



**Office of
Mental Health**

NYS Suicide Prevention efforts 2020 and 2021
HOPE across the State
Long Island Suicide Prevention Symposium
September 1, 2021

**Presenter: Garra Lloyd-Lester, Director of Community and Coalition
Initiatives, Suicide Prevention Center of NYS**

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**KEEP
CALM
AND
PRACTICE
SELF-CARE**



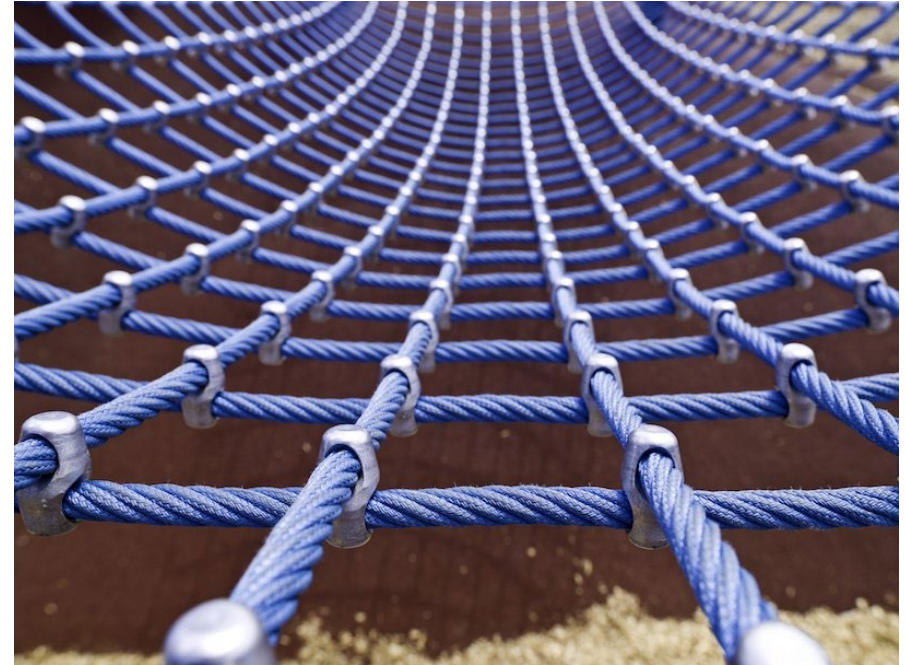
**Suicide Safer
Health Systems**

**Suicide Safer
Communities**

**Surveillance & Quality
Improvement Data**

A Number of Zero Suicide Projects Underway

- PSYCKES CQI Project with 160+ mental health clinics (NIMH).
- Zero Suicide (SAMHSA Adult).
 - Attempted Suicide Short Intervention Program Pilot.
- Garrett Lee Smith (SAMHSA Youth).
- PSYCKES High-Risk Quality Collaborative (>60 ERs).
- Collaborative Care Medicaid Program (325 primary care clinics).
- **More than 7,000 training views YTD in 2020 via Center for Practice Innovations.**



It is an aspirational goal.

It is a framework that was founded on the belief that suicide deaths for people under care are preventable.

What is Zero Suicide?

It was built upon work done successfully by several health care organizations.

It is a specific set of tools and strategies.

<http://zerosuicide.sprc.org>

School-based Prevention: Training & Technical Assistance

A host of trainings and technical assistance are available to NY schools from basic to in-depth:

- Suicide Safety Training (SST)
- Helping Students At-Risk (HSAR)
- Creating Suicide Safety in Schools
- Postvention
- Sources of Strength

Over 12,700 school personnel trained in 2019-2020!



Higher Education – Prevention

Project goal (part of 5 year grant from SAMHSA).

- Increase awareness and utilization of suicide prevention resources, increase identification of suicide risk, and develop a SUNY standardized postvention guide.
- **Partnership with SUNY system** and other private universities.
 - SUNY mental health resource webpage created, several press releases, postvention campus assessment meetings conducted, college student focus groups conducted.
 - Free online gatekeeper training (QPR) to college students, faculty, staff, and campus police– **760 individuals trained** since April 2020.
- Partnered with the New York State College Health Association to host a Suicide Prevention in Higher Education Symposium– **December 1-11, 2020** (<https://www.nyscha.org/annual/>).

