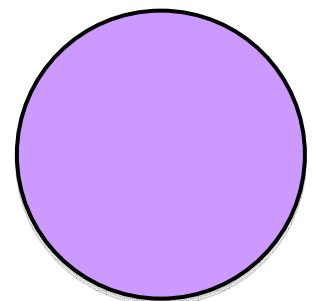
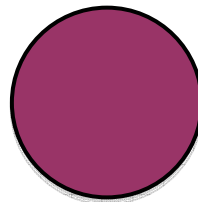
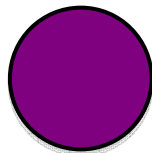


A Snapshot of Suicide Prevention Activities In Washtenaw County

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washtenaw **alive**

“Engaging the Washtenaw County community in the prevention of
suicide.”



Website: <http://www.washtenawalive.org>

Introduction

Washtenaw Alive, a collaborative workgroup focused on expanding suicide prevention efforts throughout Washtenaw County has been dedicated to identifying current suicide prevention efforts going on throughout Washtenaw County's organizations, groups and agencies.

The information provided in this booklet is information collected through a survey that was distributed to Washtenaw County's organizations, groups and agencies. The information collected was divided into four main areas regarding suicide prevention efforts: Community Education and Awareness, Prevention, Intervention, and Postvention.

This booklet presents this information in this format to create a useful resource for organizations, groups and agencies to identify successful suicide prevention activities. We hope that your organization or group will use this tool to look at options to expand suicide prevention activities throughout your organization or group and to help keep Washtenaw County citizens safe!

Washtenaw County Statistics

The suicide prevention survey was sent to 35 identified representatives of various Washtenaw County human service organizations, county agencies and/or offices, and support groups. These 35 individuals represented 27 Washtenaw County organizations, groups and agencies. Of the 35 individuals that the survey was distributed to, 11 individuals completed the survey, for an individual response rate of 31%. Of the 27 organizations and groups that the survey was distributed to, 9 of the responses were from different organizations or groups, leaving only 2 other responses from representatives of the same organization or group. This accounts for a total organizational response rate of 40%, and an organization response rate of 33% when controlling for more than one response from individuals within the same organization or group.

The survey respondents represented a variety of roles within their organization or group. Social workers accounted for 50% of the survey responses, Administrators for 30% of survey responses and Other Job Role for 20% of survey responses. There were no Mental Health Care Providers or Advocates represented in survey responders. One respondent skipped this question.

Of the individuals surveyed, 54.5% identified that their organization or group have programs whose primary purpose is to address suicide prevention and 45.5% do not have programs whose primary purpose is to address suicide prevention. Of the individuals surveyed, 81.8% identified that their organization or group have programs that do address suicide prevention, but not as a primary purpose, 9.1% do not have programs that address suicide prevention, and 9.1% do not know if their organization or group have programs that address suicide prevention.

All (100%) of the respondents indicated that their organizations or groups have policies and/or procedures in place to respond to individuals who may be at risk for suicide. These policies and procedures are identified by respondents as effective in 70% of the organizations or groups, as not effective in 10% of the organizations or groups, and as the effectiveness being unknown in 20% of organizations or groups. One respondent skipped this question.

According to respondents, mental health workers (social workers, counselors, etc.) account for 63.6% of staff receiving training on how to intervene with suicidal individuals and 9.1% of staff receiving training are in other job roles (not including administration or advocates). According to 27.3% of respondents, no staff members within their organization or group receive training. For the staff that do receive training, 20% receive Applied Suicide Intervention Skills Training (ASIST), 10% receive Gatekeeper Training and 30% receive other types of training. One respondent skipped this question.

According to respondents, mental health workers (social worker, counselors, etc.) account for 54.5% of staff receiving education on suicide prevention and/or depression, advocates account for 9.1% of staff receiving education, and 18.2% of other staff (not including administration) are receiving education. According to 9.1% of respondents, no staff members receive education in their organization or group.

According to respondents, 90.9% of the organizations or groups provide information on suicide prevention hotline numbers to individuals at-risk for suicide. According to 9.1% of respondents, their organization or group provides no information on suicide prevention hotline numbers.

According to respondents, 63.6% of the organizations or groups conduct screenings for individuals that may be at risk for suicide, 18.2% do not conduct screenings, and 18.2% of respondents are unsure if their organization or group conducts screenings. For individuals seeking help with depressed loved ones, 54.5% of respondents indicate that their organization or group has policies in place to address this situation, 27.3% indicate that their organization or group does not have policies in place, and 18.2% of respondents are unaware if their organization or group has policies in place to address this situation.

According to respondents, 72.7% of the organizations or groups provide education to community members on suicide prevention efforts and 27.3% of respondents indicate that their organization or group does not provide education to community members. Respondents indicate that 45.5% of the organizations or groups are providing opportunities for community members to become involved in suicide prevention efforts and 54.5% of respondents indicate that their organization or group does not provide opportunities for

community involvement. All respondents (100%) indicate that their organization or group collaborates with other community mental health organizations and agencies. Respondents indicate that 63.6% of organizations or groups collaborate on suicide prevention efforts, 27.3% do not and 9.1% of respondents are unaware if their organization or group collaborates on suicide prevention efforts.

