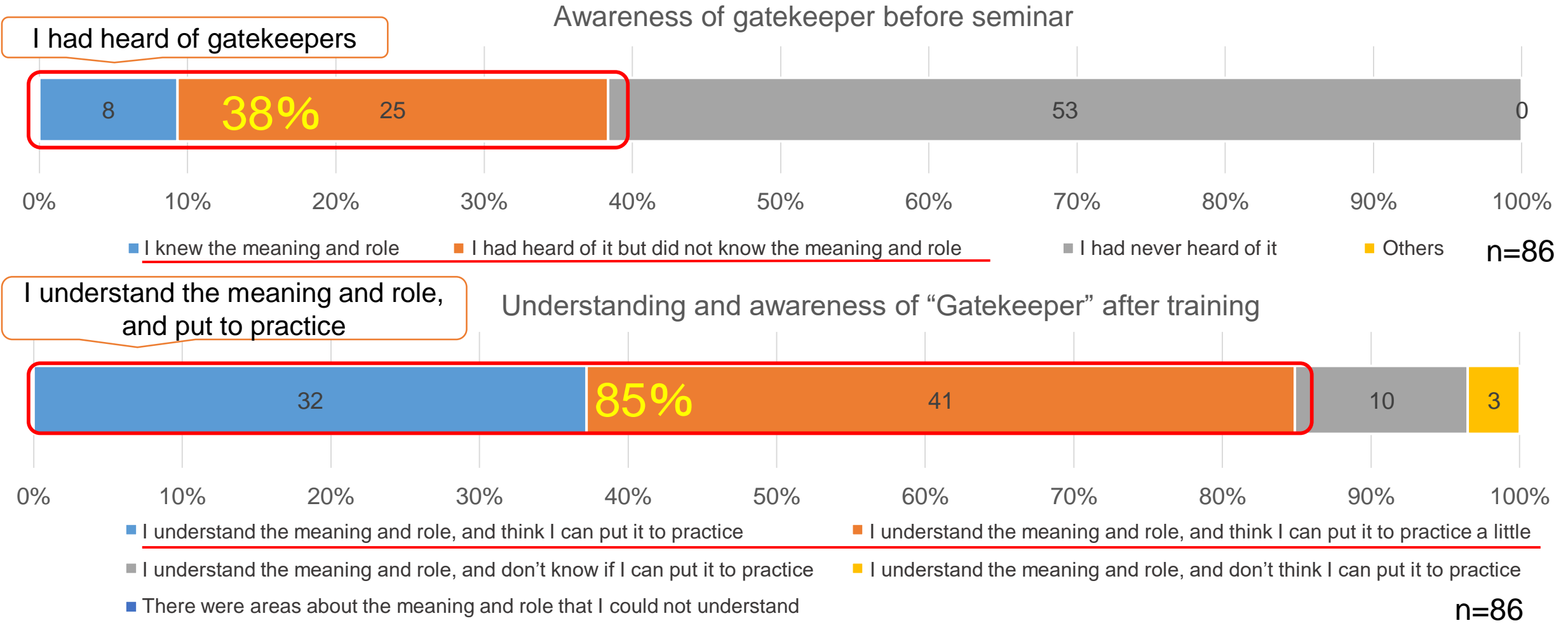
- Plan and conduct as proactive awareness-promotion among youth

| | Number of seminars held | Number of people |
|------|--|------------------|
| 2019 | Held at one senior high school in the City | 212 |
| 2020 | Held at three schools: one each of senior high school, vocational school, university | 73 |
| 2021 | Held at five schools: one senior high school, three vocational schools, and one university | 112 |

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 2021 Questionnaire of participants in gatekeeper training for younger generation (immediately after session)



