

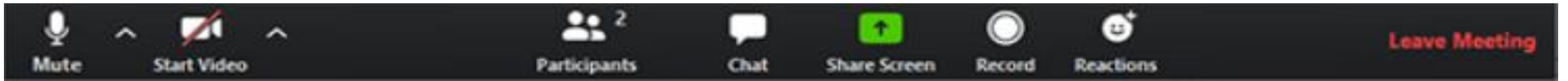
Suicide Prevention Community Forum

May 2021



Housing Keeping

Zoom Etiquette



1. ***Please mute yourself if you're not speaking.***
2. Click the arrow to change your audio settings (phone/computer).
3. To turn your webcam on or off, click Start/Stop Video.
4. Click the arrow to access your Video Settings.
5. To view the Participants pane.
6. To chat, first click "Chat" and then type in the chatbox.
7. Reactions (Thumbs up and down feature)
8. Leave Meeting

This Community Forum is
being recorded.

Overview



Solano County Suicide Prevention Committee & Suicide Prevention Strategic Plan



A Survivor's Story



Suicide Statistics: National and Local Data



Current Local Efforts to Prevent Suicides



Community Voice: Breakout Sessions



Help & Crisis Resources

Solano County Suicide Prevention Committee's Mission Statement:

To inspire, equip, and mobilize all people in Solano County to work towards a stigma and suicide free community.

Solano County Suicide Prevention Strategic Plan

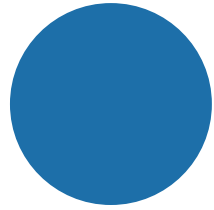
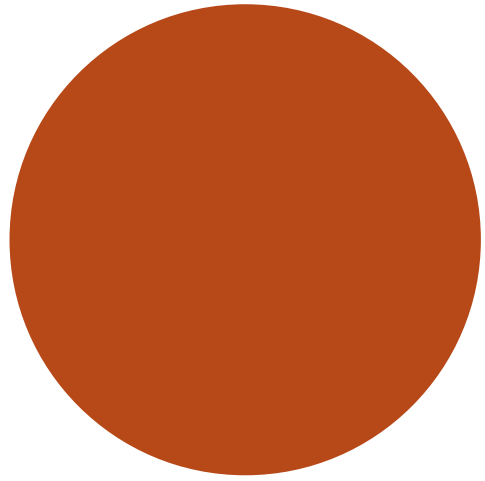
- Developed in 2017 with community input
- Solano is 1 of 7 California Counties to have a Plan
- <https://www.solanocounty.com/civicax/filebank/blobdload.aspx?blobid=27271>
- Updating plan with community input
 - Held targeted focus groups and key informant interviews with populations that are more at risk for suicide and family member survivors
 - Community Forums

Plan Objectives

- Prevention Through Knowledge
- Community Coordination & Interagency Collaboration
- Increase Screenings
- Improve Crisis Services, Treatment, & Aftercare
- Address Needs of At-Risk Populations
- Improve Postvention
- Social Media & Educational Settings K-12
- Improve Data Collection

The background features a grey field with a fine, diagonal hatched texture. Overlaid on this are several large, semi-transparent, irregular shapes. A prominent yellow shape is located in the upper-left and central areas, while a large cyan shape occupies the lower-right and central areas. The shapes overlap, creating a layered effect.

