

ZERO SUICIDE IN TEXAS



December 2015



Action Alliance's 5-Year Report

The National Action Alliance for Suicide Prevention has been working hard over the past 5 years to support organizations from the public and private sectors in working toward the common goal of eradicating death by suicide.

In 2012, using more than 10 years of research on suicide prevention, the Action Alliance revised the National Strategy for Suicide Prevention (NSSP) to include 13 goals and 60 objectives. The NSSP emphasizes the importance of community, and provides guidance to a variety of stakeholders. The Impact Group advises the Action Alliance in identifying priorities, and has facilitated the expansion of the

priorities to include transforming health systems and changing the conversation about suicide.

There is also a focus on prioritizing research and in aligning efforts in the prevention field to help save more lives.

The Action Alliance's variety of task forces, including the Faith Communities Task Force and Suicide Attempt Survivors Task Force, work to engage a variety of constituents within the community. The focus on collaboration and community engagement has allowed initiatives like Zero Suicide to take hold and start to have a positive impact in reducing suicide attempts and saving lives.

Access the report [here](#).

Suicide in Silicon Valley

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The Silicon Valley region of California has experienced an alarming increase in suicides - with a suicide rate four times the national average.

The region has experienced two suicide clusters in the past 6 years; one in 2009-2010, and the most recent in 2015.

This in depth article in *The Atlantic* summarizes the way that the community was able to prepare and respond more effectively in 2015 to help prevent contagion and to offer support to those in need. The community knew how to respond to the media, was prepared to offer grief counseling, and understood the importance of keeping students from memorializing students at school.

You can read more information about this community's experience and the steps they are taking [here](#) or listen [here](#).

Online Training in CAMS Wins Gold!

In late October, Empathos Resources took home gold in the 2015 Winners in Learning & Development, Best use of Video category, in the Brandon Hall Group HCM Excellence in Learning Awards.

After watching the training video 81% of clinicians said they plan to make changes in their clinical approach to working with suicidal patients.

Congratulations CAMS developer Dr. David Jobes and Empathos!

Upcoming Events



**The Diane Rehm Show on NPR – Make Sure and Catch Jenna Heise and Bill Gilstrap
December 17th at 10:00 am**

More than forty thousand Americans reportedly die by suicide each year. Some states and health systems are trying new approaches to reduce suicides with impressive results so far. A look at what method appears to be working and why. Learn more on the upcoming episode at <http://thedianerehmshow.org/shows/2015-12-17/new-reported-successes-in-efforts-to-reduce-suicide-rates>

Mental Health Hackathon

The White House Office of Science and Technology Policy, National Institutes of Health, and Department of Veteran's Affairs are collaborating with technology nonprofits and local agencies to host a day of hackathons and data jams across the nation to address suicide prevention. On December 12, data scientists, engineers, designers, and domain experts are joining forces across five cities for one purpose – to prevent suicide by unlocking the power of open data and technology. Find out more at <http://www.innovation.va.gov/suicideprevention/>

Permian Basin Mental Health Conference: Energizing the Conversation Powering Forward for the Prevention of Suicide

Friday, January 29, 7:00am – 5:00pm and Saturday, January 30, 8:00am – 3:30 pm Midland, Texas

This conference for mental health professionals, community members and other professionals aims to provide participants with tools and strategies to aid in the prevention of suicide. In addition, it will offer guidelines for effectively implementing strategies for suicide prevention, including self-care and secondary trauma.

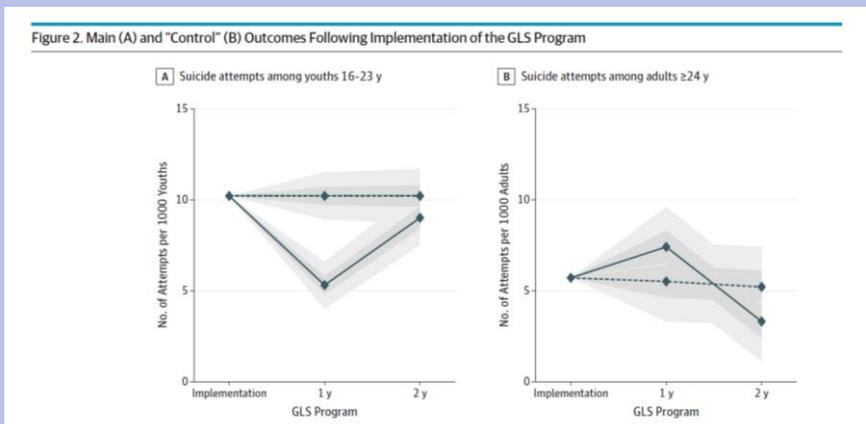
[Register here](#) or call (432) 240-1550 with questions.

What the data tells us



The Impact of Suicide Prevention Activities for Youth

A recent study examined the impact of counties participating in Garrett Lee Smith grants implementing suicide prevention activities for youth ages 13-23. The sample included 46 states and 12 tribal communities, and compared 466 counties implementing suicide prevention strategies for this age range compared to 1161 matched communities not involved in GLS.



Counties with GLS had lower rates of suicide attempts in youth age 16-23 compared to control counties. This impact was not found for individuals 24 and older.