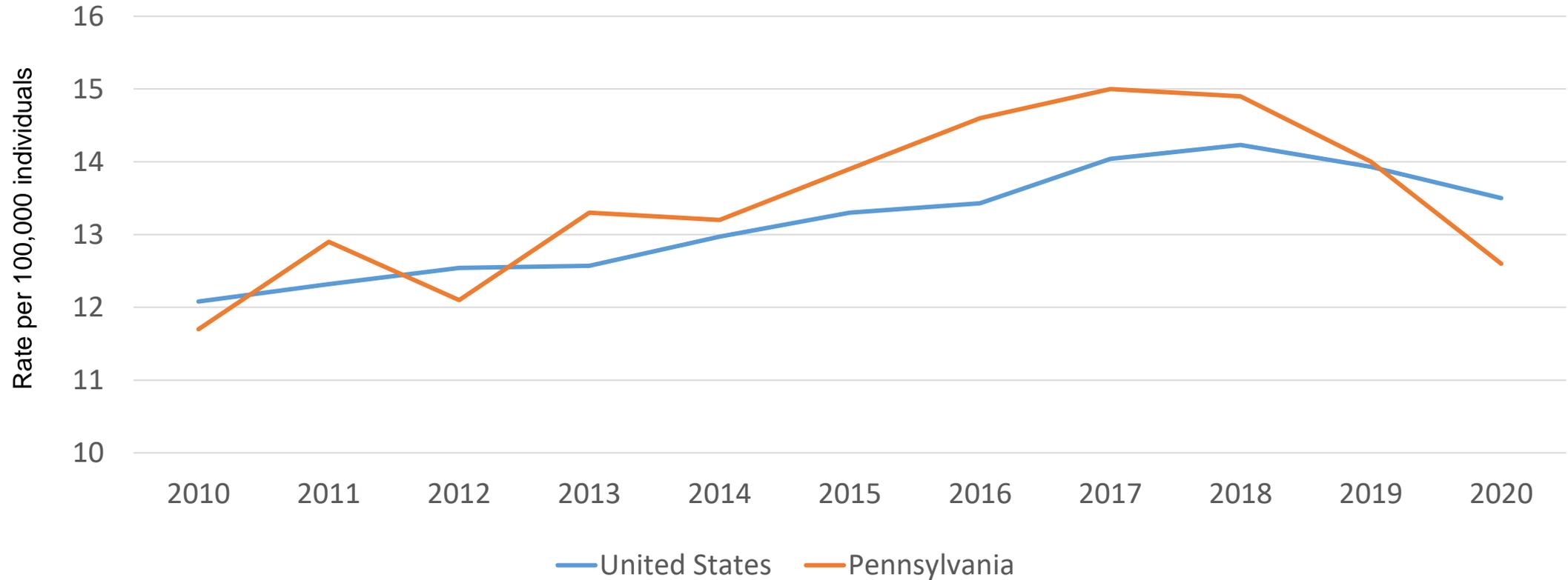


Update on Pennsylvania Suicide Prevention Initiatives

Perri Rosen, PhD, NCSP
September 7, 2022



Suicide Death Rates: US and Pennsylvania



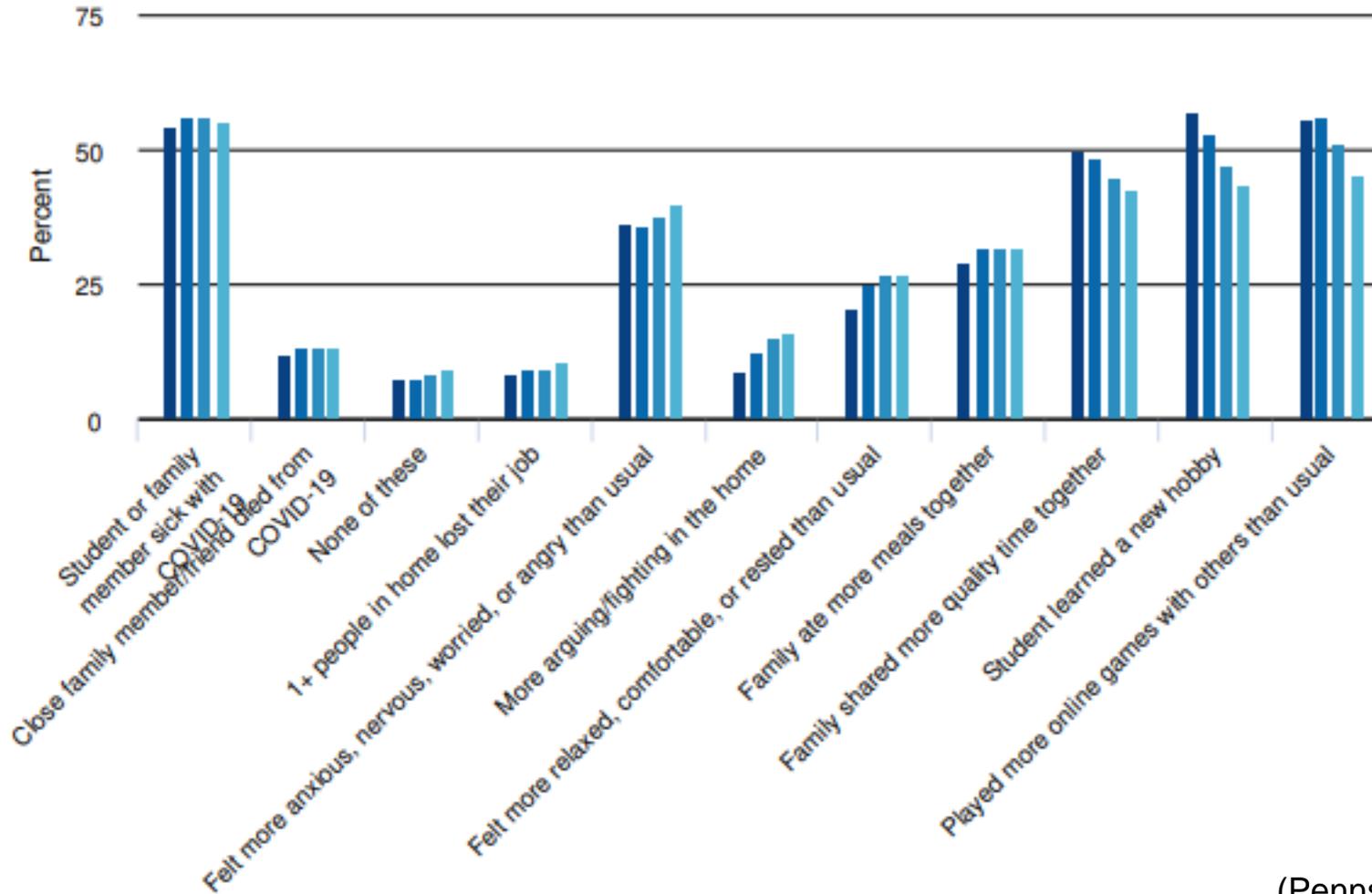
Pennsylvania Youth Survey (PAYS)



Survey Item “In the past 12 months...”	PAYS 2015	PAYS 2017	PAYS 2019	PAYS 2021
Seriously considered suicide	16.0%	16.5%	16.2%	18.6%
Made a suicide plan	12.7%	13.4%	12.9%	14.7%
Attempted suicide one or more times	9.5%	10.0%	9.7%	10.9%
Needed medical treatment for suicide attempt	2.3%	2.0%	2.0%	2.2%
Felt very sad or hopeless for at least 2 weeks, stopped doing usual activities	21.5%	22.8%	25.2%	31.0%

(Pennsylvania Youth Survey, 2015-2021)

Youth-Reported Impact of COVID-19



(Pennsylvania Youth Survey, 2021)

PA Crisis Text Line Data Highlights (9/2013-8/2022)