Higher Education – Prevention

Crisis Text Line

CRISIS TEXT LINE |

Crisis Text Line is a free, 24/7 texting service for people who may be in distress. Anyone from the higher education community can **text "Got5U" to 741-741**.

Use this text line if you have feelings of depression, anxiety, or thoughts of suicide. Use it for issues related to substance use, relationships, domestic violence, school stressors, and/or anxiety related to the COVID-19 pandemic.

**support
is
just a
text away.**

how r u?

i could be better, tbh...

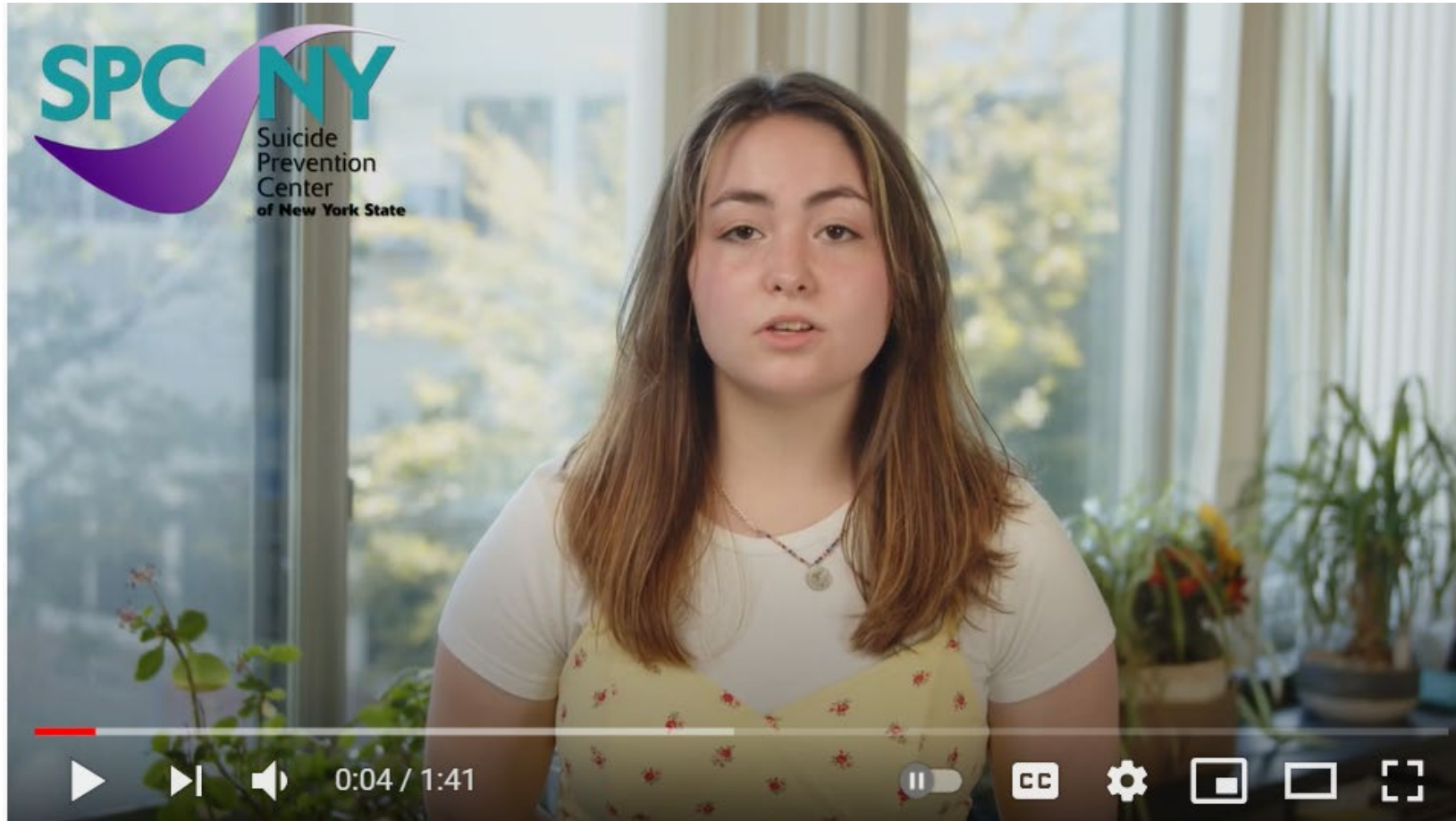
TEXT "Got5U" to 741-741

FREE, 24/7 CONFIDENTIAL TEXT LINE | CRISIS TEXT LINE |



View more [SUNY Specific Designs for Crisis Text Promotion](#)

Higher Education – Prevention



COVID-19 Adaptations: Rapid Shift to Virtual Trainings

- Schools and Universities
- Health Care Providers
- At-Risk Populations

Over 11,000 trainings in 2020!

