


**HOWARD COUNTY
BEHAVIORAL HEALTH PROVIDER
COVID-19 RESOURCE &
RESPONSE CALL #3**

April 8, 2020



Howard County LHC
Local Health Improvement Coalition

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HOUSEKEEPING

Participants will be muted upon entry.
Using the icons on your screen, you can:

- Mute/Unmute your microphone; Mute/Unmute button on phone
 - Please mute yourself during discussion/questions if not speaking

Use the "chat" feature to ask questions during the presentation.

- View Participant list on computer— opens a pop-out screen that includes a "Chat" icon that you may use to submit questions
- Question/ comment can also be added to the chat box throughout the meeting

Not a Video Call...you cannot see us and we cannot see you...we can only hear you.

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WELCOME & OPENING REMARKS 11:30 – 11:35

Roe Rodgers-Bonaccorsy

Director, Bureau of Behavioral Health
Howard County Health Department

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PURPOSE

GOAL: *Talk Saves Lives™* is community-based presentation that covers the general scope of suicide, the research on prevention, & what people can do to fight suicide. Attendees will learn the risk & warning signs of suicide, & how together, we can help prevent it. Attendees will also learn about the importance of means restriction & how we can create safer environments.

OBJECTIVES:

1. Welcome & opening remarks
2. *Talk Saves Lives: An Introduction to Suicide Prevention*
3. Means Safety (AKA Means Restriction)
4. Closing remarks

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TALK SAVES LIVES: AN INTRODUCTION TO SUICIDE PREVENTION 11:35 – 12:15

Kat Olbrich

Maryland & Delaware Area Director
American Foundation for Suicide Prevention

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MEANS SAFETY 12:15 – 12:25

Amy Miller, LCSW-C

Mobile Crisis Team Program Manager
Grassroots Crisis Intervention Center

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**MEANS SAFETY
(AKA MEANS RESTRICTION)**

Amy L. Miller, LCSW-C
Grassroots Crisis Intervention Center
Mobile Crisis Team Program Manager

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- ▶ A suicide crisis (the length of time someone seriously contemplates suicide) tends to be short-lived.
 - ▶ 25% of attempt survivors say it was 5 minutes between their decision to kill themselves and the act itself.
 - ▶ Another 25% say it was no more than 20 minutes between decision and act.
- ▶ 9 out of 10 attempt survivors do NOT go on to die by suicide later.
- ▶ Studies show that restriction of one method does not inevitably lead to an emergence of a new method.

MEANS SAFETY: WHAT WE KNOW

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- ▶ Make the Environment Safe
 - ▶ Remove the item
- ▶ Create *TIME & SPACE* between the person and the means
 - ▶ Add a Barrier
 - ▶ Make it more difficult to access the means
- ▶ Make the means less lethal

MEANS SAFETY: WHAT IS THE PURPOSE?

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MEANS SAFETY COUNSELING

Lethal means safety counseling is the process that healthcare providers undertake to:

- (a) determine if an individual at risk for suicide has access to lethal means of suicide attempt (such as firearms); and
- (b) work with the individual and their family or friends to reduce access until the risk of suicide decreases.

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- ▶ Requires the clinician to ask hard questions
- ▶ Means the client needs to engage in safety planning
- ▶ Best if done when the client is not already in a crisis – If the client has a hx of SI or attempt(s), begin the planning in the first few sessions.

MEANS SAFETY COUNSELING

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- ▶ Discuss suicidal ideation, thoughts of a plan and access to means
 - ▶ Have you ever thought about suicide?
 - ▶ If so, have you thought about how you would kill yourself?
 - ▶ How likely are you to follow through on a plan (1-10 scale)?
 - ▶ Do you have access to carry out your plan?
 - ▶ What is the closest you have ever come to following through on a plan?
 - ▶ What stopped you from following through with your plan?
- ▶ Identify another person in the client's life that you the clinician can reach out when the person is in suicidal crisis – HIPPA does not apply when there is a safety concern
 - ▶ If there is a suicide crisis, who can you reach out to and who can I, as your provider reach out to help with creating safety?

MEANS SAFETY COUNSELING

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- ▶ Ask a trusted friend/family to store gun(s) off site until situation improves
- ▶ Voluntarily surrender firearms to local PD
- ▶ If you can not store off site:
 - ▶ Make sure they are unloaded and locked in a lock box/safety
- ▶ Consider a BIOMETRIC lock box and have the finger print be someone else's.
- ▶ Extreme Risk Protective Order- ERPO

FIREARM SAFETY

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- ▶ Store Medication in a lock box or safe
- ▶ Dispose of unused medication through take-back programs or follow CDC guidance for disposal

MEDICATION SAFETY

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- ▶ Other methods are often more difficult to reduce the means
 - ▶ Limit access to car keys and make sure garage is well-ventilated
 - ▶ Lock sharp objects in safes
 - ▶ Remove ropes, chords etc.
 - ▶ Lock household cleaners away
- ▶ Increase supervision

SUFFOCATION/SHARPS/HOUSEHOLD POISON ETC.

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► Suicide is more than just an individual issue...
it requires a community response –
ADVOCATE!

- Blister packs have been shown to produce a 43% decrease in overdose death
- Bridge Nets and Cages
- Laws to reduce access
- Community Training – gun/pawn shop owners, gas companies etc.

**MORE THAN JUST MENTAL
HEALTH/COUNSELING**

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► amy@grassrootscrisis.org

Mobile Crisis Team
410-531-6677

QUESTIONS/COMMENTS?

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- <https://www.hsph.harvard.edu/means-matter/>
- http://sdsuicideprevention.org/wp-content/uploads/2016/04/Suicide-Proof-Your-Home-Brochure_Final.pdf
- <https://www.sprc.org/comprehensive-approach/reduce-means>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6191653/>
- <https://afsp.org/about-suicide/>
- <https://suicidepreventionlifeline.org/>

RESOURCES/REFERENCES

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Q & A 12:25 – 12:30

Please use the Chat Box to submit questions!

Presentations and recording will be posted at www.hclhic.org

For additional information or questions contact lhic@howardcountymd.gov

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CLOSING REMARKS

- **Upcoming Calls:** Friday 4/24/2020 from 9:00 AM – 10:30 AM
- **Presentations, recording, & additional resources will be posted at** www.hclhic.org
- **For additional information, contact** lhic@howardcountymd.gov
- **For questions related to COVID-19 supplies:** www.surveymonkey.com/r/Q7MPHNM
- **For general questions related to COVID-19, e-mail** askhealth@howardcountymd.gov

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“We are going to need to depend on each other, to look out for each other, and to take care of each other, because we are all in this together.” - Governor Hogan

A sign outside a day care facility in Forest Hill says: “We are in this together.” (Elizabeth Janney/Patch File)

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