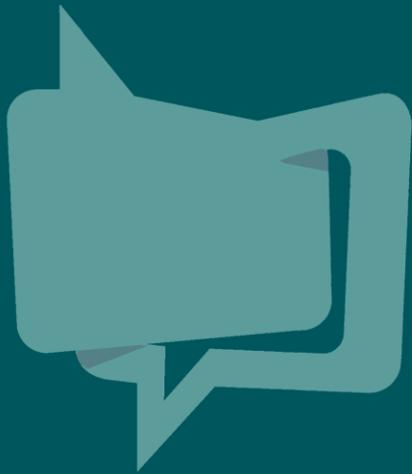


# Learning Collaborative

Strategic Planning for Suicide Prevention FY 19/20

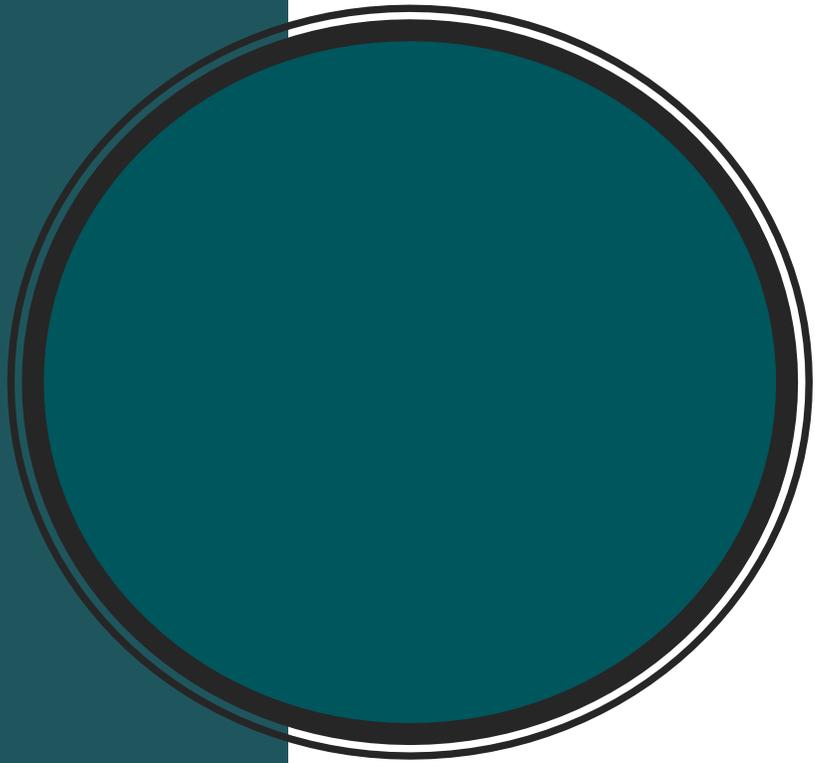


## Learning Module 1: Postvention After a Suicide

Know the Signs >> Find the Words >> Reach Out



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).



- If you called in on the phone, find and enter your audio PIN
- If you have a question, technical problem or comment, please type it into the “chat” box or use the icon to raise your hand.



**Sandra Black, MSW**



**Sandra Black** has worked in suicide prevention in California since 2007. Until 2011 she managed the California Office of Suicide Prevention, which included completion and implementation of the California Strategic Plan on Suicide Prevention. In 2011 she joined the Know the Signs suicide prevention social marketing campaign as a consultant.



**Rosio Pedroso**



**Rosio Pedroso** has over 20 years of research and evaluation experience focusing on unserved and underserved communities. She has over six years of experience conducting train the trainer curriculum and materials for community engagement and statewide campaigns including suicide prevention and child abuse and neglect awareness.



**Stan Collins**



**Stan Collins**, has worked in the field of suicide prevention for nearly 20 years. Stan is a member of the American Association of Suicidology's Communication team and in this role supports local agencies in their communications and media relations related to suicide. In addition, he is specialized in suicide prevention strategies for youth and in law enforcement and primary care settings. Since 2016 he has been supporting school districts with AB 2246 policy planning and as well as postvention planning and crisis support after a suicide loss or attempt.



**Jana Sczersputowski, MPH**



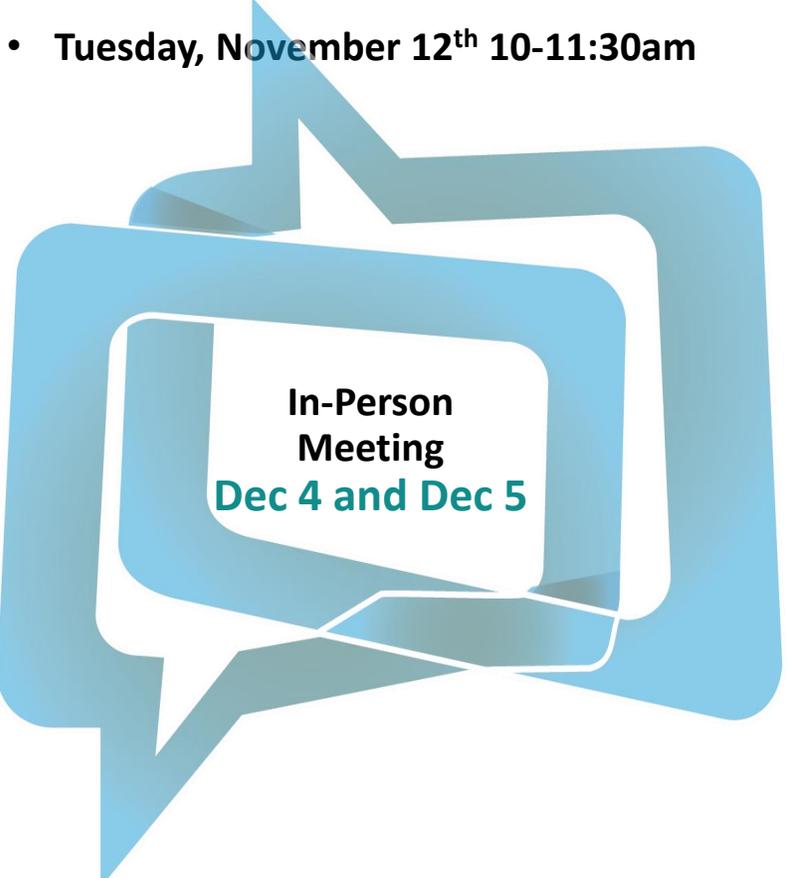
**Jana Sczersputowski** applies her public health background to deliver community-driven and behavior change oriented communication solutions in the areas of mental health, suicide prevention, child abuse prevention and other public health matters. She is specialized in strategic planning, putting planning into action, and evaluating outcomes. Most of all she is passionate about listening to youth, stakeholders and community members and ensuring their voice is at the forefront of public health decision making impacting their communities.



