

Appendix L

Suicide Prevention Annual Report

January 2017 – December 2017

Suicide Prevention is one Shasta County programs under MHSA Prevention and Early Intervention. Activities must meet five fundamental concepts of the MHSA: cultural competence; wellness, recovery, resilience; community collaboration; client- and family-driven mental health system; and integrated service experience. A HHSA Suicide Prevention website is used to promote these ideas and keep the community up to date on any meetings, trainings or events scheduled.

Suicide Prevention has a new prevention campaign started in 2017 that is directed towards men due to the societal pressures that they feel has created barriers to suppress their emotions, and not to show weaknesses. Captain Awesome demystifies mental health and depression while giving men the tools to maintain their mental and emotional health.

Another educational program for students grades 8-12 called "More than Sad" has created a subcommittee to establish and implement this program in local schools. More than Sad is a Best Practice program that teaches teens to recognize the signs of depression in themselves and others, challenges the stigma surrounding depression, and demystifies the treatment process.

There are several workgroups that meet quarterly with the goal of educating media to the importance of appropriate and responsible reporting of suicide. This is also achieved with the help of the Stigma and Discrimination Reduction program, and aided by peer support groups that have also established a Facebook site that has over 564 likes.

The suicide prevention liaison continues to work with the Stigma and Discrimination Reduction program when appropriate due to the areas that affect both programs. Health Fairs are some events that have assisted with the awareness of Suicide Prevention.

QPR trainings are one of the major areas of the Suicide Prevention program. QPR stands for Question Persuade Refer which is a practice that seeks to provide individuals with an awareness of the warning signs of suicide.

QUESTION

Question the person about suicide. Ask if they've had any thoughts about it, feelings, or even plans? Do not be afraid to ask!

PERSUADE

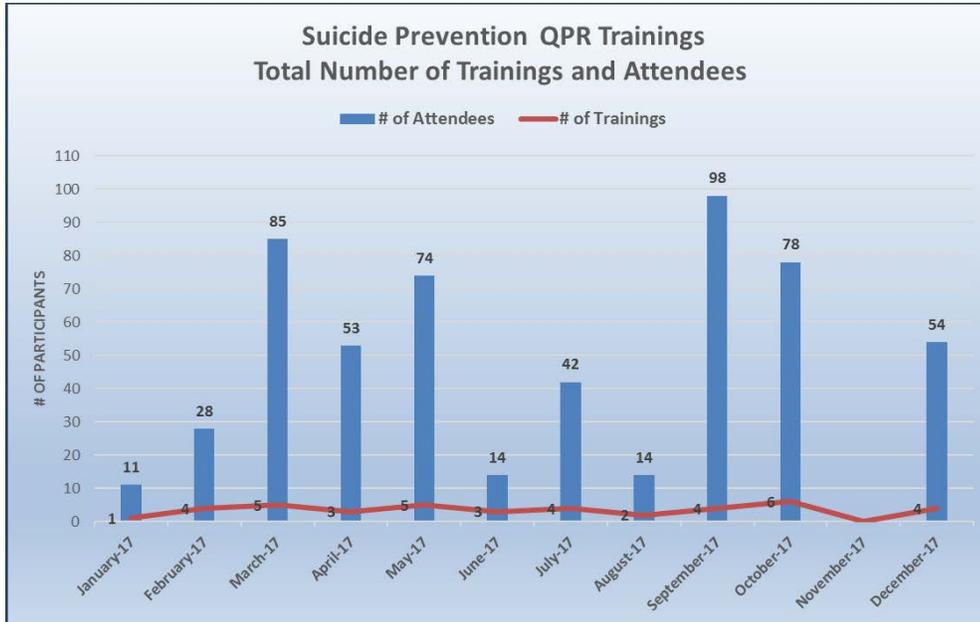
Persuade the person to get help. Remember to listen carefully and then say, "Let me help" or "Come with me to find help!"

