



SANTA CLARA COUNTY
Behavioral Health Services

SUICIDE PREVENTION INTERVENTIONS WORKGROUP

MAY 31, 2019

ACKNOWLEDGEMENTS

This slide deck was created and adapted from presentations done by Victor Ojakian to the SCC Suicide Prevention Oversight Committee in August 2017 (Interventions Workgroup History) and a Year-in-Review developed by Mego Lien for the Interventions Workgroup in May 2019.

INTERVENTION WORKGROUP GOALS

We care because **we believe that suicide is preventable.**

Our goals are to:

1. Reduce deaths from suicide in Santa Clara County.
2. Increase awareness of why people contemplate suicide and how to access available resources.
3. Improve monitoring of suicides using clear and comprehensive data.
4. Empower people to respond to a person who is considering suicide through training and education.

STRATEGIES

Strategy 1– Intervention:

Implement and coordinate suicide prevention and intervention programs and services for targeted high risk populations

First Intervention Workgroup Meeting:

- July 19, 2011
- Chaired by Mary Ojakian and eventually by Shelly Gillan and Carlos Aquila

INTERVENTIONS WORKGROUP CHARTER

Resource Inventory, Prioritizing recommendations:

- Compile available resources, identify service gaps
- Prioritize what will be implemented and research costs
- Develop process and performance metrics for adopted strategies
- Convene subcommittee for each age group
- Create a directory of services for survivors of loss and suicide attempt survivors residing in SCC.

Enhance Current Services:

- SACS: Expand services, Single phone number
- Evaluate pros and cons of accreditation
- Age-appropriate crisis hotline
- Mobile crisis unit for children

INTERVENTION WORKGROUP CHARTER

Local Advocacy:

- Increased number of Crisis Intervention Team (CIT) trained officers
(Recommend: Keep in POLICY)

Promote and Leverage Existing Services:

- Self-Help Centers, Mental Health Urgent Care (MHUC) Golden Gateway
- Ethnic and Cultural Community Advisory Committees (ECCACs)
- New/Upcoming PEI projects

INTERVENTION WORKGROUP CHARTER

Offer New Services

- Accessible, affordable & age-appropriate crisis support
- Post 5150 episode care
- Mobile Crisis unit for adults
- Engaging youth in public service
- School-based, culturally relevant intervention
- New support groups, peer groups
- Gatekeeper training

INTERVENTION ACTIONS

Resource Inventory, Prioritizing recommendations:

- Annual Work Plan
- Suicide Prevention/Intervention/ Postvention resources guide in multiple languages

Enhance Current Services:

- SACS:
 - Consolidated multiple SACS phone numbers into single number
 - Seen increase in SACS suicide risk calls (from below 200 to between 700 to 900 calls per month)
 - Close to NSPL accreditation
 - SACS staff increased from 80 to 95 crisis counselors
 - Working on crisis text line
 - Uplift crisis unit for children/youth
 - Working on mobile crisis service for adults (PERT)

INTERVENTION ACTIONS

Local Advocacy:

- Increased number of Crisis Intervention Team (CIT) trained officers (Recommend: Keep in POLICY): real a training strategy
- Formed the Santa Clara County Suicide Prevention Speakers' Bureau through mini-grant funding from the California Mental Health Services Authority (CalMHSA)

Promote and Leverage Existing Services:

- Ethnic and Cultural Community Advisory Committees (ECCACs):
 - Trained in various suicide prevention gatekeeper trainings
 - Do some gatekeeper trainings
 - Added the LGBTQ service
- Promote postvention support services:
 - Survivors of Suicide (SOC) Support Groups
 - a new support group for suicide attempt survivors, Path of Hope Support Group.
- New/Upcoming PEI projects

Intervention Actions

- Offer New Services
 - Post 5150 episode care: pilot outreach program with Valley Medical Center
 - Engaging youth in public service: ????
 - School-based, culturally relevant intervention:
 - School Link services
 - New support groups, peer groups: ?????
 - Gatekeeper training:
 - QPR online licenses and some classroom training
 - ASIST trainings
 - SafeTalk trainings
 - Mental health and Youth Mental Health First Aid trainings
 - Assessing and Managing Suicide Risk (AMSR): Core competencies for mental health professionals
 - My3App

INTERVENTION ACTIONS

Offer New Services

- Post 5150 episode care: pilot outreach program with Valley Medical Center
- Engage youth in public service
- School-based, culturally relevant intervention:
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WORKING EXAMPLES: FY 2019 IN REVIEW

BACKGROUND

FY 2018 began more concentrated focus on postvention

- County response to suicide deaths
 1. Developed flow chart of communications / death notifications / resource sharing & outreach to bereaved
 2. Assisted CDRT with editing letters & resource list
- Mapping of grief support resources in Santa Clara County and identify gaps
 - Identified hospice groups, peer support groups, county services, etc.
 - Gap in training for service providers

