

executive summary 2018

"If any one sector could 'solve' the challenges of mental health, they would have. But they can't. We need to work together."

- Lynne Ashbeck

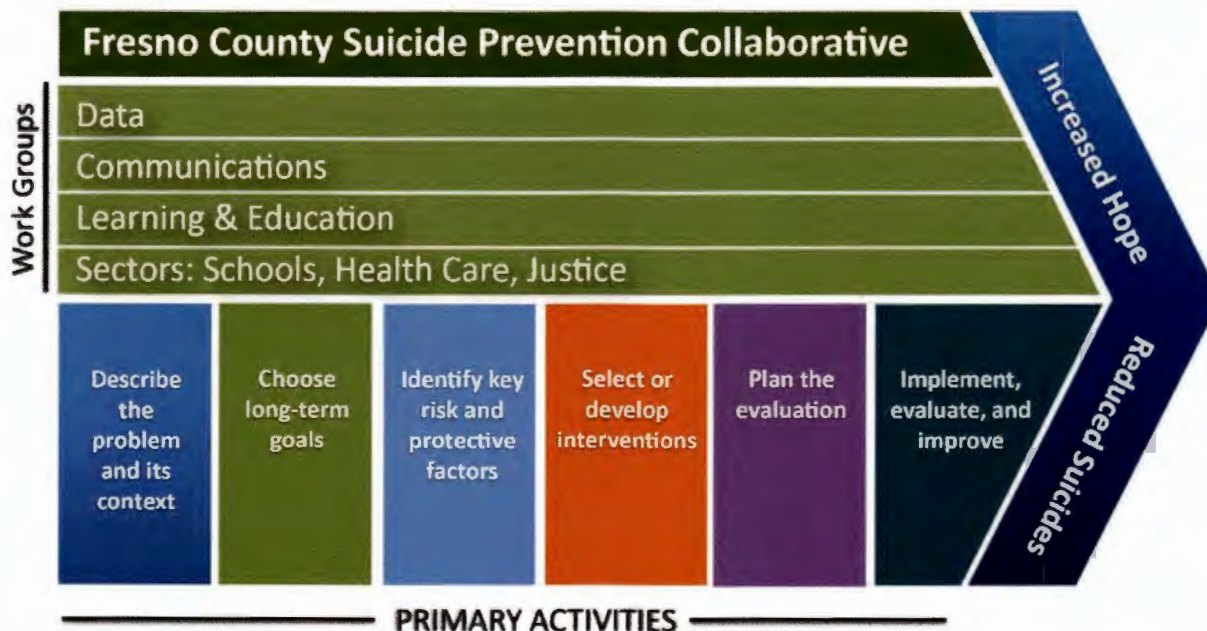
fresno county suicide prevention plan

a community conversations workgroup

funded by fresno county dept. of behavioral health

A large cross sector of individuals and entities across Fresno County came together to form the Fresno County Suicide Prevention Collaborative, an effort lead by the Community Conversations around Mental Health group. The main goal of the collaborative is to reduce suicides in Fresno County.

increased **hope** & reduced suicide



Through mutual efforts, the coordination of unified communication, surveillance and epidemiology, data collection and analysis, multi-sector involvement and linkages will be established. This facilitates a better utilization of resources, funding, and in-kind contributions.

From. Figure 1. The Fresno County Suicide Prevention Collaborative Integrated Value Chain and Suicide Prevention Resource Center's (SPRC) Strategic Planning model.

past **present** future

2016

Sept. - AB 2246 Signed into law

Dec. - Sheriff Margaret Mims calls community meeting

2017

Jan. - Community Conversations

Feb. - Valley Children's Forum

March - Community Conversations, Teen Suicide Prevention Workgroup becomes Fresno County Suicide Prevention Collaborative with Work Groups identified

April - Fresno You Are Enough: the Church & Mental Health

June - Schools Training AB2246

Aug. - FresnoCares.org

Aug. - Facebook Page

Aug. - Collaborative Survey

Sept. - Community Survey

Dec. - Schools and Justice Part 1

Dec. - Key Informant Interviews

2018

Jan. - Focus Groups

Feb. - Media Communication Debate

March - Sequential Intercept Mapping

March - KMPH Town Hall

May - Schools Justice Part 2

June - CSSRS Training of Trainers

July - Draft Plan

Sept. - MHSAOAC Joint Meeting

Sept. - Finalized Plan

who **we** are

The Fresno County Suicide Prevention Collaborative (the Collaborative) is a dynamic and diverse community stakeholder group that is working toward cohesive action to address suicidal behavior.



work **groups**

DATA: focused on working with local, state, & federal data collection methods for statistics, rates, and overall numbers regarding suicide in the Central Valley.

