



Mountain Plains ATTC (HHS Region 8)

ATTC

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Introduction to Crisis Response Systems and Suicide Prevention Part 1

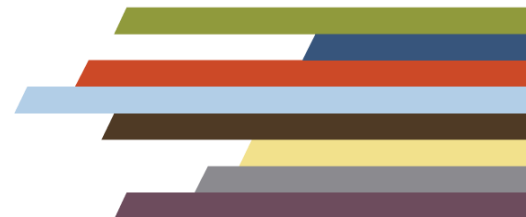
June 7, 2023

Presented by Bianca D. McCall, LMFT



# Housekeeping Items

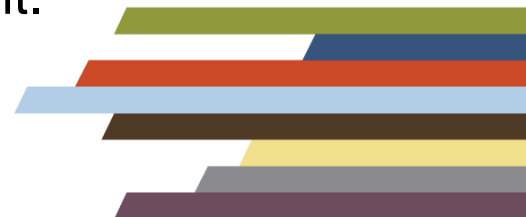
- All attendees are in listen-only mode/muted
- Use the **chat box** or **Q&A box** to ask questions
- Fill out the evaluation at the end of the presentation
- Today's session is being recorded and will be available on the MPATTC website
- Follow-up email will be sent to attendees with a copy of the slides
- Certificates of attendance will be sent out within the next 10 days



# SAMHSA Disclaimer

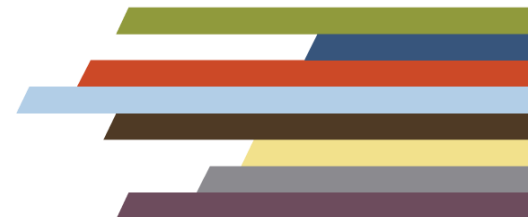
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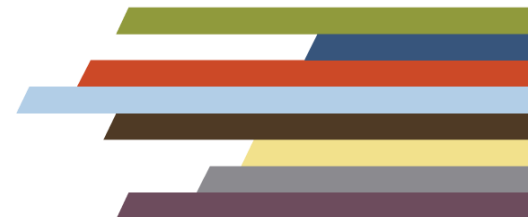
# Sections

- I. Crisis Response System
- II. Behavioral Health Guidelines
- III. Behavioral Health Responses to Trauma & Grief
- IV. Cultural Considerations



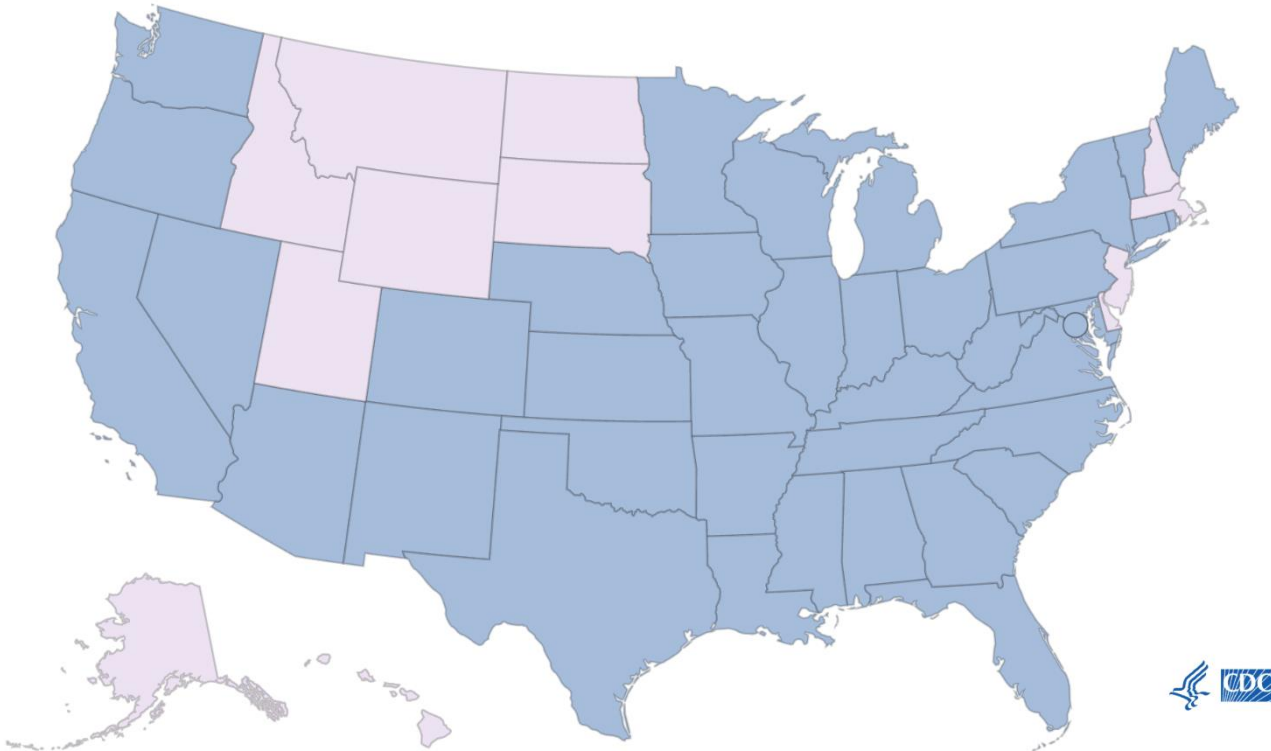
# Section I. Learning Objectives:

- Recognize warning signs, identify risk and protective factors, increase willingness and ability to intervene with a person at risk for suicide.
- Identify roles and responsibilities throughout the Crisis Response System.