# Strategic Planning Learning Collaborative Overview

## Webinar 1: Postvention After a Suicide

- Tuesday, November 12<sup>th</sup> 10-11:30am



In-Person Meeting  
Dec 4 and Dec 5

- Webinar 2: Addressing Access to Lethal Means
  - December 17<sup>th</sup> 10am-11:30am  
<https://attendee.gotowebinar.com/register/6976737031237956109>
- Webinar 3: Population Level Strategies
  - January 21<sup>st</sup> 10am-11:30am  
<https://attendee.gotowebinar.com/register/7066667186785414925>
- Webinar 4: Targeting Strategies to High-Risk Populations
  - February 18<sup>th</sup> 10am-11:30am  
<https://attendee.gotowebinar.com/register/8978419939836774669>
- Webinar 5: Assessing Your Crisis Response System
  - March 10<sup>th</sup> 10am-11:30am  
<https://attendee.gotowebinar.com/register/2296286456097925645>

# In-Person Meeting



In-Person  
Meeting  
Dec 4 and Dec 5

**Tentative Agenda:**  
**Each Mind Matters Learning Collaborative In-Person Workshop**  
**December 4-5, 2019**  
**Double Tree by Hilton, Rancho Cordova**

**Day One December 4, 2019**

*10am to 5pm, with 1 hour working lunch, lunch provided.*

**Welcome and Introductions**

**Understanding Suicide**

This provides the foundation for understanding the science of suicide prevention and how/where along the suicidal crisis path, we (as individuals, organizations and systems) can intervene to make a difference in suicide prevention.

**Selecting Interventions Along the Suicidal Crisis Path**

Participants will learn about specific best practices from universal prevention to crisis intervention and postvention. Several examples will be provided for each intervention areas with lots of time for interaction and discussion. This will also include practical considerations and information on how to select interventions that are a good local fit.

**Day Two December 5, 2019**

*9am to 3pm, with 1 hour working lunch, lunch provided*

**Effectively engaging the community in strategic planning**

This session will provide practical tips and resources to engage stakeholders with purpose. This will include how to build and sustain an effective coalition, addressing common challenges and pitfalls.

**Choose One Concurrent Workshop**

**Option 1: Talking Turkey about Strategic Plans**

This session will provide examples of different formats of strategic plans, workplans and roadmaps and offer tips to streamline the daunting task for writing a plan. The idea is to provide practical tips to write a plan that can engage and unite people around a common mission, is practical and will not just gather dust on a shelf. This will include an overview of the statewide strategic plan for suicide prevention and how to align local plans.

**Option 2: Describing the Problem of Suicide using Data.**

This will provide an in-depth and hands-on learning session to existing and new learning collaborative members around how to access data, use data to inform decision making, and use a story with data to engage stakeholders.

This will also include:

- A session on effective messaging around suicide prevention.
- Information about resource mapping
- Examples from counties that have successfully tells an effective story with data

# Steps of Strategic Planning





“The Suicidal Crisis Path is a model that intends to integrate multiple theoretical approaches and frameworks within the context of an individual’s suicidal experience. In doing so, the purpose is to match intervention approaches with the timing, risk factors, and protective factors that would be the mechanisms to prevent a suicide from happening.” (Lezine, D.A. & Whitaker, N.J., Fresno County Community-Based Suicide Prevention Strategic Plan, 2018)



[www.FresnoCares.org](http://www.FresnoCares.org)