Of the respondents, 66.7% are interested in receiving support and establishing a formal suicide prevention program, 16.7% are not interested and 16.7% are unsure if their organization or group would be interested in establishing a formal suicide prevention program. Five respondents skipped this question. Respondents indicate that 66.7% of organizations or groups are interested in receiving additional education on suicide prevention and 33.3% are not interested in receiving additional education. Right respondents skipped this question.

Community Education and Awareness Activities

- Bright Nights community forum providing education on depression-related issues to the public at the Ann Arbor Library.
- Education and training of individuals through a program with Ann Arbor Public Schools that focuses on the early detection of depression and suicide prevention.
- Outreach and education on suicide prevention strategies to community organizations.
- Organization of community forums and focus groups that address depression, suicide prevention and gun control.
- Distribution of suicide prevention and depression awareness educational materials.
- Staff Operation SAVE training focused on crisis prevention and intervention provided to all staff members.
- Facilitation of survivor support groups.
- Distribution of educational and resource materials on depression and suicide prevention to survivors.
- Organization of local American Foundation for Suicide Prevention awareness walk.
- Distribution of depression and suicide prevention materials.
- Distribution of suicide prevention hotline numbers and information to the public.
- Provision of suicide prevention presentations to various community groups, organizations, departments and agencies.
- Visible posters focused on stigma-reduction in regards to the seeking of mental health treatment for soldiers.
- Education to all staff members on suicide prevention and depression awareness.
- Education to clients and families on suicide risk factors and hotline numbers.
- Organization of community information sessions.
- Distribution of educational materials on suicide prevention, intervention and postvention.
- Trainings to various county organizations and agencies on suicide prevention and intervention.

- Utilization of technology (i.e. emails and forum postings) to publicize community education opportunities.

Prevention Activities

- Distribution of crisis hotline number to youth in schools and on the streets throughout Washtenaw County.
- Provision of information and crisis hotline number to youth with encouragement to contact when experiencing any type of crisis.
- Provision of direct support, referral and follow-up to at-risk individuals.
- Provision of primary health care screenings for suicide risk.
- Provision of mental health risk assessments.
- Monitoring of all patients at high risk for suicide to ensure that they have not stopped coming to treatment.
- Provision of available community resources and crisis hotline numbers to survivors.
- Education on suicide prevention to survivors.
- Available peer support for survivors.
- Referral to mental health services for all at-risk patients.
- Surveillance of individuals who are at high-risk for suicide.
- Monitoring for 90 days of individuals discharged from inpatient mental health treatment for suicidal behaviors.
- Development of relationships with community partners around suicide prevention efforts.
- Early crisis intervention services after completion of a suicide.
- Referral of depressed consumers to appropriate mental health services.
- Provision of crisis hotline numbers to consumers that appear depressed.

Intervention Activities

- Suicide call/intervention training for crisis hotline volunteers.
- Operation of crisis hotline with trained volunteers that is available to youth, families and adults in crisis.
- Provision of initial assessments, including assessment of suicide risk, for youths.
- Provision of mental health care and psychiatric evaluations.
- Immediate referral of at-risk consumers to community mental health resources.
- Immediate referral of at-risk consumers to crisis hotlines.
- Direct contact with county mental health professionals for appropriate and immediate referrals.
- Maintenance of list of individuals at high risk for suicide to ensure continued contact with mental health professionals and/or services.
- Staff Operation SAVE training focused on crisis prevention and intervention provided to all staff members.
- Immediate referral of at-risk patients to crisis hotlines.
- Distribution of crisis hotline numbers.
- Referral to mental health services.
- Immediate referral of at-risk patients to crisis hotlines.
- Local follow-up within 24 hours with all individuals who have contacted a crisis hotline with suicidal ideation and/or behaviors.
- Direct transfer of clients to Psych ER with active suicidal ideation or who are at high-risk.
- Trainings to various county organizations and agencies on suicide prevention and intervention.
- Referral of depressed consumers to appropriate mental health services.
- Direct referral to crisis hotline(s) for consumers that indicate suicidal ideation.

Postvention Activities

- Facilitation of support group meetings.
- Provision of individual psychotherapy or counseling for on-going support.
- Facilitation of survivor support groups.
- Distribution of crisis hotline numbers to survivors.
- Distribution of depression and suicide prevention materials to survivors.
- Available peer support for survivors.
- Referral to mental health services for survivors that request and/or need these services.
- Referral to mental health providers.
- Referral to community mental health supports and providers.
- Early crisis intervention services after completion of a suicide to survivors, community members, and others directly impacted.

For further information or help with questions please contact
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For more information please visit the Washtenaw Alive website at
<http://www.washtenawalive.org>