

# ZERO SUICIDE IN TEXAS



November 2014



## Core Values for Suicide Prevention Work

The Suicide Attempt Survivors' Taskforce of the National Action Alliance for Suicide Prevention has brought the lived experience of attempt survivors to bear in the development of ways to achieve the goals of the national strategy in *The Way Forward*. The Task Force identified 8 Core Values that should be considered during all activities designed to help an individual who has been suicidal.

These Core Values should be considered when planning and rolling out suicide prevention supports as these are the values identified by attempt survivors to be important.

The Core Values include:

1. Foster hope and help people find meaning and purpose in life
2. Preserve dignity and counter stigma, shame, and discrimination
3. Connect people to peer supports
4. Promote community connectedness
5. Engage and support family and friends
6. Respect and support cultural, ethnic, and/or spiritual beliefs and traditions
7. Promote choice and collaboration in care
8. Provide timely access to care and support

## Select Recommendations from *The Way Forward*:

- Suicide prevention and behavioral healthcare organizations engage, hire, and/or collaborate with peer support professionals.
- Develop, evaluate, and promote programs specifically intended to help the family and friends of attempt survivors.
- Medical and behavioral health providers integrate principles of collaborative assessment and treatment planning into their practices.
- Suicide prevention and behavioral health groups engage attempt survivors as partners in developing, implementing, and evaluating efforts.
- Providers of crisis or emergency services develop formal partnerships with organizations which offer peer support services and especially organizations that are operated or driven by people with lived experience.

## How can we incorporate the Core Values?

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**Promote community connectedness:** Help attempt survivors define their support network and offer education and support to families and friends. Family members and friends are better able to “be there” for attempt survivors when they feel knowledgeable about how to be supportive. Encouraging attempt survivors to participate in community activities helps keep individuals from feeling isolated and is critical to the recovery process.

**Promote choice and collaboration:** Attempt survivors may experience negative stereotypes, prejudice and discrimination within the health care system. Many may consider them incapable of participating in health decisions. Sharing information about ways an individual can advocate for him or herself provides a collaborative space to work with others to plan and make decisions about safety, recovery, and individual goals.

## Upcoming Events



### Engaging Youth and Young Adults through Social Media

Tuesday, Dec. 9<sup>th</sup> 12:00 pm-1:00 pm

Social media continues to be an important tool for youth and young adults to connect with the world and with each other. Join this Pathways RTC webinar to get the latest research and statistics on how youth and young adults are using social media, and how your organization can strategically use social media to engage with youth and young adults. Learn what platforms youth and young adults are using and how you can create a simple social media strategy to more effectively reach this audience.

[Register here.](#)

## What the data tells us...



The 11 sites participating in the ZEST Learning Collaborative completed the Organizational Assessment, where no implementation is scored as 1 and full implementation as 5. Check out a few highlights of the results of this effort:

The elements with the highest average implementation ratings were:

- Death review process (mean of 4.4) – most organizations had a multi-disciplinary team that reviewed deaths by suicide to identify opportunities to strengthen the suicide care system
- Risk assessment (mean of 3.8) – most organizations utilize a standard, internally-developed risk assessment which is conducted by trained providers

The elements with the lowest average implementation ratings were:

- Suicide screening (mean of 1.1) – some organizations utilize internally developed screeners or screen only a subset of the population, for example those calling into the Crisis Hotline
- Support for survivors (mean of 1.7) – most organizations provide informal supports to attempt and loss survivors through peer providers with no formal outreach policies

The survey highlights strengths and opportunities for growth for each organization and set the stage for planning for the year.

## Check Out These New Resources



### [Advancing LGBT Health and Well-being](#)

Health and Human Services

The LGBT Issues Coordinating Committee's report highlights accomplishments across HHS and recommends future objectives and actions for the coming year.

### [Suicide Prevention and the Clinical Workforce: Guidelines for Training](#)

National Action Alliance for Suicide Prevention

The guidelines are designed to provide a foundation for creating training programs in health and human services professions, such as nursing, social work, medicine, and counseling.