Population



Higher Risk



Suicidal



Suicide Attempt



Suicide

Prevent Problems from Happening and Promote Wellness

Identify Problems Early and Connect People to Help

Safe and Compassionate Responses During and After a Crisis

Connectedness

Identify and Assist

Respond to Crisis

Postvention

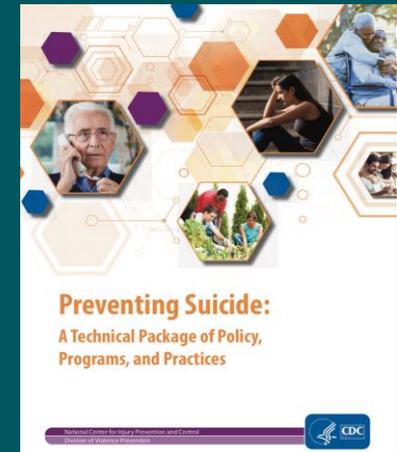
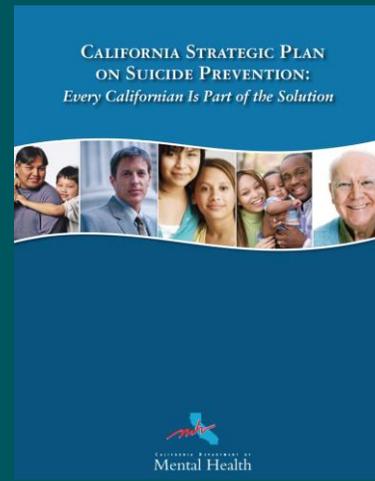
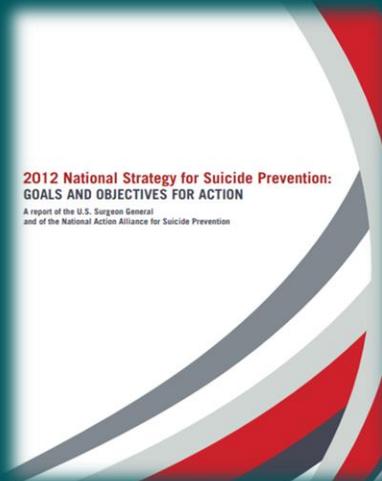
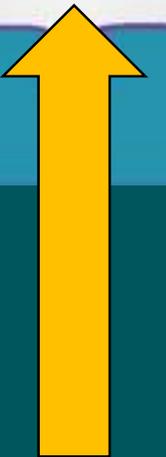
Life Skills and Resilience

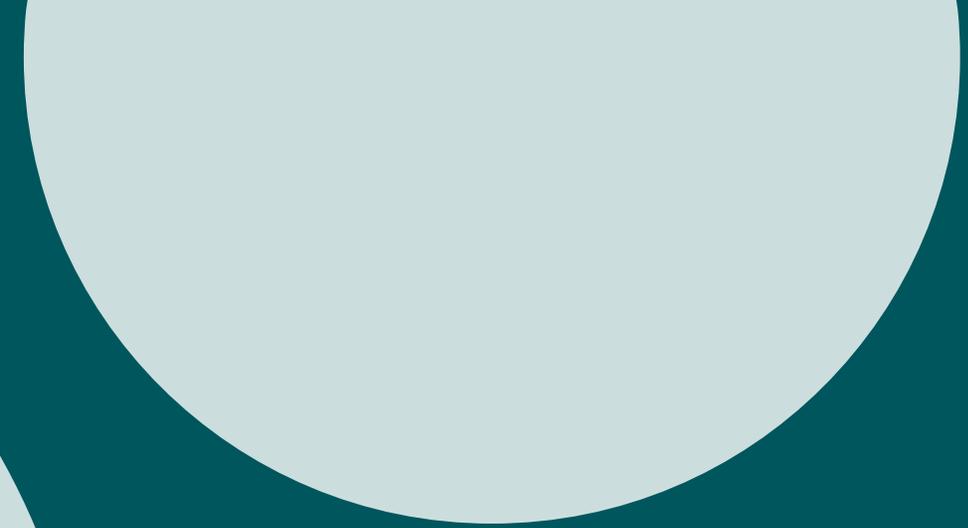
Increase Help-Seeking

Care Transitions/Linkages

Reduce Access to Lethal Means

Effective Care and Treatment





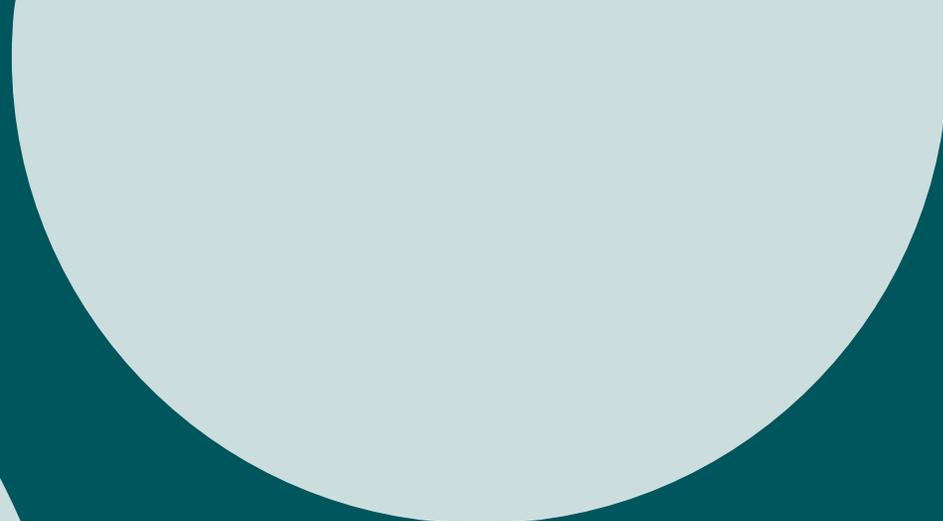
# What is Postvention After a Suicide?

# Postvention After a Suicide is...



..an organized response after a suicide death with three main goals:

1. Promote healing and support to those impacted
2. Mitigate the negative effects of exposure to suicide
3. Prevent suicide among those at high-risk after exposure to suicide



Why is prevention an integral part of any strategic plan for suicide prevention?

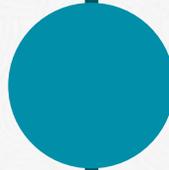
# Postvention **is** Prevention



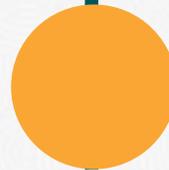
A significant number of people exposed to suicide have negative and long-term mental health consequences.



Exposure to suicide can increase the risk of suicide among loss survivors themselves.



The complicated grief and stigma surrounding suicide can be devastating to individuals, families and whole communities.



Organized and empathic response after a suicide can mitigate negative outcomes and reduce the risk of additional suicides.

