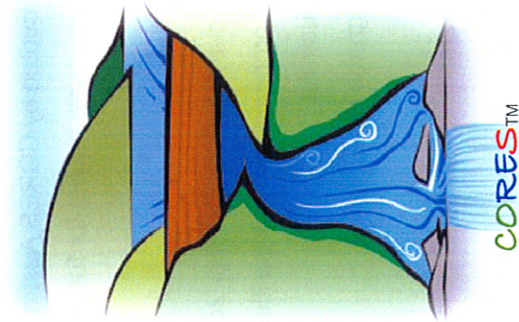


The River of Risk analogy

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.

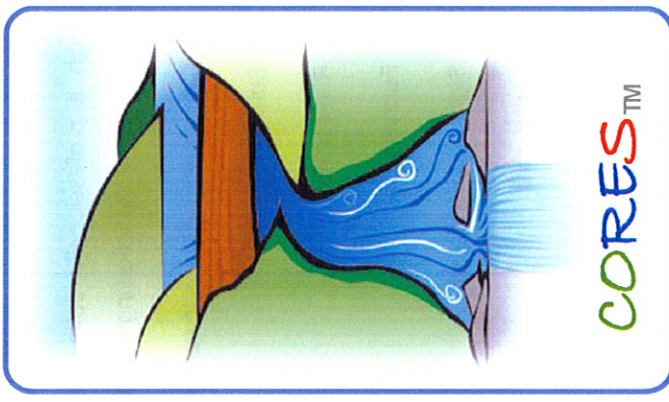


Winner Tasmanian
Red Herring Surf
Positive Partnership Award 2007

Honourable Mention
2007 Life Awards
Suicide Prevention Australia
Healthy Communities Category

CORES™ BURDEKIN

Community Response to Eliminating Suicide



CORES™ Burdekin

The Support Centre
130 Queen Street Ayr
PO Box 815,
Ayr Qld 4807
Phone: 47 833 744

CORES Australia

Kentish Regional Clinic

Town Hall 66 High Street
Sheffield Tasmania 7306

Phone: 6491 1552 or 1300 079 596
admin@kentishrc.com.au

www.cores.org.au

Face Book CORES Australia

CORES BURDEKIN CONTACT
Ross Romeo CORES Qld Co-ordinator

Phone : 47 833744
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Postal Address
Po Box 815
Ayr Qld 4807

What is CORES and how will the training benefit you and your community?

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.

Participation in the CORES program and its One Day Course is **FREE** to anyone who lives or works in the Burdekin Shire..

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.

CORES™ Burdekin was launched in July 2008. Members receive regular updates & are encouraged to attend meetings called during the year to refresh their skills.

Members also encouraged to inform the Co-ordinator of times when skills learnt through the one day course are used in the community. No personal details will be recorded only the numbers. These numbers are quoted by CORES Australia to help in their ongoing quest for funding.

There are currently (at October 2010) **CORES™** programs in municipalities across Australia.

- 13 programs in Tasmania
- 3 programs in Queensland
- 3 programs in Victoria
- 1 program in South Australia

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