REFER

Refer for help. If it is a child or adolescent, contact any adult, parents, minister, teacher, coach, or a counselor (1-800-866-HOPE)

It is a protocol that provides the individual with the tools to respond to an individual in suicide crisis. These trainings are given to groups or organizations in the county on request and ones that are scheduled on a regular basis.

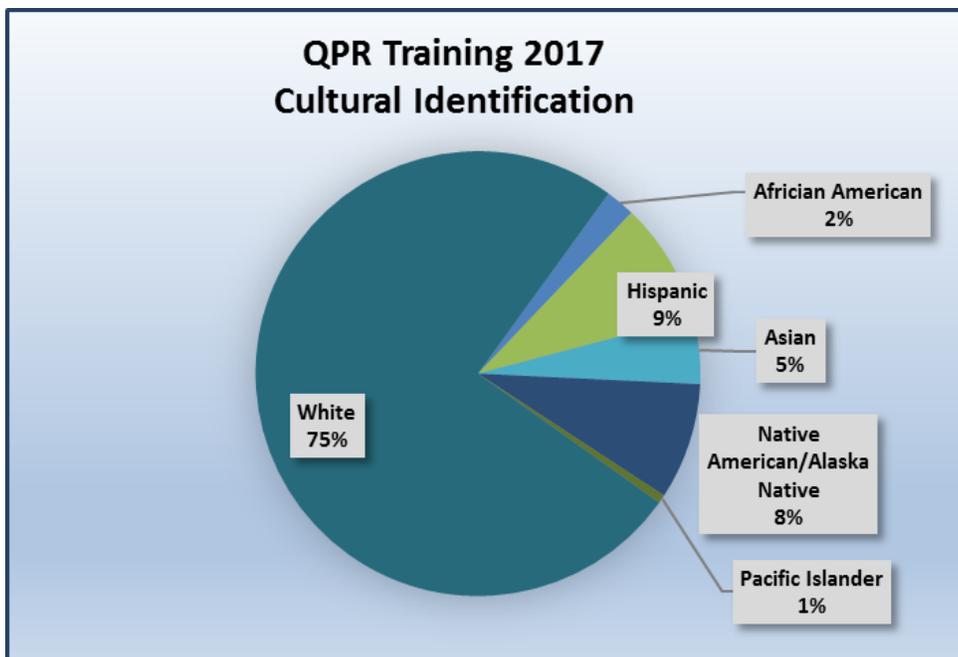
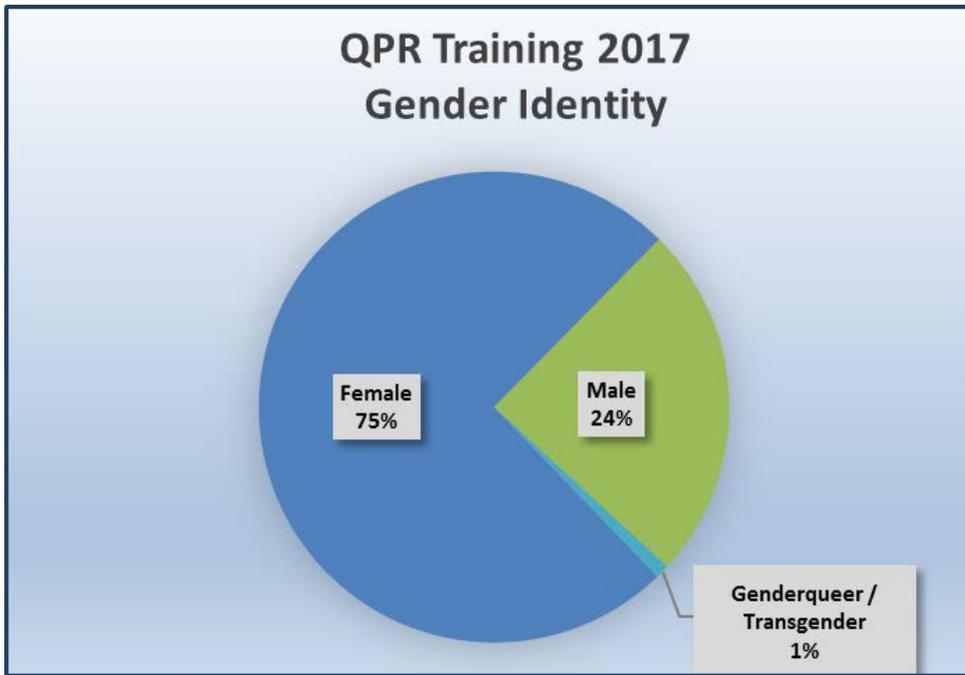
In 2017, there were approximately 41 QPR trainings with 551 attendees.



