

Building Stronger Foundations: The Intersection of Suicide Prevention Infrastructure and Behavioral Health Services

Brought to you through a collaboration from the MHTTC Network and
the Suicide Prevention Resource Center



MHTTC

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



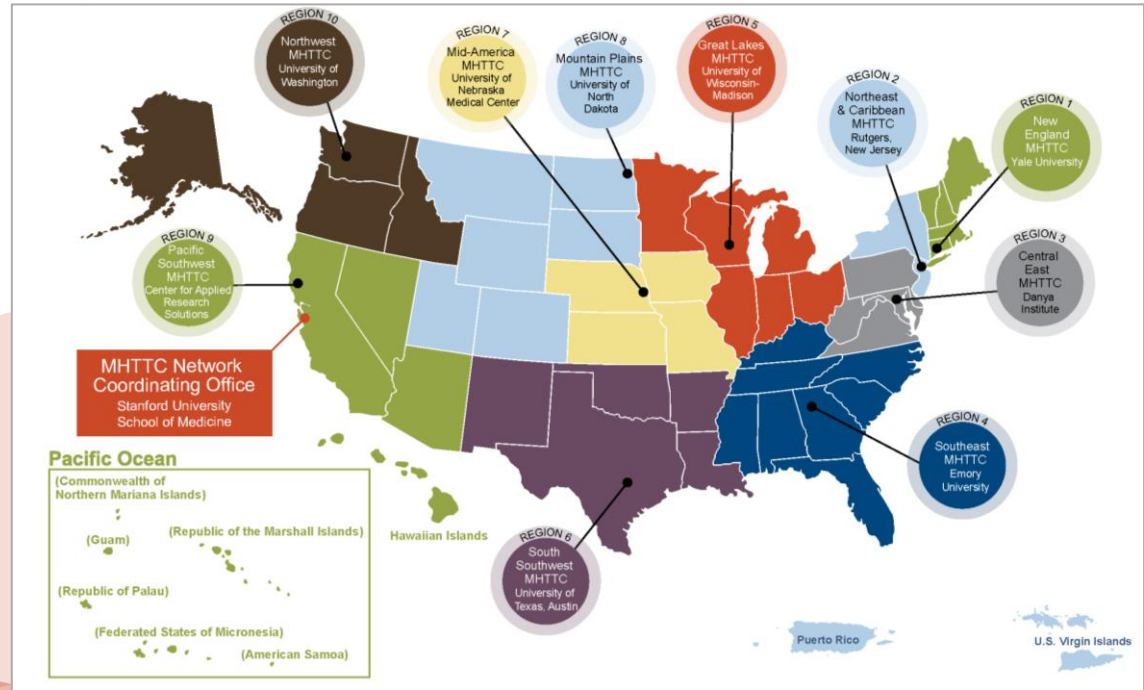
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At the time of this presentation, Dr. Miriam E. Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services (DHHS) and the Administrator of SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of DHHS or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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- Accelerate the adoption and implementation of mental health related evidence-based practices across the nation
 - Develop and disseminate resources
 - Provide training and technical assistance
 - Deliver workforce development opportunities for the mental health field



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Participants will be able to define a school-wide crisis and an individual student emergency, understand incident management guidelines ...

Published: March 7, 2024

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March 6 (Session 1) To view resources from this training, please click **DOWNLOAD** Click here to watch the recording March 7

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Session learning objectives:

MULTIMEDIA |

Supporting Autistic Students in the Classroom with Anxiety: Your Questions Answered Part II

Gentle reminders...

Q&A at the end of the session:

We invite you to use the Q&A Box to submit your questions throughout the learning session!

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Suicide Prevention Resource Center **MHTTC**
Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Building Stronger Foundations: The Intersection of Suicide Prevention Infrastructure and Behavioral Health Services

Thank you for joining us today!

Building Stronger Foundations: The Intersection of Suicide Prevention Infrastructure and Behavioral Health Services

May 22, 2024

Jana Boocock, MSW, CAC, CPS

Funding and Disclaimer



The Suicide Prevention Resource Center at the University of Oklahoma Health Sciences Center is supported by a grant from the U.S. Department of Health and Human Services (HHS), Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS), under Grant No. 1H79SM083028.

The views, opinions, and content expressed in this product do not necessarily reflect the views, opinions, or policies of CMHS, SAMHSA, or HHS.

About SPRC

The Suicide Prevention Resource Center (SPRC) is the only federally funded resource center devoted to advancing the implementation of the *National Strategy for Suicide Prevention*. SPRC is supported through a grant from the U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA).

SPRC builds capacity and infrastructure for effective suicide prevention through consultation, training, and resources for state, tribal, health/behavioral health, and community systems; professionals and professional education programs; and national public and private partners.

Land Acknowledgement

We acknowledge that the land that now makes up the United States of America was the traditional home, hunting ground, trade exchange point, and migration route of more than 574 American Indian and Alaska Native federally recognized tribes and many more tribal nations that are not federally recognized or no longer exist.

We recognize the cruel legacy of slavery and colonialism in our nation and acknowledge the people whose labor was exploited for generations to help establish the economy of the United States.

We honor indigenous, enslaved, and immigrant peoples' resilience, labor, and stewardship of the land and commit to creating a future founded on respect, justice, and inclusion for all people as we work to heal the deepest generational wounds.