A Survivor's Story



The Impact of Suicide

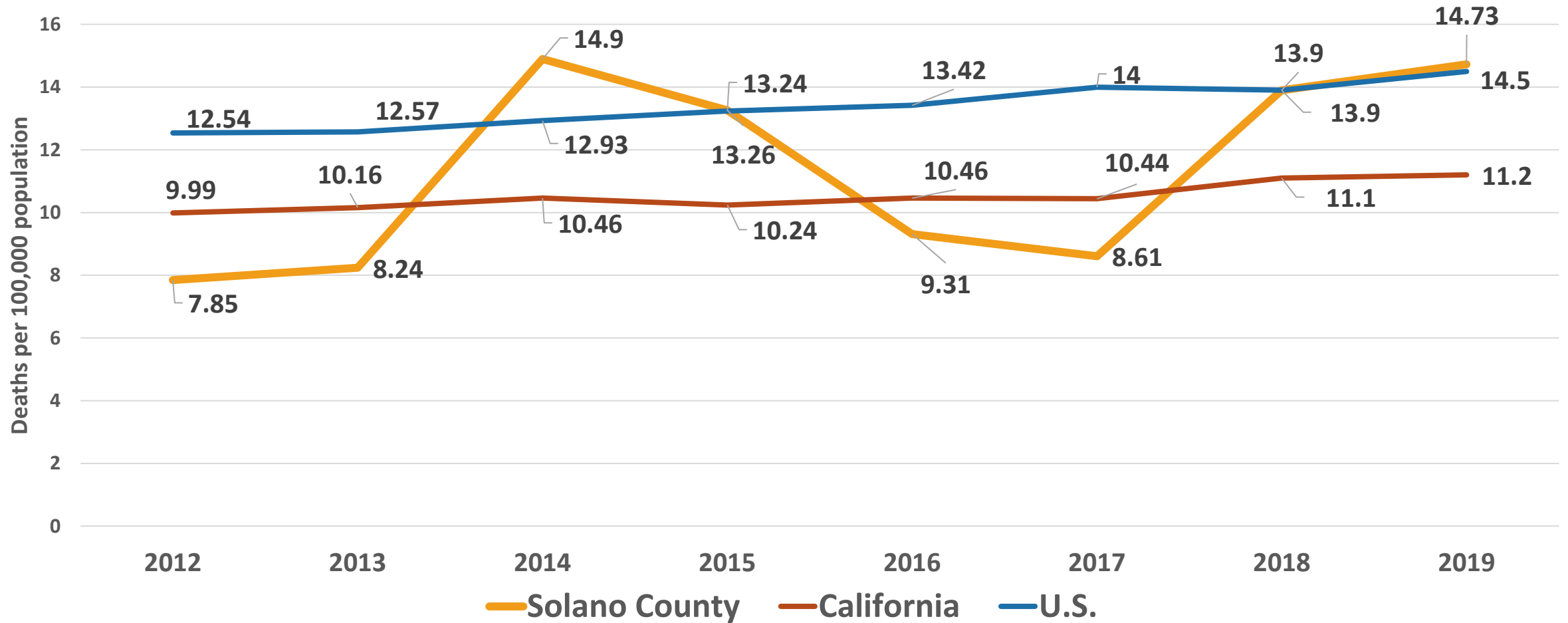
National & Local Data

National Suicide Statistics

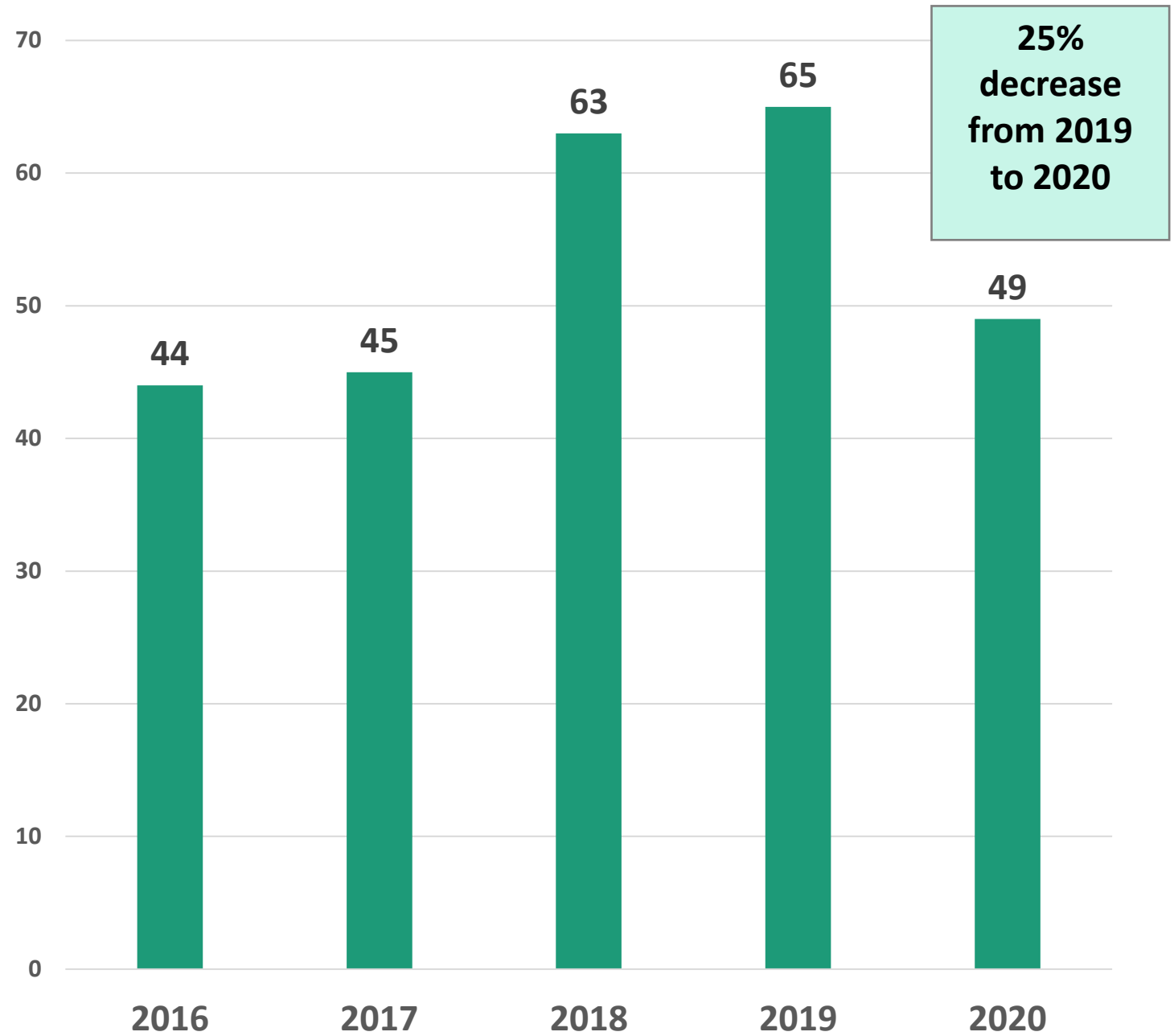
- Suicide is the **10th** leading cause of death in the U.S. and the **2nd** leading cause of death for **individuals ages 10-34**
- 1 out of 6 students nationwide (grades 9–12) seriously considered suicide in the past year
- Each day an estimated 18-22 veterans die by suicide
- The rate of suicide is highest in middle age white men
- On averages there are 130 suicides per day in the U.S.
- Firearms accounted for 50.39% of suicide deaths in the U.S
- 1.38 Million attempts in 2019
- LGBTQ+ youth seriously contemplate suicide at almost three times the rate of heterosexual youth and LGBTQ+ youth are 4 times more likely to have attempted suicide than straight youth
- In a national study, 40% of transgender adults reported having made a suicide attempt, and 92% of these individuals reported having attempted suicide before the age of 25.

