

# Suicide Prevention: National & Regional Initiatives

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**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

# America's Mental Health Crisis

Too many people across the U.S. Experience suicidal, mental health and/or substance use crisis without the support and care they need

## **In 2020**

there was approximately one death by suicide every 11 minutes

## **In 2020**

for people aged 10–14 and 25–34 years, suicide was the second leading cause of death

## **From April 2020 to 2021**

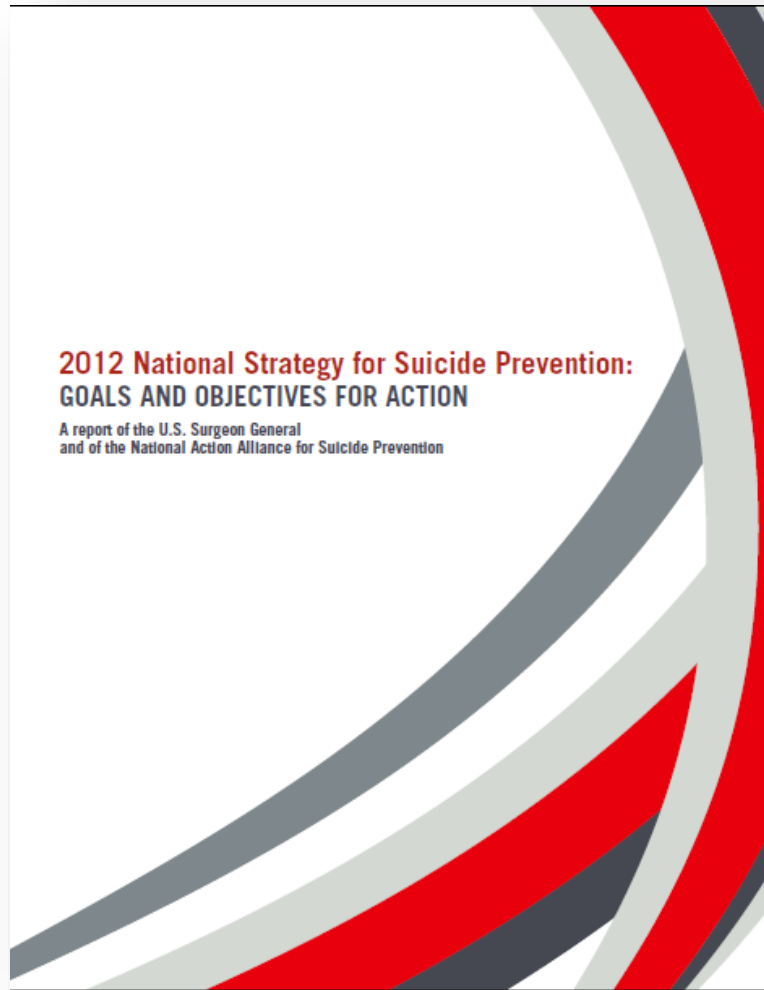
over 100,000 people died from drug overdoses



# Suicide and Suicide Prevention in the Context of COVID

- After declines in 2019 and 2020, preliminary 2021 mortality data from CDC indicate an increase with 47,458 deaths, up from 45,979 in 2020.
- Previously CDC Mortality and Morbidity Weekly Review reported significant increases in Americans seriously considering suicide.
- Increases were particularly significant for young adults, for people of color, for unpaid caretakers, and for essential workers.
- Significant impact on the nation's Emergency Rooms
- SAMHSA has been provided \$100M in suicide prevention dollars
- SAMHSA has awarded 50 COVID Emergency Suicide Prevention grants.
- SAMHSA has expanded Lifeline & Disaster Distress Helpline services in preparation of 988.
- HHS Behavioral Health Coordinating Committee and White House Interdepartmental Policy Committee.

