



**Behavioral Health**  
Office of Prevention and Early Intervention

## Suicide Prevention Supports in San Bernardino County

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- About Suicide Prevention

- What is Suicide?
- What do you think of when you hear Suicide Prevention?
- Why is it important?



Most believe suicide is preventable and many want to know what they can do to help

There are many intervention points available where a person's risk of suicide is increased

While a majority feel people show signs before dying by suicide, relatively few feel they can identify those signs

Vast majority feel there is room to decrease suicides

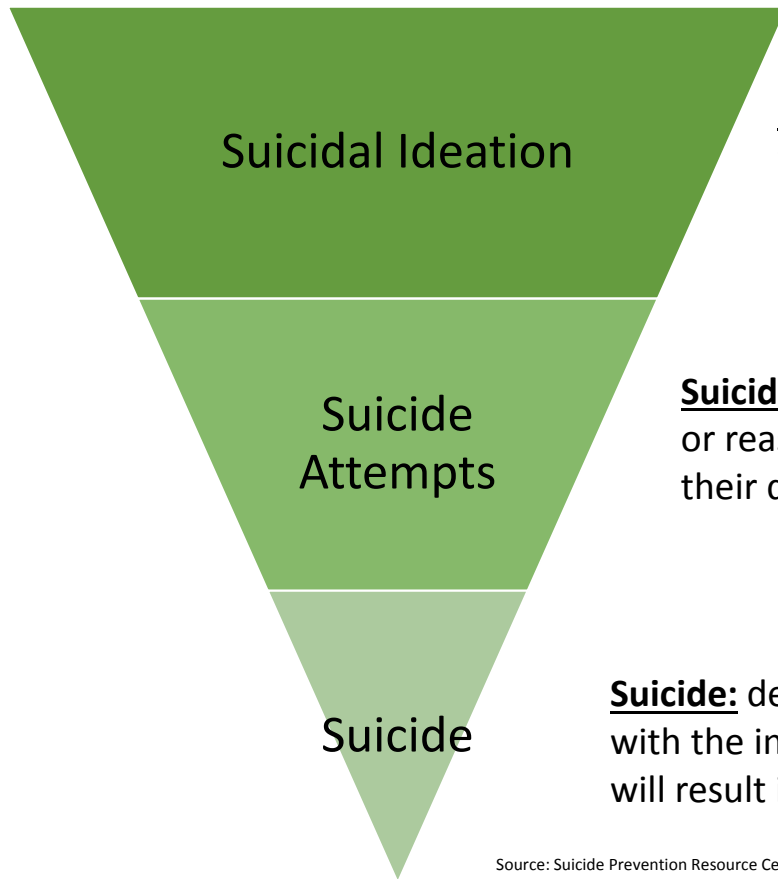
# What will we learn today?

- **Objectives:**

- Share data illustrating how suicide has affected our county.
- Provide an overview of the strategies that we have in place to raise awareness about suicide prevention.
- Discuss opportunities for the community to join the conversation about suicide.



# Three Aspects of Suicide:



**Suicide Ideation:** suicidal thinking; can range from a vague wish to die to actively making a suicide plan and acquiring the means to take one's own life

**Suicide Attempt:** action taken by a person with the intent or reasonable expectation that the action will result in their death, but does not

**Suicide:** death resulting from an action taken by a person with the intent or reasonable expectation that the action will result in their death

## California Healthy Kids Survey

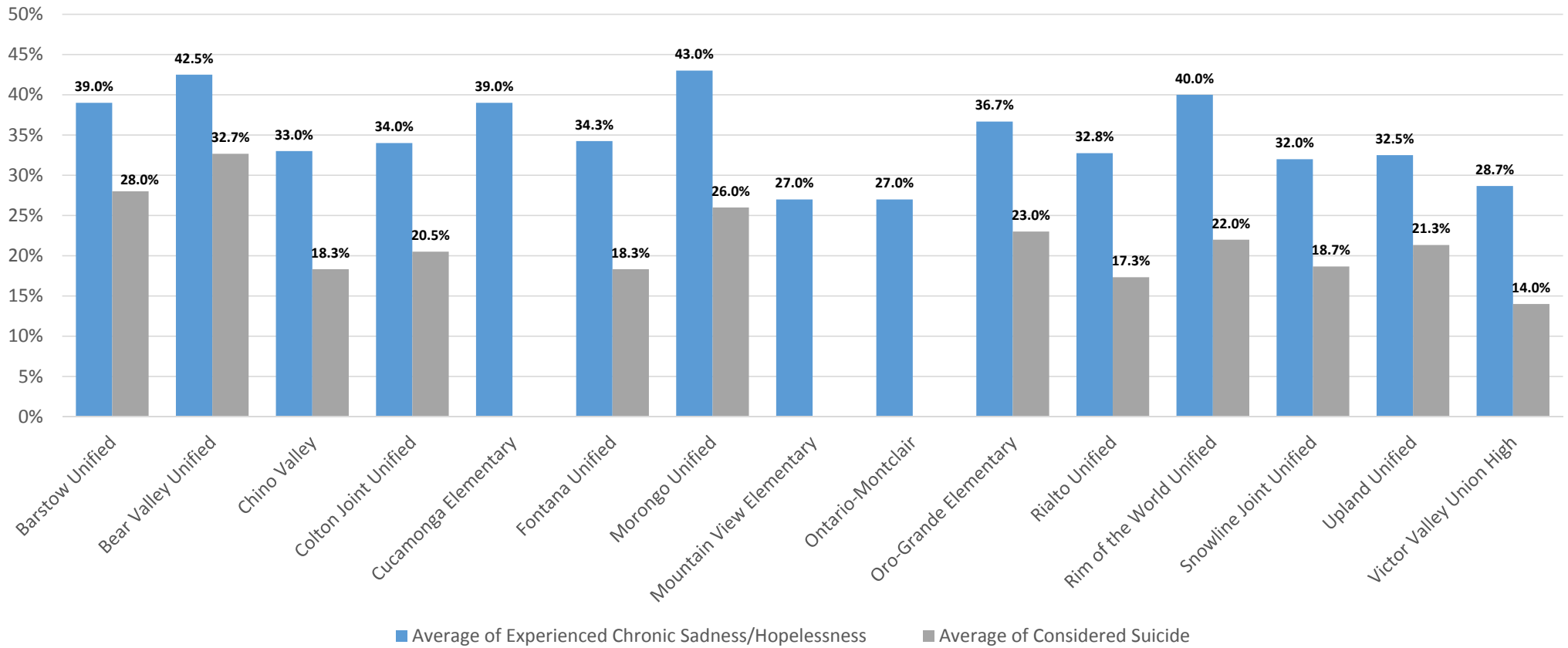
California Healthy Kids Survey (CHKS) is an anonymous assessment for student ages 10 (grade 5) and above.

