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

April	8,	2020	
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HOWARD COUNTY HEALTH DEPARTMENT Promote. Preserve. Protect.

Howard County LHIC

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HOUSEKEEPING

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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

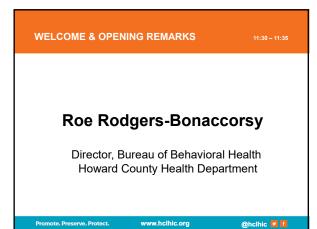
Use the "chat" feature to ask questions during the presentation.

- 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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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.

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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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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?



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 the 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

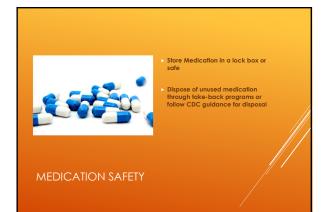
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Discuss suicidal ideation, thoughts of a plan and access to means Have you ever thought about suicide? If so, have you thought about how you would kill yoursel? How likely are you to follow through on a plan (1-10 scale)? Do you have access to carry out your plan? What is the closest you have ever come to following through on a plan? What is the plant of the plant of though 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 each out to bejue with creating safety?

MEANS SAFETY COUNSELING







SUFFOCATION/SHARPS/HOUSEHOLD POISON ETC.

- 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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><u>amy@grassrootscrisis.org</u>

Mobile Crisis Team 410-531-6677

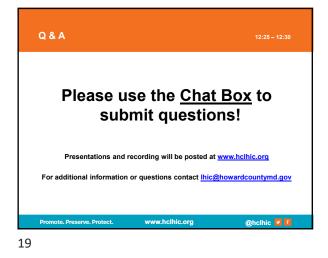
QUESTIONS/COMMENTS?

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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



CLOSING REMARKS

Promote. Preserve. Protect.

- Upcoming Calls: Friday 4/24/2020 from 9:00 AM 10:30 AM
- Presentations, recording, & additional resources will be posted at <u>www.hclhic.org</u>
- For additional information, contact https://www.ukachi.com.gov

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- For questions related to COVID-19 supplies: <u>www.surveymonkey.com/r/Q7MPHNM</u>
- For general questions related to COVID-19, e-mail <u>askhealth@howardcountymd.gov</u>

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