Of these, 5 of the trainings were for HHSA with 71 staff members attending.

Demographics

All demographics are displayed as a percentage of those who choose to respond. In order to protect participant confidentiality, the actual numbers for each category are not displayed, as some may be very small numbers (less than 10).



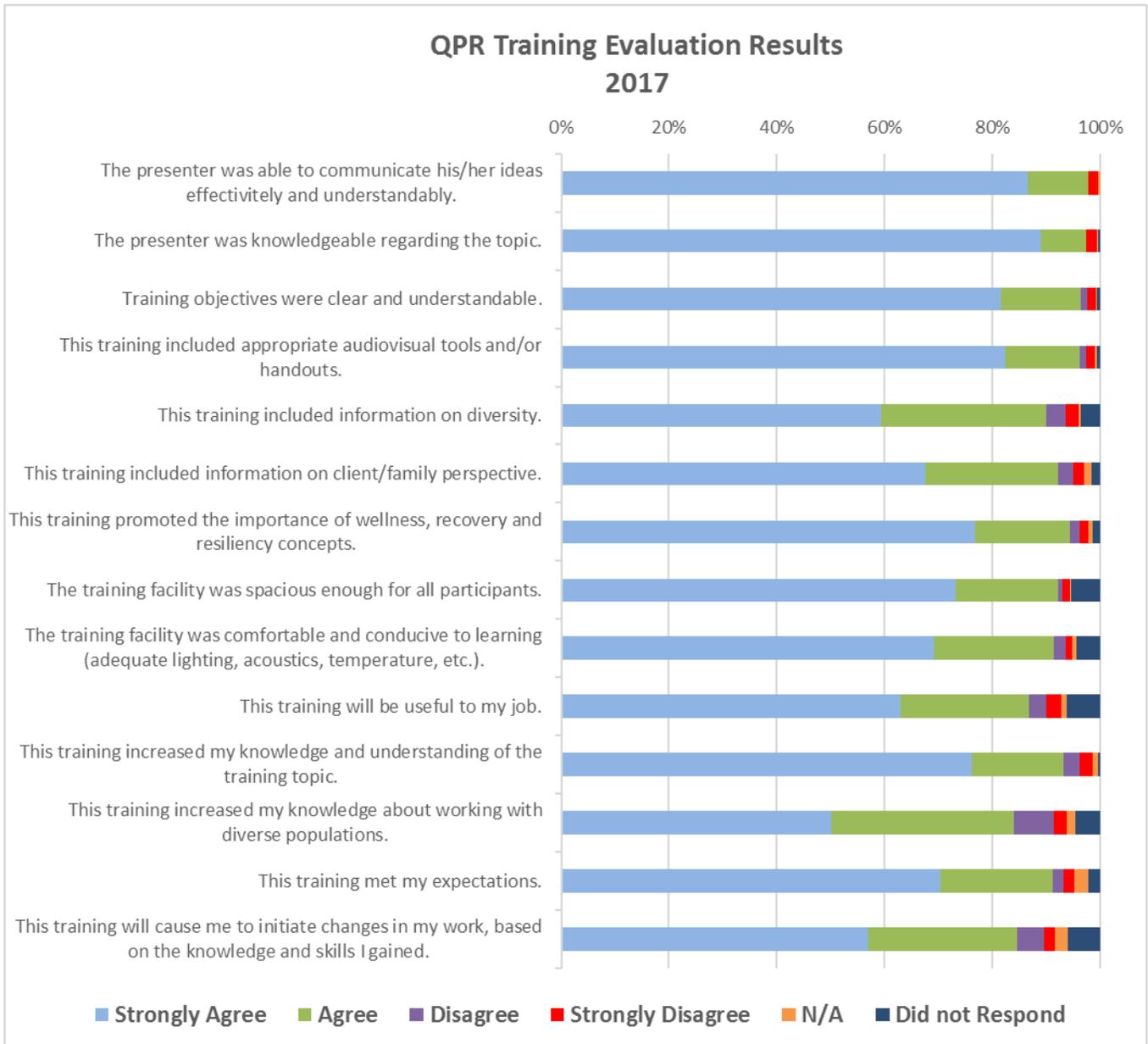


What best describes the organization you represent at this training?



At all the Question Persuade Refer (QPR) Suicide Prevention trainings attendees are given a Post Training Questionnaire. This questionnaire is used to give feedback to the trainer as a way of evaluating the training. This also gives an idea of what might be missing or trainings that might be valuable.

The 3 objectives that are on the Post Training Questionnaire for the QPR trainings are: 1) Recognize warning signs of suicide. 2) Learn how to ask someone if they are contemplating suicide. 3) Know resources for accessing help.



Due to the large volume of free text responses, answers for the following questions have been grouped, and only those comments with 2 or more people providing that response have been listed.

What barriers (if any) do you think would impact your ability to implement ideas presented in this training?

Barriers
No barriers. 74
The barrier of time. 9
My own comfort 7
Having the correct relationship to implement this 6
Feeling like you can't help. 4
Personal beliefs 4
A huge barrier is the lack of referrals and coordination of services. 3
Being unsure of myself and my ability to say the wrong thing. 3
Mental illness other than depression (in addition to depression). 3
Access to reliable, safe services 3

What were the strengths of this training?

Strengths
Excellent speaker and personable 88
Amy was very thorough and knowledgeable on the subject. 30
