

**FROM
HELP
COMES
HOPE**

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



VETERAN SUPPORT & MENTAL HEALTH CARE



COMMUNITY BASED SERVICES



DISASTER RELIEF & EMERGENCY SERVICES



MIGRANT SERVICES



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
(CARES19 funding received from SSVF)



2,289 Veterans and families served across Texas
(55% Veterans / 45% 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.



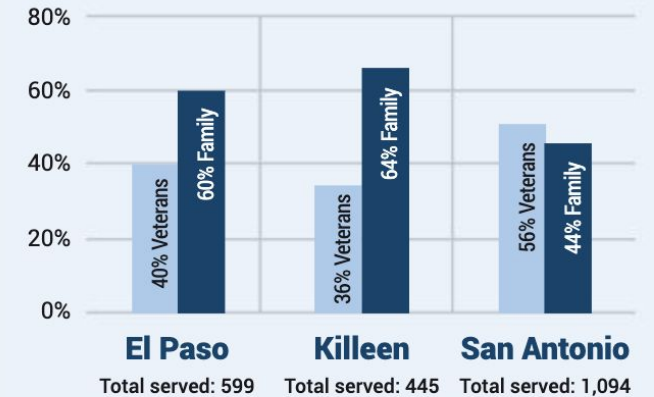
584 Homeless Veterans Assisted



437 Women Veterans



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



Majority of post-9/11 Veterans served were from the Army

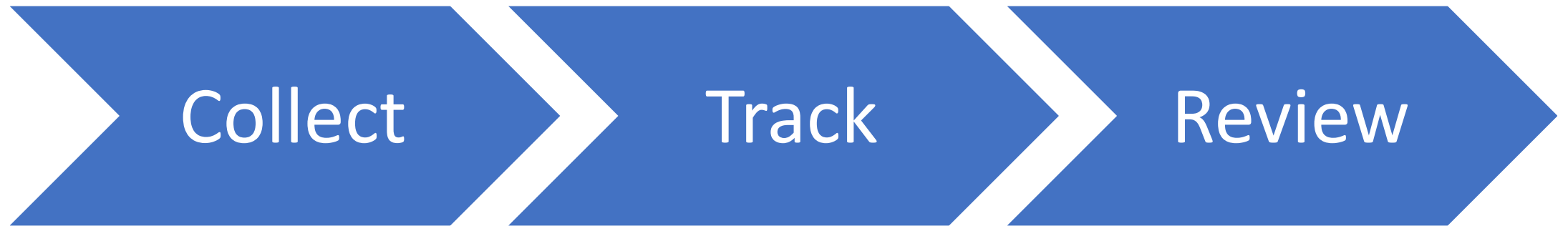


SAMSHA Zero Suicide Initiative

- 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 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

Age

- 2nd leading cause for 10-25
- 10th leading cause of death overall
- White Males 45 older