Overview



- State Infrastructure Recommendations
- State and Territorial Suicide Prevention Needs Assessment
- The Intersection of Suicide Prevention Infrastructure and Behavioral Health
- Key Data
- Call to Action

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Overview of the Suicide Prevention Resource Center





The Suicide Prevention Resource Center (SPRC) is your one-stop source for information to help you develop, deliver, and evaluate evidence-informed suicide prevention programs.

What we offer

- Toolkits
- Online trainings
- Effective Suicide Prevention Model
- Research summaries . . . and more!

Who we serve

- Organizations
- Communities
- Agencies
- Systems



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State and Territorial Suicide Prevention Infrastructure



SPRC's State Suicide Prevention Infrastructure: Working Definition

A state's **concrete, practical foundation or framework** that supports suicide prevention-related systems, organizations, and efforts including the fundamental parts and organization of parts that are **necessary for planning, implementation, evaluation, and sustainability.**

* The term "state" is used in this PowerPoint as a short-hand reference to the U.S. states, territories, and the District of Columbia.

SPRC's *Data Infrastructure: Recommendations for State Suicide Prevention Overview*



Six Essential Elements of State Suicide Prevention Infrastructure:

- ★ **Authorize** - Designate a lead division or organization for suicide prevention in the state and give it the resources and authority to carry out all of the recommendations
- ★ **Lead** - Maintain a dedicated leadership position, as well as core staff positions and capacity, and create cross-agency and cross-sector collaboration within the state government
- ★ **Partner** - Ensure a broad, inclusive public-private partnership or coalition at the state level with a shared vision and commitment to suicide prevention
- ★ **Examine** - Support high-quality suicide data collection at the state and local levels to inform and evaluate prevention efforts
- ★ **Build** - Create a multi-faceted lifespan approach to suicide prevention across the state and allocate sufficient resources to fully implement and evaluate it
- ★ **Guide** - Support all state, county, and local efforts in the planning, execution, and evaluation of their efforts, including allocation of needed resources



State and Territorial Suicide Prevention Needs Assessment



Assessing State and Territorial Suicide Prevention Infrastructure

- Understand national competencies, development, and gaps in suicide prevention infrastructure
- Obtain information to inform SPRC's technical assistance to states and territories
- Provide information to states and territories about their progress in developing suicide prevention infrastructure



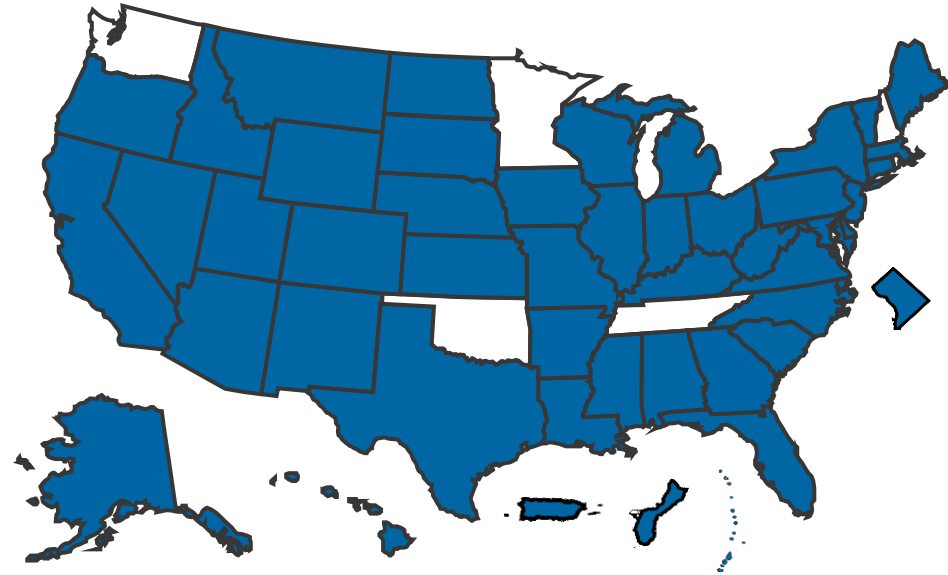
SNA Dissemination

State Invitations:

- April 12 – May 31, 2023
- Unique assessment link sent to one suicide prevention lead in each state or territory
- Leads encouraged to complete the assessment in collaboration with colleagues and/or state suicide prevention coalitions

91% Participation Rate (49 of 54):

- 45 states, 3 territories, and the District of Columbia



Map Key

- Blue = states with completed assessment
- White = states without assessment

Assessment Structure

The SNA consists of six scored sections that correspond directly to the recommendations within each of the six essential elements, and one unscored section related to use of SPRC's resources and supports.