### Social-Emotional Health:

- During the past 12 months did you ever feel so sad or hopeless almost everyday for weeks or more that you stopped doing some usual activities?
- During the past 12 months, did you every seriously consider attempting suicide?

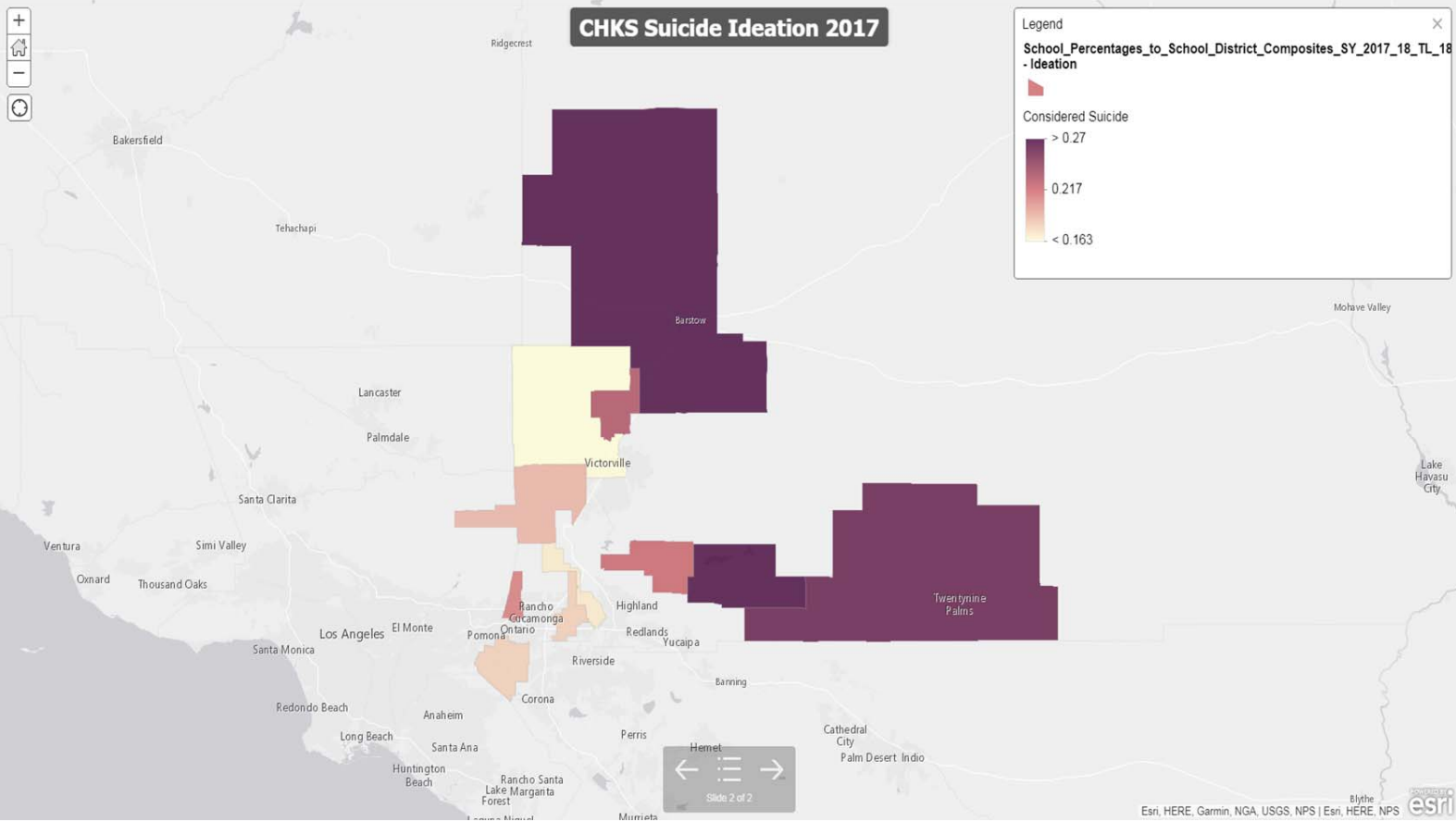


# Suicidal Ideation



Source: California Healthy Kids Survey (2017-2018)

