

# ELLIPSE POSTVENTION

DESCRIPTION OF PROJECT ACTIVITIES  
INCLUDING  
DISSEMINATION OF PROJECT RESULTS  
VIA CONFERENCES AND PUBLICATIONS

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## 1. Webinar for suicide loss survivors presented on World Suicide Prevention Day, Sept 10, 2023

Research estimates that 20% of the time facts are more likely to be remembered if they are part of the stories. Stories create powerful connections with the listeners as they engage not only our cognitive part of our brains, but also emotional or limbic parts of the brain, as well as it can strongly affect our behaviours.

That is why we started the ELLIPSE Postvention project co-funded by the EU Erasmus+ program with a first webinar based on our own experiences. We open the door to the world of *ELLIPSE Postvention* presenting postvention from a lived experience perspective. But ...first things first ... what is postvention? Postvention is an immediate, short-term, and long-term response in the aftermath of a suicide to promote healing and mitigate the negative effects of exposure to suicide. Postvention is a central part of suicidology, the scientific study of suicidal behaviours, their causes, and ways of preventing them.

Our webinar is unique as it shows at the same time complex perspectives of two suicide loss survivors, a person who lost a close family member, and a professional who lost a patient in suicide. We talk about how it feels when we are confronted with a tragic loss in our close environment, and what thoughts are rushing through the mind of suicide loss survivors when their life is changed forever. In the aftermath of suicide, we can find more tragedies, as it can result in "injuries and wounds" in both mental and physical health of affected vulnerable part of suicide loss survivor population, and in some extreme situations when this would do not heal, lead to death. It is a fact that is well known, as often people with suicide thoughts say that they are stopped from acting on their suicidal impulses as they care for people around them and do not want to injure them that way and leave with a lifelong nightmare of suicide loss. There is a part of suicide loss survivor population who transform their tragic and painful loss into something positive thanks to focusing on the world around them and the ways of reducing suffering of other people affected by suicide loss due to sharing their experience, giving them their support, engaging in research and education.

Telling a story of overcoming the trauma is one of the best ways of teaching resilience, as it places recovery processes in a broader context, providing a richer understanding and creating a long-lasting healing memory as we have easier to remember a recovery process in such context. It brings hope that we can resist trauma and do not give up despite the ocean of negativity!

The working process with this first webinar of ours

When we recorded the Webinar Anna worked in Piteå in the north of Sweden, and Maiellen was in a studio at Kulturens in Karlskrona. Maiellen used her laptop and invited Anna to a zoom meeting, which we recorded. Before we spoke about how to show and talk about suicide loss survivors different situations and complex experiences. Anna made the questions for Maiellen to answer, and then she answered the same questions herself. We spoke to improve and reduce the content. The practical part of doing the editing of this webinar, was easily made in a study circle about how to cut and edit, which was held by Kulturens, a study association, with a very good leader who showed and helped us doing this work by his knowledge.

After the dissemination on social media, on World Suicide Prevention Day, the 10th of September, people than can take part of the webinar by our home page [ellipse.12stepsplan.com](http://ellipse.12stepsplan.com) We also decided to use parts of this long webinar in our educational program on Navoica, which will be the last thing we create in the project. Therefore we made one copy and cut this 40 minutes long webinar into 11 parts. Unfortunately this study circle, Kulturens, is shutting down its activity across the whole country next year. We'll see how we solve our need for help with the cut and editing of our next webinar.

It felt good to be able to spread something as qualitatively good as soon after our project started the first of September.



## 2. Presentation at the international conference “SUICIDE AND ADDICTION AMONG YOUNG PEOPLE: CHALLENGES AND SOLUTIONS” Sept 18, 2023, Vilnius, Lithuania

Conference program: [https://www.lrs.lt/sip/getFile3?p\\_fid=69165](https://www.lrs.lt/sip/getFile3?p_fid=69165)

<https://wilno.tvp.pl/72829508/konferencja-psml-o-tematach-wrazliwych-lepiej-mowic-w-jezyku-ojczystym>