- 38% 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

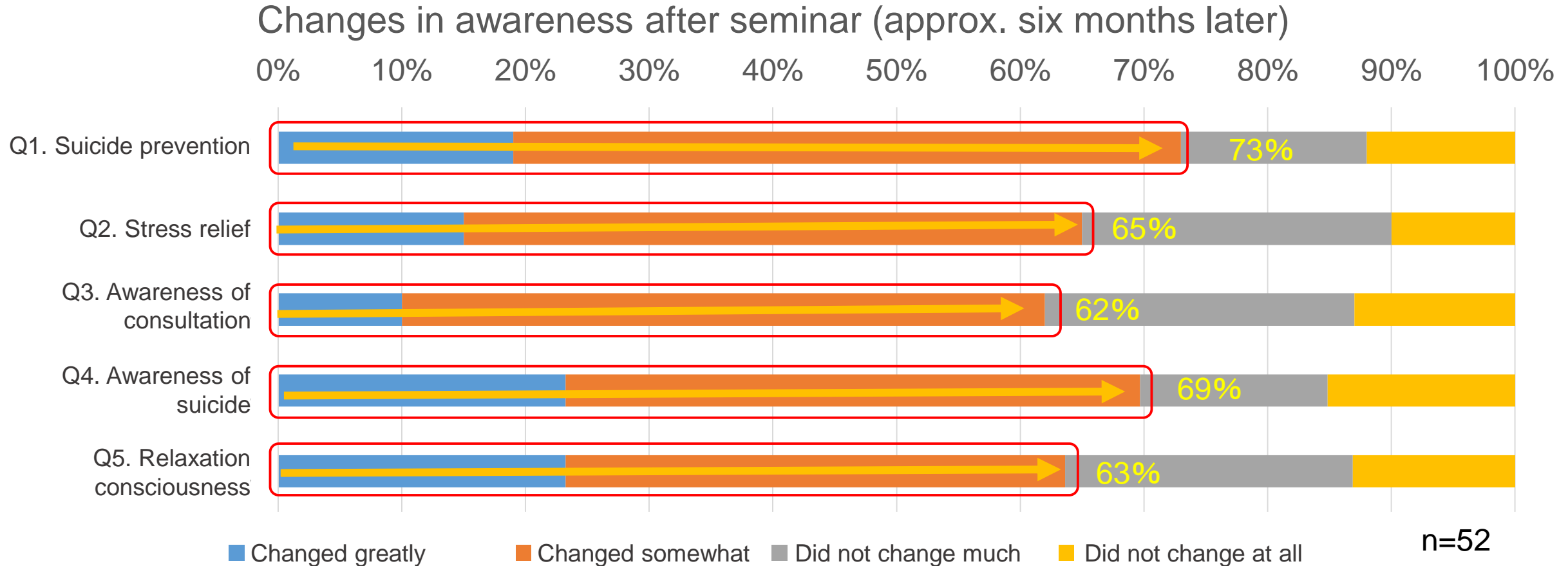
Items about change in behavior

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

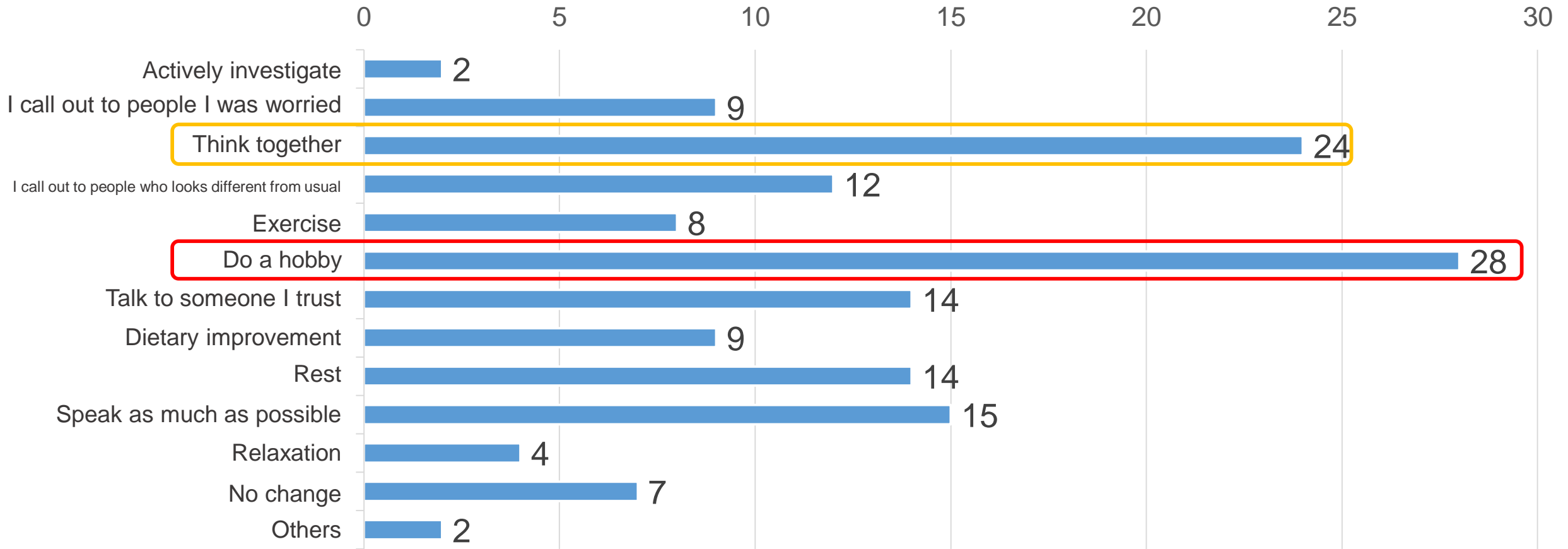
Results of 2021 Gatekeeper training seminar for younger generation (follow-up survey)



