

# **Teamwork Makes the Dreamwork: How Collaboration Can Improve Youth Suicide Prevention Efforts**

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## Who We Are

- Department of Behavioral Health Lead
- Chair of Fresno County Suicide Prevention Collaborative
- Schools Workgroup Chair

# How Did We Get Here?

- Development of the Collaborative
- Community need/call to address
  - Community conversations
- Behavioral Health and Mental Health Services Act (MHSA)
  - MHSA Suicide Prevention Component of Prevention and Early Intervention (PEI)

# Gaining Momentum

- Suicide prevention legislation
  - Local Education Agency (LEA) and County Behavioral Health: a natural partnership
- Suicide prevention supported by MHSA
  - Admin
  - Programs/services
  - Trainings
  - Workgroups

# The Collaborative: Where More is Better

- Developing a Suicide Prevention Plan
- Only 7 counties have such a plan
  - First county to have County Board of Supervisors adopt it as a countywide plan
  - How the plan guides and supports our efforts
  - Benefits of a plan

# How a Community Can Join Forces to Save Lives



# How It All Started

- A cluster of teen suicides throughout the county in 2016
- Key stakeholders came together
  - Original focus on teen suicide
  - Shifted to look at county suicides in general
- Cross-sectors include:
  - Law enforcement, schools, hospitals, county behavioral health, community organizations (e.g., NAMI), American Ambulance, Kingsview/Central Valley Suicide Prevention Hotline

# Developing the Tangibles

- Creation of strategic plan
  - Not to sit on the shelf
  - Living document to be updated
  - Accountability to accomplish stated goals
  - Ongoing conversations of what is working and what is not



# Extending Conversations Across Sectors

- Data drives action
  - Coroner/ hospitals/hotline data drives change
- All areas intertwining their reach
  - Schools and hospitals
  - Schools and law enforcement
  - Community organizations and first responders
  - Collaborating on trainings and conferences
  - Meetings between the meetings
    - Committees are invested!

# Celebrating Successes Together

- Creation of the Local Outreach to Survivors of Suicide (LOSS) Team
- County suicide numbers are shifting
- Prevention hotline call numbers are up
  - Resources are working!
- Prevention trainings within county are ongoing
- Fresno Cares website: One-stop shopping
- Hospitals inform Collaborative of trending teen attempt rates
  - End of day = media, texts, parents notified in school districts

# Data-Driven

- The Columbia Suicide Severity Rating Scale (CSSRS) Training and Adoption
- Drive through events
  - Intentional locations

## Upcoming Projects Born in the Collaborative

- Gun shop/means reduction
- Suicide Death Review Team
- Continuing education
- Follow-up program

# A True Partnership



# Fresno County





# Fresno County District Makeup

- 32 School Districts
- Ranging from very large to very small
- Ranging from urban to rural
- Very remote – 60 miles from the city center
  - An hour to an hour and a half away

# Getting Involved

- Community conversations
  - Initially superintendents/district leadership invited
- Suicide prevention and awareness legislation
- Raised up priority
  - Community
  - Legislation
  - Leadership
- Suicide Prevention Collaborative
- Leadership designated other school representatives



# Making the Collaborative a Priority

- Who is involved?
- Representatives from majority of the school districts
  - Directors
  - Program managers
  - School psychologists
  - School counselors
  - Social workers
  - Marriage and Family Therapists/Clinicians

# Collaboration is Vital

- Networking!
- Leverage resources/space
- Trainings/supports: Kingsview/Central Valley Suicide Prevention Hotline, NAMI, Fresno Cares
- News reached out for Kindness Counts

# Supporting Each Other

- Share resources between districts
  - Forms
  - Processes
  - Ideas
  - Websites
  - 1-pagers
- Provide support for smaller districts in crisis
- District crisis contact list

# Schools Workgroup and Medical Workgroup

- District crisis contact list for Emergency Departments
  - School personnel on list are all mental health providers
- Emergency Department contact list
  - Provide them with information about upcoming trainings/events so they can plan and prepare
- Working together to see if we can communicate around 5150's

