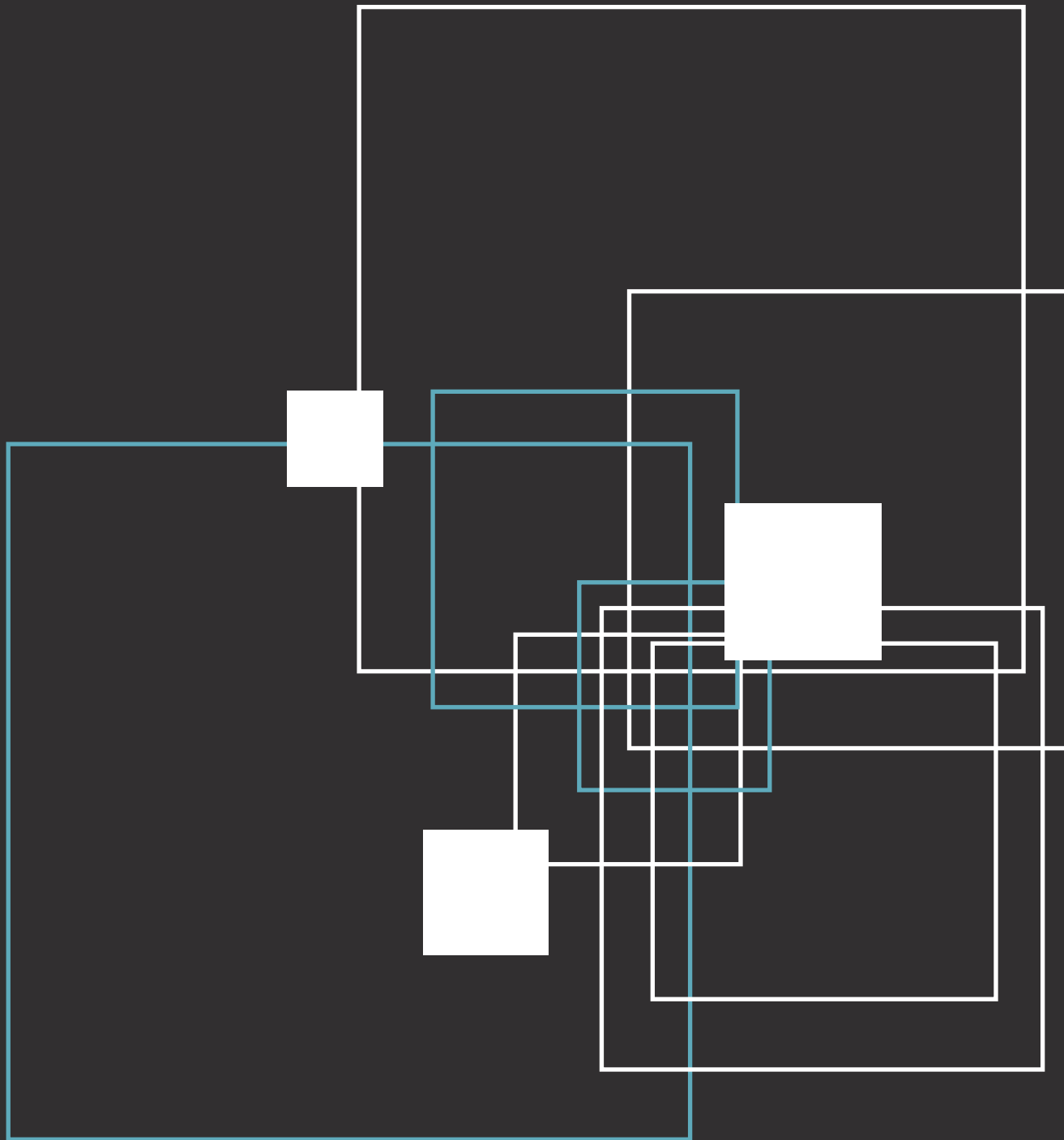


National Suicide Research Foundation

ANNUAL REPORT 2013





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National Suicide Research Foundation

ANNUAL REPORT 2013

INTRODUCTION

WHO WE ARE

The National Suicide Research Foundation (NSRF) is an independent, multi-disciplinary research unit which investigates the causes of suicide, self-harm and related mental health and social factors in Ireland. The unit has had a long-standing link with the Department of Epidemiology and Public Health in University College Cork and is located in the Western Gateway Building in University College Cork as part of the National Health Services Research Institute.

The members of the research team come from a broad range of disciplines, including psychology, psychiatry, medicine, sociology, epidemiology, public health, biostatistics and health services research.

WHAT WE DO

We undertake research into varying topics relating to suicide and self-harm and, accordingly, provide the knowledge base for suicide prevention, intervention and postvention strategies.

We also provide training and positive mental health promotional programmes to a variety of audiences.

WHY WE DO IT

The NSRF was established in 1994 by the late Dr. Michael J Kelleher with a brief to conduct research into suicide and suicidal behaviour due to concerns at that time regarding the lack of knowledge of the extent of suicidal behaviour in the country. The research continues in efforts to inform national initiatives in addressing the public health issue of suicidal behaviour.

OUR AIMS

1. To Examine: By monitoring trends, risk factors and protective factors associated with suicide and self-harm
2. To Intervene: By applying evidence-informed interventions at a local, national and international level
3. To Translate: By translating and disseminating research in order to inform and impact on policy and practice.

THE OUTCOME

A solid evidence base for:

1. Policy development and intervention regarding the prevention of suicide
2. The management of patients presenting with deliberate self-harm.



MESSAGE FROM THE EXECUTIVE DIRECTOR

This Annual Report 2013 of the National Suicide Research Foundation (NSRF) serves a dual purpose. It contains the Members' Report and Financial Statements for the year ended December 31st 2013, as tabled at the Annual General Meeting of the Board of Members held on June 19th 2014, and additionally, contains a summary report of the research and associated activities undertaken by the team in 2013.

The NSRF was established by the late Dr Michael J Kelleher in November 1994. The mission then, and now, is to provide a nationally and internationally recognised body of reliable knowledge from a multi-disciplinary perspective on the risk and protective factors associated with suicidal behaviour with an ultimate aim of providing a solid information base for policy development and intervention in the prevention of suicide and the management of patients presenting with deliberate self-harm. The organisation was established as a Limited Company Number 224676 and has been granted Charitable Status by the Office of the Revenue Commissioners – CHY 11351.

Funding to support core research activities as well as the running of the National Registry of Deliberate Self-harm is provided by the Health Service Executive's National Office for Suicide Prevention. Additionally, the NSRF has a long track record in obtaining grant funding from agencies such as the European Commission and the Health Research Board of Ireland. A breakdown of the Income and Expenditure 2013, in respect of the different tranches of funding, is contained in the Financial Statements 2013 that begin on page 55 in this report.

The Financial Statements 2013 have been prepared by independent auditors Hickey & Associates, Cork and in accordance with the requirements of the Companies Acts 1963 to 2013, have been approved by the members and have been submitted to the Companies Registration Office. The turnover in 2013 was €1,077,967 and the net surplus for the year after taxation was €9,344. The NSRF employed thirty people during 2013. Costs in respect of salaries and pensions amounted to €758,116 and social security costs were €69,648. The total liability to the Revenue Commissioners in respect of 2013 PAYE/PRSI/USC was €242,990. We are grateful to Ms Shelley Meenehan of Hickey & Associates for her sterling work on the audit of the NSRF accounts.

Whilst, generally in Ireland, there is talk of green shoots and the beginning of an air of optimism, there is also recognition that efforts to address the burden of suicidal behaviour and its devastating effect on families and communities must not diminish. The NSRF provides the core research infrastructure to support on-going national efforts in tackling the burden of suicide and deliberate self-harm and welcomes the development by the National Office for Suicide Prevention of the new national framework for suicide prevention which will be launched in November 2014.

It is evident from the overview of the research activity contained in this report that 2013 was a very busy year for the team at the NSRF. A highlight of the year was the election of Professor Ella Arensman to the position of President of the International Association for Suicide Prevention (IASP). I would like to thank all members of the team for their dedication and hard work in 2013 and look forward to continuing to work together in efforts to provide the strong research base necessary to underpin efforts in addressing the significant public health issue that is suicide.



Eileen Williamson
Executive Director



MESSAGE FROM THE DIRECTOR OF RESEARCH



Overall, 2013 has been a positive year for the National Suicide Research Foundation (NSRF) in terms of the number of research projects and publications, the acquisition of third-level funding, the intensification of national and international research collaboration, and the dissemination of research outcomes.

The NSRF was successful in the highly competitive funding round of the health research awards from the Health Research Board. Funding has been awarded for a three-year study: Psychosocial, Psychiatric and Work Related Factors Associated with Suicide: a case control study.

The value of the NSRF's research in terms of supporting suicide prevention policy was clearly illustrated by the use of data on self-harm and repetition from the National Registry of Deliberate Self-Harm for the national implementation of Dialectical Behaviour Therapy, and the allocation of specialist self-harm assessment nurses to hospital Emergency Departments.

Members of the NSRF were invited to contribute to the World Suicide Report by the World Health Organisation, which is an indication of the quality of the research track record developed by the NSRF.

On 5th September, in connection with World Suicide Prevention Day 2013, Minister Kathleen Lynch T.D. launched the 2012 Annual Report of the National Registry of Deliberate Self-Harm and the Second Report of the Suicide Support and Information System. For the first time, a combined launch-seminar was held with colleagues from the National Office for Suicide Prevention, who launched their 2012 Annual Report. There was great interest from stakeholders, the media and the general public, with more than 120 news items covering the outcomes of the reports.

The year 2013 has also been a very positive one in terms of papers published by NSRF staff members in international peer-reviewed journals and the contribution of NSRF staff to national and international Advisory Panels and Steering Groups, which further reflects the upward track record of the NSRF in suicide research and prevention.

The NSRF is expanding its links with relevant stakeholders on an on-going basis. In 2013, the NSRF further strengthened collaboration with psychiatry liaison and primary care services via new research projects, such as Preventing Depression and Improving Awareness through Networking in the EU (PREDI-NU), a suicide and self-harm awareness training and evaluation project for Emergency Department staff and the above mentioned case-control study.

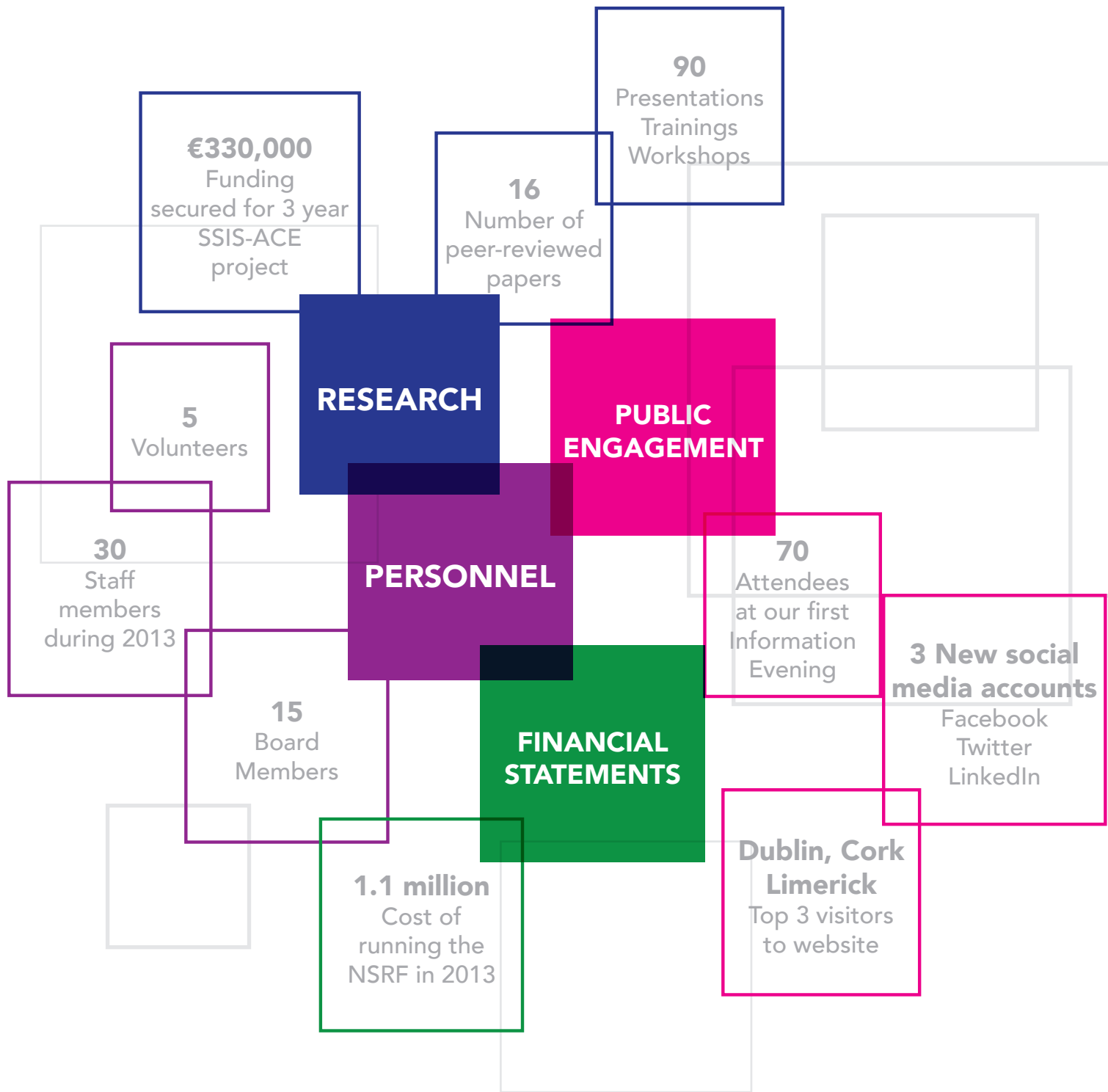
On this positive note, I would like to thank the NSRF team and our national and international partners for their excellent input and dedication, which is fundamental in achieving our objectives and our efforts in trying to make a difference.

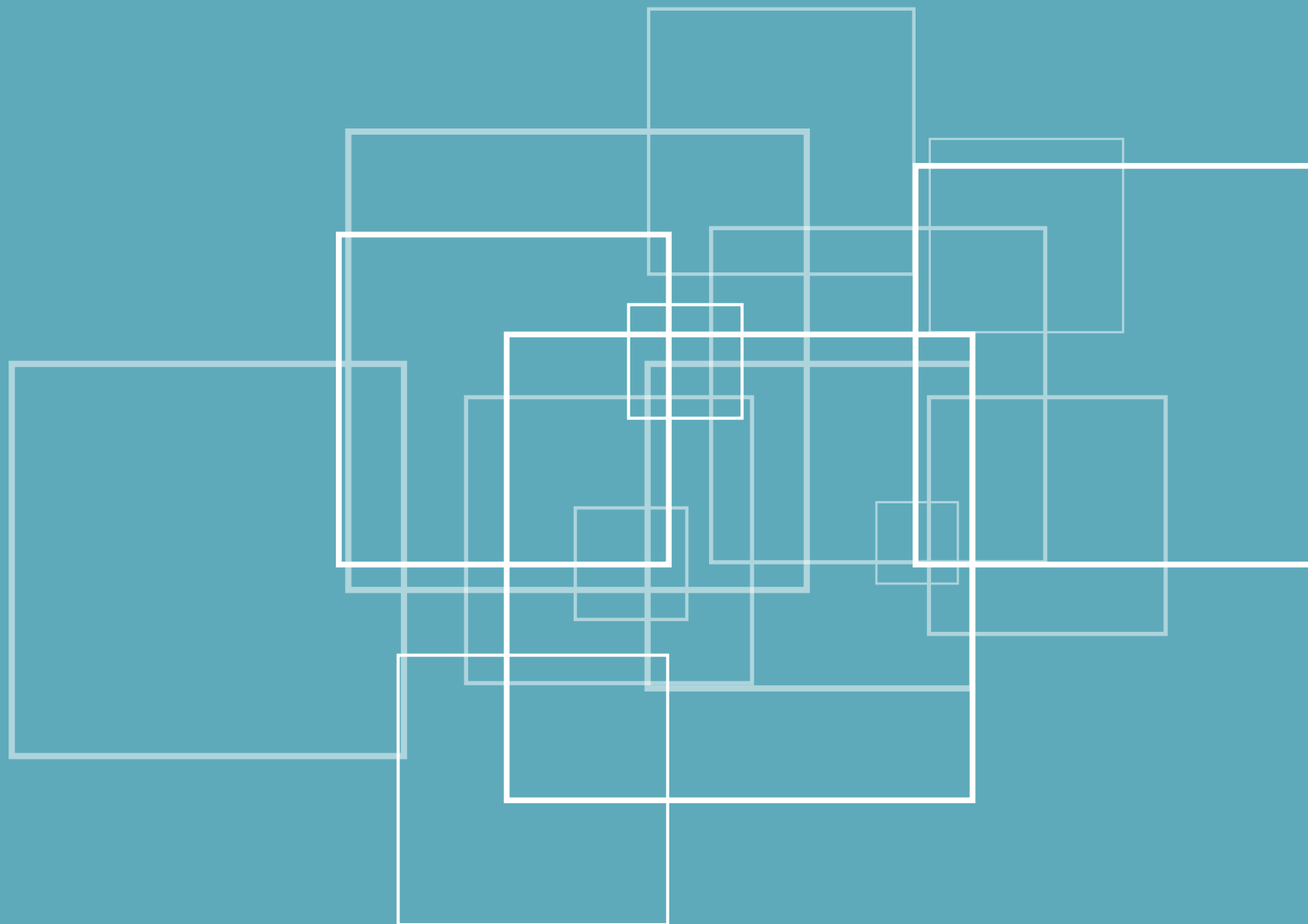


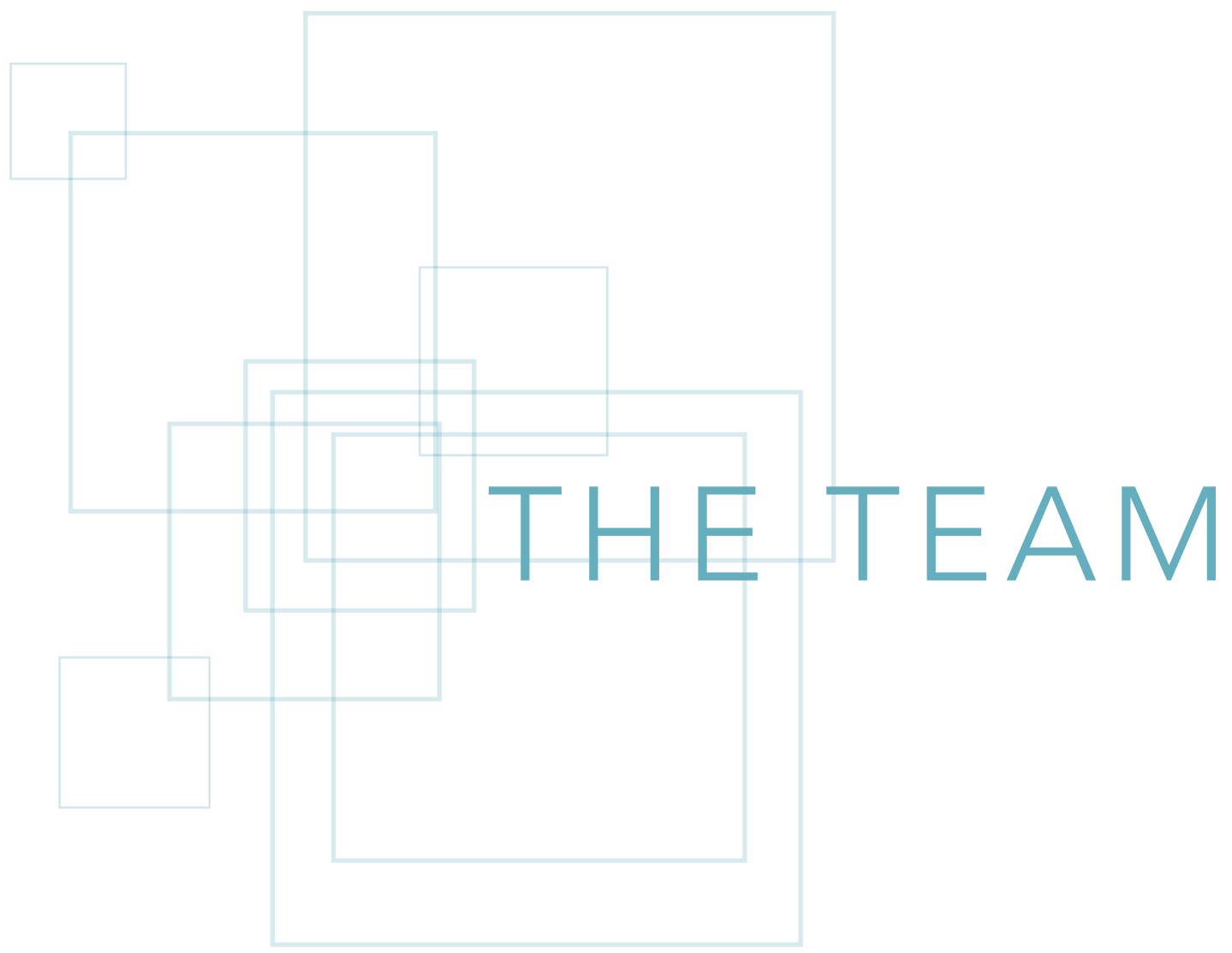
Professor Ella Arensman
Director of Research, National Suicide Research Foundation, Adjunct Professor, Department of Epidemiology and Public Health
President, International Association for Suicide Prevention