# Why is suicide loss different from other losses?

## Complicated Grief After Suicide

Suicide is perceived as a choice

Survivors often feel the death could or should have been prevented

Suicide is often stigmatized

Suicide deaths are traumatic

## Opportunities for Postvention

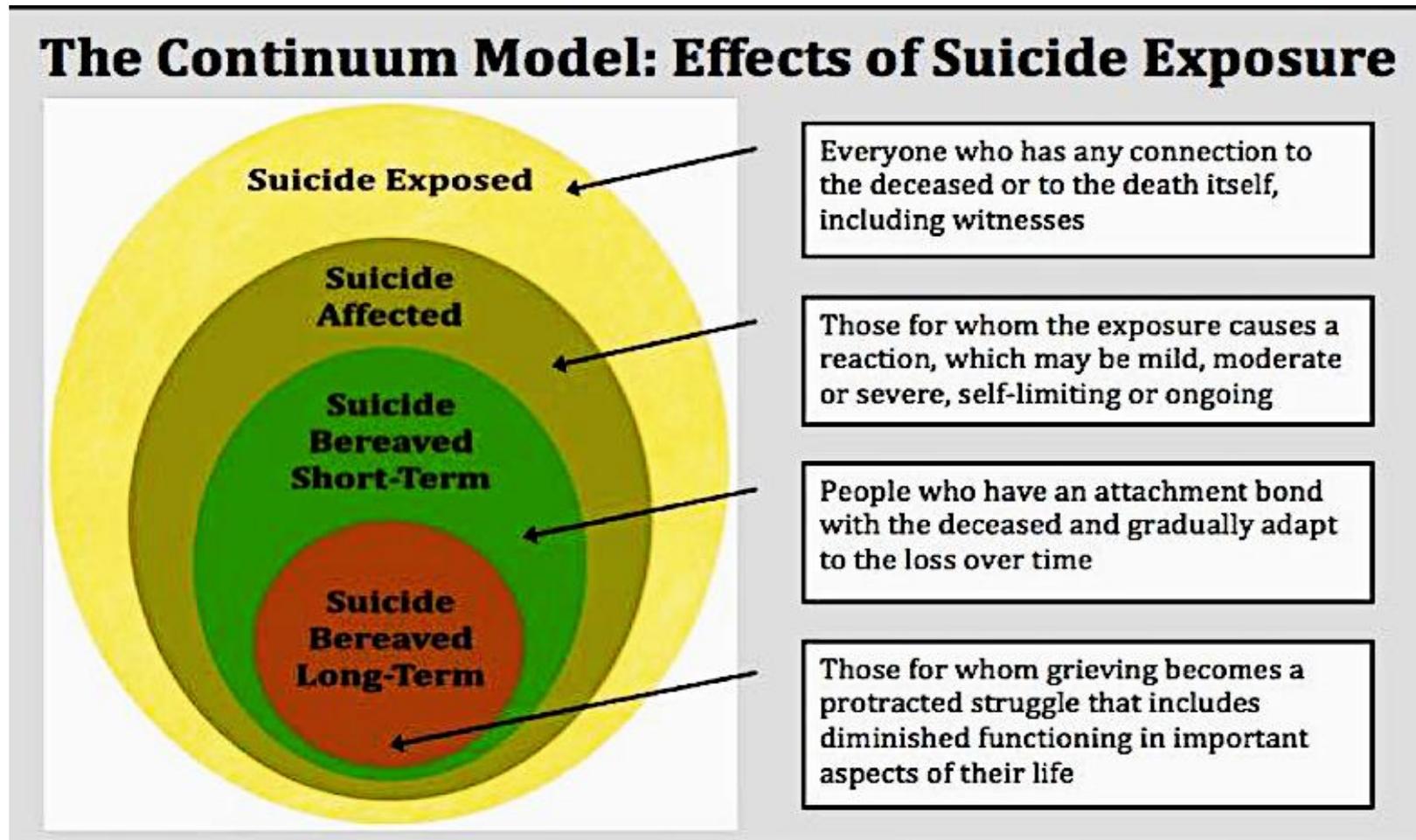
*More empathic understanding of suicidal thinking.*

*More nuanced conception of preventability.*

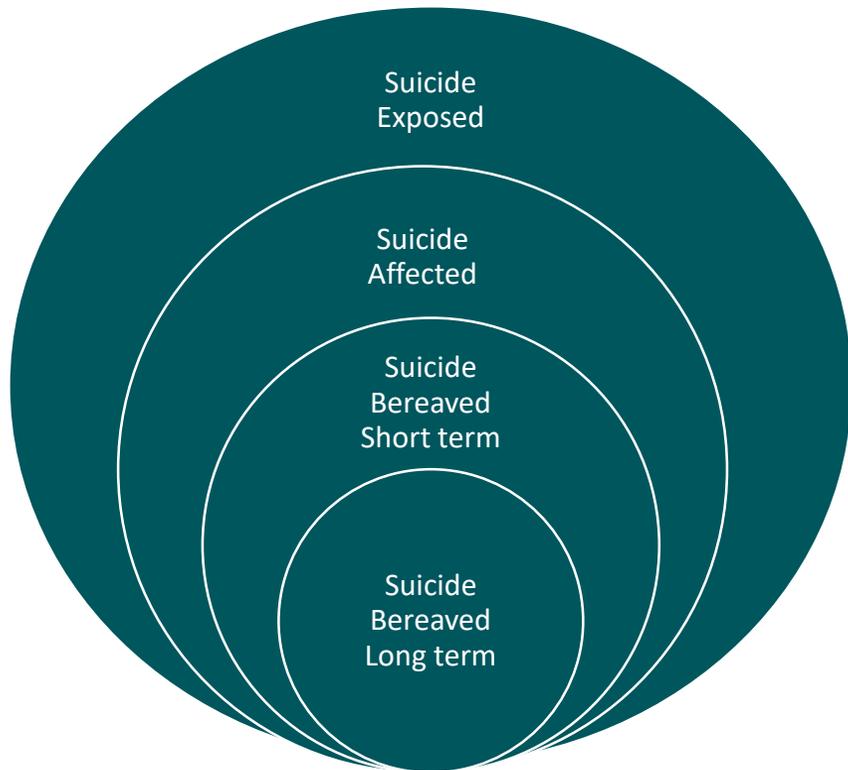
*Understanding that the causes of suicide are complex, and that suicide cannot be attributed to a single cause.*