# National Strategy for Suicide Prevention



- Developed by the U.S. Surgeon General and the National Action Alliance for Suicide Prevention
- The National Strategy for Suicide Prevention (NSSP) is a comprehensive , multi-sectoral strategy to reduce suicide in America.
- Details 13 goals and 60 objectives for reducing suicide over 10 years, including:
  - Integrating suicide prevention into health care policies
  - Encouraging transformation of health care systems to prevent suicide
  - Changing the way the public talks about suicide and suicide prevention
  - Improving the quality of data on suicidal behaviors to develop increasingly effective prevention efforts

# SAMHSA Suicide and Suicide Prevention Grants

- Community Mental Health Services Block Grant
- Garrett Lee Smith State and Tribal Youth Suicide Prevention Grant
- Garrett Lee Smith Campus Suicide Prevention Grant
- Native Connections Grant
- Zero Suicide Grant
- Governor's Challenge to End Veteran Suicide
- 988 State and Territorial Crisis Centers
- Innovative Community Crisis Response Partnerships (*just released, application due 7/25/22*)
- Suicide Prevention Resource Center
- National Suicide Prevention Lifeline

# SAMHSA Resources



SAMHSA Suicide Safe Mobile app



SAMHSA Suicide Prevention Resource Center

“Suicide represents a worst-case failure in mental health care. We must work to make it a ‘never event’ in our programs and systems of care.”

*Dr. Mike Hogan*

*NY Office of Mental Health*

In the month before their death by suicide:

- Half saw a general practitioner
- 30% saw a mental health professional

In the 60 days before their death by suicide:

- 10% were seen in an emergency department

Many licensed clinicians are not prepared

- 39% report they don’t have the skills to engage and assist those at risk for suicide
- 44% report they don’t have the training

\*Suicide prevention is a core responsibility for behavioral health care systems

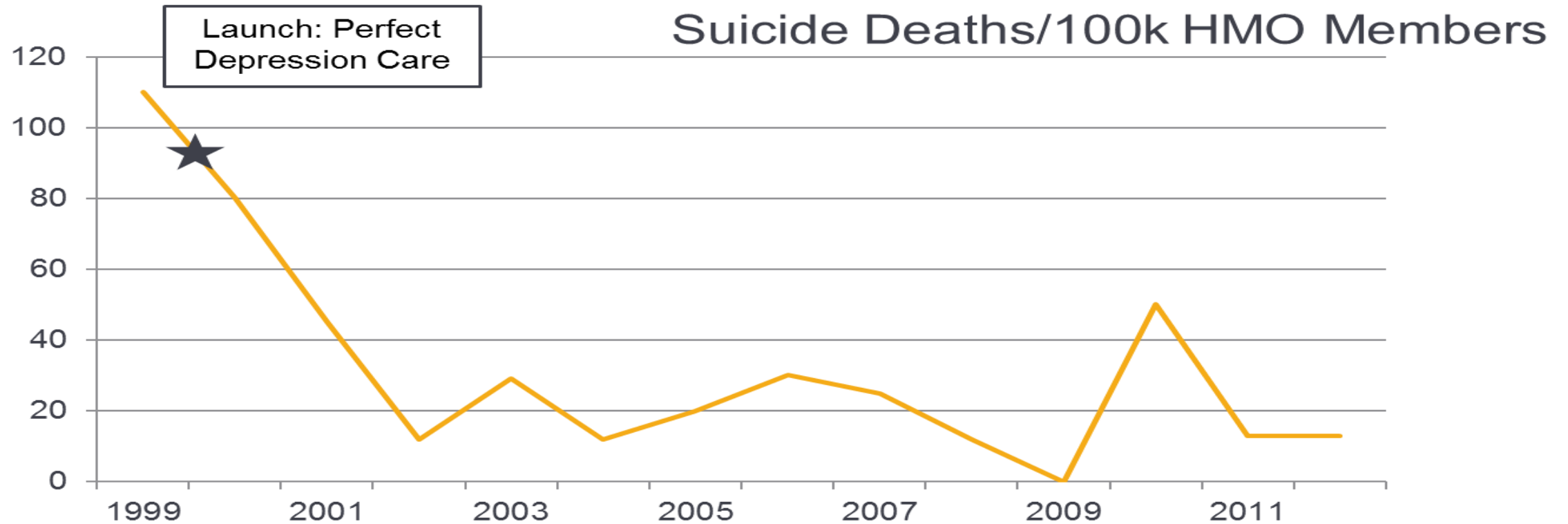
# Zero Suicide ([www.ZeroSuicide.com](http://www.ZeroSuicide.com))

- A *priority*... of the National Action Alliance for Suicide Prevention
- A *goal*... of the National Strategy for Suicide Prevention
- A *project*... of the Suicide Prevention Resource Center
- A *framework*... for systematic, clinical suicide prevention in behavioral health and health care systems
- A *focus*.. on safety and error reduction in healthcare
- A *set of best practices*... and tools for health systems and providers

