



CALIFORNIA OFFICE OF SUICIDE PREVENTION

Every Californian is Part of the Solution...

How will you contribute?



MAY
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:

WEST COAST PSYCHOLOGICAL AUTOPSY CERTIFICATION TRAINING

The American Society of Suicidology is presenting a [Psychological Autopsy Certification Training Program](#) November 12-13, 2012 at the University of Southern California campus in Los Angeles.

The psychological autopsy has become a best practice procedure to reconstruct the causes of an individual's death by suicide or to ascertain the most likely manner of death when or if it is equivocal and left undetermined by a medical examiner or coroner. The psychological autopsy helps promote understanding to the often-asked "why?" question raised by survivors regarding the suicide of their loved one. It is used to better ascertain risk factors for suicide, and helps to answer questions of causation in both individual cases (e.g. where negligence may be alleged) of suicide and interconnections between cases (as in clusters of suicides), hence lessons learned to inform prevention efforts.

For more information about the psychological autopsy training contact Mr. [Tony Lowry](#)
American Association of Suicidology
5221 Wisconsin Ave., NW
Washington, DC 20015
(202) 237-2280

NEW SUICIDE PREVENTION LAW

Utah teachers will soon have a new type of training aimed at saving their students' lives. [House Bill 501](#) requires all teachers in the state to receive two hours of youth suicide prevention training.

[Utah](#) is the eighth state to sign such a bill into law. California's 2008 Jason Flatt Act authorizes school districts that receive a professional development block grant to offer to each of its teachers two hours of staff development in the prevention of youth suicide. For more information about California's Jason Flatt Act go to [SB 1378 bill analysis](#).

HELPING MENTAL HEALTH PROFESSIONALS GET SUICIDE PREVENTION TRAINING

[Washington State HB 2366](#), requires mental health professionals to complete six hours of training in suicide assessment, treatment, and management every six years, as part of their existing continuing education requirement. [Washington](#) is the first state to require education in the prevention of suicide for all health care professionals.

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.



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RESOURCES:

PUTTING SUICIDE PREVENTION INTO PRACTICE BY USING ACTIONABLE KNOWLEDGE

The CDC announces the creation of new suicide prevention products and tools, developed from federal and local partnerships.

An important step in preventing suicide is ensuring people have access to the best available knowledge and tools to prevent suicide. Equally important is to make certain this information is also actionable, so it can be put into practice.

SUICIDE PREVENTION TOOLS:

[Gatekeeper Training Implementation Support System \(GTISS\)](#)

Created by the Tennessee Lives Count initiative, this is an online resource that provides tools to support successful selection, implementation, and evaluation of gatekeeper training programs.

[MYSPP Early Identification and Referral Data Toolkit](#)

The Maine Youth Suicide Prevention Program (MYSPP) developed an online resource that provides guidance and actionable tools for collecting early identification and referral data on students at risk for suicidal behavior in schools.

ACTIONABLE ITEMS:

[Putting Knowledge into Action to Prevent Violence](#)

Details on the actionable knowledge process and how communities can put science into action to prevent suicide and other forms of violence.

[Suicide Prevention: A Public Health Issue](#)

Why suicide is a public health issue and the unique role that public health plays in preventing suicide in communities.

[Preventing Suicide Through Connectedness](#)

How connectedness between individuals, families, and organizations can help prevent suicide.

Learn More: [Actionable Knowledge Briefs](#)

WEBINARS ON SUICIDE PREVENTION AMONG RURAL YOUTH AND AMONG LGBTQ YOUTH

The Children's Safety Network recently held a webinar on two topics: suicide prevention among rural youth and among LGBTQ youth. The presenters were Barri Faucett, the Project Director for the West Virginia GLS Project, and Nathan Belyeu, Senior Education Manager at The Trevor Project.

[PowerPoint](#)

[Audio Presentation](#)

RESOURCE FOR CAREGIVERS ON SUICIDE GRIEF SUPPORT

The [Suicide Grief Support Quick Reference](#) was developed through a National Suicide Prevention Lifeline advisory committee and reviewed by grief and trauma experts, suicide bereavement support volunteers, crisis center directors, and survivors of suicide loss. The Quick Reference can be easily downloaded in several formats (slide presentation, handouts, etc.) and used in training and other settings where the topic is how to be helpful to people coping with grief after suicide. For more information contact [Franklin Cook](#) at (617) 398-0243.

RESEARCH:

FORGIVENESS AND SUICIDE

A study of college students suffering from depression found that students who are more capable of forgiving themselves and others after stressful life events or interpersonal problems have lower rates of suicidal behavior than their peers who are less able to forgive. The authors of this study point out that other research demonstrates that interventions that boost levels of forgiveness can increase self-esteem, hopefulness, positive emotions toward other people, and perceived self-control while reducing levels of depression, anxiety, and drug use. They suggest that therapies and public health interventions promoting forgiveness may help prevent suicidal behaviors and associated risk factors among college students.



VETERAN RELATED:

ARMY RELEASES MARCH SUICIDE DATA

The [Army released suicide data](#) today for the month of March. The following is a summary of the data:

Active-Duty Soldiers	Jan	Feb	Mar	2012
Confirmed Suicides	12	5	3	20
Under Investigation	4	6	15	25
Total Potential Suicides	16	11	18	45

Reserve Soldiers	Jan	Feb	Mar	2012
Confirmed Suicides	6	3	4	13
Under Investigation	0	1	6	7
Total Potential Suicides	6	4	10	20

Active-Duty Soldiers	2011
Confirmed Suicides	164
Under Investigation	0
Total Potential Suicides	164

Reserve Soldiers	2011
Confirmed Suicides	117
Under Investigation	0
Total Potential Suicides	117

VET FAMILIES CAN ACCESS MENTAL HEALTH TOOLS ONLINE

“[Family of Heroes](#)” is a website which uses avatars, realistic animations of people, to allow people to anonymously work through conversations with veterans recently returned from deployment.

“Family of Heroes” is meant to provide those who know a veteran recently returned from deployment with the skills to defuse arguments, approach a veteran who may need help and recognize signs of PTSD.

“Family of Heroes” is currently only available to residents of Arizona, Colorado, southern New York, New Jersey and Virginia as it undergoes development.