

ZERO SUICIDE IN TEXAS



April 2016



D.C. LGBTQ Suicide Prevention Bill

The District of Columbia City Council voted unanimously to pass a bill that requires all of D.C.'s public schools to develop suicide prevention policies aimed at the needs of LGBTQ youth.

The legislation, The Youth Suicide Prevention and School Climate Survey Amendment Act of 2015, also known as Bill 21-361, was developed in coordination with The Trevor Project, The D.C. Center, and the American Foundation for Suicide Prevention, among others.

The bill requires that D.C. teachers and principals receive bi-annual evidence-based training on recognizing risk-factors and improving prevention, intervention, and postvention. According to The Trevor Project, this is the first bill in the nation

that requires a school suicide policy focused specifically on LGBTQ youth.

Abbe Land, the Trevor Project's CEO and executive director stated, "...[this bill] will help not only LGBTQ youth, but also foster and homeless youth, as well as those living with mental illness, substance use and disorders, self-harming behaviors, and those bereaved by suicide."

Additionally, the Trevor Project reports that other states are already following D.C.'s lead. California is in the process of passing a similar bill, AB2246, also aimed at LGBTQ youth.

To read the Trevor Project's full report on this bill, please click [here](#). Other resources can be found at [The Trevor Project](#).

Substance Use & Suicide

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More than 41,000 people in the U.S. die by suicide each year. Of those who complete or attempt suicide, substance use disorders are extremely common. In fact, suicide is the leading cause of death among people who misuse alcohol and drugs (SAMHSA, 2008).

Of those 41,000 deaths, opiates are present 20% of the time. Additionally, 22% of suicides involve alcohol intoxication (CDC, 2014). Research indicates that the disinhibition that results from drug or alcohol use significantly contributes to suicide attempts (HHS, 2012).

In order to assist providers in better understanding the relationship between substance use and suicide, SAMHSA recently released a brief on the topic. The brief highlights the issues, discusses prevention, and examines evidence-based intervention programs.

To read the whole brief and learn more, please click [here](#).

Meaningful Activities as Protective Factor for Adolescents

New research indicates that engaging youth in personally meaningful activities may be a protective factor against suicidal ideation, even if the youth have other risk factors such as low self-esteem, depression, engaging in high-risk behaviors and low perceived social support. The more meaningful the activity, the less likely it was for the youth to report suicidal thoughts.

Download and read the full study [here](#).

Upcoming Events



ASK About Suicide to Save a Life: Training of Workshop Leaders
Center Against Sexual & Family Violence
580 Giles Road; El Paso, Texas 79915

Questions contact Merily Keller via email hodgekeller@yahoo.com

Zero Suicide: Not Another Life to Lose in Texas
DSHS Grand Rounds
Wednesday, April 27, 2016

In 2014, over 3,000 Texans died by suicide. The foundational belief of Zero Suicide is that suicide deaths for individuals within health and behavioral health systems are preventable. How can we all work towards that goal? Please join national and state experts, Mike Hogan, PhD, President, Hogan Health Solutions; Molly Lopez, PhD, Director, Texas Institute for Excellence in Mental Health, University of Texas at Austin; and Jenna Heise, MA, BC-DMT, NCC, State Suicide Prevention Coordinator, DSHS for a discussion of clinical suicide prevention in behavioral and healthcare systems, transforming depression care, and progress in Texas.

Learn more [here](#).

Upcoming NAMI Walks

NAMI Walks of Greater Houston	4/30/2016	Find out more.
NAMI Walks Dallas	5/14/2016	Find out more.

What the data tells us: Organizational Change Across Cohort 1