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

Results of 2021 Gatekeeper training seminar for younger generation (follow-up survey)

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



n=148

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

(1) Panel exhibit

Proactive awareness-promotion among youth



Improved points

Permanent display at university

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

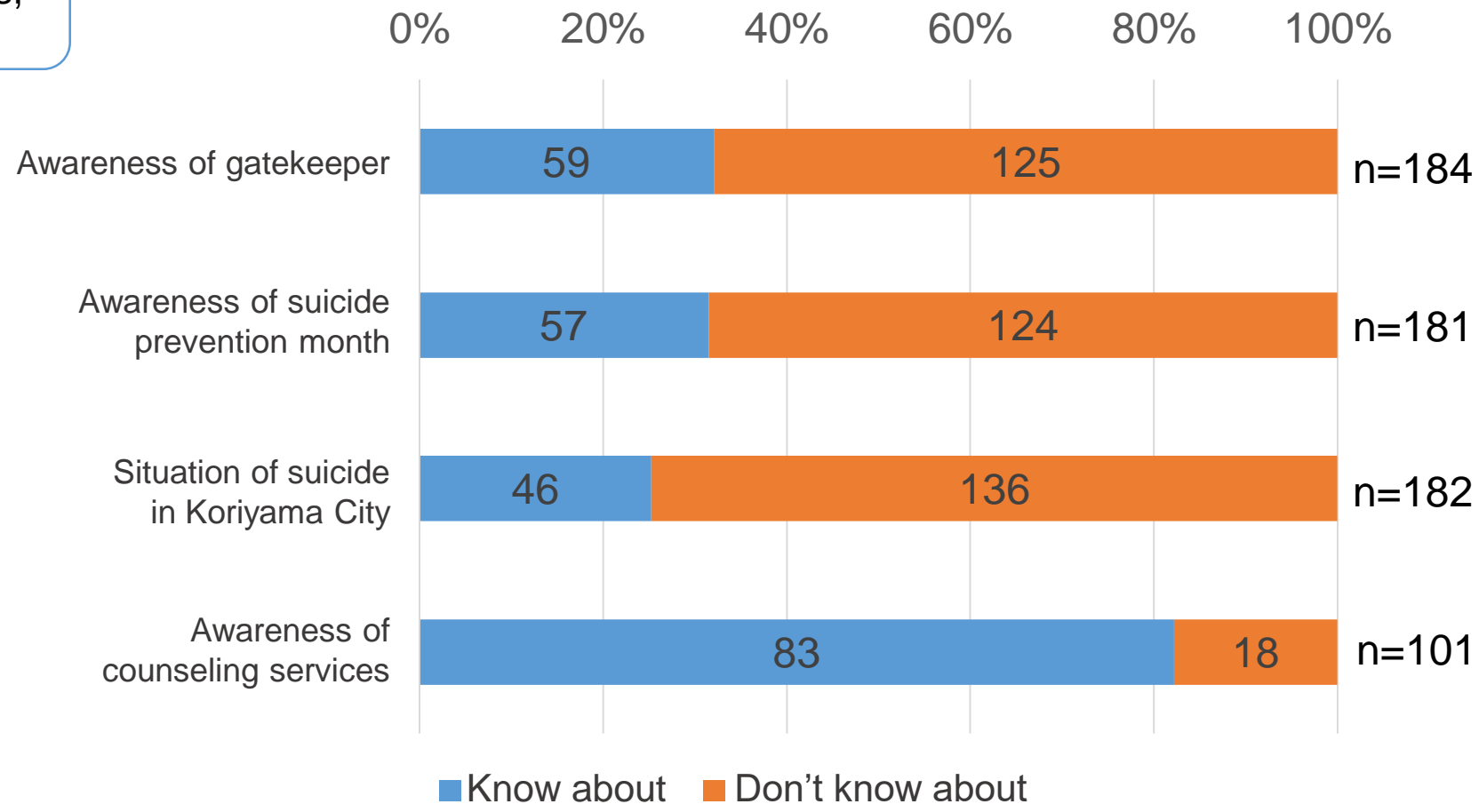
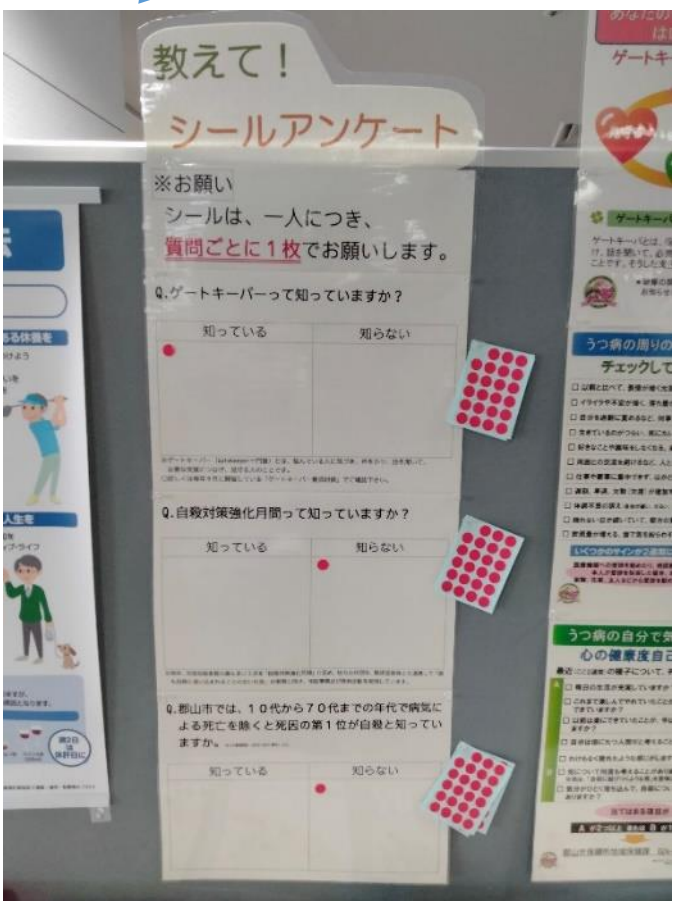
Exhibits were held at places with many customers, such as shopping malls

