

Steve Sisolak
Governor



Richard Whitley
Director

State of Nevada
**Department of Health and
Human Services**

Grant Management Advisory Committee

August 19, 2021

Office of Suicide Prevention
Misty Vaughan Allen, MA



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)

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

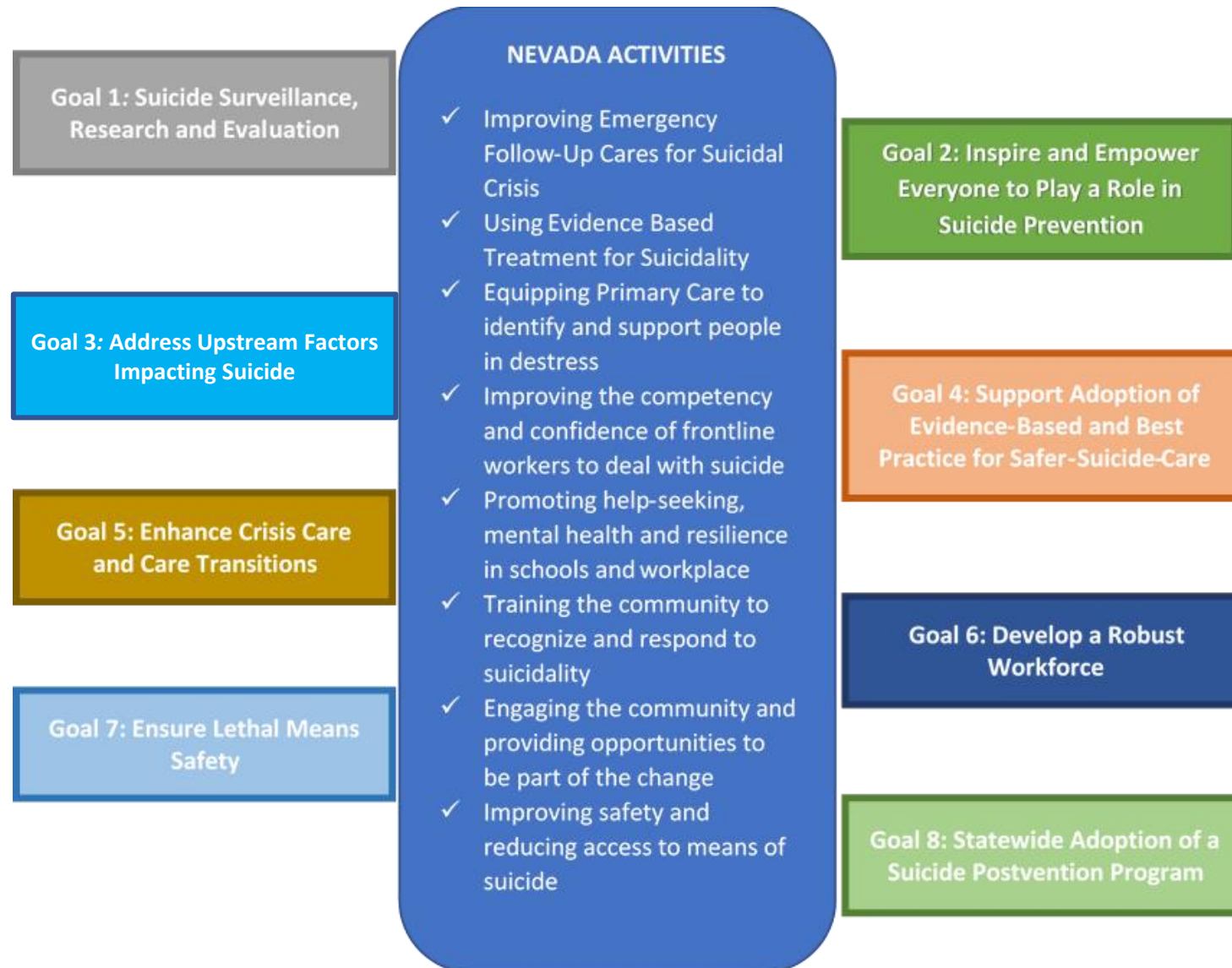
OUTREACH TO FRONT LINE WORKERS TO CONNECT TO CRISIS, WARMLINE AND OTHER SUPPORT SERVICES.

- 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;

NV Suicide Prevention Plan Draft Update 2021-2025



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 Detera 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;

Office of Suicide Prevention Staff

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