- Total of 299,000 conversations by 134,000 texters, with nearly 3,000 active rescues
 - **Beaver County:** 5,251 conversations nearly 2,000 texters, with 21 active rescues
- Most common issues reported in conversations:
 - Anxiety/stress: 36.1%
 - Depression/sadness: 34.6%
 - Relationship: 32.6%
 - School: 24.8%
 - Suicide: 22.2%
 - Isolation/Loneliness: 19.3%
 - Self-harm: 12.3%
 - Finances: 6.7%
 - COVID-19: 5.3%

Beaver County Top 5 Issues Reported in Conversation

- Anxiety/Stress: 35.4%
- Relationship: 30.4%
- Depression/Sadness: 26.9%
- School: 18.0%
- Suicide: 16.9%

- Department of Aging
- Department of Agriculture
- Department of Corrections
- Department of Drug and Alcohol Programs
- Department of Education
- Department of Health*
- Department of Human Services*
- Department of Military and Veteran Affairs*
- Department of Transportation
- Office of Attorney General
- Pennsylvania Commission on Crime and Delinquency*
- Pennsylvania State Police

Goal #1: Awareness and Stigma Reduction



Goal	Objectives	Key Initiative(s)
<p>Increase suicide prevention awareness efforts that reduce stigma and promote safety, help-seeking, and wellness.</p>	<p>Elevate wellness and mental health as public health issues that require promotion and prevention efforts through strengths-based, upstream approaches at system and community levels.</p> <p>Engage youth, adults, older adults, and family members with lived experience, as well as suicide attempt and loss survivors in culturally relevant awareness and stigma reduction campaigns.</p> <p>Promote responsible reporting on suicide and media campaigns that follow national safe and effective messaging guidelines.</p> <p>Promote and disseminate crisis resources (e.g., National Suicide Prevention Lifeline, Crisis Text Line, Trevor Lifeline, local county and community resources).</p>	<p>Prevent Suicide PA: Annual High School PSA Contest https://psa.preventsuicidepa.org/</p> <p>Dept. of Military and Veterans Affairs: “Together with Veterans” projects and CDC Cooperative Agreement to establish a Comprehensive Suicide Prevention Program in NW PA</p> <p>Dept. of Agriculture: Cultivating a Healthy Mind Curriculum</p> <p>Local county task force efforts (97%)</p>

Goal #2: Trauma-Informed Approaches



Goal	Objectives	Key Initiative(s)
<p>Promote trauma-informed approaches to support all Pennsylvania residents as part of upstream, universal suicide prevention efforts through coordination with Pennsylvania’s Trauma-Informed Care Task Force</p>	<p>Coordinate with the Pennsylvania’s Trauma-Informed Care Task Force to:</p> <p>Provide education about trauma-informed care and trauma-informed practices to a broad range of stakeholders across Pennsylvania.</p> <p>Promote trauma-informed care, policies, and practices across sectors and settings, including health and behavioral health care organizations, schools, colleges, workplaces, correctional institutions, and community organizations.</p> <p>In response to COVID-19, disseminate resources for healing and recovery that promote safety, wellness, social connectedness, help-seeking, and self-advocacy as protective factors for suicide risk.</p>	<p>Collaboration with HEAL PA: https://www.resilientpa.org/heal-pa/</p> <p>Trauma-informed PA Plan: https://www.resilientpa.org/wp-content/uploads/2021/07/470553274-2020-Trauma-Informed-PA-Plan.pdf</p> <p>Local county task force efforts (56%)</p>

