

The River of Risk analogy

The River of Risk analogy supports the learning process through discussion of topics such as tributaries (overwhelming stressors), flags (signs to look for) and dams (coping mechanisms); to example but a few.



There are currently **CORES** programs in

- Tasmania
- Queensland
- Victoria
- South Australia
- New South Wales

Kentish Regional Clinic staff are happy to forward you information on developing a program in your area.

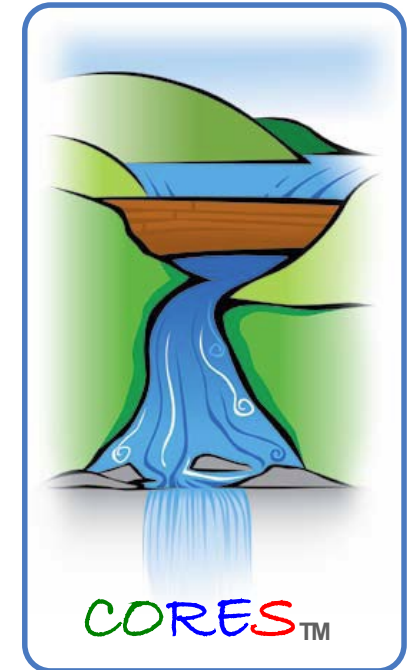
CORES has featured twice on the ABC Landline program October 2006 and November 2008

**Winner Tasmanian
Red Herring Surf
Positive Partnership Award 2007**

**Honourable Mention
2007 Life Awards
Suicide Prevention Australia
Healthy Communities Category**

CORES™ AUSTRALIA

COmmunity Response to Eliminating Suicide



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What is CORES and how does a community establish their CORES program?

The CORES Community Package

The program empowers communities to recognise the signs of suicide, intervene before a crisis occurs and lead the person at risk to the appropriate services.

CORES is delivered through comprehensive training, mentoring and support. CORES engages people in the community no matter what their background may be. Training and team support materials are presented in a simple and easy to follow format.

To set up CORES in your community, the following steps describe what to do.

- Participate in a Community Meeting
- Establish Steering Committee
- Organize 2 to 3 One Day Courses (ODC)
- Conduct a Community Launch
- Train 4 Team Leaders to deliver on-going One Day Courses
- Establish the CORES Kentish team which is made up of the Team Leaders and ODC participants
- Organise monthly Team Meeting dates, and
- Receive 12 months of ongoing support from Kentish Regional Clinic or support in training up to 150 ODC participants,

The One Day CORES Course

CORES builds momentum in a community through delivery of the One Day Course in suicide intervention. Participants are guided through a professionally developed handbook inclusive of the following topics:

- Community attitudes towards suicide
- Suicide statistics
- River of risk
- Funnel vision
- Signs and indicators
- Wallet card
- Assessing the level of risk
- Interventions
- Agreements, and
- Accessing and listing community resources and services.

How effective is CORES ?

An external evaluation report, September 2009, proves that the CORES model is very effective.

*‘ the best thing about CORES is that it is not a government service; it is community based and run; and has a simple but powerful message of hope that anybody can be readily equipped to save a life ’
(Community Member, CORES Meander Valley)*

‘ what appealed about the program was that it was mainly about interacting with friends—to make a group of people look after their mates—not about intervening with strangers and this relies on having a rapport with people ... ’ (Community Member, CORES Circular Head).

CORES works because it fits with current systems; it enables community ownership; it allows champions to shine; it is accessible and educationally sound.