



IOM Suicide Prevention and Intervention Workgroup

DMH/DD/SAS's Current Suicide Prevention and Crisis Response System

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NC Division of MHDDSAS
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➤ **Prevention**

A proactive process and/or activity aimed at educating, supporting and empowering individuals, families, communities and systems to effectively meet life's challenges and transitions by creating and sustaining healthy and safe behaviors.



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Suicide Prevention:

- **Risk and protective factor framework is used to assess and manage suicide risk in individuals**
 - **Risk factors are characteristics that make it more likely that individuals will consider, attempt or die by suicide**
 - **Protective factors are characteristics that make it less likely**



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Risk Factors:

- **Prior suicide attempts (s)**
- **Substance Abuse**
- **Mood disorders**
- **Access to lethal means**
- **Social Isolation**
- **Traumatic Life Events**

**Warnings: threatening to hurt or kill oneself;
seeking means to do so; hopelessness**



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Protective Factors:

- **Mental health and wellness care**
- **Connectedness to individuals, family, community**
- **Contacts with caregivers**
- **Problem solving-skills**
- **Family, peer support**



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Comprehensive approach to addressing risk and protective factors-identifies with the IOM model of universal, selective and indicated to describe population groups:

- **Universal:** address the entire population with messages and strategies aimed at specific sub-groups (youth, schools, parents)
- **Selective:** target subsets of the total population deemed to be at a higher risk (ideations, natural disaster, death of a loved one)
- **Indicated:** targets individuals who are showing early warning signs (attempts, depression, substance use)



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US DHHS/NC-DHHS:

Substance Abuse Mental Health Services Administration (SAMHSA)

- **Substance Abuse Prevention and Treatment Block Grant: Prevention-CSAP**
- **Mental Health Block Grant: CSAP and CSAT**

Center for Disease Control and Prevention

- **Community Transformation Grants**

Discretionary Grants

- **Health Resources Services Administration (HRSA)**
- **Administration for Child and Families**



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➤ **Prevention – Substance Use**

Drug and alcohol screenings; coalition mobilization for alcohol awareness month;
Risk Assessments, including suicide

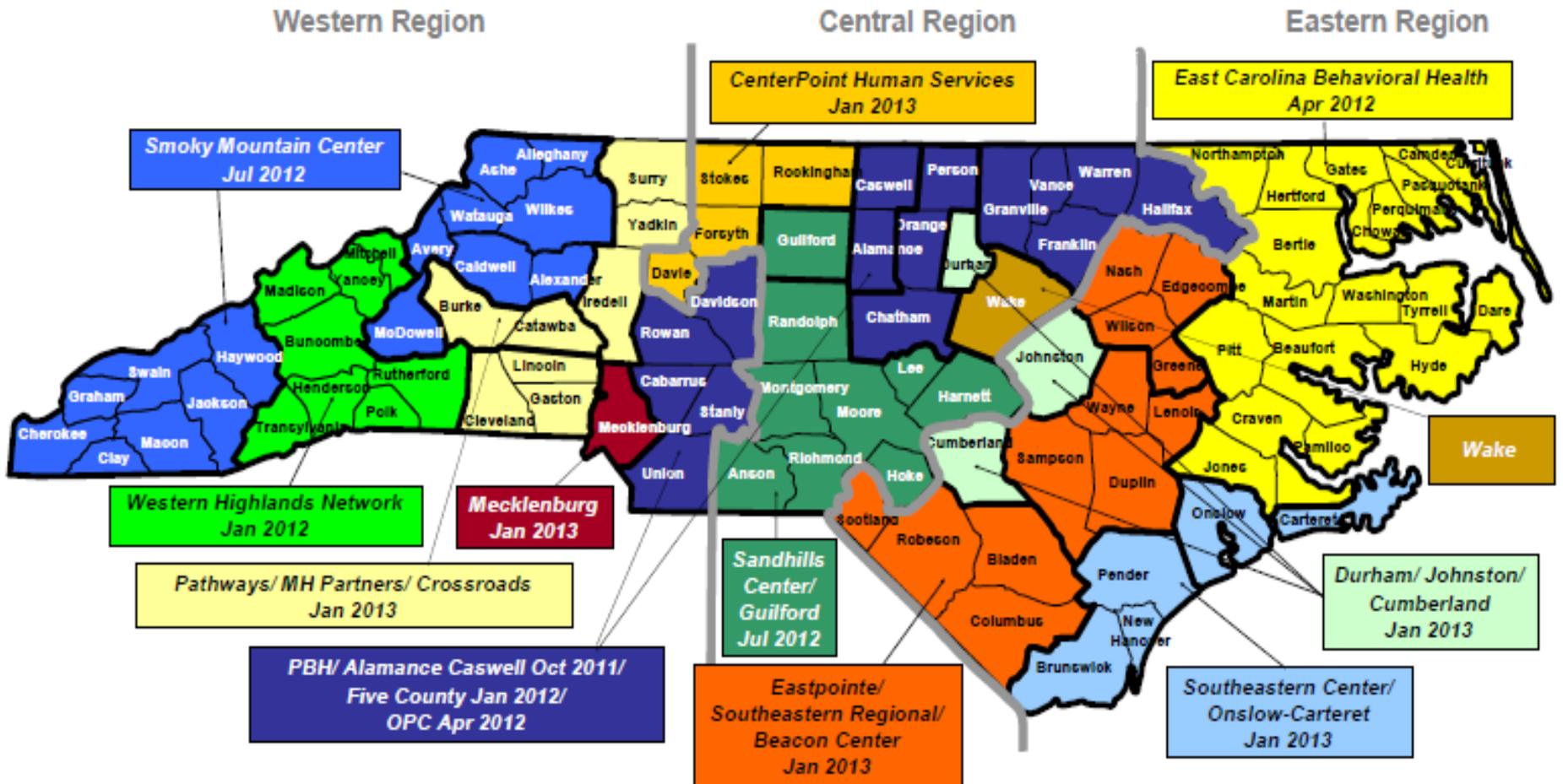
➤ **Prevention – Mental Health Promotion**