# The Problem

Number and Age-adjusted Rates of Drug Overdose Deaths by State, US 2020

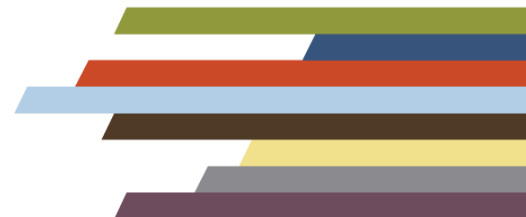


Number and Age-adjusted Rates of Drug Overdose Deaths by State, US 2020

○ Stable

● Increase

- Overdose Death rates increase
  - 91,799 DOD in 2020
  - NV 29.4% Increase

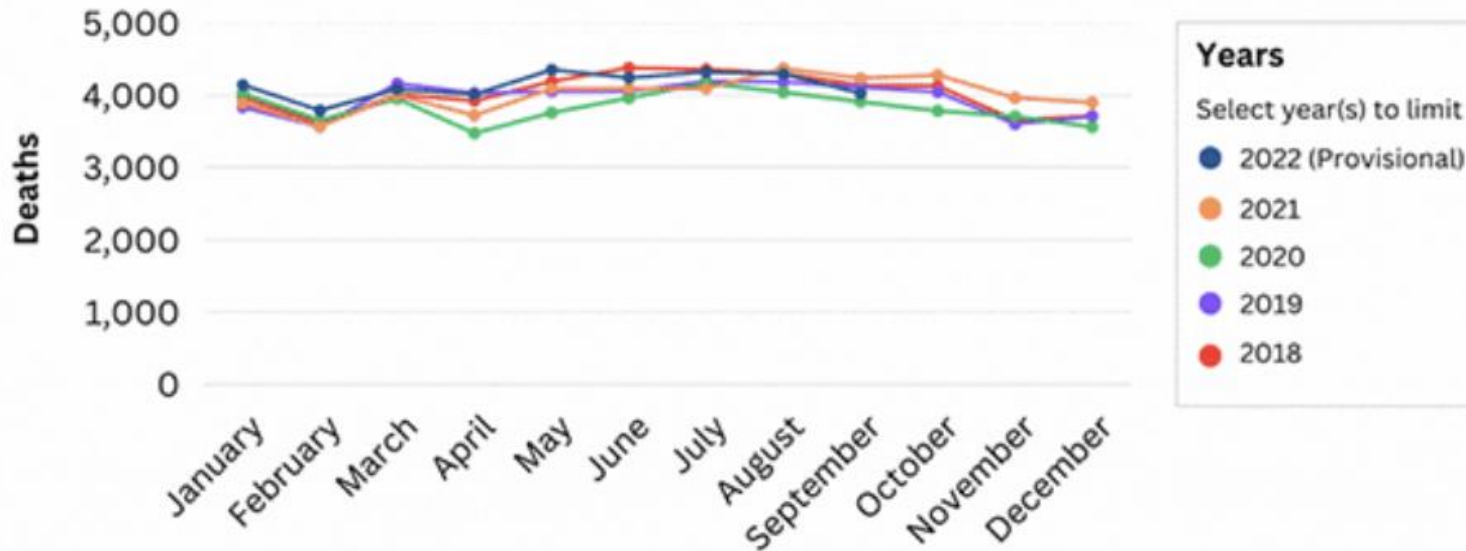


# The Problem

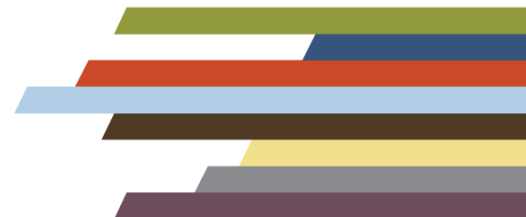
Stay up to date with the most recent suicide data

