

# Suicide Prevention: **Building a Better Safety Net**

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@SPRCTweets



# Funding and Disclaimer



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The views, opinions, and content expressed in this product do not necessarily reflect the views, opinions, or policies of CMHS, SAMHSA, or HHS.

# About SPRC

The Suicide Prevention Resource Center (SPRC) is the only federally funded resource center devoted to advancing the implementation of the National Strategy for Suicide Prevention. SPRC is supported through a grant from the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA).

SPRC builds capacity and infrastructure for effective suicide prevention through consultation, training, and resources for state, tribal, health/behavioral health, and community systems; professionals and professional education programs; and national public and private partners and stakeholders.

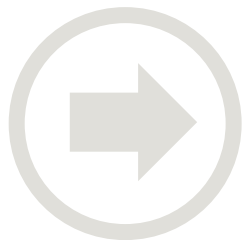
# Land Acknowledgement

We acknowledge that the land that now makes up the United States of America was the traditional home, hunting ground, trade exchange point, and migration route of more than 574 American Indian and Alaska Native federally recognized tribes and many more tribal nations that are not federally recognized or no longer exist.

We recognize the cruel legacy of slavery and colonialism in our nation and acknowledge the people whose labor was exploited for generations to help establish the economy of the United States.

We honor indigenous, enslaved, and immigrant peoples' resilience, labor, and stewardship of the land and commit to creating a future founded on respect, justice, and inclusion for all people as we work to heal the deepest generational wounds.

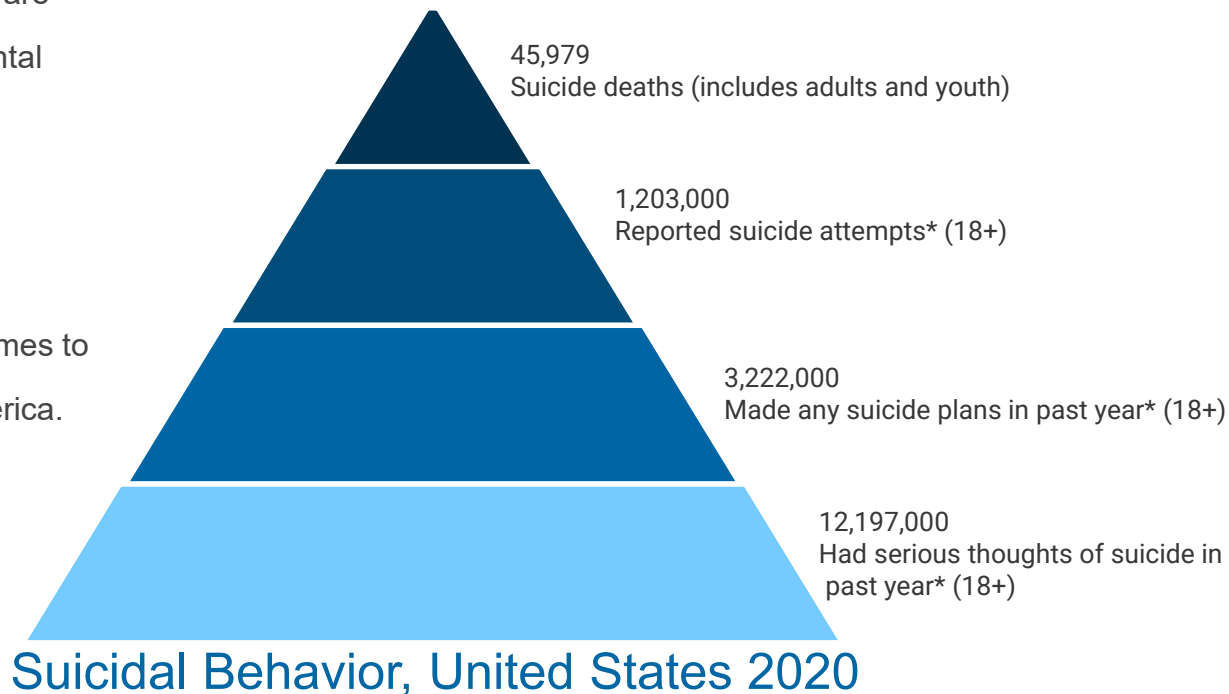
# Overview




- Stats and Status
- Comprehensive Prevention
- Best Practices and Evidence of What Works
- Connecting the Dots

# Our current status

- Too many people living in the U.S. are experiencing suicidal crises or mental health related distress without the support and care they need.
- The COVID-19 pandemic has only added further stressors when it comes to mental health and wellness in America.