A simple awareness survey was conducted at the panel exhibit

Results of sticker survey at 2021 panel exhibitions (7 venues)

Fig.24

The sticker survey was exhibited at two commercial facilities, four public facilities, and one sports event.



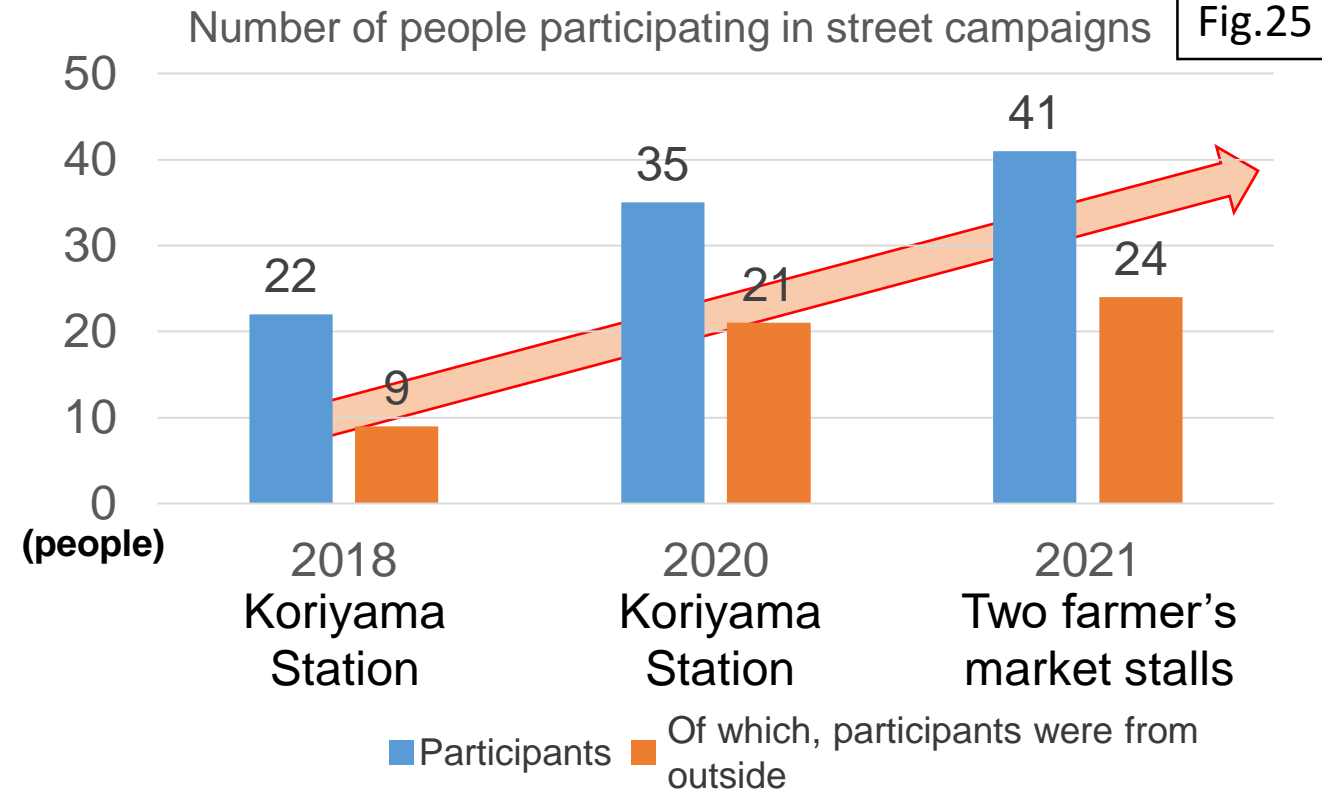
Initiative (3)