Lethal means

- Firearms
- Securing them
- Access
- Assessment

What we don't know

- Lagging data
- Pandemic impact
- Access to care

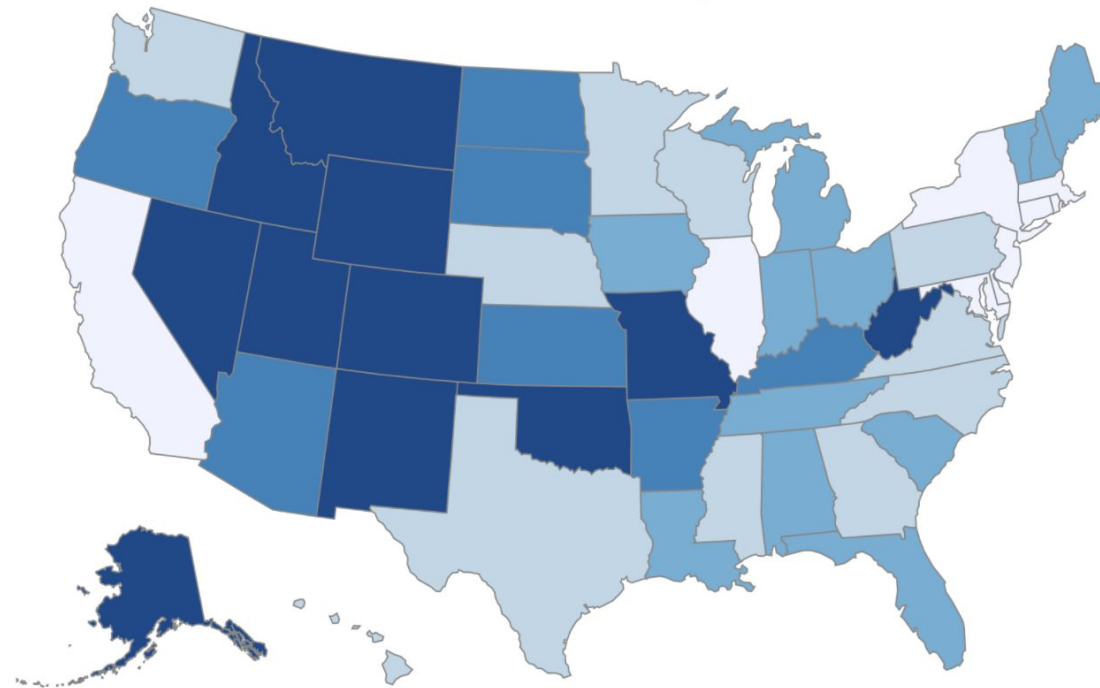
<https://www.nimh.nih.gov/health/statistics/suicide>



Suicide Rates Across the United States

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

Data Courtesy of CDC



7.4 - 11.8 11.8 - 15.1 15.1 - 17.4 17.4 - 19.5 19.5 - 25.0 No Data Suppressed Value



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.

The total deaths to suicide reflected a total of 87,080 years of potential life lost (YPLL) before age 65.



Suicide cost Texas a total of **\$3,516,245,000** combined lifetime medical and work loss cost in 2010, or an average of **\$1,216,273 per suicide death.**

CDC, 2018 Fatal Injury Reports (accessed from www.cdc.gov/injury/wisqars/fatal.html on 3/1/2020).

afsp.org/statistics



11th leading cause of death in Texas

2nd leading
cause of death for ages 10-34

4th leading
cause of death for ages 35-44

5th leading
cause of death for ages 45-54

10th leading
cause of death for ages 55-64

17th leading
cause of death for ages 65+

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Texas	3,930	13.66	38
Nationally	48,344	14.21	



<https://aws-fetch.s3.amazonaws.com/state-fact-sheets/2020/2020-state-fact-sheets-texas.pdf>



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

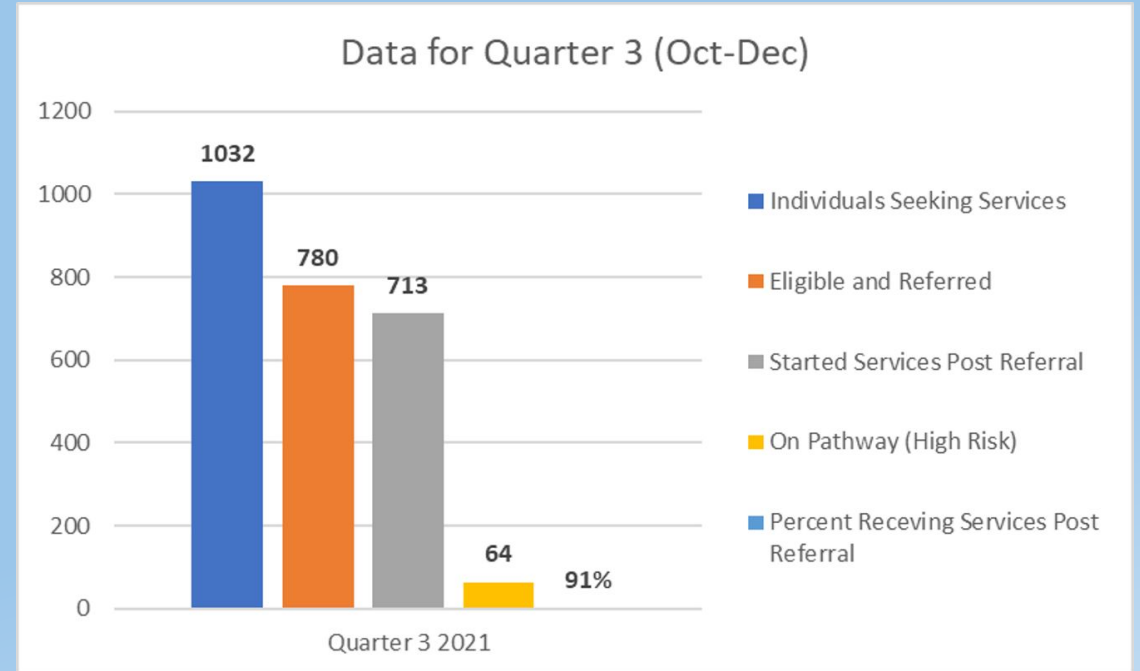
- Indicators are not pointing to an increase