SCHOOLS: focused on efforts in the school districts and addressing the need for youth suicide prevention, intervention, and postvention.

HEALTHCARE: focused on making connections between clinical providers including hospitals, community health centers, emergency rooms, clinics, and other agencies to promote suicide prevention.

JUSTICE: focused on efforts in the Justice system including law enforcement, probation, and incarcerations.

COMMUNICATION: focused on conveying information to the public, the media, and other organization's in the Central Valley.

LEARNING AND EDUCATION: focused on organizing the public education and training opportunities in the Central Valley.

terms to **know**

SUICIDAL BEHAVIOR includes suicide attempts and all actions that a person takes based on thoughts of killing himself or herself.

SUICIDE ATTEMPT is when a person does something harmful to himself or herself with at least some intent to die as a result.

SUICIDE is when a suicide attempt ends in death.

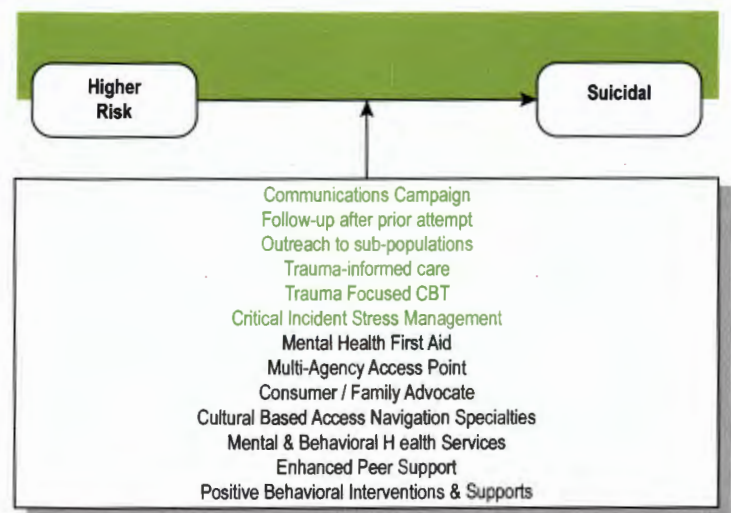
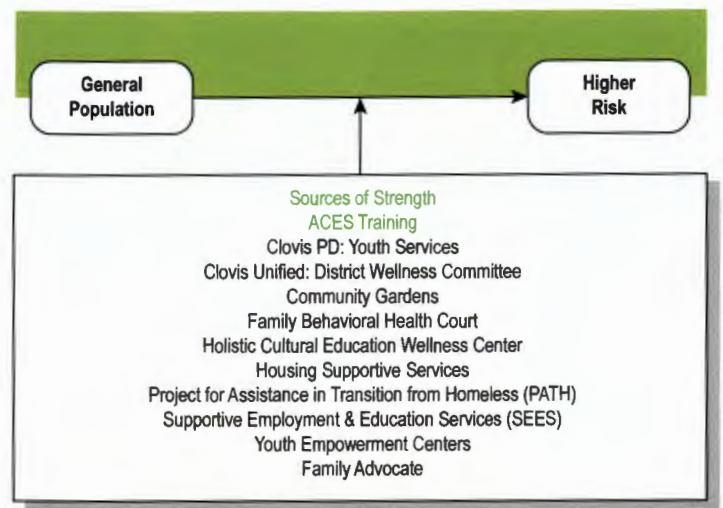
recommendations & existing assets

Suicidal behavior develops because of a mix of biology, life events, and/or environment. In the Socio-Ecological Model there are interactions between individual, interpersonal, organizational, community, and public policy factors that influence risk for suicidal behavior.