Select Injury Type

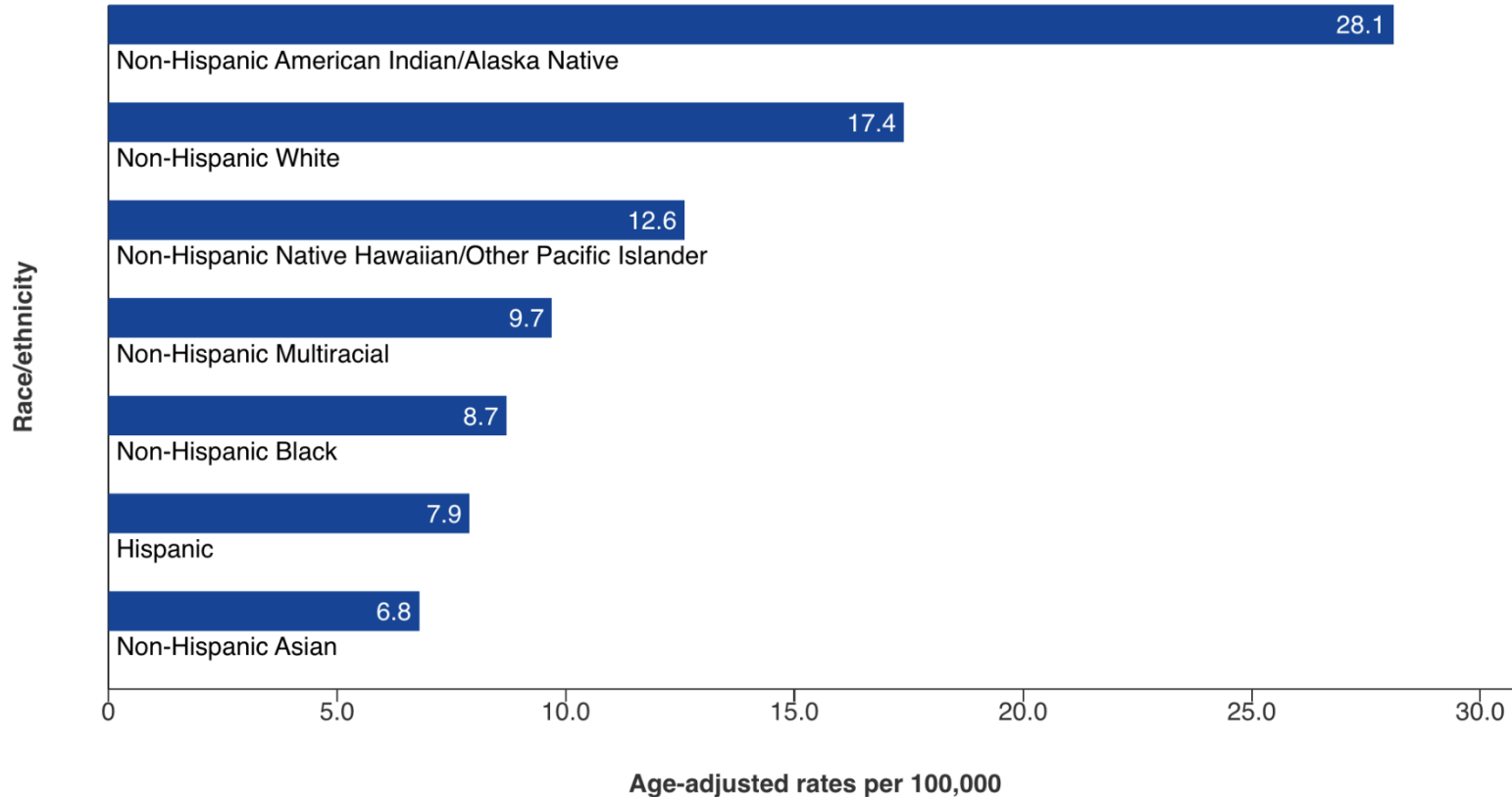
Suicide



- Suicide Death rates increase (CDC, 2021)
  - 12.3M SI
  - 3.5M Plan
  - 1.7M SA

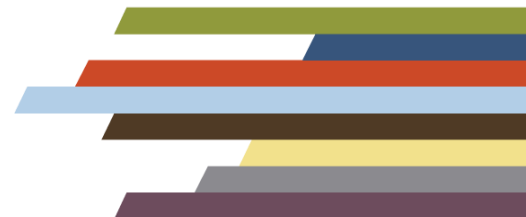


# Disproportionate Suicide Rates



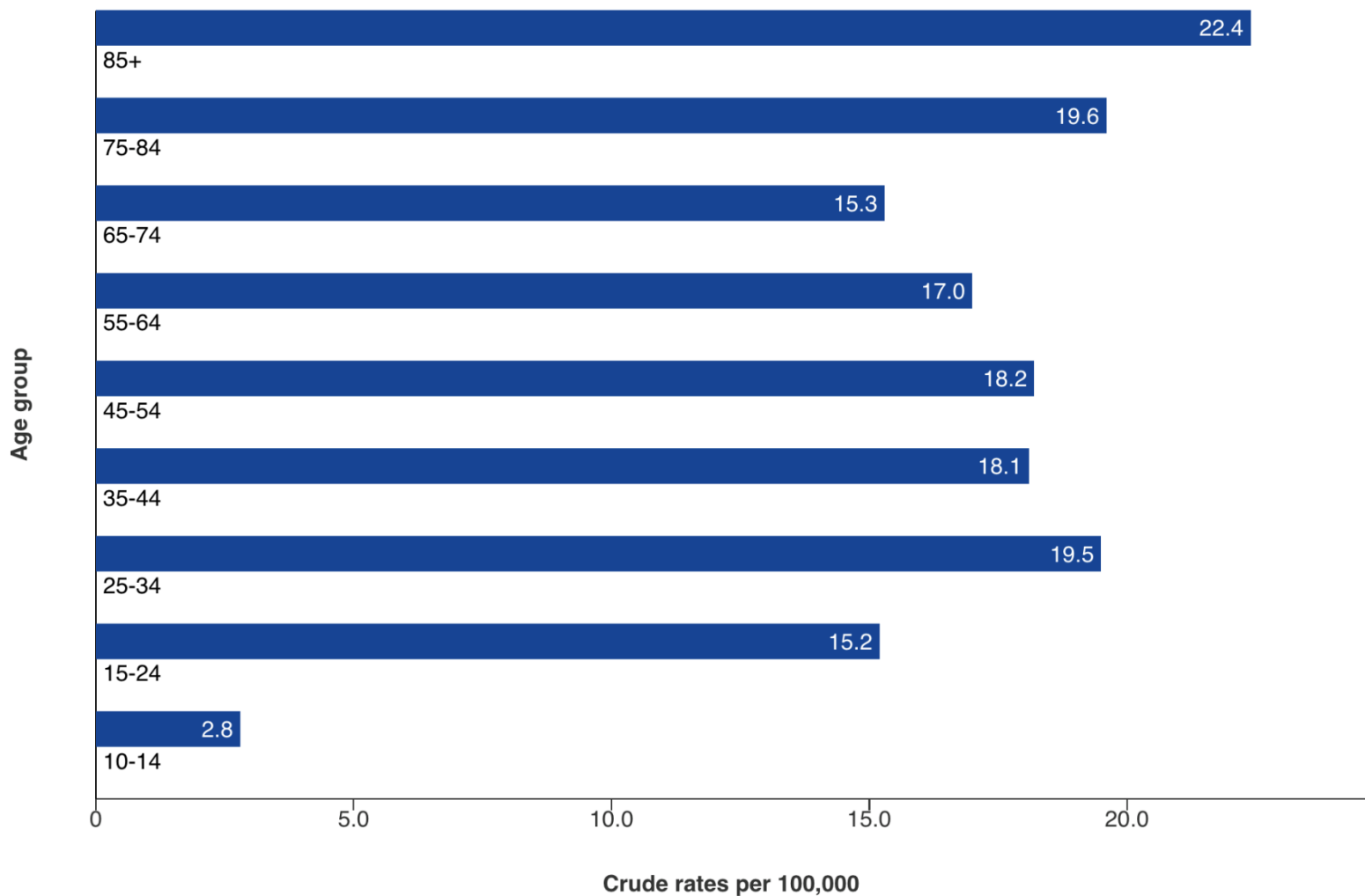
- POLL: Based on the statistics, is suicide *less of a problem* in Non-Hispanic Asian Communities?

