

<b>Title</b>	<b>Demonstrate knowledge of role, impacts and self-care options for support people in a suicide intervention context</b>		
<b>Level</b>	<b>4</b>	<b>Credits</b>	<b>3</b>

<b>Purpose</b>	People credited with this unit standard are able to: explain own role when supporting a suicidal person; explain potential impacts of suicide on a person working in a suicide intervention context and describe possible support and self-care options.
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<b>Classification</b>	Social Services > Social Service Work in Suicide Intervention
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<b>Available grade</b>	Achieved
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## Guidance Information

1 Legislation relevant to this unit standard includes but is not limited to:

- Coroners Act 2006
- Coroners Amendment Act 2016
- Privacy Act 1993

all available at <http://www.legislation.govt.nz/>.

2 References

- Françoise M. (2007). *Transforming Compassion Fatigue into Compassion Satisfaction: Top 12 Self-Care Tips for Helpers* available at <https://www.compassionfatigue.org/pages/Top12SelfCareTips.pdf>
- Ministry of Health. (2019). *Every Life Matters – He Tapu te Oranga o ia tangata: Suicide Prevention Strategy 2019–2029 and Suicide Prevention Action Plan 2019–2024 for Aotearoa New Zealand*. Wellington: Ministry of Health, available at <https://www.health.govt.nz/system/files/documents/publications/suicide-prevention-strategy-2019-2029-and-plan-2019-2024-v2.pdf>
- New Zealand Social Indicators, available at [http://archive.stats.govt.nz/browse\\_for\\_stats/snapshots-of-nz/nz-social-indicators/Home/Health/suicide.aspx](http://archive.stats.govt.nz/browse_for_stats/snapshots-of-nz/nz-social-indicators/Home/Health/suicide.aspx)
- Ross, V., et al. (2016). 'Mental Health Workers' Views About Their Suicide Prevention Role'. *Psychology, Community & Health*, vol 5, available at <https://pch.psychopen.eu/article/view/174/pdf>
- Scheerder, Gert & Reynders, Alexandre & Andriessen, Karl & Audenhove, Chantal. (2010). *Suicide Intervention Skills and Related Factors in Community and Health Professionals*. *Suicide & life-threatening behavior*. 40. 115-24. 10.1521/suli.2010.40.2.115. Available at [https://www.researchgate.net/publication/44594850\\_Suicide\\_Intervention\\_Skills\\_and\\_Related\\_Factors\\_in\\_Community\\_and\\_Health\\_Professionals](https://www.researchgate.net/publication/44594850_Suicide_Intervention_Skills_and_Related_Factors_in_Community_and_Health_Professionals)
- Seven self-care strategies, available at <https://reflections narratives of professional helping.org/index.php/Reflections/article/view/747/1264>

- *Suicide facts: Data tables 1996-2016*, available at <https://www.health.govt.nz/publication/suicide-facts-data-tables-19962016>
- *Wellbeing data for New Zealanders (Suicide)*, available at <https://wellbeingindicators.stats.govt.nz/en/suicide/>
- World Health Organization. (2000). *Preventing suicide: A resource for primary health care workers*, available at [https://apps.who.int/iris/bitstream/handle/10665/67603/WHO\\_MNH\\_MBD\\_00.4.pdf](https://apps.who.int/iris/bitstream/handle/10665/67603/WHO_MNH_MBD_00.4.pdf).

### 3 Definitions

- *Safety plan* refers to a plan template that should be provided by own organisation, but if one is not provided can be in a self-chosen format which could be selected from a plan template provided by a different organisation.
- *Self-care* refers to strategies and/or activities undertaken in support of personal wellness in relation to nutrition, exercise, rest, management of anger and stress, education, training, career development, conflict resolution, mental, physical, or spiritual healing, grief resolution, and changes to the balance of lifestyle between family/whānau, friends, leisure, recreation, and work.
- *Suicide intervention context* relates to suicide prevention, intervention or postvention.

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## Outcomes and performance criteria

### Outcome 1

Explain own role when supporting a suicidal person.

#### Performance criteria

- 1.1 Legal obligations when supporting a suicidal person are explained in accordance with legislation and organisational policies and procedures.
- Range must include – duty of care, privacy, when safety over-rides privacy.
- 1.2 Own role boundaries when supporting a suicidal person are explained in accordance with organisational policies and procedures.

### Outcome 2

Explain potential impacts of suicide on people working in a suicide intervention context and describe possible support and self-care options.

#### Performance criteria

- 2.1 Potential impacts of suicide on a support worker are explained in accordance with the criteria in organisational professional supervision policies and procedures and/or professional training documentation.
- Range potential impacts must include but are not limited to – trauma, self-blame, blame from the family and/or whānau of the person.

2.2 Options to support an impacted support worker are described in accordance with their potential symptoms and needs.

Range minimum of four options.

2.3 Self-care options and self-care strategies and/or activities are described in accordance with own symptoms and needs.

Range minimum of four options which may be part of a completed personal safety plan.

<b>Replacement information</b>	This unit standard and unit standard 32153 replaced unit standard 18152 and unit standard 18153.
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<b>Planned review date</b>	31 December 2025
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#### Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	23 July 2020	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0024
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

#### Comments on this unit standard

Please contact Careerforce [info@careerforce.org.nz](mailto:info@careerforce.org.nz) if you wish to suggest changes to the content of this unit standard.