Initiatives to promote awareness: Increasing understanding and interest

(2) Street side activities

Suicide prevention street campaign: in front of Koriyama Station

Increase in number of participating cooperators



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

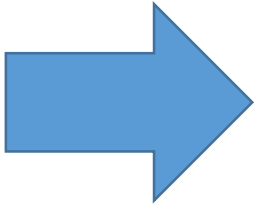
Started in 2017. Joint activity of Suicide Prevention Task Force and Association of Barbers. Companies participated in distributing leaflets from 2020. In 2021, leaflets were distributed targeting the elderly.

(3) Use of digital signage

New initiatives



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 |
|-------------------|--------------|--|
| ほろほろでん (のどばちでん) | 024-936-4343 | 毎日 10:00-22:00 土曜 10:00-19:00 |
| ほろほろでん(相談フリーダイヤル) | 0120-556-188 | 10:00-22:00(日曜まで3時) |
| ほろほろでん(相談フリーダイヤル) | 0120-783-556 | 毎月10日 8:00-19:00 毎日 10:00-22:00 |
| (ナビダイヤル) | 0570-783-556 | 毎日 10:00-22:00 |
| ココロの健康相談ダイヤル | 0570-064-556 | 毎日 9:00-17:00 |
| よりせいホットライン | 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(相談室) |
| 郡山市保健所 | 024-924-2163 | 月-金 8:30-17:15 |

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

Study of distribution locations

Leaflets (3,500 copies) on suicide prevention were distributed to new students at vocational schools and universities (20 schools). In FY2022, the Traffic Safety Task Force and Safety for Children Task Force cooperated to distribute 3100 copies at three senior high schools.

As suicide prevention measures for the working generation, 10,800 copies were distributed to 8100 companies and 225 medical institutions in the city.



(5) Publication of feature article in City Newsletter and TV appearances

•During the September Suicide Prevention Campaign Month, a feature article on the September gatekeeper program was published in the City newsletter.

•Appearances were made on the City’s promotional TV show. Promoting the panel exhibit and suicide prevention initiatives.

ゲートキーパーの4つの行動

ゲートキーパーとは、「悩んでいる人を見つけ、話を聞いて、必要な場につなぐ、見守る」という4つの行動があります。

- 気づく**
家族や仲間が急に気づいたら声をかける(表情が暗い、口数が少ない、夜更かしが増えた、交流を断り始める、自殺を促すなどの声かけをするなど)
- 傾聴する**
本人の気持ちを受け止めて、話を傾ける。非難や否定、教訓的な返答、一蹴切望は避け、相手の気持ちを受け止める。共感しながらじっくり話を聞く。
- つなぐ**
本人の気持ちを受け止めて、押し付けず、本人の気持ちを受け止めて、適切な専門家や相談機関への紹介を促す(必要に応じて)
- 見守る**
相談先へつなげた後も、相手を感じさせることなく、待機する姿勢が大切です。相談先へつなぐなど、誰かを見守り、このころの役割を変える。

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、必要な資質が求められます。家族・友人・知人など身近な人のサポートが、ゲートキーパーとして行動することにつながります。

家で、仕事で、学校で・・・身近な人のサポートが「つなぐ」の役割です。「どうしたらいいの？」と悩むときは、ゲートキーパーのサポートを求めましょう。

ゲートキーパーの心構えを知って

健康な状態で、ゲートキーパーになるには、本人の気持ちを受け止める姿勢が大切です。自分自身の健康や生活習慣を大切にしてください。

日本大学上野校心理学部 心理学 山田 健太郎

特集2 守れるいのちがそこにある

お花たちもわたくしも ころろといのちのゲートキーパー

ゲートキーパーをどうやってゲートキーパーとは、「心の不調を抱える人が苦痛を減らすためのサポート。生き生きと生活を送る人たちのサポート。自殺を予防するためのサポート。2つを兼ねて、大切な命を守ることに。その役割は選ばれるゲートキーパーをさがすことです。