<https://www.mentalhealth.va.gov/docs/data-sheets/2021/2021-National-Veteran-Suicide-Prevention-Annual-Report-FINAL-9-8-21.pdf>



Endeavors Current Success

Zero Deaths by Suicide

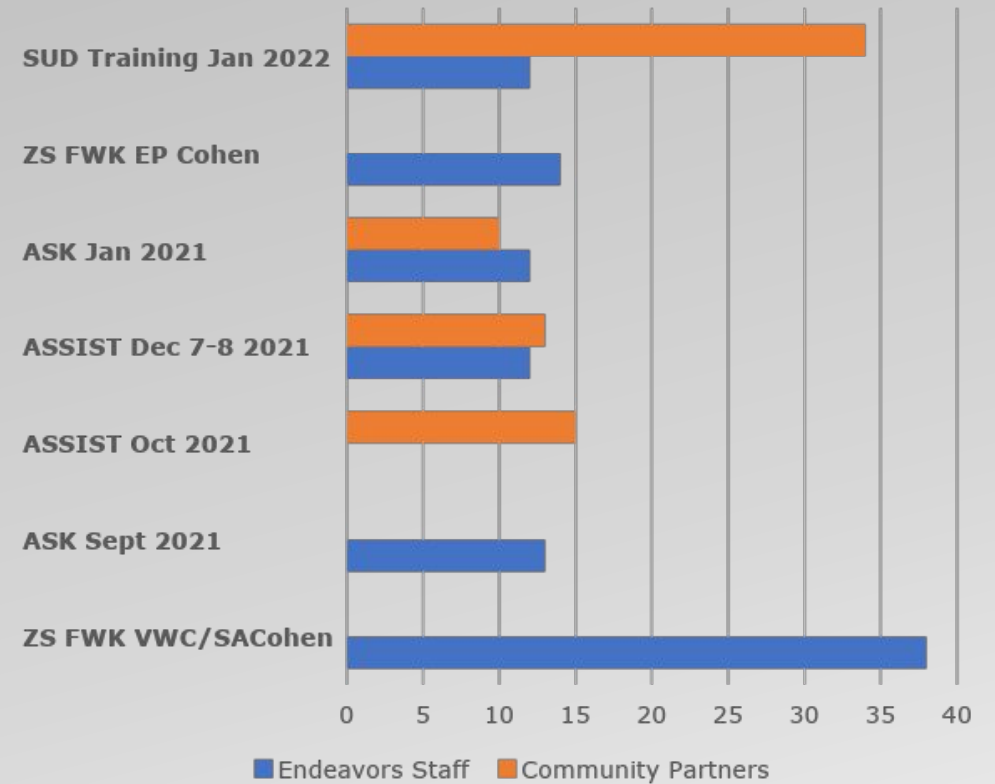




Endeavors Training

Clinical
Gate Keeper
Administrative Staff

ZSI Trainings





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>
- <https://aws-fetch.s3.amazonaws.com/state-fact-sheets/2020/2020-state-fact-sheets-texas.pdf>
- <https://www.mentalhealth.va.gov/docs/data-sheets/2021/2021-National-Veteran-Suicide-Prevention-Annual-Report-FINAL-9-8-21.pdf>

Thank You

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