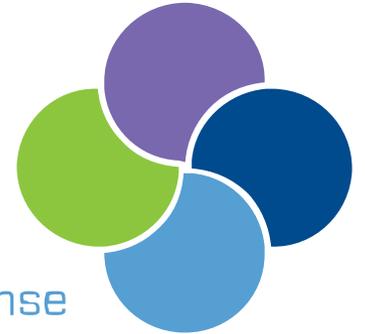


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# Missouri and Suicide Prevention

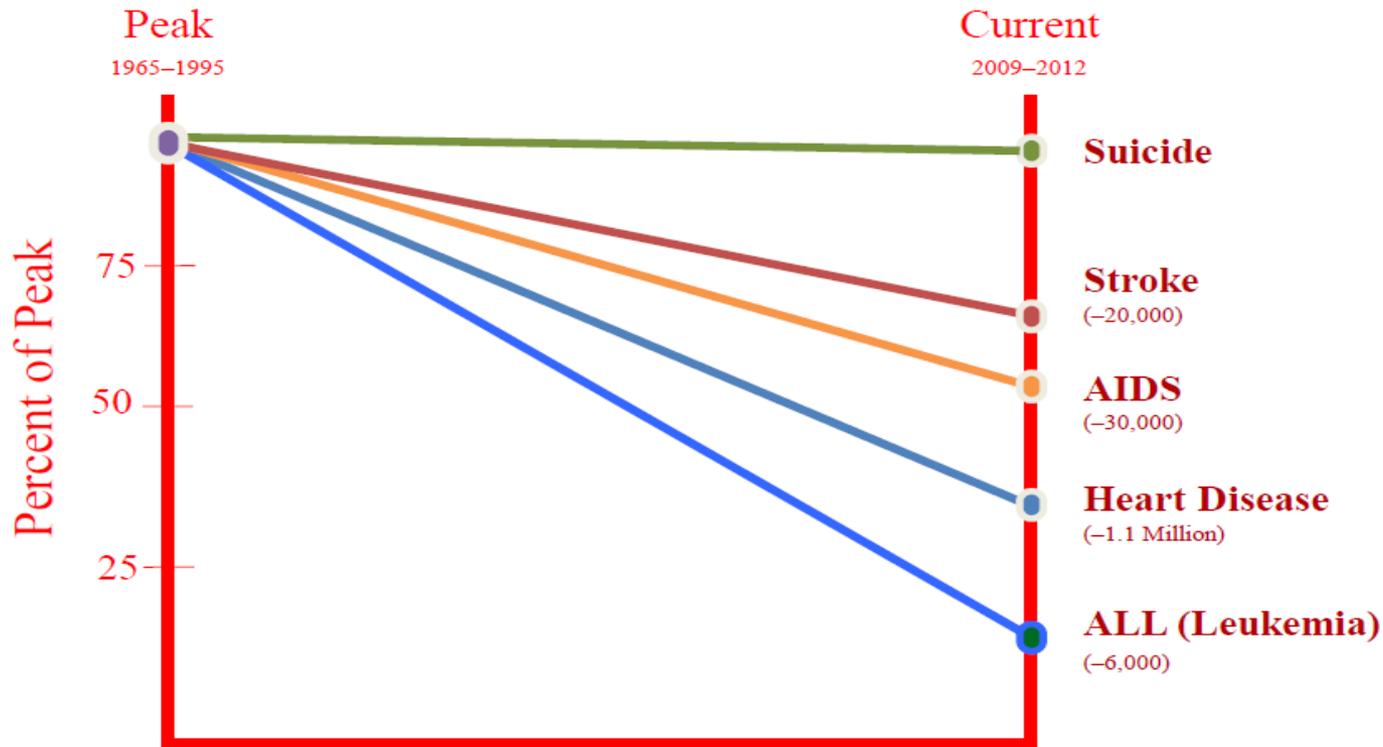
*BHR*

Behavioral Health Response



Where we are,  
What we are doing &  
Getting to #Zerosuicide

# Mortality from Medical Causes



The Quest for the Cure: The Science of Mental Illness, Thomas Insel, MD, Director of NIMH, 2014 National Council for Behavioral Health.