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(推定)は、

| 年齢 | 2015 | 2016 | 2017 | 2018 | 2019 |
|-------|------|------|------|------|------|
| 15歳未満 | 0 | 0 | 0 | 0 | 0 |
| 15歳以上 | 50 | 55 | 60 | 65 | 70 |
| 合計 | 50 | 55 | 60 | 65 | 70 |

自殺は、健康・愛・健康、生活困難、悩み、介護、育児、人間関係、経済問題、学業不振など、様々な要因が重なって起こります。自殺はそれらの様々な要因が重なって起こります。自殺は多くの人が思いもよらない形で死んでおり、その多くは社会的なつながりがないことで起こるとされています。

今、ゲートキーパーが求められています

自殺を予防する人へのサポートを求めています。さらに、コロナ禍で自殺を予防する人へのサポートを求めています。ゲートキーパーの存在は非常に重要です。特に、代わりのゲートキーパーであるボランティアや市民、相談ボランティア以外にも、自殺を予防する人へのサポートを求めています。

心の不調を感じる人へ

一人ひとりで悩まずに、健康な状態で、ゲートキーパーになるには、本人の気持ちを受け止める姿勢が大切です。自分自身の健康や生活習慣を大切にしてください。

日本大学上野校心理学部 心理学 山田 健太郎



“Koriyama City Newsletter”

- 120,000 copies of the City newsletter are distributed in the City.

“Koriyama City Weekly Topics”

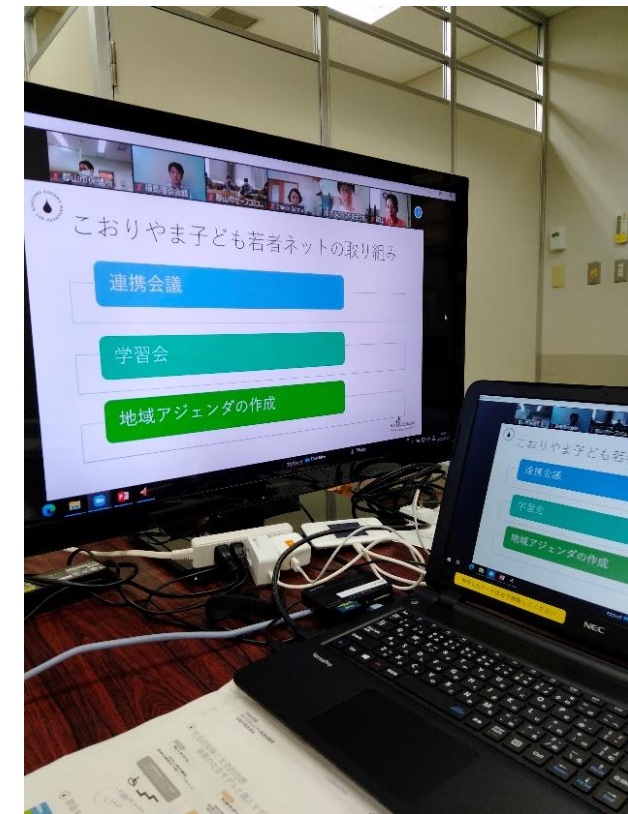
- Broadcast every Friday and Sunday on four commercial stations in the prefecture

Further expansion of activities

New initiatives

Suicide prevention promotion meetings (exchange of opinions) with an awareness of cooperation and collaboration with other organizations

Use of online meetings, etc.