## Core Components

1. Leadership commitment
2. Standardized screening and risk assessment
3. Suicide care management plan
4. Workforce development and training
5. Effective, evidence-based treatment
6. Follow-up during care transitions
7. Ongoing quality improvement and data collection

# A System-Wide Approach Saved Lives: Henry Ford Health System



# Colorado Suicide Prevention Activities

SW CO AHEC  
May 2022

Even before COVID-19, one in seven Colorado high school students said they had seriously considered suicide within the past 12 months. Pediatric Suicide Prevention: A Practical Care Pathway for Primary Care will support primary care providers in the outpatient setting by offering a practical suicide prevention care pathway based on the Zero Suicide framework.



[PRE-REGISTER](#)

# Care Transitions are Critical to Preventing Veteran Suicide

- In an era when we can track the location of a package halfway around the world, we can't allow veterans to fall through the cracks of fragmented acute care systems.
- Because acute care services cannot entirely eliminate suicide risk, continuing contact through entire episodes of care is needed
- Veterans need pathways to care from community emergency and crisis systems that mirror what is provided within VA.
- Suicide deaths post-hospital discharge are significantly higher than other time periods

## Three Focused Priority Areas



- Identify SMVF and Screen for Suicide Risk
- Promote Connectedness and Improve Care Transitions
  - Care transitions reduced suicide risk behavior by 20%
- Increase Lethal Means Safety and Safety Planning

# SAMHSA Region 8 - Regional Resource Guide

## Suicide Prevention

### National and Region VIII Resources Region VIII (2020)



- ✦ In 2017, nearly 47,173 suicide deaths (approximately one death every 12 minutes); 9.8 million adults seriously thought about suicide; 2.8 million made a plan; and 1.3 million attempted suicide (CDC, 2017).
- ✦ Suicide is the 10th leading cause of death for adults; 2<sup>nd</sup> leading cause of death for youth (CDC, 2017).
- ✦ Suicide rates increased from 29,199 deaths in 1996 to 47,173 deaths in 2017 (CDC, 2017).

### SAMHSA Suicide Prevention and Intervention

SAMHSA's goal is to provide individuals, families, professionals, and organizations with information and resources to seek help, provide assistance, and implement effective suicide prevention programs in their communities.

- **National Suicide Prevention Lifeline (1-800-273-TALK (8255))** - a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Lifeline has more than 160 centers and is connected to the Veterans Lifeline
- **National Action Alliance for Suicide Prevention** - a public/private partnership that advances the *National Strategy for Suicide Prevention* through the work of nearly 200 organizations.
- **Preventing Suicide: A Technical Package of Policy, Programs, and Practices (CDC, 2018)** - Features community and state strategies to prevent suicide, decrease suicide risk factors, increase protective factors, and inform a comprehensive, multi-level and multi-sectoral approaches to suicide prevention within communities and states.
- **National Strategy for Preventing Veteran Suicide (VA, 2018)** - Purpose is to provide a framework for identifying priorities, organizing efforts, and contributing to a national focus on Veteran suicide prevention.
- **National Governor's Association, State Strategies for Averting Early Deaths: Innovations and Best Practices for Preventing Suicide (2019)** - Report on intermountain rural state and tribal approaches to reduce rural suicide.
- **National Strategy for Suicide Prevention (2012)** - <http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/full-report.pdf>
- **Suicide Prevention Program Evaluation Toolkit: Using Data to Inform Your Approach (RAND, 2018)**



### SAMHSA Technical Assistance Centers

- SAMHSA Suicide Prevention Resource Center (SPRC): [www.sprc.org](http://www.sprc.org)
- SAMHSA Technology Transfer Centers (TTC): [www.samhsa.gov/technology-transfer-centers-ttc](http://www.samhsa.gov/technology-transfer-centers-ttc)
  - Mountain Plains Mental Health Technology Transfer Center (University of North Dakota – Region VIII)
  - American Indian/Alaskan Native Mental Health Technology Transfer Center (University of Iowa)
- SAMHSA Tribal Technical Assistance Center (TTAC): [www.samhsa.gov/tribal-ttac](http://www.samhsa.gov/tribal-ttac)
- SAMHSA Service Member Veteran and their Families Technical Assistance Center (SMVF TAC): [www.samhsa.gov/smvf-ta-center](http://www.samhsa.gov/smvf-ta-center)
- SAMHSA GAINS Center for Behavioral Health and Justice: [www.samhsa.gov/gains-center](http://www.samhsa.gov/gains-center)



