# North Bay Suicide Prevention Project Lake County

Compassion. Action. Change.

# What is the North Bay Suicide Prevention Project (NBSPP)?

Family Service Agency of Marin has contracted with the California Mental Health Services Authority (CalMHSA) for three years to expand their Suicide Prevention Hotline program to serve 5 additional North Bay counties including:

Sonoma

Napa

Lake

Mendocino

Solano

*CalMHSA's goal is to reduce suicide by 5% in the State of California by 2014.

# NBSP Project Goals

- Establishment of a local suicide prevention committee in each county, inviting representatives from at risk and underserved populations.
- Build a system of suicide prevention through 24/7 Hotline that addresses immediate crisis response and follow-up support through coordination with emergency service systems.
- Identify community needs and build relationships by conducting surveys and focus groups with high risk populations, and key informant interviews with emergency services personnel.
- By 2014, North Bay residents will have access to accredited, locally responsive Crisis Hotline services, reducing suicide rates in those counties.
- Assure project sustainability after 3 years.

# NBSPP Partners with Counties

- Established a Regional Council – Meet quarterly with NBSPP CalMHSA County Liaisons appointed by County Behavioral Health Directors
- Establishment of Suicide Prevention Committees in six counties – Lake County SP Task Force meets every month, fourth Thursday's 1-2:30pm
- Marketing the "Know the Signs" Campaign
- Building relationships with North Bay Counties to leverage resources- examples: sustainability plans & collecting data from county coroners
- North Bay Suicide Prevention Project Site – link at: https://sites.google.com/a/fsamarin.org/north-bay-suicide-prevention-project/home

# Why is it important to have a North Bay regional crisis hotline?

- Suicide Rates higher in North Bay region than CA state average
- Leveraging resources between counties- saving money in challenging economy
- Relationships with local first responders, dispatchers and psychiatric emergency services
- Collaboration with local community agencies and at-risk and underserved groups
- Local mental health referrals, information and resources
- Ability to respond to suicide crisis in communities in the North Bay, providing SP training, resources and support
- Save Lives

# The Nature of the Problem- National Suicide Statistics

*Source: American Association of Suicidology, 2011*

- Every year in the U.S., more than 37,000 people die by suicide
- Suicide ranks 10th as a cause of death- In 2010, 12.4 people per 100,000 die by suicide in the U.S. and in California- 10.2 people per 100, 000
- Twice as many people die by suicide than by homicide
- For transitional aged youth (15 – 24), 3rd leading cause of death
- 25 suicide attempts for every death by suicide
- 100 – 200 suicide attempts per every death by suicide among youth
- Firearms involved in 51% of suicides
- Each suicide intimately affects at least 6 other people (estimates)
- *90% of people who attempt suicide* ***do not*** *subsequently die by suicide,* Very simply, the suicidal impulse can pass—prevention works and lives can be saved..

# Lake County Suicides & Non-Fatal Self-Inflicted Injuries (2010)

Source: http://epicenter.cdph.ca.gov/

| Overall fatal & non-fatal injury data | Number | Rate |
|---|---|---|
| Population (2010) | 67,459 | -- |
| Suicide deaths (2010) | 18 | 27.9 |
| Non-fatal self-inflicted injury leading to hospitalization (2010) | 56 | 86.9 |
| Non-fatal self-inflicted injury leading to ER treatment (2010) | 143 | 221.8 |

| By age | 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75-84 | 85+ |
|---|---|---|---|---|---|---|---|---|
| Population | 7,121 | 7,064 | 7,211 | 10,454 | 11,052 | 6,704 | 3,291 | 1,094 |
| Suicide deaths | 1 | 1 | 3 | 2 | 4 | 4 | 2 | 1 |
| Suicide rate | 14.0 | 14.2 | 41.6 | 19.1 | 36.2 | 59.7 | 60.8 | 91.4 |

| By gender | Females | Males |
|---|---|---|
| Population | 32,052 | 32,407 |
| Suicide deaths | 3 | 15 |
| Suicide rate | 9.4 | 46.3 |

| By race/ethnicity | White/Other/Unknown |
|---|---|
| Population | 47,487 |
| Suicide deaths | 18 |
| Suicide rate | 37.9 |