Adapted from: nami.org, <https://afsp.org/about-suicide/suicide-statistics/> and <https://www.thetrevorproject.org/resources/preventing-suicide/facts-about-suicide/>

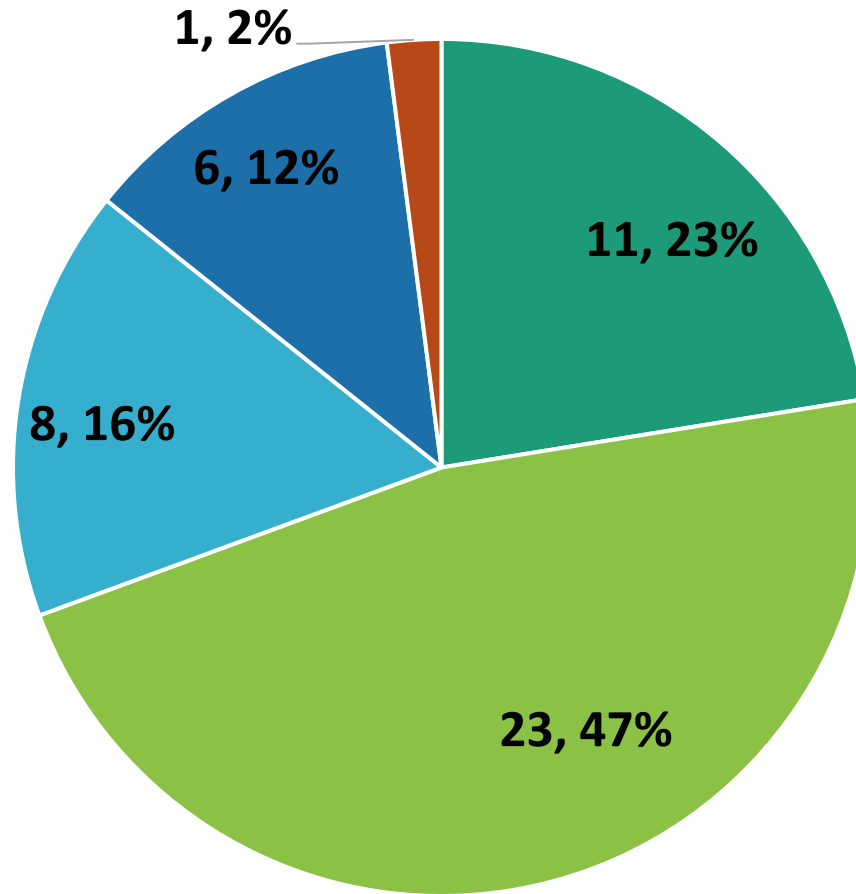
How Solano Compares to the State and the Nation CY 2012-2019