### SAMHSA Funding ([www.samhsa.gov](http://www.samhsa.gov))

- |   |  |
|---|--|
| ✦ Garrett Lee Smith (GLS) Suicide Prevention/Tribal Youth Suicide Prevention Grant  | ✦ SAMHSA/VA: Mayor's Challenge to Prevent Suicide    |
| ✦ GLS - Campus Suicide Prevention Program   | ✦ SAMHSA/VA: Governor's Challenge to Prevent Suicide |
| ✦ Cooperative Agreements to Implement Zero Suicide in Health Systems (Zero Suicide) | ✦ Mental Health Awareness Training Grants            |
|   | ✦ Project AWARE (mental health and school violence)  |
|   | ✦ Tribal/Native Connections Grant                    |

### Resources for Engaging Veterans

- VA Suicide Prevention Coordinator and Community Resource Locator <http://www.veteranscrisisline.net/ResourceLocator>
- Community Health Providers Toolkit [www.mentalhealth.va.gov/communityproviders/military\\_resources.asp](http://www.mentalhealth.va.gov/communityproviders/military_resources.asp)
- Veterans Crisis Line [www.veteranscrisisline.net](http://www.veteranscrisisline.net)
- Military Crisis Line <http://www.veteranscrisisline.net/ActiveDuty.aspx>
- PsychArmor Institute <https://psycharmor.org/>

### SAMHSA Publications (<http://store.samhsa.gov/home>)



- o SAMHSA Suicide Safe Mobile app
- o *To Live to See the Great Day that Dawns: Preventing Suicide by American Indian/Alaska Native Youth & Young Adults*
- o *TIP 50: Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment*
- o *Stories of Hope and Recovery: A Video Guide for Suicide Attempt Survivors*
- o *Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Living Communities*
- o *Preventing Suicide: A Toolkit for High School*
- o Behavioral Health Treatment Services Locator ([www.samhsa.org](http://www.samhsa.org))

### Additional Resources

- National Institute of Mental Health (NIMH) [www.nimh.gov](http://www.nimh.gov)
- Center for Disease Control and Prevention (CDC) [www.suicidology.org](http://www.suicidology.org)
- Indian Health Services [www.ihs.gov/behavioral/index.cfm?module=BH&option=Suicide](http://www.ihs.gov/behavioral/index.cfm?module=BH&option=Suicide)
- American Academy of Suicidology [www.aas.org](http://www.aas.org)
- American Foundation for Suicide Prevention <https://afsp.org/>
- National Alliance on Mental Illness (NAMI) <https://nami.org>
- American Academy of Pediatrics [www.aap.org/en-us/advocacy-and-aap...death.../Suicide-Prevention.aspx](http://www.aap.org/en-us/advocacy-and-aap...death.../Suicide-Prevention.aspx)
- WICHE - Suicide Prevention Toolkit for Primary Care Practices [www.wiche.edu](http://www.wiche.edu)
- Man Therapy - an interactive mental health campaign targeting working age men (25-54) [www.mantherapy.org](http://www.mantherapy.org)

### Region VIII Suicide Prevention Activities

#### Prevention

- ✦ Community Coalitions (CO, MT, ND, SD, UT, WY)
- ✦ Gate-Keeper Training (K-12, Schools, MT-Supreme Court, MT Primary Care)
- ✦ MHFA/YMHFA (CO, MT, ND, SD, UT, WY)
- ✦ Suicide Awareness Training (MT-Fish and Wildlife; WY-Yellowstone Park Rangers; MT-Coroners, CO-Construction Workers; ND Pastors, Farmers/Ranchers)
- ✦ Gun Shop Project (CO, UT, MT)
- ✦ UT "Is Your Safety On?" Campaign: distributed 150K cable-style gun locks & suicide awareness training for conceal-carry gun instructors
- ✦ Zero Suicide Academies (CO, SD, UT, MT)

#### Crisis Services

- ✦ Rocky Mountain Crisis Partners (CO)
- ✦ CO Crisis Center System/Co-responder models