*Compassionate, understanding supports and services can alleviate some of the impacts.*

# Continuum Model of Suicide Exposure



# Data on the Impact of Suicide Exposure



- It is estimated that **50% of the population will be exposed to the suicide of someone they know** at some point in their life.
- **An average of 115 people are exposed when a suicide occurs.** Of these, 63 will identify as having a high or very high level of closeness with the person.
- On average, 25 people will have their lives impacted in a major way, and **a suicide will have a devastating impact on the 11 people closest to the person.**

# Data on Suicide Among Loss Survivors



- Exposure to the suicide death of a family member doubles or triples the risk that another person in that family will die by suicide
  - Men who have lost a spouse to suicide have a **46-fold increase** in risk
  - Men who have lost an adult sibling to suicide have a **doubled risk**
  - Women who have lost an adult sibling to suicide have a **tripled risk**
- Exposure to suicide doubles the chances that a survivor will report suicidal ideation, when compared to people who were not exposed to a suicide.
- Exposure to suicide increases the risk of suicidal ideation of family members or friends.
- Elevated rates of suicidal ideation are detected in parents bereaved by suicide as many as 10 years after the death.

Sources: *Responding to Grief, Trauma, and Distress After a Suicide: U.S. National Guidelines*;

John R. Jordan (2017) *Postvention is prevention—The case for suicide postvention*, *Death Studies*, 41:10, 614-621

# The Impact of Suicide

Upheaval, stress

Law enforcement involvement

Dysregulated routines

**Scapegoating, blame, anger**

How to talk about the death?

Birthdays and holidays become painful and may be neglected

Strained relationships, divorce, estrangement

Patterns of silence and secrecy



Q&A

Population

Higher Risk

Suicidal

Suicide Attempt

Suicide

Prevent Problems from Happening  
and Promote Wellness

Identify Problems Early and  
Connect People to Help

Safe and Compassionate Responses During and After a Crisis

Connectedness

Identify  
and  
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Postvention

Life Skills  
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Increase  
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Transitions/Linkages

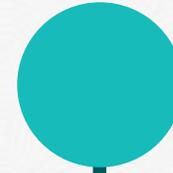
Reduce Access  
to  
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Effective Care  
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Treatment

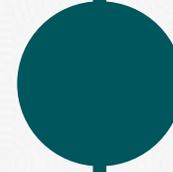
✓ Support Immediately After a  
Death by Suicide

✓ Ongoing Support

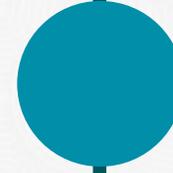
# Questions to ask yourself for your strategic plan.



Do you provide any support to survivors of suicide at the death scene or shortly after? How is this structured?



Are there survivors of suicide that are ready and interested in being involved in suicide prevention/loss support?



How many support groups are available to survivors of suicide loss? Where are they offered? What format?



How do survivors of suicide find out about supports available to them?



How many public and private clinicians are trained in suicide bereavement? How can they be located?

# Statewide Plan- Strategic Direction

## Strategic Aim 4: Improve suicide-specific services and supports

- Goal 10: Deliver best practices in care targeting suicide risk
- Goal 11: Ensure continuity of care and follow-up after suicide-related services
- Goal 12: Expand support services following a suicide loss

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### Short-Term Target

- By 2025, all counties have written policies and procedures for coordinated, timely, and respectful responses by service providers following a suicide loss, including formal agreements with local coroners and medical examiners to support the initiation of services

### Long-Term Outcome

- Reduce the amount of time between a suicide loss and **access to** bereavement services specifically designed to meet the needs of suicide loss survivors

## Passive Postvention

## Active Postvention

*“My research has shown that survivors who receive the Active Postvention Model (APM) asked for assistance from the agency, on average, within 39 days as compared to those using the passive model, who seek assistance on average in 4.5 years”*



Campbell & Associates

# LOSSteam

Postvention Workshops & Training

## “The Installation of Hope”



Dr. Edwin Shneidman’s concept of “postvention as prevention” has governed Dr. Frank Campbell’s work with suicide survivors since 1986. Dr. Campbell envisioned a “LOSS Team”, a team of trained survivors who would go to the scenes of suicides to disseminate information about resources and be the installation of hope for the newly bereaved. Read more about LOSS Team [here](#).

Read more about the Circular Model of Suicide Reduction by clicking [here](#) or on the graphic to the left.

Interested parties in other communities have received training related to the active postvention model and each week others wanting to start a LOSS team in their communities contact Dr. Campbell to find out how to get started.

## LOCAL OUTREACH TO SUICIDE SURVIVORS (LOSS)



The Fresno County LOSS Team is a service provided by Hinds Hospice and funded in part by Fresno County Department of Behavioral Health.

The LOSS Team consists of one clinician from Hinds Hospice and one volunteer whom is a suicide-loss survivor. The purpose of a LOSS Team is to introduce new survivors to the suicide-loss resources and supports available to families and friends.