2013 AT A GLANCE

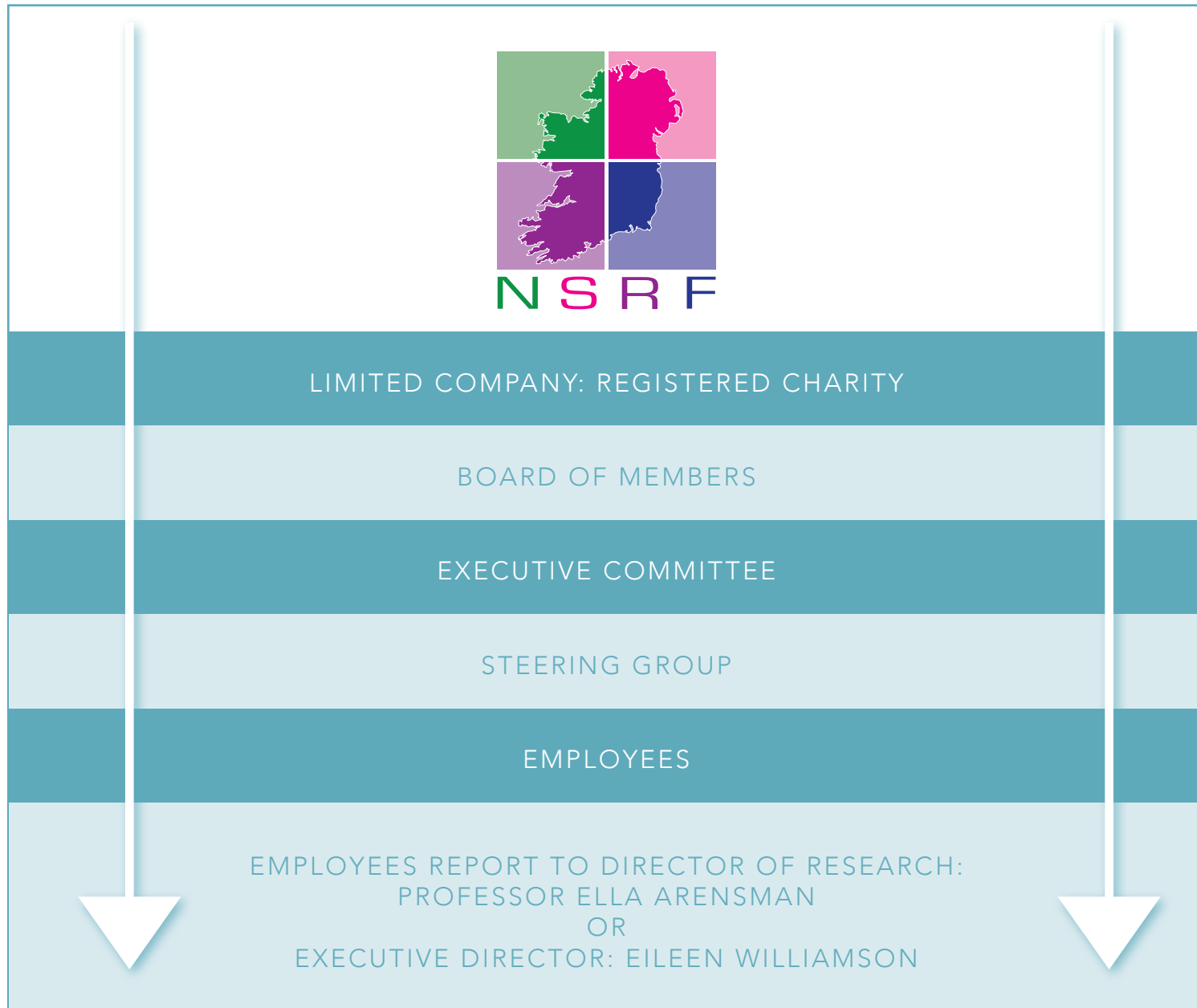






THE TEAM

ORGANISATIONAL STRUCTURE



PERSONNEL

PERSONNEL

EILEEN WILLIAMSON
ELLA ARENSMAN
MARCO BENNARDI
EVE GRIFFIN
CELINE LARKIN
ELAINE MCMAHON
CAROLINE DALY
JACKLYN MCCARTHY
GRETTA O'CONNELL
AMANDA WALL
PAUL CORCORAN
IRENE O' FARRELL
CHRISTOPHER KELLEHER
EIMEAR CUSACK
JOSEPHINE JEFFERS
DOROTA PRZYCHODZEN
HUGH DUANE
ÁINE DUGGAN
OLIAKU ENEH
REBECCA MURPHY

EXECUTIVE DIRECTOR
DIRECTOR OF RESEARCH
MARATONE PHD SCHOLAR
POST-DOCTORAL RESEARCHER
PROJECT CO-ORDINATOR
RESEARCH FELLOW
RESEARCH OFFICER
RESEARCH OFFICER
RESEARCH OFFICER
STATISTICIAN
SENIOR STATISTICIAN
HRB SCHOLAR
IT/FINANCE OFFICER
COMMUNICATIONS AND MARKETING OFFICER
ADMINISTRATOR
VOLUNTEER
VOLUNTEER
VOLUNTEER
VOLUNTEER
VOLUNTEER

NATIONAL DIALECTICAL BEHAVIOURAL THERAPY (DBT) PROJECT

MARY JOYCE
CATALINA SUAREZ
LOUISE DUNNE
PADRAIG COTTER

PROJECT CO-ORDINATOR
RESEARCH OFFICER
ADMINISTRATOR
RESEARCH OFFICER

DATA REGISTRATION OFFICERS, NATIONAL REGISTRY OF DELIBERATE SELF HARM

GRACE BOON
DEIRDRE BRENNAN
JAMES BUCKLEY
RITA CULLIVAN
URSULA HEALY
MARY NIX

KAREN TWOMEY
KATE BRENNAN
LIISA AULA
UNA WALSH
CATHERINE MURPHY
AILISH MELIA

TRICIA SHANNON
LISA BYRNE
EILEEN QUINN
AGNIESZKA BIEDRYCKA
DIARMUID O'CONNOR

MEMBERSHIP OF COMMITTEES

A

Arensman E. President of the International Association for Suicide Prevention (IASP).

Arensman E. Vice President of the European Alliance Against Depression (EAAD).

Arensman E. Member of the Steering Group for the Multi-centre Programme of Clinical and Public Health Research to Guide Health Service Priorities for Preventing Suicide in England.

Arensman E. Co-Chair of the IASP Special Interest Group on Clusters and Contagion in Suicidal Behaviour.

Arensman E. Member of the International Working Group of the WHO World Suicide Report.

Arensman E. Member of the Reach Out National Implementation Group.

Arensman E. Member of the Working Group of the Mental Health Clinical Programme.

Arensman E. Member of the Graduate Studies Board Committee, Department of Epidemiology and Public Health, University College Cork – Ireland.

Arensman E. Member of the Steering Group for the national implementation of Dialectical Behaviour Therapy.

Arensman E. Member of the Research Working Group for the National Implementation of Dialectical Behaviour Therapy.

Arensman E. Member of the Suicide Crisis Assessment Nurse (SCAN) Service Steering Group.

Arensman E. Member of the NOSP Communications Advisory Group.

Arensman E. Member of the NOSP Media Working Group.

Arensman E. Member of the Working Group on Restricting Access to Means.

Arensman E. Member of the Working Group to address Reach Out Strategy Action 22: Water Safety.

Arensman E. Member of the Pieta House Research Advisory Panel.

C

Corcoran P. Chair of the IASP Task Force on National System for Certifying Suicide Deaths.

Corcoran P. Member of the Northern Ireland Registry

of Self-Harm Regional Steering Group.

Corcoran P. Member of the WHO Consultation Group on Registering Suicide and Attempted Suicide in the Eastern Mediterranean Region.

Corcoran P. Member of the International Working Group of the WHO World Suicide Report.

Corcoran P. Member of the Graduate Studies Board Committee, Department of Epidemiology and Public Health, University College Cork.

Cusack E. Member of the Association for Child and Adolescent Mental Health Special Interest Group.

MEMBERSHIP OF COMMITTEES

G

Griffin E. Member of the Northern Ireland Registry of Self-Harm Regional Steering Group.

Griffin E. Member of the Special Interest Group - Child Injury Prevention.

K

Kelleher M. Director of the Irish Association of Suicidology.

Kelleher M. Member of the International Academy for Suicide Research.

W

Williamson E. Member of the European Commission's Working Party on Accidents and Injuries and National Data Administrator for Ireland.

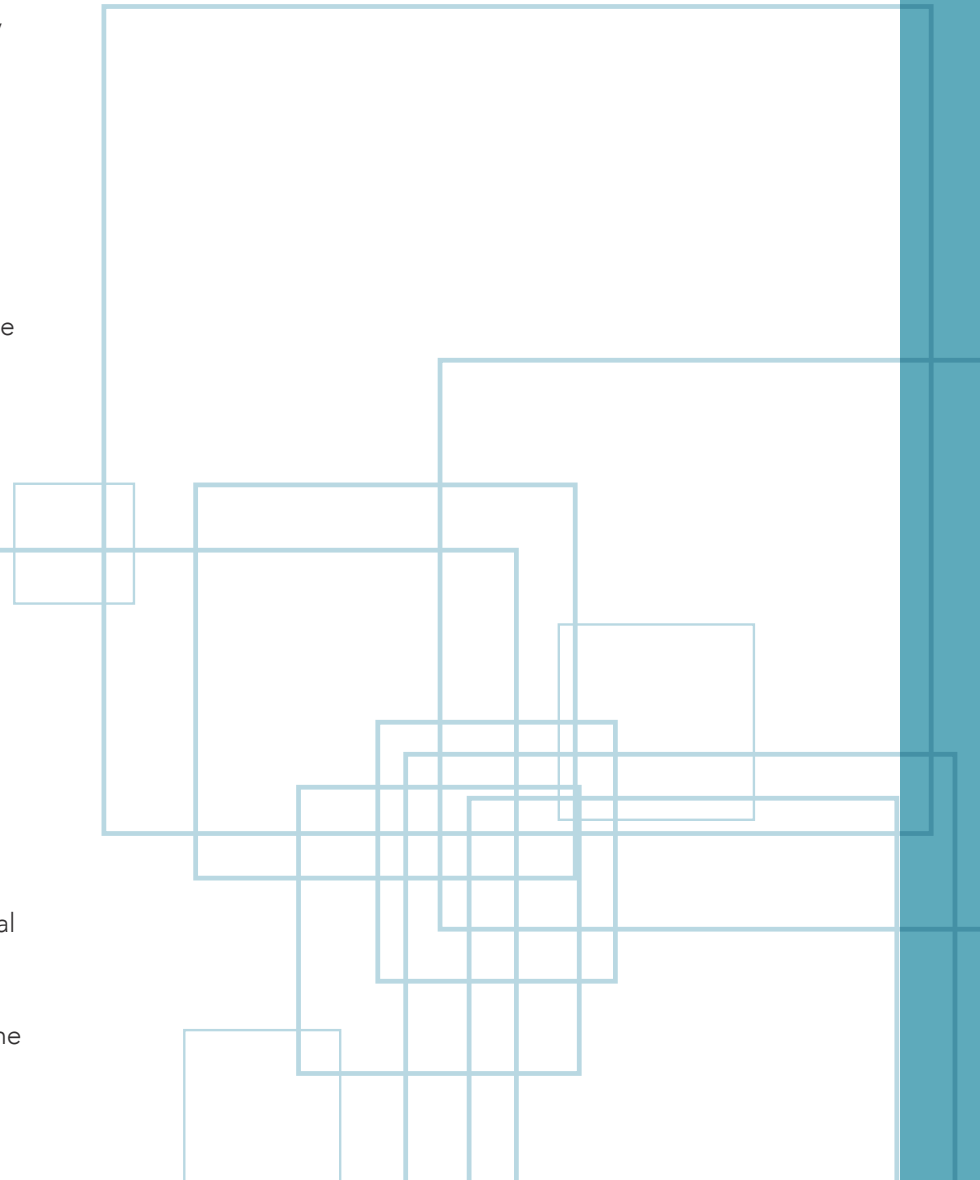
Williamson E. Member of the Northern Ireland Registry of Self-Harm Regional Steering Group.

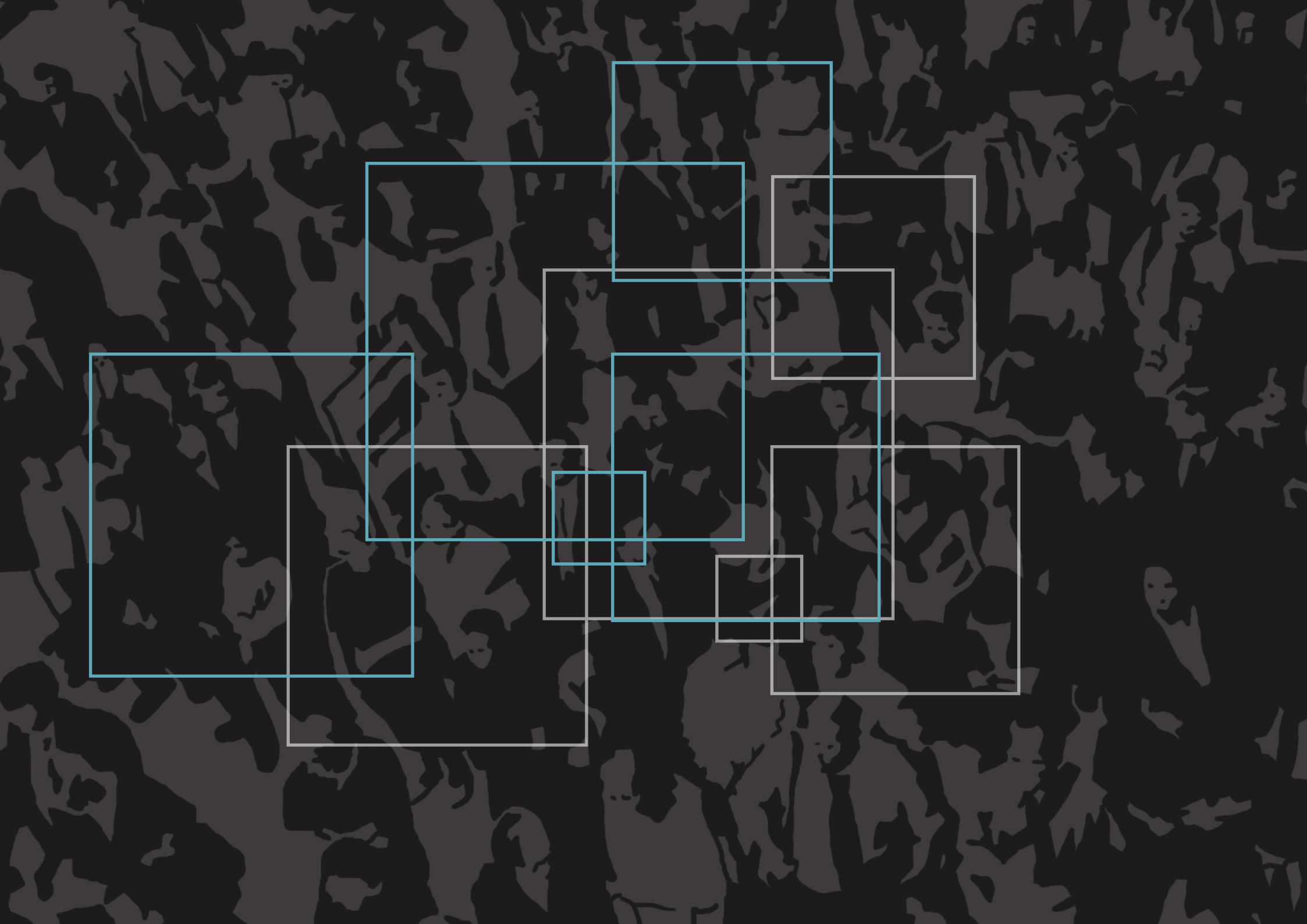
Williamson E. Member of the Reach Out National Implementation Group.

Williamson E. Member of the Steering Group for the National Implementation of Dialectical Behavioural Therapy.

Williamson E. Member of the Research Working Group for the National Implementation of Dialectical Behaviour Therapy.