# Schools Workgroup and Law Enforcement


- Met with Law Enforcement Workgroup
  - Enhanced understanding of each other's systems and coordination
- Outreach from sheriff to schools
- Law enforcement and Kingsview
- COVID crisis resource list

# Suicide Prevention Overview: A Local Perspective

- Created an overview video with representation from:
  - Transition-age youth/advocate
  - A parent
  - A local high school teacher
  - School districts
  - Department of Behavioral Health
  - Fresno Cares
  - Central Valley Suicide Prevention Hotline

<https://www.youtube.com/watch?v=FlsF6xWKZeY>

# NAMI On-Campus Clubs

- Hosted two trainings
- Nine districts trained
- Six active clubs
- We Love Chris Roup 

# Expanding Our Work Around Suicide Prevention

- Data Tracking
- Columbia-Suicide Severity Rating Scale (C-SSRS)
- Ongoing training and making it more accessible for all staff working with youth
  - School staff
  - All staff in community
  - Parent trainings
- Community outreach
  - Messaging and resources on a broader level
  - Families
- Reducing stigma and increasing access
  - All 4 Youth



# Resources for the Community

## SUICIDE AWARENESS AND PREVENTION

A Guide for Parents, Staff, and Youth

- Suicide is the second leading cause of death in youth ages 10-24.
- Each day in our nation, there are an average of over 3,703 suicide attempts by young people grades 9-12. If these percentages are additionally applied to grades 7 & 8, the numbers would be higher.
- Four out of five teens who attempt suicide have given clear warning signs.

### KNOW THE SIGNS

#### What might I See?

- Posting on social media about death
- Withdrawing from friends and family
- Starting/increase of substance abuse
- Acting anxious or agitated
- Reckless behavior
- Showing rage
- Extreme mood swings
- Sleeping too much or too little
- Visiting people to say a form of goodbye
- Returning borrowed items/giving away possessions

#### What might I hear?

- Talk about killing oneself
- Idolizing people who have died by suicide
- Having no reason to live
- Being a burden
- Feeling trapped
- Talking about seeking revenge
- A need to escape
- Statements like: "I don't deserve to live, I suck. My family would be better off without me. I won't be a problem for you much longer."

#### What stressful life situations might be occurring?

- Abuse
- Suicide experience (know someone who has died by suicide or previous suicide behavior)
- Life changes (Divorce, housing, etc.)
- Loss (of loved one/pet, relationship, etc.)
- Rejection

#### What might I sense?

- Something is not okay (trust your gut instincts)
- Unbearable pain
- Relief or sudden improvement in mood
- Shame
- Overwhelmed with no hope for improvement
- Feeling unaccepted

While this is a helpful list of common signs, it is not complete and youth may show other warning signs.

### WHAT TO DO

Start a conversation, express concern.
 Listen and validate feelings, be nonjudgmental.
 Don't keep it a secret, don't promise secrecy.
 Don't leave them alone.
 Get help.

### PROTECTIVE FACTORS

Effective Clinical Care: mental, physical and substance abuse disorders.
 Self-worth: Self-esteem, sense of purpose, meaning in life, optimism, hope for future.
 Self-care: Hobbies, physical activity, creative outlet, mindfulness, going well time to recharge.

Supports: Cultural, personal and religious.
 Connectedness: Family and community support, one caring adult/teachers.
 Life Skills: Problem solving, coping skills, ability to adapt to change, flexibility.
 Reducing Stigma: Open and direct talk about suicide.

### RESOURCES

If you're seeing any of these signs, don't wait, reach out! It's better to get help early than to wait until there is a crisis.

We can all prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for your loved ones, and best practices for professionals.

1-800-273-TALK or 1-800-273-8255  
Crisis Text line: 741741

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ young people under 25. The Trevor Project has a lifeline, chat, and text line 24/7, 365 days a year.

Lifeline: 1-866-488-7386  
Text: Text START to 678678  
Trevor Chat: trevorchat.org

### ONLINE RESOURCES

For additional resources click the image below.

