



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Context Clues: Using Social Determinants of Health (SDOH) to Enhance Treatment: Suicide and Self-Harm

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Substance Abuse and Mental Health
Services Administration

Suicide & Self-Harm

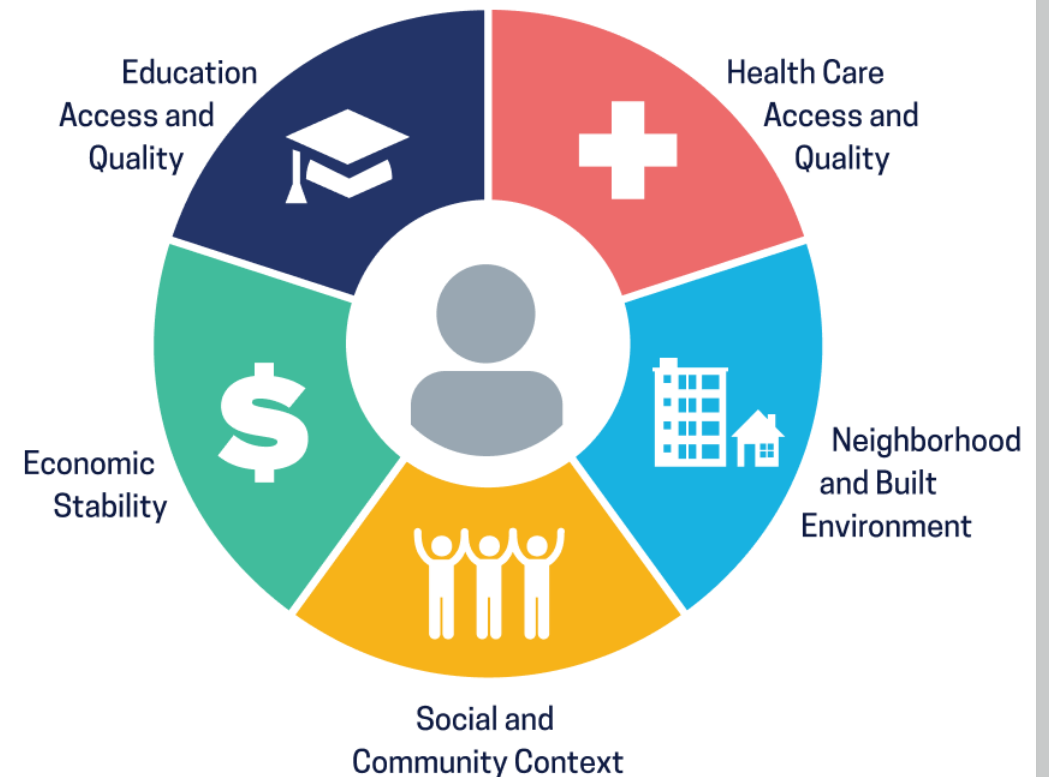
- 47,500+ deaths by suicide in 2019¹
 - 12 million people had suicidal ideation
 - 3.5 million made a plan for suicide
 - 1.4 million attempted suicide
- Certain people are at greater risk for suicide¹
 - American Indian/Alaska Native
 - Military veterans
 - Sexual minority—LGBTQ+
- Self-harm not intended to be lethal → nonsuicidal self-injury (NSSI)²
- Approximately 4% of adults and 15% of teens²
 - Skin cutting: 70-90%
 - Head banging or hitting: 21-44%
 - Burning skin: 15-35%

Suicide & self-harm are related to...

- Economic recessions
- Foreclosure & eviction
- Mental health problems—depression
- Certain occupations—police, military
- Living in detention facilities
- Poor social connections
- Stress & hopelessness

National Center for Injury Prevention and Control. *Preventing Suicide: A Technical Package of Policy, Programs, and Practices.*

Social Determinants of Health



Prevention

- Strengthen household financial security and housing stabilization policies
- Reduce access to lethal means with at risk people
- Improve coverage of mental health conditions in health insurance & reduce provider shortages
- Promote connectedness
- Teach coping & problem-solving skills
- Identify and support people at risk

Social Determinants of Health



Assessment & Intervention



Columbia- Suicide Severity Rating Scale (C-SSRS)

Available in 114 languages

Suicidal ideation

- Active or passive ideation

Intensity

- Frequency
- Duration
- Control
- Reasons for ideation and living

Suicidal behavior

- Suicide attempts
- Planning/prepping
- Non-suicidal self-injury

Asking about self-harm

Has subject engaged in Non-Suicidal Self-Injurious Behavior?