Question formats include:

- A Likert scale (scored) to assess progress in achieving infrastructure recommendations

Not yet in place/Unaware of any work to get this in place
Planning steps to get this in place
Actively working to get this in place
This is in place, but it is not yet sustainable
This is sustainably in place

- Multiple choice questions on other suicide prevention areas (scored and not scored)
- Open-ended questions related to barriers, challenges, and successes in infrastructure progress (not scored)

Assessment Scoring

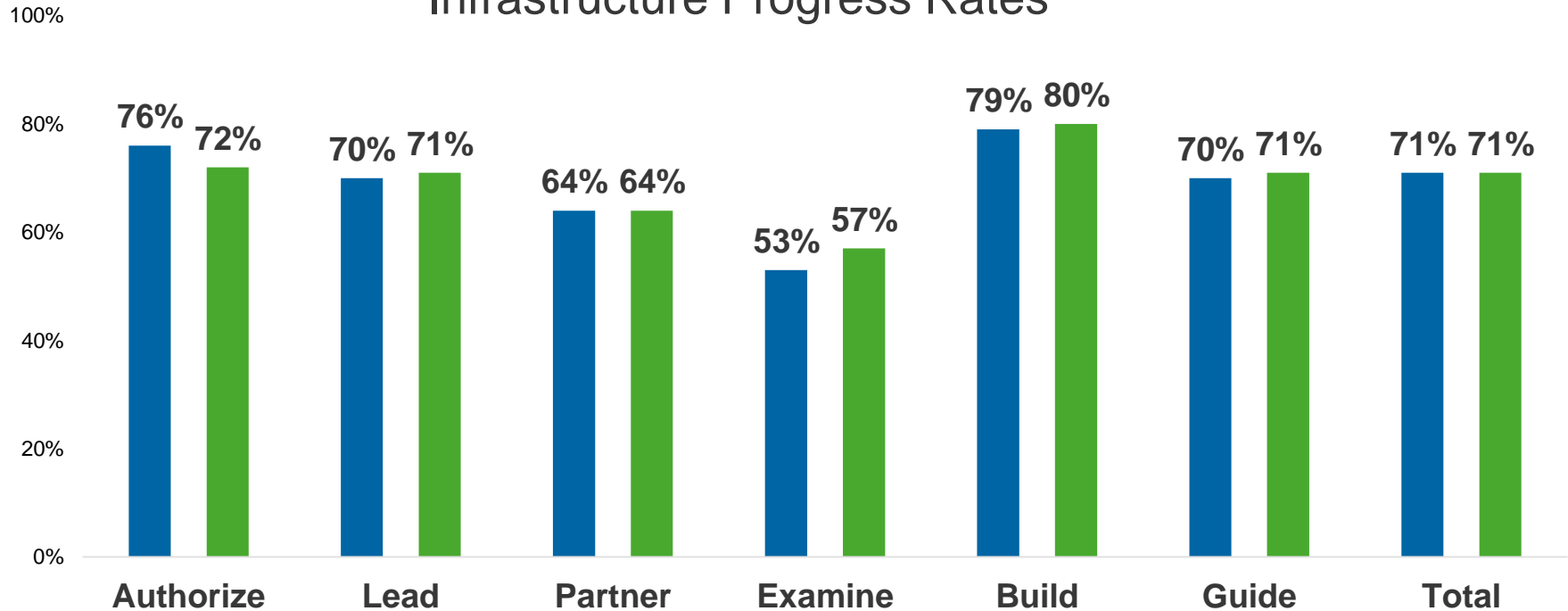
Scores are calculated across each of the six scored sections

1) Authorize	2) Lead	3) Partner	4) Examine	5) Build	6) Guide
Potential Score Range: 0-24	Potential Score Range: 0-24	Potential Score Range: 0-24	Potential Score Range: 0-20	Potential Score Range: 0-48	Potential Score Range: 0-25
Potential Total Combined Score Range: 0-165					


Social Science Research and Evaluation, Inc. (SSRE) analyzed all responses to provide national and state/territorial-level progress scores.