Suicide Deaths by CY 2016- 2020

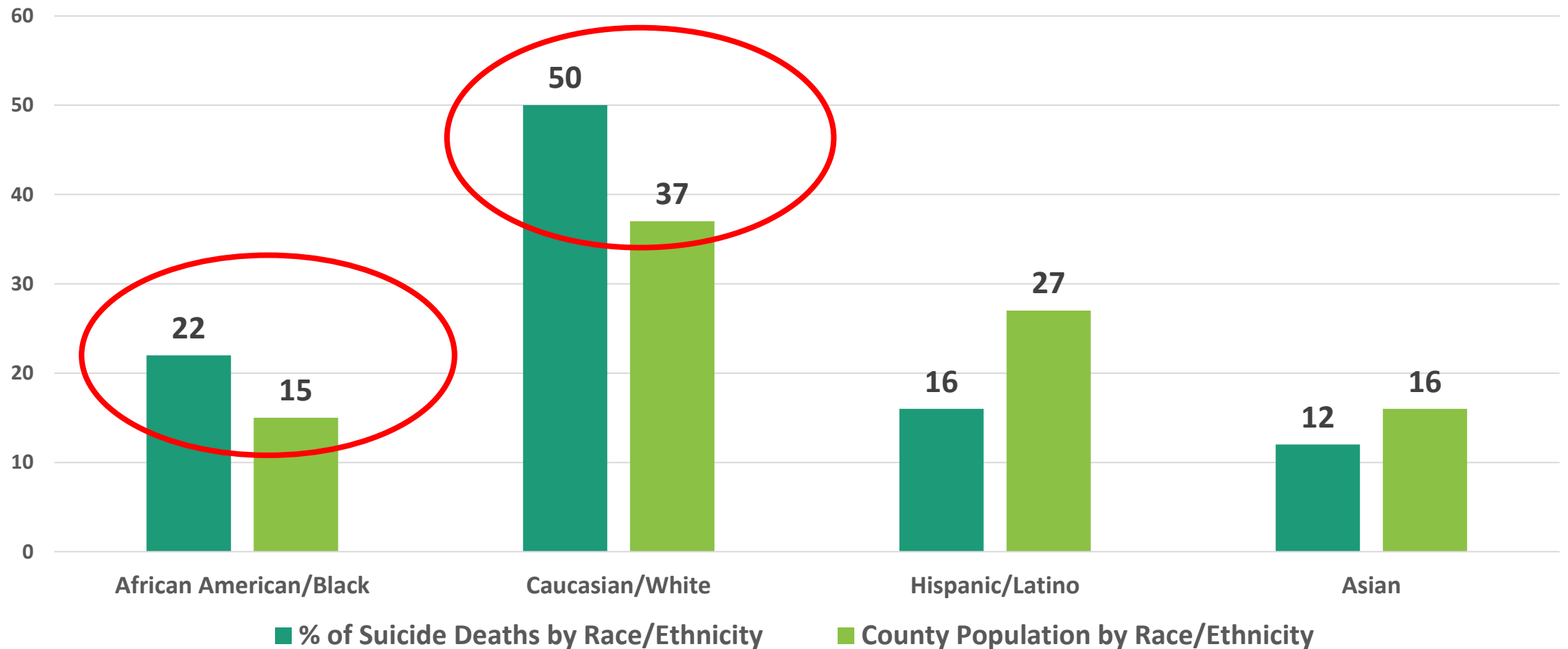


Suicide Deaths by Race/Ethnicity CY 2020



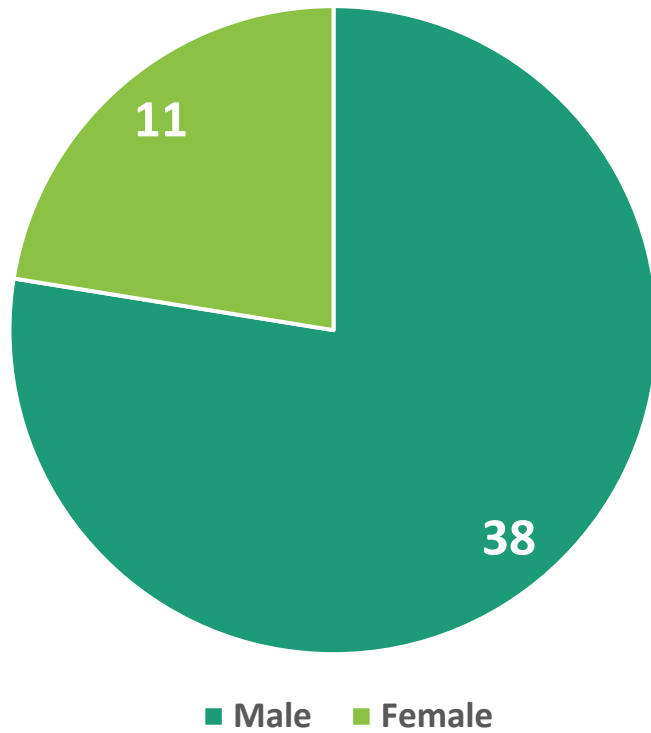
■ African American/Black ■ Caucasian/White ■ Hispanic/Latino ■ Asian ■ Not Identified