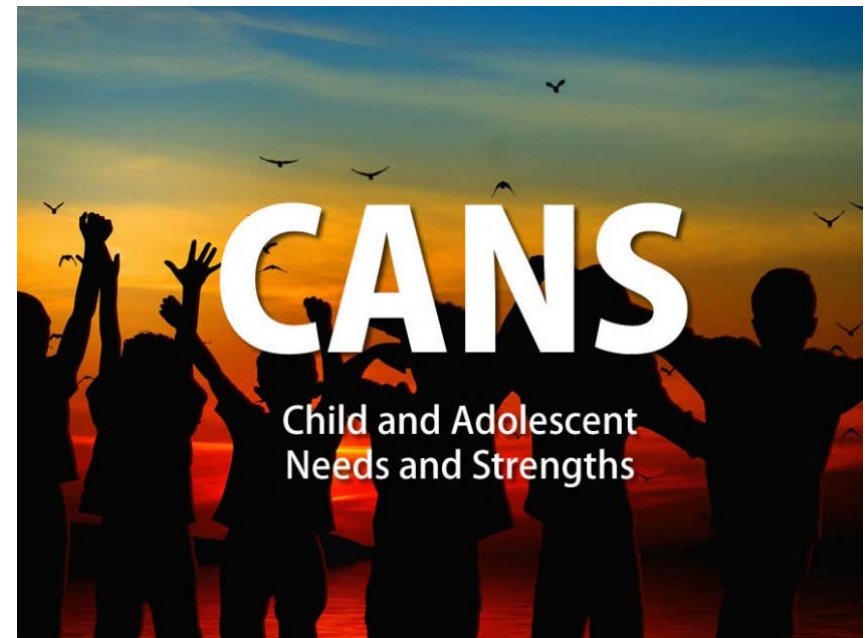
# Suicidal Ideation





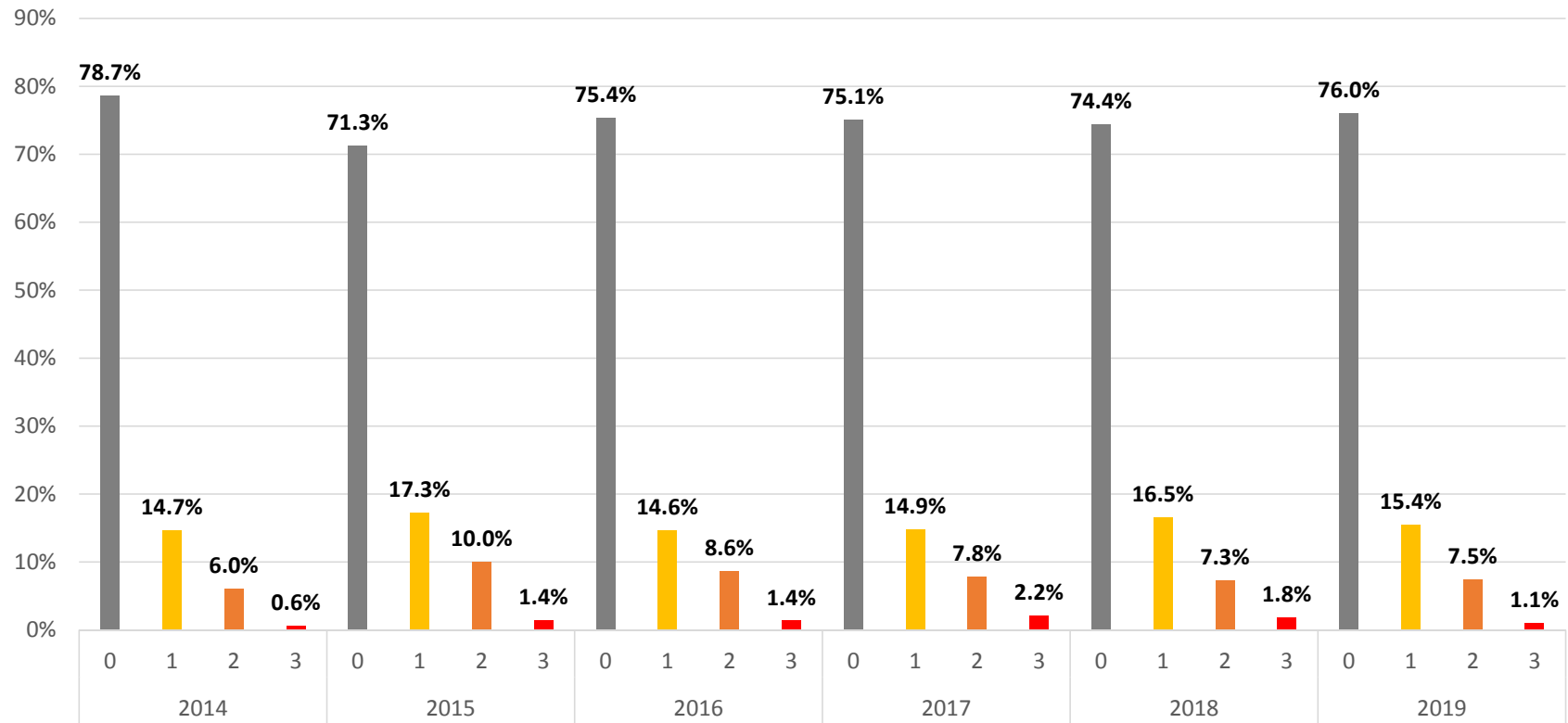
## Child and Adolescent Needs and Strengths (CANS) Assessment

- CANS is a tool to support decision making for children's services.
- One of the questions asks if the child/youth ever talked about a wish to die or to kill themselves? Has the child/youth ever talked about a plan to kill herself? Have they ever tried to commit suicide?
- A score of "0", indicates there are no current needs; no need for action or intervention. No evidence of suicidal ideation.
- A score of "3", indicates that problems are dangerous or disabling and requires immediate and/or intensive action. A current suicidal ideation or intent is present.

