



2019-2020 Annual Report



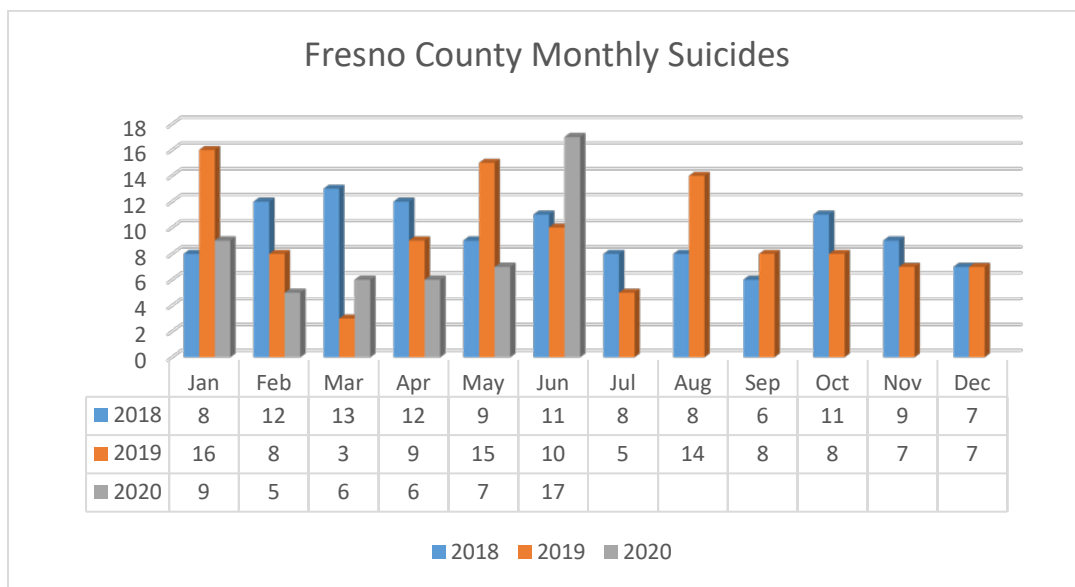
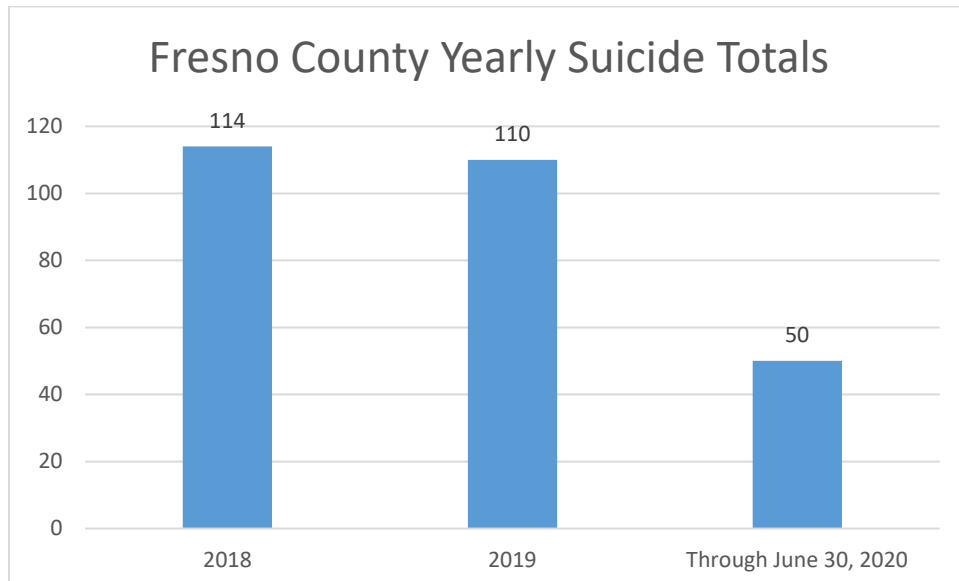
DEPARTMENT of
BEHAVIORAL
HEALTH

In April 2019, the Fresno County Board of Supervisors approved the creation of a LOSS Team which would function as a support to survivors of suicide loss and administered by the clinical team at Hinds Hospice. After the approval, there was a 3-month ramp-up time period before the LOSS Team became officially active and able to respond to the immediate scene of a suicide loss. This 3-month period enabled the team at Hinds Hospice to do several things:

- Develop materials that would be given out to families on the scene. These materials included, but were not limited to, resources on how to talk to children about suicide, resources on funeral homes and cremation locations within the county, restoration services, and therapeutic services and support offered to survivors.
- Train 26 volunteers and 5 staff on how to provide support on-scene to ensure a consistent and caring visit with each family.
- Begin providing no-charge therapy sessions to families and friends bereaved by suicide-loss.
- Coordinate with first responders county-wide, sharing with them about the LOSS Team and asking for their assistance with referrals to active scenes.

