

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:

Suicide Prevention Action Alliance members of Clinical Care Taskforce's David Covington; Research Prioritization Taskforce member Dr. Cindy Classen; Zero Suicide Learning Collaborative; SPRC; Dr. Barbra Stanley & Safety Planning; Dr. Posner and the CSSRS, SAMHSA GLS GPO, James Wright; LivingWorks!

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



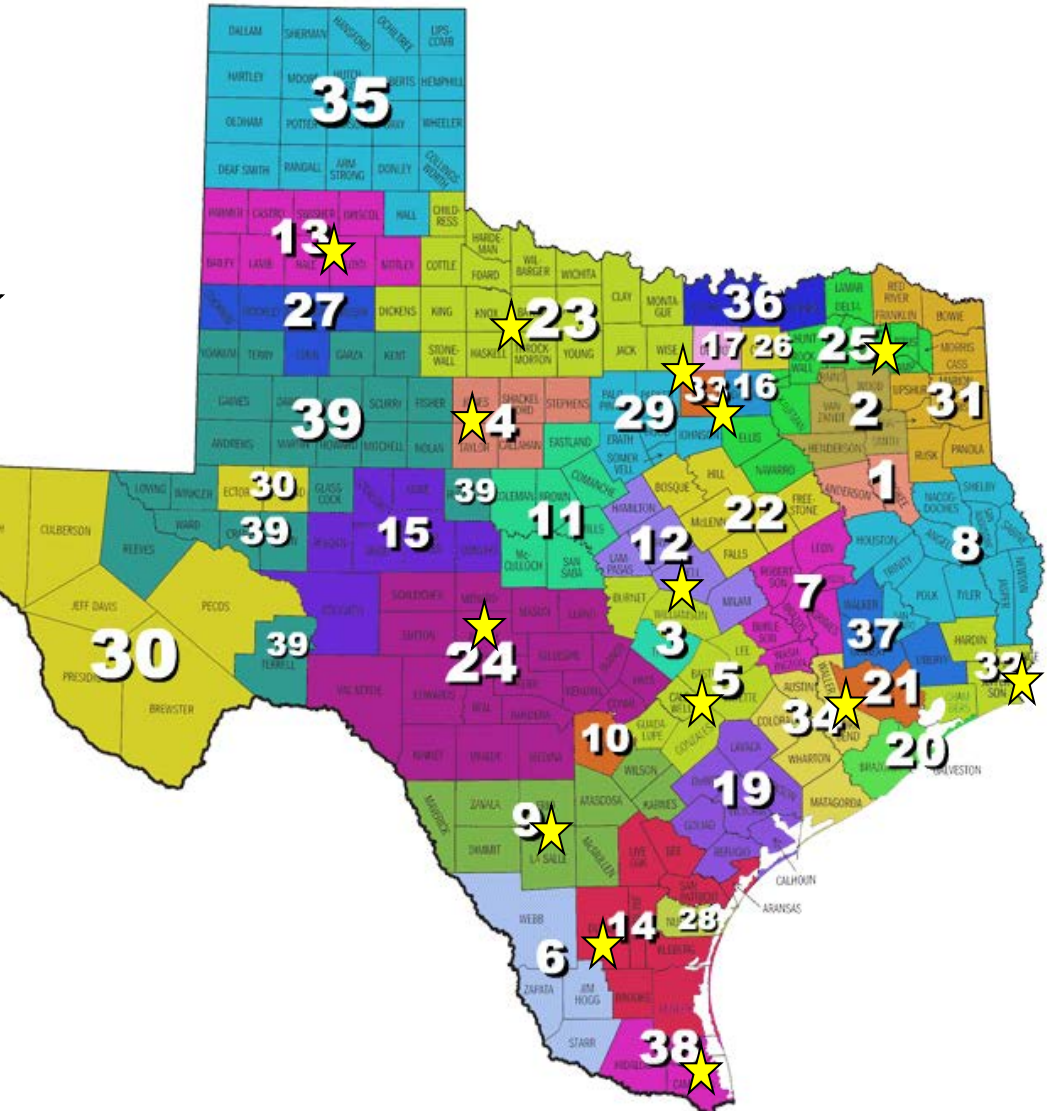


Where Did We Start?