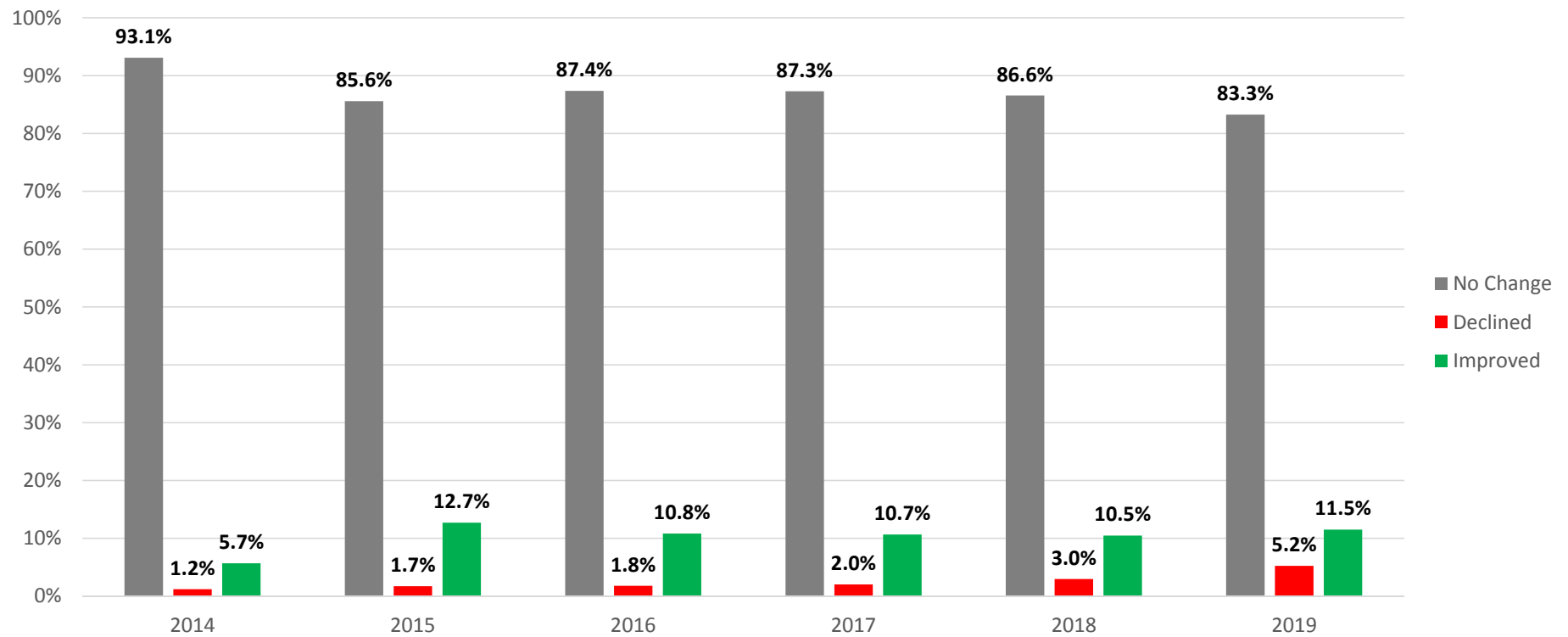


Source: The Child and Adolescent Needs and Strengths (CANS) Assessment

## CANS by Severity 2014-2019 (n=13,711)

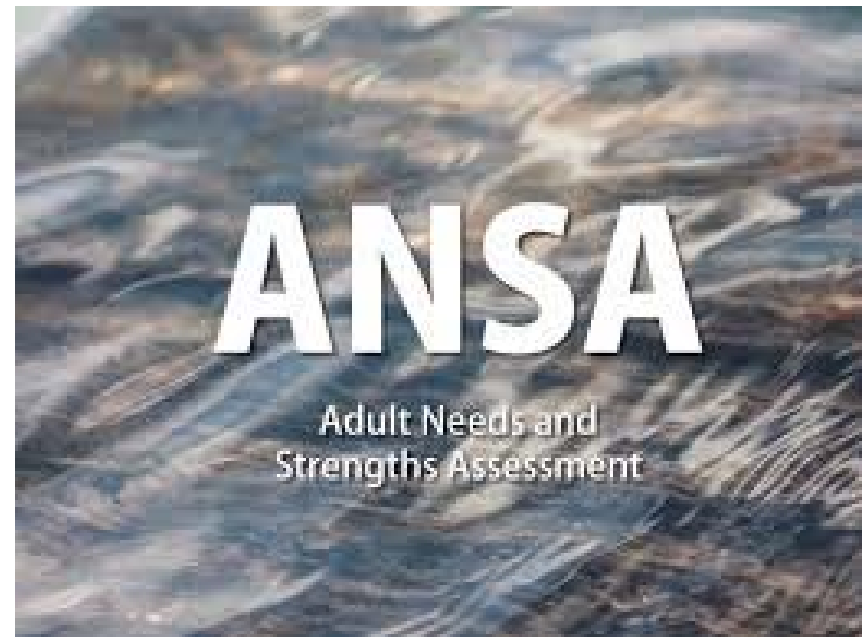


## CANS Difference at Discharge 2014-2019 (n=6,858)



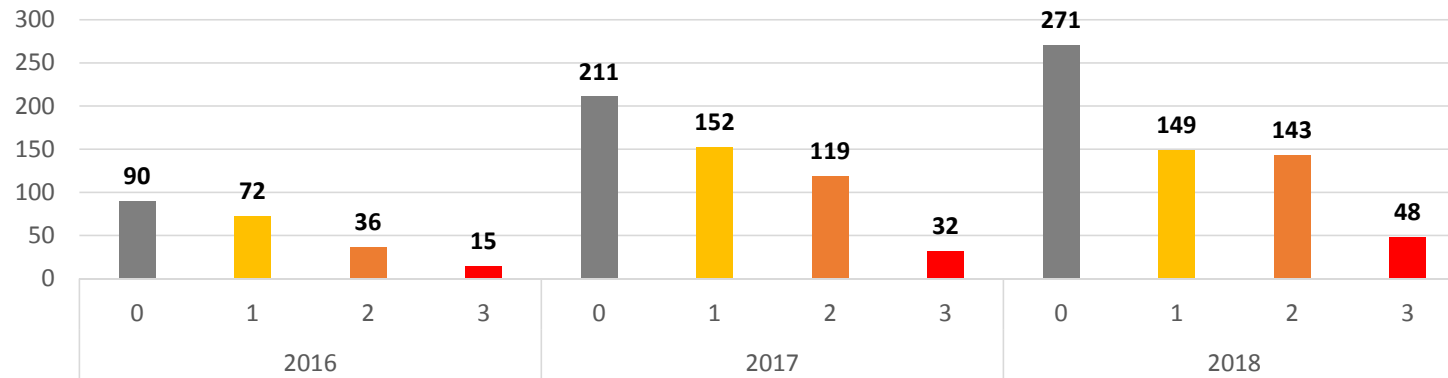
## The Adult Needs and Strengths (ANSA) Assessment

- ANSA is a tool to support decision making for adult services.
- Includes a Danger to Self module that covers the following elements:
  - Ideation
  - Intent
  - Planning
  - Suicide History
  - History of Family/Friend Suicide
- A score of “0 – 1” indicates there is no history or some history, but no intent.
- A score of “2 – 3” means there has been an expressed intent in the last 30 days.

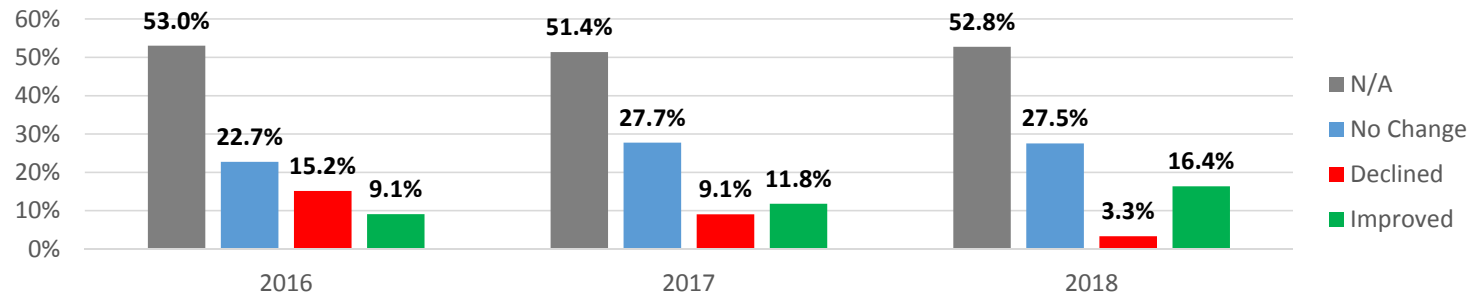


# Suicidal Ideation

Ideation Count – Initial Assessment (n=3,041)