Suicide Deaths Compared to County Population by Race/Ethnicity CY 2020

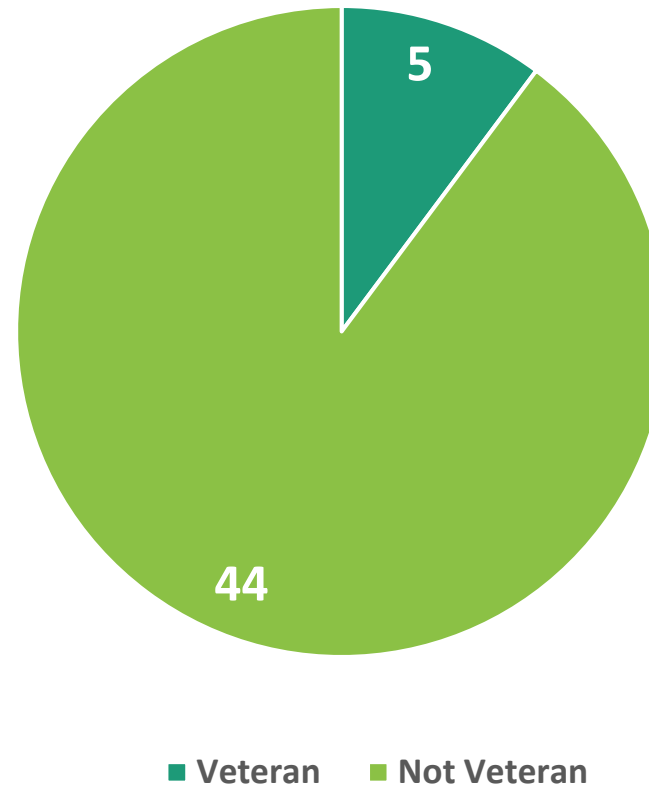


Suicide Deaths by Gender & Veteran Status CY 2020

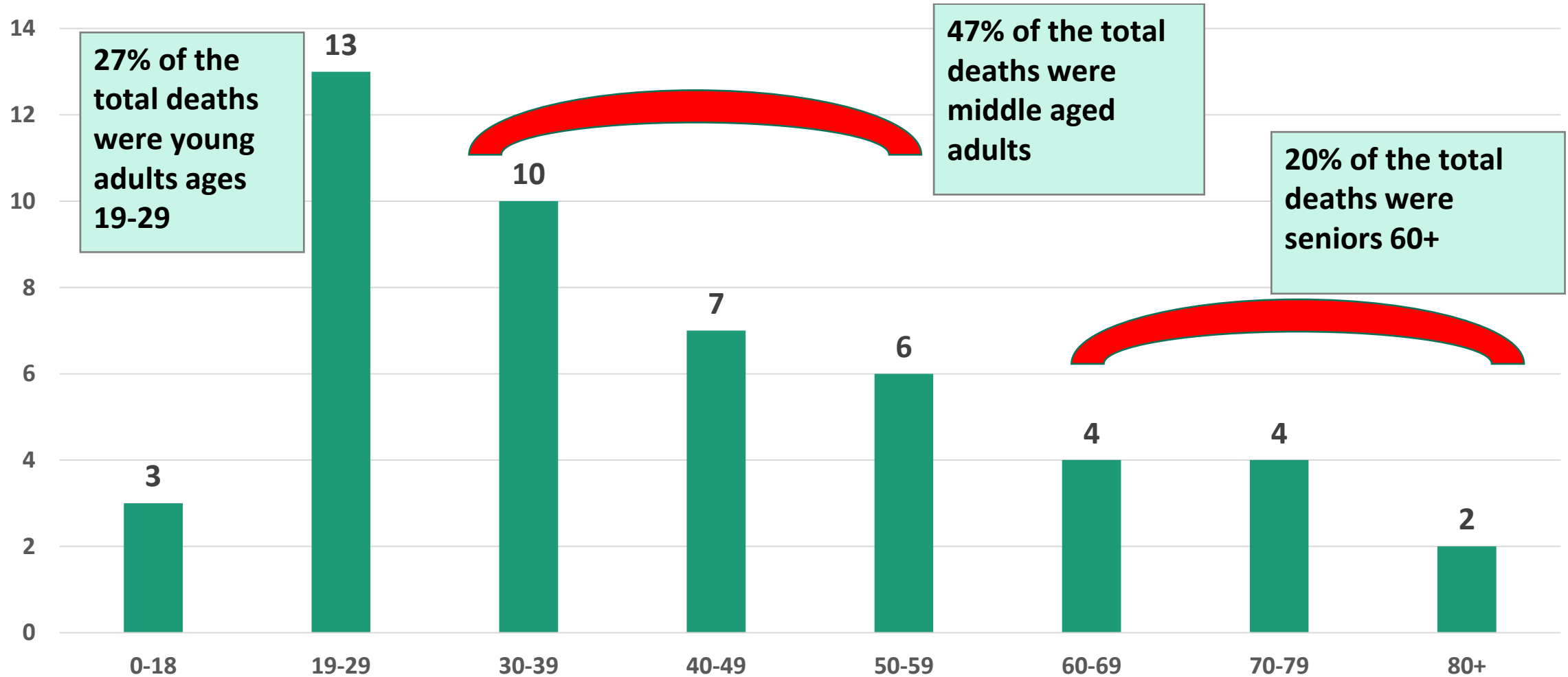
Gender