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# U.S. 1999-2014 Data

- RATE IS UP 24%
- 10<sup>th</sup> leading cause of death
- 2<sup>nd</sup> leading cause of death in ages 15-24

# What About Missouri? 2005-2014

RATE IS UP 34%

- 10<sup>th</sup> leading cause of death: all ages
- 2<sup>nd</sup> leading cause of death: ages 10-14
- 2<sup>nd</sup> leading cause of death: ages 25-34
- 3<sup>rd</sup> leading cause of death: ages 15-24

# Compared to Traffic Deaths?

## Suicide 2014

- 1017
- 16.8/100,000

## Motor Vehicle 2014

- 766
- 12.6/100,000

# And lets talk about data . . .

## 2016 MISSOURI TRAFFIC STATISTICS

It's a sad statistic to share, but our intent is to bring awareness and promote seat belt usage - it's your best defense in any traffic crash.

AS OF  
**9/19/2016**

FATALITIES ON MISSOURI ROADWAYS  
**624**

NOT WEARING SEATBELTS  
**59%**

## UPCOMING EVENTS

Sep 18

Child Passenger  
Safety Enforcement  
Campaign

Statewide

Sep 22

First Impact Law  
Enforcement  
Facilitator Training

MoDOT District Office,  
Hannibal

Dec 15

Holiday Impaired  
Driving  
Enforcement  
Campaing

Statewide

[SAVEMOLIVES.COM](http://SAVEMOLIVES.COM)

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# Myth 1: If someone is intent on suicide, you cannot stop them

1. 95% of Suicide Attempt Survivors never attempt again
2. Reducing access to lethal means significantly reduces number of suicides
3. Large scale suicide prevention efforts reduce suicide rates
4. Suicide specific interventions reduce suicide rates

**Suicidal thoughts  
are treatable.  
Please don't  
keep them  
to yourself.**

We Care, We Listen, We Respond...24 Hours a Day

# *Joiner's Interpersonal Theory of Suicide*



- Habituation to Self Harm/Fearless about Death
- Lack of Belonging/Social Disconnection
- Sense of Burdensomeness (or my death is worth more to society than my life)

# Myth 2 -It is Easy to Kill Yourself



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# Overriding Life Instinct is Hard

- 4 out of the last 60 Tour De France winners have died of suicide.
- Physicians have one of the highest suicide rates in the country
- Strong relationship between high pain tolerance and suicide behavior

# Myth 3: Suicide Can't Happen to Me/Mine



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# Let's Talk Turkey . . .



What should you do if you get a call from or about someone who is at risk of suicide?

**STEPS FOR HELPING  
SOMEONE WITH  
THOUGHTS  
OF SUICIDE:**

1. DON'T BE A 
2. LISTEN
3. THERE ARE NO STEPS

*@chrismaxwell*

Chris Maxwell, Member Engagement, Suicide Lifeline

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# Ok, there are some more easy steps

1. Tell them I am so glad you reached out
2. We have help available
3. If it is immediately life threatening, help them call the police
4. If not,
  - Warm transfer them to crisis line (we got ‘em)
  - Or get their info, call us, and we will follow-up with them

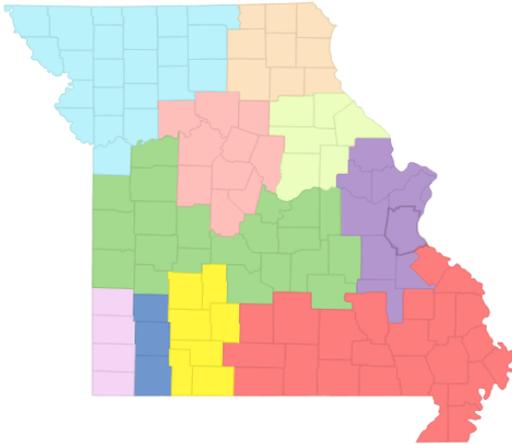
# Missouri ACI System

[dmh.mo.gov/mentalillness/progs/acimap.htm](http://dmh.mo.gov/mentalillness/progs/acimap.htm)

## What to expect when you call the ACI hotline

The Access Crisis Intervention (ACI) line is staffed by mental health professionals who can respond to your crisis 24 hours per day and 7 days per week. They will talk with you about your crisis and help you determine what further help is needed, for example, a telephone conversation to provide understanding and support, a face-to-face intervention, an appointment the next day with a mental health professional, or perhaps an alternative service that best meets your needs. They may give you other resources or services within your community to provide you with ongoing care following your crisis. All calls are strictly confidential.