SNA Results

National Suicide Prevention Infrastructure Progress Rates



- Blue = 2022 Scores
- Green = 2023 Scores



Intersection of Suicide Prevention Infrastructure and Behavioral Health



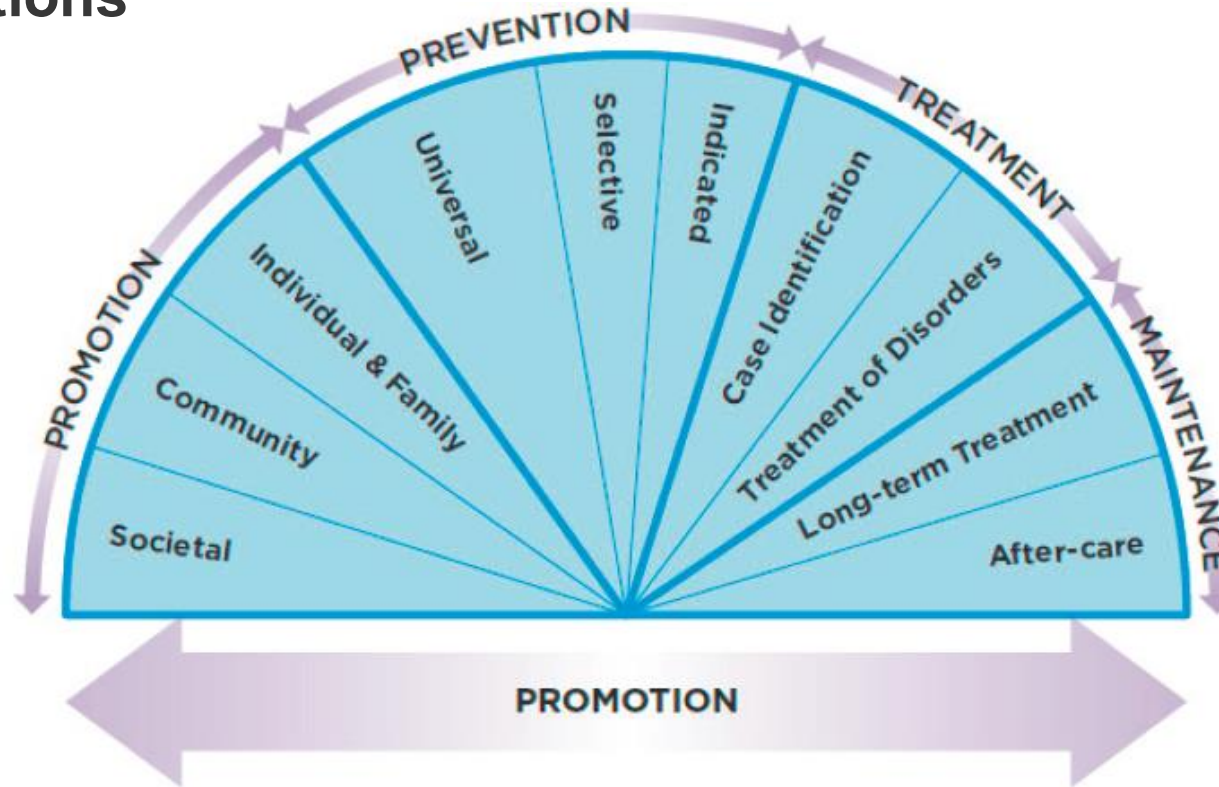
How do you think your work may intersect with suicide prevention?



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Spectrum of Mental, Emotional, and Behavioral Interventions



Source: National Academies of Sciences, Engineering, and Medicine, 2019
www.sprc.org

Socio-Ecological Model



Circumstances That Increase Suicide Risk

Societal

Stigma associated with mental illness or help-seeking

Unsafe media portrayals of suicide

Easy access to lethal means of suicide among people at risk

Community

Lack of access to healthcare

Discrimination

Historical trauma

Relationship

Family/loved one's history of suicide

Loss of relationships

Bullying

Individual

Previous suicide attempt

History of depression and other mental illnesses

Substance use

Circumstances That Protect Against Suicide Risk

Societal

Cultural, religious, or moral objections to suicide

Reduced access to lethal means of suicide among people at risk

Community

Feeling connected to school, community, and other social institutions

Availability of consistent and high quality physical and behavioral healthcare

Relationship

Support from partners, friends, and family

Feeling connected to others

Individual

Effective coping and problem-solving skills

Reasons for living

Strong sense of cultural identity

Social Determinants of Health

Social Determinants of Health



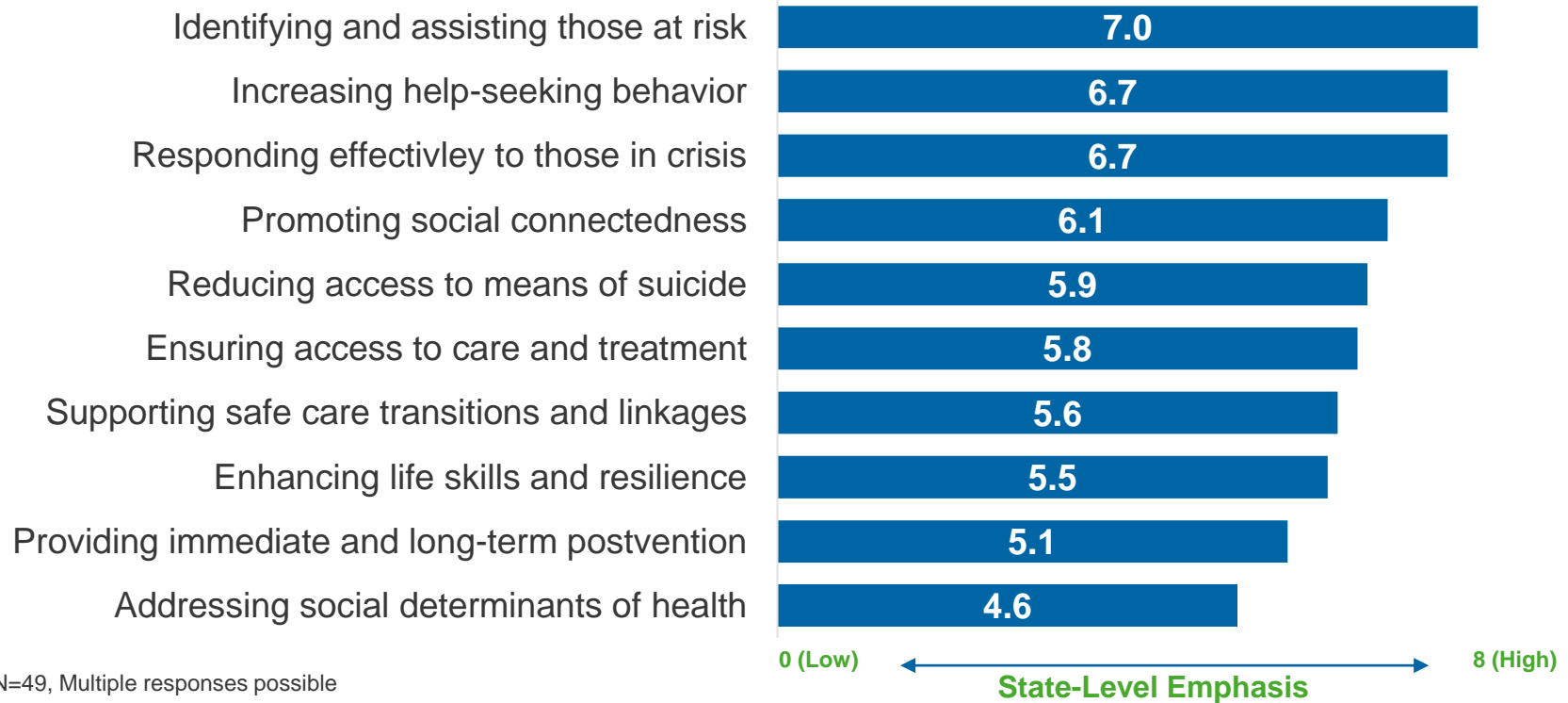
Social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.