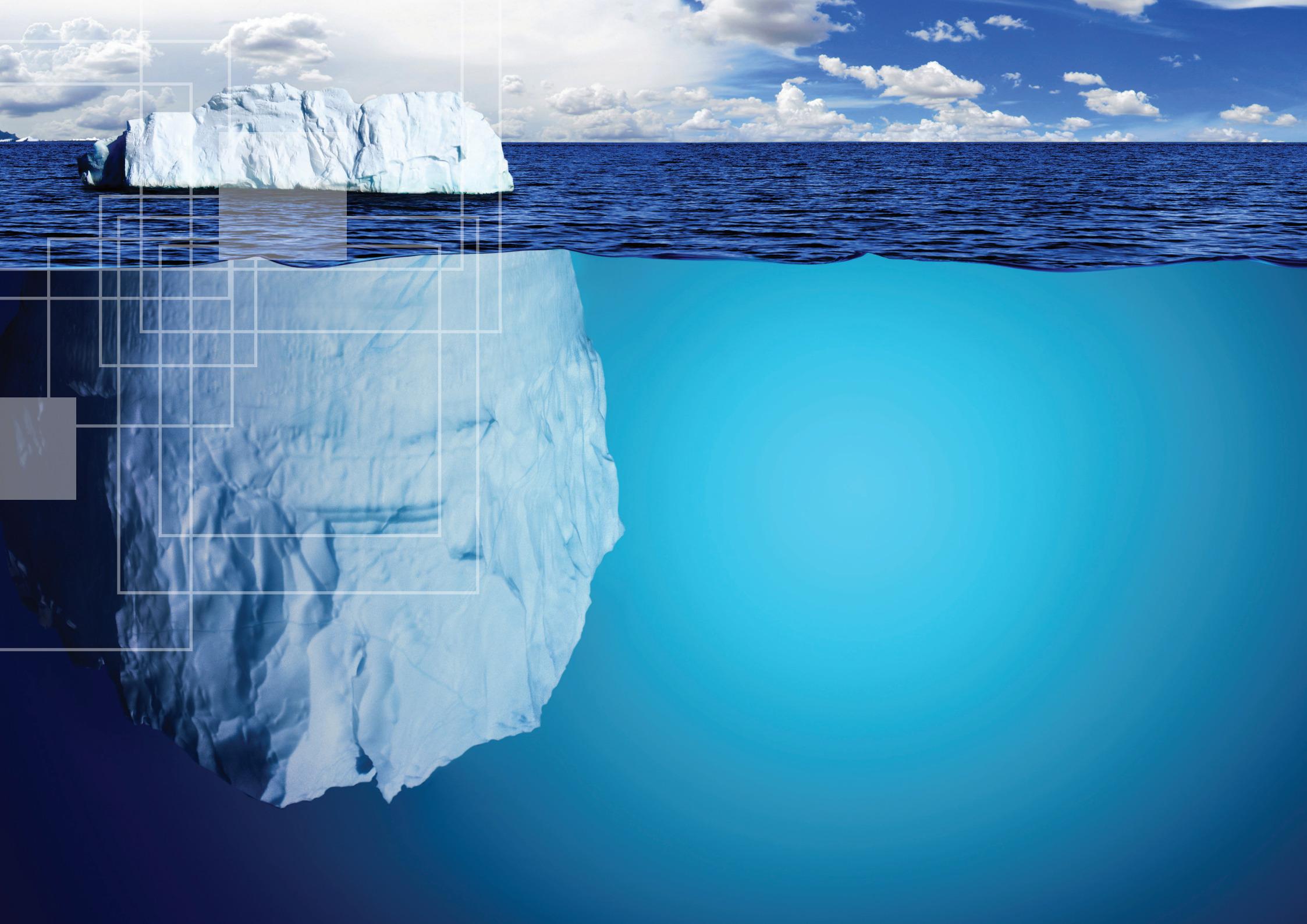
Williamson E. Member of the Association for Child and Adolescent Mental Health Special Interest Group.







RESEARCH OVERVIEW



**NATIONAL SUICIDE RESEARCH FOUNDATION
RESEARCH STRATEGY 2013-2014**

GENERAL OBJECTIVE:

TO PRODUCE A NATIONALLY AND INTERNATIONALLY RECOGNISED BODY OF RELIABLE KNOWLEDGE FROM A MULTIDISCIPLINARY PERSPECTIVE ON THE RISK AND PROTECTIVE FACTORS ASSOCIATED WITH SUICIDAL BEHAVIOUR

OUTCOME:

A SOLID EVIDENCE BASE FOR POLICY DEVELOPMENT AND INTERVENTION IN THE PREVENTION OF SUICIDE AND THE MANAGEMENT OF PATIENTS PRESENTING WITH DELIBERATE SELF-HARM

PRIORITIES ARE IN LINE WITH REACH OUT – NATIONAL STRATEGY FOR ACTION ON SUICIDE PREVENTION AND VISION FOR CHANGE – MENTAL HEALTH FRAMEWORK

I
RESEARCH PROJECTS ADDRESSING THE EXTENT OF DELIBERATE SELF-HARM AND SUICIDE, PATTERNS, RISK AND PROTECTIVE FACTORS:
14 STUDIES

II
EFFICACY OF INTERVENTION AND PREVENTION PROGRAMMES FOR DELIBERATE SELF-HARM AND SUICIDE, AND ATTITUDES TOWARDS SUICIDAL BEHAVIOUR AND ITS PREVENTION: 8 STUDIES

**RESEARCH PROJECTS
ADDRESSING THE EXTENT
OF DELIBERATE SELF-HARM
AND SUICIDE,
PATTERNS, RISK AND
PROTECTIVE FACTORS:
14 STUDIES**

DELIBERATE SELF-HARM

- 1) National Registry of Deliberate Self Harm: Monitoring of all hospital treated DSH cases since 2002
- 2) Comparative research project on DSH patients involved in self-cutting and those with intentional overdoses
- 3) Improving assessment and aftercare of deliberate self-harm patients presenting to Hospital Emergency Departments (HSE South)
- 4) The association between intentional and unintentional injuries
- 5) Self-Harm Registry in the Western Area and Belfast – NI (NSRF is key collaborator)
- 6) In-depth analyses and dissemination of the data from the studies: Saving and Empowering Young Lives in Europe (SEYLE) and Child and Adolescent Self-harm in Europe (CASE) in collaboration with national and international researchers
- 7) The interaction between psychological vulnerability and the impact of social contagion associated with self-harm (part of MARATONE)

SUICIDE

- 8) Implementation of a Suicide Support and Information System:
A pilot study in the Cork region
a) Improved facilitation of support to those bereaved by suicide,
b) Identification of risk factors associated with suicide,
c) Identification of emerging suicide clusters - *Dissemination*
- 9) Risk and protective factors in relation to suicide among people on
- 10) Improved prediction of suicide risk through linking self harm and suicide mortality data.
- 11) Accuracy of recording systems of suicide and other external causes of death
- 12) Psychosocial, psychiatric and work related factors with suicide: a case-control study
- 13) Independent research into a potential suicide cluster in Donegal
- 14) Physical and Psychological outcomes in suicide survivors



**EFFICACY OF INTERVENTION
AND PREVENTION
PROGRAMMES FOR DELIBERATE
SELF-HARM AND
SUICIDE, AND ATTITUDES
TOWARDS SUICIDAL
BEHAVIOUR AND ITS
PREVENTION: 8 STUDIES**

ATTITUDES TOWARDS SUICIDAL BEHAVIOUR AND ITS PREVENTION

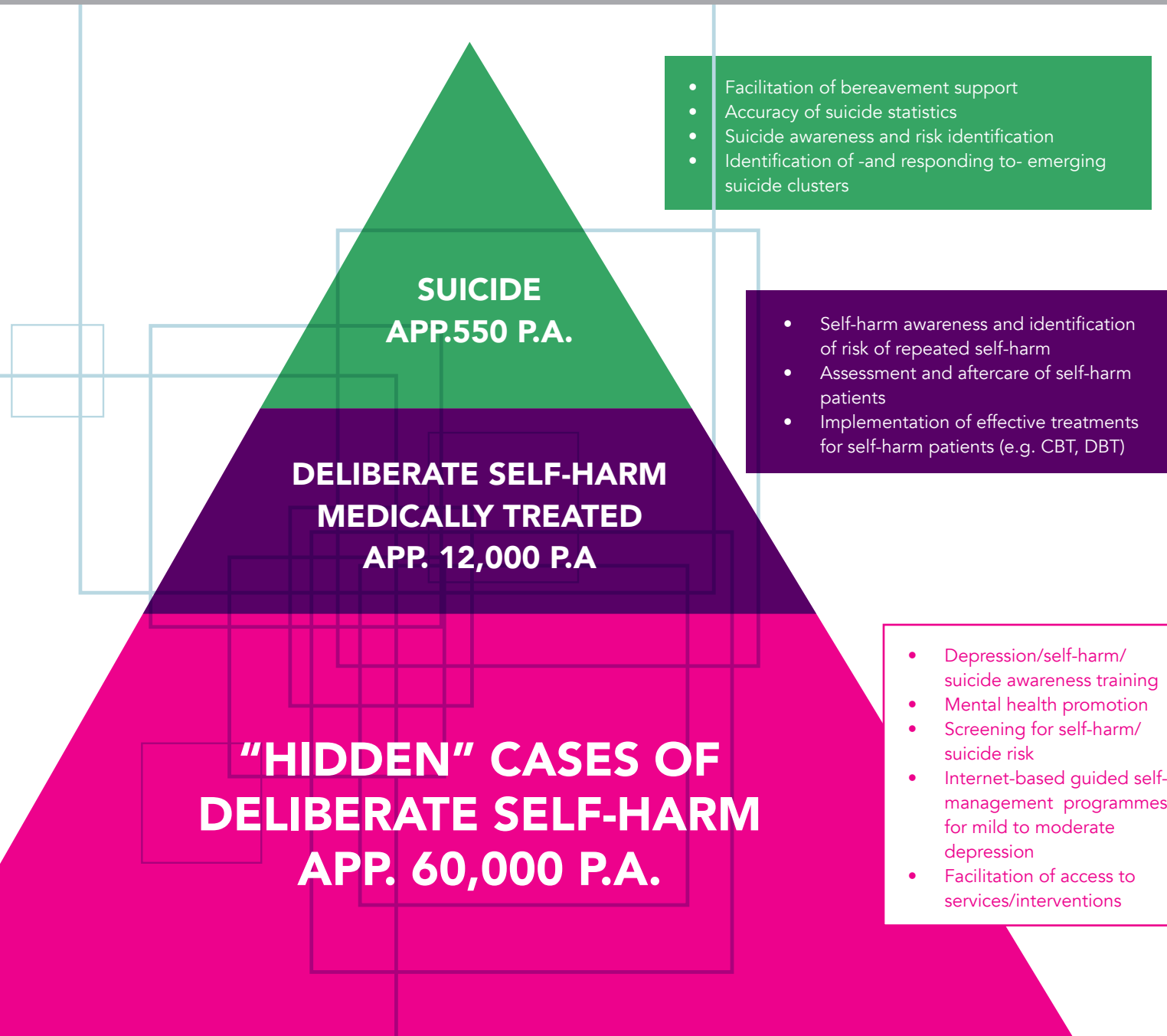
- 8) Attitudes towards suicide and its prevention among policy, health care and community-based professionals including politicians, coroners, GPs, nurses, pharmacists, Gardai etc.

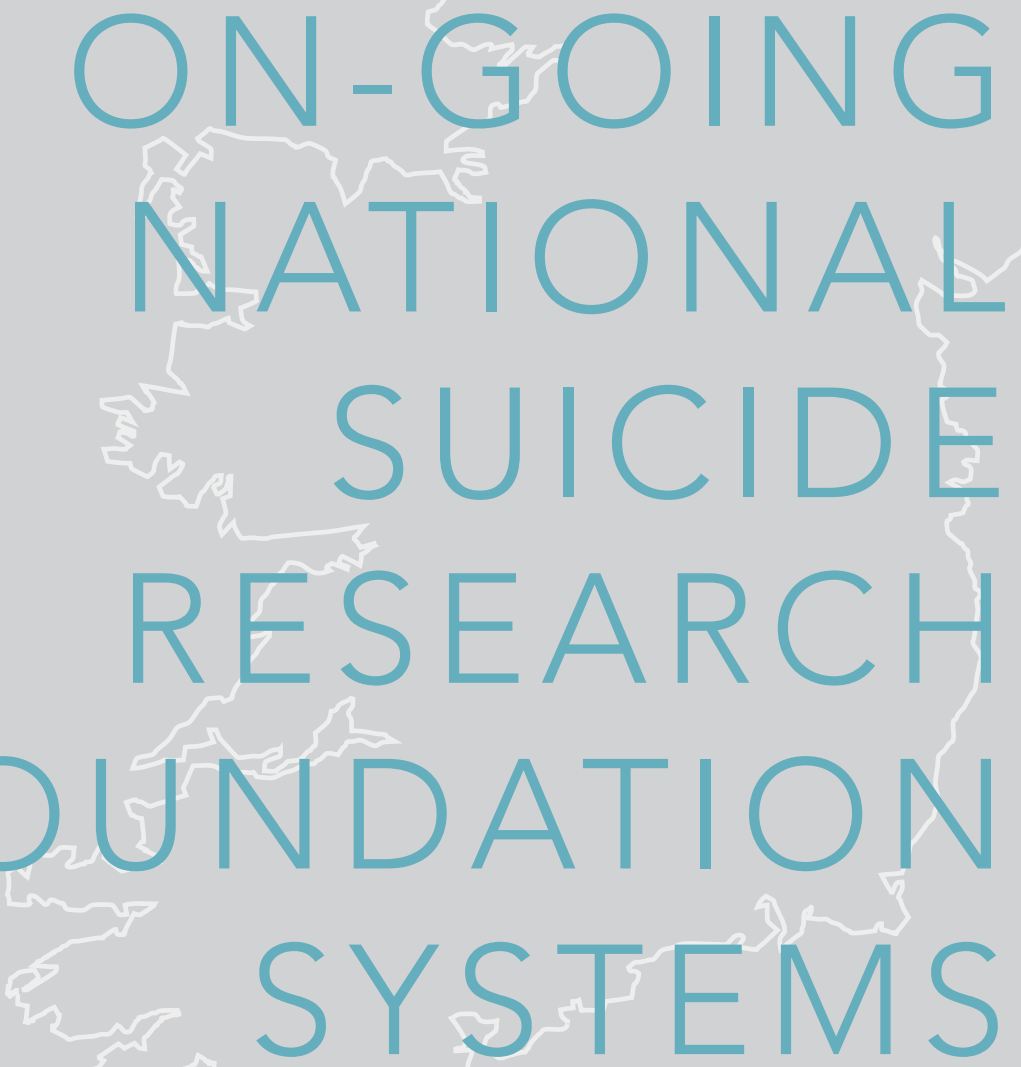
EFFICACY OF INTERVENTION PROGRAMMES FOR DELIBERATE SELF-HARM PATIENTS

- 1) Five level community based intervention project for depression and suicidal behaviour : Project in Limerick prior to implementation at national level (OSPI) - *Dissemination*
- 2) Optimised "Mind Yourself": a brief problem-solving intervention programme for adolescents and adults
- 3) Training of Emergency Department and Mental Health Care staff in increasing Awareness of Self-Harm and Suicide
- 4) Acceptability and efficacy of an internet based guided self-management intervention for young people and adults with mild to moderate depression (PREDI-NU) – To be implemented and evaluated among health professionals
- 5) Implementation and evaluation of the national roll out of Dialectical behaviourTherapy training
- 6) Evaluation of a social prescribing intervention in collaboration with the Erris Primary Care Team, HSE West



SUICIDE AND DELIBERATE SELF-HARM: PRIORITIES OF NSRF RESEARCH PROJECTS AT MULTIPLE LEVELS





ON-GOING
NATIONAL
SUICIDE
RESEARCH
FOUNDATION
SYSTEMS

National Registry of Deliberate Self-Harm (The Registry)

The National Registry of Deliberate Self-Harm (also known as the Registry) is a national system of population monitoring for the occurrence of deliberate self-harm. The Registry collects data based on persons presenting to hospital emergency departments as a result of an episode of deliberate self-harm, as defined by the Registry. As of 2006 the Registry has obtained full coverage of all general and paediatric hospital emergency departments in the Republic of Ireland.

The Registry aims:

- To establish the extent and nature of hospital-treated deliberate self-harm in Ireland
- To monitor trends over time and by area
- To contribute to policy and development in the area of suicidal behaviour
- To help the progress of research and prevention

Registry Manager: Dr Eve Griffin

Registry Statistician: Amanda Wall

Professor Ivan Perry; Professor Ella Arensman; Dr Paul Corcoran; Eileen Williamson

Data Registration Officers: Una Walsh; Ursula Burke; Liisa Aula; Grace Boon; Catherine Murphy; James Buckley; Rita Cullivan; Mary Nix; Diarmuid O'Connor; Eileen Quinn; Karen Twomey; Tricia Shannon; Agnieszka Biedrycka; Ailish Melia; Edel McCarra; Deirdre Brennan; Kate Brennan.

Specific objectives for 2014:

- Linkage of data from the National Registry of Deliberate Self-Harm with suicide mortality data at national level
- Mapping of aftercare following self-harm by HSE regions and Hospitals Groups
- Identification of emerging clusters of self-harm using geo-spatial analyses
- Establish/strengthen collaborative links between Data Registration Officers, Specialist Self-harm Assessment Nurses and Suicide Resource Officers

- Annual Report 2013 of the National Registry of Deliberate Self-Harm.
- 6-year report of the Western Area Trust, Northern Ireland (2007-2012).

Northern Ireland Registry of Deliberate Self-Harm:

The Northern Ireland Registry of Deliberate Self-Harm is managed by the Public Health Agency in Northern Ireland. The Registry was introduced in the Western Trust Area in 2007 as part of the Protect Life – Suicide Prevention Strategy, using comparable standard operating procedures to that of the National Registry of Deliberate Self-Harm, Ireland. The Registry has been implemented across all Health and Social Care Trusts in Northern Ireland since April 2012.

As part of the operation of this Registry, the National Suicide Research Foundation provides the following services:

- Statistical analysis and independent verification of data from the NI Registry;
- Contribution to quarterly and annual reporting of data from the Registry;
- Preparation of a series of comparative journal papers.

Suicide Support & Information System

The Suicide Support and Information System (SSIS) is an innovative pilot study that was developed to provide access to support for those bereaved by suicide, whilst also, collecting information on risk factors associated with suicide and deaths classified as open verdicts.