# Lake County Suicides & Non-Fatal Self-Inflicted Injuries (2011)

Source: http://epicenter.cdph.ca.gov/

| Overall fatal & non-fatal injury data | Number | Rate |
|---|---|---|
| Population (2011) | 64,419 | -- |
| Suicide deaths (2011) | 18 | 27.9 |
| Non-fatal self-inflicted injury leading to hospitalization (2011) | 47 | 73.0 |
| Non-fatal self-inflicted injury leading to ER treatment (2011) | 138 | 214.2 |

| By age | 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 |
|---|---|---|---|---|---|---|
| Population | 7,528 | 6,613 | 6,920 | 10,000 | 10,909 | 6,865 |
| Suicide deaths | 2 | 1 | 1 | 4 | 5 | 5 |
| Suicide rate | 26.6 | 15.1 | 14.5 | 40.0 | 45.8 | 72.8 |

| By gender | Females | Males |
|---|---|---|
| Population | 32,019 | 32,399 |
| Suicide deaths | 4 | 14 |
| Suicide rate | 12.5 | 43.2 |

| By race/ethnicity | White/Other/ Unknown | Latino/Hispanic |
|---|---|---|
| Population | 47,651 | 11,254 |
| Suicide deaths | 16 | 2 |
| Suicide rate | 33.6 | 17.8 |

# Local Suicide Prevention Task Force

- The role of the Task Force is to help prevent suicide in Lake County by increasing our capacity to serve communities that are at higher risk for suicide.

- The Task Force is supporting the expansion of the hotline into Lake County through marketing and outreach efforts.

- The Task Force will have the opportunity to create and implement action plans for suicide prevention in Lake County. Communities we are reaching out to – Vets, LGBTQ, Seniors, Youth, Latinos, and Native Americans.

# Lake County Suicide Prevention Task Force- Action Plans

- **Action Plan #1-** Recruit members to participate on the Lake County SP Task Force.
- **Action Plan #2**- Lake County Public Outreach Campaign – Educate the public about CalMHSA project activities and accomplishments.
- **Action Plan #3-** QPR Train-the-Trainer training for Behavioral Health Providers in Lake County.
- **Action Plan #4**- Provide TA for Sonoma County Indian Health Project (SCIHP) GONA materials and for Native American suicide prevention materials in Lake County.

# How to get involved

- Request a QPR or ASIST training for your organization, call Melissa Ladrech, LMFT at 415-499-1193 x 3004or

  415-497-4693 to schedule a training

- Donations, advocacy and support to promote sustainability of our program Donate at: FSA website or call 415-491-5700

- If you are concerned about someone you think may be having thoughts of suicide call the North Bay Suicide Prevention Hotline at 1-855-587-6373

# NBSP Accomplishments to Date

- The North Bay Suicide Prevention Hotline of Sonoma, Napa, Lake, Mendocino and Solano counties has launched (1-855-587-6373)

- Compiled important emergency services contact information from the North Bay counties

- Began taking National Lifeline calls from Sonoma, Napa, Lake and Mendocino counties on January 10th, 2012. Begin taking Lifeline calls for Solano County September 2013.

- Co-Sponsored three SP meetings of the State Suicide Prevention Network Project in San Rafael on May 14, 2012, in Santa Rosa on May 7, 2013 and in Ukiah on November 6, 2013. For more info go to the BASCIA website at: http://www.bascia.org/. Future meetings to be held in Ukiah in November 2013 and Fairfield in February 2014.

- Awarded CalMHSA subcontract amendment funds with Sonoma County Indian Health Project (SCIHP)- GONA August 30-September 2, 2013 and North Bay Native American Suicide Prevention Regional Board (NBNASP)

# Know the Signs Statewide Suicide Prevention Campaign

- The goal of the statewide social marketing campaign is to prepare more Californians to prevent suicide by increasing knowledge of warning signs, resources and how to talk about suicide with someone they are concerned about. http://www.yourvoicecounts.org/

- Suicide is Preventable website: http://www.suicideispreventable.org/

# Each Mind Matters- California's Mental Health Movement

- http://www.eachmindmatters.org/
- Stigma and Discrimination Reduction Initiative
- A New State of Mind: Ending the Stigma of Mental Illness- Aired on PBS May 30th
- Launch Toolkit and Starter Kit

EACH MIND MATTERS
California's Mental Health Movement

# For more information on suicide prevention:

- **National Suicide Prevention Lifeline** www.suicidepreventionlifeline.org
  - A 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Provides crisis counseling and mental health referrals day and night.
- **American Association of Suicidology** www.suicidology.org
  - Promotes research, public awareness programs, public education and training for professionals and volunteers. AAS is a national clearinghouse for information on suicide.
- **Suicide Prevention Resource Center** www.sprc.org
  - Technical assistance, training, and materials to increase the knowledge and expertise of suicide prevention practitioners and other professionals serving people at risk for suicide.
- **CalMHSA** www.calmhsa.org
  - California Mental Health Services Authority (CalMHSA) is an organization of county governments that administers programs funded by the Mental Health Services Act (Prop. 63) on a statewide, regional and local basis.
- **Family Service Agency of Marin** www.fsamarin.org
  - FSA is a non-profit agency which provides counseling, education, and advocacy, strengthening the many forms of family life, and promoting the health and self sufficiency of family members of all ages and cultures.

