Tailoring suicide prevention to men in farming occupations

A/Professor Lia Bryant & Dr Bridget Garnham
National Enterprise for Rural Community Wellbeing
Project rationale

• Research on farmer distress: Lived experiences - social, economic, political and cultural contexts and conditions for distress (Bryant & Garnham, 2013, 2014, 2015, 2018);

• Suicide rate for men in farming occupations;

• Insufficient evidence-based suicide prevention strategies tailored to men in farming occupations:
  • Population risk factors
  • Rural communities
  • Cultures of farming

• Whole of community and place-based approaches to suicide prevention.
Project aims

1. Examine how rural Suicide Prevention Networks establish, operate and respond to suicide prevention in agricultural communities;

2. Examine lived experiences of distress among men in farming occupations and their preferences for community-based intervention approaches to develop knowledge about current and potential strategies for suicide prevention;

3. Document pathways to place-based mental health and suicide prevention services and explore relationships between Suicide Prevention Networks and local stakeholders in suicide prevention;

Research team

A/Professor Lia Bryant & Dr Bridget Garnham, National Enterprise for Rural Community Wellbeing, UniSA, SA

Clinical A/Professor Susan Brumby & Dr Alison Kennedy, National Centre for Farmer Health, Deakin, VIC

Professor David Perkins & Dr Scott Fitzpatrick, Centre for Rural & Remote Mental Health, University of Newcastle, NSW.

Dr Kairi Kolves, Australian Institute for Suicide Research and Prevention, QLD
Partner Organisations
Research design: Methodology

- Community-based participatory action research...
  Collaboration with rural suicide prevention networks, men in farming occupations, local community stakeholders and Partner Organisations to co-design, trial and evaluate suicide prevention strategies tailored to men in farming occupations.

- Case studies

<table>
<thead>
<tr>
<th>State</th>
<th>Region</th>
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<tbody>
<tr>
<td>SA</td>
<td>Yorke Peninsula</td>
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<tr>
<td>NSW</td>
<td>Riverina</td>
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<tr>
<td>VIC</td>
<td>Gippsland</td>
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<td>QLD</td>
<td>Maranoa</td>
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Research design: 3 stages

STAGE 1: Locally contextualised knowledge of farmer distress and suicide prevention services and supports.

STAGE 2: Tailored strategy design and implementation

STAGE 3: Evaluation
## Stage 1: Knowledge

<table>
<thead>
<tr>
<th>Participant group</th>
<th>Method</th>
<th>Focus</th>
<th>State</th>
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<tbody>
<tr>
<td>SUICIDE PREVENTION NETWORKS</td>
<td>Focus group</td>
<td>Exploring how the SPN established, operates and responds to suicide prevention in agricultural communities</td>
<td>ALL</td>
</tr>
<tr>
<td>LOCAL STAKEHOLDERS IN SUICIDE PREVENTION</td>
<td>Focus group</td>
<td>Exploring issues and mapping services and supports for men in farming occupations</td>
<td>SA &amp; NSW</td>
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<tr>
<td>MEN IN FARMING OCCUPATIONS</td>
<td>In-depth interviews</td>
<td>Local perspectives/ lived experiences in relation to farmer distress and mental health and/or suicide prevention support</td>
<td>SA &amp; NSW</td>
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Stage 2: Tailored strategy co-design

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| SUICIDE PREVENTION NETWORKS                                 | Workshops x2 | 1. Presentation of Stage 1 findings  
Workshopping tailored strategies  
2. Presentation of survey findings (see below)  
Workshopping strategies |
| LOCAL STAKEHOLDERS IN SUICIDE PREVENTION                    | Workshop   | Presentation of Stage 1 findings  
Workshop identifying what stakeholder organisations can do to support rural SPN and build capacity and sustainability of farmer suicide prevention practice |
| MEN IN FARMING OCCUPATIONS                                  | Online survey | Feedback on proposed tailored suicide prevention strategies |
## Stage 3: Evaluation

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<tbody>
<tr>
<td>SUICIDE PREVENTION NETWORKS</td>
<td>Workshop</td>
<td>Presentations by SPN members</td>
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<td>Critical reflection</td>
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<td>Co-design of resources</td>
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<tr>
<td>LOCAL STAKEHOLDERS IN SUICIDE PREVENTION</td>
<td>Focus group</td>
<td>Participant reports on engagement with farmer suicide prevention and discussion of shared learning and avenues for further development.</td>
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<tr>
<td>MEN IN FARMING OCCUPATIONS</td>
<td>In-depth interviews</td>
<td>Explore perspectives on how communities have been engaging men in farming occupations, impact of implemented strategies and feedback.</td>
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Outputs

• Co-designed suicide prevention strategies tailored to men in farming occupations

• Co-designed resources to support SPNs in community-based suicide prevention tailored to men in farming occupations

• Online practice-based hub for national and international advances in suicide prevention tailored to men in farming occupations
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• Co-designed resources to support SPNs in community-based suicide prevention tailored to men in farming occupations
• Online practice-based hub for national and international advances in suicide prevention tailored to men in farming occupations
Growing the research

• Funding shortfall for existing case study sites
  • SA, VIC and QLD

• Funding extension
  • WA and TAS
Thank you!


