

“DUO: PARA LA PREVENCIÓN DEL SUICIDIO”

Asdrúbal Zamora

Our organization:

DUO: "Un lugar para la vida". Nonprofit organization for the prevention of the phenomenon of suicide.

Financial requirements for the organization.

DUO is a voluntary and professional workspace for the community, it develops several projects to give attention, promote education and sensibilization to various public and private instances regarding suicide prevention.

Requirements "DUO" has, in order to work efficiently:

1. A "Zoom" education license with an approximately \$150 subscription per month, this will allow the organization substantiate every kind of virtual event with different kinds of communities and institutions, as well as give them the option to store all de archives that are produced during those events for their subsequent publication.
2. Ten laptops "Lenovo IdeaPad3 - Ryzen-3500U -8GB -256GB-SSD -14" - Windows 10" \$735 for a total of \$7350)
3. Four printers "EPSON ECOTANK L5190 – WIFI" with a price of \$254 per unit for a total of \$1,012
4. Two speakers "AMP 500W BT SD FM USB MIC" with a price of \$125 per unit for total of \$250
5. Four video-beam projectors "EPSON POWERLITE S41+ 3300 LUMENS" with a price of \$583 per unit for a total of \$2,330.
6. Four projection screens 100" with a Tri-pod with a price of \$133 for a total of \$529.
7. Ten Microsoft 365 office subscriptions with a price of \$51 per unit for a total of \$510.
8. 365-day Web site maintenance with a cost of approximately of \$170.
9. Finance expenses of the organization, approximately \$1,950 annually.
10. It is necessary to count economic resources that would cover all of the different logistic mobilization and eventual lodging expenses for the volunteers, who will be working with the organization. The expenses will be calculated with the expenses-calculation table, provided by the "Contraloría General de la República", this would include basic transportation and food expenses, which are contemplated on this official table.
The organization requires a petty-cash for those expenses, an amount of \$750 per month.
11. One smartphone "ONE PLUS NORD- 128GB" with a price of \$596, the organization also requires two mobile phone lines, intended to give exclusive attention to a hotline for the organization.
12. Professional Uniforms for the organization, \$975 annually.

13. Annual paperwork and advertising, \$2,900.
14. Monthly rent deposits of the building for the organization, \$2,000.
15. Financial Accounting services \$200, monthly.
16. Utilities (light, water, phone fees) \$980 monthly.
17. Janitor and cleaning services, \$875 monthly.

Counterpart:

The group contributes for each professional hour of designing or execution of tasks, a value of \$ 45 (unit value per volunteer)

Between September 10, 2020 and today, 420 hours have been invested on volunteer work, which is equivalent to just over \$ 17,000, which translates into direct social investment.

Foundation or justification:

Mental health is one of the main challenges of the century. The pandemic came to enhance the needs already neglected for years in our society. The digital age, social networks and the hectic world of consumption, puts people of all ages in serious existential conflicts. In particular, our young population (between 14 and 34 years old) is subjected to extreme pressures, scales of assessment and success that are beyond the reach of many people, due to social inequalities, educational challenges and growing unemployment situations. Mental health, conceived as a social construction, has responsibilities associated with multiple and different actors in society.

The State must provide opportunities for timely care when mental health has already been affected or compromised, but the work of prevention, promotion and collective construction of healthy, safe, warm, respectful and timely spaces is a task of "the tribe". It is for this reason that DUO intends to create projects of a social nature, of high community impact and awareness and empathic recovery among people of all ages and anywhere in the national territory.

In 2018, after a wave of deaths as a result of suicide, the Technical Secretariat of Mental Health of Costa Rica issued decree No. 40881 - S called "NATIONAL REGULATION FOR THE INTERINSTITUTIONAL ARTICULATION IN THE INTEGRAL APPROACH TO SUICIDAL BEHAVIOR". In this document the details of the country justification notes the priority attention the issue needs; a good mental health and the importance of the interlocking-articulation of the different resources and actors would have a social impact on this phenomenon.

The loss of hope, psychic pain, emotional distancing and the lower quality of affective relationships that sustain the bonds between people, require processes of re-bonding, dismantling of defense mechanisms and evasion, which people have been coining to the pace that modern society has demanded from them to cope with its demands and abuse, in a way that the processes of social, family reformulation and support networks supposes a planned, constant and arduous work that different instances must assume.

World statistics tell us that a suicide occurs every 40 seconds and that for every consummated death there could be at least 20 people who have attempted to commit suicide. These numbers

tell us of a pandemic situation without a doubt, a synthesis of the data of the diagnosis or previous studies, as well as forecasts of transformation of the reality on which it acts.

As it is a multidimensional phenomenon, very interesting and peculiar data appears; although suicides are present in mid and low-income countries, it is the high-income countries that present the highest suicide rates. The issue of gender should also be added to this analysis, where global statistics indicate that 79% of the cases of deaths by suicide are committed by men. (PAHO / WHO (2014): Suicide Mortality in the Americas. Regional Report. Washington DC. 2014)

In Costa Rica "the ages of the attempts show 10 years at their earliest age, but the highest peaks are between 15 and 19 years of age, increasing the incidence from 60.9 in 2014 to 111.1 cases in 2018, year with the highest rate. The above reflects an upward trend throughout the period in an extremely young population: college students, university students, but also people who are still dependent. "

DUO is a group of professionals in psychology that voluntarily provides training and sensitization of different groups within the community, in institutions or private organizations. Casa DUO goes one step further in defining spaces for free care for survivors of the suicide phenomenon. We have professionals trained on the development of psychological group care processes, support groups or individual therapy. A strategic partner is required to finance the professional services that would lead to the implementation of processes aimed at the national population, at low or no cost to those who require it.

DUO is also part of the Regional and Local strategy run by the Ministry of Health in Attention to the Suicide phenomenon. This would eventually facilitate the contacts and referrals necessary to provide support to people who face the aftermath of a suicidal death in their families, jobs or educational communities, organizations or civil society in general.

The initial proposal is to hire three professionals to locally assist, through individual interventions and in group processes, or support groups for people in conditions of survival. These people, and the project coordinator, will be subject to the Board of Directors of the collective, who determines the strategic actions and projects of the organization.

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