Nevada Office of Suicide Prevention

Budget and Funding
- Office established in State Fiscal Year 2006;
- Statutory Origin NRS 439.511, 439.513;
- General fund for Coordinator

Subgrants/Other funding:
- $389,490 from Director’s Office, FHN
- Two Zero Suicide Coordinators (North and South): SOR/STR
- $100,000 to Crisis Support Services of NV for suicide hotline response;
- 2019 CSSNV $75,403 capacity expansion grant; 988 planning grant;
- Project Aware subgrant 2020-2025 from NDE for $270,000 for school-based mental health literacy and suicide prevention

Staffing
- 1 state FTE general fund
- 3 state FTEs Fund for Healthy Nevada
- 2 contract position for Zero Suicide funded by STR
- 3 contract positions for Project Aware funded by NDE
- interns and volunteers
Suicide Statistics

United States, 2019

- 47,511 suicide deaths
- Firearms used in over 50.4% of suicides
- 10th leading cause of death - homicide is 16th
- 2nd leading cause for youth (15-24)
- 3.6 male deaths to every female death
- A suicide every 11.1 minutes

Nevada, 2019

- 7th highest rate, (642)
- 2nd leading cause of death 20-49,
- 1st for youth 11-19 years of age (2018)
- Veterans have a high percentage of suicides in NV
- Nevada’s Elderly have highest rates 65+
- More suicides than homicides (255), motor vehicle accidents (370)

Source: AAS/VA/CDC, USA Suicide: 2019 Official Final Data
Ongoing Suicide Prevention Initiatives

❖ Wellness, Early Identification, Intervention and Prevention of Suicide
  • Signs of Suicide youth education and screening

❖ Suicide Prevention Awareness, Education and Training

  - safeTALK: 236 (22 classes)
  - ASIST: 143 (11 classes)
  - NV Gatekeeper: 3028 (125 classes)
  - YMHFA: 0 (0 classes) Partners only
  - FY21 NV Total: 3,407
  - SMVF: 342
  - Firearm related: 116
  - Law Enforcement: 242
  - DCFS/DFS: 130
  - School Personnel: 224
  - Zero Suicide: 379

❖ Suicide Prevention Crisis Intervention Services: Hotline and TextToday
  • Over 83,000 contacts per year
  • Lifeline Capacity Grant: Year 1 completed.
Suicide Prevention Initiatives

❖ Increase in number of local or regional groups that collaborate with the Office of Suicide Prevention to implement the state plan
  • Working with Regional Behavioral Health Policy Boards

❖ Continuity of Care for Suicidality
  • Crisis Now
  • Zero Suicide
  • Follow-up aftercare

❖ Committee to Review Suicide Fatalities
Strategic Plan for Service Members, Veterans and their Families

❖ Mayors’ and Governor’s Challenge teams together strengthening the capacity of interagency military and civilian team of leaders to prevent and reduce suicide among Service Members, Veterans, and Families (SMVF).

• Developed strategies at the local level as well as overarching statewide goals;

❖ Las Vegas, Truckee Meadows and new Mayor’s Challenge expansion to our rural communities of Elko and Winnemucca;

❖ Identify SMVF and Screen for Suicide Risk Promote Connectedness and Improve Care Transitions;

• Mayor’s Challenge Team offers free training from PsychArmor: March 2020 NDVS partnered with PsychArmor, launched: S.A.V.E. – MAYORS’ CHALLENGE https://psycharmor.org/sign-up/nevada-department-of-veterans-services/?gid=355327&unCbmSApNhXKs

• Zero Suicide State Coordinator added “ATQ” to her Zero Suicide Training series, working on MOU w/ American Academy of Nursing for the “Have You Served Cards”, implemented ATQ into the academy process.

• Zero Suicide workforce survey findings -over 80% of hospitals beginning to implement ZS did not identify SMVF
Office of Suicide Prevention Outreach During COVID Pandemic

OUTREACH TO FRONT LINE WORKERS TO CONNECT TO CRISIS, WARMLINE AND OTHER SUPPORT SERVICES.

• Training for SNAMHS staff to respond to warmline crisis response;
• Crisis Intervention Training offered to the Governor’s Office staff, DETR, DCFS, DPS and ADSD to improve response to those calling for services;
• Working with ADSD to add screening questions and connection to resources on intake forms;

CARING COMMUNITIES-TRAINING AND OUTREACH:

• Ongoing webinars for multiple organizations, reaching hundreds of providers and community members;
• Wellness and Wellbeing Webinar Series “Permission to Put Yourself First” for managers and all staff;
• Working with the VA and Governor’s Challenge bringing together Faith Leaders to develop community outreach strategy;
Goal 3: Address Upstream Factors Impacting Suicide