The SSIS aims:

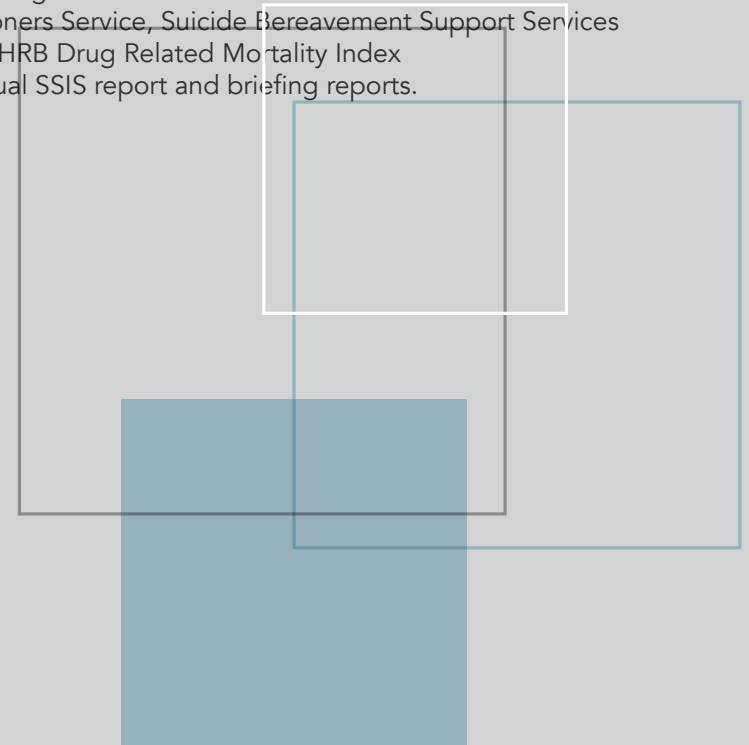
- To improve the support available to people bereaved by suicide
- To identify and better understand the causes of suicide
- To identify and improve the response to clusters of suicide and extended suicide e.g. (filicide-suicide and familicide)
- To better define the incidence and pattern of suicide in Ireland
- To identify persons who present for medical treatment following deliberate self-harm and who subsequently die by suicide

*Lead Principal Investigator: Professor Ella Arensman
Jacklyn McCarthy; Eileen Williamson; Amanda Wall; Dr Celine Larkin;
Professor Ivan Perry; Dr Oliaku Eneh (Psychiatric Registrar)*

Specific objectives for 2014:

- Re-instate the SSIS in Cork City and County
- Verification of consistency of information of the SSIS psychological autopsy approach using multiple sources of information
- Identification of emerging suicide clusters using geo-spatial analyses
- Identification of suicide risk profiles associated with suicide clustering and contagion
- Identification of risk factors associated with suicide among adolescents and young adults
- Expand SSIS to address protective factors in addition to risk factors for suicide

- Dissemination of SSIS outcomes on suicide risk profiles among relevant stakeholders involved in suicide risk assessment in collaboration with the National Office for Suicide Prevention and the National Clinical Programme
- Planning of national roll out of SSIS in collaboration with Coroners Service, Suicide Bereavement Support Services and HRB Drug Related Mortality Index
- Annual SSIS report and briefing reports.





**NATIONAL
SUICIDE
RESEARCH
FOUNDATION
PROJECTS**

Emergency Healthcare Staff Training in the Assessment and Management of Deliberate Self-harm: Implementation and evaluation

Project Aim:

To improve the quality of care for all patients who present to hospital emergency departments (EDs) following self-harm using training and the systematic roll-out of an electronic self-harm assessment and information system.

Principal Investigators: Professor Ella Arensman; Dr Eugene Cassidy (CUH)

Project co-ordinator: Caroline Daly

Database developers: Siobhan O' Connor; Dr Paul Corcoran

Programme Trainers: Elaine Healy; Rose Lynch; Angela Geary; Sylvia Quinlan; Alison McCarthy (CUH & MUH)

Specific objectives for 2014:

- Launch-Seminar of final report for relevant stakeholders in collaboration with NOSP and National Clinical Programme
- National roll out of evidence-based awareness and skills training for ED staff in collaboration with the National Office for Suicide Prevention and the National Clinical Programme
- Explore options for national roll out of evidence-based CBT based intervention for self-harm patients (without a history of frequent self-harm acts) for specialist self-harm assessment nurses/crisis nurses and psychiatric nurses
- Enhance electronic self-harm assessment database in collaboration with Dr Eugene Cassidy at Cork University Hospital.

Preventing Depression and Improving Awareness through Networking in the EU (PREDI-NU)

Project Aim:

To improve the care for people with depression and to reduce suicidal behaviour using information and communication technologies.

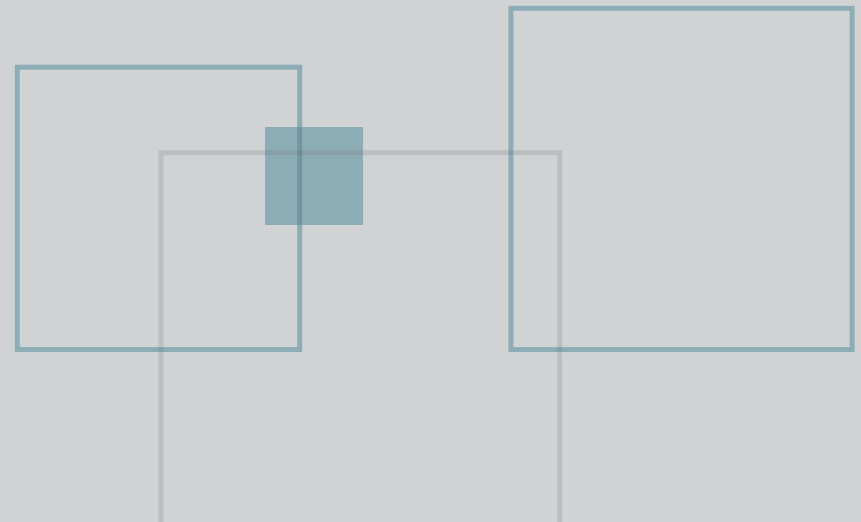
Principal Investigator: Professor Ella Arensman

Project Co-ordinator: Gillian Karwig; Dr Celine Larkin

Advisory Panel Members: Daniel Flynn (North Lee Mental Health Services); Derek Chambers (Inspire Ireland); Professor Colin Bradley (UCC)

Specific objectives for 2014:

- Enhance the iFightDepression tool, a guided internet-based self-management programme for individuals with mild to moderate depression that was recently implemented and evaluated in 5 European regions
- Implement the enhanced iFightDepression tool among GPs and mental health professionals through a Train-The-Trainer Programme in 6 European regions, to ensure sustainability and wider implementation of the tool
- Promote and disseminate the iFightDepression tool at a national level in collaboration with NOSP, ICGP, CPI, PSI, and at an international level with EU representatives, the European Alliance Against Depression (EAAD) and the World Health Organisation.



Optimising Suicide Prevention Programmes and their Implementation in Europe (OSPI-Europe)

Project Aim:

To provide EU member states with an evidence-based suicide prevention concept, concrete materials and instruments for running and evaluating interventions.

Principal Investigator: Professor Ella Arensman

Project Co-ordinators: Dr Celine Larkin

Specific objectives for 2014:

- Complete the pre/post OSPI implementation analyses based on outcome data on suicide and self-harm in Limerick and Galway
- Complete briefings and papers on the intermediate outcomes of the OSPI multi-level intervention programme.

Evaluation of a Social Prescribing Intervention

Project Aim: To evaluate the implementation and outcomes of the Erris social prescribing project by investigating changes among participants in relation to their mental health, behaviour, lifestyle and help-seeking behaviour.

Principal Investigator: Professor Ella Arensman

Research Officer: Gretta O'Connell

Specific objectives for 2014:

- Completion of pre/post intervention assessments
- Completion of qualitative interviews with stakeholders involved in the HOPE project
- Completion of semi-structured interviews with people who have engaged in the HOPE project.

Self-cutting and Intentional Overdose: Exploring psychological and clinical differences using a mixed methods approach – A prospective study

Overview:

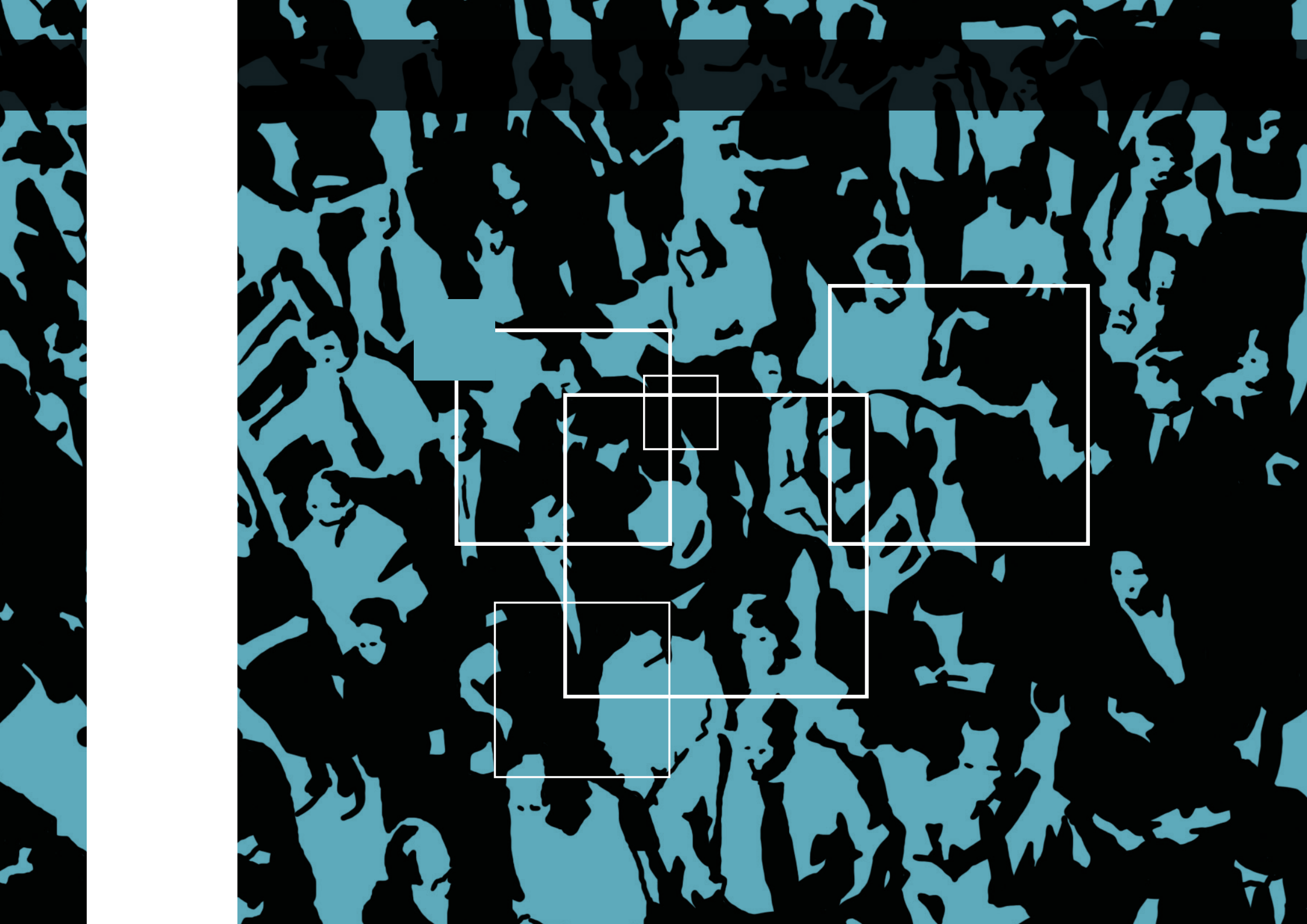
This study compares patients presenting with self-cutting with those who present with other forms of self-harm according to demographics, psychological characteristics and outcomes.

PhD Scholar: Dr Celine Larkin

Supervisors: Professor Ella Arensman; Dr Zelda Di Blasi (UCC)

Specific objectives for 2014:

- Publication of systematic review of risk factors associated with repeated self-harm among patients presenting to hospital following self-harm
- Completion of analyses of qualitative interviews with self-harm patients at index self-harm episode and 3-months follow-up, addressing both risk and protective factors.



The Causes and Consequences of Hospital Treated Deliberate Self-Harm in Ireland

Project Aim:

The first objective is to examine the ecological association between hospital treated self-harm incidence and area level risk factors. The second main objective is to establish the risk of suicide and deaths from other external causes in hospital treated self-harm patients.

PhD Scholar: Irene O' Farrell

Supervisors: Dr Paul Corcoran; Professor Ivan Perry

Specific objectives for 2014:

- To investigate the ecological relationship between self-harm incidence and the following area level constructs: deprivation, social fragmentation, population density, and travel time to the nearest hospital emergency department, from 2009 to 2011 in the Republic of Ireland.
- To estimate the risk of suicide and death from external causes in hospital treated self-harm patients from 2007 to 2011, in the Republic of Ireland. This will be done by electronically linking the National Registry of Deliberate Self-Harm Ireland dataset with official mortality data from the Central Statistics Office using probabilistic data linkage techniques. The time-period effects on the suicide rate over the study follow-up period and other potential sociodemographic and clinical risk factors such as previous history of self-harm repetition will be investigated.

Accuracy of Recording Systems of Suicide and Other External Causes of Death

Project Aim:

To investigate the similarities and differences between deaths classified as suicide and deaths classified as external cause of death.

Doctoral Researcher: Eileen Williamson

Supervisors: Professor Ella Arensman; Dr Paul Corcoran; Dr Claire Edwards (Applied Social Studies, UCC); Dr Caitriona Ni Laoire (Applied Social Studies, UCC)

Specific objectives for 2014:

- Complete data collection of external causes of deaths, including suicide deaths, open verdict deaths, drowning deaths, poisoning deaths and single vehicle road traffic accidents in the Chief Coroner's Office covering the years 2011 and 2012
- Enhance screening instrument (originally developed by Rosenberg, 1988) to assess probable suicides among external causes of death
- Develop a proposal for reviewing Coroners' records to detect probable cases of suicide based on a nationally representative sample in collaboration with the Coroners Society Ireland and the National Office for Suicide Prevention.

EU-Marie Curie: Mental health training through research network in Europe (MARATONE)

Overview::

This study, "Self-harm and Suicide in young people: The influence of psychological and social factors", will specifically address mental disorders, events leading to suicide and self-harm. The study will also focus on the role of exposure to suicidal behaviour of other persons important to the deceased.

PhD Researcher: Marco Bennardi

Supervisor: Professor Ella Arensman

Co-Supervisors: Dr Elaine McMahon; Eileen Williamson

Specific objectives for 2014:

- Completion of study proposal
- To describe suicide mortality data in Ireland referring to young people and using data from the Suicide Support and Information System (SSIS)
- To examine risk factors associated with suicide among adolescents and young adults in Ireland based on the SSIS quantitative and qualitative data.
- To investigate suicide and self-harm clustering and contagion among people in Cork City and County using data from the SSIS and the National Registry of Deliberate Self-Harm.

Implementation and Evaluation of the National Roll out of Dialectical Behaviour Therapy (DBT) Training

Project Aim:

To evaluate the implementation and national roll out of a DBT training programme being delivered nationally according to a stepped approach.

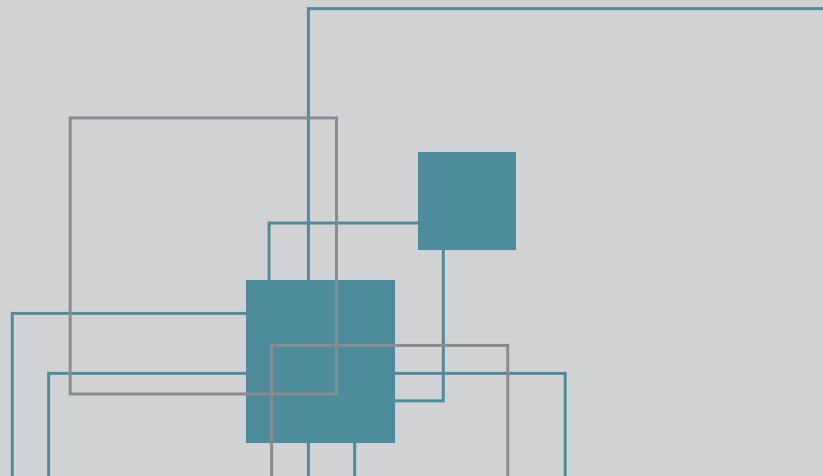
Supervisors: Daniel Flynn (North Lee Mental Health Services); Dr Mary Kells (North Lee Mental Health Services); Professor Ella Arensman; Eileen Williamson

Research Officers: Dr Mary Joyce; Catalina Suarez

Administrator: Louise Dunne

Specific objectives for 2014:

- Support the process and outcome evaluation of the implementation of DBT of the first teams that have received training in implementing DBT
- Provide research support and advice to the DBT research team on an on-going basis
- Assist in the analysis, reporting and dissemination of outcomes of the national roll out of DBT.



Independent In-depth Study into a Potential Suicide Cluster

Project Aim:

To identify common risk factors, relationships, contagion effects and common patterns in access to mental health services associated with premature deaths, involving a potential cluster of 29 people.

Principal Investigator: Professor Ella Arensman

Research Officer: Dr Colette Corry

Specific objectives for 2014:

- Obtain ethical approval for the study
- Establish links with key stakeholders
- Initiate data collection:
 - Approach bereaved family members according to the SSIS approach
 - Conduct interviews with family informants
 - Following permission of family informants, examine clinical records
 - For deceased for whom a Coroner's inquest has been completed, the SSIS Coroner's checklist will be completed
- In collaboration with Headline, media coverage of the confirmed suicide cases and sudden premature deaths will be examined
- A study report will be prepared.

Physical and Psychological Outcomes in Suicide Survivors

Project Aim:

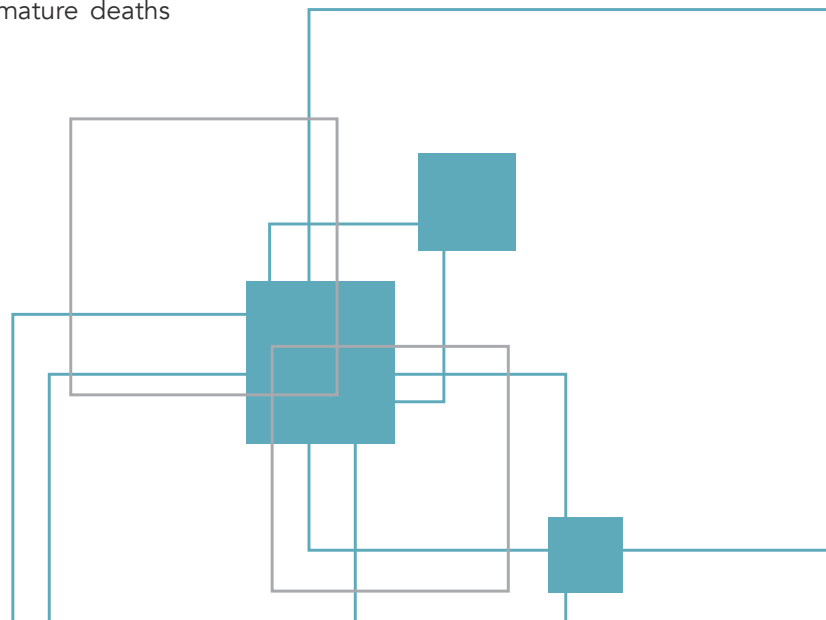
To examine depression, suicidal ideation and behaviour, anxiety and PTSD in suicide survivors and to also analyse the impact of demographic and other factors.

Principal Investigator: Professor Ella Arensman

PhD Researcher: Laura O'Connell

Specific objectives for 2014:

- Obtain ethical approval for the study
- Initiate data collection:
 - Approach family members who participated in the SSIS between January 2009 and December 2012
 - Invite family members to participate in a semi-structured follow-up interview
 - Conduct the interviews (January-March 2014)
 - Data analysis and reporting: April-May 2014
- Initial report and briefing for NOSP: April 2014
- Final report: May 2014.