JULY 2018 – WORKGROUP EXPECTATIONS AND GOALS

- Additional expectations identified
 - Define a clear list of goals to complete by end of FY
 - Use workgroup meeting time for group work rather than presentations from outside organizations
 - Members were interested in learning more about how their specific skills and employer connections can help to complement and enhance the goals of the workgroup
- Voted on top two postvention goal areas
 - Training for community providers and clinicians on suicide loss/grief support
 - Postvention toolkit for additional populations
 - Others:
 - Continue focus on County response to suicide deaths
 - Mapping of grief support resources in Santa Clara County and identify gaps

GOAL 1: TRAINING ON SUICIDE LOSS/ GRIEF SUPPORT

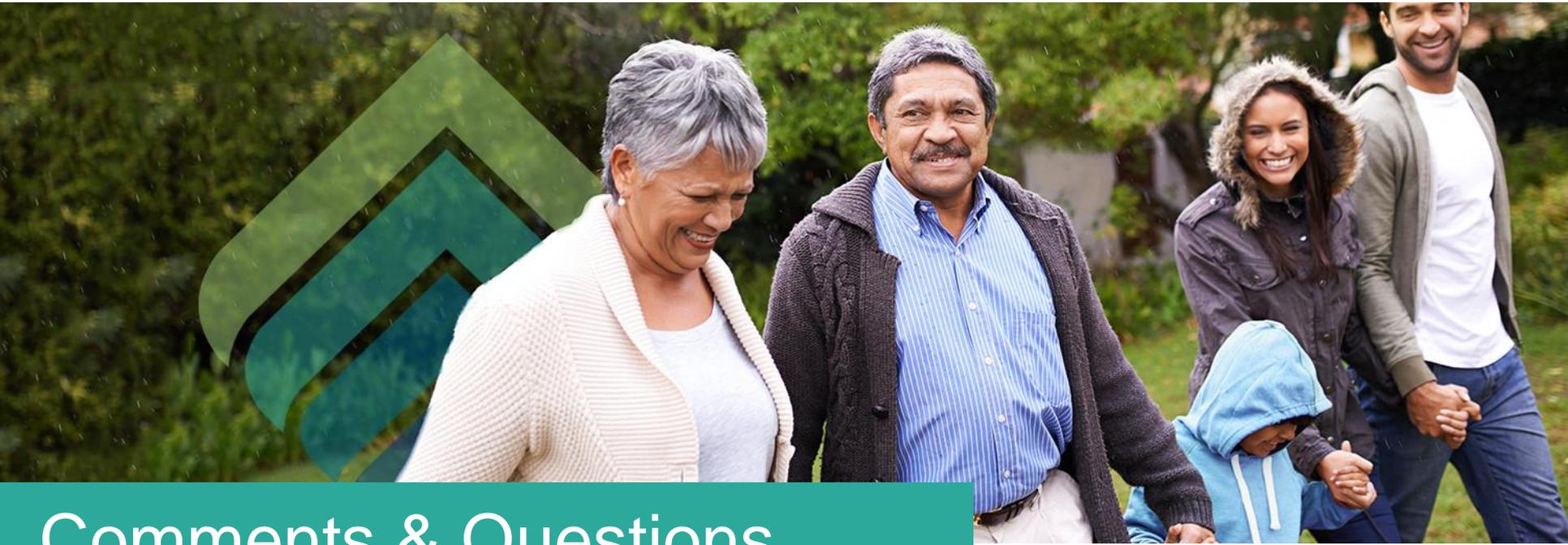
- Conducted review of available trainings (Aug-Oct 2018)
 - AFSP, Kara, Bill Wilson Center, Connect, SPRC, Hospice of the Valley
 - Included presentations of SPRC video and by Dr. Janet Childs
- Pilot grief support training developed with Dr. Childs (Nov 2018-Jan 2019)
- Pilot training held and evaluated (Feb 2019)

GOAL 2: POSTVENTION TOOLKIT FOR ADDITIONAL POPULATIONS

- Law enforcement
 - Reviewed New Hampshire guidelines (What to Say/Not to Say)
 - Revised and proposed design to present guidelines
 - Recommendation to create app
 - Reached out to potential app developers – John Forward, Out in Tech
 - Current status: Shared guidelines with BHSD team creating Law Enforcement Quick Reference Guide, to include
- Universities and colleges
 - Reviewed HEARD Alliance Toolkit to consider possible adaptation
 - Current status: Additions to existing Toolkit to be developed in FY20, instead of adapted version for different audience

ADDITIONAL GOALS

- Continue focus on County response to suicide deaths
 - Presented to Elder Death Review Team (Coroners' Office) about program and next-of-kin letters (Oct 2018)
 - Reviewed and revised EDRT next-of-kin letter
 - SP Program revised letter sent to community organizations following suicide deaths and put together more robust response linking to local resources, e.g. Toolkit, BWC (presented to workgroup Apr 2019)
- Mapping of grief support resources and identify gaps
 - Created and reviewed resources sheet
 - Current status: Finalizing sheet for printing/use in SP Program outreach efforts
- Additional recommendations and support to SP Program
 - E.g. Suicide Prevention Week activities, Suicide Prevention Conference, older adult campaign, Crisis Text Line



Comments & Questions