Goal #3: Training & Workforce Development



Goal	Objectives	Key Initiative(s)
<p>Provide quality training on the prevention of suicide and management of suicide risk across multiple sectors and settings.</p>	<p>Establish and support a network of qualified trainers in evidence-informed or evidence-based trainings to share resources and promote fidelity of implementation.</p> <p>Promote targeted gatekeeper training efforts to “natural listeners” within diverse community settings.</p> <p>Provide a range of trainings across sectors (e.g., schools, colleges, health care, crisis/mental health, first responders, state correctional institutions, and workplaces) that have a role in the prevention of suicide and in the response to individuals with suicidal thoughts and behaviors.</p> <p>Promote culturally competent training in suicide prevention that is tailored to the cultural, linguistic, and other strengths and needs of diverse audiences and the populations they serve.</p>	<p>Governor’s Challenge and NW PA Suicide Prevention Program Gatekeeper Training efforts</p> <p>Dept. of Human Services: Garrett Lee Smith Youth Suicide Prevention Grant and Prevent Suicide PA’s Suicide Prevention Online Learning Center https://pspalearning.com/</p> <p>Dept. of Agriculture: FarmResponse training and QPR for Farmers and Farm Families</p> <p>Dept. of Corrections: Suicide Prevention Training</p> <p>Local county task force efforts (76%)</p>

Suicide Prevention Online Learning Center

- **Featured Course:** Youth Suicide Prevention for Educators (8 module course)
- **Coming Soon:**
 - Unlocking Your Anti-Racist Mind and Suicide Prevention
 - Self-Care for the Caregiver
 - Suicide Prevention in the Military
 - Risk Assessment in Primary Care



<https://pspalearning.com/>

Goal #4: Screening

Goal	Objectives	Key Initiative(s)
<p>Promote screening across sectors, including health care, behavioral health, educational, and correctional settings to identify individuals at risk of suicide.</p>	<p>Increase awareness among physical and behavioral health care providers, as well as educators, of evidence-based screening tools and approaches.</p> <p>Promote screening for suicide risk, as well as other behavioral health needs, across diverse settings, and work to develop necessary resources and partnerships to enable a timely response to screening results.</p> <p>Increase knowledge of strategies for support and follow-up among professionals that identify individuals at risk of suicide via screening.</p>	<p>Dept. of Agriculture: “Natural Listeners” program to provide stakeholders with resources to screen for suicidal ideation and behavioral health needs</p> <p>Dept. of Military and Veterans Affairs: Governor’s Challenge</p> <p>Dept. of Human Services: Garrett Lee Smith and National Strategy for Suicide Prevention grants</p> <p>Local county task force efforts (50%)</p>

Goal #5: Clinical Practices and Treatment



Goal	Objectives	Key Initiative(s)
<p>Promote and implement effective and culturally grounded clinical and professional practices for assessing and treating those identified as at risk for suicidal behaviors.</p>	<p>Build capacity to provide quality and evidence-based assessment, intervention, and care for individuals at risk of suicide.</p> <p>Promote a continuum of service delivery options as alternatives to emergency department care and/or hospitalization when appropriate.</p> <p>Promote timely and effective clinical and community-based follow-up supports for reentry and reintegration following hospitalization.</p>	<p>Dept. of Aging: Supporting Seniors Receiving Treatment and Intervention (SUSTAIN) Program with primary care providers</p> <p>Dept. of Agriculture: AgriStress Response Hotline: 833-897-2474</p> <p>Dept. of Human Services: 988 Planning Grant and standing up of 13 call centers</p> <p>Dept. of Military and Veterans Affairs: Increasing Access to Telehealth and Telepsych Services and Caring Messages Campaign</p>

Goal #6: Response and Postvention



Goal	Objectives	Key Initiative(s)
<p>Provide trauma-informed care and support to individuals affected by suicide deaths and attempts to promote healing and implement community strategies to help prevent further suicides.</p>	<p>Promote care coordination between hospitals, crisis, behavioral health providers, families, and community settings to support suicide attempt survivors and their families.</p> <p>Develop and disseminate protocols for postvention efforts to support survivors of suicide and communities.</p> <p>Disseminate national, state, and local resources to those bereaved by suicide or affected by a suicide attempt, including crisis resources.</p>	<p>Dept. of Human Services: Garrett Lee Smith Youth Suicide Prevention grant resources and collaboration with Dept. of Education and PaTTAN to implement PREP<u>a</u>RE crisis response training</p> <p>Dept. of Military and Veterans Affairs: Psychological Health Program that serves as a health referral resource</p> <p>Local county task force efforts (53%)</p>