Health Research Board (HRB) Interdisciplinary Capacity Enhancement (ICE)

Overview:

This project involves using existing large scale data-sets to address important questions in the area of youth suicidal behaviour.

Lead Principal Investigator: Professor Mary Cannon (RCSI)

Other Investigators: Dr Paul Corcoran; Dr Helen Keeley (Child and Adolescent Mental Health Services, North Cork); Derek Chambers (Inspire Ireland); Dr Mary Clarke (RCSI); Professor Pat McGorry (Orygan Centre Melbourne); Eileen Williamson.

Postdoctoral Research Fellow: Dr Elaine McMahon

Specific objectives for 2014:

- Comparative analyses based on SEYLE data and Registry data on self-harm in adolescents
- The prevalence of sexual and physical abuse among adolescents who engage in self-harm, including international comparison
- Comparing risk and protective factors associated with self-harm in adolescents.

Implementation and Evaluation of the Suicide Crisis Assessment Nurse (SCAN) Project

Overview:

This project involves the implementation and evaluation of the national roll out of the SCAN Nurse Service including the development of a monitoring system for the recording of self-harm acts and suicidal ideation presenting to GP practices. This project will also involve the NSRF team conducting evidence-based advanced workshops on depression and suicidal behaviour for GP's involved in the project.

Scientific Advisor: Professor Ella Arensman

Specific objectives for 2014:

- Support the national implementation of SCAN
- Contribute to the development of a monitoring system for self-harm and suicidal ideation as part of the SCAN implementation and for use by GPs
- Provide evidence-based awareness and skills training on depression and suicidal behaviour for GPs involved in the SCAN implementation.

Joint Action on Monitoring Injuries in Europe (JAMIE)

In 2010, governmental authorities from 22 countries signed up for a joint ambition to have a common hospital-based injury data collection system in all EU Member States by 2015. Such a system should report on external causes of injuries due to accidents and violence and become an integrated part of the existing programme for exchange of Community Statistics on Public Health.

The NSRF is an associate partner for the project and is the national data administrator for the JAMIE project in Ireland. In 2014, the NSRF contributed data on all injury presentations (both intentional and unintentional) to an Irish emergency department for the year 2013 as part of the requirements of the project. The project will finish in July 2014

JAMIE Irish Representatives: Dr Eve Griffin; Dr Paul Corcoran
EuroSafe IDB Programme Director: Dr Rupert Kisser
EuroSafe JAMIE project leader: Dr Wim Rogmans.

Commencing January 2014 - HRB Health Research Awards: Psychological, Psychiatric and Work-related Risk Factors associated with Suicide – a case-control study (SSIS-ACE)

Project Aim:

To improve the knowledge base on specific psychosocial, psychiatric and work-related risk factors associated with suicide in Ireland and also to gain insight into specific protective factors that present people from dying by suicide.

*Personnel Involved: Principal Investigator: Professor Ella Arensman; Dr Birgit Greiner (Epidemiology and Public Health, UCC); Professor Colin Bradley, (General Practice, UCC); Dr Carmel McAuliffe (Dean Clinic); Eileen Williamson
Project Co-ordinator: Dr Celine Larkin
Research Officers: Jacklyn McCarthy; Sara Leitao*

Specific objectives for 2014:

- Completion of detailed research proposal and materials, and obtain ethical approval
- Start data collection:
 - Screening of confirmed suicide cases and open verdicts and semi-structured interviews with family informants
 - Semi-structured interviews with patient who engaged in highly lethal acts of self-harm and family informants
 - Semi-structured interviews with General Practice control patients and family Informants
 - Completion of first interim report.





JOURNAL
ARTICLES &
REPORTS
PUBLISHED

2013

PEER-REVIEWED PUBLISHED PAPERS

TITLE	AUTHOR	JOURNAL
Mediating effects of coping style on associations between mental health factors and self-harm among adolescents	McMahon E, Corcoran P, McAuliffe C, Keeley H, Perry IJ, Arensman E.	Crisis 2013, 34(4): 242-50
Developing social capital in implementing a complex intervention: a process evaluation of the early implementation of a suicide prevention intervention in four European countries	Harris M F, Maxwell M, O'Connor R, Coyne J, Arensman E, Székely A, et al.	BMC Public Health 2013, 13:158
Adolescents Exposed to Suicidal Behaviour of Others: Prevalence of Self-Harm and Associated Psychological, Lifestyle, and Life Event Factors	McMahon E, Corcoran, P, Keeley, H, Perry, I and Arensman, E.	Suicide and Life-Threatening Behaviour 2013, 43(6): 634-45
Factors associated with self-cutting as method of self-harm: Findings from the Irish National Registry of Deliberate Self-Harm	Arensman E, Larkin C, Corcoran P, Reulbach U, Perry IJ.	European Journal of Public Health 2013, 24(2): 292-7
Self-cutting versus intentional overdose: Psychological risk factors	Larkin C, Di Blasi, Z, Arensman E.	Medical Hypotheses, 81(2):347-54
Public attitudes toward depression and help-seeking in four European countries baseline survey prior to the OSPI-Europe intervention	Coppens E, Van Audenhove C, Scheerder G, Arensman, E, Coffey C, Costa S, et al.	Journal of Affective Disorders 2013 150(2): 320-9
Media recommendations on reporting suicidal behaviour and suggestions for optimisation	Maloney J, Pfuhlmann B, Arensman E, Coffey C, Gusmao R, Postuvan V, et al.	Acta Psychiatrica Scandinavica 2013: 1-2
Childhood Trauma and Psychosis in a Prospective Cohort Study: Cause, Effect, and Directionality	Kelleher I, Keeley H, Corcoran P, Ramsay H, Wasserman C, Vladimir C, et al.	American Journal of Psychiatry, 170(7):734-41
Psychotropic medication involved in intentional drug overdose: implications for treatment	Corcoran P, Heavy B, Griffin E, Perry IJ, Arensman E.	Neuropsychiatry, 2013,3(3),285-293

PEER-REVIEWED PUBLISHED PAPERS

TITLE	AUTHOR	JOURNAL
Adolescent subthreshold-depression and anxiety: psychopathology, functional impairment and increased suicide risk	Balazs J, Miklosi M, Keresztesy A, Hoven C, Carli V, Wasserman C, Apter A, Bobes J, Brunner R, Cosman D, Cotter P, Haring C, Iosue M, Kaess M, Kahn JP, Keeley H et al.	Journal of Child Psychology and Psychiatry, 54(6):670-7
Alliances against depression – A community based approach to target depression and to prevent suicidal behaviour	Hegerl U, Rummel-Kluge C, Värnik A, Arensman E, Koburger N.	Neuroscience and Biobehavioral Reviews, S0149-7634(13)00045-6
Antidepressant utilization and suicide in Europe: An ecological multi-national study	Gusmao R, Quintao S, McDaid D, Arensman E, van Audenhove C, Coffey C, vanik A, Varnik P, Coyne J, Hegerl U.	PloS One, 2013; 8(6): e66455
Psychotic symptoms and population risk for suicide attempt: a prospective cohort study	Kelleher I, Corcoran P, Keeley H, Wigman JT, Devlin N, Ramsay H, Wasserman C, Carli V, Sarchiapone M, Hoven C, Wasserman D, Cannon M.	JAMA Psychiatry, 2013; 70(9):940-948
The Saving and Empowering Young Lives in Europe (SEYLE) Randomized Controlled Trial (RCT): methodological issues and participant characteristics	Carli V, Wasserman C, Wasserman D, Sarchiapone M, Apter A, Balazs J, Bobes J, Brunner R, Corcoran P, Cosman D, Gullemin F, Haring C, Kaess M, Kahn JP, Keeley H, et al.	BMC Public Health, 2013, 13:479
Social and environmental factors and suicide mortality: A review	Milner A, Hjelmeland H, Arensman E, De Leo D.	Sociology Mind 2013, 3(2): 137-148
Severity of hospital-treated self-cutting and risk of future self-harm: a national registry study	Larkin C, Corcoran P, Perry IJ, Arensman E.	Journal of Mental Health 2013, 23(3): 115-9
PUBLISHED REPORTS		
2012 Annual Report of the National Registry of Deliberate Self-harm Ireland	Griffin E, Arensman E, Wall A, Corcoran, P, Perry IJ	National Suicide Research Foundation, September 2013
Second Report of the Suicide Support and Information System	Arensman E, Wall A, McAuliffe C, Corcoran P, Williamson E, McCarthy J, Duggan A, Perry IJ	National Suicide Research Foundation, September 2013

SCIENTIFIC PRESENTATIONS

MAY

Arensman E. Plenary lecture: Prevention of Suicide using Gatekeeper Training: Implementation and Effectiveness. First International Symposium of the International Association for Suicide Prevention in Suriname. Paramaribo, 22nd-25th May 2013.

JULY

McMahon E. Adolescents exposed to suicidal behaviour of others: prevalence of self-harm and associated psychological, lifestyle and life event factors. Poster Presentation at ESCAP conference (European Society of Child and Adolescent Psychiatry), Dublin, 9th-10th July 2013.

Burke L, Wasserman D, Carli V, Corcoran P, Keeley H, Balazs J, Bobes J, Apter A, Brunner R, Cosman D, Haring C, Kahn JP, Marusic D, Postuvan V, Saiz P, Varnik A. A cost effectiveness analysis of four arms of a school-based mental health intervention in Europe. ESCAP conference (European Society of Child and Adolescent Psychiatry), Dublin, 9th-10th July 2013.

Kelleher I, Corcoran P, Keeley H, Ramsay H, Wasserman C, Carli V, Sarchiapone M, Hoven C, Wasserman D, Cannon M. Childhood trauma & psychotic experiences – cause, effect and directionality: results from a prospective cohort study. ESCAP conference (European Society of Child and Adolescent Psychiatry), Dublin, 9th-10th July 2013.

Cotter P, Kaess M, Corcoran P, Parzer P, Brunner R, Keeley H, Apter A, Balasz J, Bobes J, Cosman D, Haring C, Kahn JP, Postuvan V, Resch F, Varnik A, Sarchiapone M, Hoven C, Wasserman C, Carli V, Wasserman, D. Screening pupils for current suicidality & subsequent attendance at clinical interview across eleven European countries. ESCAP conference (European Society of Child and Adolescent Psychiatry), Dublin, 9th-10th July 2013.

SEPTEMBER

Arensman E. Plenary lecture: Suicide Clustering and Contagion: Early Identification and Responding. The University of Manchester Second Suicide Bereavement Conference. Manchester, 18th September 2013.

Arensman E, Wall, A, McAuliffe C, Corcoran P, Williamson E, McCarthy J, Duggan A, Perry I. Suicide Clustering and Contagion: Epidemiological, Methodological and Clinical Issues. 20th British Isles Meeting, Oxford, 19th September 2013.

Arensman E. Keynote lecture: Clustering and Contagion of Suicide and Self Harm: Early Identification and Intervention. XXVII. World Congress of the International Association for Suicide Prevention, Oslo, 24th-28th September 2013.

Arensman E. Epidemiological, methodological and clinical issues related to clustering and contagion of suicidal behaviour. XXVII World Congress of the International Association for Suicide Prevention, Oslo, 24th-28th September 2013.

Arensman E, Larkin C and the PREDI-NU Consortium. iFightDepression: Using the Internet to Enhance Awareness and Self-Management Capacity for Depression. XXVII World Congress of the International Association for Suicide Prevention, Oslo, 24th-28th September 2013.

McMahon E, Corcoran P, Keeley H, Perry IJ, Arensman E. Adolescents exposed to suicidal behaviour by others: prevalence of self-harm and associated psychological, lifestyle and life event factors. XXVII World Congress of the International Association for Suicide Prevention, Oslo, 24th-28th September 2013.

Griffin E, Corcoran P, Cassidy L, O'Carroll A, Perry IJ. Impact of the economic recession on fatal and non-fatal suicidal behaviour in Ireland. Oral Presentation, IASP 2013 Oslo, 25th September 2013.

SEPTEMBER

Larkin C. Severity of hospital-treated self-cutting and risk of future self-harm: A national registry study. The XVII World Congress of the International Association of Suicide Prevention (IASP) Conference, 25th September 2013.

Larkin C. Risk factors for repetition of self-harm: A systematic review of prospective hospital based studies. The XVII World Congress of the International Association of Suicide Prevention (IASP) Conference, 25th September 2013.

O' Farrell I. The Ecological Association Between Hospital Treated Self-Harm, Deprivation, Social Fragmentation, Area Type And Travel Time To Hospital: A National Study. The XVII World Congress of the International Association of Suicide Prevention (IASP) Conference, 25th September 2013.

OCTOBER

McMahon E. Adolescents exposed to suicidal behaviour of others: prevalence of self-harm and associated psychological, lifestyle and life event factors. Second International Youth Mental Health Conference, Brighton, UK, October 2nd 2013.

DECEMBER

Arensman E. Plenary lecture: The Suicide Support and Information System: Benefits of Access to Real-Time Data. Choose Life Annual Forum. Glasgow, 2nd-3rd December 2013.

Arensman E. Plenary lecture: Suicide Prevention Programmes in Europe: Possible Implications for Japan. Symposium in connection with the Second Meeting of the WHO World Suicide Report. Tokyo, 18th December 2013.

TRAINING/WORKSHOPS

JANUARY

Arensman E. McCarthy J. Awareness of Depression, Suicide and Self-Harm: A gatekeeper programme for professionals and volunteers. Training Workshop for Cycle Against Suicide, Cork, 13th January 2013.

McCarthy J. Daly, C. Mind Yourself Programme for Young People and Adults. Knocknaheeny, 28th January, 2013.

FEBRUARY

Arensman E. Larkin C. Depression and a new approach to its care: The iFightDepression internet-based self-management tool. Training Workshop for Cork Mental Health Services, 14th February 2013.

McCarthy J. Daly C. Mind Yourself (pilot of the revised programme). Mallow. 15th February 2013.

Arensman E. Larkin C. Depression and a new approach to its care: The iFightDepression internet-based self-management tool. Training Workshop for the Student Health Centre, UCC, 28th February 2013.

MARCH

McCarthy J. Daly C. Mind Yourself (pilot of the revised programme). Mallow. 22nd March 2013.

Arensman E. Larkin C. Suicide and Deliberate Self-Harm in Ireland. Lecture for GP trainees, UCC, 6th March 2013.

APRIL

Arensman E. Larkin C. Depression and a new approach to its care: The iFightDepression internet-based self-management tool. Three-hour introductory workshop for the Student Health Centre, UCC, 18th April 2013.

MAY

Arensman E. Gatekeeper workshop: Awareness and skills related to Depression and Suicidal Behaviour. 21st May 2013. First International Symposium of the International Association for Suicide Prevention in Suriname. Paramaribo, 22nd-25th May 2013.

Arensman E. Train-The-Trainer Programme: Awareness and skills related to Depression and Suicidal Behaviour. International Association for Suicide Prevention. First International Symposium of the International Association for Suicide Prevention in Suriname. Paramaribo, 22nd-25th May 2013.

Arensman E. McCarthy J. Mind Yourself Train-The-Trainer programme – part 1. Waterford Area Partnership, 29th May 2013.

Arensman E. Larkin C. Depression and a new approach to its care: The iFightDepression internet-based self-management tool. Three-hour introductory workshop for GPs, 30th May 2013.

JUNE

Arensman E. McCarthy J. Mind Yourself Train-The-Trainer programme – Part 2. Waterford Area Partnership, 12th June 2013.

McCarthy J. Daly, C. Mind Yourself Programme for Young People and Adults. Knocknaheeny, 17th June 2013.

McCarthy J. Daly C. Mind Yourself Adults Programme. Ballyduff . 26th June, 27th June 2013.

SEPTEMBER

McCarthy J. Daly C. Mind Yourself Adults Programme. Ballyduff. 30th September, 1st October 2013.

NOVEMBER

Arensman E. Larkin C. Lunch-time workshop on the iFightDepression programme. Student Health Centre, UCC. 19th November 2013.

Arensman, E. Larkin C. Depression and a new approach to its care: The iFightDepression internet-based self-management tool. One hour update for mental health professionals. Cork, 28th November 2013.

NATIONAL/INTERNATIONAL LECTURES & MEETINGS

JANUARY

Arensman E. Suicide Clustering and Contagion: Early Identification and Responding. Lecture for the Department of Epidemiology and Public Health, UCC, 17th January 2013.

Arensman E. Larkin C. Critical Issues in Self-Harm and Suicide. Lecture for the School of Applied Psychology. Lecture, UCC, 22nd January 2013.

Arensman E. Leadership in Public Health, UCC, 24th January 2013.

Arensman E. Applying for EU Funding: The applicant's perspective. Seminar, Health Research Board, Dublin, 24th January 2013.

Arensman E. Suicide and Self-Harm in Ireland: Trends, risk factors and recommended interventions. Kerry Suicide Prevention Forum, Tralee, 30th January 2013.

FEBRUARY

Arensman E. Co-Chair: PREDI-NU progress meeting, Sintra, Portugal 17th - 19th February 2013.

Arensman E. Progress of implementation of the iFight-Depression tool and dissemination. PREDI-NU progress meeting, Sintra, Portugal 17th - 19th February 2013.

Larkin, C. WP02 Dissemination: Status report, planned activities and discussion. Sintra, Portugal, February 17th - 19th 2013.

Larkin, C. WP06/07 Implementation and evaluation of the PREDI-NU intervention programme: Overall status report, planned activities and discussion of open issues. Sintra, Portugal, February 17th - 19th 2013.

Larkin, C. WP06/07 Implementation and evaluation in Ireland: Status report, planned activities and discussion of open issues. Sintra, Portugal, February 17th - 19th 2013.

MARCH

Arensman E. Williamson E. Meeting with Minister Kathleen Lynch T.D. Department of Health, Dublin, 13th March 2013.

Griffin, E. JAMIE: Joint Action on Monitoring Injuries in Europe. NSRF Internal Meeting, 14th March, 2013.

Larkin, C. Suicide and Deliberate Self-Harm: Trends, Risks and Prevention. Lecture for Masters (MPH) in Public Health, UCC, 7th March 2013.

APRIL

Griffin E. State of play of injury data collection in Ireland. 3rd meeting of JAMIE associated and collaborating partners, Vienna, 11th - 12th April 2013

Griffin E. Suicide and self-harm in older adults. Talk given as part of the Regional Education Day – Care of the Older Person 2013. Centre of Nurse Education, Mercy University Hospital. 30th April 2013.

Williamson E. Overview of the work of the National Suicide Research Foundation. Presentation at the MARATONE Kick-Off Meeting, University of Southampton. 16th - 17th April 2013.

MAY

Arensman E. Suicide and Self-Harm: Recent trends and Evidence Based Interventions. Lecture at AGM of the NI Public Health Agency, R&D Division, Translational Research Group (TRG) in Mental Health, Ageing and Learning Disability. Belfast, 8th May 2013.

Arensman E. Trends in suicide and self-harm in young people: Implications for intervention and prevention. Seminar AGM CAMHS, Trim, 15th May 2013.

NATIONAL/INTERNATIONAL LECTURES & MEETINGS

JUNE

Arensman E. Review of national suicide prevention programmes. First meeting of the WHO World Suicide Report. Geneva, 2nd - 3rd June 2013.