Current initiatives

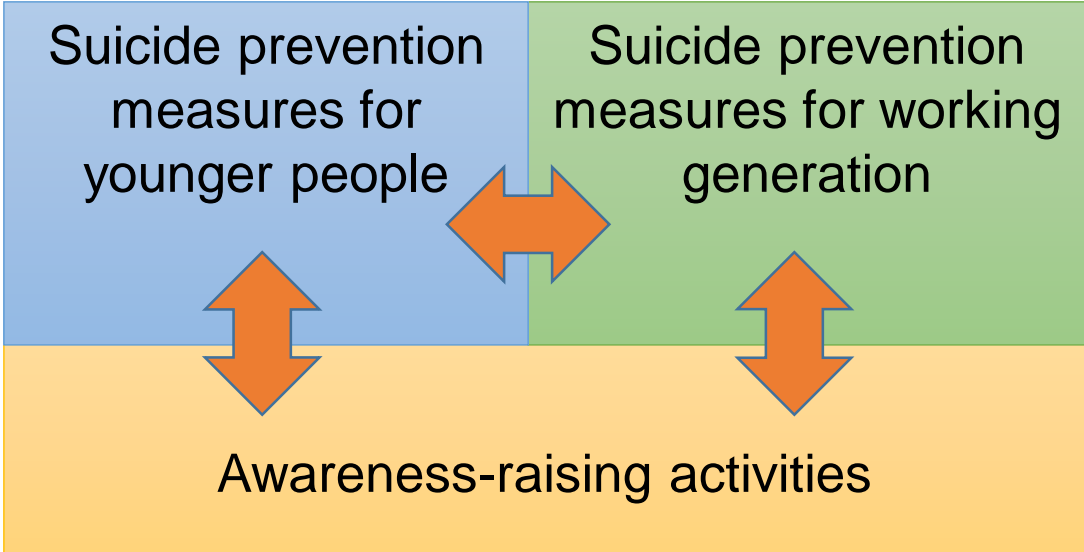
| | Country | Prefecture | City | Community |
|--|--|---|--|---|
| Priority challenge (1) • There are many suicides by males working-age men. | Consultations by phone, social media, e-mail, or visit © National, prefectural, city, private (Nation-wide, regional) at each agency or group General worries, 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.

Past results

Fig. 26

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



- 2017 Suicide prevention lecture held
- 2022 A total of 3182 people participated in the gatekeeper training. Members from the labor sector joined the Task Force.

- 2018 Street campaigns held together with private groups

- 2020 Promotional activities using digital media developed

- 2021 Collaborative installation of panel exhibit
Various seminars were held online

- Roles of Task Force members
 - Provision of ideas and collaboration with the City's suicide prevention programs
 - 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?

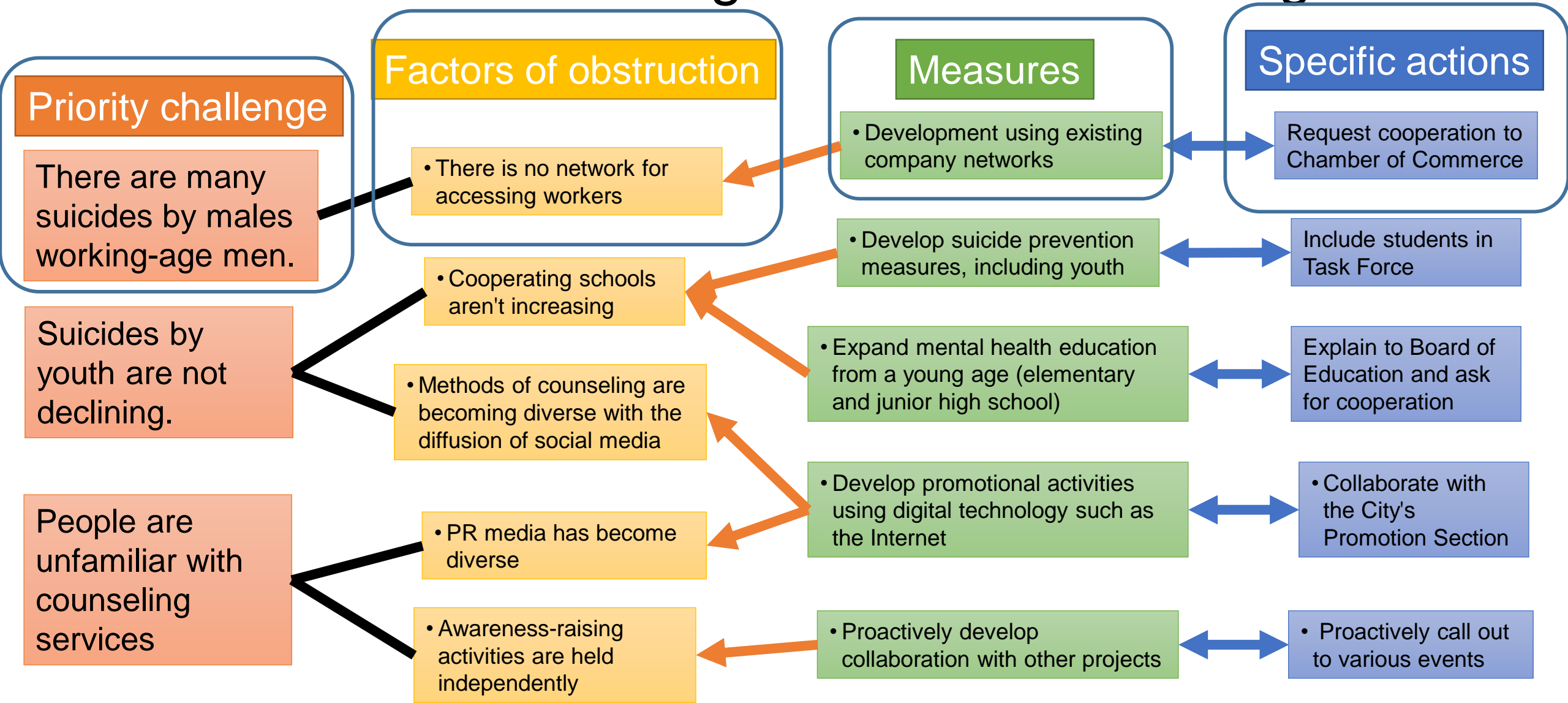
- Some people feel lonely while living with their families, while others are hurt because they live with family.

