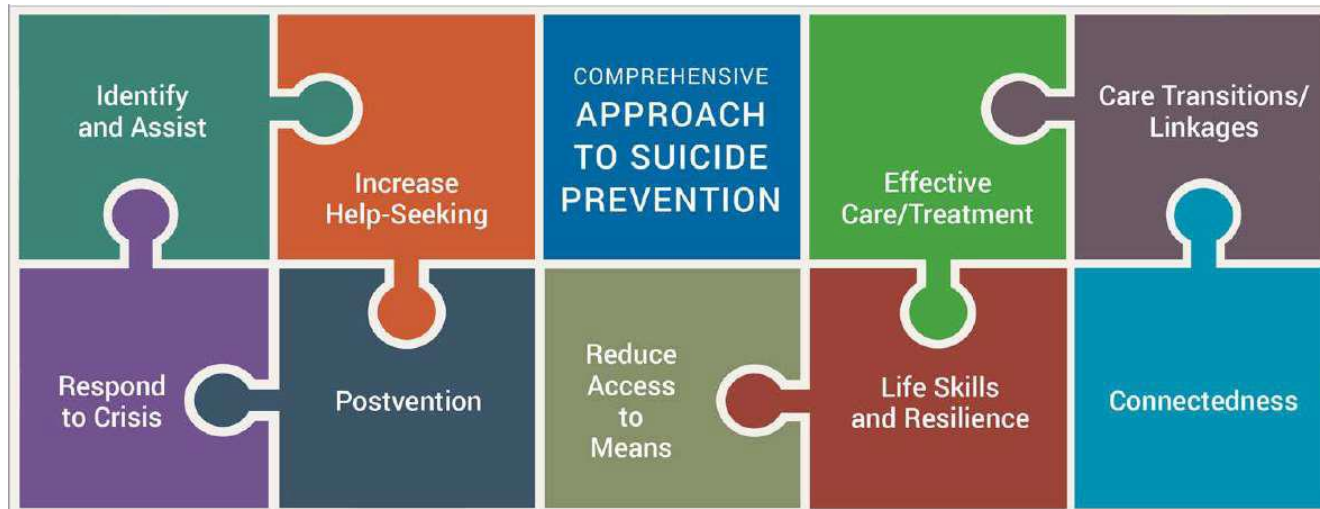


# HCA Youth Suicide Prevention

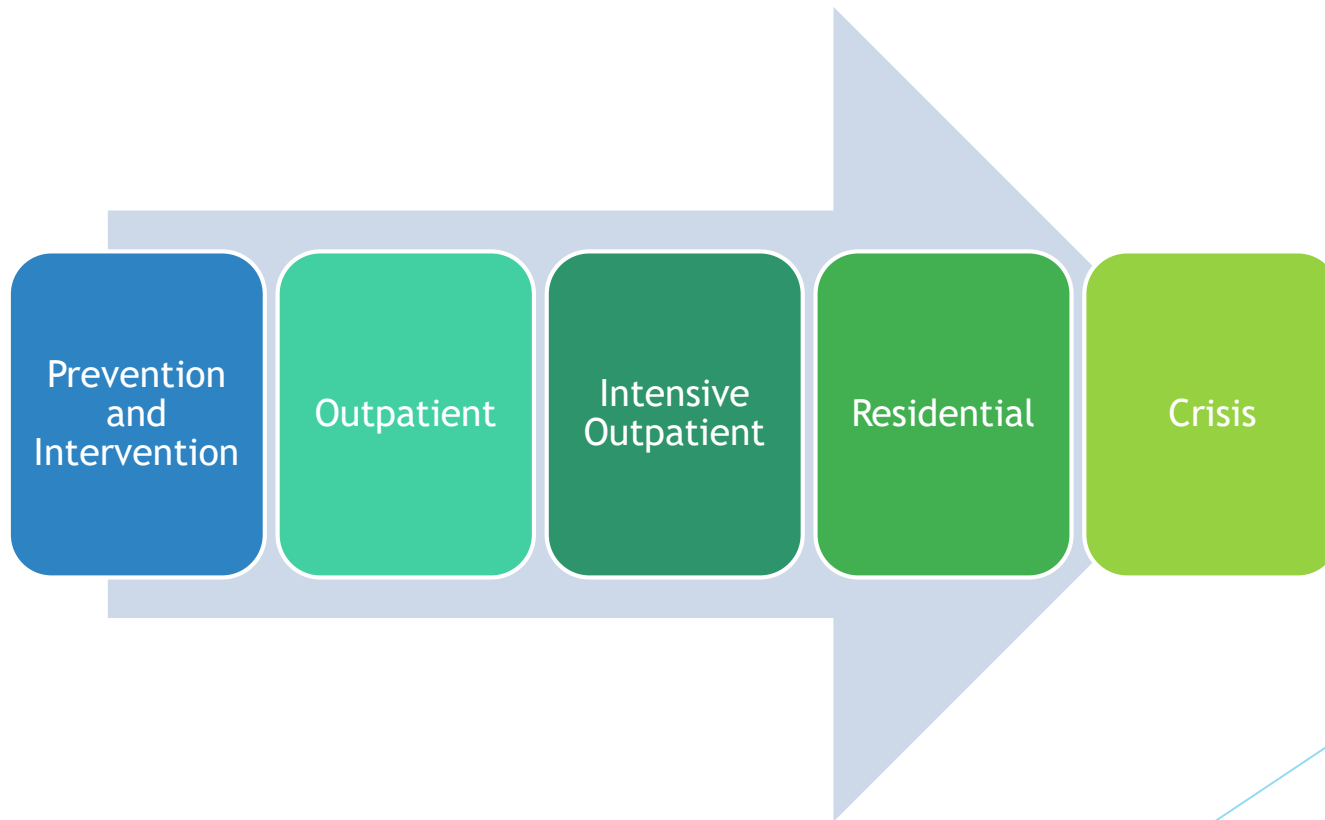
Mark Lawrenz  
Division Manager



# Comprehensive Approach to Suicide Prevention



# The BHS Continuum of Care



# Comprehensive Approach to Suicide Prevention

- ▶ **Upstream:** Increase connectedness, life skills, resiliency, help-seeking
- ▶ **Intervention:** Identify and assist, respond to crises, care transitions/linkages, effective care and treatment
- ▶ **Postvention and Support:** after suicide deaths and attempts
- ▶ **Reduce Access to Lethal Means**
- ▶ **NOTE:** incorporate throughout the other approaches