Access Crisis Intervention (ACI) lines are available statewide.



County:

Butler

## Access Crisis Intervention (ACI) Hotlines

Counties: Franklin, Iron, Jefferson, Lincoln, St. Charles, St. Francois, St. Louis, St. Louis City, Warren, Washington.

### Behavioral Health Response

1/800-811-4760

## Access Crisis Intervention (ACI) Numbers

↑ » Mental Illness » Programs & Services

### Comm Care ACI Hotline - 1/888-279-8188

Andrew, Atchison, Buchanan, Caldwell, Clay, Clinton, Daviess, DeKalb, Gentry, Grundy, Harrison, Holt, Jackson, Linn, Livingston, Mercer, Nodaway, Platte, Putnam, Ray, Sullivan, Worth

### Burrell Behavioral Health - 1/800-395-2132

Boone, Carroll, Chariton, Cooper, Howard, Moniteau, Morgan, Pettis, Randolph, Saline

### Pathways ACI Hotline - 1/800-833-3915

Bates, Benton, Camden, Cass, Cedar, Cole, Crawford, Dent, Gasconade, Henry, Hickory, Johnson, Lafayette, Laclede, Maries, Miller, Osage, Phelps, Pulaski, St. Clair, Vernon

### Ozark ACI Hotline - 1/800-247-0661

Barton, Jasper, McDonald, Newton

### Clark Center ACI Hotline - 1/800-801-4405

Barry, Dade, Lawrence

### Burrell ACI System - 1/800-494-7355

Christian, Dallas, Greene, Polk, Stone, Taney, Webster

### MOCARS ACI Hotline - 1/800-356-5395

Adair, Bollinger, Butler, Cape Girardeau, Carter, Clark, Douglas, Dunklin, Howell, Knox, Lewis, Macon, Madison, Marion, Mississippi, New Madrid, Oregon, Ozark, Pemiscot, Perry, Reynolds, Ripley, Schuyler, Scotland, Scott, Shannon, Shelby, Ste. Genevieve, Stoddard, Texas, Wayne, Wright

### Behavioral Health Response ACI Hotline - 1/800-811-4760

Franklin, Iron, Jefferson, Lincoln, St. Charles, St. Francois, St. Louis City, St. Louis County, Warren, Washington