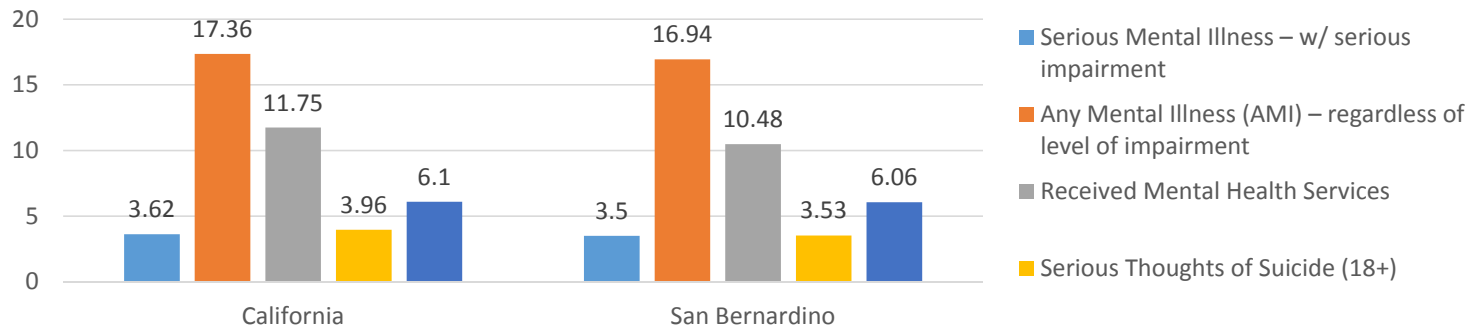


Ideation Percentage - Difference at Discharge (n=1,390)