# Comprehensive Approach


 Preventing Suicide	
Strategy	Approach
Strengthen economic supports	<ul style="list-style-type: none"> <li>• Strengthen household financial security</li> <li>• Housing stabilization policies</li> </ul>
Strengthen access and delivery of suicide care	<ul style="list-style-type: none"> <li>• Coverage of mental health conditions in health insurance policies</li> <li>• Reduce provider shortages in underserved areas</li> <li>• Safer suicide care through systems change</li> </ul>
Create protective environments	<ul style="list-style-type: none"> <li>• Reduce access to lethal means among persons at risk of suicide</li> <li>• Organizational policies and culture</li> <li>• Community-based policies to reduce excessive alcohol use</li> </ul>
Promote connectedness	<ul style="list-style-type: none"> <li>• Peer norm programs</li> <li>• Community engagement activities</li> </ul>
Teach coping and problem-solving skills	<ul style="list-style-type: none"> <li>• Social-emotional learning programs</li> <li>• Parenting skill and family relationship programs</li> </ul>
Identify and support people at risk	<ul style="list-style-type: none"> <li>• Gatekeeper training</li> <li>• Crisis intervention</li> <li>• Treatment for people at risk of suicide</li> <li>• Treatment to prevent re-attempts</li> </ul>
Lessen harms and prevent future risk	<ul style="list-style-type: none"> <li>• Postvention</li> <li>• Safe reporting and messaging about suicide</li> </ul>

# Comprehensive Approach

- Bundled suicide prevention **strategies, approaches, and interventions**.
- **Approaches** complement each other and are synergistic across settings/sectors.
- Multiple **interventions** are possible for each approach.
- Interventions should be *tailored* to target populations and impact *multiple* social-ecological levels.





	
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# **Best Practice and Evidence of What Works**

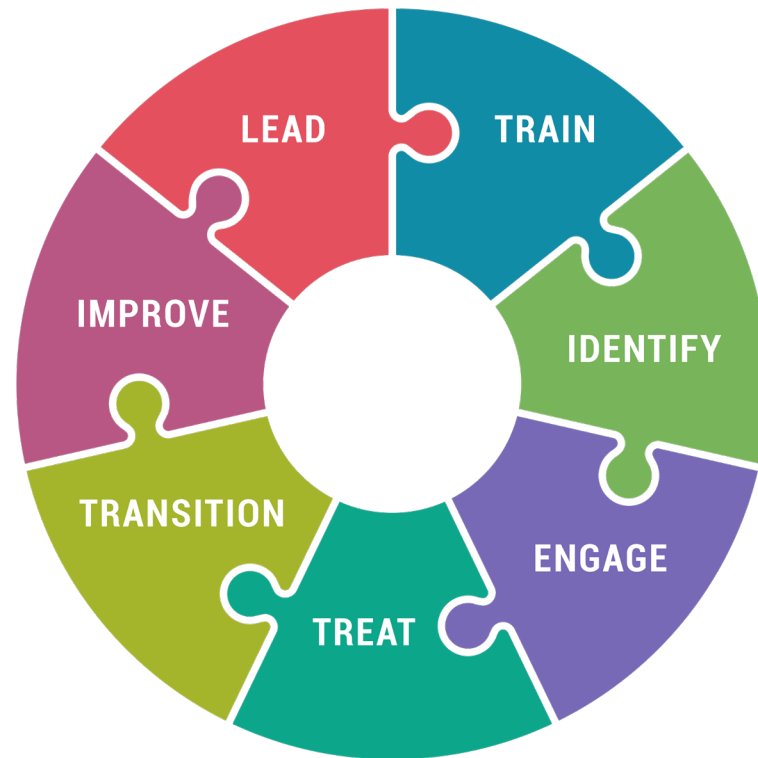
“Suicide represents a worst case failure in mental health care. We must work to make it a ‘never event’ in our programs and systems of care.”