Key Findings for Behavioral Health Providers

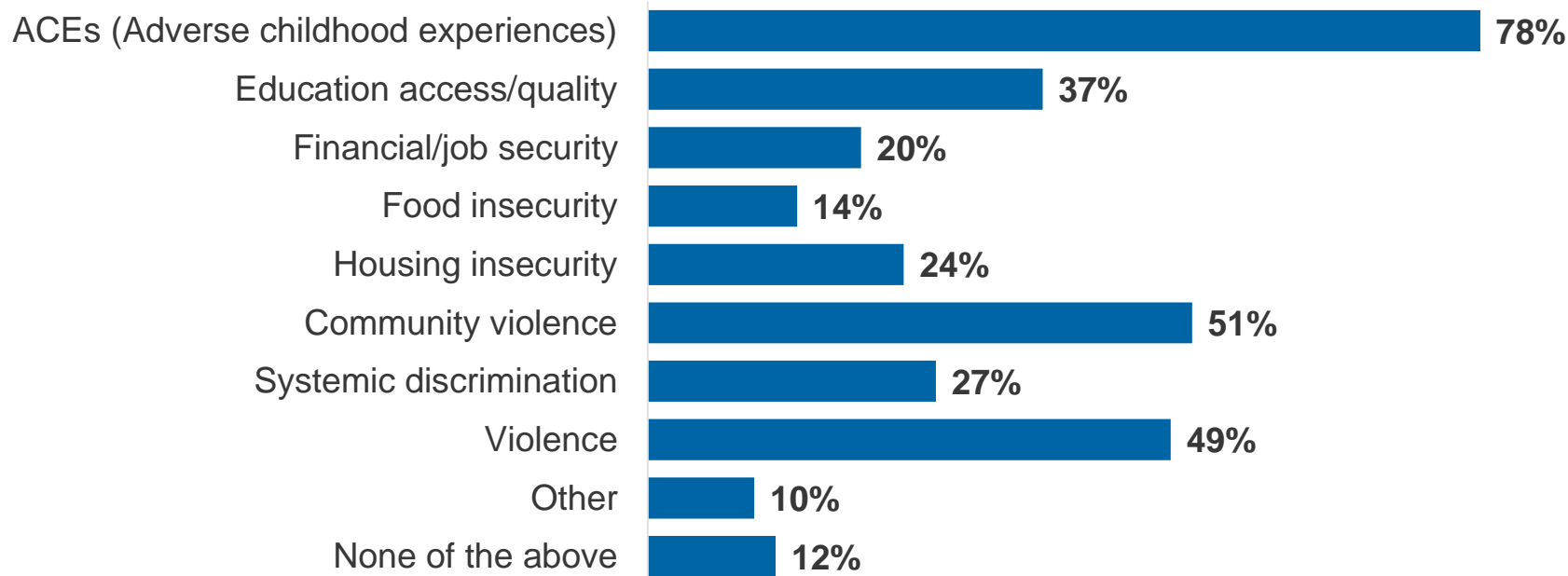


State Emphasis on Addressing High-Level Suicide Prevention Strategies



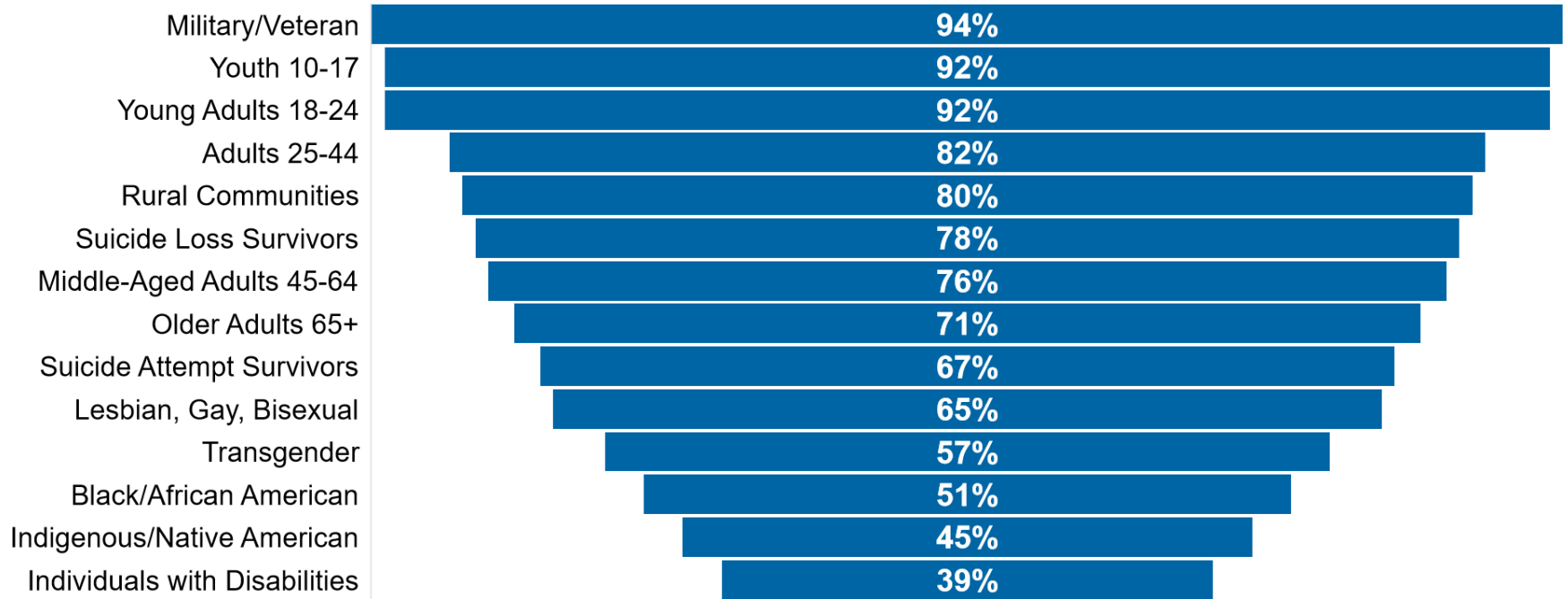
N=49, Multiple responses possible