### Arthur Center ACI Hotline - 1/800-833-2064

Audrain, Callaway, Monroe, Montgomery, Pike, Ralls

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**When in Doubt . . .**

**Behavioral Health Response**

**800 - 811 - 4760**

**Our Clinicians  
will take call or call person  
regardless of location**

**We Care, We Listen, We Respond...24 Hours a Day**



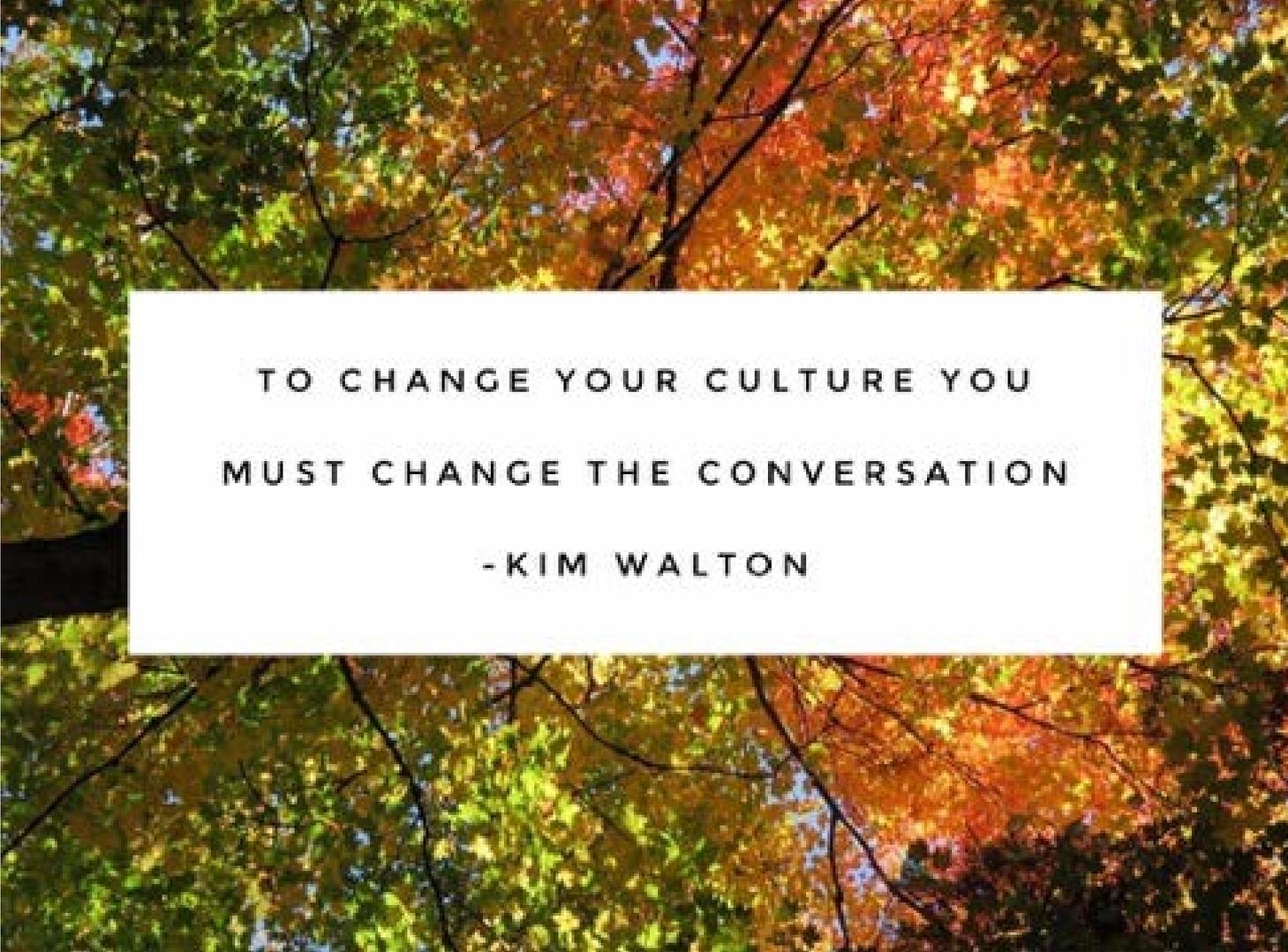
# 3 Steps to Make a Difference

1. Culture/Language of Care
2. Better Suicide Care for Folks in Services
3. Outcomes: Show us the Data



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# CULTURE



TO CHANGE YOUR CULTURE YOU  
MUST CHANGE THE CONVERSATION  
-KIM WALTON

# LANGUAGE

## Implicit Bias

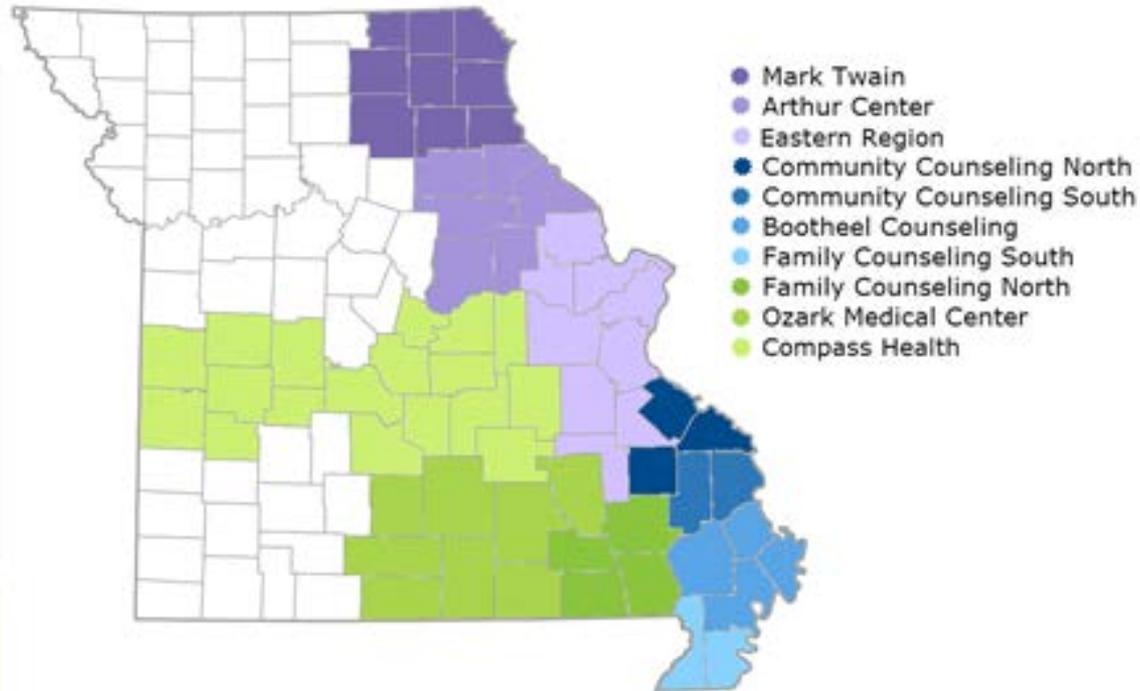