Treating Suicidal Patients during COVID-19

Date: 2020

(For resources, this is the publication date. For programs, this is the date posted.)



Suicide Fatality Review Teams

- Working in 4 Counties across NYS: Suffolk, Westchester, Onondaga, Erie
- Grant extended for a year due to COVID
- The Suffolk County SFR team, is comprised of stakeholders from across the county (representing law enforcement, hospitals, veterans, community based organizations, peer voice) and meet on a quarterly basis to review individual deaths by suicide in which we have received permission to do so from the Next of Kin.
- To date group has reviewed 13 cases and have compiled a list of suggested recommendations/prevention strategies that could be implemented in the county, with the ultimate goal of decreasing the number of suicide in Suffolk county.
- one recommendation launching this Fall- focused on working with tattoo, gun, and liquor store owners to ask that they help increase awareness of the NSPL number by posting a flyer/sticker in their store

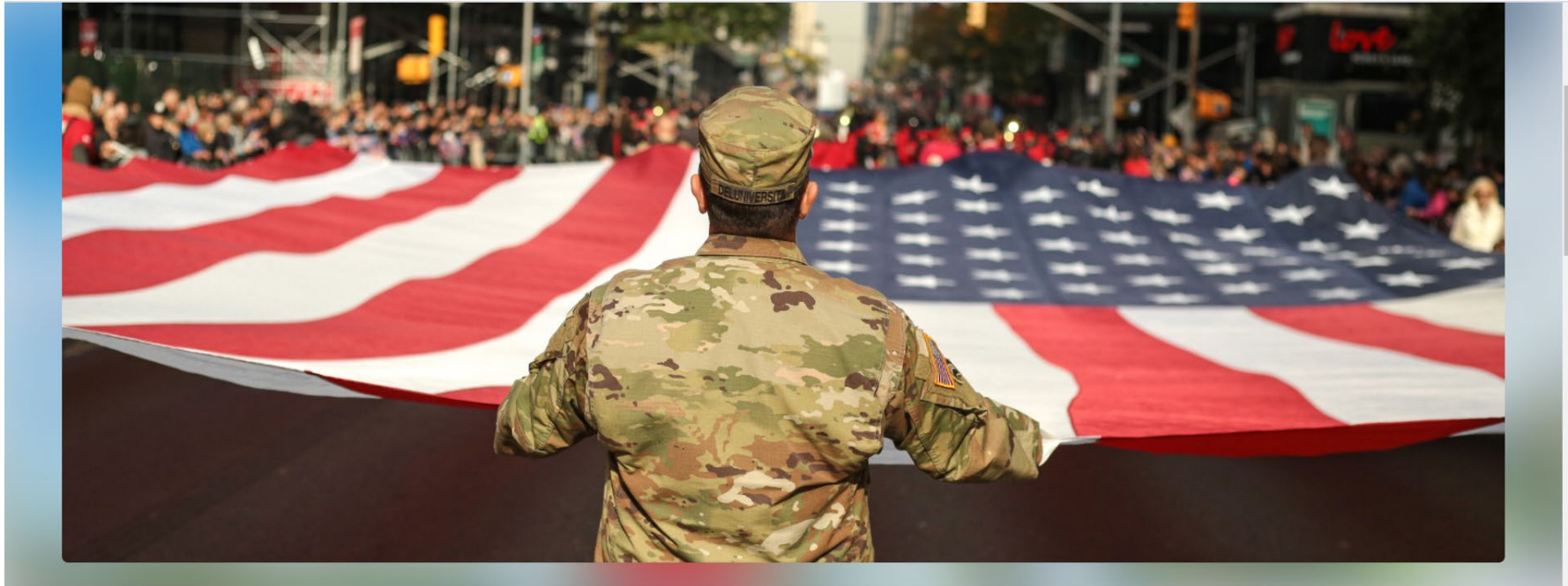
Special Populations Work

Veterans At-Risk: Governor's Challenge for SMVF



Governor's Challenge to Prevent Suicide Among Service Members, Veterans, and their Families ([SMVF](#)).

