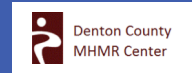


# ZERO SUICIDE IN TEXAS



June 2015



## Diversity and Suicide Prevention

In May 2015, President Obama declared June Lesbian, Gay, Bisexual, and Transgender (LGBT) Pride Month<sup>1</sup>. Although public attitudes have experienced shifts over the last decade, LGBT youth still face challenges with bullying in schools, parental rejection, higher rates of homelessness, and more suicidal thoughts and attempts than heterosexual peers.

The CDC reports that LGBT youth are more than two times as likely to have attempted suicide; and that 25% of transgender youth report

attempting suicide, compared with 8% of other youth<sup>2</sup>. It is estimated that between 20 and 40% of youth facing homelessness identify as LGBT<sup>3</sup>.

With more youth identifying as LGBT and the increased risk for suicide, it is important to ensure youth are being treated by informed practitioners. Helpful resources include:

- Suicide Prevention Among LGBT Youth Workshop Kit [here](#).
- Practitioner's Resource Guide: Helping Families Support LBGT Kids [here](#).

## Social Media and Suicide Prevention

The popular social media site, Facebook, is taking a proactive step towards preventing suicide among its users<sup>6</sup>. Facebook recently added a tool so that users can report if they believe someone is thinking of harming him/herself. An alert is then sent to the user posting self-harming thoughts with resources, such as suggestions of talking to a mental health professional, tips about dealing with the situation, and the number for the suicide prevention hotline.

## ZEST Expansion

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11 new sites have been selected to be a part of ZEST's second cohort! Congratulations on being chosen to work together towards eliminating suicide in the public behavioral health care system and towards creating Suicide Safe Care Centers in Texas communities.

The selected sites include:

- Helen Farabee Center in Wichita Falls
- StarCare Lubbock in Lubbock
- Center for Life Resources in Brownwood
- Texas Panhandle Center in Amarillo
- Andrews Center in Corsicana
- Heart of Texas Region in Waco
- Brazos Valley in Bryan
- Nueces County in Robstown
- Pecan Valley in Stephenville
- Gulf Bend in Victoria
- Betty Hardwick in Abilene

## Upcoming Events



### **SafeTALK Training of Trainers**

**Wednesday, July 29, 8am-5pm and Thursday, July 30 8am-5pm, Austin, Texas**

This training prepares candidates to deliver half day Suicide Alertness for Everyone (safeTALK). You must have completed a two day ASIST workshop to become a safeTALK trainer. E-mail Erica Shapiro at [Erica.Shapiro@austin.utexas.edu](mailto:Erica.Shapiro@austin.utexas.edu) with the name and contact information of the staff member who will attend.

### **ASIST Training of Trainers**

**Monday, July 20 8am-5pm and Tuesday, July 21 8am-5pm, Austin, Texas**

Information here?

E-mail Erica Shapiro at [Erica.Shapiro@austin.utexas.edu](mailto:Erica.Shapiro@austin.utexas.edu) with the name and contact information of the staff member who will attend.

### **Zero Suicide Academy**

**Tuesday, August 18 8:30am-4:30pm, Houston, Texas**

This face-to-face, one-day meeting will review all components of Suicide Safer Care with national experts in the field and peers in your cohort. Two people (a champion and an administrator\_ from each site will be offered to attend with a \$100 travel stipend, breakfast and lunch provided. You may bring an additional 2-3 members from your agency to the face-to-face meeting (you are responsible for travel costs), and we will register them for free and cover the cost of their lunch for the day. E-mail Erica Shapiro at [Erica.Shapiro@austin.utexas.edu](mailto:Erica.Shapiro@austin.utexas.edu) with the name and contact information of the staff member(s) who will attend.

### **ASK About Suicide to Save a Life! Training of Trainers**

This gatekeeper training will be offered in Waco, Houston, Austin, and Beaumont. More information about dates and locations to follow.

## New Resource



*Caring for Adult Patients with Suicide Risk: A Consensus Guide for Emergency Departments* (Suicide Prevention Resource Center) - A new resource released this month provides research- and consensus-based practices in decision support, initial interventions, and discharge planning. The ED Guide addresses specific objectives articulated by the 2012 *National Strategy for Suicide Prevention*, namely, to promote a continuum of care, safety, and well-being for ED patients treated for suicide risk; to collaborate with other health care providers to provide rapid and appropriate follow-up treatment; and to develop standardized protocols that direct clinical responses based on individual patient risk profiles.

## References

- 1 <https://www.whitehouse.gov/the-press-office/2015/05/29/presidential-proclamation-lgbt-pride-month-2015>
- 2 <http://www.cdc.gov/lgbthealth/youth.htm>
- 3 <http://www.urban.org/sites/default/files/alfresco/publication-pdfs/413209-Homeless-LGBTQ-Youth.PDF>