- 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 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
- 15. MHMR Services for the Concho Valley
- 16. Metrocare SERVICES
- 17. Denton County MHMR Center
- 18. El Paso Mental Health Foundation
- 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

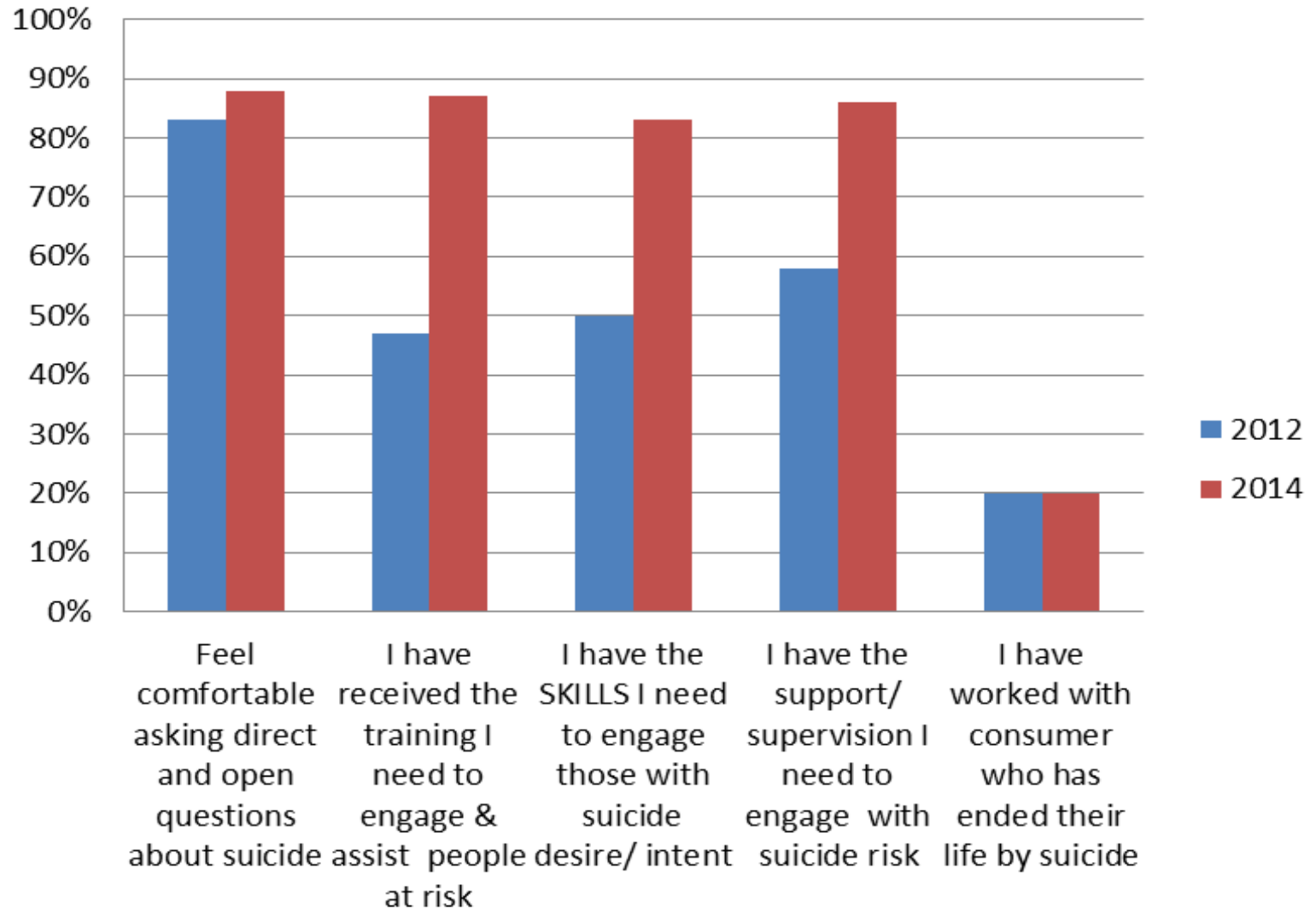
- Survey Monkey tool with 3,800 responses
 - Denton CBHC 100% return on surveys!
- Translated into Spanish to increase success
- Repeat survey in 2014 following workforce training efforts with 2500 responses



