

IASP Early Career Group Inaugural Newsletter

Winter 2017

Engage

Welcome

Welcome to our very first International Association for Suicide Prevention (IASP) Early Career Group (ECG) newsletter- Engage.

We as ECG Co-Chairs are delighted to be sharing our inaugural newsletter with you all and excited about the future of this ECG. We envision that this ECG will be progressive, inclusive and supportive and will comprise of a community of multi-disciplinary professionals, researchers and students with a passion to work in and impact upon suicide prevention activities internationally.

This periodic newsletter is our way of sharing with you the current activities in the field and as with any knowledge exchange we welcome all of you other early career persons to contribute by contact us, submitting pieces or just reaching out to us with ideas.

This group is fundamentally about sharing knowledge, experiences and insights for the betterment of not only our careers but ultimately suicide prevention efforts everywhere.

Caroline, Olivia and Carl



In this issue:

- An introduction to IASP
- Meet the Early Career Group Chairs
- Join the Early Career Group
- Snapshot pieces from early career researchers
- Information on upcoming conferences

"Resources like this newsletter are excellent vehicles for information exchange and communication."

Jane Pirkis

Welcome

from IASP President, Professor Jane Pirkis

I am delighted to welcome the new IASP Early Career Group (ECG). This exciting group supports and showcases the work of people in the field of suicidology who are in the early stages of their careers. I would encourage anyone who is starting out in the field to engage with the activities of this new group. Together members can encourage each other, share knowledge and opportunities, and thrash out challenges and obstacles. I also commend this new newsletter - Engage - to you.



ABOUT THE INTERNATIONAL ASSOCIATION FOR SUICIDE PREVENTION (IASP)

IASP is a Non-Governmental Organization concerned with suicide prevention globally. Founded by the late Professor Erwin Ringel and Dr. Norman Farberow in 1960, IASP now includes professionals and volunteers from more than fifty different countries.

IASP is dedicated to:

- Preventing suicidal behaviour,
- Alleviating its effects, and
- Providing a forum for academics, mental health professionals, crisis workers, volunteers and suicide survivors.

IASP is a multidisciplinary organization, comprised of an Executive Committee, College of Presidents, Board of National Representatives, Special Interest Groups and valued members. For more information on IASP please visit: www.iasp.info.

About the Early Career Group

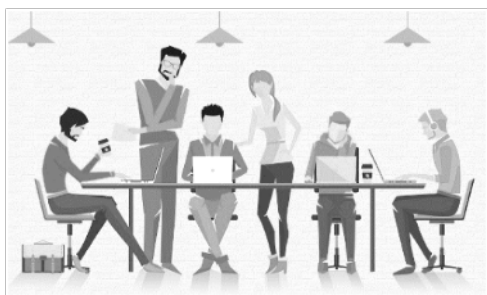
Our aim

To develop an international network of early career researchers, clinicians, healthcare and related professionals that will significantly contribute to the sustainability and effectiveness of



This ECG will:

- ❖ Encourage and provide a platform for knowledge exchange between group associates and experts in suicidology
- ❖ Foster and develop collaboration and networking on the topic nationally and internationally
- ❖ Provide information to associates on available career-related opportunities, including jobs, conferences and funding
- ❖ Actively participate at IASP and other conferences in the area of suicide prevention, and
- ❖ Connect group associates with Special Interest Groups (SIGs) in their area of interest.



We endeavor to engage with other early career persons to provide them with:

- ❖ Insight into new research and interventions in the area of suicide prevention
- ❖ The opportunity to engage with experts in the area of suicide prevention and to work with the IASP SIG co-Chairs on their work in preventing suicide
- ❖ Forums to disseminate their research
- ❖ Insight into career, funding and grant opportunities as well as conference information.

Membership Information

Membership to the ECG is free to all current IASP members.

Students (undergraduate, postgraduate, masters and PhD students) who are not current IASP members can enjoy an introductory 2-year period to the ECG as a student associate.

The student associate fees (which covers the full 2-year period) are:

- \$50.00 for those from zone 1
- \$25.00 for those from zone 2, and
- \$0.00 for those from zones 3 and 4.

Please see www.iasp.info/application.php for details of zones 1-4.

To join us today and engage with the new IASP ECG please visit: www.iasp.info/early_career_group.php.



Join us on social media

"Social media is like Ancient Egypt, writing things on walls, and worshipping cats" George Takei

We at the IASP ECG are active on social media, using it constructively to share news and developments with members and the public alike. If you would like to keep up to date with our activities be sure to link in with us via Twitter.

Join the Early Career Group

Why?

There are many benefits to joining the IASP ECG. As a member you will receive:

- ❖ A monthly mail out with news on IASP activities and upcoming events as well as announcements on upcoming conferences and available funding or job opportunities
- ❖ Periodic ECG newsletters per year
- ❖ Access to two webinars per year lead by renown suicidologists
- ❖ A forum for colleagues and peers to network with each other and experts in the area
- ❖ The opportunity to work with and support an SIG Chair or co-Chairs, and
- ❖ The opportunity to contribute to the IASP ECG newsletter and mail outs.

