

ZERO SUICIDE IN TEXAS



May 2015



Southeast Texas Suicide Summit By: Erica Shapiro, Ph.D.

The Southeast Texas Suicide Prevention Regional Summit was held on Friday May 1, 2015 in Port Arthur, Texas. A collection of community stakeholders gathered to learn more about best practices in suicide prevention, including how to create suicide safer homes, signs of suicidality in adolescence, providers who specialize in suicide prevention and intervention in the region, as well as the State of Texas' efforts to reduce the number of suicides to zero. Ethan Herr, an attendee and information specialist at the Department of State Health Services in Austin,

Texas said of the event, "A big take away for me was that mental illness is at the root of 90 percent of suicides. That's a big deal to me because mental illness is treatable, which means suicide is largely preventable. That's a big difference than how I think the average person thinks about it." This message was echoed by all of the presenters and providers in attendance underscores the vital importance of the suicide prevention efforts in Texas as we strive for zero suicide. Consider strategies to advance the conversation in your community as well.

CALM TOT Training

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Upcoming trainings: CALM Training: Counseling on Access to Lethal Means (CALM) is a national suicide prevention and means restriction best practice. DSHS and Mental Health America Texas are offering a FREE Training of Trainers for First Responders and Crisis Staff **Monday June 22, 2015** from 9 am to 4 pm at **1210 San Antonio Street, Austin, Texas 78701 (4th floor conference center)** with the developer of the CALM training, Elaine Frank.

We ask that you consider attending and bringing a crisis staff worker or disaster behavioral health worker (MCOT) and a First Responder from your community (Police Dept., Fire Dept., EMS.) Please register with Merily Keller (**email: hodgekeller@yahoo.com**) with the name of the LMHA provider you represent, the MCOT team member and the First Responder team member.

ZEST Reminders!

Don't forget about the 4-hour CAMS online training! Just e-mail the names and e-mail addresses of any staff members who should complete the training to Erica.Shapiro@austin.utexas.edu.

Safety planning: Please sign up for a date to upload your audiotape to UTBox. Sign-up dates are on the 15th of each month, and there are 6 available slots each month. You may submit a real or mock session. If a mock session is chosen please have the client e-mail Erica.Shapiro@austin.utexas.edu for a vignette.

Upcoming Events



Webinar: "What Suicide Interventions Outside of Health Care Settings Reduce Risk" by the National Council for Behavioral Health

Date: Wednesday May 27, 2015

Time: 1-2:30 Central Time

Description: Join this webinar to hear from the National Action Alliance about the advances in reducing access to lethal means, creating suicide safe media coverage and implementing early intervention programs throughout the community.

Register: <https://goto.webcasts/startthere.jsp?ei=1057183>

Webinar: "Peers as Crisis Service Providers" by the National Coalition for Mental Health Recovery

Date: Wednesday June 10, 2015

Time: 12-1:30 Central Time

Description: This webinar will provide examples of the range of crisis services that peers can provide, the benefits of integrating peer specialists into crisis services, and common pitfalls to avoid.

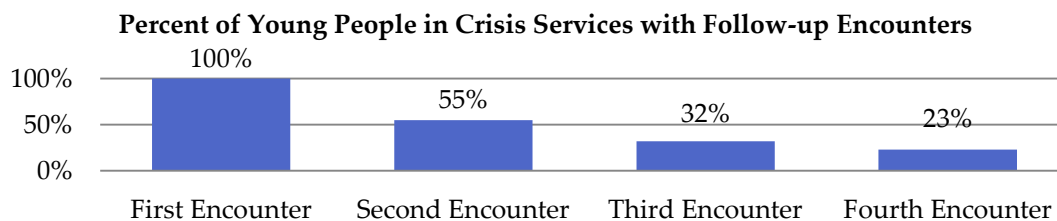
Register:

****ASK Training, ASIST, and SafeTALK training will be offered this summer. Space is limited, so keep an eye out for upcoming dates!**

What the data tells us...



- 6,392 youth or young adults authorized for Crisis Services (SP0) had elevated suicide risk on the CANS or ANSA (63.4% of those in SP0).
- 55% of these youth and young adults received a second service after the initial service date.
- Of those receiving a service on a subsequent date, 51.7% received a visit on the next day and 79.8% were within one week of the initial service date.
- 32.0% of the youth and young adults received a third service after the initial two service dates.
- Of those receiving a third service, 70.6% were within one week of the previous service date.
- 22.8% of the youth and young adults received a fourth service following the initial three services.
- Of those receiving a fourth service, 67.5% were within one week of the previous service date.



New Resources

Preventing Suicide: Lesbian, Gay, Bisexual, and Trans Young People

This toolkit provides guidance for nurses in understanding mental health issues in relation to LGBT sexual orientation. Access the toolkit here - <https://www.gov.uk/government/publications/preventing-suicide-lesbian-gay-and-bisexual-young-people>