- ✦ UT CrisisLine and Mobile Outreach Team
- ✦ ND FirstLink Crisis System
- ✦ MT - Great Falls and Bozeman Crisis Lines & Help Centers
- ✦ SD - Sioux Falls Crisis Line and Help Center
- ✦ Crisis Intervention Training for Law Enforcement (UT, CO)

#### Clinical Practice

- ✦ Sources of Strength (schools, tribes, hospitals)
- ✦ Universal Screening for Suicide Prevention (ND)
- ✦ Columbia Suicide Rating Scale & Safety Plans (MT, CO, UT)
- ✦ Training Clinicians in Post-Vent activities (ND, SD)
- ✦ High intensity transitional care (SD)

#### Workforce

- ✦ UT (one of 7 states that requires bi-annual Suicide Prevention training for MH providers)
- ✦ Peer Navigators and Patient/Family Supports
- ✦ MT – Veteran Peer Support System-certification

### Region VIII Suicide Prevention Directors

**Colorado**, Department of Public Health & Environment, Suicide Prevention Director-Sarah Brummett [sarah.brummett@state.co.us](mailto:sarah.brummett@state.co.us)

**Montana**, Department of Health and Human Services, Suicide Prevention Coordinator - Karl Rosston [Krosston@mt.gov](mailto:Krosston@mt.gov)

**North Dakota**, Department of Health, Suicide Prevention Program Director - Alison Traynor [atraynor@nd.gov](mailto:atraynor@nd.gov)

**South Dakota**, Department of Social Services, Suicide Prevention Manager- Jana Sprenger [Jana.Sprenger@state.sd.us](mailto:Jana.Sprenger@state.sd.us)

**Utah**, Department of Health, Suicide Prevention Coordinator - Kim Meyers [kmeyers@utah.gov](mailto:kmeyers@utah.gov)

**Wyoming**, Department of Health, State Suicide Prevention Coordinator - Lindsay Martin [Lindsay.martin@wyo.gov](mailto:Lindsay.martin@wyo.gov)

SAMHSA Regional Administrator – Region VIII: Charles Smith, PhD [charles.smith@samhsa.hhs.gov](mailto:charles.smith@samhsa.hhs.gov)



# Region 8 State Suicide Prevention Highlights

## Colorado

- Colorado Office of Suicide Prevention ([www.coosp.org](http://www.coosp.org)) and the Colorado Department of Health Care Policy and Financing (Medicaid Authority) have embedded elements of the Zero Suicide into their Hospital Quality Improvement Incentive Program which provides \$\$ to hospitals and EDs engaged in suicide prevention work
- Taking the *Follow Up Project* statewide- which provides continuing caring outreach via telephone to folks discharging from emergency departments after a mental or behavioral health crisis, including overdose events regardless of intent
- Scaling up the Colorado Gun Shop Project
- Expanding OperationVeteranStrong.org in partnership with the VA
- Annual *Bridging the Divide* Suicide Prevention Conference (2/2022)

## South Dakota

- Implemented school-based Suicide Prevention Programs: Signs of Suicide; Peer Helpers; Sources of Strength (SOS)
- Developed *Crisis Planning for Schools initiative* dedicating resources, protocols and resources to support schools following a death by suicide or suicide attempt: 1) Hazelden's Lifelines' "Postvention: Responding to Suicide and Other Traumatic Death" and 2) endorsed model school district policy on suicide prevention (American School Counselor Assoc., National Assoc. of School Psychologists, Trevor Project, AFSP)
- South Dakota Codified Law 13-42-71 requiring suicide awareness and prevention training for all teachers, administrators, and other education professionals
- Implemented *Text4Hope*, crisis texting support for all high school students

## North Dakota

- North Dakota Division of Behavioral Health has implemented *Kognito* (an online, role-playing simulation to help school personnel learn to recognize the signs of distress, use conversations to approach a student, discuss concerns, and, if necessary, refer parents/students to the appropriate resources) to all K-12 school personnel at no-cost
- North Dakota State University - Extension Center has developed targeted suicide prevention resources on Farm and Ranch Stress ([www.ag.ndsu.edu/farmranchstress](http://www.ag.ndsu.edu/farmranchstress))
- Promoted [www.bethe1to.com](http://www.bethe1to.com) to spread the word about actions we can all take to prevent suicide
- 5<sup>th</sup> Annual *With Help There Is Hope* Conference (2/16/22)