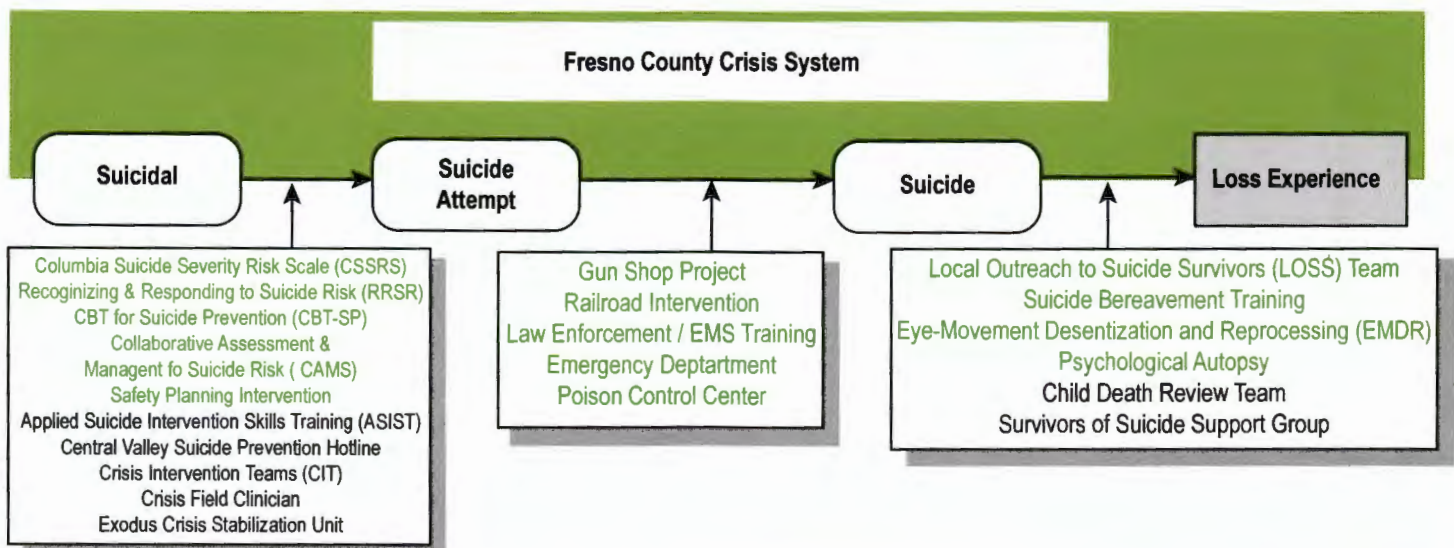
In addition to communication and social marketing campaigns, programs intending to promote health and wellness or prevent suicidal risk from developing act by:

- Fostering connectedness
- Teaching life skills
- Increasing help-seeking

The goal of early intervention is to help someone with elevated risk of suicide to avoid having a suicidal crisis. The early intervention prevention programs, sometimes referred to as "early intervention," focus on helping a person through a crisis in a way that prevents it from turning into a life-threatening situation.



The crisis system works to interrupt the parts of the Suicidal Crisis Path from when someone enters a suicidal crisis through postvention that takes place after a suicide death.



fresno facts



For each teen who dies by suicide in Fresno County approximately 70 youth were treated in the emergency department following self-injury¹, and more than 5,000 adolescents thought seriously about ending their lives but likely did not attempt suicide².

Each year, over 10% of the households³ in Fresno have directly faced issues related to suicide.



10%



Based on recent estimates, the total economic cost for suicide death and injury in Fresno County might be more than \$140 million per year⁴.

A community survey conducted in Fresno County found that 79% of participants had personal or professional experience with suicide or suicide attempts.



recommended next steps

1. Implement a Zero Suicide in Healthcare initiative
2. Expand community partnerships in Fresno County Suicide Prevention Collaborative
3. Develop a strategic and coordinated communications plan
4. Implement community training
5. Continue needs assessment and evaluation planning
6. Conduct outreach to specific populations
 - * agriculture and farming
 - * business sector
 - * racial and cultural groups
 - * colleges
 - * faith-based organizations



the collaborative is supported by:

♦ Alliant International University, Fresno ♦ American Ambulance ♦ Anthem Blue Cross ♦ California Health and Wellness ♦ California State University, Fresno ♦ Caruthers Unified School District ♦ Central Unified School District ♦ Central Valley Concussion Consortium ♦ Central Valley Suicide Prevention Hotline ♦ Clovis Police Department ♦ Clovis Unified School District ♦ Clovis Veterans Memorial District ♦ Community Medical Centers ♦ Community Members ♦ Community Regional Medical Center ♦ Corizon Health ♦ County of Fresno, County Administrative Office ♦ County of Fresno, Department of Behavioral Health ♦ County of Fresno, Department of Public Health ♦ County of Fresno, Department of Social Services ♦ County of Fresno, District Attorney's Office ♦ County of Fresno, Probation Department ♦ County of Fresno, Public Defender's Office ♦ County of Fresno, Sheriff-Coroner's Office ♦ Exodus Recovery ♦ Firebaugh Las Deltas Unified School District ♦ First 5 Fresno County ♦ Fowler Unified School District ♦ Fresno Christian Schools ♦ Fresno Council on Child Abuse Prevention ♦ Fresno County Behavioral Health Board ♦ Fresno County Superintendent of Schools ♦ Fresno Economic Opportunities Commission ♦ Fresno Housing Authority ♦ Fresno Pacific University ♦ Fresno Police Department ♦ Fresno Rescue Mission ♦ Fresno Unified School District ♦ Genders and Sexualities Alliance Network ♦ Golden Plains Unified School District ♦ Healthy Marriage Coalition ♦ Hinds Hospice, Fresno Survivors of Suicide Loss ♦ Huron Police Department ♦ Kaiser Permanente, Department of Psychiatry ♦ Kerman Unified School District ♦ Kings Canyon Unified School District ♦ Kings View Corporation ♦ Marjaree Mason Center ♦ Mendota Unified School District ♦ NAMI Fresno ♦ National University, Fresno ♦ Partier Unified School District ♦ Poverello House ♦ Riverdale Joint Unified School District ♦ Saint Agnes Medical Center ♦ Sanger Unified School District w Selma Unified School District ♦ Sierra Unified School District ♦ Stars Behavioral Health Group ♦ Superior Court of California, County of Fresno ♦ University of California, Merced ♦ University of California, San Francisco, Fresno Department of Psychiatry ♦ Valley Children's Hospital ♦ Veterans Affairs Central California Health Care System ♦ Washington Unified School District ♦