Retrieved from: <https://www.cdc.gov/suicide/suicide-data-statistics.html>





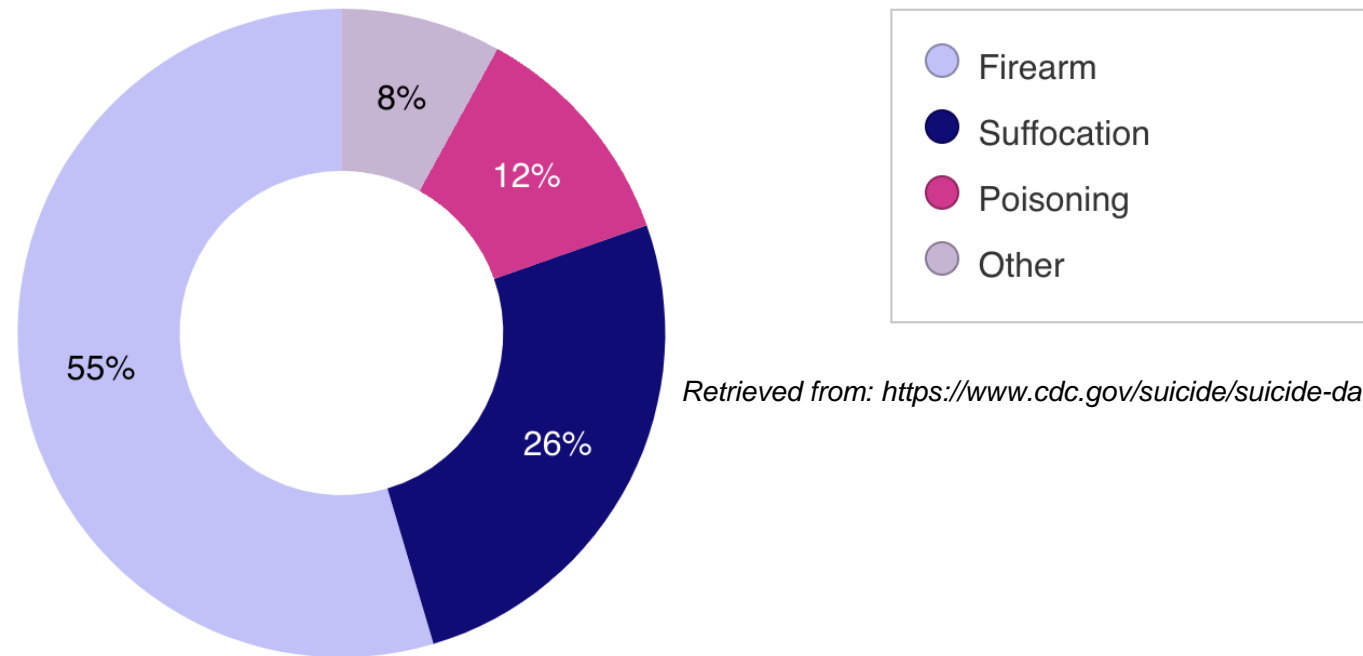
# Disproportionate Suicide Rates



- CHAT: What are some of the warning signs and risk factors for suicide?

# Most Common Suicide Methods

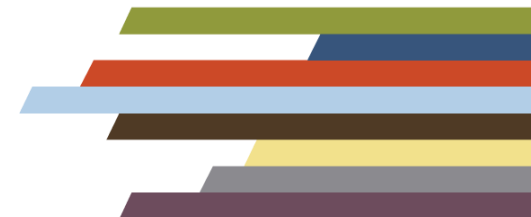
Firearms are the most common method used in suicides. Firearms are used in more than 50% of suicides.