# Prevention-Campaigns

## Know the Signs

- ▶ **Know the Signs:** social marketing campaign to prevent suicide by encouraging individuals to know the signs, find the words to talk to someone they are concerned about, and to reach out to resources.
- ▶ **Pain isn't always obvious:** a common emotion among people feeling suicidal is pain. How pain is expressed isn't always evident to others. While the warning signs can be subtle, they are there.
- ▶ For more information visit: [www.suicideispreventable.org](http://www.suicideispreventable.org) or [www.elsuicidioesprevenible.org](http://www.elsuicidioesprevenible.org) .

# Directing Change Program and Film Contest

- ▶ Engages young adults throughout California to learn about the warning signs for suicide, the importance of mental health, and how to help a friend, through the creation of short films.
- ▶ Throughout the filmmaking process, participants are engaged via all methods of the “learning spectrum” to see, experience, discuss and apply concepts learned about suicide prevention and mental health.
- ▶ These films are used in schools and communities to raise awareness and start conversations about these topics.
- ▶ For more information and to view films, visit: [www.directingchange.org](http://www.directingchange.org) .

# Other Prevention Programs Supporting Suicide Prevention

- ▶ School-Based Programming
- ▶ Parent Education & Family Strengthening Programming
- ▶ Outreach & Engagement Services
- ▶ Warmline

# Intervention -Training

- ▶ Crisis Intervention Training for Law Enforcement
- ▶ Youth Mental Health First Aid  
[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)
- ▶ safeTALK (Tell, Ask, Listen and KeepSafe)
- ▶ Applied Suicide Intervention Skills Training (ASIST)  
[www.livingworks.net](http://www.livingworks.net)



# Intervention- Suicide Prevention Lifeline

- ▶ **Suicide Prevention Lifeline:** 24/7 immediate, phone, chat, text, suicide prevention services to anyone who is in crisis or experiencing suicidal thoughts.

**(800) 273-TALK(8255)**

# Intervention- Crisis Assessment Team

- ▶ 24/7 mobile crisis response team, providing crisis intervention and evaluation for involuntary hospitalization for any child or adult who is experiencing a psychiatric emergency.
- ▶ Services include: mental health evaluation, crisis intervention, family support and education, and community referrals.

**(866) 830-6011**

# Intervention- Crisis Response Network

- ▶ The Crisis Response Network (CRN) coordinates and manages a roster of trained crisis responders who are ready to mobilize and assist a school or community in times of emergency need or threat.
- ▶ Responders are trained in Crisis Incident Management and utilize crisis dogs to assist students, reduce stress and tension associated with trauma, and to provide emotional support.

# Crisis Services

Crisis Assessment Teams (CAT) for children and adults



Psychiatric Emergency Response Team (PERT)



Crisis Stabilization Unit



Acute Psychiatric Inpatient Treatment



Crisis Residential Programs for children and adults



In-Home Crisis Stabilization Team (IHCS)

# Postvention- Survivor Support Services

- ▶ Individual Suicide Bereavement Counseling
- ▶ Family Suicide Bereavement Counseling
- ▶ Suicide Bereavement Support Groups (Teens and Adults)
- ▶ Suicide Prevention Trainings
- ▶ For more information, please call:

**(714) 547-0885**

# Reducing Means

- ▶ Prescription Take Back Programs
- ▶ Appropriately Locking Up Fire Arms
- ▶ Counseling on **Access to Lethal Means (CALM)**-2 hour online training for mental health professionals and those working with high risk populations

[www.training.sprc.org](http://www.training.sprc.org)

# Other Suicide Prevention Planning

- ▶ Zero Suicide Planning Taskforce
- ▶ Striving for Zero-California's Strategic Plan for Suicide Prevention 2020-2025

[www.mhsoac.ca.gov](http://www.mhsoac.ca.gov)

- ▶ National 2019 Suicide Prevention Week, September 9-13
- ▶ Activation Kit, including Activities, Messaging, info on Self-Care and Other Resources:

[www.eachmindmatters.org/SPW2019](http://www.eachmindmatters.org/SPW2019)



Orange County | Behavioral Health Information & Referrals

**855-OC-Links**  
(625-4657)

- ▶ Monday through Friday
- ▶ 8 a.m. to 6 p.m.
- ▶ Live chat: <http://ochealthinfo.com/oclinks>
- ▶ TDD Number: (714) 834-2332



# Contact Information

- ▶ National Suicide Prevention Lifeline: (800) 273-8255
- ▶ Survivor Support Services: (714) 547-0885
- ▶ Crisis Assessment Team: (866) 830-6011
- ▶ WarmLine: (877) 910-9276

## Websites:

- ▶ [www.eachmindmatters.org](http://www.eachmindmatters.org)
- ▶ [www.directingchange.org](http://www.directingchange.org)
- ▶ [www.suicideispreventable.org](http://www.suicideispreventable.org)
- ▶ [www.sprc.org](http://www.sprc.org)



Questions ?