THE COUNTY OF FRESNO

Department of Behavioral Health

Fresno County Suicide Prevention Collaborative

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Strategic Plan Overview

History

Cluster of teen suicides.
Highest teen suicides on record.
Community action.



The Clovis West High School sign on the school campus at the corner of Teague and Millbrook. CRAIG KOHLRUSS - ckohlruss@fresnobee.com

EDUCATION

After three Clovis West student suicides, parents demand more action



BY RORY APPLETON
rappleton@fresnobee.com



December 15, 2016 01:05 PM
Updated December 15, 2016 08:40 PM

Context

Population:
989,255

Higher Risk:
113,888 adults with any MI
64,689 Substance use disorder
58,139 Depressive Episode
24,102 adults with SMI

Suicidal:
30,711 with ideation
26,875 Lifeline Calls
9,428 "5150" calls

Suicide Attempt:
1,174 ED Visits
267 Hospitalizations

Suicide:
101

Finding a Shared Purpose

Community Conversations
&
The Fresno County Suicide
Prevention Collaborative

Alliant International University, Fresno

American Ambulance

Anthem Blue Cross

California Health and Wellness

California State University, Fresno

Caruthers Unified School District

Central Unified School District

Central Valley Concussion Consortium

Finding a Shared Purpose

Central Valley Suicide Prevention Hotline

Clovis Police Department

Clovis Unified School District

Community Medical Centers

Community Members

Community Regional Medical Center

Corizon Health

County of Fresno, County Administrative Office

County of Fresno, Department of Behavioral Health