Retrieved from: <https://www.cdc.gov/suicide/suicide-data-statistics.html>

CALM Course

*Counseling on Access to Lethal Means*



# Crisis Response System Impact



Suicide



Family pain



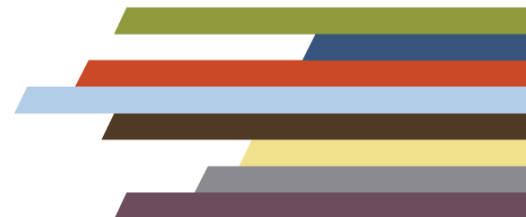
Psychiatric Boarding



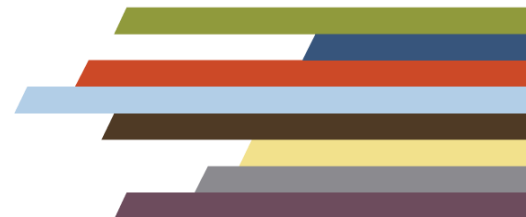
The wrong care in the wrong place



Law enforcement working as “mobile crisis”



# Crisis Now Model



# Crisis Response System- Roles and Responsibilities



HIGH-TECH CRISIS  
CALL CENTERS



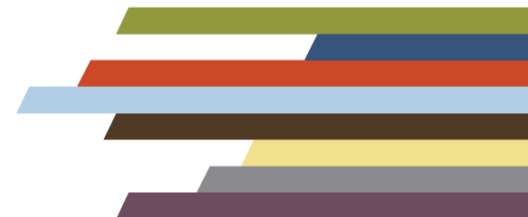
24/7 MOBILE  
CRISIS



CRISIS STABILIZATION  
PROGRAMS

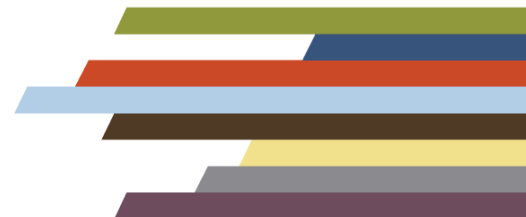


ESSENTIAL  
PRINCIPLES & PRACTICES



# Section II. Learning Objectives:

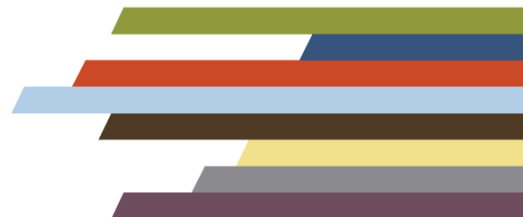
- Describe the components of the National Behavioral Health Guidelines for crisis care.
- Describe the components of Zero Suicide Framework.