Larkin C. Depression and a new approach to its care: The iFightDepression internet-based self-management programme. 6th Annual Joint Conference of Centre for Social Inclusion Cork and UCC, 5th June 2013.

Griffin, E, Larkin, C, Corcoran, P, Arensman, E. Patterns of non-fatal self-harm in Irish men: Findings from a national registry. Poster presentation, Men's Health Forum, Dr Steeven's Hospital, Dublin, 13th June 2013.

Arensman E. Coffey C. Griffin E et al. Effectiveness of Depression – Suicidal Behaviour Gatekeeper Training among Police Officers in Three European regions: Outcomes of the OSPI-Europe study. Poster presentation, Men's Health Forum, Dr Steeven's Hospital, Dublin, 13th June 2013.

JULY

Arensman E. Evidence-based awareness and skills training for General Practitioners. SCAN Introductory seminar, Dublin, 17th July 2013.

Arensman E. Data collection for SCAN Service. SCAN introductory seminar, Dublin, 17th July 2013.

Griffin E. Minding your mental health when dealing with debt. Talk delivered via Skype to Mortgage Arrears and Personal Debt: What are your options? Tralee, 18th July 2013.

AUGUST

Arensman E. Co-Chair PREDI-NU progress meeting, Innsbruck, 26th - 28th August 2013.

Arensman E. Co-Chair PREDI-NU progress meeting, Innsbruck, 26th - 28th August 2013.

Larkin C. WP02 Dissemination: Status report, planned activities and discussion. Innsbruck, Austria, August 27th - 28th 2013.

Larkin C. WP02 Dissemination: Status report, planned activities and discussion. Innsbruck, Austria, August 27th - 28th 2013.

Larkin C. WP 06/07 Implementation and evaluation of the PREDI-NU intervention programme: Overall status report, planned activities and discussion of open issues. Innsbruck, Austria, August 27th - 28th 2013.

SEPTEMBER

Arensman E. Second Report of the Suicide Support and Information System. Report Launch at the Department of Health, Dublin, 5th September 2013.

Arensman E. Panellist – Discussion Forum. Launch-Seminar at the Department of Health, Dublin, 5th September 2013.

Griffin E. National Registry of Deliberate Self-Harm Annual Report 2012. Presentation delivered at Report Launch at the Department of Health, Dublin, 5th September 2013.

Arensman E. Awareness and skills training on self-harm and suicide for Emergency Department staff: Outcomes of the training evaluation. Seminar of the National Clinical Programme, Dublin, 6th September.

Murphy R. iFightDepression: Using the internet to enhance awareness and self-management capacity for depression. Technology for Well-being International Conference, Dublin, 25th - 26th September 2013.

NATIONAL/INTERNATIONAL LECTURES & MEETINGS

Arensman E. Chair: Business Meeting of the IASP Task Forces and Special Interest groups. World Congress of the International Association for Suicide Prevention, Oslo, 24th - 28th September 2013.

Arensman E. Co-Chair: Symposium: Suicide Clustering and Contagion: Early Identification, Responding and Postvention. XXVII World Congress of the International Association for Suicide Prevention, Oslo, 24th - 28th September 2013.

Arensman E. Co-Chair Parallel session on The Internet and Social Media in Suicide Prevention. XXVII World Congress of the International Association for Suicide Prevention, Oslo, 24th - 28th September 2013.

Williamson E. Chair Lunch with Experts on two days, XXVII World Congress of the International Association for Suicide Prevention, Oslo, 24th - 28th September 2013

OCTOBER

Arensman E. Panellist Forum: Better Mental Health Services can Decrease Suicide. Founder's Day, St. Patrick's University Hospital. Dublin, 8th October 2013.

Arensman E. Larkin C. Critical Issues in Self-Harm and Suicide. Lecture for the School of Applied Psychology. UCC, 14th October 2013.

Arensman E. Suicide and Self-Harm in Ireland: Trends, risk factors and evidence based interventions. Lecture for the Department of Epidemiology and Public Health, UCC, 17th October 2013.

Arensman E. Mental Health Promotion. Lecture SPHERE. Department of Epidemiology and Public Health, UCC, 30th October 2013.

NOVEMBER

Arensman E. Assessment Methods in Mental Health. MARATONE Training Seminar, Barcelona, 6th November 2013.

Arensman E. Social Epidemiology and Mental Health. MARATONE Training Seminar, Barcelona, 6th November 2013.

Arensman E. Mental Health in Children and Adolescents. MARATONE Training Seminar, Barcelona, 6th November 2013.

Arensman E. The impact of alcohol on self-harm and suicide in Ireland. Facing the Fear: Alcohol and Mental Health in Ireland. Annual Conference of Alcohol Action Ireland. Dublin, 20th November 2013.

Arensman E. New insights into suicide and associated risk factors. Public Event National Suicide Research Foundation, Cork, 28th November 2013.

Griffin, E. Self-Harm in Ireland: An update from the National Registry of Deliberate Self-Harm. Public Event National Suicide Research Foundation, 28th November 2013.

Larkin, C. Self-management strategies in mild to moderate depression: The internet-based iFightDepression tool. Public Event National Suicide Research Foundation, 28th November 2013.

Williamson E. What's New in Suicide and Self-Harm Research in Ireland? Chaired Public Event National Suicide Research Foundation, Cork, 28th November 2013.

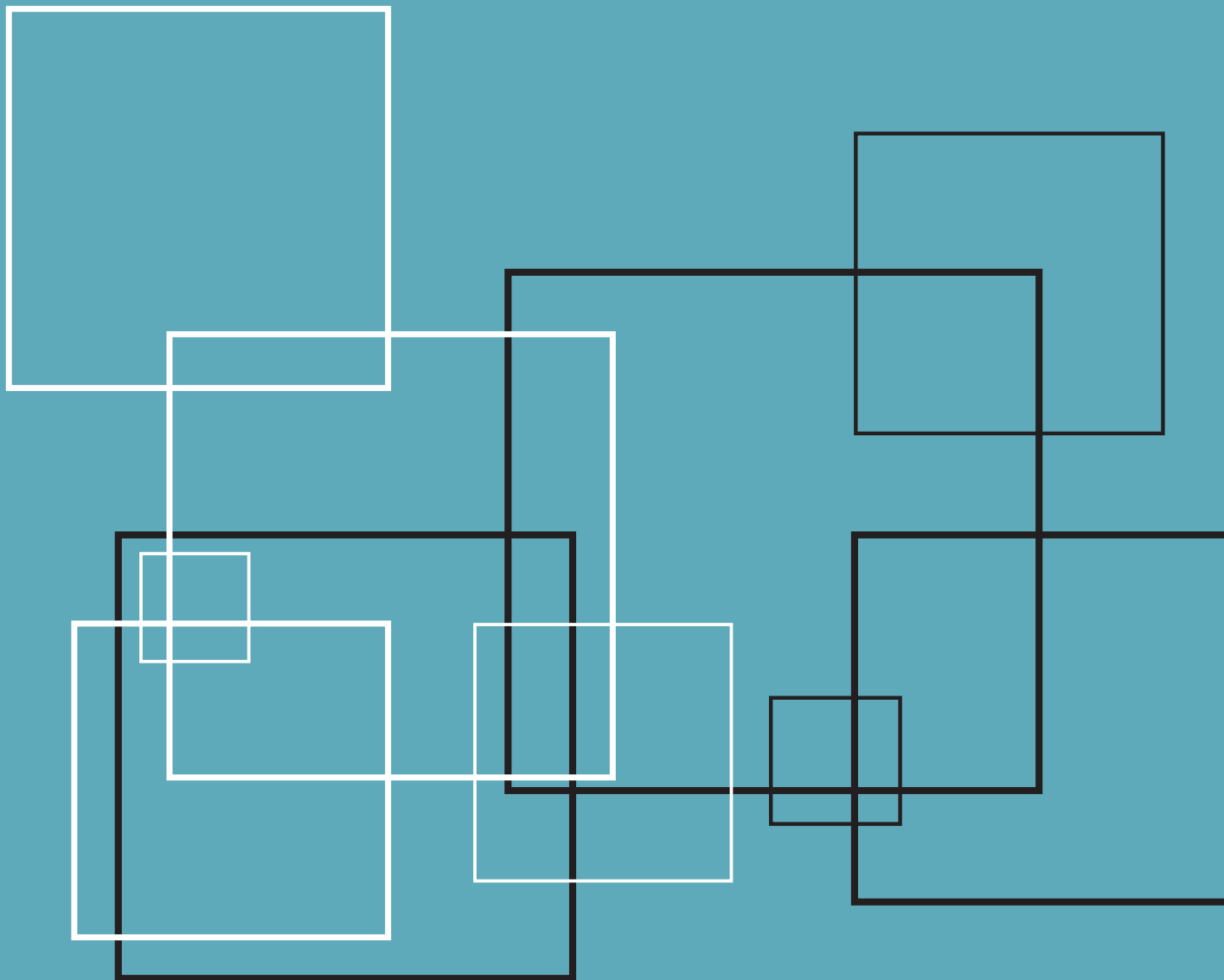
DECEMBER

Arensman E. Suicide Research and Prevention: Knowledge Gaps, New Developments and Emerging Evidence. Choose Life Annual Forum. Glasgow, 2nd - 3rd December 2013.

Arensman E. Panellist – Forum Discussion. Annual Forum of Choose Life Scotland. Glasgow, 2nd - 3rd December 2013.

Cassidy E. Arensman E, Daly C. Emergency Healthcare Staff Training in the Assessment and Management of Self-Harm. Seminar for Specialist Self-Harm Assessment Nurses. Dublin, 11th December 2013.

Arensman E. Chair: Second Meeting of the WHO World Suicide Report. Tokyo, 17th December 2013.



AWARDS & ACADEMIC ACHIEVEMENTS

Larkin C. PhD Viva Voce Examination of the PhD Thesis: Self-cutting and Prospective Repetition of Self-Harm: Studies of Emergency Department Presentations in Ireland". 2nd May 2013. Examiners: Prof. R O'Connor, Suicidal Behaviour Research Laboratory, University of Stirling, UK; Dr. S. Dockray, School of Applied Psychology, UCC. Supervisors: Prof. E Arensman; Dr. Z DiBlasi, Prof. IJ Perry. 2nd May 2013.

Arensman E. Elected President of the International Association for Suicide Prevention, 27th September 2013.

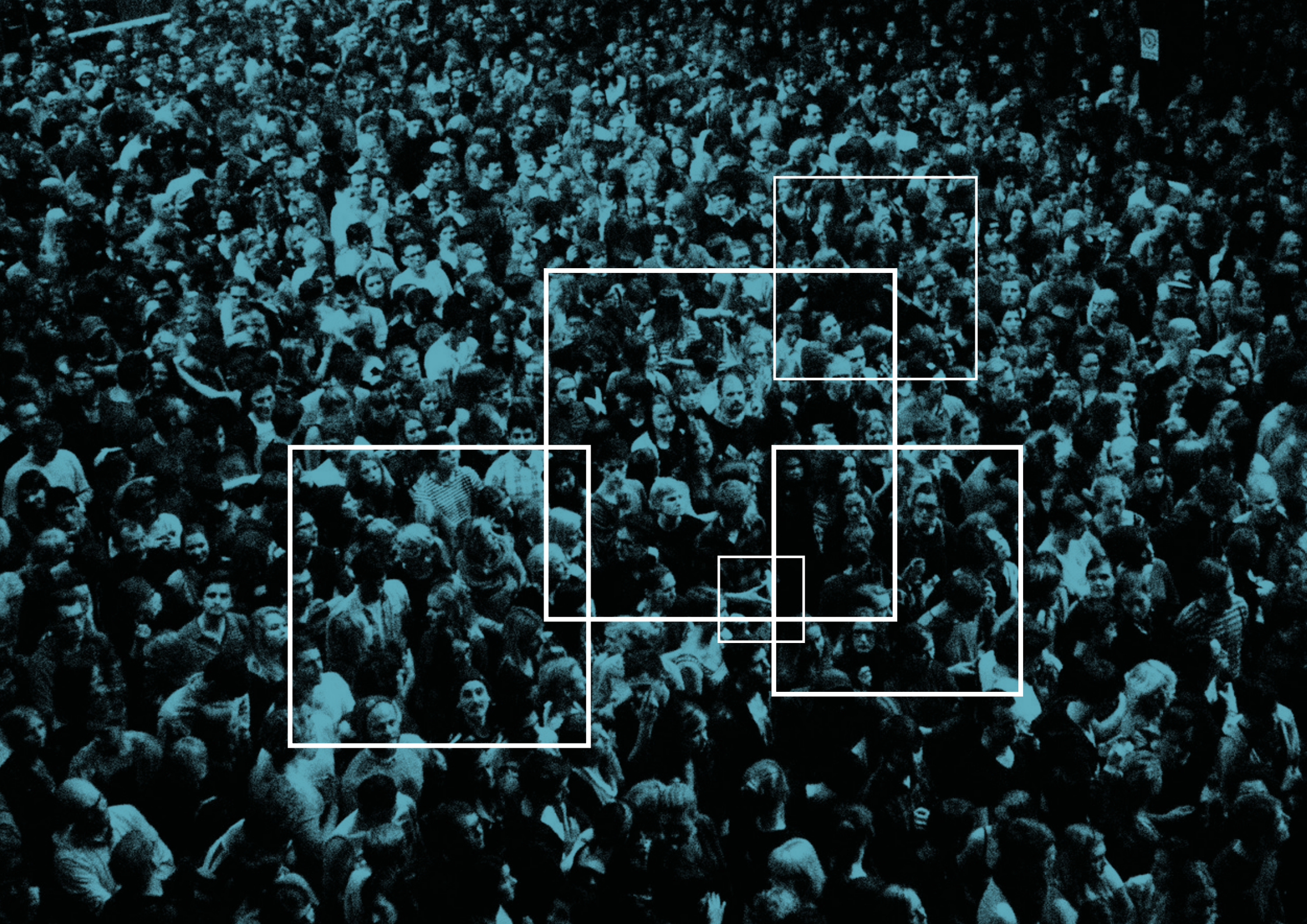
Arensman E. Internal Examiner for the PhD Thesis by Vera McCarthy. Title: Health of the Older Worker in Ireland – Occupational, Physical and Psychosocial Factors in the Autumn of Work Life. External Examiners: Prof. R. Rugulies; Dr L. O'Sullivan. Supervisors: Dr B. Greiner, Prof. IJ Perry, UCC, 3rd October 2013.

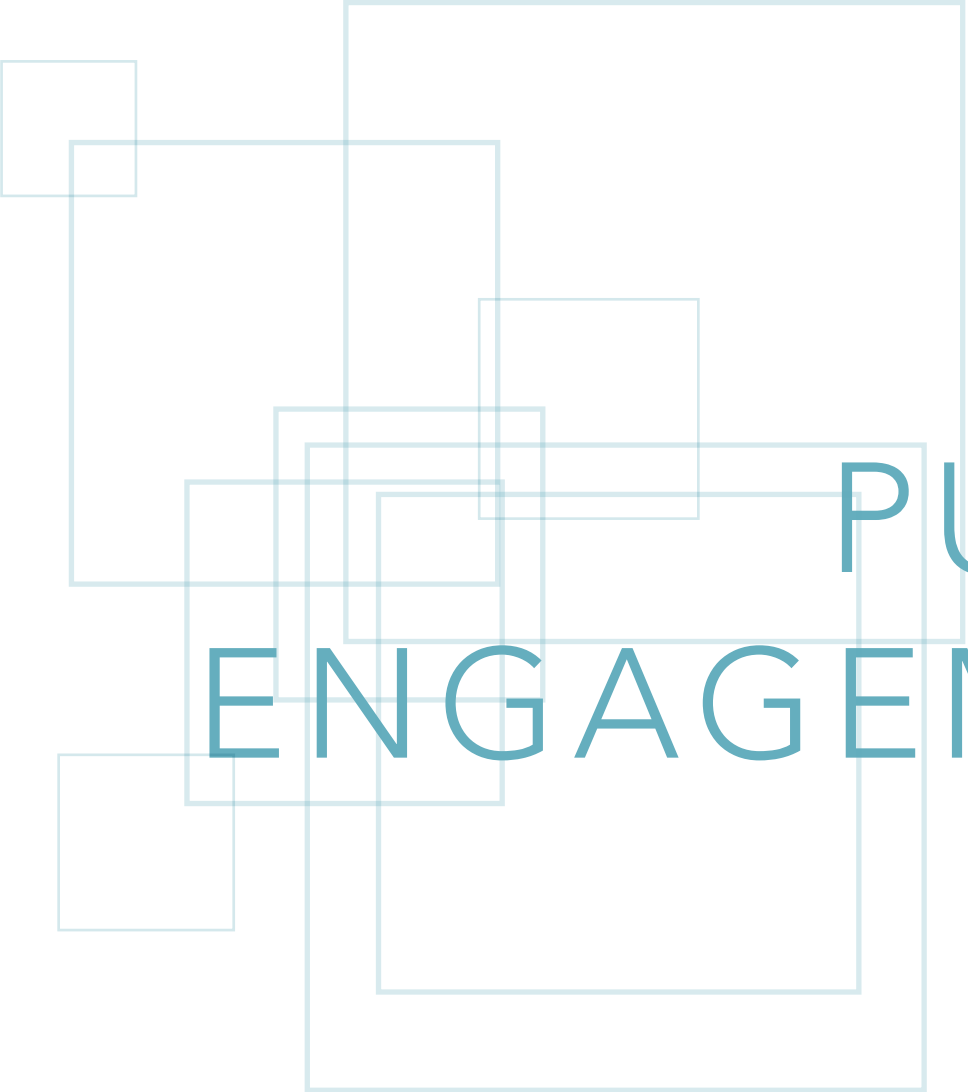
Daly C. Shortlisted for Award for Excellence in Research from the Irish Association of Suicidology. Title of presentation: Mind Yourself: An evaluation of participants' feedback. 9th-10th October 2013.

McCarthy J. Shortlisted for Award for Excellence in Research from the Irish Association of Suicidology. Title of Presentation Risk Factors associated with Suicide among Men in Ireland: Comparison between men aged under 40 years of age and those who are older. 9th - 10th October 2013.

Wall A. Shortlisted for Award for Excellence in Research from the Irish Association of Suicidology. Title of Presentation: Suicide Clustering and Contagion: A space-time analysis of data from the Suicide Support and Information System. 9th - 10th October 2013.

Suarez, C. Shortlisted for Award for Excellence in Research from the Irish Association of Suicidology. Title of Presentation: Examining the Process of Recovery in a Youth-Tailored Mental Health Programme. 9th - 10th October 2013.





