



Striving for Zero: California's Strategic Plan for Suicide Prevention

Ashley Mills
Mental Health Services Oversight and
Accountability Commission



Striving for Zero:

California's Strategic Plan for Suicide Prevention, 2020 – 2025

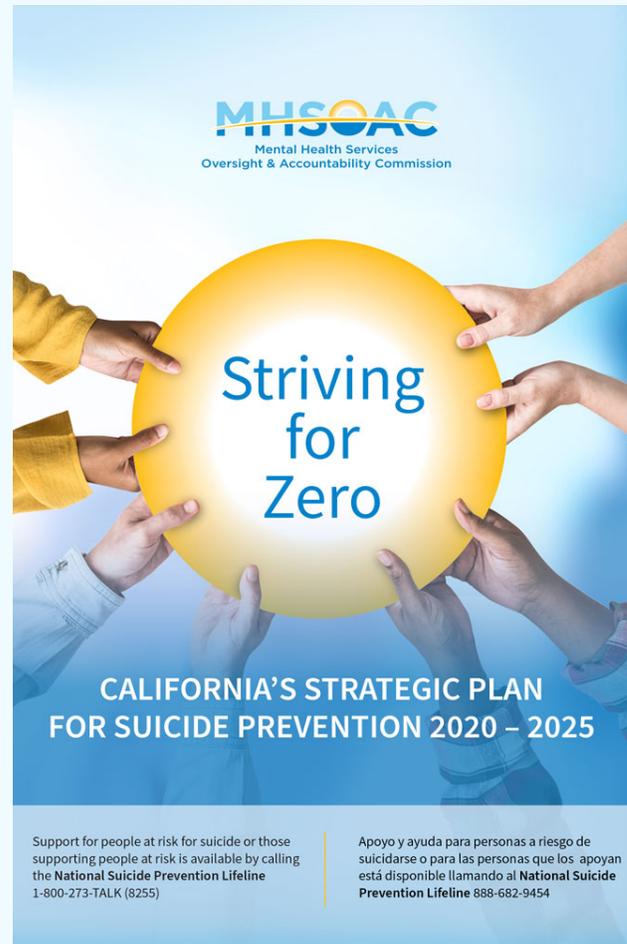
Understanding Youth Suicide and Effective Prevention and Postvention Strategies: 4th Annual Central Valley Convening on Student Mental Health and Well-Being

Ashley Mills, MS
March 11, 2021



WELLNESS • RECOVERY • RESILIENCE

Plan Overview



- Strategic Aims and Goals
- Background
- State Workplan



Strategic Aim 1: Establish suicide prevention infrastructure

- Goal 1: Enhance visible leadership and networked partnerships
- Goal 2: Increase development and coordination of suicide prevention resources
- Goal 3: Advance data monitoring and evaluation

Strategic Aim 2: Minimize risk for suicidal behavior by promoting safe environments, resiliency, and connectedness

- Goal 4: Create safe environments by reducing access to lethal means
- Goal 5: Empower people, families, and communities to reach out for help when mental health and substance use disorder needs emerge
- Goal 6: Increase connectedness between people, family members, and community
- Goal 7: Increase the use of best practices for reporting of suicide and promote healthy use of social media and technology

Strategic Aim 3: Increase early identification of suicide risk and connection to services based on risk

- Goal 8: Increase detection and screening to connect people to services
- Goal 9: Deliver a continuum of crisis services within and across counties

Strategic Aim 4: Improve suicide-related services and supports

- Goal 10: Deliver best practices in care targeting suicide risk
- Goal 11: Ensure continuity of care and follow-up after suicide-related services
- Goal 12: Expand support services following a suicide loss



Strategic Aim 1: Establish Suicide Prevention Infrastructure

- Goal 1: Enhance visible leadership and networked partnerships
- Goal 2: Increase development and coordination of suicide prevention resources
- Goal 3: Advance data monitoring and evaluation



Strategic Aim 2: Minimize Risk

- Goal 4: Create safe environments by reducing access to lethal means
- Goal 5: Empower people, families, and communities to reach out for help when mental health and substance use disorder needs emerge
- Goal 6: Increase connectedness between people, family members, and community
- Goal 7: Increase the use of best practices for reporting of suicide and promote healthy use of social media and technology



Strategic Aim 3: Increase Early Identification and Connection to Services

- Goal 8: Increase detection and screening to connect people to services
- Goal 9: Deliver a continuum of crisis services within and across counties



Strategic Aim 4: Improve Suicide-Related Services and Supports

- Goal 10: Deliver best practices in care targeting suicide risk
- Goal 11: Ensure continuity of care and follow-up after suicide-related services
- Goal 12: Expand support services following a suicide loss