# National Guidelines for Behavioral Health (BH) Crisis Services

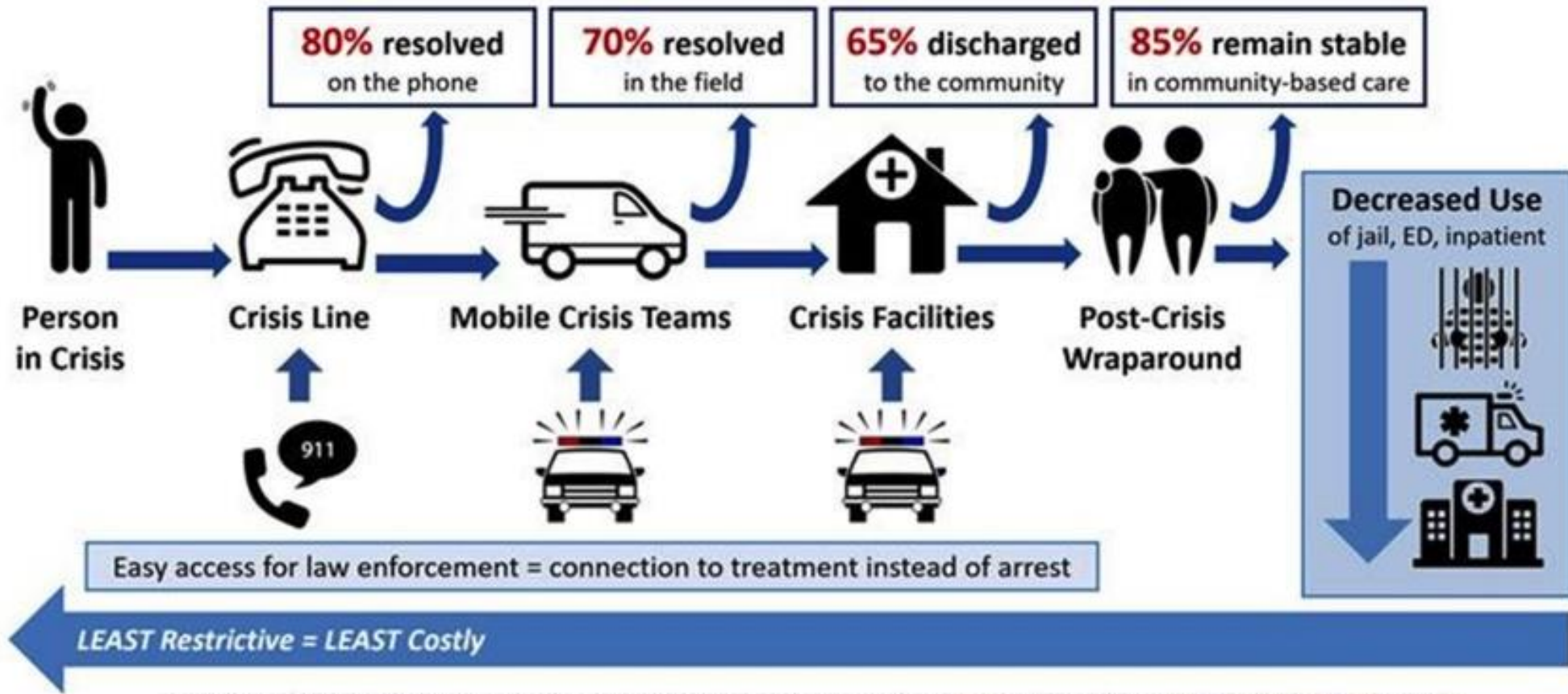
**Anyone, Anywhere, Anytime**

1. An effective strategy for suicide prevention
2. An approach that better aligns care to the unique needs of the individual
3. A preferred strategy for the person in distress that offers services focused on resolving mental health and substance use crisis
4. A key element to reduce psychiatric hospital bed overuse
5. An essential resource to eliminate psychiatric boarding in emergency departments
6. A viable solution to the drains on law enforcement resources in the community
7. Reduce the fragmentation of mental health care.

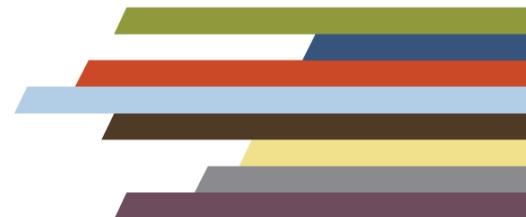




# Crisis System: Alignment of services toward a common goal

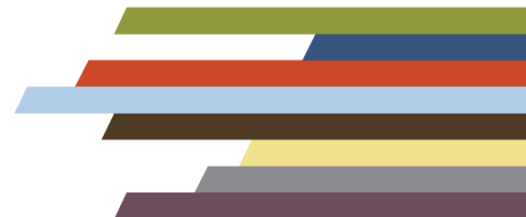


Balfour ME, Hahn Stephenson A, Winsky J, & Goldman ML (2020). *Cops, Clinicians, or Both? Collaborative Approaches to Responding to Behavioral Health Emergencies*. Alexandria, VA: National Association of State Mental Health Program Directors. <https://www.nasmhpd.org/sites/default/files/2020paper11.pdf>

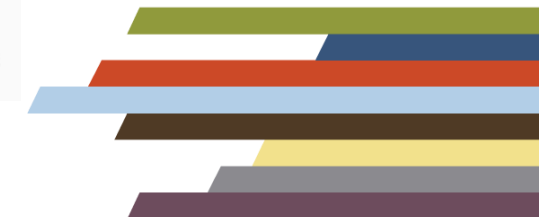
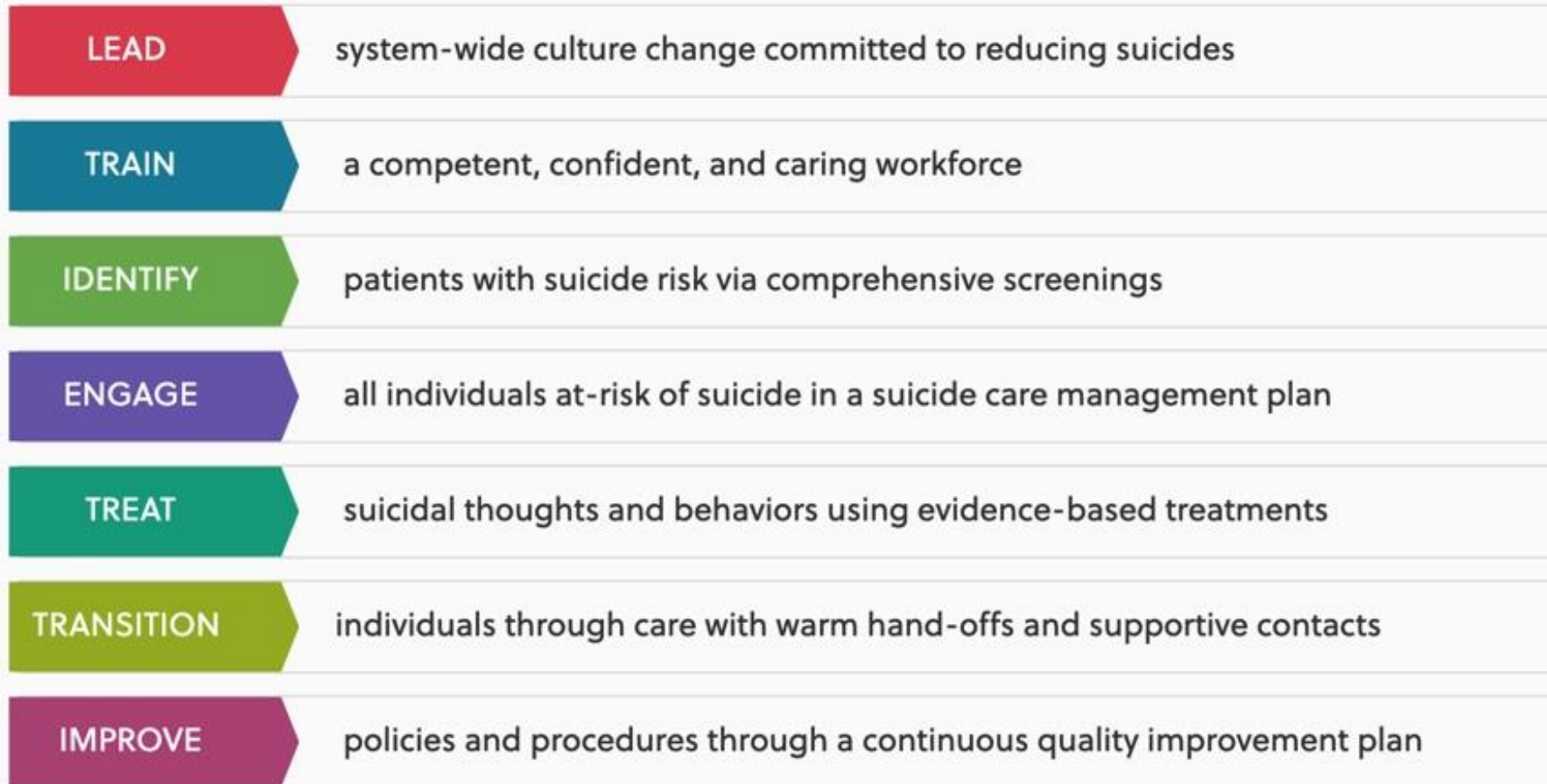