Dr Anna Baran from SPES Blekinge and Linnaeus University in Sweden talks about two EU Erasmus+ co-funded projects, ELLIPSE Postvention and ELLIPSE at the conference about suicides in the youth in Poland, Lithuania, Estonia, Latvia and Moldova at the Vilnius University, and in Sejmas (it is a name of parliament in Lithuania). This conference was organised by Clinic of Psychiatry, Institute of Clinical Medicine, Faculty of Medicine, Vilnius University and Polish Medical Association in Lithuania. Polish Medical Association created in 1951, brings together physicians of various specialties fostering knowledge and raising the degree of academic professional qualifications of physicians as well as other members of the society through education and providing care and social services to graduates of medical studies or supporting physicians with disabilities through the organisation of rehabilitation and many more. This conference allowed address the needs of young people living with addiction and suicidal behaviours, as well as Poles who are over 6% of population in Lithuania, a country with one of the highest suicide rates in the world that luckily has almost halved during the last years (30.84 suicides per 100,000 inhabitants in 2015 and 18.6 in 2022). As one of the main goals of participation in the conferences is not only dissemination of the information about ELLIPSE Postvention and ELLIPSE projects' intellectual outputs, but also networking, a possibility to discussing the projects with a representative from Lithuanian Ministry of Health, dr Oksana Mykhnyak from Lviv Regional Clinical Psychiatric Hospital in Ukraine, and prof Katarzyna Litak from Department of Psychiatry and Behavioral Sciences, University of Minnesota Medical School had been of special value. Thirty handbooks “Learning from lived experience” from ELLIPSE projects became a part of the library at the Vilnius University.



Dr Anna Baran, SPES Blekinge with dr Eleonora Kvaščevičienė, president of Polish Medical Association in Lithuania, Oksana Mykhnyak, from Lviv Regional Psychiatric Hospital in Sejmas. AB with Prof Katarzyna Litak, Department of Psychiatry and Behavioral Sciences, University of Minnesota Medical School, USA. Vilnius, 18 Sept 2023.

### 3. Kick-off meeting for SIG Education and Training in Suicide Prevention at the 32nd IASP World Congress, Sept 21, 2023, Piran, Slovenia.

Kick-off meeting of Special Interest Group Education and Training in Suicide Prevention (SIG ETISP) of the International Association for Suicide Prevention (IASP) on Sept 21, 2023 was an essential step in a process of introducing suicide prevention education in the field of higher education, as well as strengthening different educational initiatives around the world.

Historically, dr Anna Baran, representing Linnaeus University in Sweden and Working Group on Prevention of Suicide and Depression at the Public Health Council Ministry of Health, Poland initiated discussions with the Board of IASP about the need of SIG Education and Training in Suicide Prevention Jan 19, 2022. She believed that this was best way for sustainability of the results of ELLIPSE-project (<https://ellipse.12stepsplan.com>) co-funded by EU Erasmus+ program. She got a support from prof Manami Kodaka from Musashino University in Tokyo, and prof Nestor Kapusta from Medical University of Vienna who became co-founders of this SIG ETISP. At the kick-off meeting in Piran, Slovenia, 11 countries were represented, with strongest representation from Poland and Australia, what was associated with two groups that represented co-founders of the SIG Education and Training in Suicide Prevention: a group representing educational EU Erasmus+ grant ELLIPSE (2019-2023) with representation from Poland, Austria and Sweden, and a group representing Livingworks from Australia. Just two months after the meeting in Piran, SIG Education and Training in Suicide Prevention has 66 members in 21 countries on 6 continents (!). Hopefully, this great potential will strengthen educational efforts in the best way.

“Both suicide prevention gatekeeper as well as more advanced suicide prevention education via university or other professional development offerings, can provide opportunities for widespread access to those working within different systems and settings for prevention. Society can gain from the availability of gatekeeper programs, schools may need programs adjusted to pupils, universities need to integrate programs for future professionals, and professionals need courses for continuous education. Universities and professional associations around the world should be able to offer education and training in suicide prevention to their students, staff, and members, both at gatekeeper

level, as well as specialist courses adjusted to special needs of different professions.”  
[\(https://www.iasp.info/special-interest-groups/education-and-training/\)](https://www.iasp.info/special-interest-groups/education-and-training/)

Website: <https://www.iasp.info/piran2023/>

#### 4. Star-up for the Erasmus+ projects in Stockholm, UHR, the 27 of September 2023

Maiellen went to Stockholm to inform herself more about having an Erasmus+ small scale partnership. There were several projects informing about there themes and thoughts about working in a Erasmus+ project, very informative lectures and briefings on rules for operations and co-financing. Interesting to meet others and we had a lot to talk about. It was explaining about who to write on EPALE; which Content that is important to include.