Overall, we are proud to share that the LOSS team has been well received and, as the data will show below, we have been able to provide significant services to our county in its first year!

Total Suicides in Fresno County by Calendar Year:

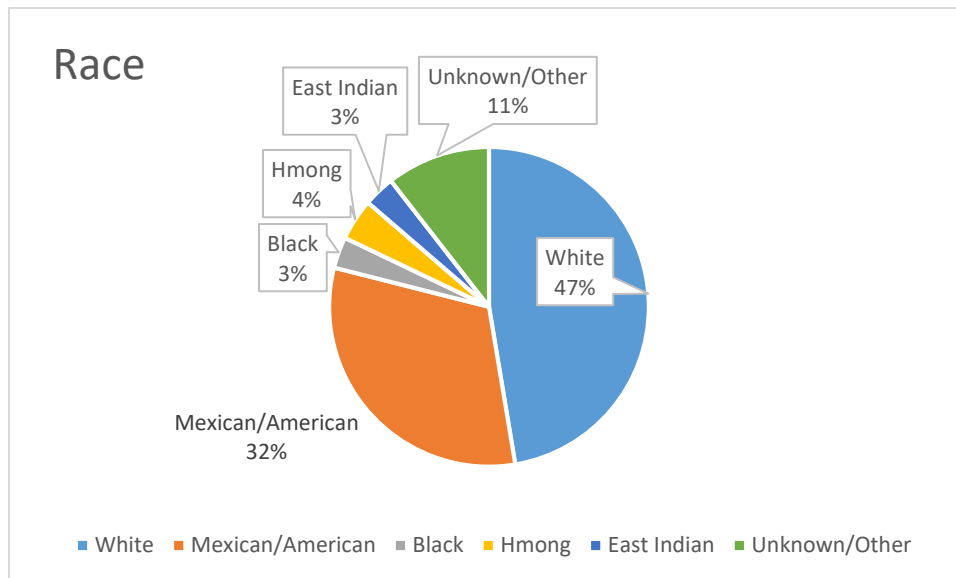


	Gunshot	Hanging	Overdose	Stabbing	Train	Jumping	Asphyxiation	Automobile	Other	Total
2018	37	46	10	5	5	1	6	1	3	114
2019	41	38	12	8	4	1	3	2	1	110
2020 YTD	26	14	3	0	1	2	2	1	1	50

Demographics during Fiscal Year 2019/2020 Annual Report:

July 15, 2019- June 30, 2020

Men	Women	Total
79	16	95



Zip Codes of Residence:

Coalinga		Fresno		Mendota	
93210	1	93722	8	93640	1
Caruthers		93725	6	Oakhurst	
93609	1	93711	6	93644	1
Clovis		93720	5	Riverdale	
93611	7	93705	5	93656	1
93612	6	93706	4	Sanger	
93619	4	93703	3	93657	5
Del Rey		93728	3	Selma	
93616	1	93727	3	93662	1
Firebaugh		93710	2	Unknown	8
93622	1	93701	2		
Fowler		93704	2		
93625	2	93702	2		
		93721	2		
		93726	1	Total	95
		93723	1		

Services Provided for Survivors of Suicide Loss (SOSL) at Hinds Hospice

	January 1, 2018-March 31, 2019 (15 months)	April 1, 2019-June 30, 2020 (15 months)
New Clients Admitted into Service	135	332
Total Therapy Sessions	156	457
Total Individuals Receiving Therapy	43	91
Total No-Charge Therapy Sessions	57	264
Total Peer Open Group Attendance	344	223
Total 12-week Closed Group Attendees (unduplicated)	22	30
Total Children/Teen Group Attendees	7 Children, 0 Teens	18 Children, 5 Teens
Total Bereavement Phone Calls	101 clients received a combined total of 199 calls	253 clients received a combined total of 725 calls
Total Bereavement Mailings	86 clients received a combined total of 345 mailings	247 clients received a combined total of 1,856 mailings
Moms 2 Moms Events	45	63
Memorial Service Attendees	31	50

There was a significant increase of clients served this year with the LOSS Team in place. The opportunity to meet new suicide-loss survivors minutes after their loss has been instrumental in providing immediate and ongoing support to families and friends.

Even though total therapy sessions have increased, these numbers are lower than anticipated due to covid-19 pandemic.

In response to the decrease in the peer led support group, attendees identified barriers to attending the support group during COVID-19 despite our immediate transition to Zoom. Clients stated that the technology is “too difficult or impersonal” to navigate. We remain available to all of these clients via telephone for ongoing support during this pandemic.

LOSS Team Responses:

The LOSS Team was rolled out in 3 distinct phases in order to work out any unforeseen issues in the beginning. Each phase increased in response time and/or locations served.