Workforce Preparedness/Training

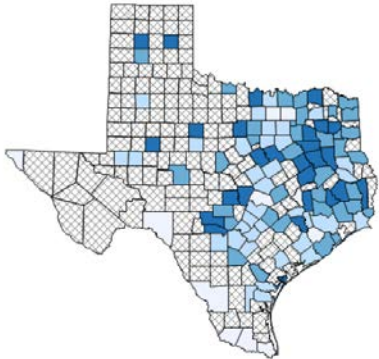
- Over 46 ASIST trainers developed in 2012
- 24 more trained July 2014 (peer and veteran specialist)
- 18 statewide CBHCs committed to training 100% of workforce
 - Since Sept 2012, over 6,000 staff have been trained in ASIST
 - 430 trainings across the state
- Psychiatrists, psychologists, doctors,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

Workforce Confidence Post Training



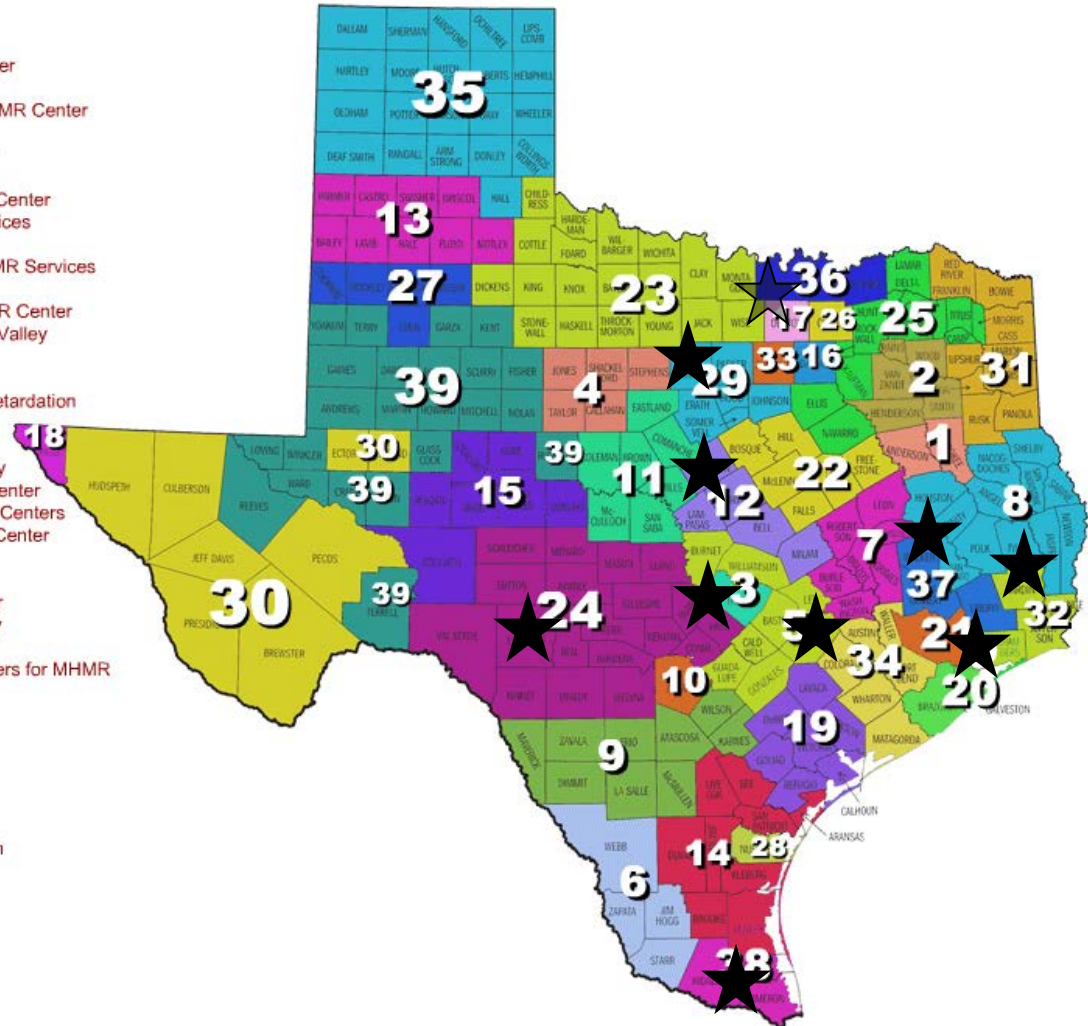
Statewide Implementation Plan