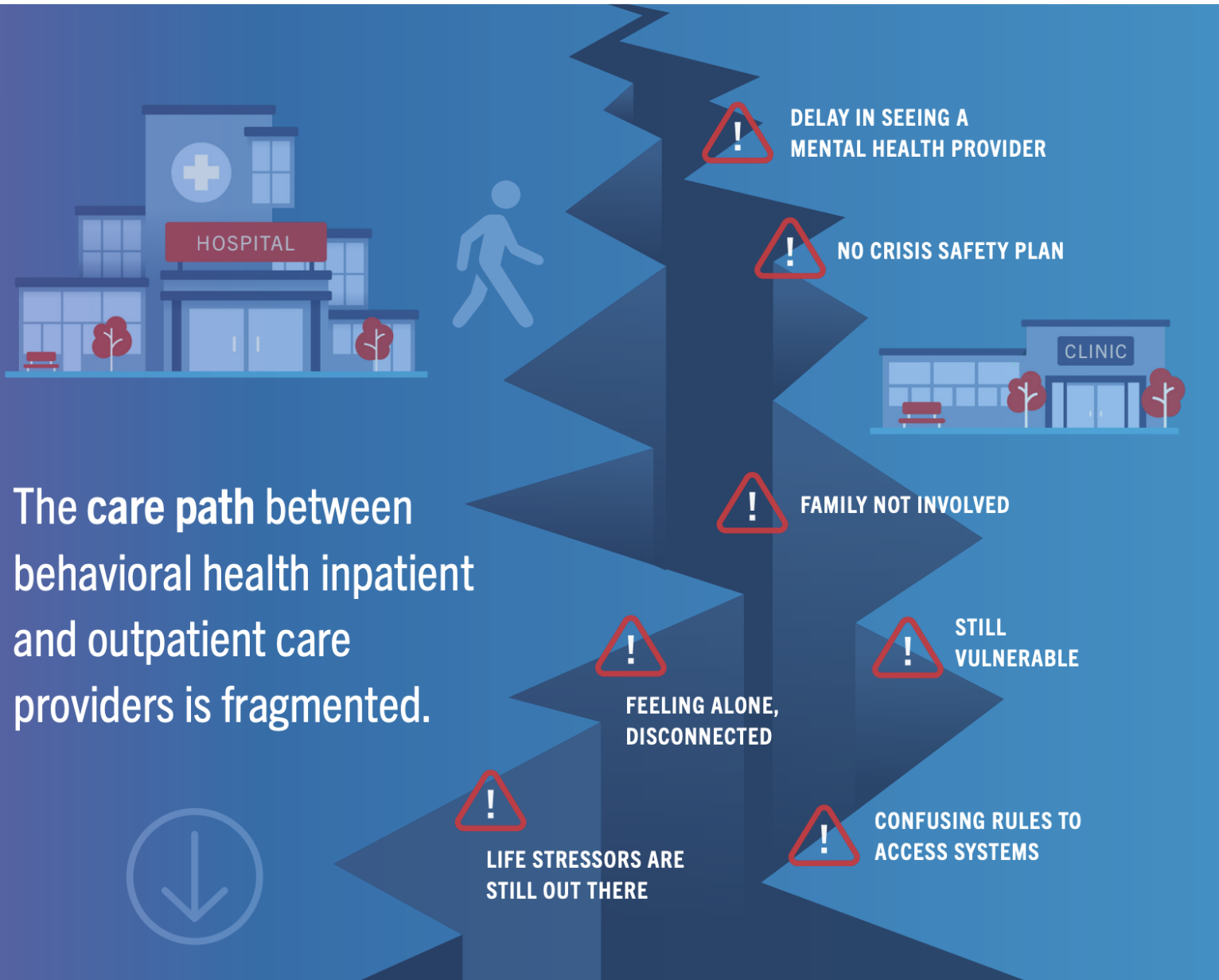
# Mobile Crisis Teams



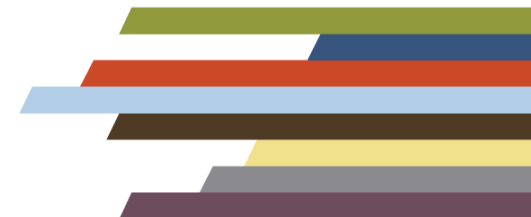
# Zero Suicide Framework in Crisis Services



