Texas Suicide Safe Care: Zero Suicides in Texas (ZEST)

Creating a statewide comprehensive suicide safe care system

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Texas Suicide Care: Suicide Safe Care State

National Advisors:
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Texas Project Primary Partners:
Texas Department of State Health Services
Community Behavioral Health Centers (LMHAs) Denton County Pilot
Mental Health America Texas
University of Texas at Austin School of Social Work
Zero Suicide Framework

- 90% of individuals who die by suicide have a diagnosable behavioral health condition.
- 25% have reached out to a BH care provider within the previous month.
- Transitions between ED or hospital and outpatient services a high risk time.
- Public mental health agencies serve as community leaders in behavioral health care.
Key Drivers for System Change

• Leadership Support
• Organizational Alignment
• Workforce Development
• Effective Practices
• Evaluation
Leadership Commitment

- DSHS Deputy Commissioner Mike Maples sends message to all CBHC leadership
- DSHS video highlighting suicide prevention services and suicide safe care goal
- 2011 Zero Suicide goal embraced by the Texas Suicide Prevention Council as part of State Plan
- Local CBHC executive leadership commits to Zero Suicide goal
- Local CBHCs identify suicide prevention officers
Texas Suicide Safe Care Model

Suicide Safe Care State

Suicide Safe Care Community

Suicide Safe Care Center

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Where Did We Start?

• Two previous GLS grants
  – Success in public awareness, coalition building
  – not sure folks were getting to good care
• BH system is public safety net
• Zero Suicide effort began with engagement of 15 CBHCs who committed to workforce assessment and ASIST training with 100% of workforce
Phase 1: 15 Centers Involved

1. ACCESS
2. Andrews Center
3. Austin Travis County MHMR Center
4. Betty Hardwick Center
5. Bluebonnet Trails Community MHMR Center
6. Border Region MHMR Center
7. MHMR Authority of Brazos Valley
8. Burke Center
9. Camino Real Community MHMR Center
10. The Center for Healthcare Services
11. The Center for Life Resources
12. Central Counties Center for MHMR Services
13. Central Plains Center
14. Coastal Plains Community MHMR Center
15. MHMR Services for the Concho Valley
16. Metrocare SERVICES
17. Denton County MHMR Center
18. El Paso Mental Health Mental Retardation
19. Gulf Bend MHMR Center
20. The Gulf Coast Center
21. MHMR Authority of Harris County
22. Heart of Texas Region MHMR Center
23. Helen Farabee Regional MHMR Center
24. Hill Country Community MHMR Center
25. Lakes Regional MHMR Center
26. LifePath Systems
27. Lubbock Regional MHMR Center
28. MHMR Center of Nueces County
29. Pecan Valley MHMR Region
30. Permian Basin Community Centers for MHMR
31. Community HealthCORE
32. Spindletop MHMR Services
33. MHMR of Tarrant County
34. Texana Center
35. Texas Panhandle MHMR
36. MHMR Services of Texoma
37. Tri-County MHMR Services
38. Tropical Texas Behavioral Health
39. West Texas Centers for MHMR
Workforce Readiness Survey

• Survey Monkey tool with 3,800 responses
  – Denton CBHC 100% return on surveys!
• Translated into Spanish to increase success
• Repeat survey in 2014 following workforce training efforts with 2500 responses
Workforce Preparedness/Training

• Over 46 ASIST trainers developed in 2012
• 24 more trained July 2014 (peer and veteran specialist)
• 18 statewide CBHCs committed to training 100% of workforce
  – Since Sept 2012, over 6,000 staff have been trained in ASIST
  – 430 trainings across the state
• Psychiatrists, psychologists, doctors, nurses, CEO’s, administrators, case managers, peer specialists, counselors, social workers and others trained in ASIST across the state
Workforce Confidence Post Training

- I feel comfortable asking direct and open questions about suicide (2012: 85%, 2014: 90%)
- I have received training I need to engage & assist people at risk (2012: 75%, 2014: 80%)
- I have the SKILLS I need to engage those with suicide desire/intent (2012: 65%, 2014: 70%)
- I have the support/supervision I need to engage with suicide risk (2012: 70%, 2014: 85%)
- I have worked with consumer who has ended their life by suicide (2012: 25%, 2014: 20%)
Statewide Implementation Plan

- SAMHSA Garrett Lee Smith Grant awarded 10/2013
- Denton County LMHA serve as initial pilot site
- Development of state ZS tool kit
- 10 expansion sites for Year 2 of grant
- CBHC formal endorsement to recognize model centers
ZEST Expansion Communities