#### 5. Online presentation at 4 Oct 2023, Swedish-Ukrainian Contact seminar, Oct 4, 2023

Swedish-Ukrainian Contact Seminar 2023 (3-4 October 2023, online) was organized by the Swedish Council for Higher Education together with the National Erasmus+ Office in Ukraine and the National Research Foundation of Ukraine. The aim of this seminar was to strengthen collaboration between Sweden and Ukraine and offer an opportunity to learn more about funding opportunities in education and research.

I had a great pleasure to present work with ELLIPSE (E-Lifelong Learning in Prevention of Suicide in Europe) and ELLIPSE Postvention to representatives of International Relations Offices, institutional Erasmus+ coordinators, research institutions staff; representatives of other organizations working in the field of higher education and science from Sweden and Ukraine. Among the speakers were representatives of the Ministry of Education and Science of Ukraine Hryhoriy Mozolevych and Oleksandra Husak, Vice Chancellor of the Swedish Defense University Robert Egnel. Many thanks for all positive comments, networking opportunity and inspiration!

Website: <https://www.uhr.se/om-uhr/Konferenser/contact-seminar-2023/>



## 6. Presentations at National Conference “Suicide prevention 2023”, Oct 25, 2023, Östersund, Sweden

“Suicide Prevention 2023” is a national conference that was arranged by Region Jämtland Härjedalen together with the Public Health Agency and the National Center for Suicide Research and Prevention (NASP). This conference was aimed at everyone who works with issues related to mental health and suicide prevention, as well as politicians and organizations that can promote suicide prevention measures and prevent suicide within their area of responsibility.

Maiellen Stensmark and Anna Baran from SPES Blekinge talked about a new project co-funded by the EU Erasmus+ programme called ELLIPSE Postvention. Maiellen focused on Family Postvention as a way of working with families with a suicide loss, as well as ways of improving healthcare services due to engagement of people with lived experience. Anna talked about 12-Steps Safety Plan, that was created during ELLIPSE-project (<https://ellipse.12stepsplan.com>) focusing on its use in postvention, as a way of tackling difficult feelings after a suicide loss. At the seminar was more than 60 participants. For those who would like to know more about different topics presented at the conference in Östersund, organizers added a pdf of presentations at the conference website (<https://suicidprevention2023.se/program/>).

Additional ways of dissemination of the project

We spread our website addresses on the backside of postcards printed from paintings by Maiellen, which we gave the audience as a memory and message from our seminar. These paintings were also used as a

background on the first webinar we made, as well as in posters in the Ellipse project. Here in Östersund we hung paintings by Maiellen on the walls to create another atmosphere during our seminar. Maiellen also explained in the seminar how her paintings has helped her during her way to transform grief, for her to be useful for other persons and families in suicidal loss.

**What were professions of seminar participants?**

Professions listed in the word cloud include: internationell strateg, anhörsrådgivare, preventionssamordnare, forskningsassistent, beroendebehandlare, ideell organisation, barnrättstrateg, leg psykoterapeut, enhetschef öppenvård, administratör, folkhälsostrateg, researcher, folkhälsosamordnare, psykoterapeut, projektledare, kurator, kommunikator, socialsekreterare bou, socionom, utredare, sjuksköterska, skolsköterska, psykiatrisjuksköterska, undersköterska, utvecklingsledare, psykolog, samordnare, skolkurator, folkhälsoutvecklare, länsamordnare psyk hälsa, socialsekreterare, hälsokommunikatör, int koordinatör, karttekniker, skolsköterka, brandman, familjehem, handläggare, stockholm, forskare, stipendiehandläggare, suicide, läkare, 1e socialsekreterare, samordnare och utbildare, suicide prevention, suicidpreventionsamordnar, utvecklingsstrateg.

Dissemination activity about ELLIPSE Postvention and ELLIPSE-projects, Maillen Stensmark and Anna Baran, SPES Blekinge, at a national conference Suicidprevention 2023, Östersund, Oct 25, 2023.