- Technical Assistance by SAMHSA.
- Public/private partnership of content area experts across NYS.
- New York State team working on recommendations in three areas:
 - Identify and screen.
 - Promote connectedness and improve care transitions.
 - Lethal means safety and safety planning.



GOVERNOR'S CHALLENGE TO PREVENT SUICIDE AMONG SERVICE MEMBERS,

<https://ny.governors-challenge.com/>

Community Engagement and Partnerships Coordinator (CEPC's)

The CEPC is part of VA's efforts to expand capacity to engage in community-based suicide prevention efforts. CEPCs collaborate with key stakeholders to implement evidence-informed community-based suicide prevention. We serve to enhance current VA suicide prevention programs including the existing clinical support, outreach, and education for Veterans. The CEPC strengthens VA's focus on high-risk individuals in community settings while embracing cross-agency collaborations and community partnerships to meet Veterans where they live, work and thrive.

Virtual Summit for Uniformed Personnel

2020 State of The State Initiative

Helping Those Who Help Others

Steering committee of individuals representing various disciplines; Law Enforcement, Fire, EMS, Corrections, Veterans and Military.

- Coordinating a series of virtual presentations on best practices for resilience and suicide prevention within these disciplines.
- Drafted recommendations on suicide prevention activities for the various disciplines.
- In the process of implementation, funding from Executive budget





Moral Injury as a lesser-known risk factor for suicidal behavior among military, veterans & LEO

Date: September 16, 2021

Time: 12:00PM - 1:30PM

[Click Here To Register](#)

The presentation will provide an overview of:

- Current research on what is known about Moral Injury as a suicide risk factor among uniformed personnel; specifically active military, veterans & law enforcement.
- A conceptual model accounting for the development & maintenance of moral injury.
- Clinical strategies to address individuals impacted by one or more morally injurious events including examples from a case study.
- How LEO administrators can create a supportive environment for their officers who will likely experience exposure to morally injurious events over the course of their career.

<https://us02web.zoom.us/meeting/register/tZ0ldOupqzwtG9YmEIVvfNquJh7ShrLAJr0k>

EMS At-Risk



Pre-COVID, prevalence of 11% PTSD or 4x the general population; severe psychological distress 27%. EMS suicide rate in the United States is about twice as high as the national rate.

Partnership with NYC EMS

Question, Persuade, Refer (QPR) Training for Trainers

- 15 EMS QPR trainers to train 6,000 NYC EMS staff.

Peer-to-Peer Response

- 25 EMS peers and 5 MH professionals per borough (150 total) will be trained in Critical Incident Stress Management.
- Teams will provide confidential free services to NYC EMS and their families, including: crisis intervention, debriefing after an incident, psychological first aid, referrals, and wellness education.

COVID-19 Trauma and Stress Program

- Center for Trauma and Stress Education (CTSE) will train 2 groups of NYC EMS Peers.
- Topics include understanding/managing stress, fear and trauma; preventing cumulative stress and trauma; managing grief and loss; coping with chronic uncertainty.

Latina Adolescents At-Risk

- Historically have highest rate of reported suicide attempts vs. non-Latinas (U.S. and NYS YRBS).
- SPCNY has partnered with Dr. Caroline Silva, from University of Rochester to host a series of virtual focus groups for Parents of Latina adolescents. The purpose of the groups is to gather their feedback on the areas of Latina adolescent risk, barriers to effective treatment, and the development of unique strategies to engage the Latinx community.
- Focusing on four counties(outside of NYC) that have higher Latinx populations, including Suffolk County.
- Partnered with Adelante, Latina Moms of Long Island, DCS office and the LI OMH F/O to assist with the recruiting process
- We are looking for 8-10 parents of Latina Adolescents who live/work in Suffolk County who would be available for a one-time 90-minute virtual focus group.
- We would provide them with a 50-dollar Amazon gift card for participating. If you or someone you know may be interested in participating, please feel free to call 518-402-1236 or email Cathy.Dockum@omh.ny.gov

Black Youth At-Risk



- U.S. adolescent attempts among Black youth rose by 73% between 1991 and 2017.
- Suicide rates age 5 to 12 double than that for whites.
- OMH formed Black Youth Suicide Prevention workgroup in June 2020.
- Recommendations being finalized now.

