Suicide Prevention 2022
PHOENIX AREA IHS INTEGRATED
BEHAVIORAL HEALTH

Suicide rates for American Indians and Alaska Natives (AI/ANs) are four times higher than the national average. Suicide is the second leading cause of death for AI/AN youth between the ages of 15 to 24. This fact sheet, developed for tribal audiences and the agencies that work with them, reviews suicide prevention in Indian country and how the 2012 National Strategy for Suicide Prevention can apply to tribal communities.

TEAM INTRODUCTIONS
- Derek Patton
- MacArthur Lucio
- Thomas Walter
- Luis Burrows
- Ty'Lesha Yellowhair

BACKGROUND: US SUICIDE DATA
2019 NATIONAL SURVEY ON DRUG USE AND HEALTH

OBJECTIVES
- Review data on suicide rates and trends in US, in AI/AN communities, and effect of COVID-19 pandemic
- Be familiar with conducting a mapping of community suicide cases in a cluster to develop a response
- Know how to access the suicide prevention and intervention services provided by Phoenix Area IBH

TEAM INTRODUCTIONS
- Derek Patton
- MacArthur Lucio
- Thomas Walter
- Luis Burrows
- Ty'Lesha Yellowhair

Suicide Prevention is a health issue that must be addressed at many levels by different groups working together in a coordinated and synergistic way. Federal, state, tribal, and local governments; health care systems, insurers, and clinicians; businesses; educational institutions; community-based organizations; and family members, friends, and others all have a role to play in suicide prevention.

National Strategy for Suicide Prevention

Samhsa November 2016 Fact Sheet
COVID-19 MENTAL HEALTH IN OUR COMMUNITIES

- Would you like to share what the experience has been in your community with mental health and substance use?
- Are you seeing more referrals for domestic violence?
- Are services and activities opening back up that were stopped due to the pandemic?
- What are the plans for your program to outreach more?

PHOENIX AREA IBH TEAM ACTIVITIES

EDUCATION FOR PROVIDERS

Weekly COVID-19 BH conference calls: open to all BH providers in Area I/T/U programs

- First Wednesday of the month at 10:00 MST
- Updates on COVID data and local trends
- Share new protocols and developments at Phoenix Area BH programs
- Share on-line ‘ECHO’ trainings offered by IHS, grants, & policy
- News about upcoming conferences
- General networking and support

EDUCATION FOR PROVIDERS

PHOENIX AREA IBH TEAM ACTIVITIES

Suicide prevention/intervention trainings

- More than 2,386 IHS, Tribal and Urban staff members in the Phoenix Area were trained on-site and virtually in QPR during 2021.
- IHS, Tribal and Urban BH program employees, health care staff, social services, first responders, educators QPR, ASIST, SafeTalk trainings delivered over more than a decade

QPR Training for 2022 virtual offering still available with 25 spots available for training to become a trainer.
IHS NATIONAL QPR INITIATIVE

- Question, Persuade, Refer (QPR) 60-90 minute on-line, on-demand training
- Like CPR for suicide intervention
- IHS has contracted with a provider for on-line, on-demand QPR training to reach ALL IHS employees
- Again, training for trainers is available - ask us!
- Tribal and Urban BH staff can request a link by emailing Thomas Walter: thomas.walter@ihs.gov

SUICIDE SCREENING TOOLS

- Do you know if your program, local clinic/hospital is screening for suicide on a routine basis?
- What screening tools have you used, and do you feel they are effective?
- Once screened with a positive result, is the patient referred, followed up with? Placed on a suicide register?