Social Determinants of Health Being Addressed by State Suicide Prevention Office or Coalition

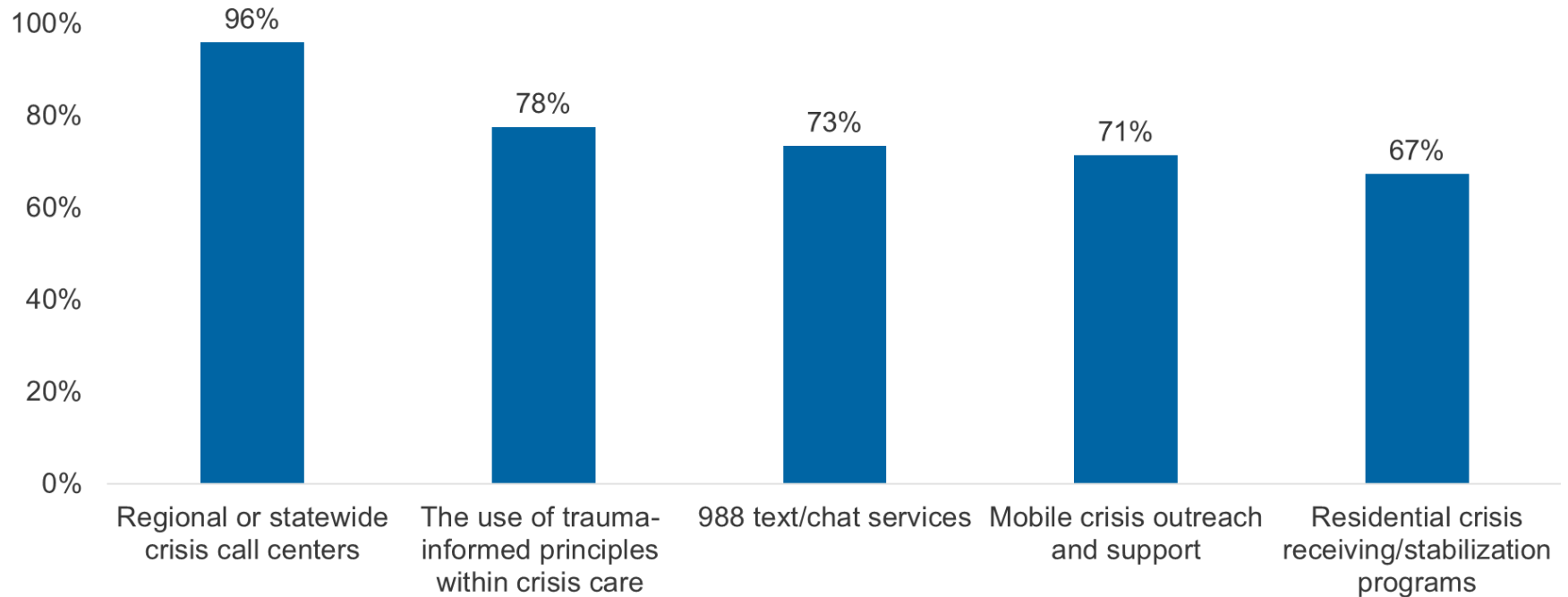


N=49, Multiple responses possible

States and Territories Reaching Select Populations With Targeted Suicide Prevention Efforts