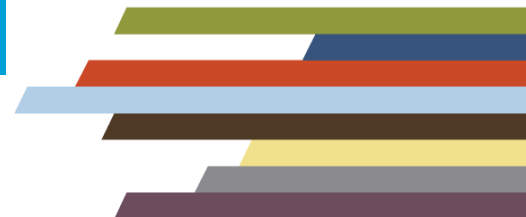
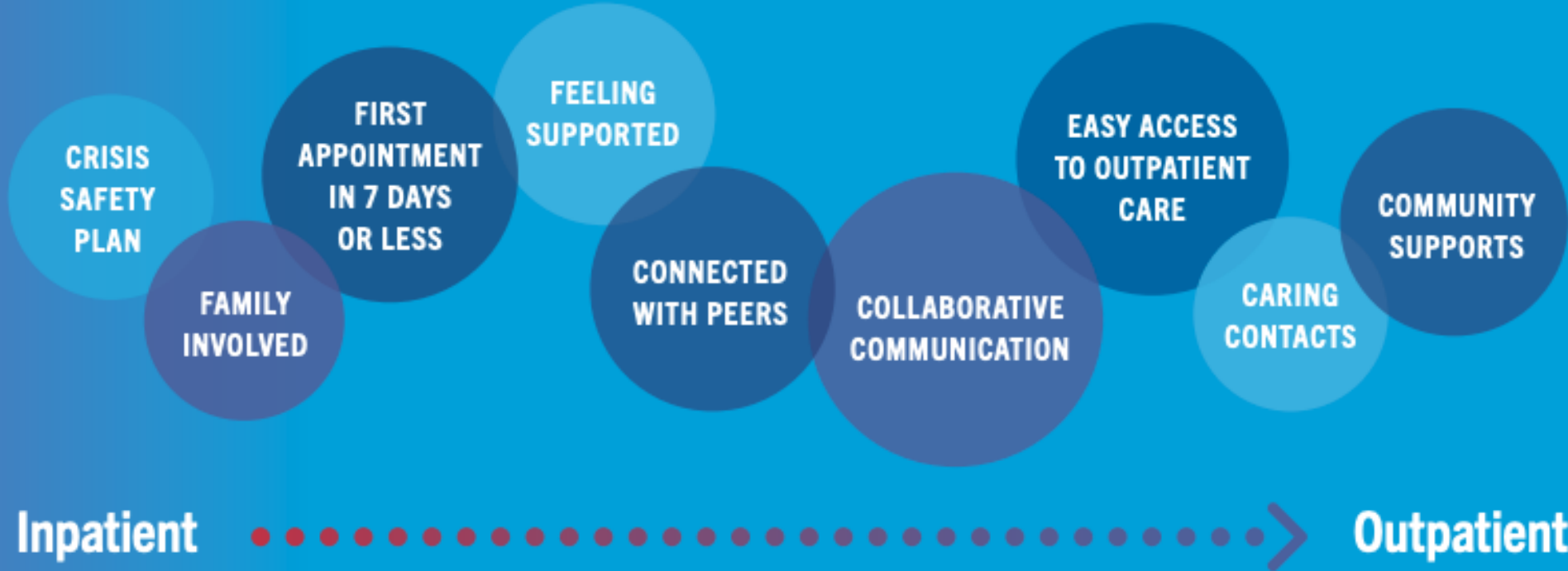
# PROBLEM: GAPS IN CARE



- **300x more likely to die by suicide in first week**
- **50% attend follow up <7 days**
- **30% of patients do NOT attend outpatient appointment <30 days**

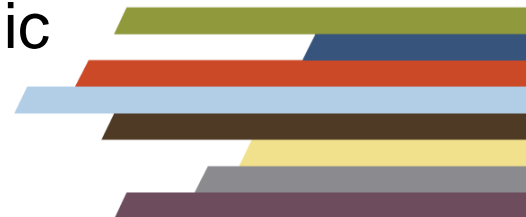


No single strategy will solve the suicide risk problem of discharge care transitions.  
When comprehensive practices are linked together, lives are saved.



# Resources

- Mattson CL, Tanz LJ, Quinn K, Kariisa M, Patel P, Davis NL. Trends and Geographic Patterns in Drug and Synthetic Opioid Overdose Deaths — United States, 2013–2019. MMWR Morb Mortal Wkly Rep 2021;70:202–207. DOI: <http://dx.doi.org/10.15585/mmwr.mm7006a4>.
- NASMHPD: National Association of State Mental Health, Crisis Now Model at <https://crisisnow.com/>
- Video: “It’s Been a Bad Day” at <https://youtu.be/GWZKW8PLIqQ>
- Video: “A Day in the Life- Mobile Crisis Teams” at <https://youtu.be/WIJ5CcpREv0>
- Wide-ranging online data for epidemiologic research (WONDER). Atlanta, GA: CDC, National Center for Health Statistics; 2021. Available at <http://wonder.cdc.gov>.
- Zero Suicide Institute Transitions Toolkit: Gaps in Care Infographic <https://zerosuicideinstitute.com/>

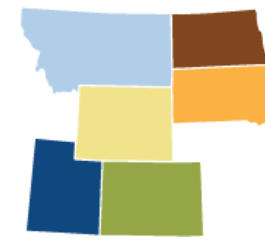




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# Thank you!

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