*Dr. Mike Hogan*  
*NY Office of Mental Health*

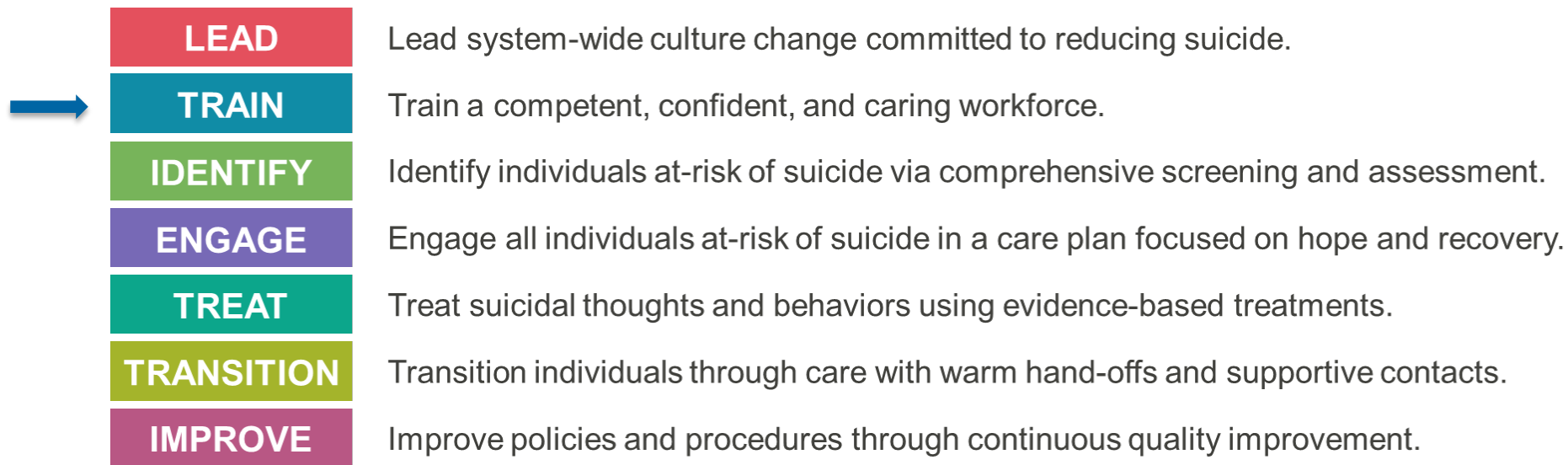
# Strengthen Access & Delivery of Suicide Care

## Zero Suicide Framework

- Critical elements for suicide safer care
- Holistic, whole system approach to suicide prevention
- Non-linear, iterative



# Elements of Zero Suicide



# Zero Suicide Is Feasible

Health and behavioral health care organizations have found:

- It's feasible—without additional funding.
- It's working—lives are being saved.

For resources and additional information:

[www.ZeroSuicide.com](http://www.ZeroSuicide.com)

# 988 and Crisis Services

## A transformative moment for the crisis care system in the U.S.



### Short-term goal

A strengthened and expanded Lifeline infrastructure to respond to crisis calls, texts, and chats anytime