The Center for Grief and Healing at Hinds Hospice is able to provide an array of grief support services to families after a suicide loss, including:

- Fresno Survivors of Suicide Loss
- Individual therapy
- 12-Week Support Groups

# Statewide Plan- Strategic Direction

- Expand support services designed and facilitated by survivors of suicide loss. Train survivors of suicide loss to speak safely and effectively about their loss and create a local speakers bureau to give a forum for survivors to deliver suicide prevention messaging to the public. Provide training for suicide loss survivor service facilitators, and opportunities for service facilitators to support each other, including group debrief sessions.
- Enter into memorandums of understanding with coroners and medical examiners to establish coordinated, timely, and respectful responses following a suicide loss, and establish policies and protocols to govern activities in the event of a suicide. Components should include how information is shared, and with whom, and how the privacy of the family is respected, including a process for determining how and when to reach out to family members with resources and support. This strategy includes people who die by suicide in correctional or hospital settings.
- Provide training to first responders, crisis service providers, and access line responders on best practices in supporting suicide loss survivors, including understanding their unique needs and access to appropriate resources.

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Q&A

# Ongoing sources of support for loss survivors include survivor support programs and therapeutic support



## Ongoing Support

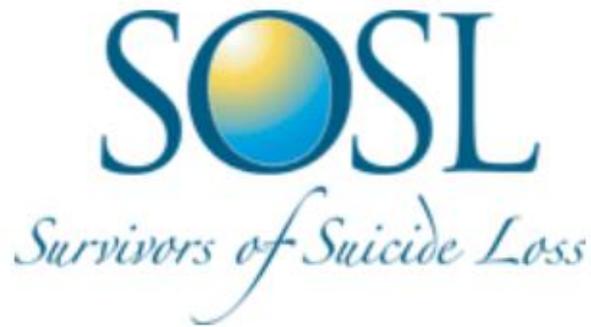
- No two grief experiences are the same, and a range of support options is necessary.
- While immediate support after a suicide death is vital, many loss survivors may not be ready to reach out for weeks, months or years after a death.
- The need for support and services may change over time.

# Survivor Support Programs

Many loss survivors benefit from connecting with others who have experienced suicide loss.

Survivor support programs typically include group meetings held regularly throughout the year or in six or eight-week sessions. They may be facilitated by peers or clinicians.

Expanding support to include other venues, such as newsletters, phone lines, or web sites will broaden the reach.



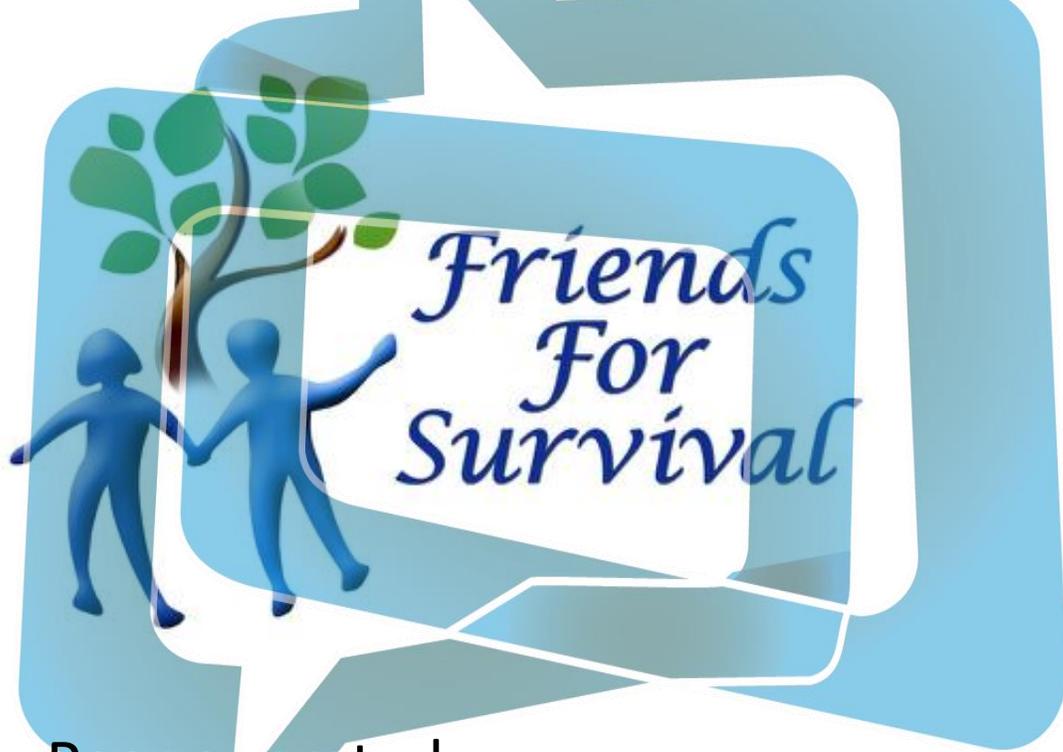
#### SURVIVOR SUPPORT PROGRAM:

- Ten Monthly Support Groups at seven locations in San Diego County and one in Sun City.
- Individual support program: Phone & Email Support
- SOSL Warm Line: [619\) 482-0297](tel:6194820297) (not a 24/7 crisis hotline)
- Personal Memorial Page for your loved one (*view an example [here](#)*)
- Beyond Surviving, SOSL's published book (available at Amazon.com and other retailers)
- Supportive newsletter of sharing and information about grief after suicide loss.
- Personal Stories to connect with other survivors
- Online Virtual Memorial Quilt to honor & remember our loved ones
- Resources
  - SOSL Support Packet: information about suicide loss, prevention, community resources, and SOSL serves for the newly bereaved.
  - SOSL Book Store: a comprehensive list of books on suicide loss, grief, and healing
  - Resources for Parents, Teens, & Children
  - Articles
  - Other Resources
- Get involved with SOSL! Join our Volunteer Program!



