

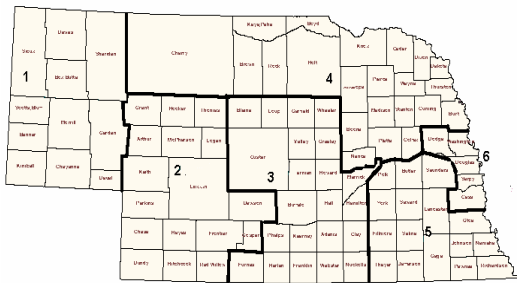
Partnering to Prevent Suicide

Denise Bulling, M.A., L.P.C.
University of Nebraska
Public Policy Center

What is Behavioral Health?

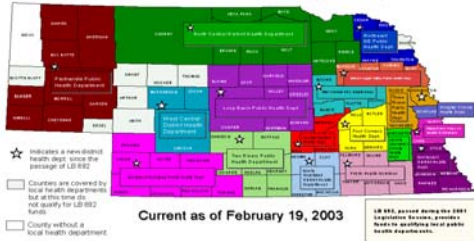
- Nebraska's Behavioral Health System
 - Mental health
 - Substance abuse
 - Addictions, such as gambling or pornography





Nebraska Mental Health and Substance Abuse Regions

**Local Public Health Departments
under the
Health Care Funding Act (LB 692)**





**PRESIDENT'S NEW FREEDOM
COMMISSION ON MENTAL HEALTH**

www.MentalHealthCommission.gov



Understanding that mental health is essential to overall health is fundamental for establishing a health system that treats mental illnesses with the same urgency as it treats physical illnesses.



**PRESIDENT'S NEW FREEDOM
COMMISSION ON MENTAL HEALTH**

www.MentalHealthCommission.gov



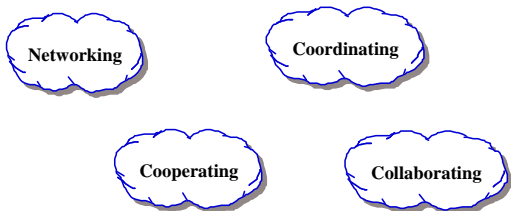
- Education campaigns will also target specific audiences, including:
 - Rural Americans who may have had little exposure to the mental health service system,
 - Racial and ethnic minority groups who may hesitate to seek treatment in the current system,
 - People whose primary language is not English.

Nebraska's Behavioral Health Access Problem

	Persons with SMI	% of Need Met	% Unmet Need
NE/Population	64,696	65%	35%
Age 18-20	3,977	44%	56%
Age 65+	5,567	18%	82%
Minority	10,801	55%	45%
Rural	14,497	55%	45%



Effective Ways to Partner



COLLABORATION FOR A CHANGE
Definitions, Models, Roles, and a Guide to Collaborative Processes
By Arthur T. Himmelman (612-824-5597)

NETWORKING

- Exchanging information for mutual benefit.



<http://frc.nebi.com/whatisfrc/essay1.htm>

COORDINATING

- Exchanging information and altering activities for mutual benefit and to achieve a common purpose.



<http://frc.nebi.com/whatisfrc/essay1.htm>

COOPERATING



- Exchanging information, altering activities, and sharing resources for mutual benefit and to achieve a common purpose.

<http://frc.nebi.com/whatisfrc/essay1.htm>

COLLABORATING

- Exchanging information, altering activities, sharing resources, and enhancing the capacity of another for mutual benefit and to achieve a common purpose.



<http://frc.nebi.com/whatisfrc/essay1.htm>

Successful Collaborations....

- **Commitment**

- Have a way to compromise on important differences
- Make clear those that can't be compromised
- Keep goals and potential positive outcomes in mind

Johnson, LR, Zorn, D, YungTam BK, Lamontagne, M, Johnson, S.

Successful Collaborations....

- **Communication**

- Develop proactive communication – be up front with the issues
- Create frequent opportunities for communication (meetings, email, etc)
- Develop personal connections

Successful Collaborations....

- **Strong leadership**

- Someone who truly represents / understands the constituent's position
- Someone with enough authority to make decisions
- Someone who can provide immediate and direct assistance with problems
- Someone who can authorize use of resources

Barriers to Successful Collaborations...

- Lack of Understanding of other agencies policies
- Lack of Communication
- Lack of Time
- Unclear goals & objectives
- Excessive use of jargon
- Different definitions of collaboration
- Establishment of a new layer of bureaucracy
- Difficulty in defining decision-making rules among team members
- Resistance to change



Where to begin?

- So.... Who do I contact in my area?
- Just give me a name.
- Who's in charge of these people?



Where to begin?

- Who should be at the table?
- What groups or people have an interest or 'charge' to be part of the solution?
- What groups or people are potential roadblocks to the solution?



Where to begin?

- Collaborating is about Relationships
 1. Ask around.... Who is available, interested, influential, free?
 2. Involve "system" players – law enforcement, primary care, faith leaders, educators, community leaders, consumers, at risk groups
 3. Assume a leadership role in the process



Steps to Partnership Southeast Nebraska Suicide Prevention Project

- What's the Goal? – Free Gatekeeper Training
- Who's at the table?
 - Behavioral Health
 - Public Health
 - Survivors
 - Faith Leaders
 - Schools
 - Law Enforcement
 - Corrections



Steps to Partnership

Southeast Nebraska Suicide Prevention Project

- Tasks
 - What are our resources – *Human resources only*
 - Where are our resources – *In the community*
 - What are the opportunities – *State Grant*
 - What are the barriers – *Time, Distance*
- Why do I have to do this????
 - Who has the problem/responsibility – *All of us/State Group and Partners*
 - Who has the interest or need to reach the goal

Steps to Partnership

Southeast Nebraska Suicide Prevention Project

- Outcomes
 - Free suicide prevention curricula with core information appropriate for adults
 - Specialized modules for Law Enforcement, Health Care, Educators, Clergy
 - Trainers throughout Nebraska – Curricula used by institutions, consumer groups, hospitals, schools throughout SE Nebraska

Steps to Partnership

Southeast Nebraska Suicide Prevention Project

- Type of Partnering?
 - Networking, Coordinating, Cooperating, Collaborating? – *All of them*
- Commitment – *Partners, State, Others*
- Communication – *Regular & Frequent*
- Leadership - *Shared*



Lessons Learned....

- Fragmentation at the top means fragmentation at the bottom
- Everyone is overworked and underpaid
- Success can always be redefined
- Relationships are key to any success
- Collaboration
 - isn't easy, takes time, and is hard work

Rules

- Never assume they know what you do
- Never assume you know what they do
- Remember that time is often money in a managed care environment
- Include non-traditional partners that can add depth to your partnership
- Be Flexible – Tolerant – Patient

Good Luck!

- Contact Information for Denise Bulling

Phone: 402-472-1509

Fax: 402-472-5679

Email: dbulling@nebraska.edu

Web Sites: www.nebhands.nebraska.edu

www.ppc.nebraska.edu