- Commit Suicide
- Non Compliant
- Axis II/PD
- Resistant
- Manipulative/gamey

## Patient Centered

- Attempted or Died by Suicide
- TX is not adhering
- Emotional dysregulation
- Engaged/assertive/strong
- Needful, help seeking, persistent, engaged

\*Client-centered language is Evidence Based

# BHR & Evolving Crisis Services



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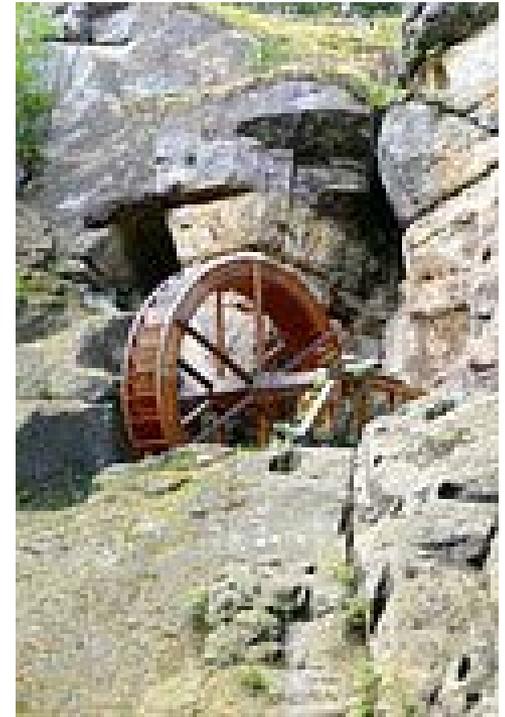


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# Up to 2010

- Inbound telephone crisis model
- Follow-up limited to High Risk cases
  - Follow up was to ensure safety
- Mobile outreaches
  - Limited follow-up to ensure linkage



ALL ACTIVITY PHONE BASED!!!!

