Suicide Prevention in a Diverse Social Service Agency: Tackling the barriers to achieving confidence in prevention skills across all staff

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Objectives:

• Learn how a standardized focused approach is decreasing suicides across its programs

• Identify and understand the prevalence of suicidality in vulnerable populations, with a focus on Veterans

• Learn how the Zero Suicide model supports all staff, clinical and non-clinical
Endeavors: Serving Vulnerable people in Crisis
Endeavors: Impact 2020

• Improved the lives of 46,516 people
  • Texas, North Carolina, Florida and Puerto Rico

• Staffing
  • Case managers, direct care staff, administrators, clinical providers, operations

• Texas Impact
  • Served in over 115 Counties
  • Virtual and In-person services
  • Case managers, direct care sheltering staff, clinical providers and admin teams
Support to Veterans

VETERAN SUPPORTIVE SERVICES

- 200% increase in people served across 103 counties in Texas (CARES Act funding received from SSWP)
- 2,289 Veterans and families served across Texas (65% Veterans / 35% Family Members)
- Provided 208 Veteran households with meals
- Distributed essential items to over 224 Veteran households

Endeavors’ Veteran Supportive Services Program rapidly re-houses and prevents homelessness among very low-income Veterans and their families by providing homelessness prevention and stabilization services, one-on-one case management, and assistance in obtaining VA and other public benefits.

584 Homeless Veterans Assisted
437 Women Veterans

2,138 Total Veterans & military family members served in 2020

40% Veterans
36% Veterans
56% Veterans

44% Family
64% Family
40% Family

El Paso: Total served: 599
Killeen: Total served: 445
San Antonio: Total served: 1,094

Majority of post-9/11 Veterans served were from the Army
The Zero Suicide model is a comprehensive, multi-setting approach to suicide prevention in health systems.

The purpose of this program is to implement suicide prevention and intervention programs for individuals who are 25 years of age or older.

This program is designed to raise awareness of suicide, establish referral processes, and improve care and outcomes for such individuals who are at risk for suicide.

Recipients will implement the Zero Suicide model throughout their health system.

Endeavors Grant started in 2021

500-1000 employees will be trained over 5 years

25+ Community Partners

25,000 clients will be impacted
Suicide Prevention Standardization

Collect  Track  Review
Collect Information

**Leadership**
- Same page, understanding
- Support changes, implementation

**Staff**
- Training needs, Confidence needs
- Process needs

**Clients**
- Ask about suicidal risk
- Early detection
Tracking

- Training
  - Certifications, framework
  - Implementation, specific

- Clients
  - Pathway for Care

- Consistency
  - Good data in supports the model
Review

Training
- Was it helpful, What else is needed
- Confidence level

Clients
- Are the questions being asked, is pathway being used
- High risk review weekly, resources available

Consistency
- Is the key to success
## Suicide Data: 2019

<table>
<thead>
<tr>
<th>Age</th>
<th>Lethal means</th>
<th>What we don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 2(^{nd}) leading cause for 10-25</td>
<td>• Firearms</td>
<td>• Lagging data</td>
</tr>
<tr>
<td>• 10(^{th}) leading cause of death overall</td>
<td>• Securing them</td>
<td>• Pandemic impact</td>
</tr>
<tr>
<td>• White Males 45 older</td>
<td>• Access</td>
<td>• Access to care</td>
</tr>
<tr>
<td></td>
<td>• Assessment</td>
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Suicide Rates Across the United States

Age-Adjusted Suicide Rates in the United States
(by state; per 100,000; 2019)

Data Courtesy of CDC
Suicide Facts: Texas 2020

**Suicide Facts & Figures:**
**Texas 2020**

- On average, one person died by suicide every two hours in the state.
- Almost three times as many people died by suicide in Texas in 2018 than in alcohol-related motor vehicle accidents.
- Suicide cost Texas a total of $3,516,245,000 combined lifetime medical and work loss cost in 2016, or an average of $1,216,278 per suicide death.

**Suicide Death Rates**

<table>
<thead>
<tr>
<th></th>
<th>Number of Deaths by Suicide</th>
<th>Rate per 100,000 Population</th>
<th>State Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>Texas</td>
<td>2,930</td>
<td>13.66</td>
<td>38</td>
</tr>
<tr>
<td>Nationally</td>
<td>48,044</td>
<td>14.21</td>
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</tbody>
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Veteran Suicide Data: 2019

**Reductions**
- Reduction in deaths in 2019 from the high in 2017
- Male and Female deaths reduced from 2018 to 2019

**Lethal Means**
- Firearms
- 70% usage in male deaths
- 49% usage in female deaths

**Pandemic Impact**
- Indicators are not pointing to an increase

Endeavors
Current Success
Zero Deaths by Suicide
Endeavors Training

Clinical Gate Keeper
Administrative Staff

ZSI Trainings

- SUD Training Jan 2022
- ZS FWK EP Cohen
- ASK Jan 2021
- ASSIST Dec 7-8 2021
- ASSIST Oct 2021
- ASK Sept 2021
- ZS FWK VWC/SACohen

Endeavors Staff vs Community Partners
Changes in Perspective

**Stop waiting for client led behaviors**
- Ask at every appointment
- Use a screening tool
- Think about it like a vital sign
- Models in disease prevention

**Clinical care for suicidal management**
- Success in managing clients who are expressing suicidal ideations. Pathway to care
- CBT for Suicide Prevention
- Use screening tools to see a full picture
- Crisis Response Plan
Successes

• After receiving a suicide prevention training, a community partner reached out and reported recent struggles with suicidal thoughts. Individual was successfully connected to resources which they reported were beneficial and caring contacts were initiated to support individual.

• After attending a Suicide Prevention training provided by the Zero Suicide Initiative, a staff member felt confident about asking one of their family members directly about suicide. The family member reported struggling with suicidal thoughts and the staff member was able to help connect the individual to resources and care.

• After attending a suicide prevention training provided by the Zero Suicide Initiative, a staff member was more alert to warning signs regarding an individual they encountered during a volunteer event. The staff member felt comfortable checking in on the individual they had concerns for and asking about suicide.
References/Resources

• Endeavors.org

• https://zerosuicide.edc.org/

• https://www.nimh.nih.gov/health/statistics/suicide


Thank You