Goal #7: Means Safety

Goal	Objectives	Key Initiative(s)
<p>Promote means safety among individuals with identified suicide risk.</p>	<p>Increase training and educational opportunities for key stakeholder groups concerning means safety, including firearms safety.</p> <p>Promote awareness about the relationship between opioids and other substances to increased suicide risk.</p> <p>Disseminate resources and information at awareness events for targeted groups and the general public regarding means safety.</p> <p>Create partnerships with state and local agencies and organizations to promote means safety.</p>	<p>PA Commission on Crime and Delinquency: Governor's Special Council on Gun Violence and initiatives from the Office of Gun Violence</p> <p>Dept. of Military and Veterans Affairs: PA Air National Guard program to develop online trainings regarding military culture, deployment cycle support and more for non-military providers and community members</p>

Goal #8: Data and Reporting

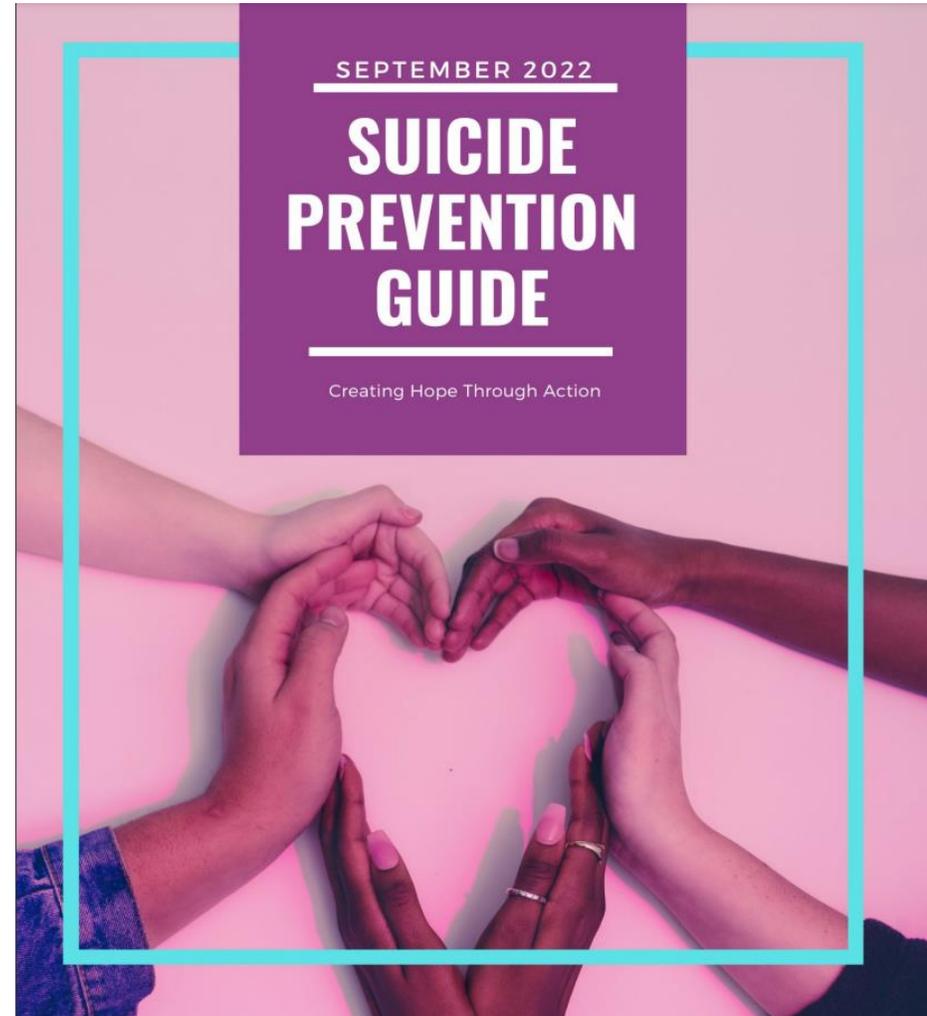


Goal	Objectives	Key Initiative(s)
<p>Improve the capacity to utilize data reporting systems relevant to suicide and improve the ability to collect, analyze, and use the information in a timely manner to inform suicide prevention efforts.</p>	<p>Analyze available mental health, suicide attempt, and suicide data across local, state, and federal agencies to identify gaps and recommend actions to improve data reporting.</p> <p>Improve and expand state and local capacity to routinely collect, analyze, and disseminate suicide surveillance data to stakeholders.</p> <p>Identify, evaluate, and disseminate information on current data sources and reporting systems for suicide deaths and suicidal behavior.</p> <p>Promote the use of suicide surveillance data from various sources for decision-making related to policy and prevention efforts.</p>	<p>Dept. of Health: Efforts to align the state suicide prevention plan with the PA State Health Improvement Plan (SHIP): https://www.health.pa.gov/topics/Health-Planning/Pages/State-Health-Improvement-Plan.aspx</p> <p>Pennsylvania Violent Death Reporting System (PA VDRS)</p> <ul style="list-style-type: none">• 2020 reports coming soon• New Public Safety Officer Suicide (PSOS) module to incorporate more comprehensive information about first responder deaths by suicide• For updates about PA VDRS, email RA-DHPAVDRS@pa.gov

- Continue to develop state-level infrastructure to support implementation and monitoring of the statewide plan
