

Suicide Prevention Through the Lifecycle

Programs of Screening For Mental Health, Inc.

I. Screening For Mental Health, Inc. (SMH)

- Well-established non-profit – 501 (c)(3)
- Proven track record of evidence-based programs that are easily implemented by local clinicians
- 1991: Pioneered the concept of large scale mental health screening and education with National Depression Screening Day
- In 2004, nearly 550,000 screenings were completed through its programs
- Ongoing collaboration with:
 - government agencies
 - national health and mental health organizations
 - membership organizations representing community and school-based health and mental health professionals
 - thousands of health and mental health facilities, social service
 - agencies, colleges, and secondary schools

II. Suicide Prevention Programs of SMH

Adolescents/Teens

- SOS Secondary School Program
- SOS High School Booster Program
- SOS Middle School Program – *in development*

College Students

- SOS College Suicide Prevention Program
- National Depression Screening Day
- Year-round online screening

Adults

- SOS Community Suicide Prevention Program
- National Depression Screening Day
- Year-round online screening
- Primary Care outreach
- Stop A Suicide, Today! Website

Workplace/Healthcare

- SOS Workplace Suicide Prevention Program
- Workplace/HealthcareResponse: Online & telephone screening

Older Adults

- National Depression Screening Day
- Feel Good Bingo

Professional Education

III. Large Scale Implementation of SMH Programs

- What's Included:
 - Program materials
 - In-state implementation training
 - Unlimited technical assistance
 - Public relations campaign
 - Clinician training on suicide assessment and treatment
 - State-specific evaluation and results

IV. ADOLESCENTS

A. SOS Suicide Prevention Program for Secondary Schools

- Nationally recognized suicide prevention and depression screening program for secondary schools
- Teaches students how to identify symptoms of depression and suicidality in themselves or their friends
- Educates teens about the relationship between depression and suicide and promotes help-seeking
- A video-based education program with depression screening
- Implemented by local school personnel and/or community-based professionals
- Provides resources for parents
- The ACT Technique:

The SOS Program teaches teens that depression is a treatable illness and empowers them to respond to a potential suicide of a friend or family member by using the ACT technique:

Acknowledge the signs of suicide
Respond with Care
Tell a responsible adult

- SOS is the only school-based program to...
 - Show a reduction in suicide attempts in a randomized-controlled study
(American Journal of Public Health, 3/04)
 - Be selected by SAMHSA for its National Registry of Evidence-Based Programs and Practices
 - SOS has also documented dramatic increases in help-seeking
(Adolescent and Family Health, 2003)
- Research Results: Suicidality Among Students Screened Through the SOS Program
 - 16.9% said they had thought about suicide
 - 10.7% said they had attempted suicide
 - 5% said they had attempted suicide *in the past year*
- Large-Scale Initiatives: SOS Secondary School Program

2005:

Massachusetts Department of Public Health funding supported high schools using the SOS program.

"The SOS program has been shown to reduce suicide attempts and empowers students by helping them understand the connection between undiagnosed and untreated mental illness and suicide."

- Alan E. Holmlund, Suicide Prevention Program Coordinator, MA DPH

2004:

An appropriation secured by Senator Mike DeWine (R-OH) will bring SOS to 300 schools and 100,000 students in Ohio.

"This proven program will help save the lives of our nation's teens and young adults by getting them the help they need."

- Senator Mike DeWine, R-OH

- The SOS Program can be implemented in accordance with the provisions of the Garrett Smith Act.

B. SOS High School Booster Program

- Specifically designed for graduating high school seniors
- Reinforces the message of the SOS Program
- Teaches students ways to access mental health resources at college or in the community
- Helps students maximize their potential after graduation
- Includes a video and depression screening
- Provides resources for parents

C. SOS Middle School Program -- *In Development*

- An age-appropriate version of the high school program for 6th and 7th graders
- Available for the 2006-2007 School Year

V. COLLEGE STUDENTS

A. CollegeResponse Program

- Includes:
 - The SOS College Suicide Prevention Program, a video-based prevention program
 - National Depression Screening Day, an in-person special event held annually in October
 - Year-round online screening customized by college health and counseling center

B. SOS College Suicide Prevention Program

- Implemented by existing college personnel
- A video-based prevention program
- What Schools Receive:
 - Educational video and discussion guide
 - Suicide Risk Questionnaire
 - Resources for parents
 - Suicide Assessment Protocols for Clinicians

C. National Depression Screening Day

- Provides mental health screening and education
- Provides screening for
 - Depression
 - Bipolar Disorder
 - Generalized Anxiety Disorder
 - PTSD
- Educates students, staff, and faculty and connects those in need of treatment to resources on and off campus
- Provides resources for parents
- Suicide Assessment Protocols for Clinicians

D. Year-Round Online Screening

- Year-round online mental health screening with referral information customized by each college
- Provides anonymous screenings 24/7
- Screening programs include:
 - Depression
 - Bipolar Disorder
 - Generalized Anxiety Disorder
 - PTSD
 - Eating disorders
 - Alcohol problems
- Provided through the college website

E. Mental Health Screening As An Intervention for Suicide

"A student who had never been in counseling or had any evaluation for depression was motivated to come to the health service after taking the online screening and scoring in the severe depression range. He was found to be actively suicidal and the clinicians involved commented that the availability of the online screening probably saved this student's life."

- JoEllen Anderson, RN, ARNP, Administrative Director Health Services, Luther College, Iowa

"As a firm that provides liability insurance to higher education institutions, United Educators Insurance actively encourages schools to be proactive in prevention and early intervention programs like CollegeResponse that contribute to a safe environment for students."