- 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
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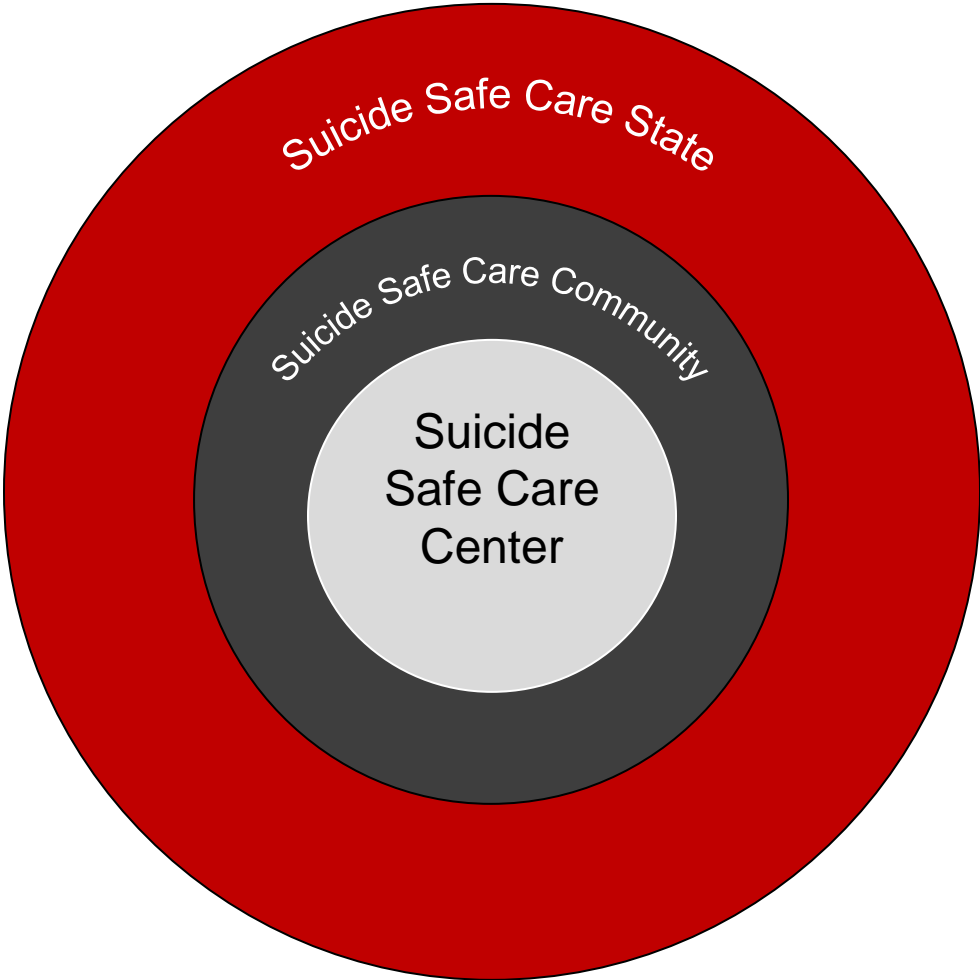




Organizational Alignment

- 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 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

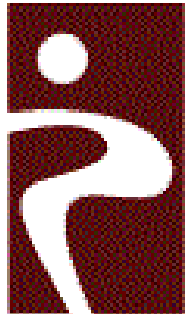
Some Accomplishments!

- 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



Suicide Prevention Statewide Coordinator

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www.dshs.state.tx.us/mhsa/suicide/Suicide-Prevention.aspx