PUBLIC ENGAGEMENT

WHO WE WORK WITH

HIGHER EDUCATION
FAMILY CENTRE CASTLEBAR
HSE SOUTH EAST
CONSOLE SUICIDE OR SURVIVE
NATIONAL OFFICE FOR SUICIDE PREVENTION
DEPARTMENT OF HEALTH
LIMERICK WORKING GROUP ON REDUCING SUICIDAL
DEPARTMENT OF HEALTH NORTHERN IRELAND – PUBLIC HEALTH AGENCY
DEPARTMENT OF HEALTH UK
EUROPEAN COMMISSION
UNIVERSITIES IN IRELAND AND INTERNATIONALLY
HEALTH INFORMATION AND QUALITY AUTHORITY
WORLD HEALTH ORGANISATION
INTERNATIONAL ASSOCIATION FOR SUICIDE PREVENTION
HEALTH RESEARCH BOARD
DEPARTMENT OF JUSTICE
DEPARTMENT OF CHILDREN
DONEGAL MENTAL HEALTH SERVICES
MENTAL HEALTH DIRECTORATE
SUICIDE RESOURCE OFFICERS
CHIEF STATE SOLICITOR'S OFFICE
HEADLINE
PSYCHOLOGICAL SOCIETY OF IRELAND
HSE SOUTH – NATIONAL DBT IMPLEMENTATION TEAM
PIETA HOUSE
BEHAVIOUR BY DROWNING
INSPIRE IRELAND
EUROSAFE
DEPARTMENT OF EDUCATION
CYCLE AGAINST SUICIDE
IRISH ASSOCIATION OF SUICIDODOLOGY
SECONDARY SCHOOLS
ROYAL COLLEGE OF SURGEONS IRELAND
MENTAL HEALTH COMMISSION
KERRY SUICIDE PREVENTION FORUM
KFV – AUSTRIAN ROAD SAFETY BOARD
MEN'S HEALTH FORUM
CENTRAL STATISTICS OFFICE
THE ASSOCIATION FOR CHILD AND ADULT MENTAL HEALTH SPECIAL INTEREST GROUP
3TS
SAMARITANS
INSTITUTE OF PUBLIC HEALTH
SUICIDE AWARE
PREDI-NU CONSORTIUM
IRISH COLLEGE OF GENERAL PRACTITIONERS
IRISH FRIENDS OF THE SUICIDE BEREAVED
INTERNATIONAL ASSOCIATION FOR SUICIDE PREVENTION
HOSPITAL EMERGENCY DEPARTMENTS

WHO BENEFITS FROM OUR RESEARCH

PEOPLE AT HIGH-RISK OF SUICIDE
ADOLESCENTS

PEOPLE BEREAVED BY SUICIDE

SELF-HARM PATIENTS

PHARMACISTS SUICIDE RESOURCE OFFICERS

HEALTH AND MENTAL HEALTH PROFESSIONALS

GENERAL POPULATION

GPS

RESEARCHERS

CORONERS

PROFESSIONALS AND VOLUNTEERS WORKING IN COMMUNITY BASED SETTINGS

GARDAI

EMERGENCY HEALTHCARE STAFF

PROFESSIONALS IN POLICY DEVELOPMENT AND IMPLEMENTATION

GENERAL POPULATION

CLERGY

COMMUNICATIONS & MARKETING

In 2013, the NSRF undertook efforts to enhance its profile, engage with the general public and to promote the organisation to a wider audience.

This involved translating the NSRF's research into a more accessible language, to reach a wider audience and encourage members of the public to understand who we are, what we do and why we do it.

Several activities were undertaken in 2013 to achieve these goals:



PUBLIC EVENTS

INFORMATION EVENING

The NSRF held a public Information Evening on November 28th 2013 entitled "What's New in Suicide and Self-Harm Research in Ireland?". The aim of the event was to introduce the work of the NSRF, to increase our public profile and to disseminate our research to a varied and wider audience. The feedback received from the evaluation forms was extremely positive and the decision to conduct a series of these events in 2014 was made. Approximately 70 people attended the event.

UCC HEALTH MATTERS

In connection with World Mental Health Week, University College Cork held its first UCC Health Matters Day on Wednesday, October 9th 2013. UCC Health Matters helps to co-ordinate health promoting activities all over campus to improve staff and student wellbeing. The NSRF was approached with regard to participating in this event by UCC. The NSRF held a promotional stand on the UCC campus and disseminated information to both UCC students and staff, who were very receptive and interested in our work.



FUNDRAISING

We would like to thank all of those who took part in the Cork City Mini Marathon on Sunday, September 13th 2013 and raised funds for the NSRF in the process. We would also like to thank those who generously donated to us as well throughout the year. We are very grateful and really appreciate your support!



SOCIAL MEDIA

The NSRF created two new social media accounts - Twitter and LinkedIn. The NSRF's Facebook page was also updated and a new strategy put in place. Public engagement with these accounts increased significantly once a proactive approach was taken and the public interest continues to increase day-by-day. Social media has now become an integral part of the NSRF's communications strategy, especially in relation to event promotion.

eNEWSLETTERS

Quarterly electronic newsletters were initiated in 2013, outlining new NSRF research, NSRF event advertising, new publications and vacancies. These newsletters were disseminated to those who had voluntarily signed up at the Information Evening or UCC Health Matters day and who had requested, from the social media accounts, to be added to our communications mailing list. This list now consists of approximately 200 individuals, as well as organisations, healthcare professionals and students.

WEBSITE

It was decided that the NSRF website was due a complete overhaul as it had become outdated and the vast quantity of publications and documentation were not displayed in an effective, user-friendly manner. Based on this, the Communications and Marketing Officer enlisted support in building a completely new website from scratch. This process is on-going and it is hoped that the NSRF's new website will be officially launched in March 2014.



SUICIDE RESEARCH FOUNDATION LIMITED
(COMPANY LIMITED BY GUARANTEE)
MEMBERS REPORT AND FINANCIAL
STATEMENTS FOR THE YEAR ENDED
31 DECEMBER 2013

COMPANY INFORMATION

MEMBERS

PAT MADDEN
BISHOP JOHN BUCKLEY
PATRICIA CASEY
BISHOP PAUL COLTON
DAVE DROHAN
TOM O'DWYER
PAUL CORCORAN
HELEN KEELEY
ELLA ARENSMAN
MARGARET KELLEHER
IVAN J. PERRY
BERTIE KELLEHER
MICHAEL O'SULLIVAN (APPOINTED 3 SEPTEMBER 2013)
BARRY MCGALE (APPOINTED 3 SEPTEMBER 2013)
PATRICIA BEHAN

DIRECTORS

MARGARET KELLEHER
IVAN J. PERRY
PAT MADDEN

SECRETARY

EILEEN WILLIAMSON

COMPANY NUMBER

224676

REGISTERED OFFICE

1 PERROTT AVENUE, COLLEGE ROAD,CORK.

AUDITORS

HICKEY & ASSOCIATES, LOUGH LEE HOUSE, WESTERN ROAD,CORK.

BUSINESS ADDRESS

ROOM 4.28, WESTERN GATEWAY BUILDING, UNIVERSITY COLLEGE CORK, CORK.

BANKERS

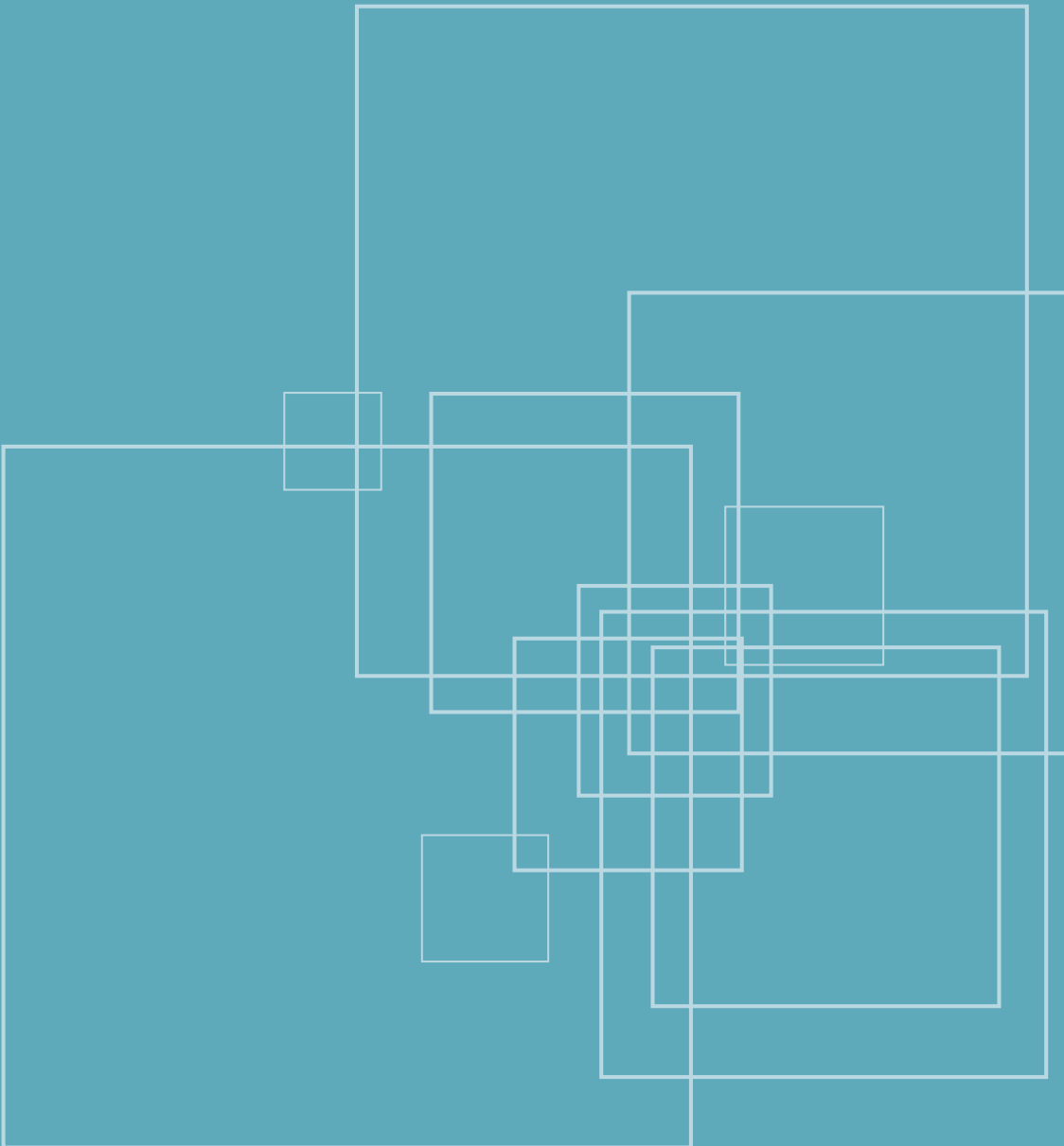
ALIIED IRISH BANKS PLC, 66 SOUTH MALL, CORK.

SOLICITORS

CCK LAW FIRM, 66 FITZWILLIAM SQUARE, DUBLIN 2.

CONTENTS

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MEMBERS REPORT FOR THE YEAR ENDED 31 DECEMBER 2013

The Members present their report and financial statements for the year ended 31 December 2013.

PRINCIPAL ACTIVITIES AND REVIEW OF THE BUSINESS

The principal activity of the company continued to be the research into suicides and incidents of deliberate self harm, and the recording for research purposes of all reported incidents of suicide and deliberate self harm, in order to assist in the prevention of suicide.

The company has made a profit for the year in the amount of €9,344 (2012: €2,426). The members are satisfied with the results of the company in view of the prevailing economic conditions.

The principal risk to the company is that there will be further funding cuts over the next number of years and whether the company will be awarded contracts for additional research projects. The members are of the opinion that they have taken all necessary steps to reduce costs in accordance with any funding cuts to ensure the continuity of the foundation into the future, however further cuts may be necessary in 2014 to ensure the foundation's viability going forward.

RESULTS AND DIVIDENDS

The results for the year are set out on pages 62 & 63. The company has no share capital, and thus has not paid or declared any dividends in the 2013 year.

POST BALANCE SHEET EVENTS

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the company, the results of those operations or the state of the affairs of the company in the financial period subsequent to the financial year ended 31 December 2013.

FUTURE DEVELOPMENTS

The company has no future developments planned at this point in time.

MEMBERS

The following members have held office since the 1st January 2013:

Patricia Behan	Bishop John Buckley
Patricia Casey	Bishop Paul Colton
Patrick Madden	Paul Corcoran
Margaret Kelleher	Bertie Kelleher
Ivan J. Perry	Ella Arensman
Dave Drohan	Tom O'Dwyer
Helen Keeley	
Michael O'Sullivan (Appointed 03/09/2013)	Barry McGale (Appointed 03/09/2013)

An Executive Committee made up of the following persons was formed from Company Members:

Margaret Kelleher	Dave Drohan
Ivan J. Perry	Patrick Madden
Michael O'Sullivan (Appointed 03/09/2013)	Barry McGale (Appointed 03/09/2013)

MEMBERS INTERESTS

The members have no beneficial interest in the company as there is no issued share capital, and the company is limited by guarantee.

MEMBERS REPORT FOR THE YEAR ENDED 31 DECEMBER 2013

BOOKS OF ACCOUNT

The company's members are aware of their responsibilities, under section 202 of the Companies Act 1990 to maintain proper books of account and are discharging their responsibility by:

1. Employing qualified and experienced staff, and
2. Ensuring that sufficient company resources are available for the task, and
3. Liaising with the company's auditors.

The books of account are held at the company's business premises, Room 4.28, Western Gateway Building, University College Cork, Cork.

TAXATION STATUS

The company was not a close company as defined by Section 430 Taxes Consolidation Act 1997 and this position has not changed since the end of the financial year.

AUDITORS

In accordance with the Companies Act 1963, section 160(2), Hickey & Associates continue in office as auditors of the company.

STATEMENT OF MEMBERS RESPONSIBILITIES

Company law requires the Members to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period.

In preparing those financial statements, the Members are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The members confirm that they have complied with the above in the preparation of the financial statements.

The Members are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Acts 1963 to 2013. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

By order of the board.



Pat Madden
Director



Ivan J. Perry
Director

Date: 12 May 2014

INDEPENDENT AUDITORS' REPORT

TO THE MEMBERS OF SUICIDE RESEARCH FOUNDATION LIMITED

We have audited the financial statements of Suicide Research Foundation Limited for the year ended 31 December 2013 set out on pages 62 to 74. The financial reporting framework that has been applied in their preparation is Irish law and the accounting standards issued by the Financial Reporting Council and promulgated by the Institute of Chartered Accountants in Ireland (Generally Accepted Accounting Practice in Ireland).

This report is made solely to the company's members, as a body, in accordance with Section 193 of the Companies Act, 1990. Our work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our work, for this report, or for the opinions we have formed.

Respective responsibilities of the members and auditors

As explained more fully in the Members Report set out on pages 58 to 59 the members are responsible for the preparation of the financial statements giving a true and fair view. Our responsibility is to audit and express an opinion on the financial statements in accordance with Irish law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's Ethical Standards for Auditors.

Scope of the audit of the financial statements

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the company's circumstances and have been consistently applied and adequately disclosed;

the reasonableness of significant accounting estimates made by the members; and the overall presentation of the financial statements. In addition, we read all the financial and non-financial information in the Members Report to identify material inconsistencies with the audited financial statements, and to identify any information that is apparently materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

Opinion on financial statements

In our opinion the financial statements:

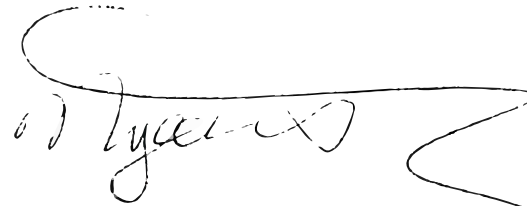
- give a true and fair view, in accordance with Generally Accepted Accounting Practice in Ireland, of the state of the company's affairs as at 31 December 2013 and of its profit for the year then ended ; and
- have been properly prepared in accordance with the requirements of the Companies Acts, 1963 to 2013.

Matters on which we are required to report by the Companies Acts 1963 to 2013

- We have obtained all the information and explanations which we consider necessary for the purposes of our audit.
- In our opinion proper books of account have been kept by the company.
- The financial statements are in agreement with the books of account.
- In our opinion, the information given in the Members Report is consistent with the financial statements.

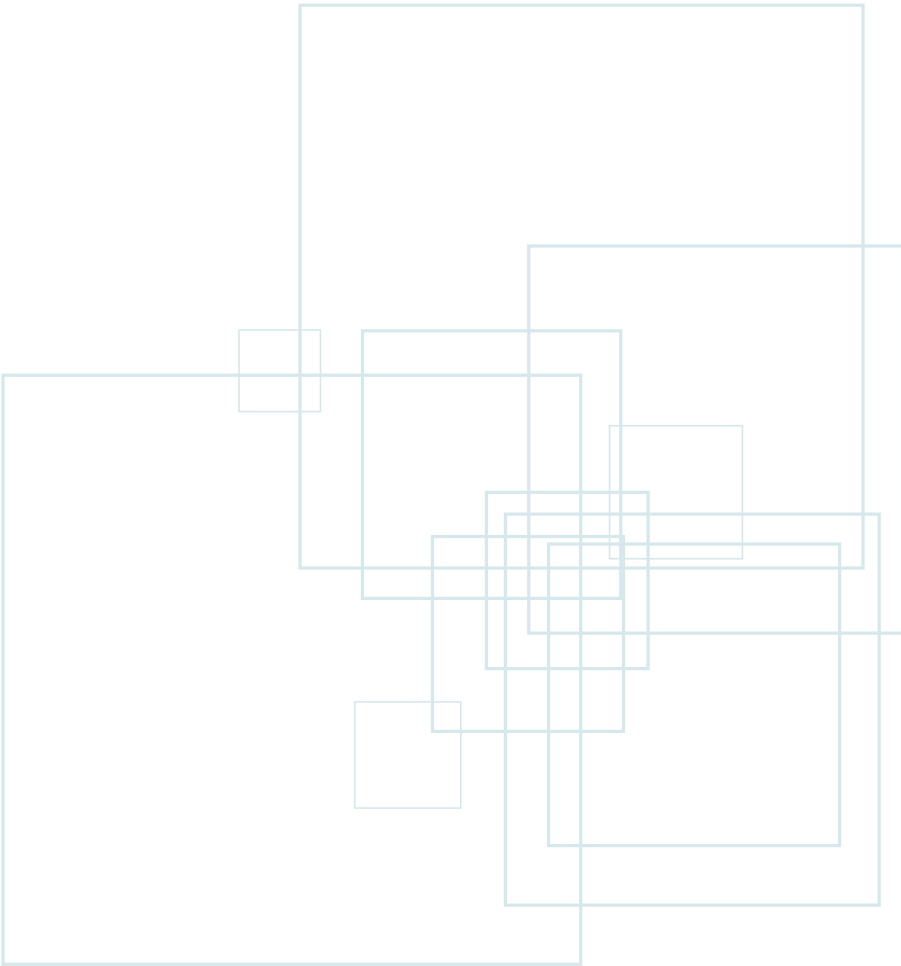
Matters on which we are required to report by exception

We have nothing to report in respect of the provisions in the Companies Acts 1963 to 2013 which requires us to report to you if, in our opinion, the disclosures of directors' remuneration and transactions specified by law are not made.