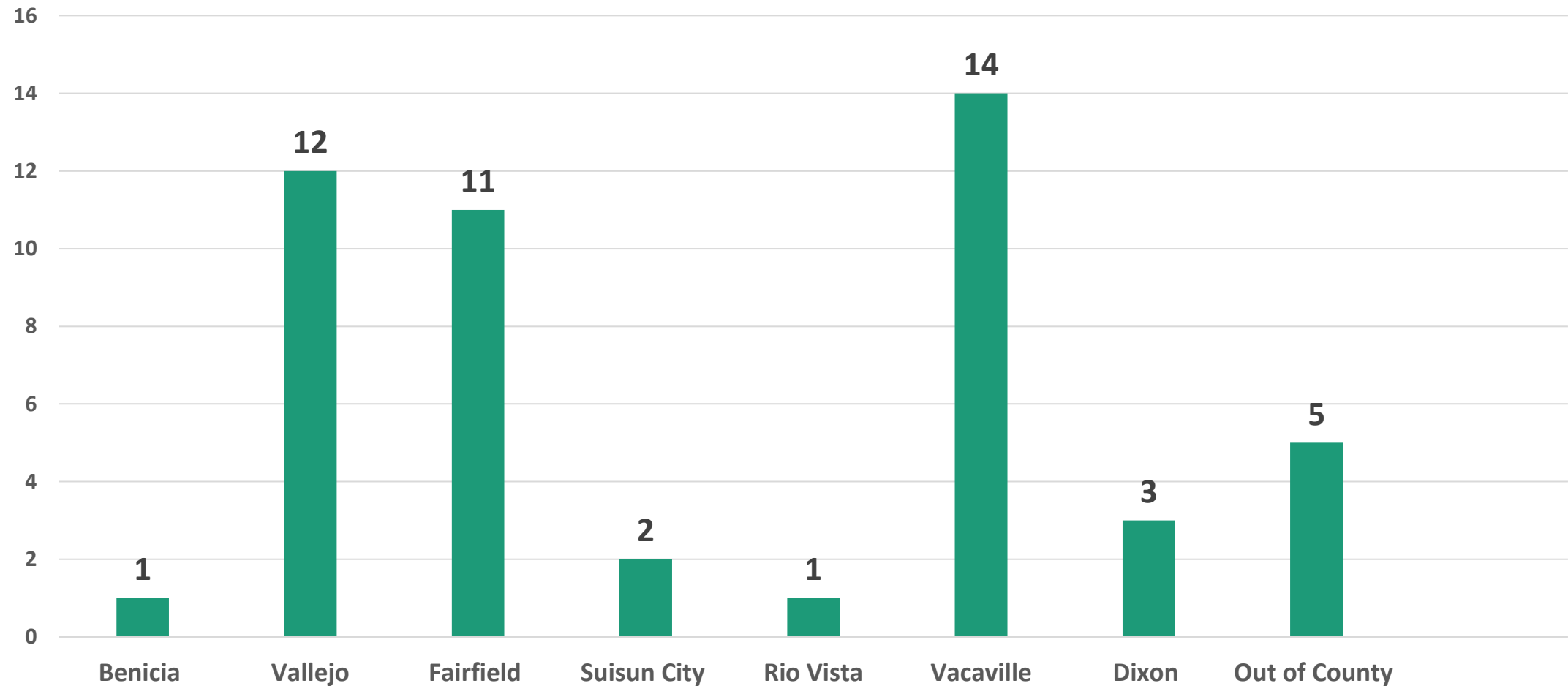
Veteran Status



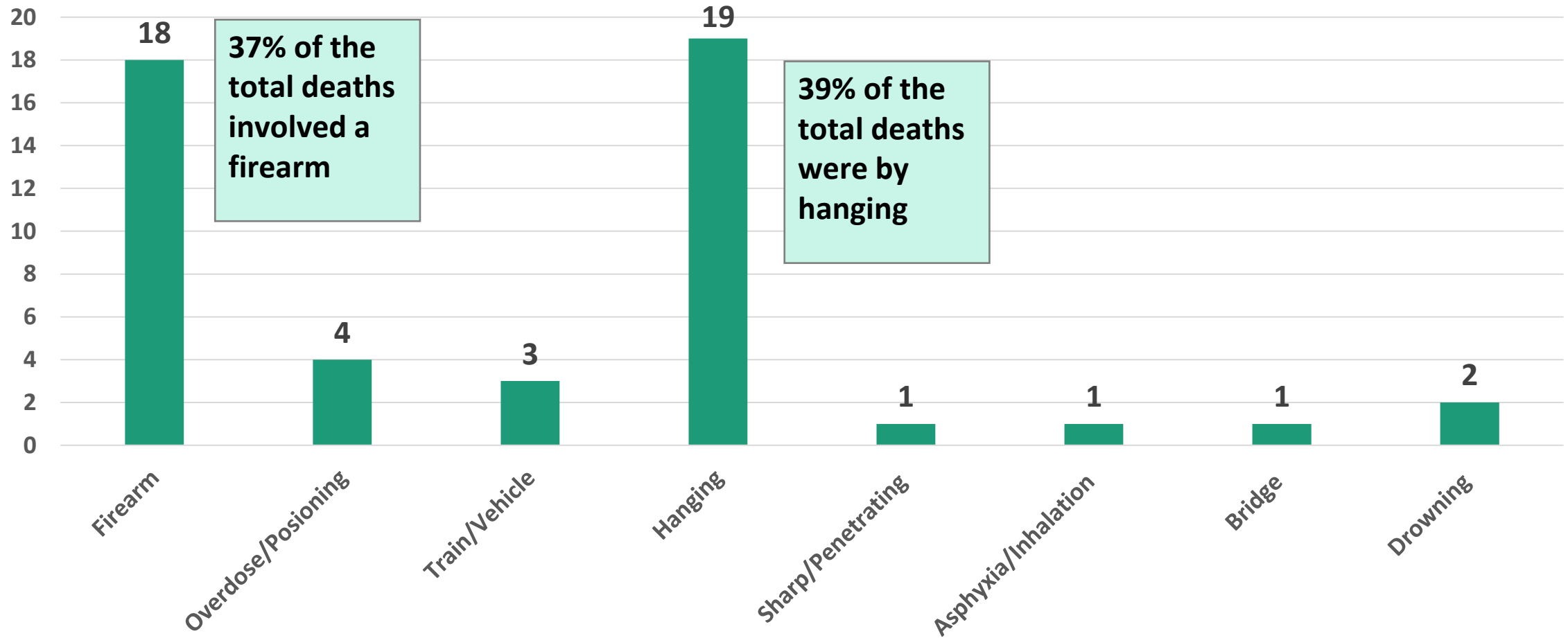
Suicide Deaths by Age CY 2020



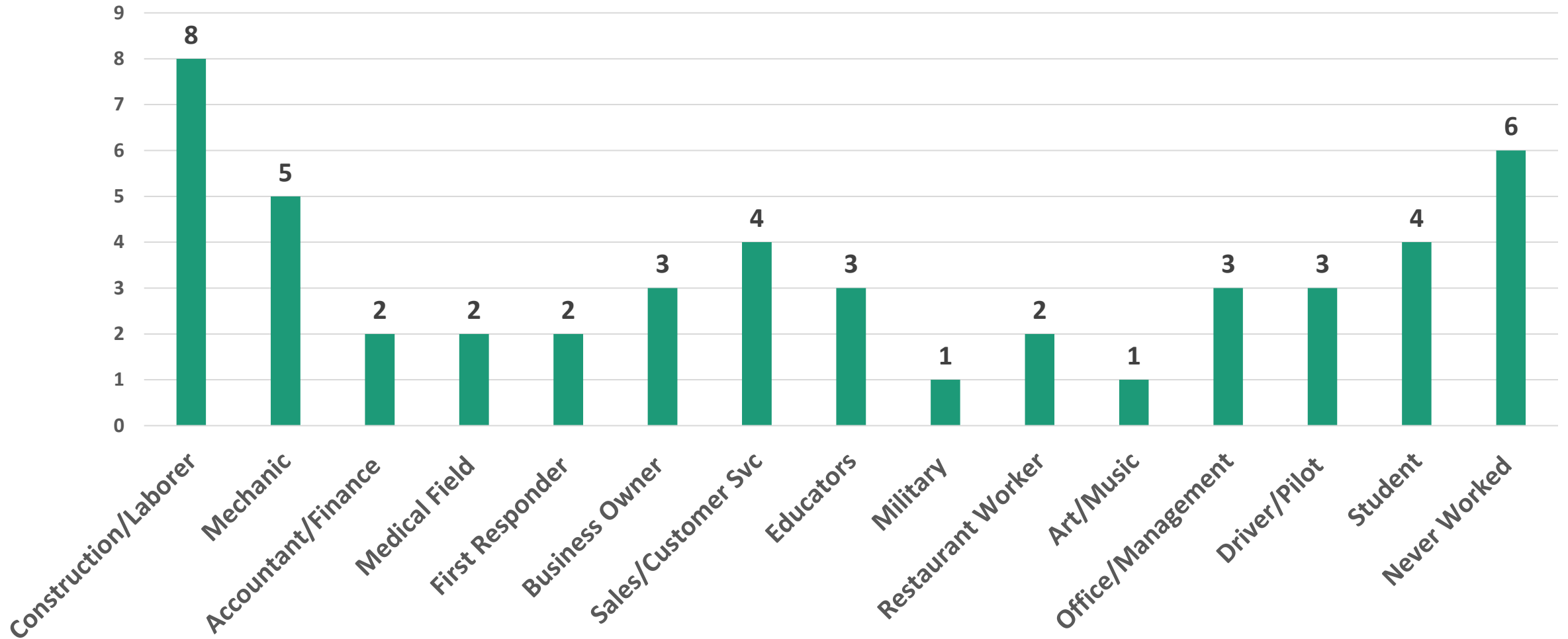
Suicide Deaths by City of Residence CY 2020