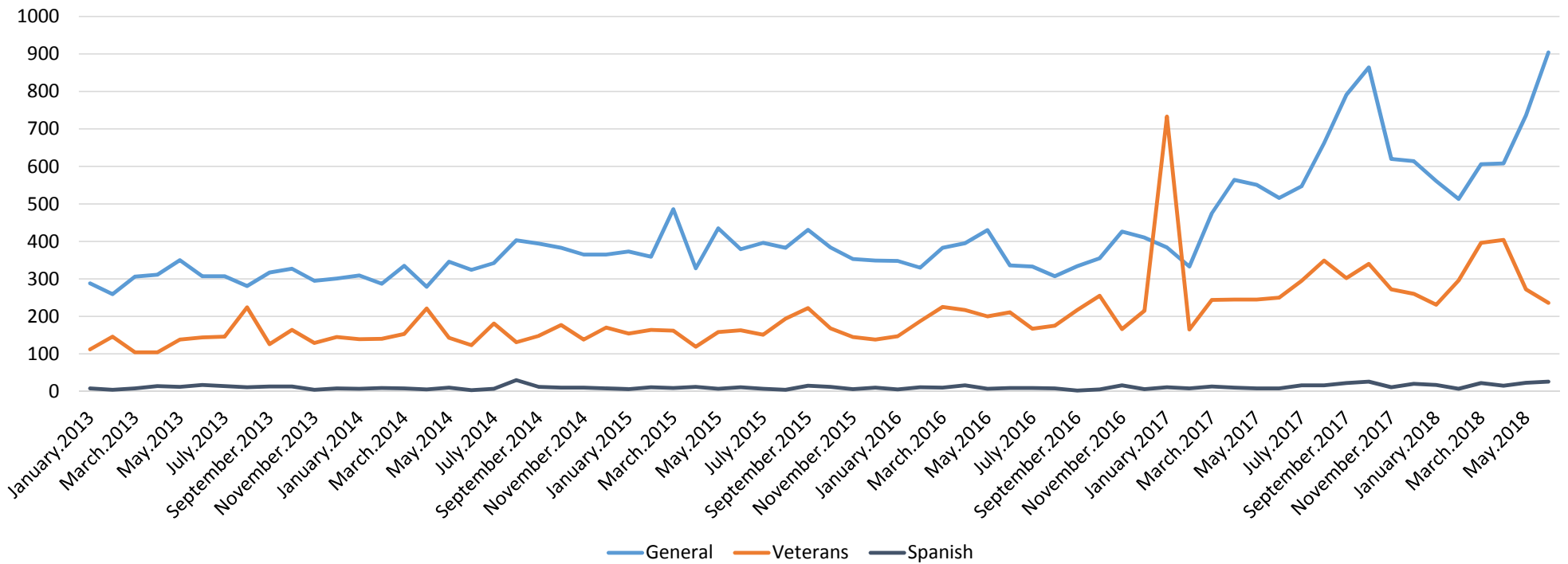
# Suicidal Ideation

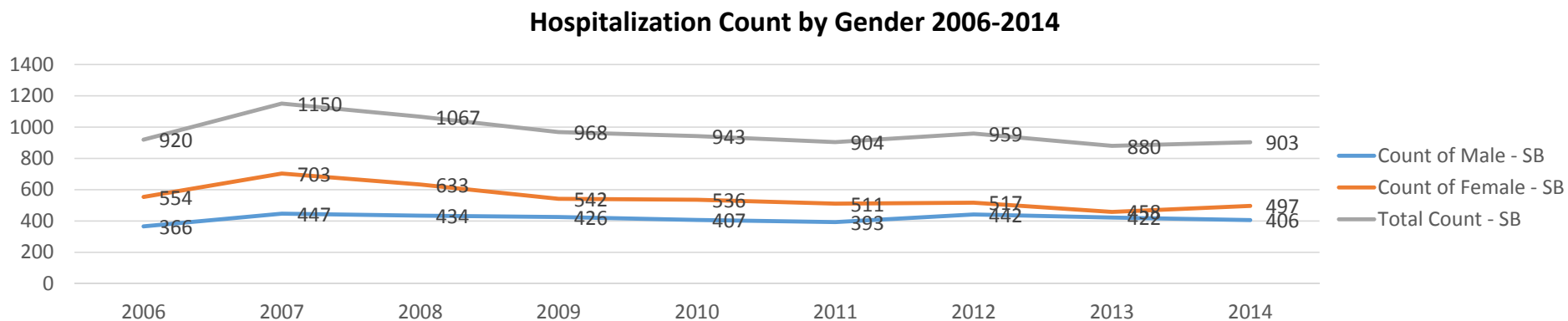
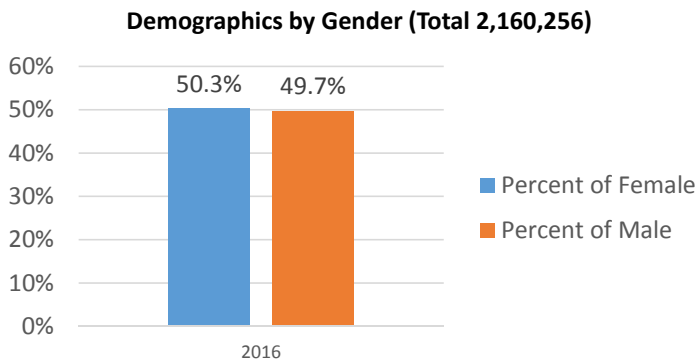
National Survey on Drug Use and Health (2014-2016) San Bernardino County					
Region	Had a Serious Mental Illness – with serious impairment	Had Any Mental Illness (AMI) – regardless of level of impairment	Received Mental Health Service	Had Serious Thoughts of Suicide (18+)	Had a Major Depressive Episode (2 week period)
San Bernardino	3.50%	16.94%	10.48%	3.53%	6.06%
California	3.62%	17.36%	11.75%	3.96%	6.10%