- Improving Emergency Follow-Up Cares for Suicidal Crisis
- Using Evidence Based Treatment for Suicidality
- Equipping Primary Care to identify and support people in distress
- Improving the competency and confidence of frontline workers to deal with suicide
- Promoting help-seeking, mental health and resilience in schools and workplace
- Training the community to recognize and respond to suicidality
- Engaging the community and providing opportunities to be part of the change
- Improving safety and reducing access to means of suicide

Goal 2: Inspire and Empower Everyone to Play a Role in Suicide Prevention

Goal 4: Support Adoption of Evidence-Based and Best Practice for Safer Suicide-Care

Goal 6: Develop a Robust Workforce

Goal 8: Statewide Adoption of a Suicide Postvention Program
2020 -2021 Suicide Prevention Initiatives

- Parents/Caregivers-Public Service Announcements and social media posts on lethal means safety in English and Spanish; Medication safes, gun locks and Deterra medication deactivation bags provided to mobile crisis teams for families;
- Native American Communities: Postvention response in Duck Valley after cluster of young adult suicide deaths; strategic planning and training for first responders/law enforcement and health care; Tribal administration training;
- Service Members, Veterans and their Families (SMVF)-Governor’s Challenge team and three Mayors’ Challenge teams (Las Vegas, Truckee Meadows and Elko) to prevent suicide; SMVF initiatives focused on lethal means safety with gun shops/shows/ranges; peer support for veterans; military culture training and peer support for law enforcement and first responders;
- Faith leaders with SMVF suicide prevention and military culture; LivingWorks trainings for Faith leader suicide prevention/intervention;
- Mental Health Clinicians-Lethal Means Safety training with Walk the Talk America—“The Intersection of Guns and Mental Health.”
- Medical and Behavioral Health Professional-statewide Zero Suicide
- Rural Nevada-Developing “Caring Communities” to grow or reinforce natural supports;, Mental Health First Aid, Youth Mental Health First Aid and Psychological First Aid trainings provided to hundreds of Nevadans;
- Black, Indigenous, People of Color (BIPOC)-biannual town halls to engage BIPOC communities with wellness, mental health and suicide prevention planning and other efforts;
2020 -2021 Suicide Prevention Initiatives

• Zero Suicide Initiative with ongoing learning community;
• Lifeline Capacity Expansion grant;
• Resilience Project training and support;
• NAMI youth panel discussion; CCSD community panels;
• Project Aware for school-based mental health and suicide prevention;
• UNSOM physician best practice trainings;
• Youth-Mandated awareness education and training for mental health literacy and suicide prevention:
• Postvention initiative to equip parents/families/other support systems for Survivors of Suicide Attempts starting hospital with ongoing follow-up: Trauma Intervention Program (TIP) is partnering;
• Attempt Survivors-Provided technical assistance toward the development of first support group in Northern Nevada;
• Suicide Loss Survivor-Virtual support groups monthly; In addition,
• Committee to Review Suicide Fatalities working with Substance Use/Opioid Overdose prevention efforts to establish Overdose Fatality Review:
Vital Signs Report - What We Can Do

- **Strengthen economic supports**
  - Strengthen household financial security
  - Housing stabilization policies

- **Strengthen access and delivery of suicide care**
  - Coverage of mental health conditions in health insurance policies
  - Reduce provider shortages in underserved areas
  - Safer suicide care through system change

- **Create protective environments**
  - Reduce access to lethal means among persons at risk of suicide
  - Organizational policies and culture
  - Community-based policies to reduce excessive alcohol use

- **Promote connectedness**
  - Peer norm programs
  - Community engagement activities

- **Teach coping and problem-solving skills**
  - Social-emotional learning programs
  - Parenting skill and family relationship programs

- **Identify and support people at risk**
  - Gatekeeper training
  - Crisis intervention
  - Treatment for people at risk of suicide
  - Treatment to prevent re-attempts

- **Lessen harms and prevent future risk**
  - Postvention
  - Safe reporting and messaging about suicide
Gaps and Barriers

• Walk-in crisis intervention/stabilization, there are only nine across the state;

• More/expanded Mobile Crisis for Adults;

• Suicide Attempt support groups and support for families after an attempt;

• Awareness campaigns on suicide prevention to include social media;

• High Risk age groups 18-24, middle-aged men, Elders;

• Black, Indigenous and People of Color (BIPOC) effective programs, training, etc.
Wish List

• Second NOSP Admin Staff member (with social media/web), Currently need this person for continuity and certifications of suicide prevention facilities, organizations, and instructors;

• Additional funding for NOSP Office infrastructure, upgrade computers, phone systems, order training materials in order to assist organizations to be suicide safer. Help to build tiered system into organizations;

• State OSP Youth Suicide Outreach Facilitator;

• Rural Outreach/Training Facilitator, Close the gap in frontier areas in our state.

• State OSP staff member for Zero Suicide Program; Currently grant-funded;

• Support for more professional reports, state plans;
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