GET HELP 24/7:

- TrevorChat (text chat)
- TrevorChat (text chat)
- TrevorLifeline (no text)

TREVOR Project

Click the above image to access even more resources related to suicide prevention, awareness, and activities

**We are here for you and want to help!**

#UnifiedAtHome

## UNDERSTANDING MENTAL HEALTH IN CHILDREN

A Guide for Parents at Home

Due to school closure, families may be overwhelmed with the responsibility of teaching their children, working from home, and maintaining a happy and healthy home environment. It is important to observe your child for any indicators of mental stress & find effective ways to help them cope.

### KNOW THE SIGNS

A decrease in energy or activity, crying frequently.
 Having trouble sleeping or eating.
 An increase in anger or irritability.
 Increased worry.
 Blaming others, difficulty communicating.

### TIPS TO TRY AT HOME

#### Maintain Routines

Keep routines in place. Being consistent and structured can be calming to your child during stressful times.

#### Parent Self-Care

Prioritizing your well being benefits the whole family. Engage in healthy activities that promote positive feelings. Read a book, listen to music, talk to other adults.

#### Positive Moments

Play games, cook or bake something together. Look for moments to create happy memories. Find some great ideas [here](#).

#### Movement

Get moving! Exercise, yoga, mindfulness, walking-- all have proven mental health benefits in addition to keeping your body in shape. Consider physical activities the whole family can do together, daily.

#### Talk with your children

Ask your child about their concerns and provide reassurance. Let them know we will all get through this together. Need help knowing what to say? Follow the guidelines [here](#).

### RESOURCES

#### When to reach out for help

You know your child best, and everyone can use some help. If you feel your child is still struggling, additional support is available. The following are community resources with links to access more information.

2-1-1 is an information and referral helpline that gets people connected with agencies/organizations that can help them in their time of need. FREE and Confidential available 24/7, 365 days a year and available in 170 languages.

Contact directly by dialing 2-1-1 or 1-866-559-4211

Help Me Grow: Fresno County is a no-cost information and referral helpline for the young children you love. HMG is a resource for families and providers caring for children ages 0-5. Staff are dedicated to providing developmental and social-emotional screening, care coordination, and helping link families to appropriate services.

1-866-KIDS-HMG  
1-866-543-7464

Referral hotline for the children you love

We can all prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources, for you or your loved ones, and best practices for professionals.

1-800-273-TALK or 1-800-273-8255  
Crisis Text line: 741741

The Central California Food Bank is dedicated to ending hunger in Central California. Food is provided to more than 220 agencies in Fresno, Kern, Kings, Madera, and Tulare counties. The Wonderful Food Center

4010 E. Amendola Dr.  
Fresno, CA 93723  
559-237-3663  
info@ccfoodbank.org

The DBH Warm Line provides non-emergency emotional and coping support to community members. Warm line operators provide supportive listening, practical coping ideas, and information on how to get connected to behavioral health services.

DBH COVID-19 Warm Line  
559-600-WARM (9276) M-F

All 4 Youth is a partnership program between the Fresno County Department of Behavioral Health and Fresno County Superintendent of Schools for children and youth ages 0-25 years old experiencing difficulties that affect them at school and at home.

559-443-4800 M-F

Information from your child's school may be the first point of contact when you need help with your child's learning or social-emotional behavior. A link to the Fresno County Superintendent of Schools Directory can be found [here](#). Access school phone numbers, school website information, and school support staff personnel who can guide you through resources within your school and local community.

For more resources, activities, and info click the image above

**We are here for you and want to help!**

#UnifiedAtHome

Find these resources and more at [fresnocares.org](https://fresnocares.org)!

Thank You



fresno  
**cares**

<https://fresnocares.org/>

# Read Our Strategic Plan

## Fresno County Community-Based Suicide Prevention Strategic Plan

Written by

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For those who struggle, those who have been lost, those left behind, may you find hope...

**Fresno Cares**

2018

DeQuincy, A.L., & Whitaker, N.J.  
(2018). *Fresno County community-  
based suicide prevention strategic  
plan*.

<https://www.co.fresno.ca.us/Home/ShowDocument?id=30360>