Implementing a Comprehensive Approach to Suicide Prevention

Bonnie Lipton, MPH
Prevention Specialist, Suicide Prevention Resource Center

March 19, 2018
Garrett Lee Smith Suicide Prevention Grantee Meeting
The Suicide Prevention Resource Center at EDC is supported by a grant from the U.S. Department of Health and Human Services (HHS), Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS), under Grant No. SU79SM062297.

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Agenda for Today

9:00-10:15 Implementing the Comprehensive Approach

10:15-10:30 Break

10:30-12:00 Campus Roundtable Discussion: Comprehensive Approach to Suicide Prevention
Effective Prevention

EFFECTIVE SUICIDE PREVENTION

Process

Strategies

Guiding Principles
Effective Prevention: Strategic Planning

THE STRATEGIC PLANNING APPROACH TO SUICIDE PREVENTION

**STEP 1:**
Describe the problem and its context

**STEP 2:**
Choose long-term goals

**STEP 3:**
Identify key risk and protective factors

**STEP 4:**
Select or develop interventions

**STEP 5:**
Plan the evaluation

**STEP 6:**
Implement, evaluate, and improve
Effective Prevention: Keys to Success

KEYS TO SUCCESS

- Engaging People with Lived Experience
- Partnerships and Collaboration
- Safe and Effective Messaging and Reporting
- Culturally Competent Approaches
- Evidence-Based Prevention
The Jed Foundation/SPRC Comprehensive Approach

- Identify Students at Risk
- Increase Help-seeking Behavior
- Promote Social Networks
- Develop Life Skills
- Restrict Access to Potentially Lethal Means
- Provide Mental Health Services
- Follow Crisis Management Procedures

Comprehensive Approach to Suicide Prevention and Mental Health Promotion
A Comprehensive Approach to Suicide Prevention

Implementing a Comprehensive Approach to Suicide Prevention
A Comprehensive Approach to Suicide Prevention

- Identify and Assist
- Increase Help-Seeking
- Respond to Crisis
- Postvention
- Comprehensive Approach to Suicide Prevention
- Effective Care/Treatment
- Reduce Access to Means
- Life Skills and Resilience
- Connectedness
- Care Transitions/Linkages
## Components of the Comprehensive Approach

<table>
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<tr>
<th>Component</th>
<th>Examples</th>
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<tbody>
<tr>
<td>Identify and Assist Persons at Risk</td>
<td>• Hold gatekeeper trainings for staff, faculty, and students</td>
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<td>• Implement routine screenings on suicide risk at Health Services</td>
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<tr>
<td>Increase Help-Seeking</td>
<td>• Conduct research on students’ views about seeking help for mental health reasons</td>
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<td>• Make mental health services more accessible and culturally appropriate</td>
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| Ensure Access to Effective Care and Treatment | • Train primary care & mental health providers on how to assess/manage suicidal patients  
• Develop relationships with community mental health providers/local hospitals for referrals |
| Support Safe Care Transitions and Create Organizational Linkages | • Establish “warm handoff” procedures when referring students to other providers  
• Develop MOUs with local hospitals so you’re notified when students are admitted for mental health reasons |
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| **Respond Effectively to Individuals in Crisis** | • Create a detailed crisis protocol plan for your campus; disseminate it to all faculty/staff  
• Incorporate triage system for counseling services to help students are in crisis |
| **Provide for Immediate and Long-Term Postvention** | • Develop postvention protocols establishing clear guidelines for handling student deaths by suicide  
• Build relationships with news media to encourage safe reporting after a suicide death |
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<td><strong>Enhance Life Skills and Resilience</strong></td>
<td>• Offer support groups for students experiencing stress (coming out group for LGBTQ students)</td>
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<td>• Identify common stressors affecting students (financial problems, relationship issues)</td>
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<td><strong>Promote Social Connectedness and Support</strong></td>
<td>• Create peer education/buddy programs for student groups (1st generation, international students)</td>
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<td>• Build a “bystander support” culture that encourages students to reach out to peers in need</td>
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<td>Reduce Access to Means of Suicide</td>
<td>• Establish a prescription drug drop box on your campus for unused medications</td>
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<td>• Train health providers on lethal means counseling (online course “Counseling on Access to Lethal Means (CALM) <a href="https://training.sprc.org">https://training.sprc.org</a>”)</td>
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A Comprehensive Approach to Suicide Prevention

Implementing a Comprehensive Approach to Suicide Prevention
Comprehensive Approach to Suicide Prevention

Where would you put *Hold Gatekeeper Trainings* in the Comprehensive Approach Model?
Comprehensive Approach to Suicide Prevention

Where would you put *Establish MOUs with Local Providers/Hospitals* in the Comprehensive Approach Model?
Thank you!

Bonnie Lipton
blipton@edc.org