

## Team of psychologists working in SUPREME AIM

### Prof. Dr. Nida Žemaitienė

European Certified Psychologist (field of practice: Clinical and Health), Head of the Department of Health Psychology at Lithuanian University of Health Sciences, representative of Lithuanian Psychological Association at Crisis and Disaster Committee at European Federation of Psychologists, [nidazem@gmail.com](mailto:nidazem@gmail.com)

### Dr. Said Dadašev

Clinical psychologist, lecturer Researcher at the Suicide Research Centre, Institute of Psychology, Vilnius University. Member of the Lithuanian Psychological Association Suicide Prevention Specialist Group, [said.dadasev@gmail.com](mailto:said.dadasev@gmail.com)

### Valija Sap

MSc in Psychology, European Certified Psychologist (area of practice: Clinical and health), [valijanyk@gmail.com](mailto:valijanyk@gmail.com)



**RAG on Mental Health Initiatives represented by vice chair Dr. Geetha Jayaram, Ass. Prof.** at the J.Hopkins School of Medicine, [gjayara1@gmail.com](mailto:gjayara1@gmail.com) awarded in 2014-15 by TRF as Global Alumni Service to Humanity, who visited Lithuania to help implement the project in SEP 2018.



### Members of the SUPREME AIM project Committee:

#### Dr. Vygintas Grinis

Kaunas RC, [dg1462-1415@rotary.lt](mailto:dg1462-1415@rotary.lt)

#### Georg B. Jenssen

Gjovik RC, [beribenjen@gmail.com](mailto:beribenjen@gmail.com)

#### Kestutis Jacunskas

Anyksciai RC, [jacukestutis2002@gmail.com](mailto:jacukestutis2002@gmail.com)

#### Linas Dubickas

Vilkaviskis RC, [linas@vilkauja.lt](mailto:linas@vilkauja.lt)

#### Bodil Hagen Saegrov

Gjovik RC, [bodil.hagen.saegrov@gmail.com](mailto:bodil.hagen.saegrov@gmail.com)

#### Knut Kvalvagneas

Fraena RC, [knut@kvalvaagnaes.com](mailto:knut@kvalvaagnaes.com)

## What next?

We are moving forward with the project. The objective of the new GG project is to spread the outcomes of the SUPREME AIM project in next 14 municipalities with involvement of administrations and participation of local Rotary clubs.

## Donate!

If you are interested in **Suicide prevention program of Rotary Lithuania** and would like to support continuation of the activities of **SUPREME AIM** project, **please donate:**

Bank account: **Rotary International Apygarda 1462**

SWIFT/BIC code: **CBSBLT26**

IBAN: **LT737181800003700983**

Bank name: **Siauliu bankas AB**

Bank address: **Tilzes 149, Siauliai, Lithuania**

Bank city: **Siauliai**

Bank postal: **LT-76348**



Suicide prevention model and its application  
in the municipalities of Lithuania



**Suicide rate in Lithuania is 26.4**  
(per 100000, Health Information Centre of  
Institute of Hygiene, Lithuania 2018),  
**one of the highest in the world.**

**It translates to 1018-748 deaths by suicide**  
**every 2011-17 year in the country with**  
**2.848 (2017) millions of inhabitants.**



[www.supremeaim.rotary.lt](http://www.supremeaim.rotary.lt)

## What was and is being done?

In 2014 District 1462 initiated long term Suicide prevention program, in 2015 organized District conference “The role of contemporary leader in the prevention of suicides” and adopted resolution unanimously “For the more active and varied action solving the problem of suicides in Lithuania”.

Local Rotary clubs were asked to engage with the leaders of the Municipalities where the suicide rate during last 6 years has been the highest. 11 municipalities were selected based on suicides statistical data from 2011-2016 and the initiative of local administrations and Rotary clubs to participate in the Global Grant project. This resulted in the signature of MOU with 11 cooperating organizations (Municipalities), where the roles of Municipality, local Rotary club, District 1462 and International partner (District 2305) are described and anchored.



Since 2018 SEP 01 two year long GG1743565 project „SUicide PREvention ModeI and its Application In the Municipalities of Lithuania“ is implemented.

## What is SUPREME AIM solution?

Developing the local community-based suicide prevention model (SPM) derived from the algorithm of communication and cooperation among the local institutions at the front line of suicide acts, attempts and intentions with the help of the experts from academic institutions and psychologists with European qualification standard (EuroPsy).

### How is it funded?

The funding of the budget 91700 USD was secured from 26 entities, including DDF's from D1462 (Lithuania), D2305, D2290 (Norway), D2240 (Czech and Slovak republics), special account for suicide prevention of D1462 and Rotary clubs from Lithuania (Druskininkai, Marijampole, N.Akmene, Anyksciai, Kupiskis, Panevezys, Pasvalys, Silute, Taurage, Ukmerge, Vilkaviskis, Kaunas, Klaipeda Concordia 1826), Norway (Fraena, Gjovik), Poland (Bartoszyce – Lidzbark Warminski, Gizycko, Olsztyn, Sopot International), Latvia (Riga Ridzene) and USA (Howard West) with 37900 USD part from TRF.

### How does it work?

#### Step 1.

Research of the situation in selected Municipality, drafting **SPM** based on findings and local medical resources. Creating Suicide Prevention Management Group with involvement representatives from Municipality administration and front line institutions.

#### Step 2.

Implementing **SPM** in Municipality by a series of structured training addressed to the persons representing front line institutions (police, healthcare, education, social care, fire brigade, emergency,

Municipality administration, church) as well as local communities (elderships) and NGOs enabling them to act in an effective and coordinated way in suicide related emergency situations.



#### Step 3.

After 6 months organize follow-up for persons involved in trainings, revise SPM and present for approval by the Council of the Municipality.



#### Step 4.

Organize psychological help to inhabitants, families, relatives in risk situations or after suicide happens with involvement of local medical professionals.

## Beneficiaries

Inhabitants (total lives 353 110) in 99 elderships with functioning suicide prevention system and improved access to psychological help.

Society of Lithuania changing approach to suicides, prevention and understanding that **supreme aim is „suicide can be prevented“**.