Stage 1: July 15, 2019 -October 15, 2019. Responded to scenes M-F 8a-5p, Metro area only.

Total # of Stage 1 Suicides	29	Total # of Stage 1 Responses	14
		Active	7
		Delayed	7
		Hospital	0
		Death Notifications	0

During this initial stage, our response availability was limited to M-F 8a-5p. Many of the suicides that occurred in the county were outside of these operating times. Our team would attempt to reach out for a delayed visit but would be unable to connect because the family would not answer, their voicemail was full, or the family was not interested in a visit at this time.

Stage 2: October 16, 2019- January 15, 2020. Responded to scenes 7 days a week, 6a-12a, Metro area only.

Total # of Stage 2 Suicides	16	Total # of Stage 2 Responses	13
		Active	7
		Delayed	3
		Hospital	1
		Death Notifications	2

During Stage 2, we were able to respond to 81% of the total suicides during this time. The remaining responses were either not reported to us at the time of death by 1st responders, family was not interested in a visit, or next of kin was unable to be identified.

Stage 3: January 16, 2020- June 30, 2020. Responded 24/7, All of Fresno County.

Total # of Stage 3 Suicides	50	Total # of Stage 3 Responses	42
		Active	25
		Delayed	12
		Hospital	4
		Death Notifications	1

During Stage 3, the LOSS Team was able to respond to 84% of the total suicides. The 8 calls that our team was not dispatched to included “accidental” deaths that were later ruled a suicide, homicide/suicide scenes, and calls where no next of kin were on scene.

An overview of the LOSS Team's first year: July 15, 2019- June 30, 2020

Total # of Suicides in Fresno County	95
Total # of LOSS Responses	69
Active	39
Delayed	22
Hospital	5
Death Notifications	3
Average Number of People Served on Scene	4
Total Number of People Served on LOSS Calls	282
Total Number of Folders Given to Survivors	167
Average Amount of Time to Arrive on Scene	42 minutes
Average Amount of Time on Scene	51 minutes

Overall, the LOSS Team was able to respond to 73% of all suicide deaths in Fresno County in the first year. Many of those we were not able to respond to took place in the initial ramp-up phases when our response was more limited.

Goals and Outcomes per DBH/Hinds Hospice (LOSS Team) Contract:

	GOAL	ACTUAL
LOSS Team will provide response to % of all suicide losses 1 st year.	50%	73%
% of at least one person on scene accessing immediate grief support services. (*)	60%	96%
Conduct trainings per year w/ community organizations	4	42
Improve distressing symptoms related to grief in clients receiving services	Measured by outcomes survey	Unable to adequately collect. See Notes.
Maintain data collection and report findings/trends to DBH	Collaborate with Coroner to determine trends	Yes, ongoing.

(*) When the LOSS team was developed, the goal of "60% of survivors will access support services through Hinds Hospice" was created. We feel it is more accurate to phrase the goal as such: "*% of at least one person on scene accessing immediate grief support services.*"

Trainings Provided:

Suicide Prevention, Postvention, and Awareness Trainings offered to the community between April 2019 and June 2020

Trainings Presented	Number of Times Presented	Total Number of Attendees
QPR Suicide Prevention	34	682
Critical Incident Training	7	140
FUSD Psychologists	1	85
Total Trainings	42	907

PEI Demographics

PEI was collected for 98 (81%) of clients seen. Due to COVID19 Pandemic we were unable to capture 100% of the information. Virtual visits were implemented to ensure client and staff safety. We have now implemented new technology to capture information real time. Demographics is attached and labeled as Attachment A, PEI Demographics.

Measurement Improvement

One important goal we set out to achieve was to measure the improvement of distressing symptoms related to grief in clients receiving support services, specifically the 6 no-charge therapy sessions. Due to issues related to COVID-19 Pandemic we were unable to see clients on site and other clients were not open to telehealth options. Hence, we were unable to capture the symptom information as originally designed during the in-person visits. During this time period we continue to provide visits via telehealth and we have now implemented new technology to capture information real time. Survey is attached and labeled as Attachment B, Survivors of Suicide Loss Counseling Survey.