# 2010+ - SAMHSA and More

- 2<sup>nd</sup> Cohort of Lifeline/SAMHSA grant
- Received St. Louis County funding  
**FOLLOW-UP ON ALL CALLS**
- Text and Chat
- **OUTCOMES!!!**



# Lifeline and Youth Connection



**SAMHSA  
Conference**

**BHR Lifeline Follow-up  
Program**

St. Louis County  
Youth Connection Helpline

**call.**  
314-620-2929  
1-877-928-2929

**chat.**  
get help now  
chat online at  
keepingkidsfirst.org

**text.**  
4HLP to  
31658

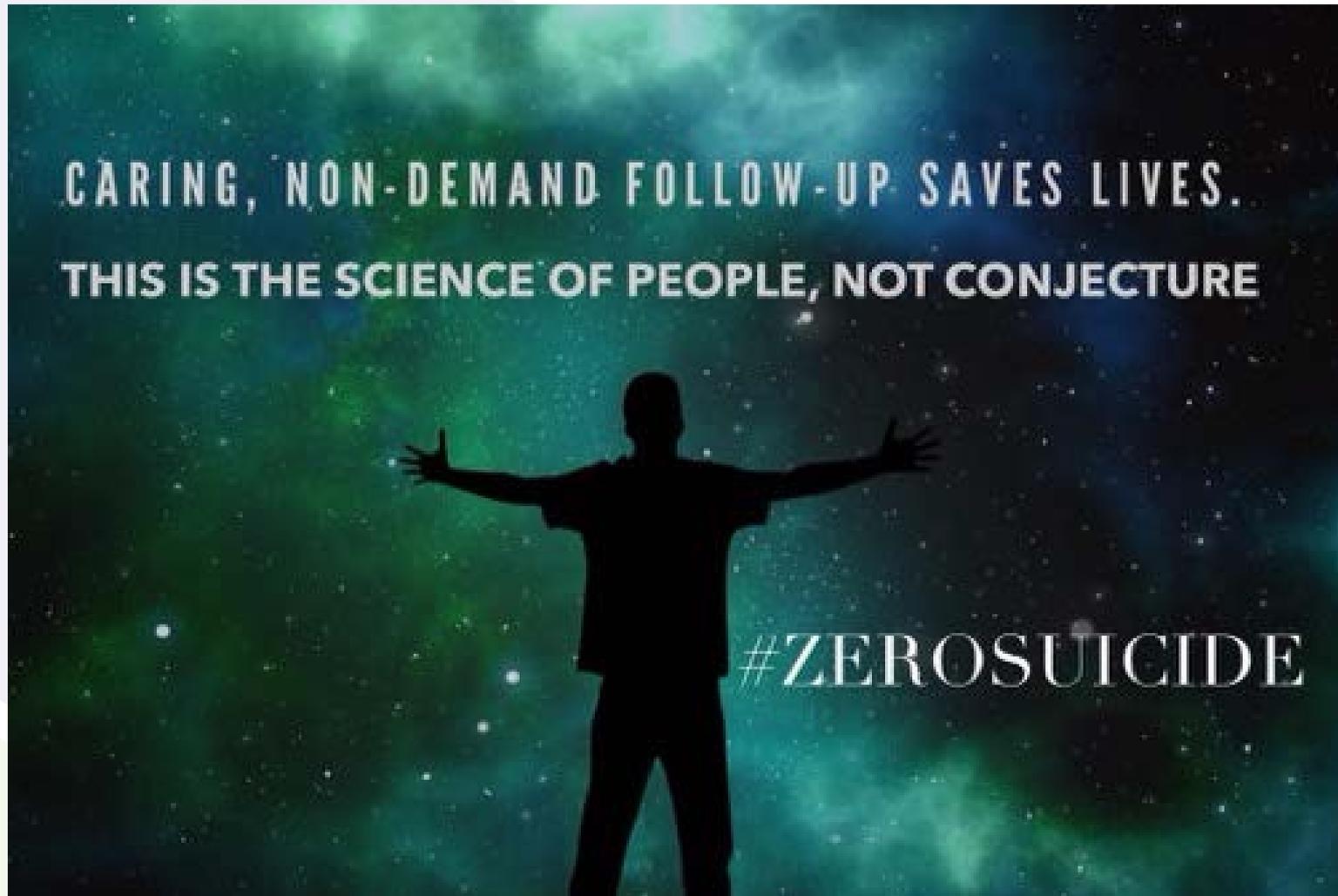
**go.**  
to your local  
Safe Place  
site

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# St. Louis County Youth Connection Helpline (YCH) 2016