**American  
Foundation  
for Suicide  
Prevention**

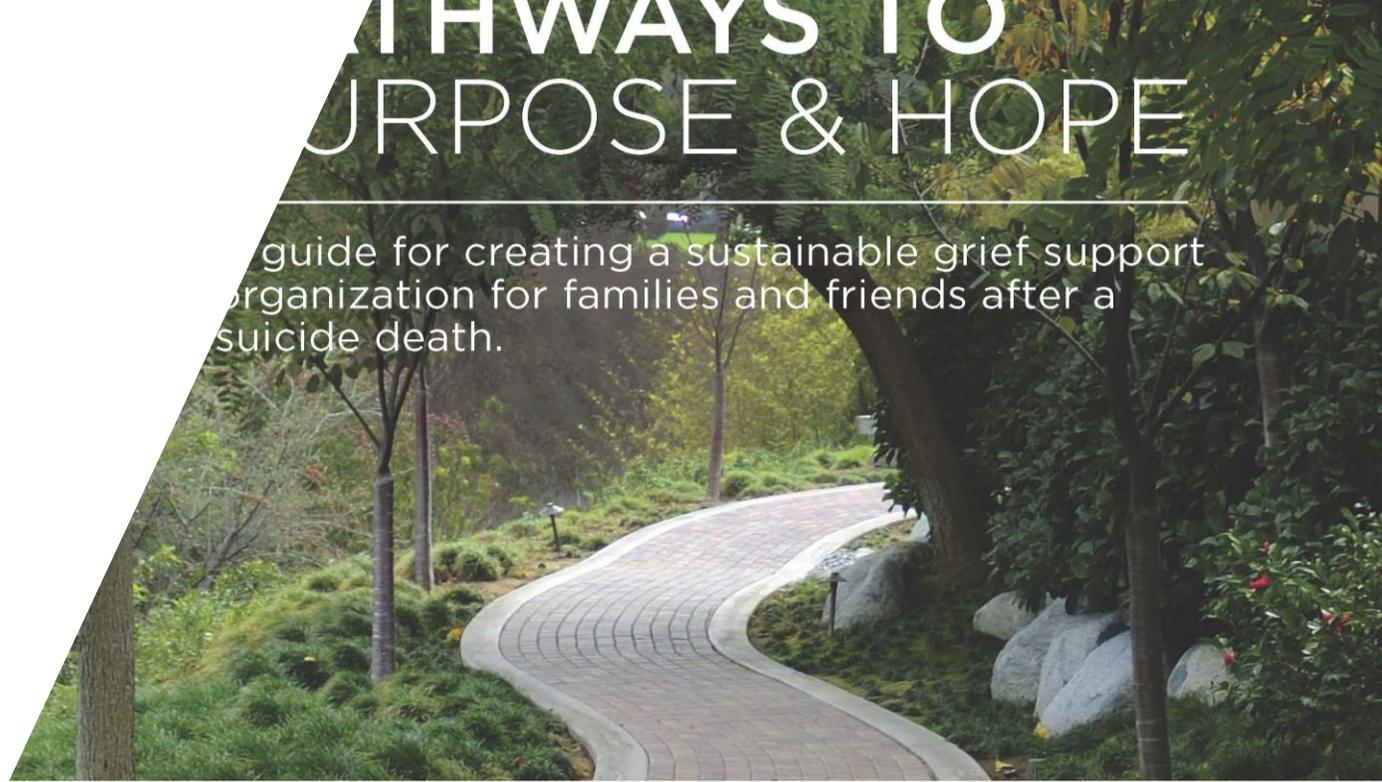




- Peer operated
- Ongoing support meetings
- Lending library
- Speakers Bureau
- Toll free suicide loss help line
- Pathways to Purpose and Hope guide

# PATHWAYS TO PURPOSE & HOPE

A guide for creating a sustainable grief support organization for families and friends after a suicide death.





Home » Our Work » Loss & Healing » Suicide Bereavement Clinician Training Program



### Suicide Bereavement Clinician Training Program

A one-day workshop that provides a focused overview of the impact of suicide on survivors, and the clinical and support responses that are needed.