# Region 8 Suicide Prevention Highlights

## Utah

- Initiated *Live On*, a statewide effort to prevent suicide by promoting education, providing resources, and changing our culture around suicide and mental health. “Together we can get through, reach out, lift up, look ahead, and Live On”
- Developed the *Utah LGBTQ+ Suicide Prevention Plan* (2020-2023)
- Developed/implemented the *SafeUT* app to immediately connect person in crisis to a licensed counselor via live chat, 24/7/365. Applications for 1) students, parents, and educators, 2) front-line workers (LE, Fire/EMS, healthcare), & 3) National Guard
- University of Utah initiated *Accelerate Learning Community*, critical peer to peer support on stress and suicide

## Wyoming

- Initiated mental health first aid and suicide prevention training for park rangers
- Provided Introduction to firearms and suicide prevention training across the state
- Wyoming is one of 35 states taking part in the *Governor’s Challenge on Suicide Prevention*, a partnership with the Department of Veterans Affairs and SAMHSA to develop and implement state-wide suicide prevention best practices for service members, veterans, and their families.
- 5/27/22 - WY Governor Mark Gordon unveiled *You Matter*, a mental health public awareness campaign which features information on how to reach out for help via phone (1-800-273-TALK) or text (741741) and informational posters distributed at all Wyoming state parks and historic sites (partnership with Wyoming State Parks and Cheyenne Regional Medical Center)

A woman with dark, curly hair and a nose ring is looking out a window. The window reflects a city skyline with a tall building and some greenery. The scene is bright and sunny.

**988**

SUICIDE  
& CRISIS  
LIFELINE



# Quote

Mental Health Weekly, September 27, 2021

*“Game changer in how we think about crisis response... 988 is a **once-in-a-lifetime opportunity** to strengthen crisis responsiveness.”*

Dr. Miriam E. **Delphin-Rittmon**

Assistant Secretary SAMHSA, former Connecticut DMHAS Commissioner and previously Adjunct Associate Professor at Yale University and Director of Cultural Competence and Research Consultation with the Yale Program for Recovery and Community Health.

