



CALIFORNIA OFFICE OF SUICIDE PREVENTION

Every Californian is Part of the Solution...

How will you contribute?



APRIL
2012

News in Brief

The California Department of Mental Health (DMH), Office of Suicide Prevention (OSP) is pleased to present this edition of News In Brief. In order to minimize the number of email messages you receive from our office we are putting together this News in Brief document to share with you some news and resources in one concise document.

Contact us at suicideprevention@dmh.ca.gov.
We look forward to hearing from you!

ANNOUNCEMENTS:

FREE YOUR MIND PROJECTS RADIO SHOW

The Free Your Mind Projects Radio Show presented by Los Angeles County Department of Mental Health (LACDMC), is an hour-long weekly show airing on KTLK-AM 1150 in Los Angeles. The show is all about healthy minds, healthy bodies and healthy lives. Each week, our LACDMH segments focus on issues of Prevention and Early intervention of mental health issues, as well as creating a forum for discussion.

The shows can be heard on the weekends on the following stations:

KTLK AM 1150 (Los Angeles)	Sundays at 7:30 a.m.
KSTE AM 650 (Sacramento)	Saturdays at 8 a.m.
KNEW AM 960 (San Francisco)	Saturdays at 5 a.m.
KCBQ AM 1170 (San Diego)	Sundays at 4 p.m.

The shows are archived on:

<http://freeyourmindprojects.com/index.php/Radio-Shows/> and on www.mhsoac.ca.gov.

If you have ideas for topics for the show or would like to provide comments about the show, you can send them to info@freeyourmindprojects.com

HEADSPACE: WHAT CAN WE LEARN FROM AUSTRALIA'S MENTAL HEALTH SUCCESS?

Headspace is a foundation that was established in 2006. Since that time it has grown to become the largest youth mental health organization in Australia. *headspace* is a world-first model in early intervention. It provides a range of integrated mental health services and programs including:

- 40 *headspace* centers located in each state and territory across Australia
- An e-counseling platform known as eheadspace
- A suicide prevention and postvention program for secondary schools and their communities

Join headspace CEO Chris Tanti for a web event on this international mental health initiative. He'll discuss how headspace works, its creative youth-directed outreach, its focus on integrated care, and its impact on outcomes and high-risk populations.

Webinar: *headspace*: What can we learn from Australia's mental health success?

Thursday, April 26

1 – 2 pm ET

[Register for the webinar here](#)

The Vision of the California Office of Suicide Prevention

To implement & support a full range of strategies, from prevention through crisis intervention and postvention to prevent suicide and suicidal behaviors in California.



CALIFORNIA OFFICE OF SUICIDE PREVENTION

Every Californian is Part of the Solution...

How will you contribute?

SPRC'S ONE-DAY WORKSHOP FOR MENTAL HEALTH PROFESSIONALS

Outpatient behavioral health providers play a crucial role in preventing suicides. Studies have shown that a substantial proportion of people who died by suicide had either been in treatment or had some recent contact with a mental health professional. Yet many providers report that they feel inadequately trained to assess, treat, and manage suicidal patients or clients.

Assessing & Managing Suicide Risk: Core Competencies for Mental Health Professionals meets providers' need for research-informed, skills-based training.

Find out more information about SPRC's one-day workshop for mental health professionals, [Assessing and Managing Suicide Risk](#).

AFSP OFFERS TRAINING PROGRAMS ON SUICIDE BEREAVEMENT SUPPORT GROUPS FOR ADULTS, CHILDREN AND TEENS

The American Foundation for Suicide Prevention (AFSP) will offer two-day training programs to help survivors of suicide loss, mental health professionals and others learn the "how-to's" of creating and facilitating suicide bereavement support groups for adults or for children and teens. The in-person trainings will be offered on various dates throughout the country.

[Click here for more information](#)

RESOURCES:

WEBINAR: SAVING OUR YOUTH

The Suicide Prevention Resource Center (SPRC) Training Institute hosted a web-based seminar in March entitled "Saving Our Youth: How One Native Community Reduced Teen Suicide".