Yes No

- Have you ever intentionally hurt yourself before?
 - Cutting, burning, scratching, picking at skin
- Frequency
- Intensity
 - Number of cuts, depth of injury (e.g., did person bleed)
- Location of injuries on their body
- What do they use for self-injury
 - Razor blade, pencil, paperclip, eraser, fingernail, etc.
 - Access to means

Safety Planning

- Safety plan ≠ safety contract
- Stanley-Brown Safety Plan

Key components

1. Warning signs (e.g., thoughts, feelings)
2. Healthy coping strategies
 - Including phone apps
3. People or places that can help
4. Safe people to talk to and ask for help
5. Agencies or professionals that can be called for help
6. Reasons for living

Sample Safety Plan

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

1. _____
2. _____
3. _____

Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

1. _____
2. _____
3. _____

Step 3: People and social settings that provide distraction:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Place _____ 4. Place _____

Step 4: People whom I can ask for help:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____

Step 5: Professionals or agencies I can contact during a crisis:

1. Clinician Name _____ Phone _____
Clinician Pager or Emergency Contact # _____
2. Clinician Name _____ Phone _____
Clinician Pager or Emergency Contact # _____
3. Local Urgent Care Services
Urgent Care Services Address _____
Urgent Care Services Phone _____
4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)

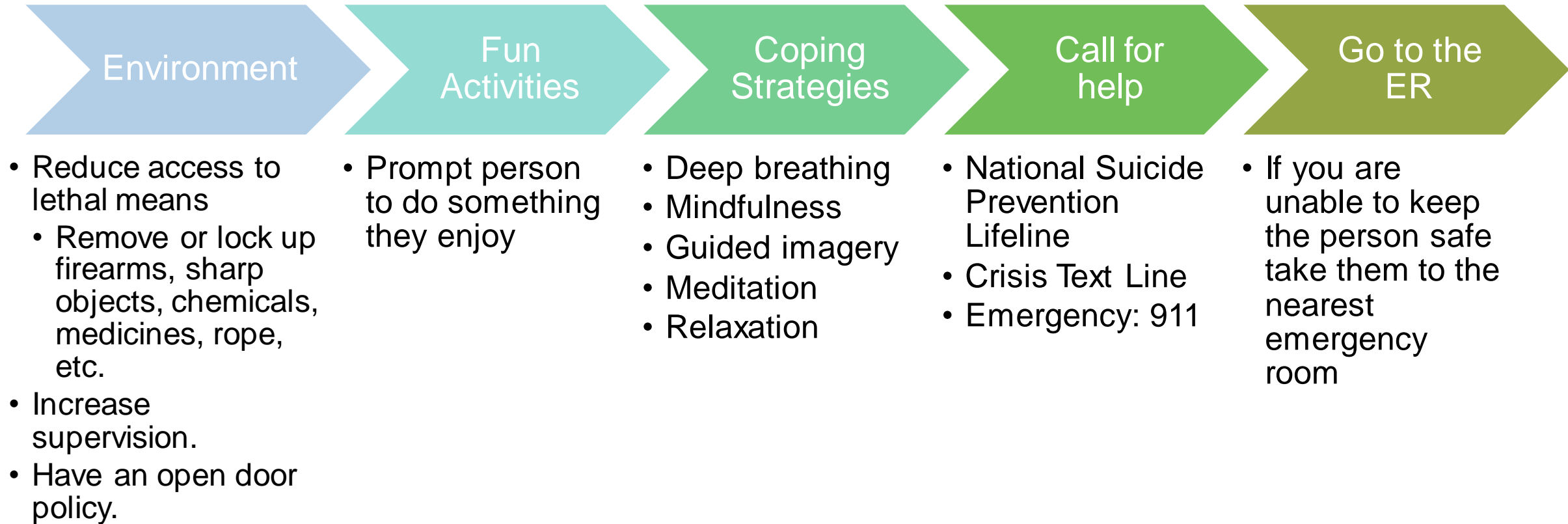
Step 6: Making the environment safe:

1. _____
2. _____

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The one thing that is most important to me and worth living for is:

Increasing Safety



Resources

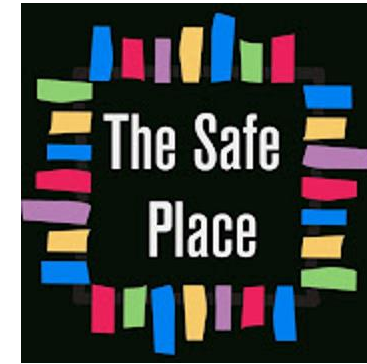


Helplines

- National Suicide Prevention Lifeline provides 24/7, free and confidential support
 - Phone: 988
 - Phone: 1-800-273-8255 (TALK)
 - Website: <https://suicidepreventionlifeline.org/>
- TrevorLifeLine is a 24/7 crisis intervention and suicide prevention service for LGBTQ youth and families
 - Phone: 1-866-488-7386
- TrevorChat/TrevorText is 24/7 confidential online instant messaging with a counselor
 - Website: <https://www.thetrevorproject.org/get-help/>
- TransLifeline is a national trans-led organization that offers 24/7 crisis hotline for transgender individuals
 - Phone: 1-877-565-8860
 - Website: <https://www.translifeline.org/hotline/policies> [[translifeline.org](https://www.translifeline.org)]
- Veterans Crisis Line is a 24/7, confidential crisis support line for veterans and families
 - Phone: 1-800-273-8255 press 1; Text: 838255
 - Website: <https://www.veteranscrisisline.net/>

Phone apps

- My3 – personalized safety plan
- notOK – let support network know you need help
- Calm Harm – ways to resist or manage urge to self-harm
- distrACT – tips and links for self-harming
- What's Up? – CBT and ACT skills
- MoodTools – safety plan and CBT
- The Safe Place – Black mental health
- Minds of Culture – for Black millennials and Gen-Zs
- Shine – daily meditations



AAFP's Framework to Address SDOH

ASK

- About SDOH

IDENTIFY

- Resources in patients' communities that can help address SDOH

ACT

- To help connect patients with resources to address patients' SDOH

ICD-10 Z-Codes

	Other Problems Related to Primary Support Group, Including Family Circumstances (Z63)
	Z63.0-1 Problems in relationship with spouse or partner/in-laws
	Z63.3-4 Absence/Disappearance and death of family member
Problems Related to Employment and Unemployment (Z56)	Z63.72 Alcoholism and drug addiction in family
Z56.2 Threat of job loss	Z63.7X Other stressful life events affecting family and household
Z56.82 Military deployment status	Z63.8-9 Other/unspecified problem related to primary support group
Z56.8-9 Other/unspecified problems related to employment	Problems Related to Other Psychosocial Circumstances (Z65)
Problems related to Housing and Economic Circumstances (Z59)	Z65.1 Imprisonment and other incarceration
Z59.0 Homelessness	Z54.3 Problems related to other legal circumstances
Z59.5 Extreme poverty	Z65.5 Exposure to disaster, war, and other hostilities
Z59.6 Low income	Problems Related to Life Management Difficulty (Z73)
Z59.7 Insufficient social insurance and welfare support	Z73.2 Lack of relaxation and leisure
Z59.8-9 Other/unspecified problems related to housing and economic circumstances	Z73.3 Stress, not elsewhere classified
Problems Related to Social Environment (Z60)	Z73.4 Inadequate social skills, not elsewhere classified
Z60.0 Problems of adjustment to life-cycle transitions	Family History of Mental and Behavioral Disorders (Z81.X)
Z60.2 Problems related to living alone	Personal History of Certain Other Diseases (Z86)
Z60.4 Social exclusion and rejection	Z86.5X Personal history of mental and behavioral disorders
Problems Related to Upbringing (Z62)	Personal Risk Factors, Not Elsewhere Classified (Z91)
Z62.0 Inadequate parental supervision and control	Z91.5 Personal history of self-harm
Z62.810-819 Personal history of abuse or neglect in childhood	Z91.82 Personal history of military deployment

ICD-10 Z-Codes

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Personal Risk Factors, Not Elsewhere Classified (Z91)