## 7. Workshop at the Internationaliseringsdagarna 2023, Nov 7, 2023, Linköping, Sweden

A conference of Internationalisation Days 2023 was organized by the Swedish Council for Higher Education, at Campus University Hospital (US), Linköping. The conference had a theme: "Internationalization via collaboration - experiences and ideas". It was an excellent opportunity to take part in experiences and ideas related to internationalization in higher education and UHR's programs.

Anna Baran and Maiellen Stensmark, co-leader of ELLIPSE Postvention hold a workshop with a title: **“Hur kan internationalisering genom samverkan användas som ett verktyg för utveckling? (“How can internationalization through collaboration be used as a tool for development?)** . Special thanks to Daniel Edquist, National Agency Director, Swedish Council for Higher Education who welcomed and introduced us to the workshop participants!

Website: <https://www.uhr.se/om-uhr/Konferenser/internationaliseringsdagarna-2023/>

Here we also spread postcards with our website addresses on the back to let interested audiences easily find us again. We made new and exciting connections for us and the project.



### 8. Online presentation at the online meeting Youth Suicide Prevention Network in Europe, Nov 17, 2023

COST application called SPARK gathered almost 60 people from 25 countries who wish to meet and work together on much needed youth suicide prevention actions through the EU COST network funding.

This group meets four times per year as a youth suicide prevention network, three times digitally and once per year on site during a suicide prevention conference. During these digital meetings there are presentation from network members who share insights from their research project(s) on youth suicide, and there is also lots of opportunity for questions and exchange of ideas.

Polish team presented their accomplishments: dr Przemysław Waszak talked about epidemiology of the youth suicides and dr Anna Baran presented Polish Suicide Prevention Program (presentation of dr Daria Biechowska who could not attend the meeting) as well as the EU Erasmus+ co-funded projects ELLIPSE and ELLIPSE Postvention.

Co-funded by the Erasmus+ Programme of the European Union

**ELLIPSE**  
E-Lifelong Learning In Prevention of Suicide in Europe  
**POSTVENTION**

**ELLIPSE Postvention educational project**

Dissemination: presenting ELLIPSE & ELLIPSE Postvention at the online meeting Youth Suicide Prevention Network in Europe, Nov 17, 2023

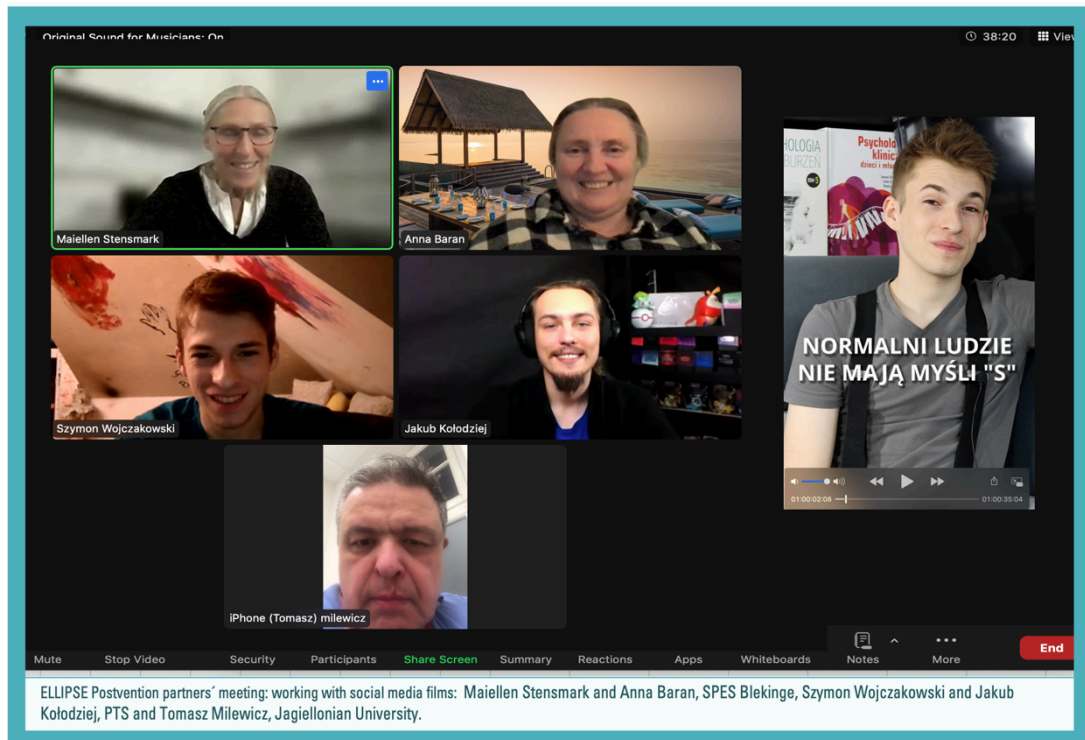
## Basic ELLIPSE Postvention activities:

### 1. \*Monthly online ELLIPSE Postvention meeting - Working with the ELLIPSE Postvention project

During the first meeting, the first of September 2023, we were talking about the technical issues connected to the project. Then, during the meeting in October 2023 we were discussing E-PALE platform, EU platform for adult education, and in November and December 2023 meetings, we discussed films that are created by Szymon Wojczakowski and Jakub Kołodziej with some coaching from dr Anna Baran. Hopefully, they will soon have their debut at the TikTok channel, as we decided, to educate and communicate with our target groups, especially the youth in this unconventional way.

The film has subtitles in Polish, English and Swedish, for the three TikTok channels we have got. Their work has grown up to finished production after our meetings where we talked about, for example, availability, which made us take the decision to also have the Polish films subtitled.

Here we are, all five of us! The weeks are passing quickly. At least one hour meeting every first Friday afternoon, every month, suits us well. And we feel no need to meet physically, which is also good from an environmental point of view, not to travel.



Maiellen writes with the invitation, a plan for every specific meeting, not to forget anything. There are a lot of questions to discuss, we are democratic and we listen to everyone's opinions and solutions and come to a conclusion. It is nice to have this variation in age between us and we feel this happiness during our working sessions, as we appear to have.

**2. \*Activities in the media: articles about the ELLIPSE Postvention project in Gazeta Krakowska. And Dziennik Polski, Poland**

“Continuing foreign cooperation under the EU Erasmus+ program, the Jagiellonian University has launched a new international project called "ELLIPSE Postvention" on suicide prevention. During the project, a course containing materials on postvention, as well as three webinars. will be created. Access to the materials will be available free of charge at <https://ellipse.12stepsplan.com>.”

**Gazeta Krakowska** Wiadomości Turystyka Sport Zdrowie  
**Profilaktyki zachowań samobójczych można się nauczyć!**  
 8 września 2023, 10:01

**DZIENNIK POLSKI** Wiadomości Sport Turystyka Nekrologi Felietony Zdrowie  
**Światowy Dzień Zapobiegania Samobójstwom. Profilaktyki zachowań samobójczych można się nauczyć!**  
 8 września 2023, 10:01

<https://gazetakrakowska.pl/swiatowy-dzien-zapobiegania-samobojstwom-profilaktyki-zachowan-samobojczych-mozna-sie-nauczyc/ar/c1-17871565>

*Continuing foreign cooperation under the EU Erasmus+ program, the Jagiellonian University has launched a new international project called "ELLIPSE Postvention" on suicide prevention. During the project, a course containing materials on postvention, as well as three webinars, will be created. Access to the materials will be available free of charge at <https://ellipse.12stepsplan.com>.*

<https://dziennikpolski24.pl/swiatowy-dzien-zapobiegania-samobojstwom-profilaktyki-zachowan-samobojczych-mozna-sie-nauczyc/ar/c1-17871565>

Dissemination activity about ELLIPSE Postvention and ELLIPSE-projects. Articles in Gazeta Krakowska and in Dziennik Polski. Poland.

**3. Articles in professional journals: Psychiatria po Dyplomie, cover article and fragments of the interview with Lidia Suőkowska in Gazeta Lekarska**

Article in Psychiatria po Dyplomie, a medical journal that reaches most of psychiatrists in Poland, presents 12 Steps Safety Plan as a part of recommendation in assessing and management of suicide risk in healthcare facilities.

