



Mental Health
Commission
of Canada

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du Canada

REQUEST FOR BIDS

Environmental scan of evidence-informed and best practice tools and resources related to suicide prevention in Canada and internationally to assist communities to implement a community-based suicide prevention project

1. Background

Suicide prevention is a major public health issue and leading cause of death in Canada. According to Statistics Canada, more than ten people died each day by suicide and over 4,000 Canadians in 2014. The suicide rate for males was three times higher than the rate for females (17.9 versus 6.1 per 100,000 people), and people aged 40 – 59 had the highest rates overall. Nationally and internationally, governing organizations are calling for more action on suicide prevention. The World Health Organization (WHO) has underlined the critical importance of suicide prevention to public health and urges countries to develop or strengthen comprehensive suicide prevention strategies. The Government of Canada has established suicide prevention as a national health priority through the passing of Bill C-300. As well, *Changing Directions, Changing Lives: A Mental Health Strategy for Canada* called for significant efforts to be funded and implemented which are directly aimed at reducing suicidal behaviour, but that are part of an overall strategy and response to mental health. These efforts are in addition to the work of many communities and other organizations to prevent suicide.

To try to reduce the impacts of suicide in Canada, the Mental Health Commission of Canada (MHCC) is leading an initiative named Roots of Hope. Roots of Hope is a multi-site, community-led project that aims to reduce the impacts of suicide within communities across Canada. The project builds upon community expertise to implement suicide prevention interventions that are tailored to the local context. The overall goals of the project are to develop an evidence base for a multicomponent approach to community-based suicide prevention, including best practices and suicide prevention guidelines and tools to support implementing suicide prevention activities across Canada.

2. Purpose/Intent

The purpose for this call for bids is to invite interested consultants to submit a brief proposal to do a scan of evidence-informed and best and promising practices Canadian and International interventions, resources, templates and tools that are free to access (preferred), English or bilingual (English and French), and easy to use to facilitate a community's journey of implementing suicide prevention interventions that are tailored to their local context. Currently, a lot of the interventions, resources,



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templates and tools are available online but are not found in one place that is accessible and easy to access. MHCC is looking to build a repository that communities and interested parties can easily access.

The consultant is also requested to advise MHCC on the gaps that exist in current interventions, resources, templates, tools and provide recommendations on the development of collateral to fulfill such gaps.

3. Scope of Work

A strategic approach to suicide prevention is to find programs and practices that address the risk and protective factors that you will be targeting. MHCC is looking for programs, practices, tools and resources that are great sources of information on suicide prevention (prevention, intervention and postvention). The information identified should focus but not be limited to the five areas of focus of Roots of Hope:

- Specialized Supports
- Training and Networks
- Public Awareness and Campaigns
- Means Restriction
- Research

Please refer to **Appendix A** for an overview of Roots of Hope.

4. Deliverables

A listing of the resources/tools/templates collected outlined by module categories, including direct links to each and a gap assessment of lacking resources areas of suicide prevention.

Please refer to **Appendix B** for an overview of the Environmental Scan.

5. Budget and Timeline

Funding is available to interested consultant(s) who has expertise in mental health and suicide prevention. The maximum budget for this exercise is not to exceed \$25,000 (including taxes) to be completed on or before March 31, 2019. The contract will be issued by MHCC.

6. Deadline to submit responses

Deadline to receive submissions is Thursday, January 31st, 2019.

7. Components to be included in the Proposal



Respondents are asked to keep their proposal no more than 5 pages. Please ensure that you include the following components in the proposal:

- Background/expertise of the consultant(s)
- Brief description highlighting applicant's understanding of the project scope
- Methodology to be used to carry out the scan and assess evidence-based approaches
- Strategies to assess gaps in existing tools/resources/templates and make future recommendations
- A proposed timeline for deliverables
- A detailed budget and cost proposal
- References for three different clients for whom the Consultant has provided services

All inquiries, proposal submissions and other communications are to be delivered to by Thursday, January 31st 2019:

Lisa Cowley, Manager, Prevention and Promotion Initiatives: lcowley@mentalhealthcommission.ca

8. Evaluation Criteria

Proposals will be assessed based on the following criteria:

- Consultant has strong academic background in applied health and/or social research
- Consultant has demonstrated knowledge in suicide prevention, intervention and postvention
- Understanding of the scope of work and deliverables
- Appropriateness of cost and estimated timelines

The MHCC reserves the right not to accept any of the proposals submitted through this process.



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Appendix A – Overview of Roots of Hope: A Community Suicide Prevention Project

Roots of Hope is a multi-site, community-led project that aims to reduce the impacts of suicide within communities across Canada. The project builds upon community expertise to implement suicide prevention interventions that are tailored to the local context.

Model Development

Roots of Hope represents the first “Made in Canada” suicide prevention model. The model was devised from an International Initiative for Mental Health Leadership match, a unique international collaborative that brings together mental health leaders and experts. There is strong evidence that comprehensive, system-wide approaches are most effective in suicide prevention. The Roots of Hope model reflects this by integrating international best practices into a Canadian context where communities drive and lead suicide prevention.

The 5 Pillars

The Roots of Hope model provides some structure for communities to tailor their suicide prevention efforts. Communities develop strategies and activities in each pillar. Interventions are implemented simultaneously across the 5 pillars.

- Specialized Supports: prevention, crisis and postvention services, such as peer support, support groups (including self-help), workplace interventions and coordinated planning and access to services.
- Training and Networks: training and ongoing learning opportunities for healthcare providers (physicians, nurse practitioners, etc.) and community gatekeepers (first responders, human resources staff and managers, teachers, etc.).
- Public Awareness Campaigns: locally driven campaigns (posters, brochures, social media, etc.) and collaboration with the media.
- Means Restriction: identification of the methods or places where a high number of suicides occur and implementation of measures to restrict access to these (e.g., building barriers on bridges or at railway crossings, protocols for medication access, etc.).
- Research: setting of research priorities, surveillance and monitoring, and evaluation of the project.

This project will lead to the development of an evidence base: including best practices and suicide prevention guidelines and tools to support ‘scaling up’ and implementation across Canada.



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Appendix B – Overview of the Environmental Scan

The scan will be conducted and summarized in an Excel document. The consultant will need to identify the following:

- Name of Resource
- Link
- Type (e.g. intervention, tool, template, resource)
- Format (e.g. PDF, website, video, slides)
- Description
- Language
- Source
- Year
- Country
- Evidence Based (Y/N)
- Topic (indicate key words)
- Audience
- Item initially identified through
- Comments

The consultant is to provide an analysis as well on the gaps that exist in current resources, templates, tools and provide recommendations on the development of tools to fulfill such gaps.