

# ZERO SUICIDE IN TEXAS



December 2014



## The Importance of Connection

*The Way Forward* offers many suggestions of programs, practices, and policies to support the recovery of suicide attempt survivors. While reviewing these research-informed suggestions, connection and community are two common themes.

Connecting attempt survivors with peers, in this case other attempt survivors or individuals experiencing suicidal ideation, can have major positive impacts on mental and behavioral health. Participating in survivor support groups and other community groups and activities can renew a sense of purpose and support for attempt survivors.

Connection and collaboration are also paramount in the work of

health professionals working with individuals contemplating suicide and attempt survivors. Not only should professionals collaborate with each other, but they should make an effort to include attempt survivors and individuals in their support network as well.

Collaborating with attempt survivors and the people around them is the best way to understand their experience, and to ensure they are respected and supported.

Connectedness in general helps restore a sense of hope, and creates a life with more meaning and purpose.

## Tips for working with suicide attempt survivors.



**Include trained peer specialists in groups and organizations:** Including peer specialists who work with individuals at risk of suicide within your organization benefits both individuals. The peer specialist should be trained in working with individuals at risk and should be supported through supervision and other strategies to reduce compassion fatigue. Including peer specialists has been shown to decrease re-admission and increase the use of behavioral health services.

**Provide training and education to supportive individuals:** Creating programs and providing resources to the support systems of attempt survivors reduces their risk of emotional burnout. Trainings for friends, family, and other supportive people in the local community help create an educated, prepared network of people to support suicide attempt survivors. Brochures, self-help materials, and booklets can also be useful.

**Workforce Survey 2014** (Tarrant, Spindletop, Tri County, Harris, Border Region & ATCIC) The response rates for the workforce survey is still low. Please consider some of the strategies discussed earlier, such as an email reminder from the agency director, speaking with division leaders, and having supervisors enforce the importance of completion during staff meetings.

Survey Link:

[https://edc.co1.qualtrics.com/SE/?SID=SV\\_6ybR65DumAlrbnf](https://edc.co1.qualtrics.com/SE/?SID=SV_6ybR65DumAlrbnf)



**Collaborative Assessment & Management of Suicidality (CAMS)**

Please email Bonnie at [bonnie.evans@austin.utexas.edu](mailto:bonnie.evans@austin.utexas.edu) with the names and email contacts for staff that you would like to participate in the online CAMS training. This training is targeted to providers who may work with individuals to treat suicidality, generally requiring about 12 contacts with the individual.

## Upcoming Events



### Exploring the Impact of Suicide Prevention Research in Multiple Settings: Webinar

Tuesday, January 20, 2015 2:00 pm-3:00 pm

The Injury Control Research Center for Suicide Prevention (ICRC-S), a CDC-funded research center focusing on a public health approach to suicide prevention and research, will begin its third annual webinar series on January 20, 2015. A project of the University of Rochester Medical Center and Education Development Center, the ICRC-S draws suicide prevention directly into the domain of public health and injury prevention and links it to complementary approaches to mental health.

[Register here.](#)

## What the data tells us...



### Characteristics of Youth Served in Texas Public Mental Health System

	Minimal Suicide Risk (CANS=0 or 1)	Elevated Suicide Risk (CANS=2 or 3)
	N (%)	N (%)
Gender		
Female	11,465 (37.9%)	3,660 (59.5%)
Male	18,759 (62.1%)	2,496 (40.6%)
Ethnicity – Hispanic	12,922 (42.8%)	3,272 (53.2%)
Race		
African American	6,205 (20.5%)	534 (8.7%)
White	22,535 (74.6%)	5,317 (86.4%)
Mixed Race	1322 (4.4%)	267 (4.3%)
Other	162 (0.5%)	38 (0.6%)
Age of Child (mean and sd)	12.3 (3.4)	14.3 (2.4)

## Check Out These Resources



### [With Help Comes Hope](#)

Lifeline recently debuted a new website for suicide attempt survivors. With tips for self-care and messages to friends, family, and helpers, this resource supports both suicide attempt survivors and the people who care about them.

### [Survivors of Suicide Fact Sheet \(PDF\)](#)

Discusses common experiences and reactions of those who have lost a loved one to suicide.

### [Helping Survivors of Suicide: What Can You Do \(PDF\)](#)

This fact sheet is for friends, family members, and co-workers who are looking for information on how to help a survivor of suicide.

### [Beyond Surviving: 25 Suggestions for Survivors \(PDF\)](#)