

ZERO SUICIDE IN TEXAS



March 2015



Transition to Adulthood

The transition from adolescence to adulthood is one that poses challenges for many individuals. This transition is also happening later and more gradually than in the past. Teens and young adults are living at home longer, with marriage, careers, and having children beginning later. These changes are seen across society as a whole, and aren't necessarily an indication of success or failure.

There is very little research exploring risk and protective factors for teenagers and emerging adults as they transition to adulthood. *Child Trends* (Nov 2014) found that youth have a higher risk of facing challenges in early adulthood if they were abused as a child, abused a

substances as a child, or if they experienced suicidal ideation or moderate-to-severe depression as an adolescent. These experiences put a youth at greater risk for illegal drug use, financial trouble, criminal behavior, and heavy use of alcohol. In addition, these risk factors may lead to a less stable transition to adulthood, compounding the negative effect on later development.

These findings emphasize the importance of identifying individuals who face these challenges early and providing them appropriate treatment and support. There is a clear need for innovative, effective programs that reach vulnerable youth in this transition phase.

Building Capacity for an Active Postvention Model: Why Start a LOSS Team?

What is LOSS?

LOSS stands for Local Outreach to Suicide Survivors. LOSS Teams offer immediate support and resources to individuals in their community, who have been impacted by suicide.

Why start a LOSS team?

In times of crisis caregivers, mental health professionals, and first responders are vital resources. Being well trained to identify, assist, and refer their clients and others in the community who need help requires continuing commitment to self-improvement. Mental health professional must not only be prepared for crisis and trained as caregivers, but should continually develop tools for coping with their own stress from those roles. Suicide provides unique challenges requiring specific awareness and training. This workshop will address the subject of crisis and give participants general and specific skills in managing crises.

SAVE THE DATE for the 2015 Annual LOSS Conference

**October 8-9, 2015 in Fort Worth, Texas
Hilton Fort Worth, 815 Main Street**

Key points from Safety Planning Training

Training by Barbara Stanley, Ph.D. February 26-27, 2015 at Department of State Health Services

Safety Planning Intervention (SPI) is a brief intervention that incorporates elements of four evidence-based suicide risk reduction strategies:

1. Means restriction
2. Brief problem solving and coping skills
3. Enhancing social support and identifying emergency contacts
4. Motivational enhancement for further treatment

Safety Planning Interventions are used with individuals at "elevated risk" but not requiring immediate rescue or when they are in imminent danger.

What is a Safety Plan?

- A prioritized, written list of coping strategies and resource for use during a suicidal crisis
- Uses a brief, easy-to-read format that uses the individual's own words
- Can be used in a single session or incorporated into ongoing treatment
- Includes a step-wise increase in level of intervention from "within self" to more intensive treatment options

Upcoming Events



Upcoming webinar: What Interventions Prevent Suicidal Behavior?

Thursday, April 2, 2:00-3:00 EST

Join this webinar to hear from the National Action Alliance for Suicide Prevention's Prioritized Research Task Force about advances in the most effective psychotherapies, medication interventions and adjunct interventions, and research challenges in refining and expanding interventions that remain.

Register here: <https://goto.webcasts.com/starthere.jsp?ei=1057031>

48th Annual American Association of Suicidology Conference

April 15-18, Atlanta Georgia

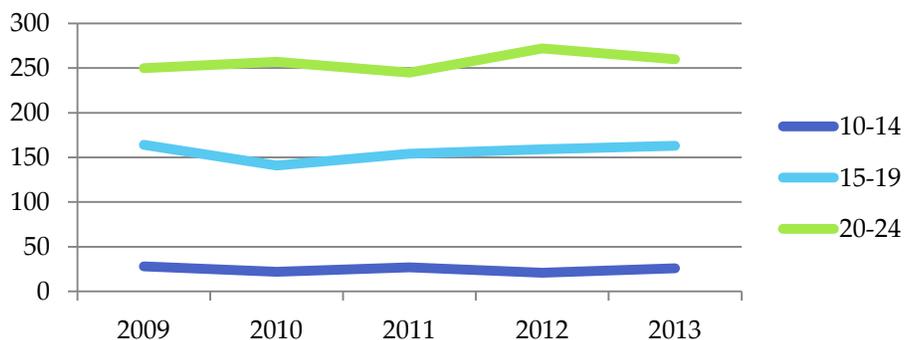
The goal of the 48th Annual Conference of the American Association of Suicidology is to provide a forum for those who share an interest in suicidology, including physicians, researchers, psychologists, nurses, social workers, clinicians, educators, public policy makers, clergy, crisis center staff and volunteers, as well as those who have lost a loved one to suicide or had their own suicidal experience to meet, and share information about suicide, suicidal persons, and the repercussions of suicide.

Register here: <http://www.suicidology.org/annual-conference/48th-annual-conference>

What the data tells us...



New 2013 Texas data on deaths by suicide is available on the CDC WISQARS dataset.



Check Out These New Resources



- Presentation on the national standards for Culturally and Linguistically Appropriate Services in Health and Health Care (CLAS) – [Advancing Health Equity in Texas through Culturally Responsive Care](http://www.txhealthsteps.com/cms/) on-line class through Texas Health Steps as well as other free on-line classes (for continuing education certifications): <http://www.txhealthsteps.com/cms/>
- SAMHSA's Suicide Safe app is designed to help primary care and behavioral health providers integrate suicide prevention strategies into their practices and address suicide risk among their patients. This app helps providers start conversations about suicide risk with patients, access and share information on crisis lines and other resources, and locate treatment options. Find more information at <http://store.samhsa.gov/apps/suicidesafe/>