Rural Residents At-Risk

- The suicide rate in rural New York is significantly greater than the state average (13.1 vs. 8.3/100,000) and has increased at a greater rate between 2000 and 2018 (47% vs. 40%).
- OMH created a Rural Suicide Prevention Workgroup in late 2019.
- Final report and recommendations are expected to be released in 2021.



LGBTQ At-Risk

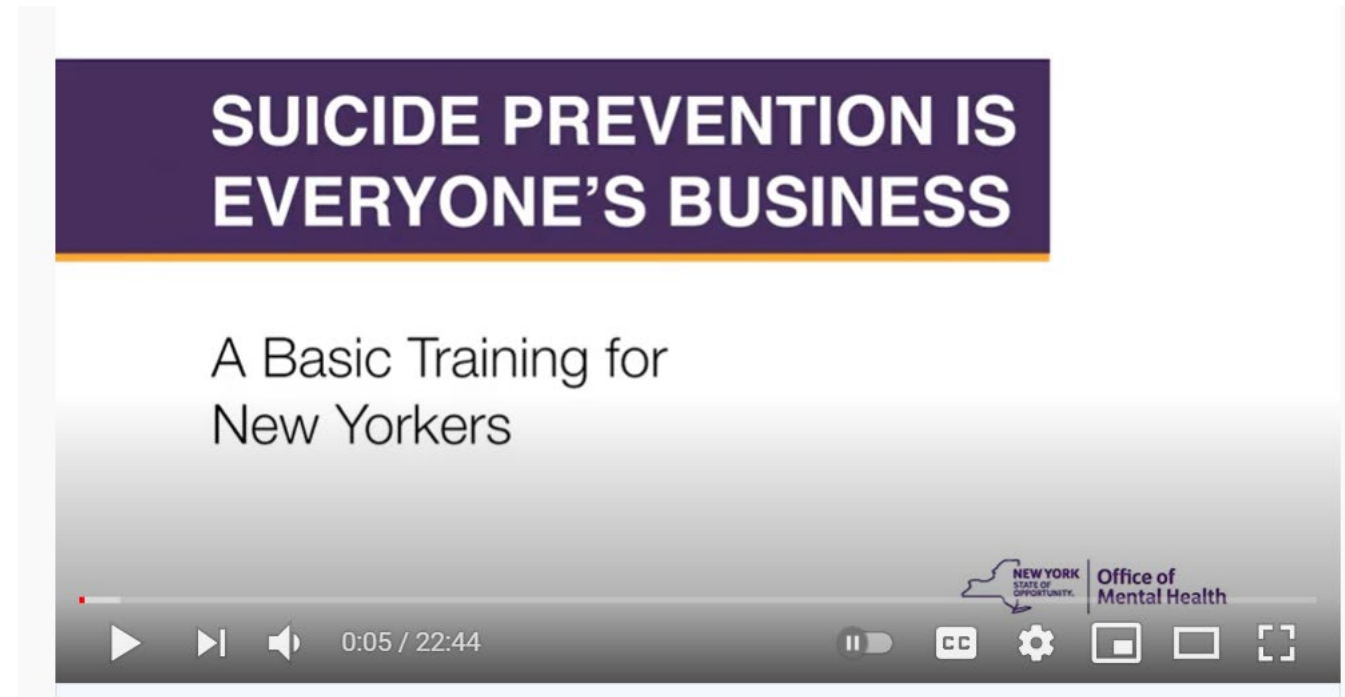
- Changing school climate
- Partnered with several organizations, including Trevor Project, in creating a national model for schools.
- Marketing of Crisis Text Line to youth in distress.

The image shows the cover of a guide titled "A GUIDE FOR SUICIDE PREVENTION IN NEW YORK SCHOOLS". The cover features a vertical green bar on the left side. At the top left is the logo for SPC NY (Suicide Prevention Center of New York State). Below it are logos for the American Foundation for Suicide Prevention, comulife (30 years since 1988), COLUMBIA PSYCHIATRY, Families Together, JED (jedfoundation.org), and the New York State Psychiatric Institute. At the bottom left are logos for NYASP and THE TREVOR PROJECT. The text "YOUTH POWER!" is written in bold, underlined letters. At the bottom, it says "Learn more by visiting us online at www.preventsuicideny.org/resource/schoolguide". On the right side, there is a photograph of two young men sitting at a desk, talking. One is wearing a blue shirt and the other is wearing a white shirt.