# QPR

## Ask a Question, Save a Life

## QPR Suicide Prevention Gatekeeper Training!

By
Melissa Ladrech, LMFT

Family Service Agency
~OF MARIN~

CalMHSA
California Mental Health Services Authority
Compassion. Action. Change.

# Workshop Goals

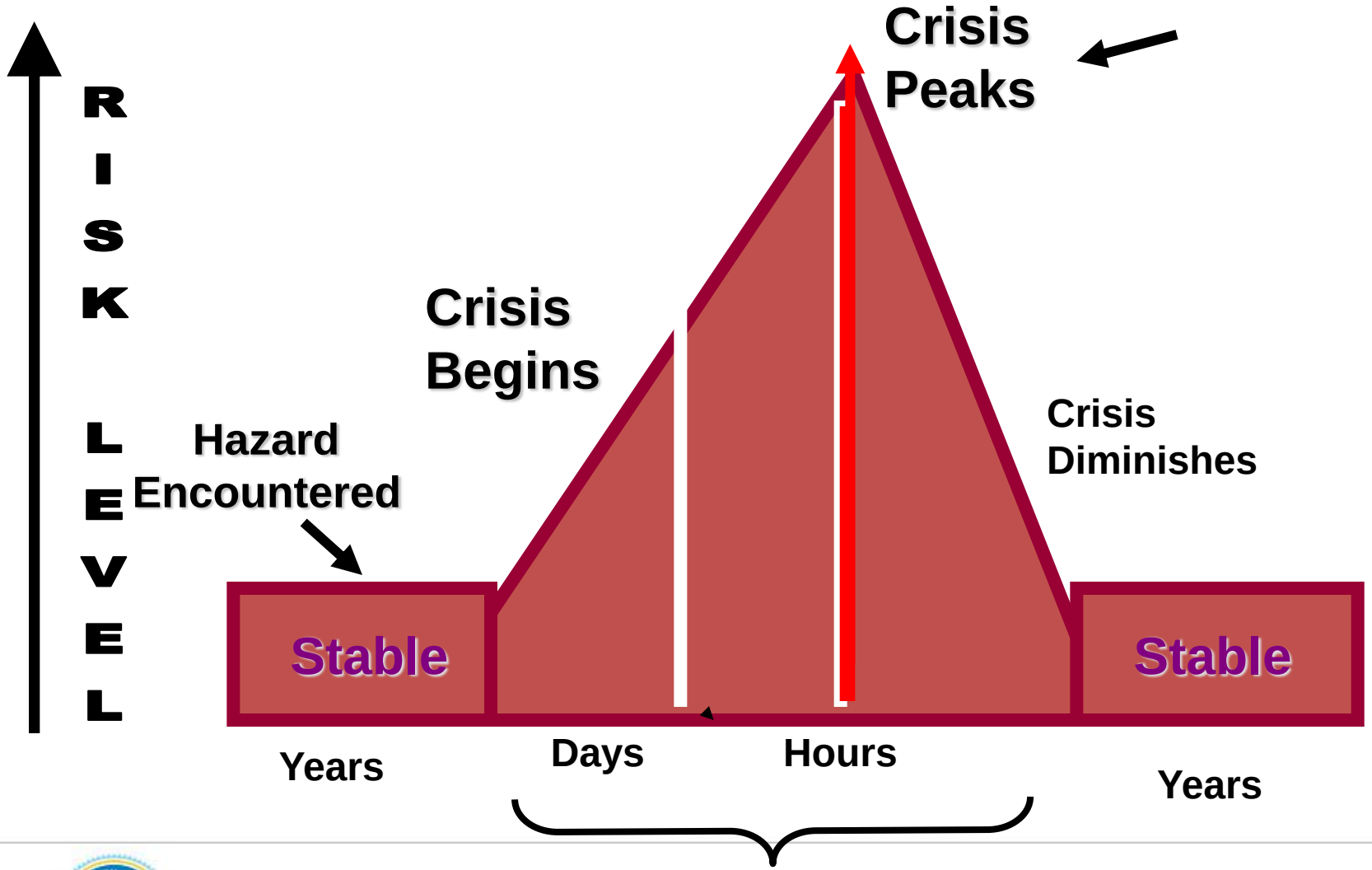
- To enhance general awareness about suicide
- To teach the myths and facts about suicide
- To introduce the warning signs of suicidal thinking and behavior
- To teach THREE basic intervention skills that can help avert the tragedy of suicide

# Who is a Gatekeeper?

Who are gatekeepers on your campus or in your community?