County of Fresno, Department of Public Health

County of Fresno, Department of Social Services

County of Fresno, District Attorney's Office

County of Fresno, Probation Department

County of Fresno, Public Defender's Office

County of Fresno, Sheriff/Coroner's Office

Exodus Recovery

Finding a Shared Purpose

Firebaugh Las Deltas Unified School District

First 5 Fresno County

Fowler Unified School District

Fresno Christian Schools

Fresno Council on Child Abuse Prevention

Fresno County Behavioral Health Board

Fresno County Superintendent of Schools

Fresno Economic Opportunities Commission

Fresno Housing Authority

Fresno Pacific University

Fresno Police Department

Fresno Rescue Mission

Fresno Unified School District

Genders and Sexualities Alliance Network

Golden Plains Unified School District

Healthy Marriage Coalition

Finding a Shared Purpose

Hinds Hospice, Fresno Survivors of Suicide Loss

Huron Police Department

Kaiser Permanente, Department of Psychiatry

Kerman Unified School District

Kings Canyon Unified School District

Kings View Corporation

Marjaree Mason Center

Mendota Unified School District

NAMI Fresno

National University, Fresno

Parlier Unified School District

Poverello House

Riverdale Joint Unified School District

Saint Agnes Medical Center

Sanger Unified School District

Selma Unified School District

Sierra Unified School District

Stars Behavioral Health Group

Superior Court of California, County of Fresno

University of California Merced

University of California San Francisco

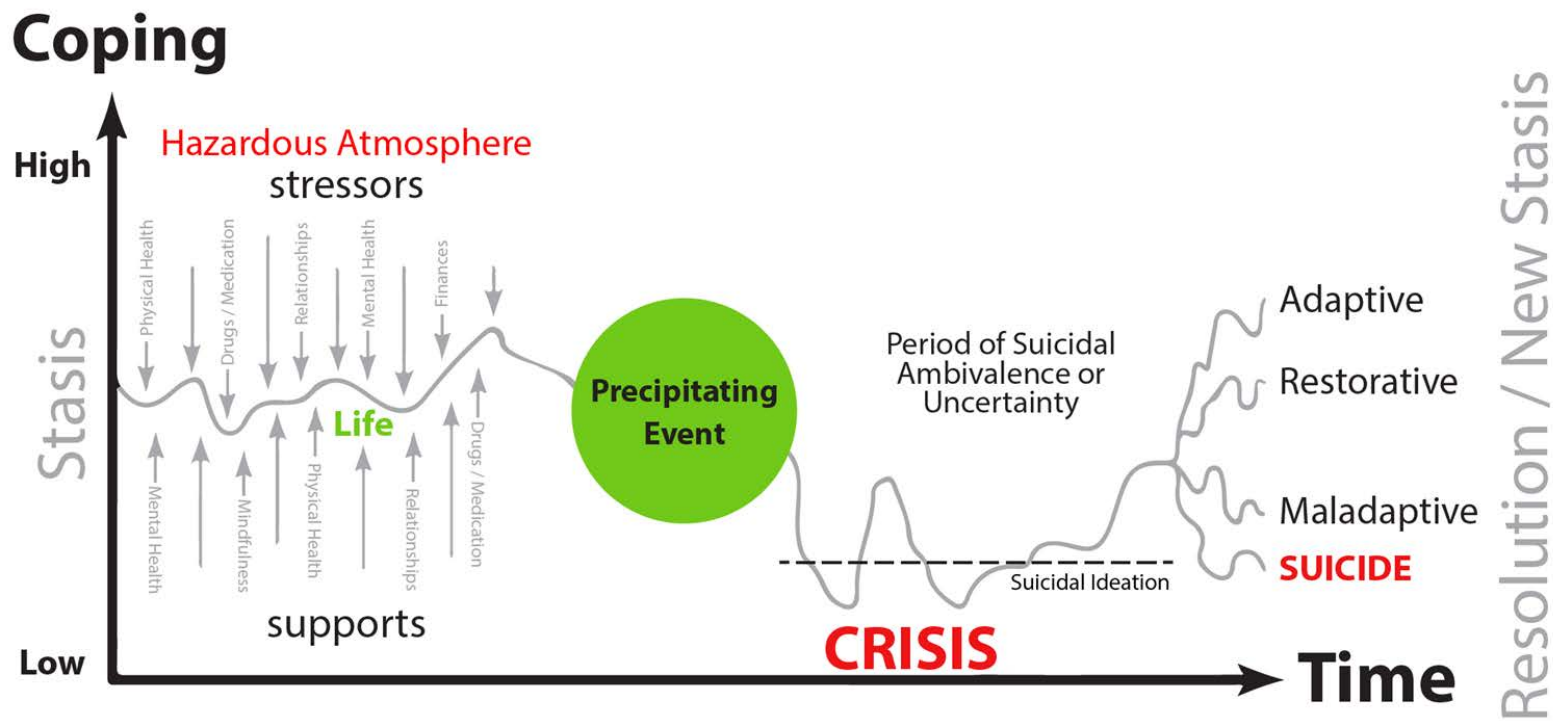
Valley Children's Hospital