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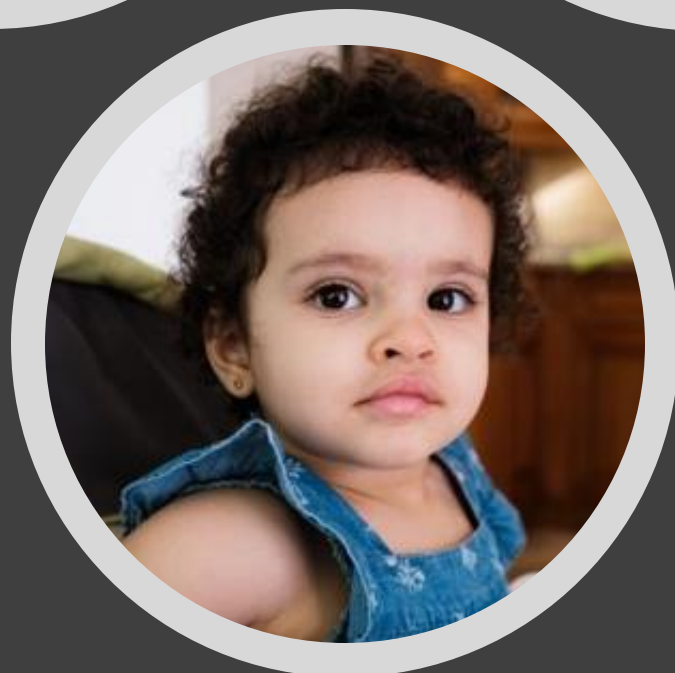
Z91.82 Personal history of military deployment

Z codes in this section will make safety planning challenging



Case Study

- Mother – Claudia
- Father – Patrick
- Grandmother – Ivonne
- Daughter – Tyler (age 16)
- Son – Elliot (age 13)
- Daughter – Edith (age 2)