A Gatekeeper is anyone in a position to recognize a crisis and warning signs that someone may be contemplating suicide.

# Suicide Crisis Episode



# The Many Paths to Suicide

**RISK FACTORS**
**"Fundamental" "Distal"**
**"Trait"**

## Demographic/Biological

- Genetic Load
- Gender
- LGBT
- Ethnicity
- Age

## Personal History/Psychological

- Child Abuse
- Loss of Parent
- Culture Shock/ Shift
- Values Religion Beliefs
- Diagnosis Personality Traits

## Environmental

- Season of the Year
- Geography
- Urban vs Rural
- Model for Suicide

**TRIGGERS**
**"Last Straws" "Acute"**
**"Proximal" "State"**

- Divorce
- Major Loss
- Illness
- Fired or Expelled
- Loss of Freedom
- HALT

Increasing Hopelessness, Contemplation of Suicide as a Solution, & Communication of suicidality.

**WALL OF RESISTANCE**

- Poison
- Gun
- Hanging
- MVA "Autocide"
- Jumping
- ?

- **All "Causes" are real.**
- **Hopelessness is the common pathway.**
- **Break the chain anywhere = prevention.**

Compassion. Action. Change.

WELLNESS · RECOVERY · RESILIENCE

MHSA
Mental Health Services Authority
Compassion. Action. Change.

# *QPR*

## Suicide Clues And Warning Signs

The more clues and signs observed, the greater the risk. Take all signs <u>seriously!</u>

# QPR

**Direct Verbal Clues:**

- "I've decided to kill myself."
- "I wish I were dead."
- "I'm going to commit suicide."
- "I'm going to end it all."
- "If (such and such) doesn't happen, I'll kill myself."

# QPR

## Indirect Verbal Clues:

- "I'm tired of life, I just can't go on."
- "My family would be better off without me."
- "Who cares if I'm dead anyway."
- "I just want out."
- "I won't be around much longer."
- "Pretty soon you won't have to worry about me."

# QPR

## Behavioral Clues:

- Any previous suicide attempt
- Acquiring a gun or stockpiling pills
- Co-occurring depression, moodiness, hopelessness
- Putting personal affairs in order
- Giving away prized possessions
- Sudden interest or disinterest in religion
- Drug or alcohol abuse, or relapse after a period of recovery
- Unexplained anger, aggression and irritability
- Seeking revenge, talking or writing about death
- Engaging in risky activities

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# QPR

## Situational Clues:

- Being fired or being expelled from school
- A recent unwanted move
- Loss of any major relationship
- Fear of isolation/bullying due to identity or sexual orientation
- Death of a spouse, child, or best friend, especially if by suicide
- Diagnosis of a serious or terminal illness
- Sudden unexpected loss of freedom/fear of punishment
- Anticipated loss of financial security
- Loss of a cherished therapist, counselor or teacher
- Fear of becoming a burden to others

# Q QUESTION

## Direct Approach:

- You know, when people are as upset as you seem to be, they sometimes wish they were dead. I'm wondering if you' re feeling that way, too?
- You seem pretty hopeless, I wonder if you're thinking about suicide?
- Are you thinking about killing yourself?

NOTE: If you cannot ask the question, find someone who can.

# *P* *PERSUADE*

**Then Ask:**

- Will you go with me to get help?
- Will you let me help you get help?
- Will you promise me not to kill yourself until we've found some help?

**YOUR WILLINGNESS TO LISTEN AND TO HELP CAN REKINDLE HOPE, AND MAKE ALL THE DIFFERENCE.**

# *R* *REFER*

- Suicidal people often believe they cannot be helped, so you may have to do more.
- The best referral is taking the person directly to someone who can help.
- The next best referral is getting a commitment from them to accept help, then making the arrangements to get that help.
- The third best referral is to give referral information and try to get a good faith commitment not to complete or attempt suicide. Any willingness to accept help at some time, even if in the future, is a good outcome.

# Thank you!!

For a copy of this presentation contact:

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