# Suicidal Ideation

### Number of Calls to National Suicide Prevention Lifeline – San Bernardino County (2013-2018)

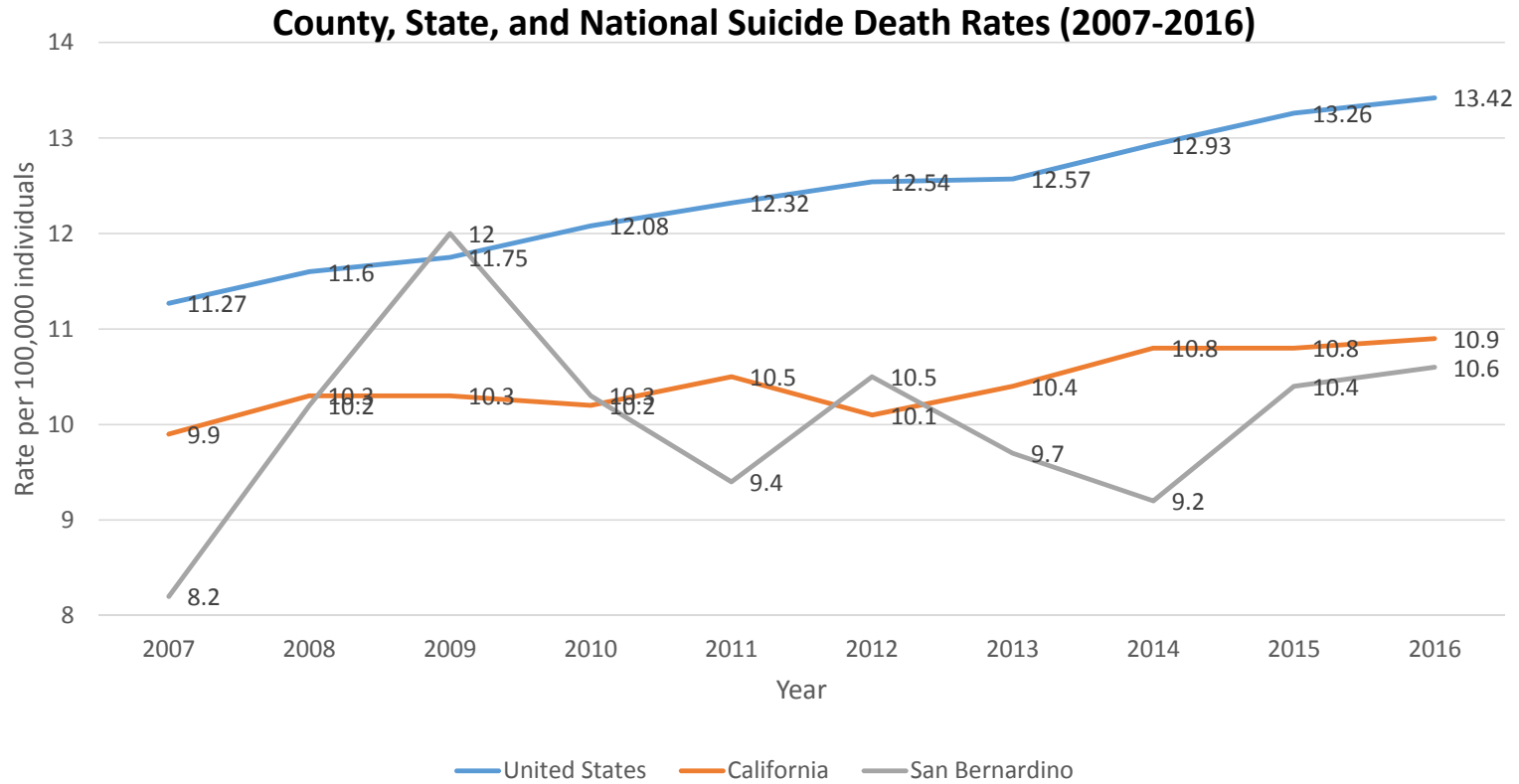




Source: CDPH EpiCenter

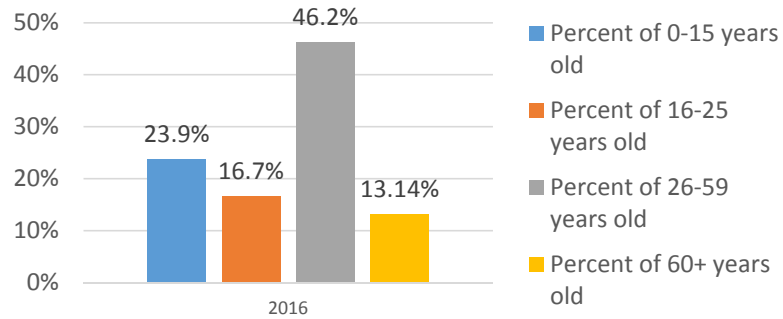


# Suicide Deaths

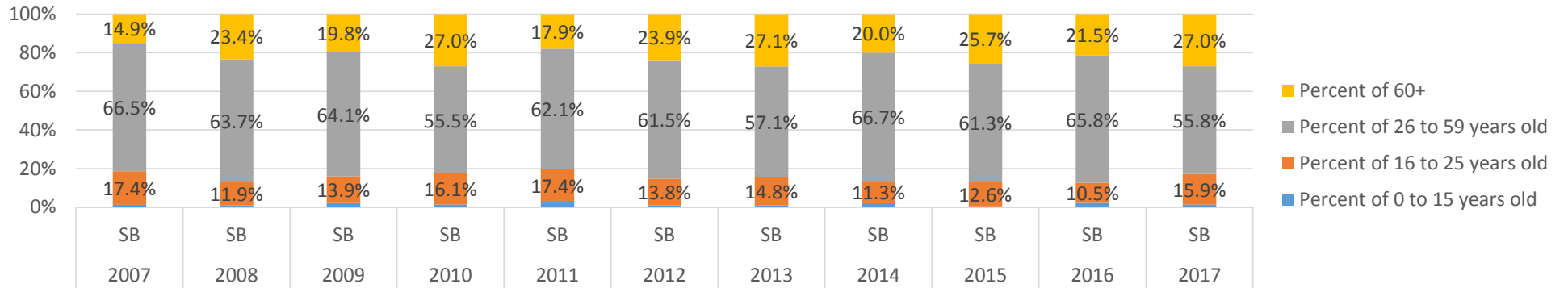


# Suicide Deaths

**Demographics by Age Group (Total 2,160,256)**

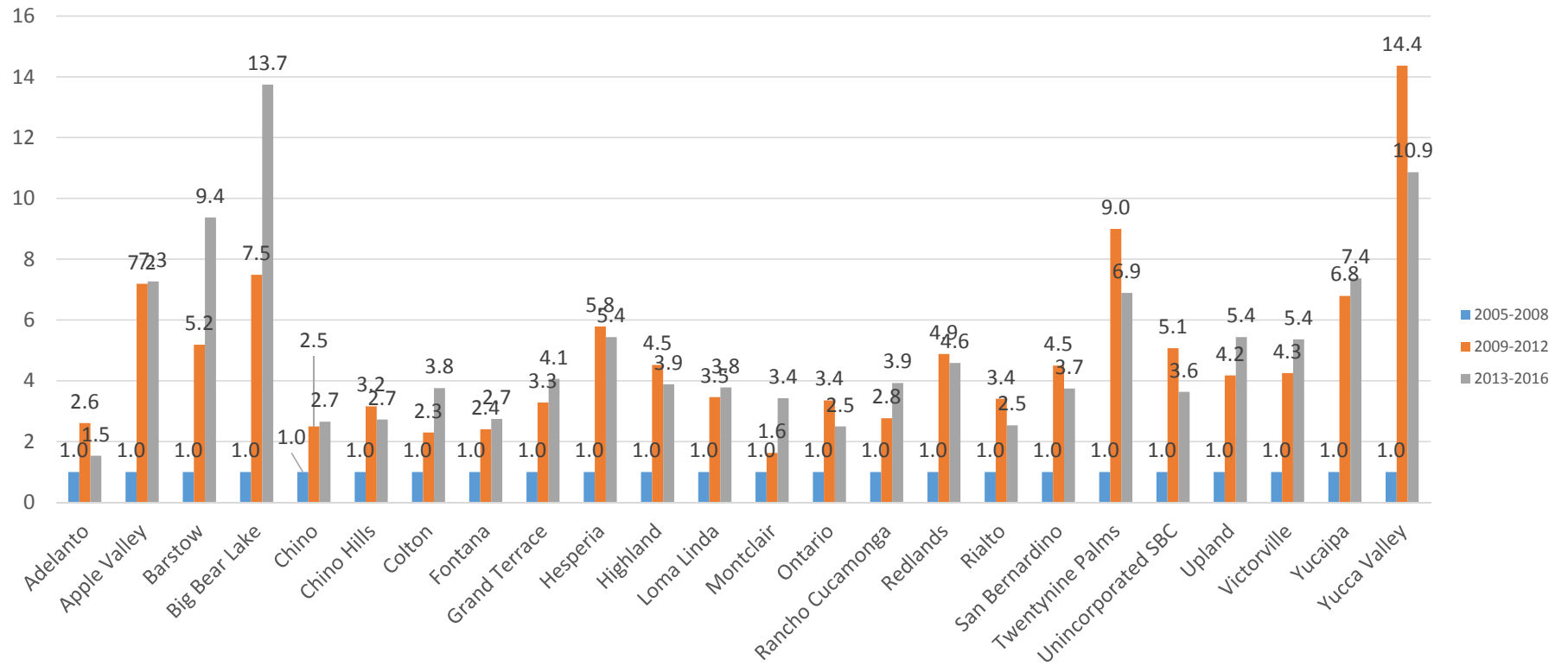


**Suicide Percent by Age Group 2007-2017**



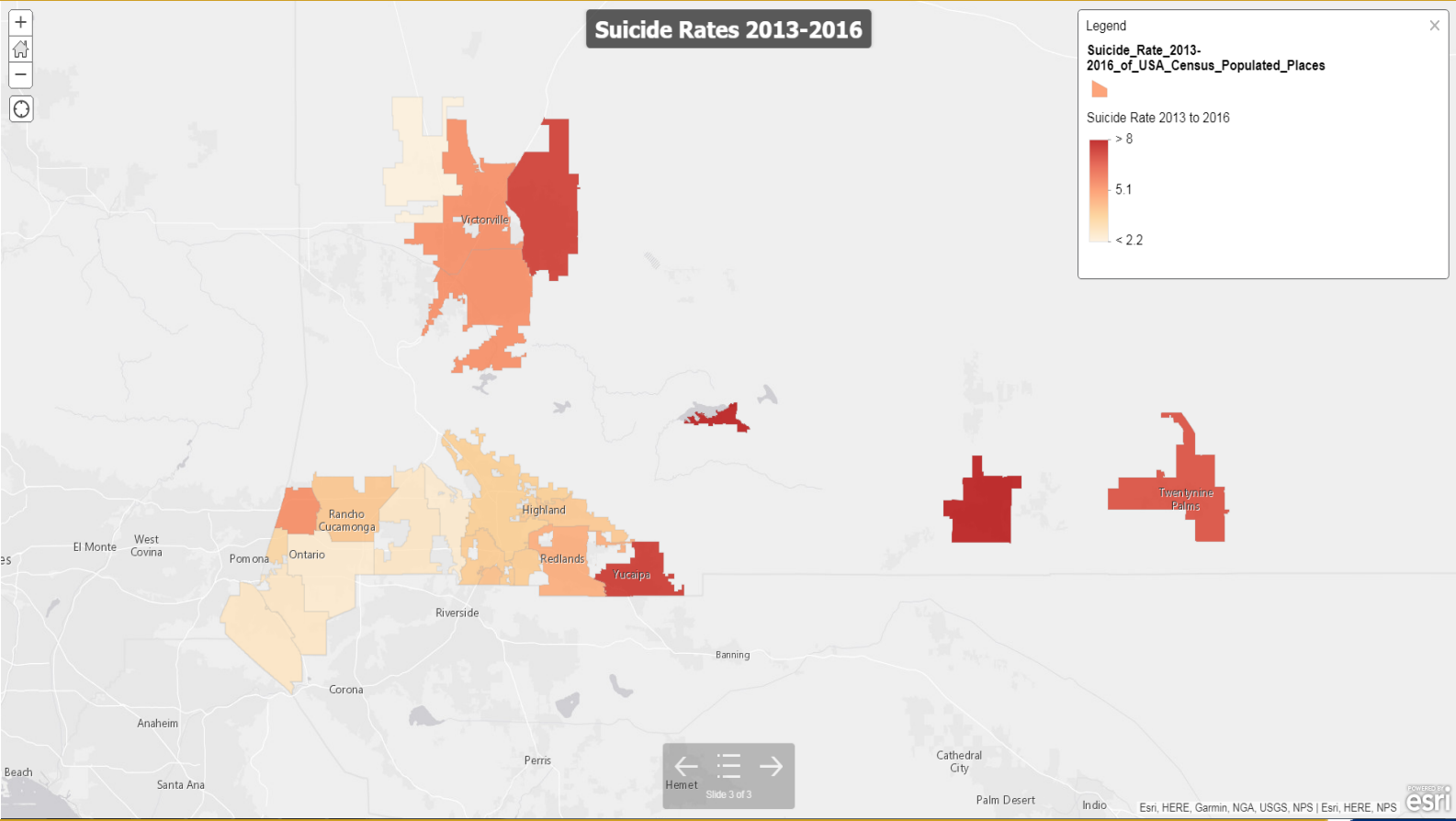
# Suicide Deaths

### Suicide Rates by City per 10,000



Source: SB Vital Statistics/ SB CDPH

# Suicide Deaths



- Mental Health First Aid teaches about recovery and resiliency – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well.
- Participants learn:
  - Risk factors and warning signs of mental health problems.
  - Information on depression, anxiety, trauma, psychosis, and addiction disorders.
  - A 5-step action plan to help someone developing a mental health problem or in crisis.
  - Where to turn for help — professional, peer, and self-help resources.
- 2 target populations
  - Adults
  - Youth



- Focuses on **suicide awareness**.
- Brief presentation that help people learn more about suicide and how they can prevent it.
- Examines why people experience thoughts of suicide.
- Encourages open discussion about suicide and attitudes toward it.
- Explores ways people can help to prevent suicide.
- Intended for audiences 15 or older who wants to learn more and help make a difference



- A **suicide alertness** training for the community.
- Helps participants become alert to suicide so they are better prepared to connect persons with thoughts of suicide to appropriate care.
- Participants learn to:
  - Notice and respond to situations where suicide thoughts may be present,
  - Recognize that signs for help are often overlooked,
  - Move beyond the common tendency to miss, dismiss, and avoid suicide,