 - Suicide Prevention Task Force Cross-Agency Leadership Team
 - Suicide Prevention Interagency Task Force
 - Stakeholder engagement
- Engagement in national collaborative learning opportunities related to the statewide plan
 - Suicide Prevention Resource Center's CoP on Data-driven Prevention and Equitable Community Engagement
- Continue to provide regular updates on progress of the SPTF throughout 2022 and as there is a transition to a new administration in Jan. 2023

September is Suicide Prevention Month

- DHS Suicide Prevention Information:
<http://www.dhs.pa.gov/citizens/SuicidePrevention/>
- DHS 988 Resources:
<https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Pages/988.aspx>
- 2022 Suicide Prevention Month Guide:
<https://janamariefoundation.org/wp-content/uploads/2022/08/Suicide-Prevention-Guide-2022.pdf>



- HEAL PA: <https://www.resilientpa.org/heal-pa/>
- Higher Education Suicide Prevention Coalition (HESPC): <https://hespc.org/>
- PA Department of Education's Act 71 page: <https://www.education.pa.gov/Schools/safeschools/laws/Pages/Act71.aspx>
- PA Department of Military and Veterans Affairs: <https://www.dmva.pa.gov/Pages/default.aspx#>
- PA Suicide Prevention Plan: <https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Documents/PA%20Statewide%20Suicide%20Prevention%20Plan.pdf>
- PA Suicide Prevention Task Force: <https://www.dhs.pa.gov/Services/Assistance/Pages/Suicide-Prevention.aspx>
- PA Violent Death Reporting System (PA-VDRS): <https://www.health.pa.gov/topics/programs/violence-prevention/Pages/VDRS.aspx>
- PA Youth Survey: [https://www.pccd.pa.gov/Juvenile-Justice/Pages/Pennsylvania-Youth-Survey-\(PAYS\).aspx](https://www.pccd.pa.gov/Juvenile-Justice/Pages/Pennsylvania-Youth-Survey-(PAYS).aspx)
- Prevent Suicide PA: <https://www.preventsuicidepa.org/>
- Suicide Prevention Online Learning Center: <https://pspalearning.com/>

Crisis Resources



pennsylvania
DEPARTMENT OF HUMAN SERVICES

PA County-specific Crisis Lines:

<https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Documents/Pennsylvania%20Co.%20Crisis%20Services%20List.pdf>



Military Crisis Line **Veterans Crisis Line**



1-800-273-8255 PRESS 1

Confidential chat at [VeteransCrisisLine.net](https://www.veteranscrisisline.net) or text to **838255**

U.S. Department of Veterans Affairs
U.S. Department of Defense



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