

ZERO SUICIDE IN TEXAS



April 2015



The Importance of Means Restriction

When working with suicidal clients, it is important to talk with them and their families about their access to lethal means. It is important to ask all individuals in the home whether there are firearms in the home. Family members may find it difficult to give up their firearm for a period of time, so it is also important to recognize the sacrifice. Firearms should be secured separately from ammunition, and ideally, ammunition should be kept outside the home temporarily [retrieved from hsph.harvard.edu Means Matter on April 10, 2015].

Restricting access to firearms is of particular importance because 51% of deaths by suicide are completed with firearms. The focus is on keeping the client as safe as possible and not on limiting the actions of those around them.

Means restriction is important because 85% of individuals who survive a suicide attempt do not go on to die by suicide at a later point [Barber & Miller, 2014]. Most individuals who attempt suicide do not actively want to die, and having these restrictions in place may deter an impulsive decision.

The CALM: Counseling on Access to Lethal Means training is designed to help providers implement strategies to help clients at risk for suicide and their families reduce access to lethal means. The training covers three areas: (1) the public health approach to suicide prevention, (2) firearm safety basics, and (3) clinical skills in speaking with families about reducing access to firearms and lethal medications at home. [Retrieved from SPRC.org Best Practices Registry) on April 10, 2015]

Do you have questions about incorporating the C-SSRS in to your online system?

ATCIC has had success with their implementation, and has offered their support to other ZEST sites. For specific questions or troubleshooting please contact Erica Shapiro at Erica.Shapiro@austin.utexas.edu

Take a look!

Mike Hogan's recent video on the Suicide Prevention Resource Center's Spark Talk speaks to the importance of making health care "suicide safe". Watch the video here: <http://sparktalks.sprc.org/video/zero-suicide>

Suicide to Hope: Recovery and Growth Workshop

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This one-day workshop is primarily designed for clinicians and other professional caregivers who work with persons recently at risk of and currently safe from suicide. It provides tools to help these caregivers and persons with experiences of suicide work together to develop achievable and significant recovery and growth goals.

During the workshop participants will learn to:

- Describe how suicide experiences provide an opportunity for recovery and growth,
- Recognize how their attitudes might impact the recovery of the people they are trying to help,
- Describe a schematic of themes related to suicide experiences and a model for developing achievable recovery and growth goals, and
- Demonstrate use of this model to aid recovery work with a person recently at risk of suicide.

A spokeswoman from this training will be participating in the collaborative calls in May, and will be available to answer any additional questions!

Upcoming Dates



Southeast Texas Suicide Prevention Regional Summit in Pt. Arthur

Friday, May 1, 8:15-12:30 PM CST

The Medical Center of Southeast Texas 2555 Jimmy Johnson Blvd., Port Arthur, Texas 77640

Register here: <http://www.eventbrite.com/e/southeast-texas-suicide-prevention-regional-summit-tickets-16191351742>

Applications for the 2015 Zero Suicide Academy in DC are due May 5, 2015 by 5pm ET. More information about the application and event can be found here: <http://zerosuicide.sprc.org/zero-suicide-academy>

What suicide interventions outside of health care settings reduce risk? (Webinar)

Wednesday, May 27, 1:00-2:00PM CST

This webinar will include topics such as: What efforts to reduce access to lethal means have yielded benefits? What early intervention efforts (primary school based programs) show promise? What does research show about the role of media and messaging in suicide prevention efforts? Do efforts to reduce other high risk behaviors also reduce suicide risk?

Register here: <https://goto.webcasts.com/starthere.jsp?ei=1057183>

ASIST TOT, SafeTALK TOT and CALM TOT trainings will be offered this summer. Please begin thinking about which trainings you would like to attend.

Mark your calendars for the Texas Suicide Prevention Symposium to be held July 21st in Houston!

COMING SOON!

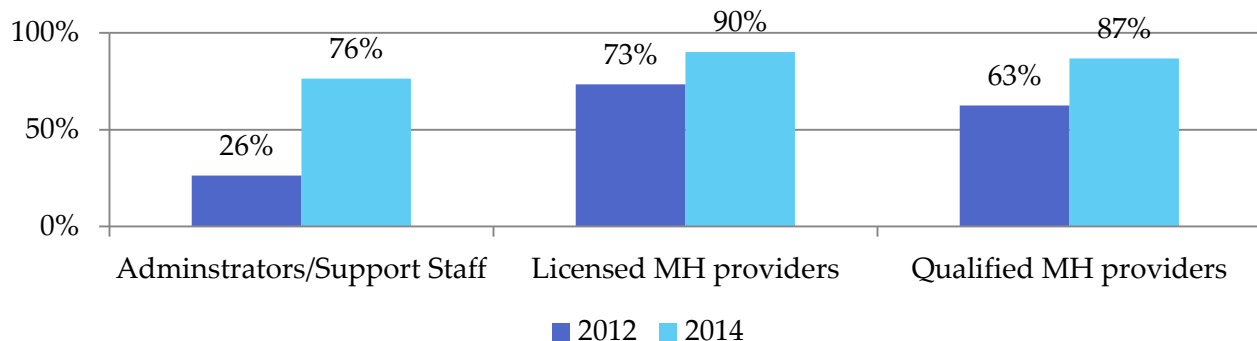
The new ZEST website will be available this month at <http://sites.utexas.edu/ZEST>

SPRC's ZERO Suicide website is has been updated! Check it out at <http://zerosuicide.sprc.org/>

What the data tells us...



I have the SKILLS I need to engage individuals with suicidal desire or intent.



References

<http://www.sprc.org/bpr/section-III/calm-counseling-access-lethal-means>

<http://www.hsph.harvard.edu/means-matter/lethal-means-counseling/>

Barber, C. W. & Miller, M. J. (2014). Reducing a suicidal person's access to lethal means of suicide: A research agenda. *American Journal of Preventive Medicine*, 47 (3S2), S264-S272.

<http://actionallianceforsuicideprevention.org/sites/actionallianceforsuicideprevention.org/files/>

Reducing%20a%20Suicidal%20Persons%20Access%20to%20Lethal.pdf