- Anne Franke, Esq., VP for Education and Risk Management, United Educators Insurance

College National Depression Screening Day 2003 Results

26% of college students who scored positive for depression had thought about or wanted to commit suicide.

27% of college students who screened positive for bipolar disorder had thought about or wanted to commit suicide.

VI. ADULTS

A. SOS Community Suicide Prevention Program

- Designed for implementation by community-based organizations, hospitals, or health centers
- A video-based prevention program
- What Sites Receive:
 - Educational video and discussion guide
 - Suicide Risk Questionnaire
 - Suicide Assessment Protocols for Clinicians

B. National Depression Screening Day

- First and largest nationwide, community-based mental health screening program
- Provides screening for
 - Depression

- Bipolar Disorder
- Generalized Anxiety Disorder
- PTSD

- Educates the public and connects those in need of treatment to the mental health care system

C. Mental Health Screening As An Intervention for Suicide

"We have been a part of [screening] for about six years and the last two years have provided us the opportunity to save the lives of several people who were very ill. It has been most gratifying."

- Susanne Baker, Associates for Psychotherapy, Pueblo, CO

• Community National Depression Screening Day 2003 Results

31% of adults who scored positive for depression had thought about or wanted to commit suicide.

32% of adults who scored positive for bipolar disorder had thought about or wanted to commit suicide.

D. Large-Scale Initiatives: National Depression Screening Day (NDSD)

- 2004: The City of Columbus, Ohio is providing NDSD screening materials in English and Spanish to nurses and social workers in the community to screen their clients year-round.
- 2004: New York City Health and Hospitals Corporation held 38 NDSD events across the city and screened nearly 1,000 residents.

E. Year-Round Online Screening

- Designed to be offered through community providers and organizations
- Year-round online screening with referral information customized by each community organization
- Provides anonymous screenings 24/7
- Screening programs include:
 - Depression
 - Bipolar Disorder
 - Generalized Anxiety Disorder
 - PTSD
 - Eating disorders
 - Alcohol problems

F. Primary Care Outreach

- Provides primary and specialty care providers time-sensitive, clinically relevant resources to help make screening for depression, anxiety, and bipolar disorder a part of their everyday practice
- Includes Diagnostic and Treatment Guides for Health Care Clinicians
- Helps facilitate and strengthen patient and provider communication about mental health issues
- Training for PCPs available

G. Stop A Suicide, Today! Website www.StopASuicide.org

- Teaches the public how to recognize and respond to the signs of suicide in family, friends and co-workers

- Includes a Suicide Risk Questionnaire (SRQ) designed to help someone identify the signs of suicide in themselves or a loved one
- Includes tangible resources for professionals

VII. WORKPLACE/HEALTHCARE

A. SOS Workplace Suicide Prevention Program

- Designed for implementation by employers in a workplace setting
- A video-based prevention program
- Empowers individuals to intervene when they are concerned about a co-worker or family member
- What Sites Receive:
 - Educational video and discussion guide
 - Suicide Risk Questionnaire
 - Suicide Assessment Protocols for Clinicians, which identifies the five critical steps to a suicide assessment

B. Workplace/HealthcareResponse: Year-Round Online and Telephone Screening

- Includes year-round telephone and online screening
- Provides a non-threatening way for employees and health plan members to learn more about their mental health
- Year-round online screening with referral information customized by each organization
- Screening programs include:
 - Depression
 - Bipolar Disorder
 - Generalized Anxiety Disorder
 - PTSD
 - Eating disorders
 - Alcohol problems

C. Mental Health Screening as an Intervention for Suicide

"The daughter of one of our coaches, who accessed the 24/7 depression screening tool in the middle of the night, called me knowing she was in trouble and we got her into treatment the very next day. During Spring Training, her parents told me that their daughter's life was saved, and has completely turned around because of the intervention. They are passionate in their endorsement of this program."

- Mike Paolercio, MA, Director of Employee Assistance San Francisco Giants

- Workplace Response Online and Telephone Screening Results 2000 – 2005

17% of those screened indicated they had thought about or wanted to commit suicide.

VIII. OLDER ADULTS

A. National Depression Screening Day

- Older Adult kit includes large print screening forms, educational material, videos, and the popular Feel

Good Bingo™ game

- Feel Good Bingo teaches older adults about the signs, symptoms and treatment options for depression and anxiety, and the relationship between mental health and suicide.
- Designed for use in assisted living facilities, senior housing and community centers

B. Mental Health Screening as an Intervention for Suicide

"We used this to outreach into the community and reach people who may not otherwise access services."

- Diane Coming, Logan Heights Family Counseling Center, San Diego, CA

- Community National Depression Screening Day 2003 Results

11% of those 65 and older that were screened indicated they had thought about or wanted to commit suicide.

C. Large-Scale Initiatives: National Depression Screening Day (NDSD)

- 2004: In a public/private initiative, the Washington County Aging Behavioral Health Partnership's National Depression Screening Day (NDSD) event reached older adults and their family members at 13 senior centers in southwestern Pennsylvania.

IX. PROFESSIONAL EDUCATION

A. Resources for Suicide Assessment and Treatment for Mental Health and Primary Care Clinicians

- Suicide Assessment and Treatment Guidelines
- Power Point Presentations
- Academic Articles
- Lectures
- Teleconference Trainings

For more information, please contact:

Barbara Kopans, Managing Director, Screening for Mental Health, Inc.
781.239.0071 x107 bkopans@mentalhealthscreening.org

Screening for Mental Health, Inc.
One Washington Street, Suite 304 Wellesley Hills, MA 02481
Phone: 781.239.0071 Fax: 781.431.7447
www.mentalhealthscreening.org
a non-profit 501 (c) (3) organization