



Family Intervention for Suicide Prevention (FISP)

Date: 2014(For resources, this is the publication date. For programs, this is the date posted.)

Information

Type: Program/Practice, Treatment/Services Program, Program with Evidence of Effectiveness

Organization: Joan Rosenbaum Asarnow, Ph.D.

Costs:

See the [archived NREPP listing](#) [1].

Contact

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The Family Intervention for Suicide Prevention (FISP) is a cognitive behavioral family intervention for youth ages 10-18 who are presenting to an emergency department (ED) with suicidal ideation or after a suicide attempt. The main goal of the FISP is to use the ED visit as an opportunity to decrease the short-term risk of repeated suicidal ideation and behavior by building the coping skills of youth and their families, enhancing motivation for follow-up mental health treatment, and improving linkage to outpatient follow-up treatment services after discharge from the ED or hospital.

The FISP is delivered by mental health providers or health providers with some mental health training and has three core components: (1) ED staff training; (2) Youth and family crisis therapy session; and (3) Care linkage telephone contacts. It includes reframing the suicide attempt as a problem requiring action; educating families about the importance of outpatient mental health treatment and restriction of access to dangerous attempt methods; strengthening family support; and working with the youth to identify potential suicidality triggers and develop a safety plan and "hope box" to enhance safe and adaptive coping. Both the therapy session and follow-up contacts aim to increase motivation for accessing follow-up care and to provide linkages to appropriate care and services. Follow-up contacts begin within the first 48 hours after discharge and continue until the youth is linked to care (usually at 1, 2, and 4 weeks after discharge).

This intervention has been adapted for use in the homes of youth or in non-ED settings (e.g., inpatient, residential, outpatient, school, other community programs) where youth may present with recent suicide attempts, self-harm, and/or suicidal ideation. The FISP was adapted for delivery as a home-based intervention for youth with "suicide incidents" in the Celebrating Life Program, developed to address suicide attempts by youth within the White Mountain Apache community.

Designation as a "Program with Evidence of Effectiveness"

SPRC designated this intervention as a "program with evidence of effectiveness" based on its inclusion in SAMHSA's National Registry of Evidence-Based Programs and Practices (NREPP).

Outcome(s) Reviewed (Overall Quality of Research Rating-scale of 0 to 4)*



1: Linkage to outpatient mental health treatment services (3.1)

Read more about this [program's ratings](#) [1].

* NREPP changed its review criteria in 2015. This program is a “legacy program,” meaning that it was reviewed under the pre-2015 criteria. The evidence for each outcome was reviewed and scored on a scale of 0-4, with 4 indicating the highest quality of evidence and 0 indicating very poor quality of evidence. The overall rating was based on ratings of six criteria: 1) reliability of measures, 2) validity of measures, 3) intervention fidelity, 4) missing data and attrition, 5) potential confounding variables, and 6) appropriateness of analysis. *When considering programs, we recommend (a) assessing whether the specific outcomes achieved by the program are a fit for your needs; and (b) examining the strength of evidence for each outcome.*

2012 NSSP Objectives Addressed:

Objective 8.3: Promote timely access to assessment, intervention, and effective care for individuals with a heightened risk for suicide.

Links within this resource

[1] <http://www.sprc.org/sites/default/files/Family%20Intervention%20for%20Suicide%20Prevention%20%28FISP%29%20NREPP%20Legacy%20Listing.pdf>

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