EACH ONE OF US CAN SAVE A LIFE

- Know your community resources
  - ED, BH clinic, crisis hotline
- Connect the person to help in a way that is most immediate and meaningful for them
  - Stay with them while they call the crisis line, go with them to the clinic
  - Ask permission to contact others who could be part of a safety net - a friend, sponsor, family member
  - Be aware of your own safety and abilities and call for help if needed

SUICIDE CRISIS RESPONSE

- Our team provides help (on-site, virtual, phone) to BH programs and communities responding to increased suicides
  - Definition of a suicide cluster
  - Case reviews with community case mapping
  - Support to build community-based crisis response team
  - Work with Tribes to help facilitate requests to IHS and other Federal agencies for additional resources as needed

COMMUNITY CASE MAPPING

- A visual, collaborative way to identify unique factors that may be driving an increase in suicides and prevent continued losses
  - Requires the use of a room where access can be limited for confidentiality
  - Participants must be providers (not other community members who don't have PHI access according to HIPAA)
  - Use a large whiteboard or cover a wall with flip chart paper
  - Start with a timeline, locate each index case on the timeline
COMMUNITY CASE MAPPING

Place each case on the timeline and note:
- **Age, gender, method** of suicide
- **School or work** (grade, place of employment)
- **Substance use** history at time of suicide or in past
- History of BH diagnosis, treatment; documentation of any screening/follow up for suicidal ideation
- Primary care, emergency visits
- Last BH visit if in active treatment

COMMUNITY CASE MAPPING

Also note for each case:
- **Past suicide attempts**
- Involvement with court system or CPS
- History of interpersonal violence
- Relationship with others on timeline, history of loss of a loved one, especially to suicide
- Other major losses or stressors in the community

COMMUNITY CASE MAPPING

Try to list the information in a similar order for each index case
- **Color coding** is very helpful for seeing connections
  - relationships, school/grade, substance use
  - suicide method
  - stressors or losses in common
This is a working document, not a formal report
- Draw lines and arrows to make the connections visual

COMMUNITY CASE MAPPING

Look for connections among the recent suicides
- Family members
- Friends or classmates
- Having a loss in common
- Community stressors/losses
- Similar method, or drug (for overdose deaths)
Use this understanding to **guide intervention**
- Who needs outreach?
- Target community education

SUICIDE CRISIS RESPONSE

- **Develop plans**: identify community members who require outreach, school outreach if indicated
- **Assign tasks** and follow-up schedule, set a time to check back on progress
- **Decrease barriers** in the community to finding help
SUICIDE CRISIS RESPONSE

- Privacy is very important: avoid pressure from non-HCW to share details that are covered under HIPAA
- Tribal leadership is KEY to a successful community intervention
- Our team can help

The IHS website has lots of resources and links for
  Providers
  Communities
  Tribal governments

https://www.ihs.gov/suicideprevention/communityguidelines/

SUICIDE CRISIS RESPONSE

- Have you lived/worked in a community that has experienced a suicide cluster?
- Were there patterns, connections, or common stressors?
- How/did it resolve, and what seemed helpful?

OTHER IBH SERVICES

- We support quality improvement for I/T/U programs
  Program reviews of IHS, Tribal, and Urban BH programs throughout the Phoenix Area
  assisting programs in making any corrective actions recommended
- Help programs prepare for accreditation surveys on request
- Support IHS BH programs with staffing, recruiting assistance with HR process as needed
CARE COORDINATION AND CONSULTATION

Residential substance abuse treatment: our team arranges placement and transportation for adults and adolescents needing treatment.

For tribes participating in treatment pool

Help with locating substance abuse care for people with complex needs.

SA + medical
SA + mental health

Our team offers phone consultation at any time to support Area I/T/U providers with clinical management or care coordination.

contact us!

RESOURCES

www.cdc.gov


RESOURCES CONTINUED

https://www.ihs.gov/suicideprevention/

SAMHSA’s webpage: http://www.samhsa.gov

SMA # SMA17-5050 Suicide Clusters within American Indian and Alaska Native Communities: Review of Literature and Recommendations

Suicide Prevention Resource Center (SPRC) webpage: http://www.sprc.org


CONTACT

Phoenix Area IHS Office of Health Programs  (602) 364-5179

Derek Patton  derek.patton@ihs.gov
MaeArthur Lucio  macarthur.lucio@ihs.gov
Thomas Walter  thomas.walter@ihs.gov
Luis Burrows  luis.burrows@ihs.gov
Ty'Lesha Yellowhair  ty'lesha.ellowhair@ihs.gov