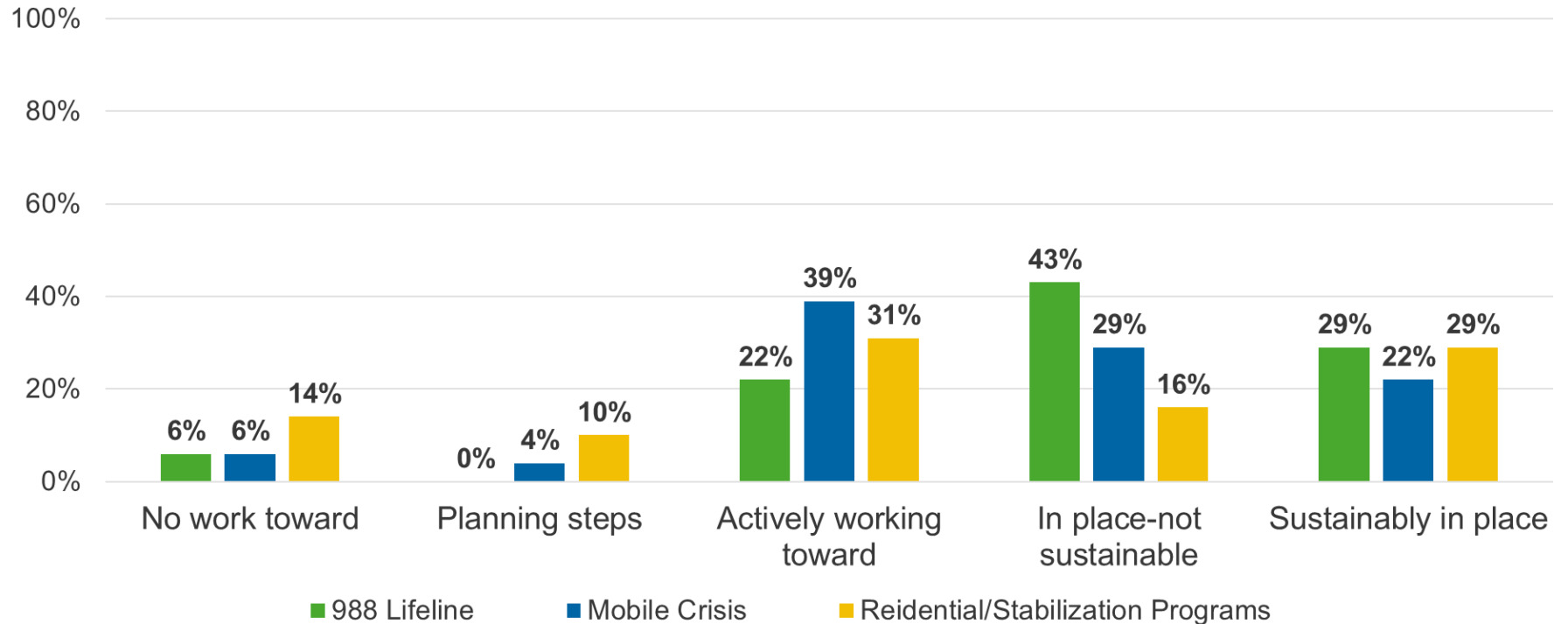
Core Elements of Effective Crisis Services Represented in State Infrastructure



Progress Toward Coordinating Crisis Services

	Percent	Count
Not yet in place / Unaware of any work to get this in place	6%	3
Planning steps to get this in place	14%	7
Actively working to get this in place	39%	19
This is in place, but it is not yet sustainable	22%	11
This is sustainably in place	18%	9

Progress Toward Developing Statewide Funding for Crisis Services



Strategies on Which Communities Most Frequently Want Support or Consultation

	Percent
Identify and assist persons at risk of suicide	65%
Reduce access to means of suicide	37%
Respond effectively to individuals in crisis	35%
Ensure access to effective mental health and suicide care and treatment	35%
Increase help-seeking behavior	29%
Provide immediate and long-term postvention	29%
Promote social connectedness and support	22%
Enhance life skills and resilience	18%
Support safe care transitions and create organizational linkages	12%
Address social determinants of health	4%

