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
• 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 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=FIsF6xWKZeY
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

Find these resources and more at fresnocares.org!
Thank You

https://fresnocares.org/
Read Our Strategic Plan