Working with IASP –A snapshot

By Caroline Daly

ECG Co-Chair, IASP Research officer and PhD Researcher

7.30am

I start my day by checking emails which have come in during the week. As an international organisation our Executive Committee, Special Interest Group Co-Chairs and Central Administration Office team receive many emails, ranging from requests to provide guidance on particular topics to requests to promote activities, events or resources created in support of suicide prevention. Here at IASP we have renowned experts in many areas of mental health and suicide prevention, a very dedicated Central Office team and National Representative in every country, so there are always many people willing to assist on projects big and small.

8.30am

I take part in a weekly call with the IASP President and Wendy Orchard, IASP Executive Director, to ascertain if there are any outstanding tasks with which I can assist on and plan ahead to upcoming Executive Committee meetings or IASP events.

10.00am

Every day varies so much, which is very exciting and engaging as an early career researcher. Some tasks remain constant and there are key deliverables, including the IASP newsletter. I am involved in collating items for the newsletter and ensuring that articles are relevant, timely and of a high caliber.

11am

I play a role in coordinating the work of the IASP Special Interest Groups (SIGs). This involves working with groups to produce progress reports, coordinating biannual calls for all SIGs to ensure that IASP are supporting their activities to the best that we can, and also many ad-hoc tasks, which assist Co-Chairs to achieve the aims of their SIG.

12 noon

Working in an academic environment it can be tempting to stay at your desk or to work through lunch however I try to avoid this. Luckily I have the opportunity to share my work space with other early career researchers, students and colleagues with whom I can either escape from work pressures or discuss any shared work challenges, depending on the day!

1pm-4pm

As I mentioned each day is different so depending on the time of year activities vary also. Coming up to World Suicide Prevention Day (WSPD) activities can include collating and updating global information on suicide internationally, reviewing media resources over the previous 12 months for dissemination and assisting people from all across the world who plan to engage with WSPD.

IASP also has some exciting ongoing work on topics including the decriminalisation of suicide, with which I enjoy providing assistance. I am currently involved in some ongoing work to create a supplement on suicide prevention activities in each World Health Organisation (WHO) region. I very much enjoy being a part of such projects as they have global reach and are actionable, which is a wonderful opportunity for someone at my stage of my career. During this part of my day and throughout my week I also very much enjoy working on the Early Career Group, liaising with Carl and Olivia to produce helpful newsletters, mail outs and documents to all our wonderful members.



International recognition for outstanding early career researcher

Dr Duleeka Knipe, from the University of Bristol, recently received the prestigious IASP Andrej Marusic Award in recognition of her outstanding research in suicide prevention.



Dr. Knipe conducted her own PhD research on Suicide and Socioeconomic Position in Sri Lanka and is currently undertaking a postdoctoral research fellowship on: Understanding the association of low socioeconomic position with increased suicidal behaviour in Sri Lanka.

On receiving this acclaim Dr. Knipe acknowledged that "It is a great honour to receive such a prestigious, international award so early in my career...I am passionate about using research to create a positive impact. My motivation comes from the belief that by gaining a deeper understanding of the factors that contribute to suicide, we can begin to develop strategies for suicide prevention around the world".

We contacted Dr. Knipe to ask her what advice she would give to other early stage researchers and professionals in the area of suicide prevention, and she passes on this wonderful advice *"I'd tell other ECRs that for me the important ingredients for a continued career in research is to make sure you find a niche that you are passionate about, surround yourself with mentors and colleagues who support YOUR research ideas and develop the attitude that rejections are never about you. The key for me has been perseverance. I got my Wellcome PhD studentship second time round, and almost on a fortnightly basis I open a rejection letter or email. I try not to dwell on the rejections, but it gives you an idea about how many things I submit. I vent my frustrations and sadness when I get rejected to an old friend, and I always make sure to celebrate even the most minor successes (like submitting an application). Also make the most of networking at conferences, the relationships I've developed at these have been very helpful"*.

We at the IASP ECG would like to thank Dr. Knipe for her helpful advice and wish her every success in her future career.

Early Career Persons in Action

Three close friends including Leeann Ozer and Charalambia Louka, eager graduates of New York University used their initiative to set up a moderated Facebook page aimed at lowering stigma surrounding mental illness.

The page (<https://www.facebook.com/storiesofmentalhealth/>) allows users to share their stories of mental illness in a space that is open and safe, providing a forum for sharing and a sense of community to people with lived experience of mental illness. All stories are screened before sharing and the team are keen to assert that this forum is not a replacement for professional help but something to compliment this.

Inspired by their initiative actions we at the IASP ECG had some questions for these three friends around their motivations and experience of setting up this group.