Types of Support States and Territories Provide to Communities at Least Annually

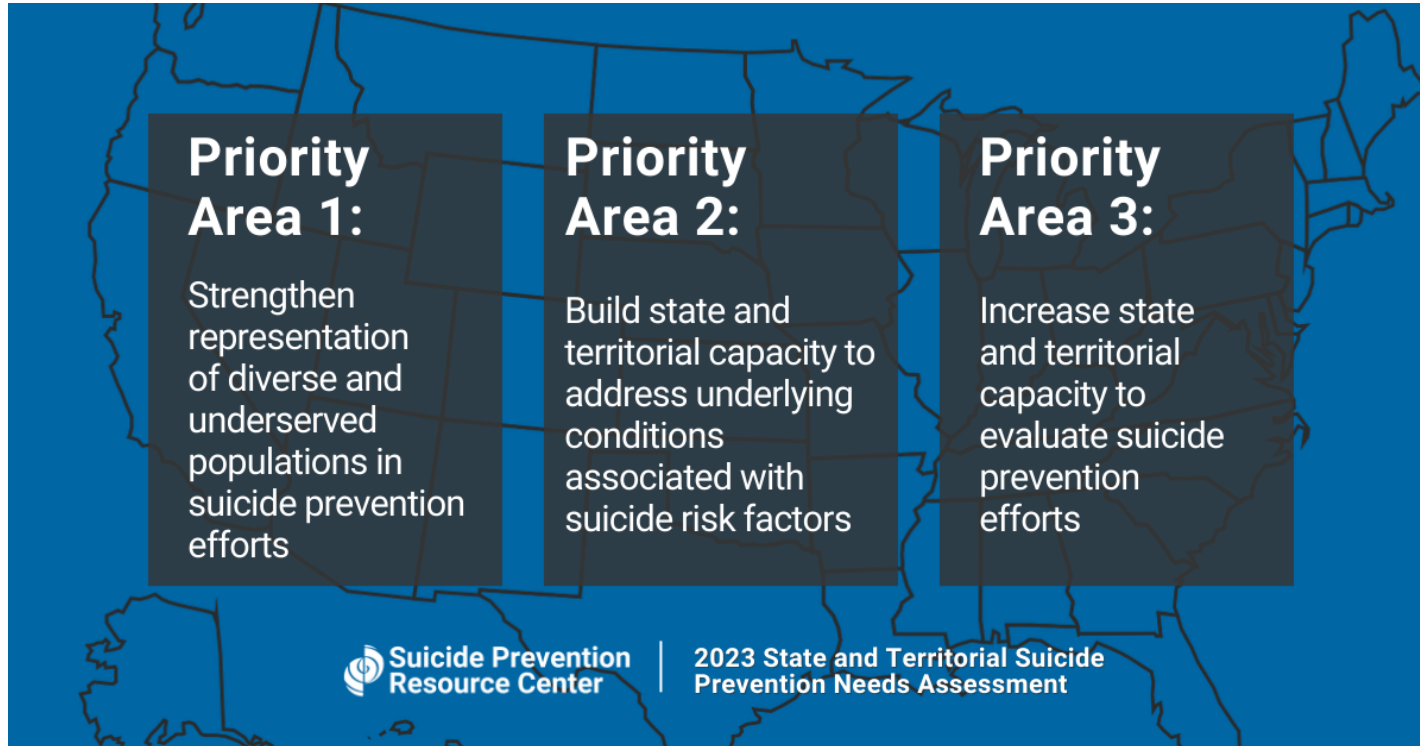
	Percent
Providing guidance on best practices in suicide prevention	96%
Providing ongoing technical assistance (e.g., answering questions, directing communities to available resources)	94%
Offering local or regional trainings	94%
Providing state-level data to communities	86%
Offering statewide trainings or conferences	86%
Providing local/regional-level data to communities	67%
Disseminating state and national news to communities	65%
Providing guidance on strategic planning	65%
Providing funding opportunities (e.g., mini-grants, RFPs, scholarships)	61%



Priority Areas




SNA National Priority Areas



Priority Area 1:
Strengthen representation of diverse and underserved populations in suicide prevention efforts

Priority Area 2:
Build state and territorial capacity to address underlying conditions associated with suicide risk factors

Priority Area 3:
Increase state and territorial capacity to evaluate suicide prevention efforts

 Suicide Prevention Resource Center | 2023 State and Territorial Suicide Prevention Needs Assessment

Steps to Help Develop Suicide Prevention Infrastructure

To learn more about how your state or territory can support the development of these three priority areas:

- Read the full [2023 State and Territorial Suicide Prevention Needs Assessment](#) report to further identify national areas of need and success
- Coordinate with your state or territory's suicide prevention agency(ies) to learn about your unique needs and strengths in suicide prevention: sprc.org/states
- Use SPRC's suicide prevention infrastructure webpage to guide the development of infrastructure in your state or territory: sprc.org/state-infrastructure
- Take steps to formally support the development of sustainable suicide prevention infrastructure.



Case Study



Suicides Decrease as Utah's Prevention Infrastructure Grows



**Suicides Decrease as Utah's
Prevention Infrastructure Grows**

What is one key step you heard Utah take to build their suicide prevention infrastructure?



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Discover how to develop and implement prevention efforts in any setting with SPRC's Effective Suicide Prevention Model.



Explore a library of suicide prevention programs with evidence of effectiveness.



Learn at your own pace with online courses, learning labs, and brief videos.



Access a wealth of resources, including toolkits, fact sheets, success stories, and more!



Find information on suicide prevention efforts in your state.



@SPRCtweets

Resources

Suicide Prevention Resource Center:

www.sprc.org

Substance Abuse and Mental Health Services
Administration:

www.samhsa.gov

National Action Alliance for Suicide
Prevention:

www.actionallianceforsuicideprevention.org



References

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Thank you!

Jana Boocock
jboocock@edc.org



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Rutgers School of Health Professions
Department of Psychiatric Rehabilitation
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Central East MHTTC

Danya Institute, Inc.
8737 Colesville Road Suite L - 203
Silver Spring, MD 20910

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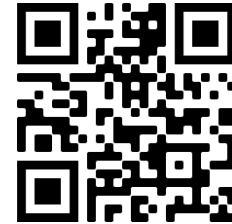
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