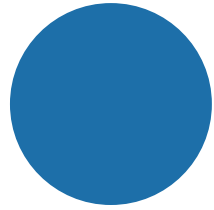
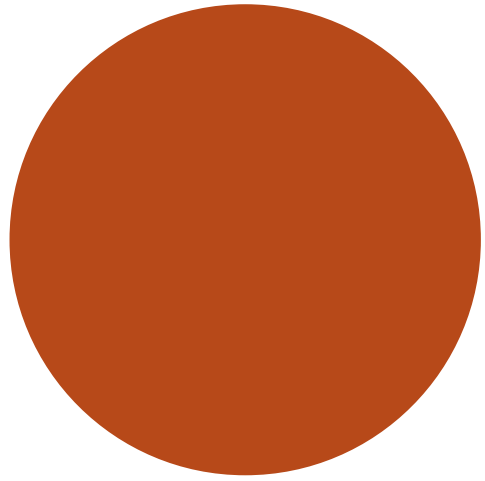


Suicide Deaths by Means CY 2020



Suicide Deaths by Occupation CY 2020





Local Efforts to Prevention Suicides



Suicide Prevention Strategies

Stigma Reduction & General Suicide Prevention Efforts

- **Targeted Outreach** including public service announcements, tabling, social media, etc.
- **Distribution** of stigma reduction and suicide prevention messaging and materials for community partners

Suicide Prevention Trainings

- **ASIST**: 16 hour training
- **safeTALK**: 3 hours training
- **Mental Health First Aid (MHFA)**: 8 hour training, various modules including adult, youth, older adult, first responders, etc.

Partnership with First Responders

- Collaboration with Sheriff Office – Coroner's Office
- **Crisis Intervention Team (CIT) Training** fund 8hr course for all law enforcement departments and developing a 40hr week training in partnership with Fairfield PD, Sheriff and NAMI
- **Implementation of Mobile Crisis**
- Provide stigma reduction and suicide prevention messaging and materials focused on first responders
- **Firearm Safety Campaign**

Suicide Prevention Strategies

Partnerships with Schools

- **Support for Schools/Districts** with stigma reduction and suicide prevention messaging and materials
- **45 School Wellness Centers** for K-12 and adult ed sites
- **Mental Health Student Services Act (MHSSA)** Grant provides expanded training and technical assistance on suicide prevention for districts, school-based crisis services, screenings and assessments for youth at risk of dropping out

Screening Project

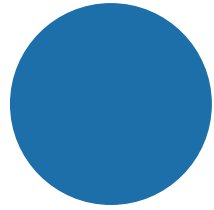
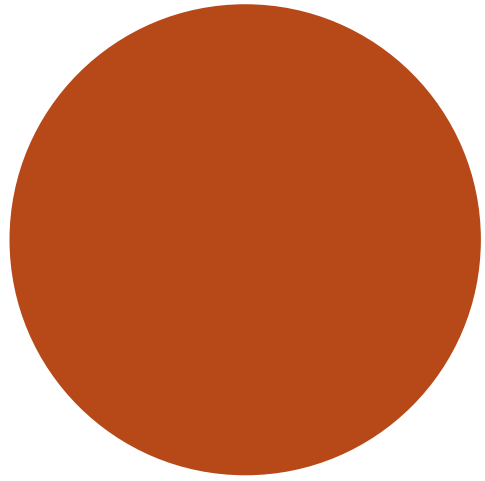
- **Suicide Screening Letter** distributed to health care and behavioral health providers with suggested suicide screening questions
 - *In the last 30 days have you had thoughts of wanting to die or wanting to kill yourself?*
 - *Have you felt hopeless in the last 30 days?*

Future Projects

- **Implement a Suicide Death Review**
- **Targeted Outreach to HR Departments**



QUESTIONS



Breakout Sessions

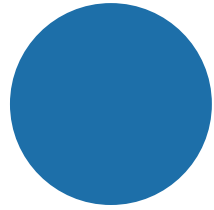
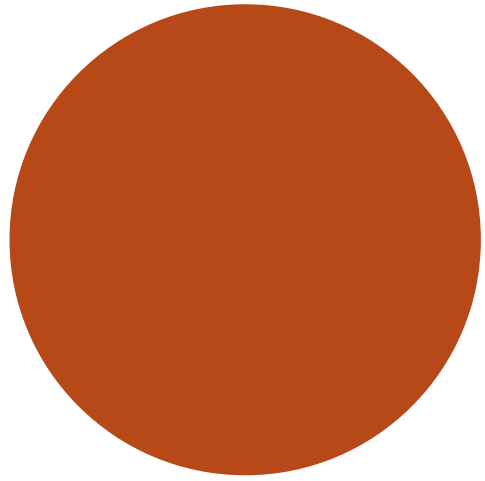


Small Group Agreements

- **Open-mindedness:** listen to and respect all points of view
- **Acceptance:** suspend judgment as best you can
- **Curiosity:** seek to understand rather than persuade
- **Discovery:** question old assumptions, look for new insights
- **Grace:** understanding that we may have unexpected co-workers and/or tech issues
- **Sincerity:** speak for yourself about what has personal heart and meaning
- **Brevity:** go for honesty and depth but don't go on and on
- **Privacy:** keep personal information shared during this group confidential