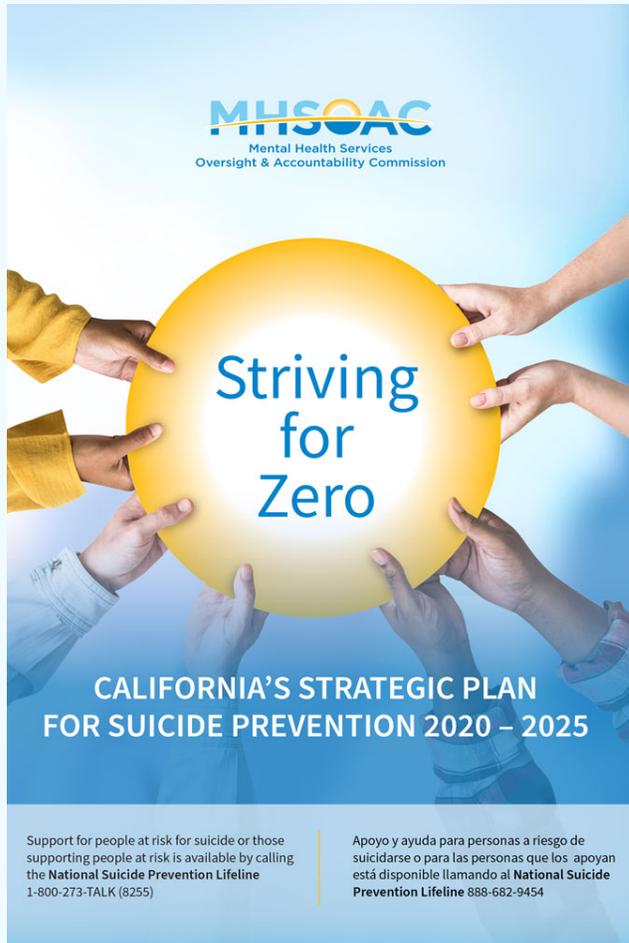


Update

- State-level leadership and coordination
- State-level investment to bolster key infrastructure
 - ◆ Training
 - ◆ Data and Evaluation
 - ◆ Learning Collaboratives
 - ◆ Program Expansion



Download the Plan

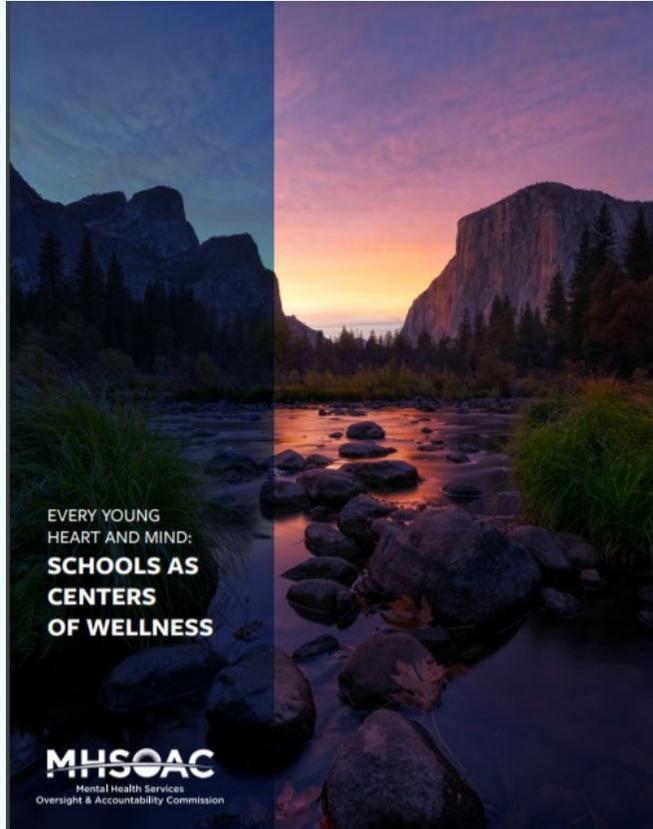


Mental Health Services Oversight and Accountability Commission. (2020). *Striving for zero: California's strategic plan for suicide prevention 2020-2025.*

https://mhsoac.ca.gov/sites/default/files/Suicide%20Prevention%20Plan_Final.pdf



For Further Reading



Mental Health Services Oversight & Accountability Commission. (2020). *Every young heart and mind: Schools as centers of wellness.* https://mhsoac.ca.gov/sites/default/files/schools_as_centers_of_wellness_final.pdf