Partnerships in the Community:

The LOSS Team has worked tirelessly to develop strong relationships in the community with First Responders and other key organizations that allow for coordination and care to all. Below are some partners who shared of their appreciation of the LOSS Team:

“Death by suicide is typically unexpected and incomprehensible. Having the LOSS Team available immediately provides onsite support to the survivors. This also allows the Coroner to focus on our job duties knowing the survivor is provided resources.” - **Kelly Matlock, Deputy Coroner, Fresno Sheriff**

“The LOSS Team has responded to a number of suicide calls in the City of Clovis, and in each instance they were extremely helpful to both the survivors and the first responders on scene. I have personally utilized them on calls and found that they arrived within a reasonable amount of time, were professional and comforting to those they contacted, and provided valuable resources which were later used by the survivors.” - **Kevin Llanos, Lead Chaplain at the Clovis Police Department**

“The LOSS Team continues to provide a great deal of support to our officers, who respond to calls involving individuals who have died by suicide. As expected, these type of calls are emotional, stressful and uncomfortable for all involved. Members of the LOSS Team provide valuable resources and follow-up support to victim families and first responders. Although the team has only been operational for a year, Team members have been well received and truly appreciated by our personnel.”- **Lieutenant Tom Rowe, Fresno Police**

“Over the past four years, the Fresno Police Department in collaboration with many agencies and community-based organizations came together to provide a POST approved 40-hour Crisis Intervention “Training (CIT) course for law enforcement from throughout the County of Fresno. Approximately 500 officers have been trained through this program. In April of 2019, Fresno Survivors of Suicide Loss was invited to participate in presenting the Suicide Prevention/Intervention section of the course which would include covering information about the LOSS Team. This has provided the opportunity for law enforcement officers from throughout Fresno County to learn about the LOSS Team and how it serves survivors and interfaces with law enforcement on scene. Officers readily acknowledge that responding to calls of death by suicide are difficult and report they don’t have the training or expertise to adequately support the needs of a suicide survivor. The idea of having the LOSS Team as a resource to support survivors on scene has been very well received. Since joining the CIT faculty, Fresno Survivors of Suicide Loss and the LOSS Team have directly trained over 140 officers.”- **Ken Katz, CIT Course Administrator**

“This spring, Brandy Lidbeck presented to the Fresno Unified School District School Psychologists regarding the Fresno County Loss Team and their support of families. The information presented was much appreciated by the group and will be very helpful as they serve the 73,000 students in Fresno Unified. We in Fresno Unified have seen firsthand the important work done by the Loss Team and the incredible support they give to survivors of suicide.”- **Jay Wiebe, Lead Psychologist, Fresno Unified School District**

Attachment A, PEI Demographics

Age		Race	
0-15	7	American Indian/Alaska Native	2
16-25	9	Black or African American	4
26-59	63	White	76
60+	19	Other	11
		Decline to Answer	5
Primary Language			
English	96	Ethnicity-Hispanic or Latino	
Spanish	2	Caribbean	0
Hmong	0	Central American	0
		Mexican/ Mexican-American/Chicano	24
Veteran		Puerto Rican	0
Yes	4	South American	0
No	94	Other	0
Decline to Answer	0	Decline to Answer	24
Sexual Orientation		Non Hispanic or Non-Latino	
Gay or Lesbian	5	African	4
Heterosexual or Straight	74	Asian Indian/South Asian	0
Bisexual	1	Cambodian	0
Questioning or Unsure	0	Chinese	0
Queer	0	Eastern European	0
Another Sexual Orientation	2	European	37
Decline to Answer	11	Filipino	0
		Japanese	0
Gender		Korean	0
Assigned sex at birth		Middle Eastern	0
Male	20	Vietnamese	0
Female	73	Other	0
Decline to answer	5	Decline to Answer	0
Current Gender Identity		Disability	
Male	20	Difficulty Seeing	1
Female	69	Difficulty Hearing or Speech	0
Transgender	0	Other	0
Genderqueer	0	Mental Domain not including a mental illness	3
Questioning or unsure	0	Physical mobility	4
Another Gender Identity	0	Chronic Health Condition	6
Decline to Answer	9	Other	2
		No	64
		Decline to Answer	15



Survivors of Suicide Loss Counseling Survey

Thank you in advance for completing this brief survey on your grief experience thus far.

On a scale of 1-5, please rate the following questions as:

1. Never 2) Rarely 3) Sometimes 4) Frequently 5) Always

1 - I have an understanding of the symptoms of my grief and how I am impacted by them.

1 2 3 4 5

2 - I have an understanding of how to maintain a connection to my loved one who has died.

1 2 3 4 5

3 - I am aware of helpful strategies to work with any anxiety I may be feeling.

1 2 3 4 5

4 - I have been able to process the feelings related to my grief and gain some insight and understanding.

1 2 3 4 5

5 - I am aware of strategies that I can utilize for sleep difficulties.

1 2 3 4 5

6 - I am able to care for myself emotionally by doing something good for myself or by using a helpful healthy coping skill.

1 2 3 4 5

For continuing clients, please rate the helpfulness of the services that you have received from the Center for Grief & Healing.

The support I have received here at the Center for Grief and Healing has been:

Not helpful Rarely helpful Somewhat helpful Helpful Very Helpful N/A

Please circle the number of individual therapy sessions you have attended here at the Center for Grief & Healing for this suicide loss:

0-1 2-3 4-5 6+

Name _____ Date _____

Therapist _____