  - Apply the TALK steps: Tell, Ask, Listen, KeepSafe, and Know community resources and how to connect someone with thoughts of suicide to them for further suicide-safer help.



# safeTALK

- A two-day interactive workshop in **suicide first-aid**.
- Participants learn to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety.
- Discuss the ways personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first-aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required to implement it
- Explore opportunities of improving and integrating suicide prevention resources in the community at large
- Recognize other important aspects of suicide prevention including life-promotion and self-care





# Building Capacity in the Community

- Department of Behavioral Health
  - Community
  - County Departments
- Prevention and Early Intervention Providers
  - Community Wholeness and Enrichment
  - Family Resource Centers
  - Student Assistance Programs
  - Older Adult Community Services
- Community Partners
  - San Bernardino County Superintendent of Schools



Join the Conversation!!!!

# EACH MIND MATTERS

California's Mental  
Health Movement

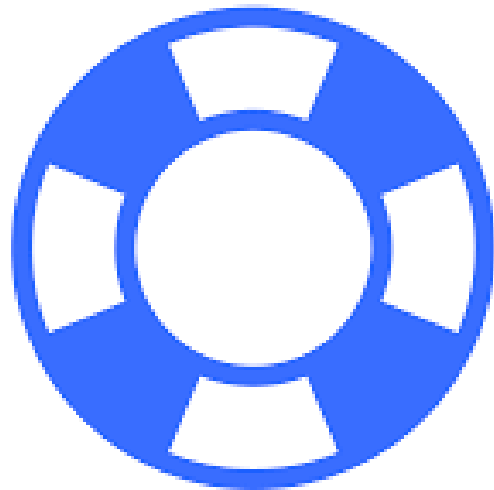
[www.eachmindmatters.org](http://www.eachmindmatters.org)



Behavioral Health

[www.SBCounty.gov](http://www.SBCounty.gov)

Join the Conversation!!!!



# American Foundation *for* Suicide Prevention

[www.afsp.org](http://www.afsp.org)



## Behavioral Health

- **Community Stakeholder Engagement Meetings**
  - Community Policy Advisory Committee (CPAC)
  - District Advisory Committee (DAC)
  - Cultural Competency Advisory Committee (CCAC)
    - Thirteen (13) subcommittees

[www.sbcounty.gov/dbh](http://www.sbcounty.gov/dbh)

- Suicide is increasing **concern** in our County.
- The infrastructure of our suicide awareness and prevention is steadily **growing**.
- There are many ways for us to **join** the conversation.



Thank you for your attention.

For additional questions regarding this content please contact:

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