1) What motivated you to set up this particular resource?

Having gone to university in New York, especially having studied neuroscience, we were constantly confronted with stories of mental health. Whether it was in the classroom or in our community, we felt that these stories became a running theme in our lives. What didn't make sense, then, was the prevailing stigma surrounding mental illness in the U.S. and in the world at large. We felt that by providing a platform to allow these stories to exist on the internet in a concentrated place, those who were unfamiliar with the prevalence of mental illness would become informed, and we could also allow those affected by mental illness feel less alone.

2) What kind of work and research did you do prior to setting up this page?

There are many communities like this online already, so we spent some time sifting through other pages to understand what worked and didn't in these types of online forums in the ultimate goal of providing the easiest experience possible for a visitor on the page.

3) Did you face any challenges in setting up this page?

Spreading news about the page is definitely a challenge, as well as distinguishing our page from those that are already online.

4) Who or what was the biggest support to you in setting up this resource?

A huge support came from our friends and family that were very enthusiastic about the page. We were extremely thankful to have received the most genuine words of encouragement and reassurance about our initiative. The biggest support, though, were the submissions themselves. Once we saw that people were engaging with the page and telling their stories, we felt so touched to have been able to provide a platform for people that we wouldn't necessarily have been able to reach otherwise.

5) What do you see as the future for this resource?

We hope that it becomes a safe place for those who want to express themselves and tell their stories as well as a place where those who are interested in mental illness can become more informed about it.

6) What is next for you all?

Leeann Ozer is about to begin a Master's program in Public Health at Tel Aviv University, and Charlambia Louka is on her way to becoming a doctor and receiving her medical degree at Cornell University.



Share your story

We here at the IASP ECG are keen to hear about how other early career persons are engaging in suicide prevention activities, so share your story by contacting us!

UPCOMING CONFERENCES

2018 Asia Pacific Regional Conference, New Zealand



The IASP 2018 Asia Pacific Regional conference will be taking place from May 2nd-5th, 2018 in Northland, New Zealand. Abstract submission is now open and will not close until December 15th. The congress brochure is sure to entice you to get travelling: https://iasp.info/congresses/2018_iasp_nz_congress.pdf. Student registration varies, from NZ\$145-NZ\$420, depending on membership stance and zone. To find out more about this conference please visit: <https://iasp.info/newzealand/>. Keep checking in to see the programme and pre-conference workshops fill up!



IASR/AFSP International Summit on Suicide Research, USA
The International Academy of Suicide Research (IASR) and American Foundation for Suicide Prevention (AFSP) will host the International Summit on Suicide Research between November 5th-8th, 2017 in Nevada, USA. The conference theme is: New Horizons for Suicide Research: From Genes to Communities. The conference will include an Early Career Researcher breakfast and the special student fee is \$450. Abstract submission is now closed but registration is still open. For more information please visit: <http://suicideresearchsummit.org/>

17th European Symposium on Suicide & Suicidal Behaviour, Belgium

The 17th European Symposium on Suicide & Suicidal Behaviour (ESSSB) conference will take place between September 5th-8th, 2018 in Ghent, Belgium. Student registration is currently €350, increasing as the date nears. Keep these dates in mind for submissions and registration: Proposals for symposia and workshops > 31 January 2018; Submission of abstracts > 01 February 2018; Final programme > 01 May 2018; Early-bird registration > 01 June 2018; On-site Registration > as of 15 August 2018; ESSB17 opening > 5 September 2018. To find out more please visit: www.esssb17.org; www.vlesp.be.

17TH European Symposium
on Suicide & Suicidal
Behaviour
5-8 September 2018

In the next issue

In the next issue of Engage we will be updating you all on current job opportunities in the area of suicide prevention in our sure to be covered – **Employ me** segment. We will also be sharing words of wisdom from many renowned suicidologists, in our **Advice for ECGs** segment, so be sure not to miss that. In the next edition we will be updating our members on how they can engage with and work with our many Special Interest Groups (SIGs). We will collate a piece on **Upcoming Conferences** in the area of mental health and suicide prevention and in addition we will have a useful section on **Scholarships**-detailing specifically what conferences are offering scholarships and how IASP can help you to get one!

So for this and much more make sure that you are a IASP ECG member and look out for our next newsletter.

51st Annual Conference of the American Association of Suicidology, USA



AMERICAN ASSOCIATION OF SUICIDOLOGY

Suicide Prevention is *Everyone's Business*
AAS is a charitable, nonprofit membership organization

To find out more about the conference please visit:
<http://www.suicidology.org/Annual-Conference/51st-Annual-Conference>.



CONTACT US

We would be happy to hear from you and welcome your comments, feedback and inspiring ideas! We also welcome input to our newsletter from ECG members so if you have something you would like to share with us please do not hesitate to contact us on earlycareer@iasp.info.