Bringing it
Together –
Large
Group
Discussion

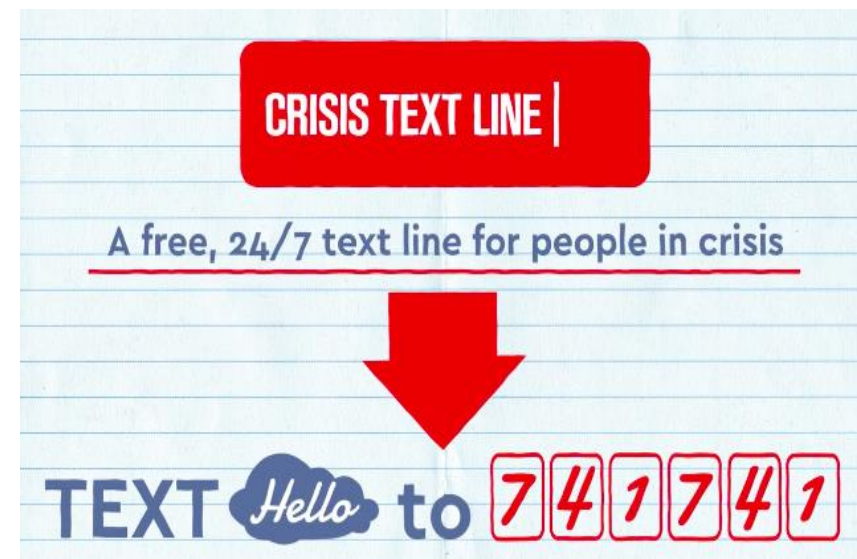


Resources

Access, Hotlines & Text
Lines and Crisis Services,

Solano County Access & Crisis Hotlines

- **Solano County Behavioral Health:** (800) 547-0495
- **National Suicide Prevention Lifeline:** (800) 273-TALK (8255)
 - 24/7 suicide prevention hotline staffed by crisis specialists
 - (888) 628-9454 Spanish line
 - Callers who are veterans will be routed to a special veteran's line by pressing "1" after calling #
- **Lifeline for Deaf & Hard of Hearing:** (800)-799-4889
- **Friendship Line (seniors 60+):** (800) 971-0016
- **Crisis Text Line:** Text "Hello" or "Home" to 741741
 - 24/7 suicide prevention texting crisis service staffed by crisis specialists



LGBTQ+ Crisis Hotlines & Suicide Prevention

- **Trans Lifeline:** (877) 565-8860
 - Peer support crisis and suicide prevention hotline for the Trans community available 7am-1am
- **The Trevor Project:** (866) 488-7386
<http://www.thetrevorproject.org>
 - Crisis intervention and suicide prevention for Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) youth ages 25 and under
 - Trevor Text Line: Text “**START**” to 678678 Mon-Friday 12p-7pm



THE TREVOR PROJECT
Saving Young LGBTQ Lives

Community-Based Mobile Crisis



Delivered by crisis teams comprised of two staff, one clinician and one person with lived experience, who will respond to crisis situations in the field to include community locations, homes, etc. with a goal to stabilize the individual in the community and avoid need for further crisis stabilization services or hospitalization.

- Program launch May 2021
- Serves children, youth and adults
- No insurance requirements
- Monday-Friday between 11AM-10PM and eventually 365/7
- Phased implementation starting with law enforcement
- Mental Health Services Act (MHSA) funded

School-Based Mobile Crisis

Delivered by clinicians who will respond to crisis situations on school sites with a goal to stabilize the student in the community and avoid need for further crisis stabilization services or hospitalization.

- Program launch May 2021
- Serves children and youth at K-12 schools
- No insurance requirements
- Services provided during school hours
- Mental Health Student Services Act (MHSS) grant funded



Crisis Stabilization Unit (CSU)

The CSU is a locked 12 bed facility opened 24/7 used to stabilize children and adults who are in crisis and/or to transfer them to an inpatient hospital if necessary.

Who should utilize the CSU or when should I refer someone to the CSU?

- A person who presents in acute psychiatric crisis; suicidal ideation, homicidal ideation or presenting as gravely disabled
- No apparent medical complications. If there are clear medical needs, the person needs to be taken to local Emergency Department instead of the CSU

What happens at the CSU?

- Evaluation for maintaining, dropping or placing a 5150 hold
- Crisis intervention including initiation of medication as appropriate
- Referrals for local resources if not detained on 5150; crisis residential services, crisis aftercare services, shelter, family, outpatient services, case management services
- Referral to inpatient psychiatric hospital if warranted

2101 Courage Drive, Fairfield—Phone: 707-428-1131



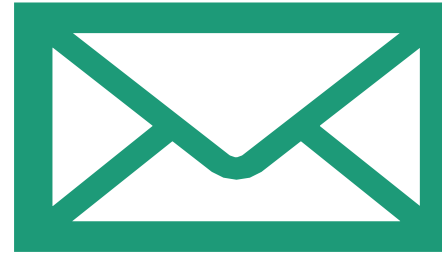
QUESTIONS

Next Steps

- Complete Community Forums
- Plan Document to be Updated
- Present to Solano County Board of Supervisors in August with Resolution for Suicide Prevention Awareness Week



Key Behavioral Health Contacts



www.SolanoCounty.com/Depts/BH/MHSA



Solano County-Mental Health Services Act Program



@SolanoCountyBH



BH Admin
(707)784-8320

[Link to the Solano County Suicide Prevention Page](https://www.solanocounty.com/depts/bh/sp.asp)

<https://www.solanocounty.com/depts/bh/sp.asp>

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