



Suicide Prevention Through the Lifecycle

Programs of Screening For Mental Health, Inc.

Adolescents/Teens

College Students

Adults

Workplace/Healthcare

Older Adults



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



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



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



ADOLESCENTS/TEENS

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**





ADOLESCENTS/TEENS

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:

ACT

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



ADOLESCENTS/TEENS

Research Results

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)



ADOLESCENTS/TEENS

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*



ADOLESCENTS/TEENS

"The SOS High School Suicide Prevention Program is an invaluable contribution to efforts to prevent suicides among our nation's youth."

David Satcher, MD, PhD, Former US Surgeon General

"The SOS High School Suicide Prevention Program is as important to your school and your students as your fire emergency plan, a designated driver plan, or any other life saving instruction."

Diane Smallwood, PsyD, NCSP

Past President, National Association of School Psychologists



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



ADOLESCENTS/TEENS

Garrett Lee Smith Memorial Act

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



ADOLESCENTS/TEENS

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**





ADOLESCENTS/TEENS

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**





COLLEGE STUDENTS

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

_____ students at your
school are in danger
from undiagnosed _____

Screening for
Mental Health
helps colleges
fill in the blanks.

*SMH provides the easiest, most inexpensive
tools for alcohol and mental health screening
and education. We help you make the most
of your campus resources.*

COLLEGEResponse™

Screening for Mental Health
a non-profit 501(c)(3) organization



COLLEGE STUDENTS

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





COLLEGE STUDENTS

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

If you're thinking about suicide...

something may be clouding your thoughts

Depression

Find your way clear again.

This free and anonymous program provides an opportunity to complete a short questionnaire for yourself or someone you care about and speak with a mental health professional on ...

NATIONAL DEPRESSION SCREENING DAY



COLLEGE STUDENTS

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**





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., Vice President for Education and Risk Management,
United Educators Insurance



Mental Health Screening as an Intervention for Suicide

College National Depression Screening Day Results

26% of college students who scored positive for **depression** had thought about or wanted to commit suicide.¹

27% of college students who screened positive for **bipolar disorder** had thought about or wanted to commit suicide.²

¹ National Depression Screening 2003 results.

² National Depression Screening 2003 results.



ADULTS

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

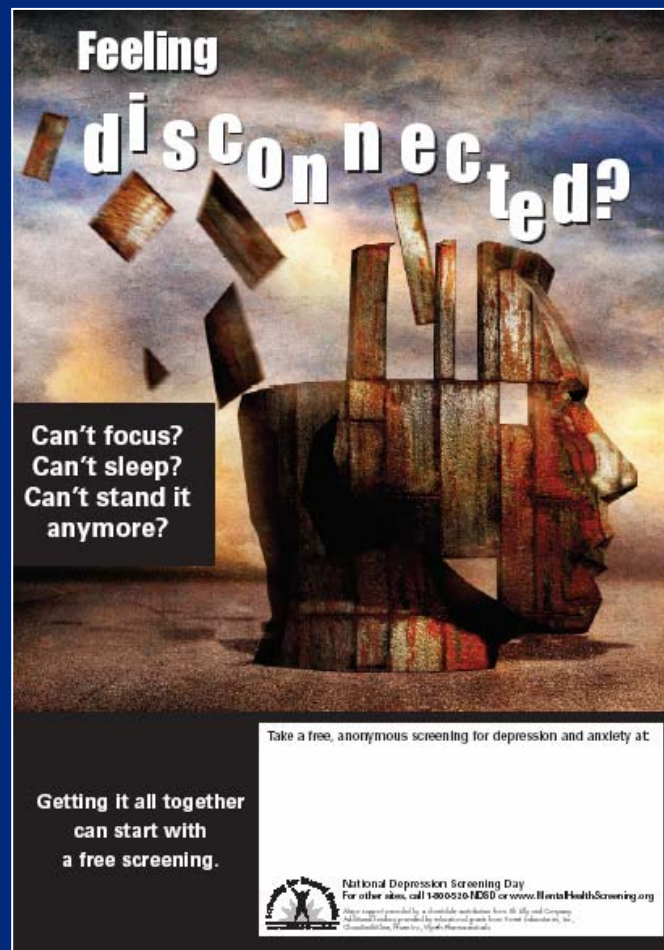




ADULTS

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





Mental Health Screening as an Intervention for Suicide

Community National Depression Screening Day Results

31% of adults who scored positive for depression had thought about or wanted to commit suicide.¹

32% of adults who scored positive for bipolar disorder had thought about or wanted to commit suicide.²

"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

¹ National Depression Screening 2003 results.