### Long-term vision

A robust system that provides the crisis care needed anywhere in the country



# Connecting the Dots





# State Suicide Prevention Infrastructure



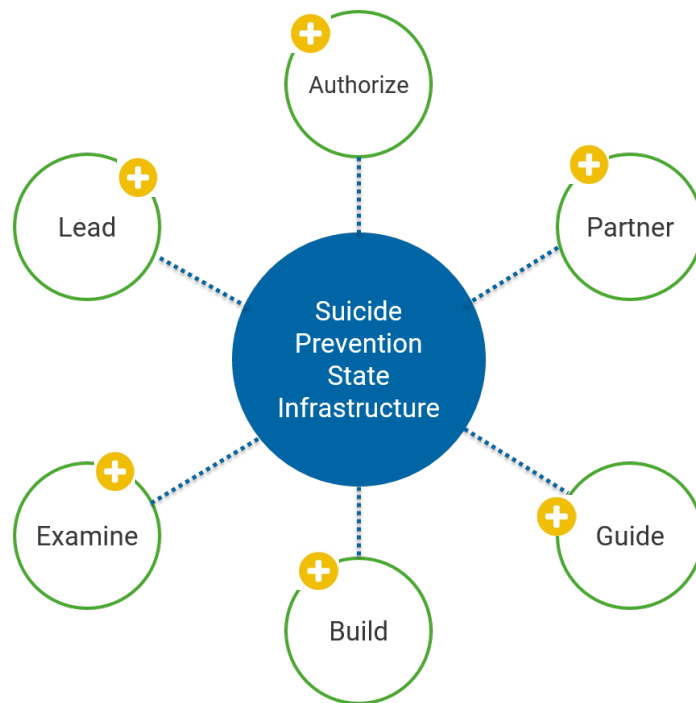
# State Suicide Prevention Infrastructure: Working Definition

A state's **concrete, practical foundation or framework** that supports suicide prevention-related systems, organizations, and efforts including the fundamental parts and organization of parts that are **necessary for planning, implementation, evaluation, and sustainability.**

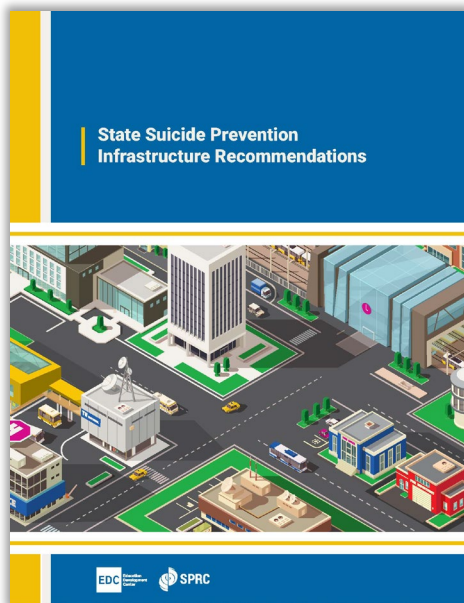
# State Suicide Prevention Infrastructure: Overview of the Recommendations

The *Recommendations for State Suicide Prevention Infrastructure* articulate essential infrastructure elements for advancing and sustaining suicide prevention efforts

- ✓ Released by SPRC in 2019
- ✓ Developed in collaboration with an advisory panel of experts and key stakeholders
- ✓ Available at [sprc.org/state-infrastructure](https://sprc.org/state-infrastructure)



# State Infrastructure Tools: Recommendations and Related Products



## State Infrastructure Recommendations

In this downloadable PDF of the full Infrastructure Recommendations, you can read real-life examples from around the U.S. of the essential elements in action.

# State Infrastructure Tools: Recommendations and Related Products



## Data Infrastructure Recommendations

This detailed supplement to the Infrastructure Recommendations can help state and local leaders understand the data resources and systems needed to effectively direct suicide prevention efforts.



Questions?

# Thank you!

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# Resources

Education Development Center:

[www.edc.org](http://www.edc.org)

Suicide Prevention Resource Center:

[www.sprc.org](http://www.sprc.org)

Substance Abuse and Mental Health Services  
Administration:

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

National Action Alliance for Suicide  
Prevention:

[www.actionallianceforsuicideprevention.org](http://www.actionallianceforsuicideprevention.org)

American Foundation for Suicide Prevention  
State Policy Priorities:

<https://afsp.org/our-work/advocacy/public-policy-priorities/>

American Indian/Alaska Native Suicide  
Prevention:

<http://www.sprc.org/populations/aian>