# What is the Crisis Now model?

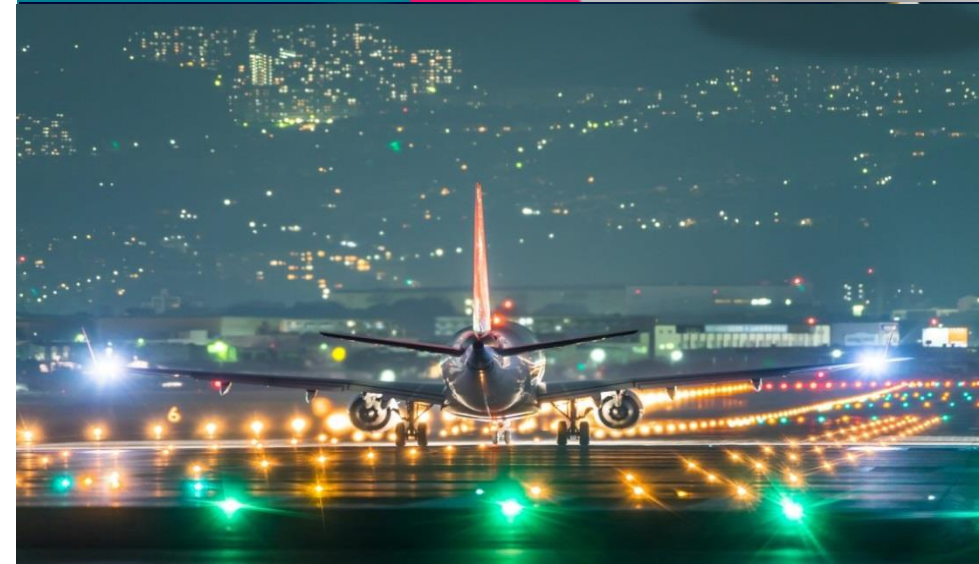
Call Center Hub



Mobile Crisis

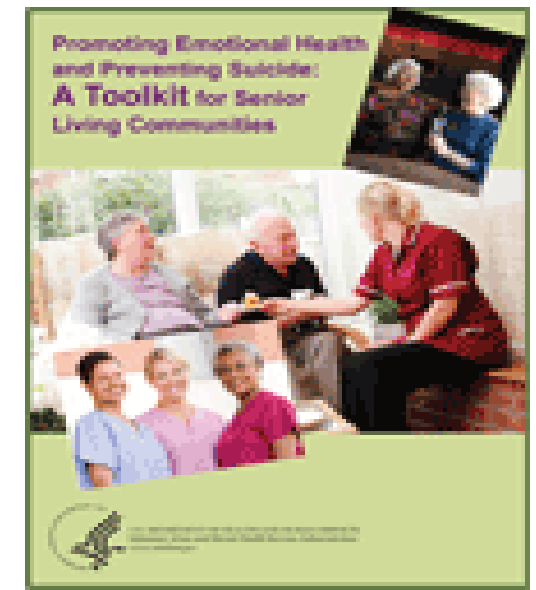
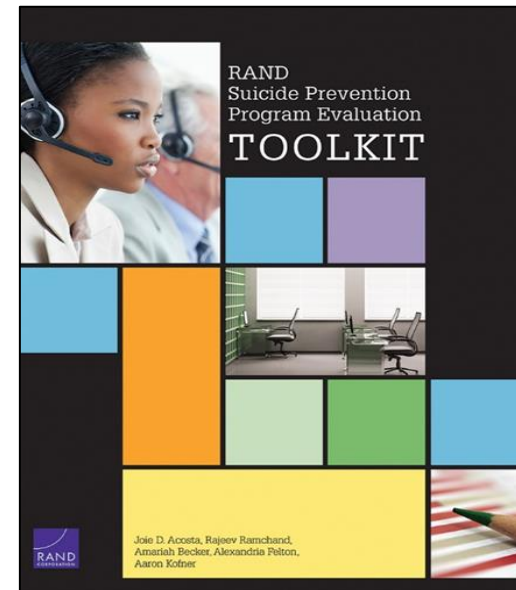
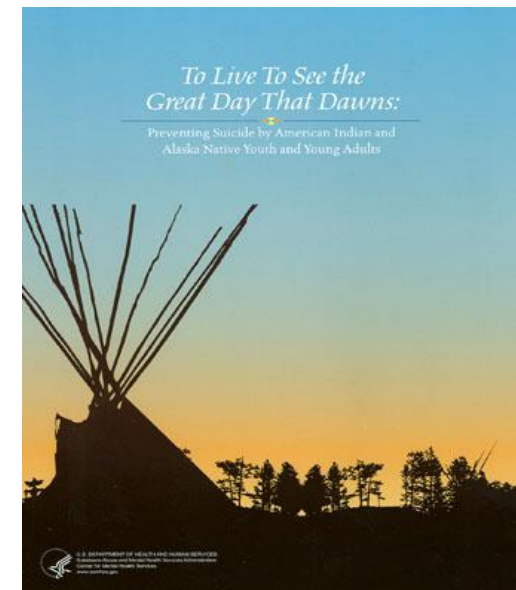
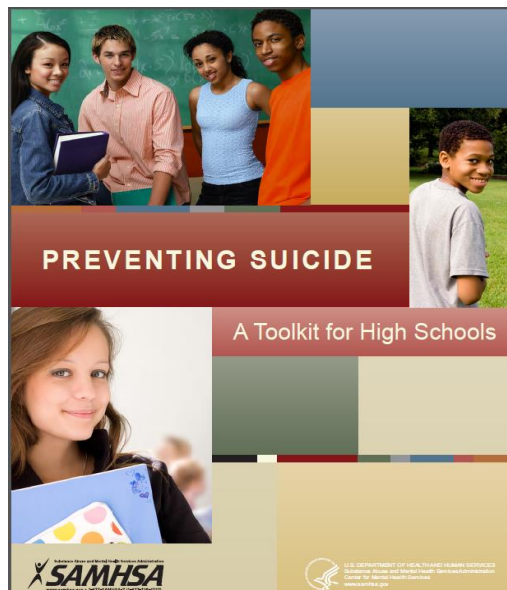
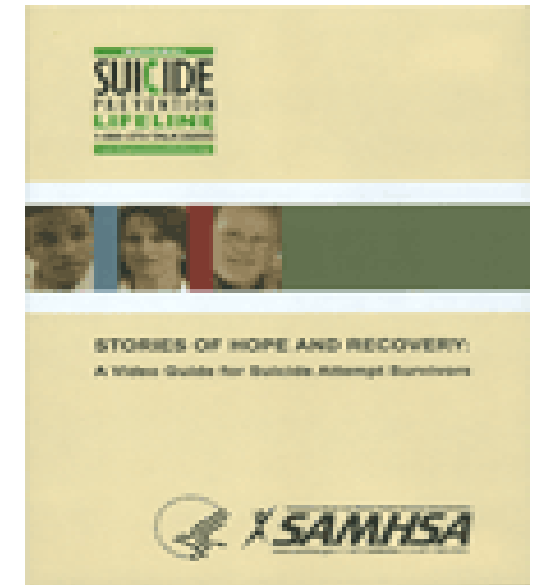
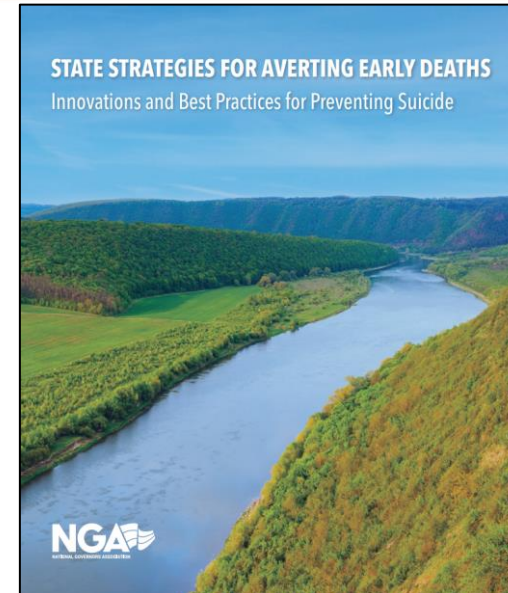
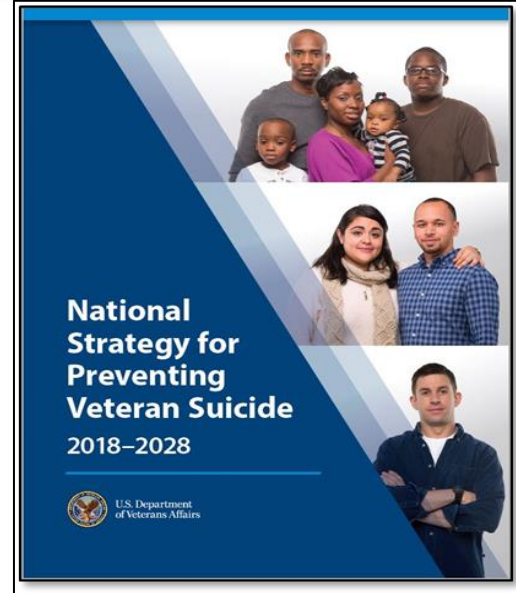
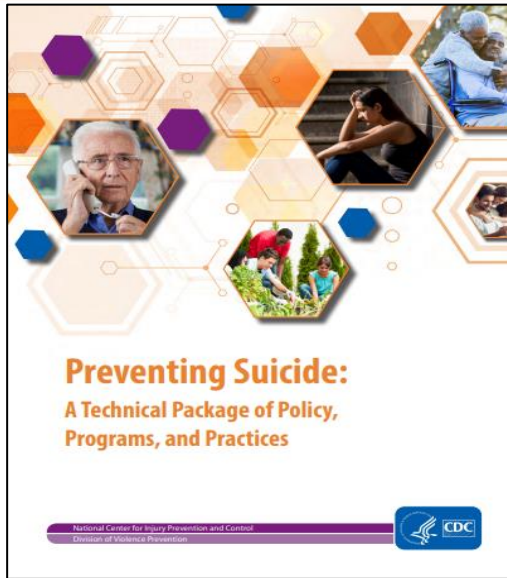


Crisis Facilities



“Air Traffic Control” Crisis Call  
Center Hub Connects and  
Ensures Timely Access and  
Data

# Publications & Toolkits





*SAMHSA's mission is to reduce the impact of substance use and mental illness on America's communities*

[www.samhsa.gov](http://www.samhsa.gov)

1-877-SAMHSA-7 (1-877-726-4727)

1-800-487-4889 (TDD)

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