- 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. 27

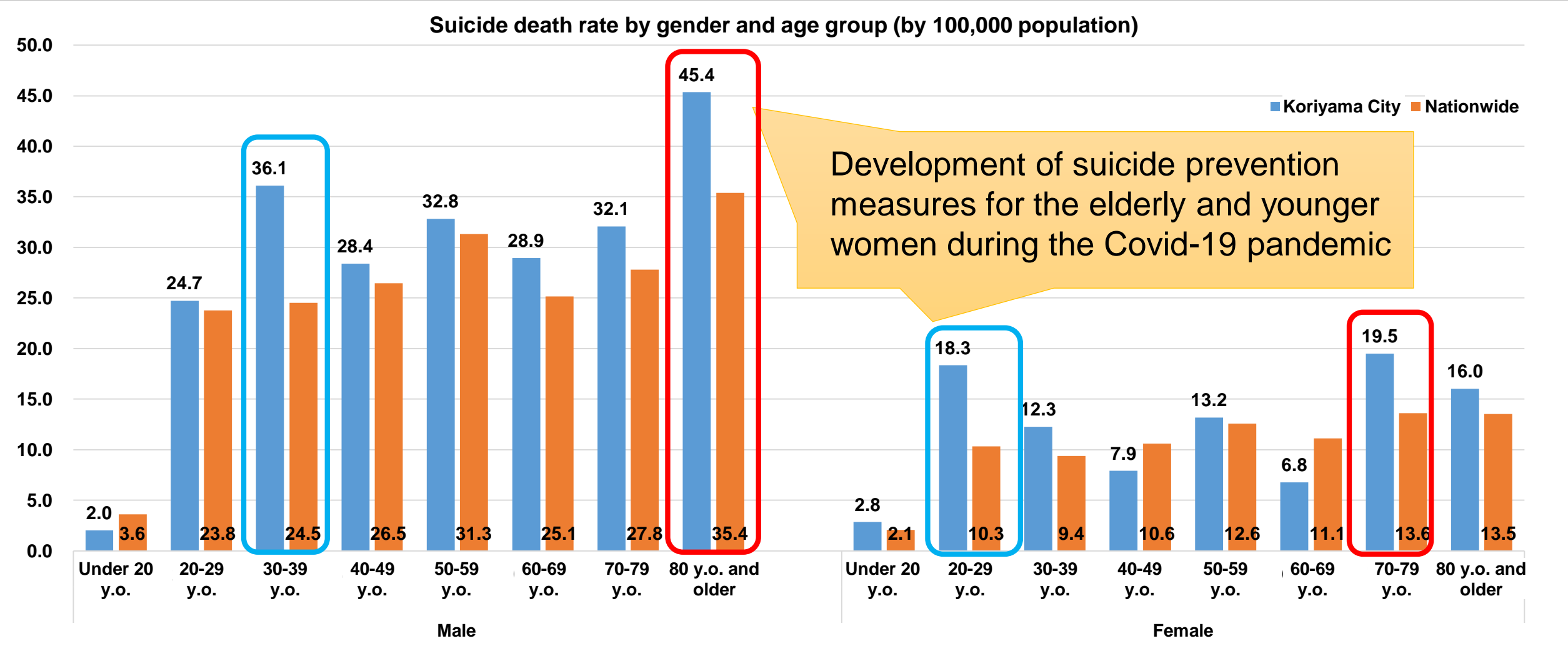


• Through piling up practices, classify and develop measures to take immediately and those to take over the long term.

Future prospects

Fig. 28

Rate of suicide death in Koriyama City and Japan by gender and age (average for 2016 to 2020)



Source: Japan Suicide Countermeasures Promotion Center "Regional suicide statistics profile 2021)

Thank you for listening

