



Missouri Department of Mental Health DIVISION OF BEHAVIORAL HEALTH

Missouri Suicide Prevention Initiatives

Youth Suicide Prevention Grant

In September 2016, Missouri was awarded a Youth Suicide Prevention grant. This grant targets youth age 10-24, at risk for suicide. As part of this initiative, DMH agencies: ReDiscover and Tri-County are providing direct-services in Kansas City and its 5 surrounding counties. To date, providers have served over 450 youth through providing outreach, treatment, care-coordination and intensive follow-up services. This initiative includes providing evidence-based suicide prevention trainings in Missouri like Signs of Suicide (SOS), Assessing and Managing Suicide Risk (AMSR), Question Persuade Refer (QPR), Trevor Ally and Cares, Youth Mental Health First Aid, Safe Talk and Ask Listen Refer (ALR). Trainings are provided to school systems, hospitals, community mental health organizations and other systems. Since launch of grant, 16,163 Missourians have been trained in suicide awareness and prevention, including 60 new QPR instructors for training sustainability. The website developed by grant partners: EncourageHopeandHelp.com is being promoted along with the overall suicide prevention efforts. Along with trainings, DMH is providing three regional suicide prevention conferences with a focus on youth suicide prevention. Additional grant activities include contracting with Partners in Prevention (PIP) to strengthen overall prevention efforts for at-risk young adults in campuses throughout the state. PIP holds an annual Meeting of the Minds conference for college systems which includes a focus on mental health and suicide prevention as well as targeting LGBTQ populations to host the annual Show Me Pride Summit Conference with a focus on suicide prevention. PIP is coordinating a Collaborative Assessment for Management of Suicidality (CAMS) training for College Counseling Center Directors.

Missouri Suicide Prevention Network

Department of Mental Health and the Missouri Coalition for Community Behavioral Healthcare are partnering to create a statewide Suicide Prevention Network. The Missouri Suicide Prevention Network will bring together prevention and clinical experts from across the state to focus on suicide prevention and intervention in Missouri. This group will coordinate ongoing efforts toward suicide prevention and intervention and will inform the development of new initiatives.

Lifeline/Crisis Textline

DMH is partnering with the National Suicide Prevention Lifeline to encourage Missouri's Crisis Hotlines to become part of Lifeline's Network to increase in-state call answer rates and ensure continuity of care for callers. CommCare has applied and should be going live soon. DMH is also partnering with the National Crisis Textline to promote the crisis text number to youth and young adult populations.

Primary Care

DMH is working with Missouri Primary Care Association and the Coalition to bring in a National expert on suicide prevention in health systems to provide free suicide prevention training. Target audience is primary care providers and FQHC's. This training will take place on November 9th, 2018

Zero Suicide Grant

On July 23, 2018 DMH was awarded a Zero Suicide Grant that will go into effect on September 30, 2018. Grant award amount of \$700,000 each year for five years. Under this grant, the Zero Suicide model will be integrated into multiple health systems throughout the state.



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Zero Suicide Grant Continued

This will be accomplished by 1) improving care coordination in emergency departments and hospitals, 2) strengthening the state's crisis hotline system, 3) expanding Zero Suicide in its statewide behavioral healthcare system and its associated referrals systems, and 4) developing a statewide collaborative to guide policy and develop protocol for zero suicide prevention planning in Missouri. This project will serve 1) adults age 25 and older who have behavioral health disorders, 2) adults and their families experiencing crisis, and 3) Missouri veterans at risk but not currently served by the Veterans Health Administration.

Zero Suicide Collaborates

DMH and the Coalition are partnering to host ongoing Show Me Zero Suicide Learning Collaborates for Community Mental Health Centers and DMH facilities who have attended training and are participating in the Zero Suicide initiative. The foundational belief of Zero Suicide is that suicide deaths for individuals under care within health and behavioral health systems are preventable. Using the Zero Suicide framework, participants learn how to incorporate best and promising practices into their organizations and processes to improve care and safety for individuals at risk.

Prevention Resource Centers

The Department of Mental Health has 10 contracted Prevention Resource Centers (PRC) that provide technical assistance and training to communities statewide. The PRC assists communities in assessing their substance use prevention needs, building capacity to address those needs, developing sound strategic and implementation plans, and evaluating their efforts during and following implementation. Additionally, the PRC provides Mental Health First Aid and Suicide Prevention trainings such as Signs of Suicide (SOS). The PRCs have the training and expertise to provide this training to school staff and students across the state. SOS is designed to be universally administered to middle and high school youth through a peer-to-peer help-seeking model. The program also engages school faculty/staff, parents, and community members as partners in youth suicide prevention and educates them as natural gatekeepers in ensuring youth safety.

Suicide Prevention Campaign

Beginning in May 2017, DMH ran a suicide prevention campaign to encourage help-seeking and prevent suicide among middle-age males. With limited funding, this population was chosen because in Missouri, the rate of suicide among white males aged 45-64 rose from 23.1 per 100,000 in 1999 to 39.2 in 2015. Overall, males died by suicide at over four times the rate of females, and represented 78% of all suicides in Missouri. The campaign consists of statewide radio advertisements, billboards, and social media advertisements (targeted facebook & google ads). All of this funnels the target population and their loved ones towards our website, <http://helphimstay.org>. The website provides state and national resources as well as educational fact sheets including warning signs of suicide and how to get help.

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