Services Provided (n=1878)	Outcome	KPI
Linked to Services <= 14 Days	1407 (75%)	60%
Youth Identified as High Risk	634	
Collaborative Safety Plans Developed	620 (98%)	80%
High Risk Youth (n = 634) Linked <= 48 hours	538 (85%)	80%

# Follow-Up Services



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# Show Me ZERO Suicide



MISSOURI  
**COALITION**  **N**  
FOR COMMUNITY BEHAVIORAL HEALTHCARE



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# Show-Me ZERO Suicide: MO's Suicide Safer Care Initiative

2014 – MO DMH & OZARK CENTER at 1st Zero Suicide academy



2015 – DMH & OC Breakthrough Series



2015 - Regional Suicide Prevention Conference



2015 – BHR & Crider Center attend the 2<sup>nd</sup> Zero Suicide academy



2016 – DMH & BHR participate Community of Practice

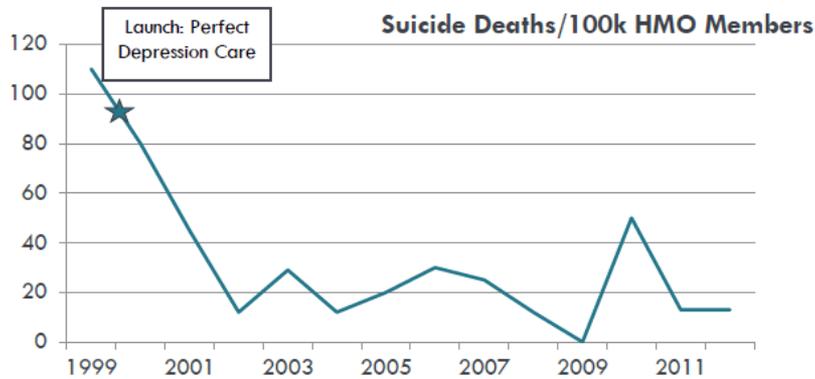


2016 - Coalition sponsors the 1<sup>st</sup> MO Zero Suicide Academy



## A System-Wide Approach for Health Care: Henry Ford Health System

14



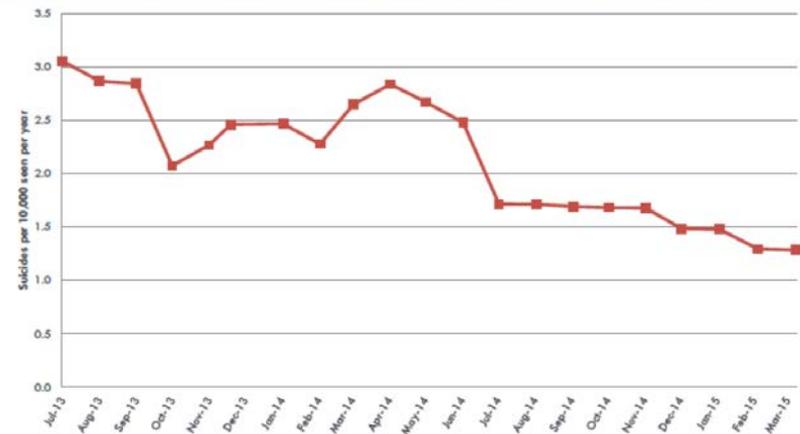
**ZEROSuicide**  
IN HEALTH AND BEHAVIORAL HEALTH CARE

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## Zero Suicide at Centerstone: Results

76

Annual Suicides per 10,000 Clients Seen (Rolling 12 months)



**ZEROSuicide**  
IN HEALTH AND BEHAVIORAL HEALTH CARE

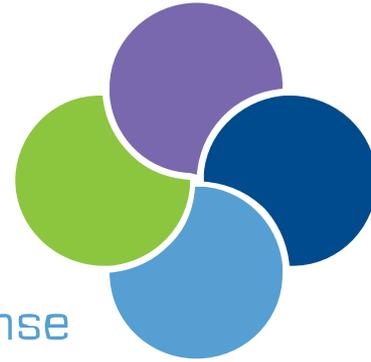
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**QUESTIONS?**

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