**PSYCHIATRIA po Dyplomie**  
 Zalecane postępowanie diagnostyczne i terapeutyczne u pacjenta z ryzykiem samobójczym w opiece psychiatrycznej  
 ANNA BARAN, AGNIESZKA GMITROWICZ

**Edukacja z wykorzystaniem 12-Stopniowego Planu Bezpieczeństwa**

**PSYCHIATRIA PO DYPLOMIE NR 05 (PAŹDZIERNIK) / 2023**

<https://podyplomie.pl/psychiatria/39595,zalecane-postepowanie-diagnostyczne-i-terapeutyczne-u-pacjenta-z-ryzykiem-samobojczym-w-opiece>

Dissemination activity about ELLIPSE Postvention and ELLIPSE-projects. A publication in "Psychiatria po Dyplomie" by Anna Baran, SPES Blekinge with prof Agnieszka Gmitrowicz "Recommendation for diagnostics and therapeutic management of patients with suicide risk" publish information about [ellipse.12stepsplan.com](https://ellipse.12stepsplan.com)

Article in Gazeta Lekarska is about the importance of using Safety Plan not only in psychiatric services but also in non-psychiatric healthcare.

MEDYCINA

## Diagnoza to nie wyrok

PRZEZ GAZETA LEKARSKA WWW.GAZETALEKARSKA.PL • 10 LISTOPADA, 2023 • 0 • 0

Trudne rozpoznanie, przewlekłe choroby somatyczne i ból mogą zwiększać ryzyko samobójstwa. Jak dostrzec sygnały alarmowe i spróbować ustrzec pacjenta przed zrachowaniami autodestrukcyjnymi? – pisze Lidia Sulikowska.



Fot. shutterstock.com

Według Światowej Organizacji Zdrowia (WHO) na świecie co roku dochodzi do ponad 700 tys. samobójstw. W Polsce życie odbiera sobie ponad 5 tys. osób rocznie – wynika z danych Komendy Głównej Policji. Wśród powodów policyjne statystyki rozróżniają nie tylko chorobę psychiczną, przemoc w rodzinie czy stratę bliskiej osoby, ale też chorobę fizyczną, trwałe kalectwo i pogorszenie lub nagłą utratę zdrowia.

### Plan bezpieczeństwa

– W tym wszystkim chodzi o uważność i dobrą komunikację. Zaczynając od tego, jak przekazywać informacje o trudnej diagnozie, aż po szczerą troskę o pacjenta w trakcie jego choroby. Żeby rzeczywiście wsiąknąć się w to, co chory do nas mówi. Tylko podczas rozmowy możemy wychwycić alarmujące sygnały, a jeśli mamy wątpliwości, skontaktujmy się z rodziną chorego, aby dopytać o pewne zachowania – tłumaczy dr hab. Adam Czabański.

Lekarz, który podejrzewa u pacjenta problemy psychiczne, może go skierować do psychiatry i psychologa. Wiadomo jednak, że czas oczekiwania na konsultację nie jest krótki, nie oznacza to jednak – jak podkreśla dr Anna Baran – że „zrobiliśmy swoje” i od tej pory zostawiamy pacjenta samemu sobie. – Do czasu objęcia pacjenta pomocą psychiatryczną / psychologiczną jesteśmy za niego odpowiedzialni. Nie wolno się nam od niego odciąć. Opracujmy razem z pacjentem, a najlepiej także z udziałem jego rodziny, plan bezpieczeństwa będący rodzajem gotowego scenariusza na wypadek pogorszenia stanu psychicznego, uwzględniający techniki rozpraszania negatywnych emocji i myśli samobójczych. Jeśli pacjent jest w kryzysie samobójczym i bezpośrednio zagraża swojemu życiu, trzeba zadzwonić po pogotowie i upewnić się, że ktoś może przebywać razem z nim do czasu jego przyjazdu – wyjaśnia.

Lidia Sulikowska

[https://gazetalekarska.pl/?page\\_id=W224771&paged=3](https://gazetalekarska.pl/?page_id=W224771&paged=3)

Dissemination activity about ELLIPSE Postvention and ELLIPSE-projects. Lidia Sulikowska in “Gazeta Lekarska” cites fragments of an interview with dr Anna Baran and publish information about ELLIPSE and ELLIPSE Postvention website [ellipse.12stepsplan.com](https://ellipse.12stepsplan.com).

Dissemination activity about ELLIPSE Postvention and ELLIPSE-projects. A publication in “Psychiatria po Dyplomie” by Anna Baran, SPES Blekinge with prof Agnieszka Gmitrowicz “Recommendation for diagnostics and therapeutic management of patients with suicide risk” publish information about [ellipse.12stepsplan.com](https://ellipse.12stepsplan.com)

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