Good, informative, and attention-keeping lecture and slides. You were very personal and that helps me relate to the discussion. 19
Myths and facts were very educational. 8
What to say, when to say it, and that you should say something. 8
Good useable information 6
very interesting and easy to understand and learn. 6
Resources, phone, web, etc. 5
Stats and resources and very helpful! 5
Real experience 4

What suggestions or areas of improvement do you think would make this or future trainings more effective?

Suggestions
None 51
I think you did a fantastic job! 27
Implement more class involvement and brainstorming. 9
A video instead of just PowerPoint. 8
More interactive 4
More time to go over same amount of material 4
More early prevention, school age, more mental health, everyone needs therapy. 3
More information on diversity. 3
Maybe a practice dialogue? 2
Maybe a quick break at one hour. 2

What additional trainings would you like to see?

Additional trainings
No 35
More training like this in the schools children and community. 10
Don't know 10
ACE 8
more role playing 6
Resources for drug addiction and homelessness. 6
More mental health 4
Building supportive community/communities 3
Training for healthcare providers, workers. 3
What to do after a crisis 3

Is there another format you would have liked to receive this training in? Why?

Format
No 86
No, it was a perfectly fine format. 20
Video because it helps people to connect. 5
Online webinar to be able to review it later. 5

Do you have any other comments or suggestions?

Comments
Amazing presentation, it was a pleasure to see your heart for our community. 90
No 55
This was for personal knowledge for me. 3
Keep giving hope to the community. 2
This training would be great in surrounding high schools. There is a lot of suicidal ideation and self-injurious behaviors occurring. 2
Play out situations. Visually experience incident. 2