This webinar provided an overview of the Adolescent Suicide Prevention Program, which was developed by and for a Native community in New Mexico. The comprehensive, community-driven program showed significant, sustained reduction in youth suicide gestures and attempts over 13 years. Presenters

described three critical aspects of the program, which could be replicated in other settings:

1. A commitment to addressing suicide as part of a system of care, with services addressing other behavioral health topics – such as family violence and substance abuse – at all levels of prevention;
2. Active involvement from key constituencies – tribal leadership, health care providers, elders, youths, and clients – in the design and implementation of the program to ensure that program strategies are culturally appropriate; and
3. Flexibility in program development and implementation based on continuous evaluation and feedback from community and program staff.

A recording of this webinar is available free of charge at the following link: [Saving Our Youth](#)

WEBINAR, SUICIDE NARRATIVES IN THE NEWS MEDIA

The news media do more than report facts, they tell stories about events and people. These narratives can influence public perceptions about issues, including their causes and appropriate solutions. For example, extensive news coverage of suicides among LGBT youth, military service members, and individuals affected by the U.S. economic crisis has created a basic storyline or narrative about how and why suicide happens in each of these groups. While there is no direct research linking suicide narratives to attempted or completed suicide, the existing literature suggests the potential for this type of coverage to have negative effects on vulnerable individuals. This webinar defined the concept of media narratives, summarized relevant research and theory, and suggested approaches for influencing these narratives.

If you would like to access the archive of the webinar, **Suicide Narratives in the News Media: What Effect Might They Have and What Can We Do?** click on the link below:

[Suicide Narratives Webinar Archive](#)



CALIFORNIA OFFICE OF SUICIDE PREVENTION

Every Californian is Part of the Solution...

How will you contribute?

WEBINAR “TARGETING ED TO REDUCE SUICIDE AND SUBSTANCE ABUSE”

Arizona is partnering with Emergency Departments (ED) statewide to decrease morbidity and mortality related to substance abuse and suicides. The program is part of a larger effort by the Arizona Department of Health Services to enhance prevention by improving integration across the medical and behavioral health systems.

This webinar included presentations by Lisa Shumaker, Office Chief, Prevention Services, Markay Adams, Suicide Prevention Coordinator, Arizona Dept of Health Services and Jennifer Spiegler and Glenn Albright from Kognito Interactive.

- [Click here for the slides](#) presented as well as the survey used in the formative evaluation for the project.
- [Click here for the poster](#) for EDs about payment for Behavioral Health Services:
- [Click here for the live demo](#) of the *At-Risk* online interactive training for ED staff.

SUICIDE SCREENING IN EMERGENCY DEPARTMENTS

A study by investigators affiliated with the Emergency Department Safety Assessment and Follow-Up Evaluation (ED-SAFE) project found that emergency departments (EDs) are failing to conduct suicide screenings for many patients who exhibit characteristics associated with a high risk of suicide (such as psychiatric complaints or a history of substance abuse). The research also revealed that many patients who screen positive for suicidal ideation or behavior are not provided with appropriate follow-up care.

[Click here to read the article.](#)

VETERAN RELATED:

FOR WOUNDED WARRIORS, MOBILE APPS CAN OFFER LIFE-SAVING IMPACT

Today’s wounded warriors return from combat to face an overwhelming landscape: Beyond readjusting to civilian life, there are injuries to cope with, scarce jobs to find and broken connections to mend. But some new solutions are becoming available that troops can fit in their pocket and use anytime once they’re home.

The marketplace for mobile apps has exploded, including within the military space. There are apps for handling traumatic brain injury and post-traumatic stress disorder, and apps for job-hunting resources. Government agencies are collaborating to get resources delivered to troops through a medium with which they’re highly familiar – their smart phones and tablets.

Recently the Army announced a [comprehensive smart phone app](#) that provides troops with a guide to mobile resources including medical coordination, compensation and benefits and reintegration into daily life outside the military.

SUICIDE PREVENTION RESOURCES FOR MILITARY FAMILIES

No warrior or military family is alone. If you are concerned that a service member or veteran in your community is considering harming or killing him/herself, free resources are immediately available to aid the family in its time of crisis. To get more information about warning signs and resources available to veterans and their families visit the [Real Warriors Campaign](#) website.