V.A. Central California Health Care System

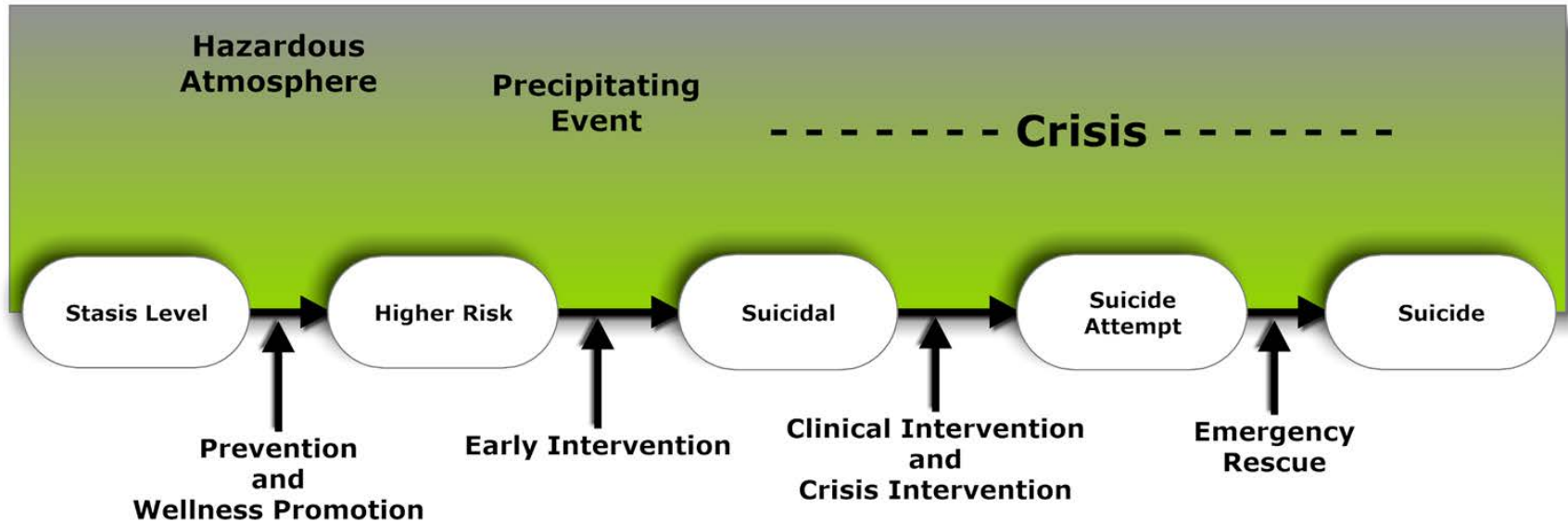
Washington Unified School District

Fresno Cares

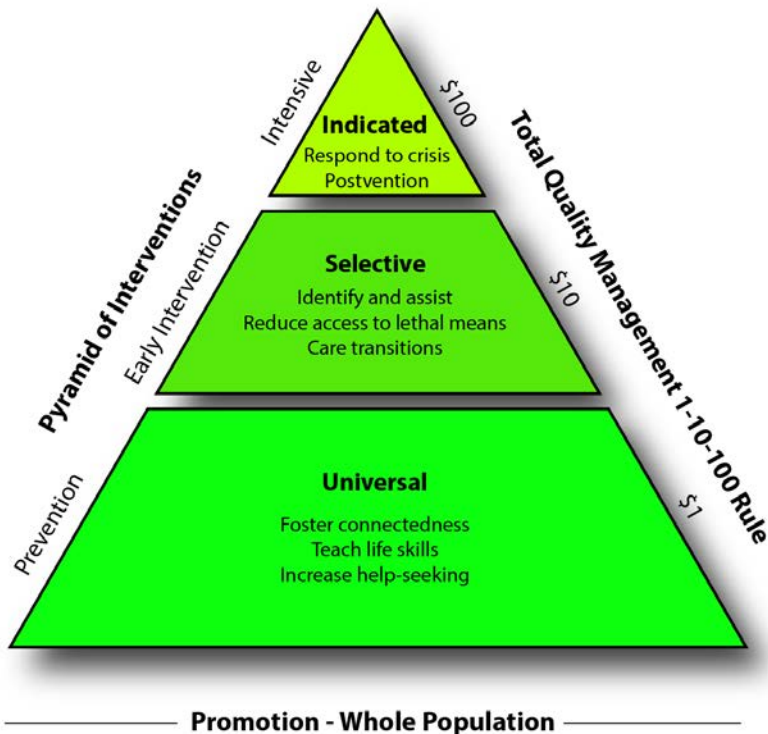
Theory - Crisis Coping Theory



Theory - Suicidal Crisis Path

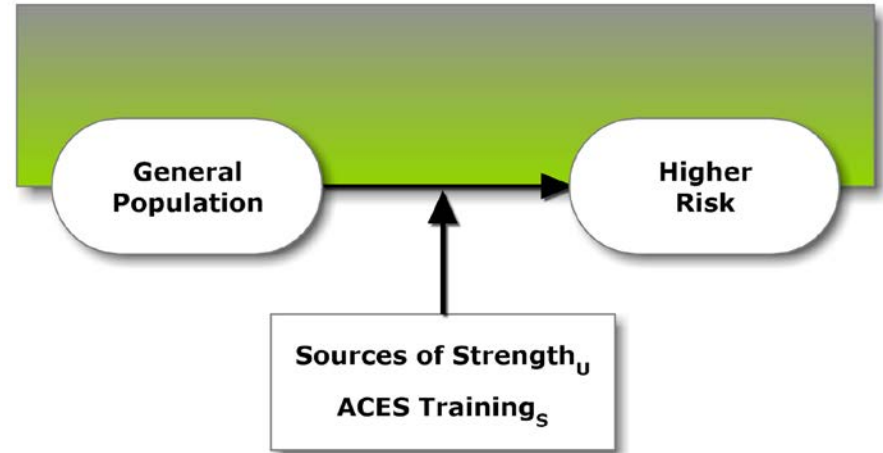


Theory - Combined Intervention Model for Suicide Prevention



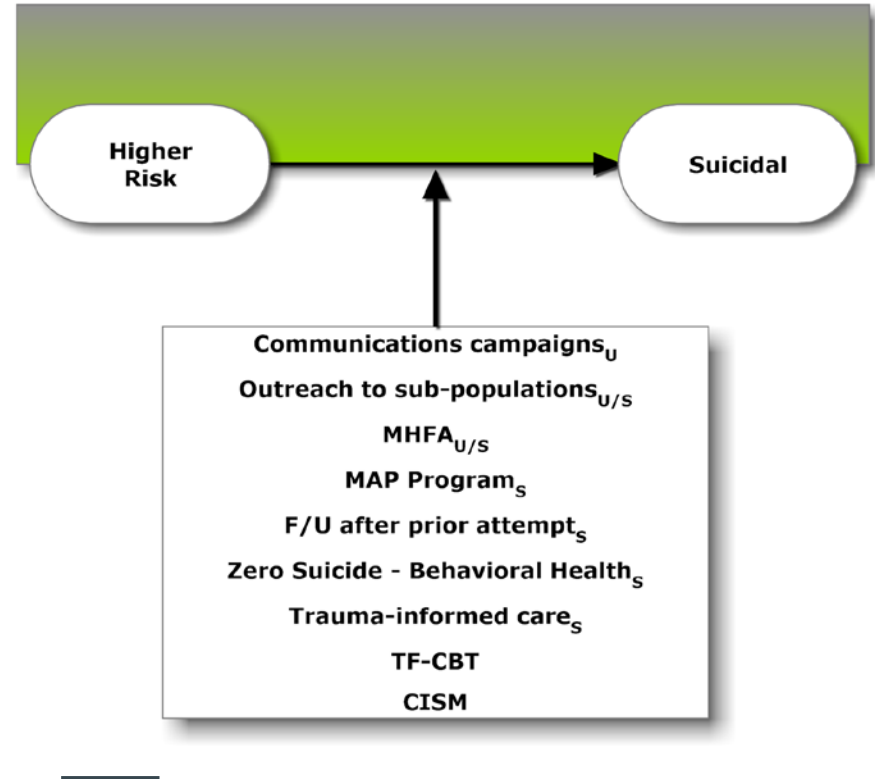
Training & Interventions

Essential Capacity Building

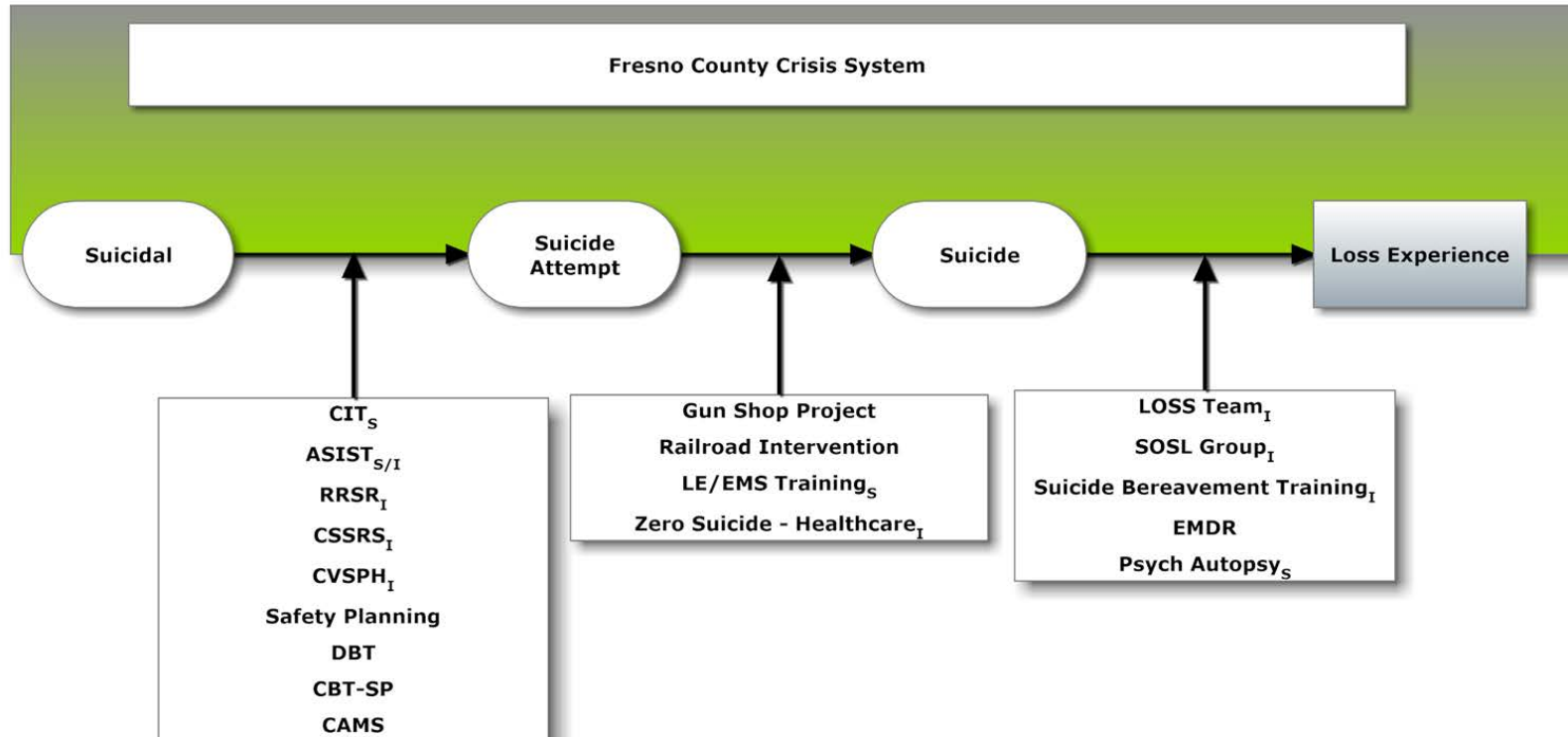


Training & Interventions

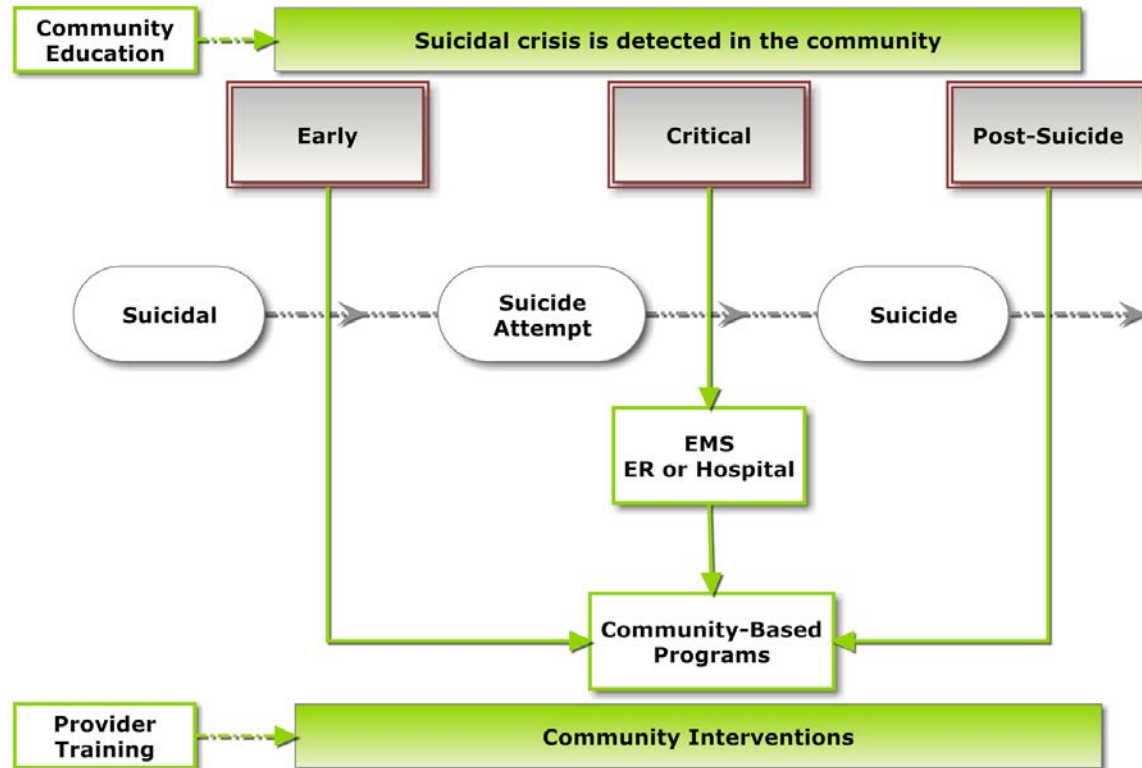
Essential Capacity Building



Training & Interventions - *Essential Capacity Building*



Training - *Relationship to Crisis Systems Mapping*



Bringing it All Together - *The Pathway of Progress*



Dynamic Planning Process