Nigel Hickey for:
Hickey & Associates
Chartered Accountants
Registered Auditors

14 May 2014
Lough Lee House,
Western Road,
Cork.



INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2013

	Notes		2013 €		2012 €
Turnover	2		1,077,967		1,029,062
Foundation		350,181	10,930	334,111	(26,101)
Foundation costs		(339,251)		(360,212)	
Registry		518,000	(25,215)	532,573	(69,593)
Registry costs		(543,215)		(602,166)	
HRB ICE funding			-		-
Funding receivable		33,888		-	
Expenses		(33,888)		-	
SEYLE funding			-		-
Funding receivable		500		-	
Expenses		(500)		-	
OSPI funding			21,057		(8,067)
Funding receivable		21,492		537	
Expenses		(435)		(8,439)	
Fundraising			346		977
Funding receivable		897		1,062	
Expenses		(551)		(85)	
MARATONE funding			-		-
Funding receivable		27,958		-	
Expenses		(27,958)		-	
SHTA Evaluation Project			-		22,167
Funding receivable		-		22,250	
Expenses		-		(83)	
JAMIE Project			-		3,538
Funding receivable		1,811		5,082	
Expenses		(1,811)		(1,544)	
PREDI-NU Project			-		2,804
Funding receivable		37,290		36,510	
Expenses		(37,290)		(33,706)	
DSH Assessment Project			(23,877)		26,393
Funding receivable		-		49,435	
Expenses		(23,877)		(23,042)	

INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2013

	Notes		31 Dec 2013 €		31 Dec 2012 €
Endeavour Project Funding received Expenses		55,556 (55,556)	-	4,739 (4,739)	-
Mind Yourself Cork Funding received Expenses		1,681 (1,483)	198	5,578 (2,281)	3,297
ERRIS Social Prescribing Funding received Expenses		3,713 (3,713)	-	- -	-
Private donations			-		3,383
Northern Ireland Funding Funding receivable Expenses		25,000 -	25,000	44,119 (315)	43,804
Operating surplus	3		8,439		2,602
Interest received	4		1,458		388
Bank interest & charges	5		(553)		(564)
Excess of income on ordinary activities before taxation			9,344		2,426
Taxation	6		-		-
Net surplus for the year after taxation	10		9,344		2,426

The income & expenditure account has been prepared on the basis that all operations are continuing operations.

There are no recognised gains and losses other than those passing through the income & expenditure account.

INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2013

Approved by the members on 12 May 2014

A handwritten signature in black ink, appearing to read 'Pat Madden', with a long horizontal flourish extending to the right.

Pat Madden
Director

A handwritten signature in black ink, appearing to read 'Ivan J. Perry', with a long horizontal flourish extending to the right.

Ivan J. Perry
Director

BALANCE SHEET AS AT 31 DECEMBER 2013

	Notes	€	2013 €	€	2012 €
Fixed assets					
Tangible assets	7		14,320		17,190
Current assets					
Debtors	8	83,637		81,294	
Cash at bank and in hand		469,883		47,242	
		553,520		128,536	
Creditors: amounts falling due within one year	9	(489,751)		(76,981)	
Net current assets			63,769		51,555
Total assets less current liabilities			78,089		68,745
Reserves					
Income & expenditure account	10		78,089		68,745
Accumulated funds	11		78,089		68,745

Approved by the members and authorised for issue on 12 May 2014



Pat Madden
Director

Ivan J. Perry
Director

CASH FLOW STATEMENT

		€	2013 €	€	2012 €
Net cash inflow/(outflow) from operating activities (Note 1)			424,515		(54,963)
Returns on investments and servicing of finance					
Interest received		1,458		388	
Interest & similar charges paid		(553)		(564)	
Net cash inflow/(outflow) for returns on investments and servicing of finance			905		(176)
Capital expenditure			(2,779)		(17,872)
Payments to acquire tangible assets		(3,379)		(17,872)	
Receipts from sales of tangible assets		600		-	
Net cash inflow/(outflow) before management of liquid resources and financing			422,641		(73,011)
Increase/(decrease) in cash in the year (Note 2)			422,641		(73,011)

NOTES TO THE CASH FLOW STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2013

1 Reconciliation of operating profit to net cash inflow/(outflow) from operating activities			2013	2012
			€	€
Operating profit			8,439	2,602
Depreciation of tangible assets			4,250	2,681
Write down of value of tangible assets			-	1,690
Loss on disposal of tangible assets			1,399	-
Decrease/(increase) in debtors			(2,343)	55,330
Increase/(decrease) in creditors within 1 year			412,770	(117,266)
Net cash inflow/(outflow) from operating activities			424,515	(54,963)
2 Analysis of net funds	1 January 2013	Cash flow	Other noncash changes	31 Dec 2013
			€	€
Net cash:				
Cash at bank and in hand	47,242	422,641	-	469,883
Net funds	47,242	422,641	-	469,883
3 Reconciliation of net cash flow to movement in net funds			2013	2012
			€	€
Increase/(decrease) in cash in the year			422,641	(73,011)
Movement in net funds in the year			422,641	(73,011)
Opening net funds			47,242	120,253
Closing net funds			469,883	47,242

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2013

1 Accounting policies

1.1 Accounting convention

The financial statements are prepared under the historical cost convention on a going concern basis.

1.2 Compliance with accounting standards

The financial statements are prepared in accordance with applicable law and the accounting standards issued by the Financial Reporting Council and promulgated by the Institute of Chartered Accountants in Ireland (Generally Accepted Accounting Practice in Ireland), which have been applied consistently (except as otherwise stated).

1.3 Turnover

Grants and other funding are credited to the income & expenditure account in the period in which they are received, or when the relative expenditure takes place, whichever is the later.

1.4 Tangible fixed assets and depreciation

Tangible fixed assets are stated at historical cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Furniture, fittings & computer equipment 20% Straight line basis

1.5 Pension contributions

The company contributes to various defined contribution pension plans for the benefit of its employees and members. The cost to the company of the contributions payable are charged to the profit and loss account in the year they are payable. The pension plans are held in the names of the individual employees/members and thus the assets held in those plans are not included in the company's assets.

1.6 Deferred taxation

Deferred taxation is provided at appropriate rates on all timing differences using the liability method only to the extent that, in the opinion of the directors, there is a reasonable probability that a liability or asset will arise in the foreseeable future.

1.7 Foreign currency translation

Monetary assets and liabilities denominated in foreign currencies are translated into euro at the rates of exchange ruling at the dates of payments or receipts. Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction payment or receipt. Consequently there are no differences in foreign currency translations between the rates ruling at the dates of the transactions and the dates of payment or receipt.

1.8 Government grants

Revenue grants are credited to the income & expenditure account in the period in which they are received, or when the relative expenditure takes place, whichever is the later.

Grants towards capital expenditure are credited to a deferred capital expenditure accrual when they are received, and related capital expenditure debited against the accrual in the period in which it is expended.

1.9 Taxation

The current tax charge is recognised in the income & expenditure account for the period as appropriate, is based on the profit for the year, and is calculated with reference to the tax rates ruling at the balance sheet date.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2013

2 Turnover

The total turnover of the company for the year has been derived from its principal activity mainly undertaken in the Republic of Ireland, and comprises mainly grant income.

	2013 €	2012 €
3 Excess of income over expenditure operating activities		
Excess of income over expenditure is stated after charging:		
Depreciation of tangible assets	4,250	2,681
Loss on disposal of tangible assets	1,399	-
Write down of value of tangible assets	-	1,690
Operating lease rentals		
- Leased premises	27,500	30,000
Auditors' remuneration	6,000	6,000
4 Other interest receivable and similar income	2013 €	2012 €
Bank interest	1,458	388
5 Interest payable & similar charges	2013 €	2012 €
Bank charges	553	564

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2013

6 Taxation			2013	2012
			€	€
Current tax charge			-	-
Factors affecting the tax charge for the year				
Profit on ordinary activities before taxation			9,344	2,426
Profit on ordinary activities before taxation multiplied by standard rate of Irish corporation tax of 12.50% (2012: 12.50%)		1,168	303	
Effects of: Other tax adjustments			(1,168)	(303)
			(1,168)	(303)
Current tax charge			-	-

The Company is registered as a charity and as such their activities are exempt from corporation taxation, thus no provision for corporation tax has been made in these Financial Statements and no losses are carried forward.

No provision for deferred taxation has been made in these financial statements as there is no corporation tax liability.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2013

7 Tangible fixed assets

				Furniture, fittings & computer equipment €
Cost				
At 1 January 2013				106,767
Additions				3,379
Disposals				(88,896)
At 31 December 2013				21,250
Depreciation				
At 1 January 2013				89,577
On disposals				(86,897)
Charge for the year				4,250
Write down of value of old assets				1,399
At 31 December 2013				6,930
Net book value				
At 31 December 2013				14,320
At 31 December 2012				17,190

8 Debtors

	2013 €	2012 €
Interest accrued	928	134
Sundry debtors and accrued income	82,709	81,160
	83,637	81,294

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2013

9 Creditors: amounts falling due within one year	2013	2012
	€	€
Other creditors	20,729	18,209
Accruals and deferred income	469,022	58,772
	489,751	76,981
Included in other creditors are amounts relating to taxation, as follows: P.A.Y.E. control account	20,729	18,209
<hr/>		
10 Statement of movements on income & expenditure account		Income & expenditure account
		€
Balance at 1 January 2013		68,745
Surplus for the year		9,344
Balance at 31 December 2013		78,089
<hr/>		
11 Reconciliation of movements in accumulated funds	2013	2012
	€	€
Surplus for the financial year	9,344	2,426
Opening accumulated funds	68,745	66,319
Closing accumulated funds	78,089	68,745

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2013

12 Employees

Number of employees The average monthly number of employees (excluding the 3 directors) during the year was:		2013	2012
		Number	Number
Foundation		10	7
Registry		16	14
		26	21
Employment costs		2013	2012
		€	€
Wages and salaries		736,870	677,689
Social security costs		69,648	66,056
Other pension costs		21,246	22,057
		827,764	765,802

13 Members' interests and guarantees

The members have no beneficial interest in the company, as the company was incorporated, without share capital, as a company limited by guarantee. According to the Memorandum & Articles of Association each member is limited by guarantee to a maximum of €1.27.

14 Related party transactions

The following transactions took place between the company and related parties of the company during the year ended 31st December 2013:

Rent paid to Margaret Kelleher, a director of the company, in respect of offices premises at Edencurragh, 1 Perrott Avenue, Cork - €27,500 (2012: €30,000).

15 Post balance sheet events

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the company, the results of those operations or the state of the affairs of the company in the financial period subsequent to the financial year ended 31 December 2013.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2013

16 Financial commitments

At 31 December 2013 the company was committed to making the following payments under noncancellable operating leases in the year to 31 December 2014:

	Land and buildings 2013	2012
	€	€
Operating leases which expire:		
Within one year	6,667	27,500
Between two and five years	93,333	86,667
In over five years	-	13,333
	100,000	127,500

17 Approval of financial statements

The Members approved the financial statements on 12 May 2014.

FOUNDATION DETAILED INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2013

	Notes	€	2013 €	€	2012 €
Foundation income			350,181		334,111
HSE - NOSP		318,000		303,430	
Lectures, fees, etc.		32,181		30,681	
Foundation Costs					
Salaries & wages		252,098		260,503	
Pension costs		13,256		15,268	
Light & heat		180		2,059	
Postage, printing, advertising & stationery		5,988		8,938	
Travel costs		6,186		7,184	
Meeting & conferences		3,832		1,019	
Fees, training & subscriptions		15,538		12,567	
Accountancy fees		3,519		3,888	
Audit fees		3,000		3,000	
Telephones		3,734		4,454	
Computer expenses		13,475		21,638	
Insurance		2,668		2,534	
Repairs		713		-	
Cleaning		-		660	
Sundry expenses		1,314		1,500	
Rent & rates		13,750	(339,251)	15,000	(360,212)
Surplus/(Deficit)			10,930		(26,101)
HRB ICE funding		-		-	
Funding receivable		33,888		-	
Salaries & wages		(29,856)		-	
Travel costs		(410)		-	
Stationery & printing		(25)		-	
Fees & subscriptions		(350)		-	
Meetings & conferences		(856)		-	
Pension costs		(2,391)		-	
SEYLE funding		-		-	
Funding receivable		500		-	
Fees & subscriptions		(500)		-	
OSPI funding			21,057		8,067
Funding receivable		21,492		537	
Salaries & wages		-		(5,130)	
Travel costs		(314)		(3,309)	
Stationery, printing & postage		(121)		-	
Miscellaneous expenses		-		(165)	
Fundraising			346		977
Funding receivable		897		1,062	
Other costs		(551)		(85)	

FOUNDATION DETAILED INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2013

	Notes	€	2013 €	€	2012 €
MARATONE funding			-		-
Funding receivable		27,958		-	
Salaries & wages		(24,844)		-	
Travel costs		(2,511)		-	
Stationery, printing & postage		(8)		-	
SHTA Evaluation Project			-		22,167
Funding receivable		-		22,250	
Travel costs		-		(83)	
JAMIE Project			-		3,538
Funding receivable		1,811		5,082	
Travel costs		(727)		(600)	
Meeting costs		(1,084)		(944)	
PREDI-NU Project			-		2,804
Funding receivable		37,290		36,510	
Salaries & wages		(32,961)		(29,392)	
Travel costs		(1,029)		(2,461)	
Fees & subscriptions		(100)		(540)	
Miscellaneous expenses		-		(659)	
Meetings & conferences		(3,111)		(654)	
DSH Assessment Project			(23,877)		26,393
Funding receivable		-		49,435	
Salaries & wages		(22,795)		(22,152)	
Stationery, printing & postage		(51)		(40)	
Fees & subscriptions		(1,000)		(500)	
Miscellaneous expenses		-		(250)	
Meetings & conferences		(31)		(100)	
Endeavour Project			-		-
Funding received		55,556		4,739	
Salaries & wages		(49,984)		(4,739)	
Travel costs		(1,531)		-	
Fees & subscriptions		-		-	
Meetings & conferences		(541)		-	
Mind Yourself Cork			198		3,297
Funding received		1,681		5,578	
Travel costs		(1,004)		2,128	
Stationery, printing & postage		(75)		33	
Meetings & conferences		(404)		120	

REGISTRY DETAILED INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2013

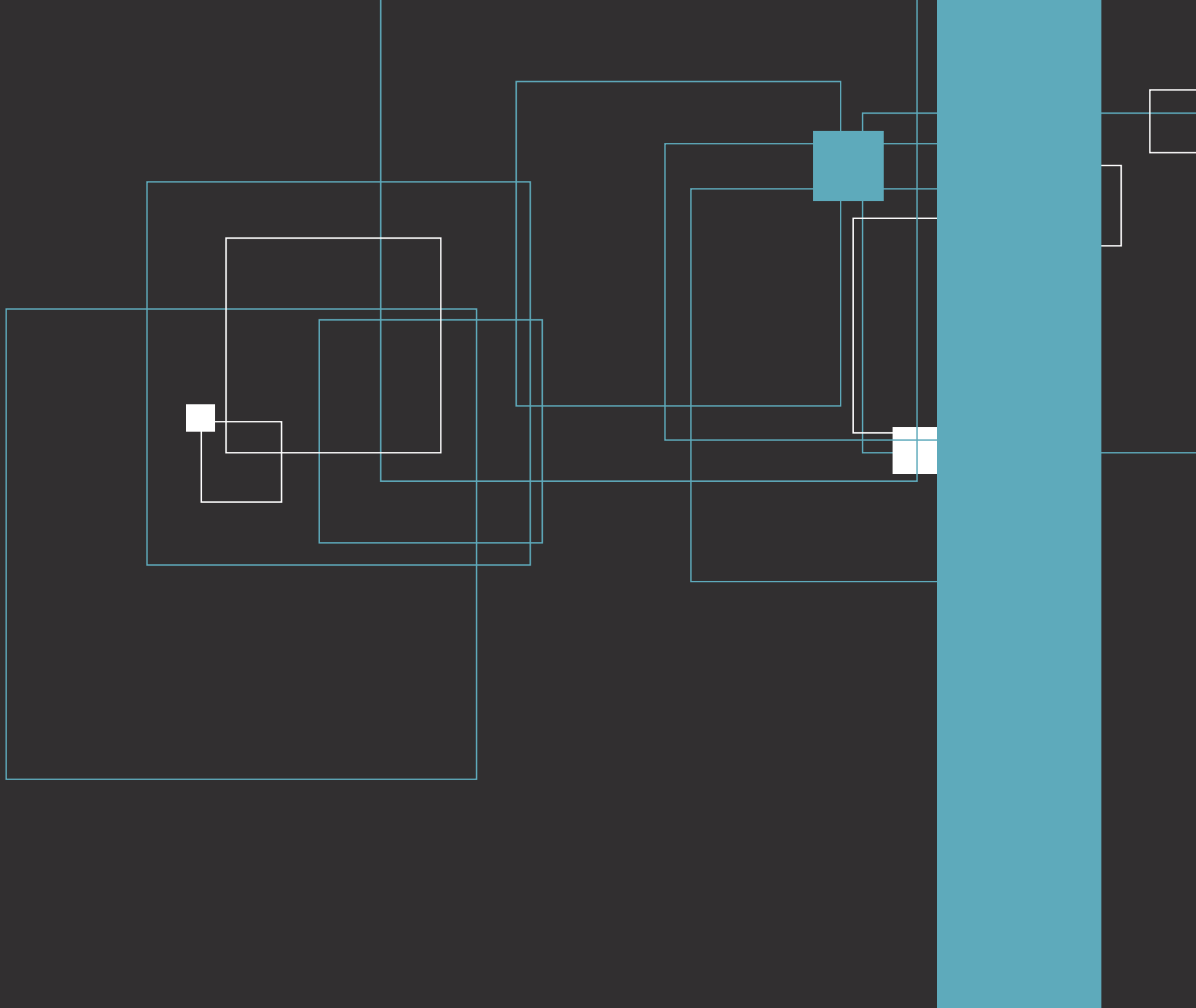
	€	2013 €	€	2012 €
ERRIS Social Prescribing		-		-
Funding received	3,713		-	
Salaries & wages	(2,984)		-	
Travel costs	(508)		-	
Stationery, printing & postage	(40)		-	
Meetings & conferences	(181)		-	
Private donations	-		3,383	
Foundation surplus		8,654		28,391

REGISTRY DETAILED INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2013

	€	2013 €	€	2012 €
Registry Income				
HSE - NOSP		518,000		532,573
Registry Costs				
Salaries & wages	390,995		421,829	
Pension costs	5,598		6,789	
Data collectors	8,267		21,530	
Data collection travel costs	37,154		36,074	
Fees, training & subscriptions	12,638		12,794	
Fees to HRB Scholar	30,000		28,149	
Rent & rates	13,750		15,000	
Insurance	2,668		2,534	
Light, heat & power	180		2,059	
Repairs & maintenance	375		-	
Cleaning	-		660	
Postage, printing, advertising & stationery	6,982		7,932	
Telephones	2,340		3,056	
Travel costs	(444)		2,138	
Meetings & conferences	3,953		3,361	
Accountancy fees	3,519		3,888	
Audit fees	3,000		3,000	
Computer costs	15,913		27,002	
Sundry expenses	678		-	
Depreciation	4,250		2,681	
Write down of value of tangible assets	1,399		1,690	
		(543,215)		(602,166)
Deficit		(25,215)		(69,593)
Northern Ireland funding				
Funding receivable	25,000	25,000	44,119	43,804
Travel & conferences	-		(315)	
Registry (deficit)/surplus		(215)		(25,789)
Net excess income over expenditure for the year		8,439		2,602







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