Depression screening; mental health awareness observances; suicide prevention trainings and awareness campaigns; Postvention; family/youth advocacy

➤ **Prevention – for IDD populations**

Screening tools to identify risks
Attention to special sub-sets (Traumatic Brain Injury TBI)

Proposed Local Management Entity - Managed Care Organizations (LME-MCOs) and their Member Counties on January 1, 2013



Unless otherwise indicated, the LME name is the county name(s).
 The lead LME name for the proposed LME-MCO is shown first.
 Dates shown are the planned Waiver start dates.

Reflects plans as of October 2011



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- **Centers for Prevention Resources**
Certified substance abuse prevention professionals

Charlotte

Winston-Salem

Wilmington

Lumberton

- **Partnerships, Alliances, Collaboratives and Coalitions (PACC)-
network of local coalitions**

www.preventionistheanswer.org



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Current Practices:

- Hotlines (1-800/general and military)
- Crisis Counseling
- LME/MCO Crisis Lines
- Suicide Support Groups
- Trainings: QPR Gatekeeper
- Applied Suicide Intervention Skills Training (ASIST)
- Curricula Programs for Schools and Professional Groups
- After A suicide: A Toolkit for Schools,
Suicide Prevention Took Kit for Rural Primary Care Practices

**Resources: Suicide Prevention Resource Center
(SPRC)**

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Highlight Story:

Cherokee Healing and Wellness Coalition, Cherokee NC

- **SAMHSA 2012 Prevention Week Community Pilot Award Recipient**

“We work collaboratively to address the loss of culture and traditions that are a result of acculturation, historical trauma, grief and loss which cause many of the social problems that affect the well-being of Native Americans, especially the Easter Band of Cherokee Indians”

Promote several wellness and prevention programs around issues of suicide, celebrate life and and promote mental health wellness; and participate in the Forgiveness Journey

Contact: Juanita Wilson



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SAMHSA Strategic Initiative #1:

Prevention of substance abuse and mental disorders

Goal 1.3: Prevent suicides and attempted suicides among populations at high risk, especially military families, LGBTQ youth, and American Indians and Alaska Natives



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SAMHSA Recommendations:

- Educate primary care and behavioral health practitioners, communities, schools and the public
- Tailor educational materials to address the perspectives of military audiences
- Develop and encourage culturally specific programs that promote strong sense of self and appropriate help seeking among target groups
- Support suicide prevention programming for high risk populations



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QUESTIONS???

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