Risk Factors Related to Suicide & Self-Harm

Income/
Employment

Two employed adults and four unemployed household members

Housing

Section 8 voucher;
Tyler preparing to live independently

Sexual Orientation/
Identity

Tyler—bisexual, LGBTQ+ community

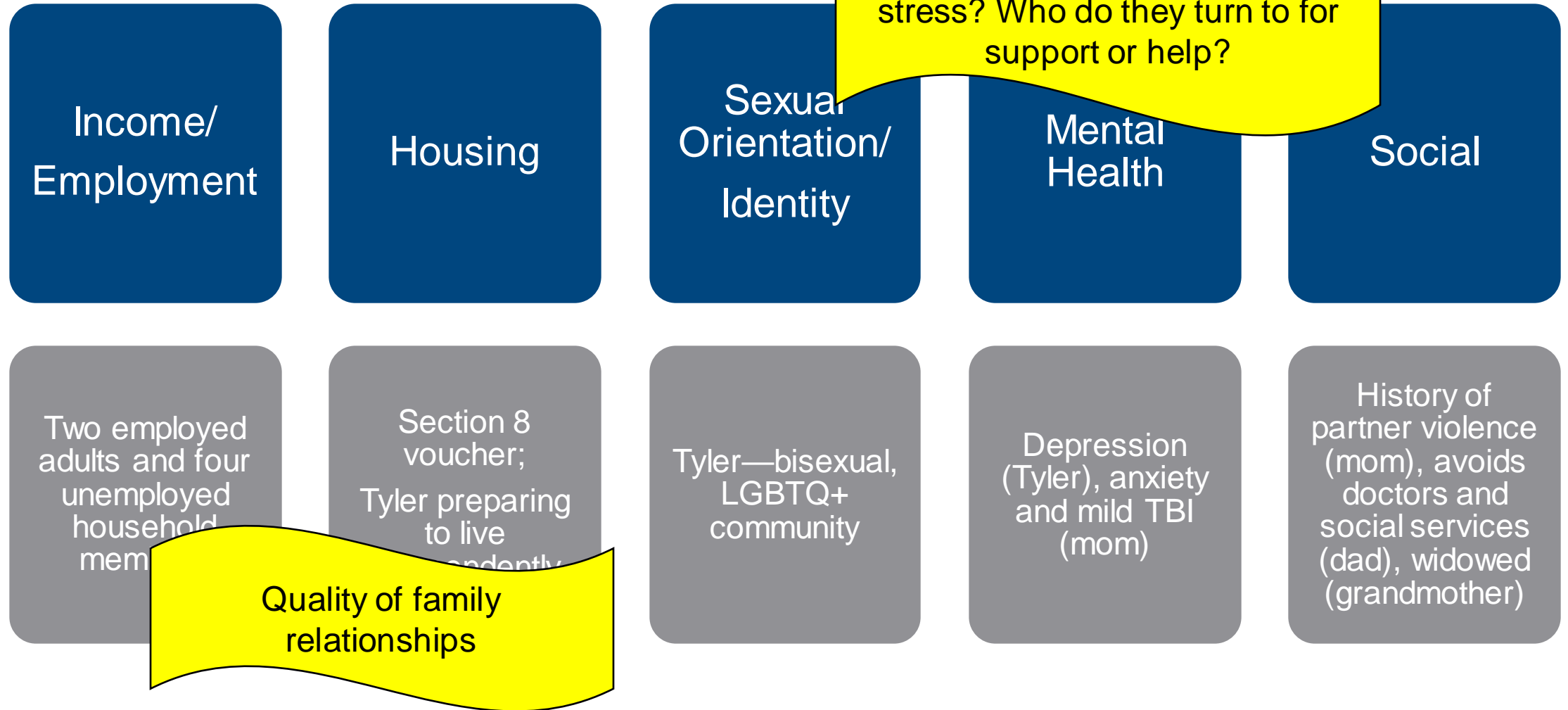
Mental Health

Depression (Tyler), anxiety and mild TBI (mom)

Social

History of partner violence (mom), avoids doctors and social services (dad), widowed (grandmother)

Risk Factors Related to Suicide & Self-Harm



Important Factors

Access to
healthcare

Father avoids
doctors
Grandmother
does not have
insurance

Tyler in therapy
Mother takes
antidepressant

Neighborhood
and built
environment

Live in Section
8 housing
3 bedroom
house

Tyler preparing
to live
independently

Access to community
& social connections

Grandmother
recently moved
in with family –
change in
social supports

Father does
not attend
church with
family

Involvement
with LGBTQ+
community

Important Factors

Access to
healthcare

Different
providers for
father?

Father avoids
doctors
Grandmother
does not have
insurance

Tyler in therapy
Mother takes
antidepressant

Free medical care
for grandmother?

Neighborhood
and built
environment

Live in Section
8 housing
3 bedroom
house

Tyler preparing
to live
independently

Access to community
& social connections

Grandmother
recently moved
in with family –
change in
social supports

Father does
not attend
church with
family

Involvement
with LGBTQ+
community

Important Factors

Access to
healthcare

Father avoids
doctors
Grandmother
does not have
insurance

Tyler in therapy
Mother takes
antidepressant

Neighborhood
and built
environment

Is their
neighborhood
safe?

Live in Section
8 housing
3 bedroom
house

Tyler preparing
to live
independently

How will Tyler pay for
housing? Do they need
access to supports?

Access to community
& social connections

Grandmother
recently moved
in with family –
change in
social supports

Father does
not attend
church with
family

Involvement
with LGBTQ+
community

Important Factors

Access to healthcare

Neighborhood and built environment

Access to community & social connections

Father avoids doctors
Grandmother does not have insurance

Tyler in therapy
Mother takes antidepressant

Live in Section 8 housing
3 bedroom house

Tyler preparing to live independently

Grandmother recently moved in with family – change in supports

Father does not attend church with family

Involvement with LGBTQ+ community

Shared community for grandmother? Others from Ecuador, age group, etc.

Is family supportive of Tyler's orientation/identity?

Does father isolate from others outside of not attending church?
Other social connects?

References

1. Centers for Disease Control and Prevention. (n.d.). *Facts About Suicide*. Retrieved January 9, 2022, from <https://www.cdc.gov/suicide/facts/index.html>
2. Mental Health America. (n.d.). *Self-Injury*. Retrieved January 9, 2022, from <https://www.mhanational.org/conditions/self-injury-cutting-self-harm-or-self-mutilation>
3. National Center for Injury Prevention and Control. *Preventing Suicide: A Technical Package of Policy, Programs, and Practices*. (n.d.)
4. Columbia-Suicide Severity Rating Scale (C-SSRS). (n.d.). National Suicide Prevention Lifeline. Retrieved January 4, 2022, from <https://suicidepreventionlifeline.org/wp-content/uploads/2016/09/Suicide-Risk-Assessment-C-SSRS-Lifeline-Version-2014.pdf>
5. Stanley-Brown Safety Planning Intervention (n.d.) *Stanley-Brown Safety Plan*. Retrieved January 8, 2022, from <https://suicidesafetyplan.com/forms/>



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