1. ACCESS
2. Andrews Center
3. Austin Travis County MHMR Center
4. Betty Hardwick Center
5. Bluebonnet Trails Community MHMR Center
6. Border Region MHMR Center
7. MHMR Authority of Brazos Valley
8. Burke Center
9. Camino Real Community MHMR Center
10. The Center for Health Care Services
11. The Center for Life Resources
12. Central Counties Center for MHMR Services
13. Central Plains Center
14. Coastal Plains Community MHMR Center
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Organizational Alignment

- Organizational Readiness Assessment
- Organizational Change Team
- Training and Technical Assistance
- Continuous Quality Improvement
- Learning Collaborative model for expansion sites to begin in Fall
- Support and Policy Groups- Integrating people with lived experiences (Survivors)
Texas Suicide Safe Care Model

Suicide Safe Care State

Suicide Safe Care Community

Suicide Safe Care Center
Suicide Safe Care Centers

- ASIST, SafeTalk, ASK for 100% of workforce
- CASE Approach (Shea)
- CANS/ANSA (Lyons; suicide screeners, modules)
- C-SSRS (Posner)
- Pathways based on level of risk
- Safety planning (Stanley)
- CALM Counseling on Lethal Means
- CTL, AMSR, or CAMS for clinical staff
- CBT/DBT up-skilling
- Care management (ACT, wraparound)
- Enhanced Follow up and warm handoff
Suicide Safe Care State

• Statewide Suicide Prevention Council

  Local, College, & VA/Military Coalitions plus Statewide organizations – please contact us if you’d like to join

• State Suicide Prevention Plan

  Updated in 2014 to match New National Strategy for Suicide Prevention
Suicide Safe Care State

- Suicide Prevention Toolkit for ZEST
- Public Awareness & Coming Together to Care Toolkit
- ASK Gatekeeper Training of Trainers
- State Suicide Prevention Symposium
- Public website/ youth microsite/ social media
- Smartphone Apps (ASK, Suicide Safe Homes, Hope Box)
Suicide Safe Care Communities

- ASK Gatekeeper Training
- Kognito Gatekeeper Training (MS, HS, college)
- Regional Suicide Prevention Summits
- Means restriction in EDs
- Technical assistance to local coalitions
- Collaboration statewide groups
- Postvention technical assistance
Suicide Safe Care Communities

Suggestions for strategies from the new State Plan which communities and statewide organizations can implement now

• Form or join a local coalition & get your professional group to join the Texas Suicide Prevention Council
• Survivors- Include those with lived experience in your planning & implementation
• Connection- Provide opportunities for social participation & inclusion for those who may be isolated or at risk
• Share Guidelines for “Reporting on Suicide” & “Safe Messaging” with traditional & social media
Suicide Safe Care Communities

- Convey messages of hope & resiliency in communication
- Educate caregivers and community groups about Suicide Safer Homes and form partnerships with CHL instructors, gun shops, etc.
- Address the needs of groups at risk for suicide and that are culturally, linguistically, and age appropriate
- Schools – share prevention & postvention best practices
- Hospitals & Emergency Departments– advocate for follow up after attempts
- Work with a local college or university to evaluate your suicide prevention project

These suggestions and others can be found at TexasSuicidePrevention.org in Texas State Plan for Suicide Prevention.
Cross-Site Evaluation

• Training Activities and Follow-up
• Prevention Strategies
• Referral Network
• Youth Screening, Referral, and Follow-up
• Health Disparities
Local (State) Evaluation

• Workforce Survey
• Organizational Assessment of Zero Suicide Best Practice
• Suicide Risk Severity at Screening and Follow-up (Columbia SSRS)
• Service Authorization and Receipt
• Outcomes based on CANS/ANSA
• Fidelity of Safety Planning Intervention
Some Accomplishments!

• 6,717 individuals trained as gatekeepers
  – National evaluation shows lower suicide rates in communities providing gatekeeper training
• 85 service providers trained in core competencies through ASIST
• 316 youth screened for suicide risk
• 82% received follow up care through the agency
• Significant reach of prevention messaging
A Community’s Experience

Denton County MHMR Center

Tammy Weppelman
Administrator of Crisis Services
Denton County MHMR Center
940-565-5226
Learn More

- www.dshs.state.tx.us/mhsa/suicide/Suicide-Prevention.aspx
- www.TexasSuicidePrevention.org
- Twitter: @StopTXSuicides
Contact Us

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