Coalition Work

- During the pandemic coalitions had to get creative and do work virtually
- 14 funded projects impacted but able to adjust/modify their work
- RFP for funding up to 4 LOSS teams ([Local Outreach to Suicide Survivors](#)) in NYS
- Your local coalition needs people like you to get involved

Suicide Prevention is Everyone's Business: A Basic Training for New Yorkers



Crisis Resources

988 Nationwide Mental Health Crisis Hotline

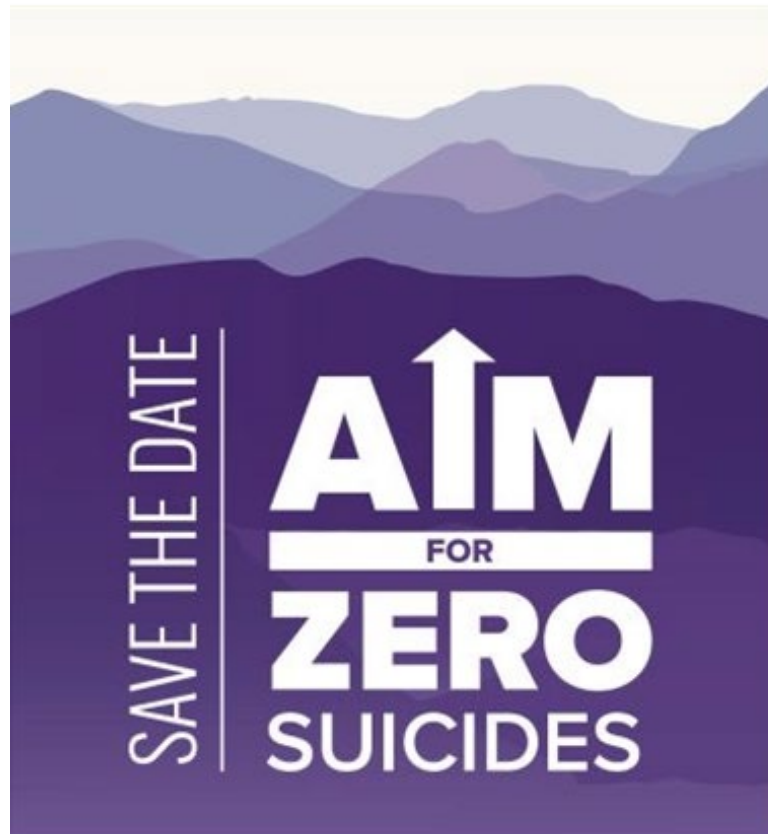
The FCC has designated 988 as a mental health crisis line, to be implemented by July 2022.



New York Crisis Text Line

- March 2020 to December 2020: 68K conversations, 40K unique texters.
- March 2019 to December 2019: 51K conversations, 29K unique texters.





The Suicide Prevention Center of New York (SPCNY) at the New York State Office of Mental Health will be hosting a suicide prevention symposium titled **"AIM for Zero: Suicide Care is Healthcare."** This three-day, virtual symposium will bring together the leading suicide prevention experts to discuss the impact and importance of the Zero Suicide framework in healthcare systems, the importance of equity and inclusivity, and strategies for high impact healthcare outcomes, while highlighting cutting edge tools for implementation.

The first 500 registered attendees will receive a complimentary AIM For Zero gift package.

DAY I

Zero Suicide in Healthcare
 Tuesday, September 28
 8:30am-12:30pm

DAY II

Equity, Culture Responsiveness & Suicide Prevention in Healthcare
 Wednesday, September 29
 8:30am-12:30pm

DAY III

Going from Good to Great in Suicide Care
 Thursday, September 30
 8:30am-12:30pm

<https://aim4zerosuicides.vfairs.com/>

**Thank you for all you do to help create
suicide safer communities across NYS**

**For more information and resources about
what is going on NYS visit our website at
<https://www.preventsuicideny.org/>**