² National Depression Screening 2003 results.



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.



ADULTS

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**





ADULTS

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**

SUICIDE ASSESSMENT PROTOCOL

1. Identifying predisposing factors (distal risk factors)
2. Elucidate potentiating factors (proximal risk factors)
3. Conduct a specific suicide inquiry
4. Determine the level of intervention
5. Document the assessments

Predisposing Factors AXIS I and II DISORDERS: Affective disorders Alcoholism/Substance Abuse Schizophrenia Cluster B Personality Disorders	80-95% of suicides have affective disorders, schizophrenia, alcoholism, and/ or personality disorders. Risk cues: early stage or first onset of depression, presence of psychosis, severe anxiety, comorbidity with substance abuse, history of suicide attempts, bipolar patients experiencing sleep loss
Potentiating Factors Family history Life crises / Interpersonal turmoil Physical illness Intoxication Firearms	Triggering or precipitating factors. Note that 25% of suicides involve alcohol. Risk cues: medical conditions affecting brain or nervous system, chronic illness, intergenerational suicide, recent/impending personal loss, humiliation, perceived failure, interpersonal turmoil, firearms
Specific Suicide Inquiry Suicidal ideation Suicidal plan Suicide attempts First episode of suicidality Ambivalence	Distinguish between active and passive ideation. The link between suicidal thoughts and actions is not as clear as it may seem. Risk cues: organized plan, previous suicide attempts, first episode of suicidality, presence of hopelessness, constricted thinking, agitation, suicide notes, simultaneous wish to die and wish to live (opportunity to intervene).
Determine Level of Intervention Axis I based suicidality Axis II based suicidality	Risk Cues--Axis I: May not be any obvious precipitant. Early, aggressive intervention is key, appropriate psychopharmacology, relatively more clinician responsibility, may need hospitalization Risk Cues--Axis II: Precipitated by events or interpersonal crises, prominent feelings of anger or aggression, may be chronic and impulsive, need for limit-setting, assess therapeutic alliance, consultation can be useful
Documentation Initial and followup assessments Outpatient / inpatient records Telephone calls Consultations Recommendations	Use format of protocol to justify basis of level of risk and corresponding treatment. When: Initial assessment, whenever there is any noteworthy clinical change, for inpatients before increasing privileges, and before discharge. Document presence/absence of firearms



ADULTS

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



Help a friend stay in the game.

Did you know that 70% of people who commit suicide tell someone about their plans, or give warning signs?
ACT now to help your friends, co-workers and loved ones.

www.StopASuicide.org

Tragically, suicide is a fatal response to a treatable condition, usually depression.

*The San Francisco Giants featured **Stop A Suicide, Today!** at a home game in September 2004. Fans entering the ballpark that night received a card with signs to look for and steps to take if they were worried about a loved one.*



WORKPLACE/HEALTHCARE

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





WORKPLACE/HEALTHCARE

Workplace/Healthcare*Response*: 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**





Mental Health Screening as an Intervention for Suicide

WorkplaceResponse Online Screening Results

17% of those screened indicated they had thought about or wanted to commit suicide.¹

"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

¹ WorkplaceResponse online and telephone screening results January 2000 – March 2005.



OLDER ADULTS

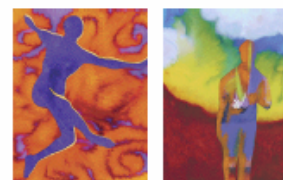
National Depression Screening Day

- **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**

How are you feeling in these uncertain times?



Sad? Fearful? Stressed?



Hyper? Aching?

Learn more about
Depression, Bipolar Disorder, Anxiety, and Stress at
National Depression Screening Day

Screening Site Date, Time and Location

For other sites, call 1-800-520-NDSD (6373), or visit www.MentalHealthScreening.org



A program of Screening for Mental Health, a 501 (c)(3) non-profit organization

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Mental Health Screening as an Intervention for Suicide

Older Adult National Depression Screening Day Results

11% of those 65 and older that were screened indicated they had thought about or wanted to commit suicide.¹

"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

¹ National Depression Screening 2003 results.



Large-Scale Initiatives

National Depression Screening Day (NDSD) Older Adults

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.



PROFESSIONAL EDUCATION

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**



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