# Therapeutic Support



## SUICIDE BEREAVEMENT CLINICIAN TRAINING PROGRAM



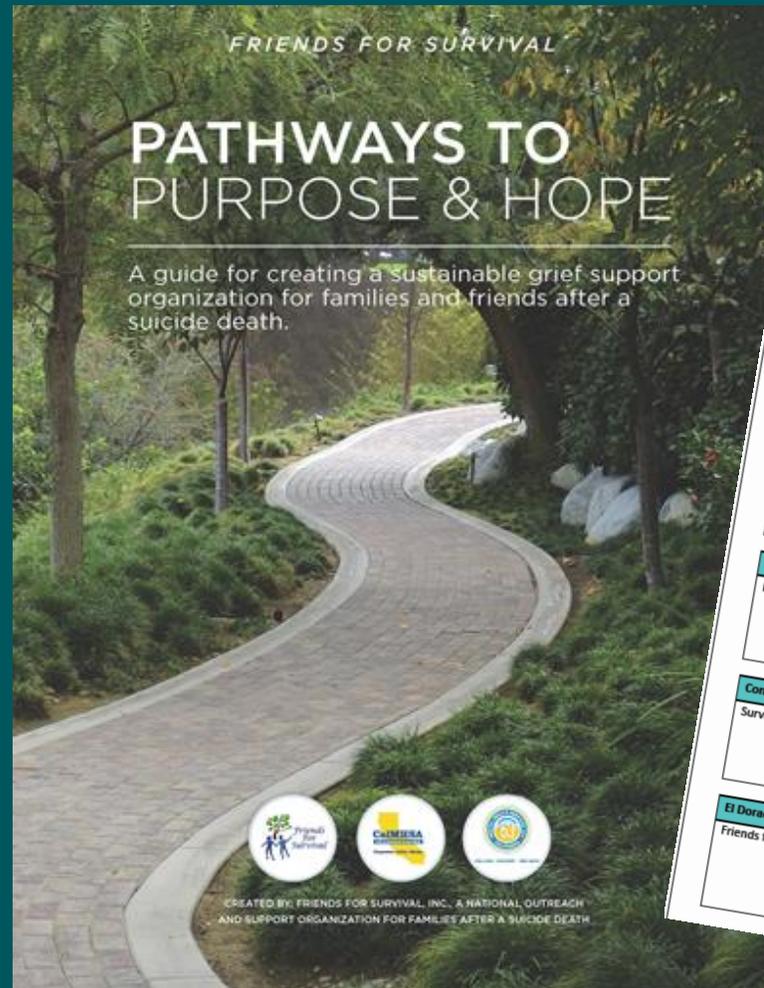
NATIONAL SUICIDOLOGY TRAINING CENTER

# Statewide Plan- Strategic Direction

- Create local suicide bereavement support programs or expand capacity and sustainability of existing programs using *Pathways to Purpose and Hope* found at <https://emmresourcecenter.org/resources/pathways-purpose-and-hope-guide-creating-sustainable-suicide-bereavement-support-program>.
- Develop an online bereavement toolkit consisting of community-specific resources. Partner with hospitals, first responders, funeral directors, faith-based communities, and coroners and medical examiners to distribute through print copies or web links. Resources to support funeral directors' participation in this strategy can be found here: <https://www.sprc.org/resourcesprograms/help-hand-supporting-survivors-suicide-loss-guide-funeral-directors>.

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# Additional Resources through Each Mind Matters [www.EMMResourceCenter.org](http://www.EMMResourceCenter.org)






**Support Programs for Survivors of Suicide Loss in California**

If you have lost someone to suicide, you are not alone. There are many others who understand what you are going through. Connecting with other survivors of suicide loss has helped many people find comfort and healing.

This directory was compiled to help survivors find a support group in your area that is specific to suicide loss. Most groups are facilitated by people who have themselves lost someone to suicide. Some groups have ongoing meetings including location and times.

Please email [info@suicideispreventable.org](mailto:info@suicideispreventable.org) with any comments or questions about this directory.

Alameda County	
Grief Counseling Program, Crisis Support Services of Alameda County	Web Site: <a href="http://www.crisissupport.org">www.crisissupport.org</a> Contact: Devah DeFusco Phone: (800) 260-0094
Paroutaud Suicide Loss Program, La Chem Behavioral Health Services	Contact: Susan Futterman Email: <a href="mailto:susan.futterman@gmail.com">susan.futterman@gmail.com</a> Phone: (415) 515-6253
Butte County	
Friends for Survival, Chico	Web Site: <a href="http://www.friendsforsurvival.org">www.friendsforsurvival.org</a> Contact: Marilyn Koenig Email: <a href="mailto:info@friendsforsurvival.org">info@friendsforsurvival.org</a> Phone: (916) 392-0664 or (800) 646-7322
Contra Costa County	
Survivors of Suicide, Contra Costa Crisis Center	Web Site: <a href="http://www.crisis-center.org">www.crisis-center.org</a> Contact: Claire Anguiano Email: <a href="mailto:grief@crisis-center.org">grief@crisis-center.org</a> Phone: (800)833-2900
El Dorado County	
Friends for Survival, Cameron Park	Web Site: <a href="http://www.friendsforsurvival.org">www.friendsforsurvival.org</a> Contact: Marilyn Koenig Email: <a href="mailto:info@friendsforsurvival.org">info@friendsforsurvival.org</a> Phone: (916) 392-0664 or (800) 646-7322

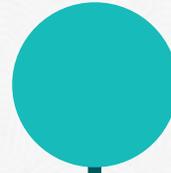


Q&A



# Developing a Postvention Plan

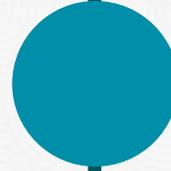
# When might a broader response be needed?



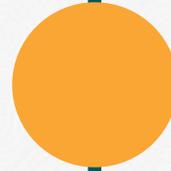
**Suicide of a well-known or public figure**



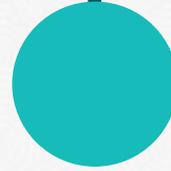
**Suicide happens in a public place, such as a park**



**Suicide receives extensive media or social media coverage**



**Homicide/suicide**



**When more than one suicide occurs in an unusually short time frame**

# Statewide Plan- Strategic Direction

- Develop an integrated postvention services plan to guide delivery of best practices following a suicide loss. The plan should tailor strategies to settings and cultures, including schools, workplaces, faith communities, hospitals and health care settings, tribal communities, and correctional facilities. The plan should identify a lead agency or organization responsible for ensuring adequate capacity, training, and effectiveness in the delivery of activities that support survivors, service providers, and community members after a suicide loss. Enter into agreements that contain clearly define roles and procedures to increase the effectiveness of coordinated responses, such as procedures for sharing private information and data based on the role of each provider. Resources to create a community postvention response can be found here: <https://www.cibhs.org/pod/after-rural-suicide>.

- Expand support services designed and facilitated by survivors of suicide loss. Train survivors of suicide loss to speak safely and effectively about their loss and create a local speakers bureau to give a forum for survivors to deliver suicide prevention messaging to the public. Provide training for suicide loss survivor service facilitators, and opportunities for service facilitators to support each other, including group debrief sessions. [https://mhsoac.ca.gov/sites/default/files/Suicide%20Prevention%20Plan\\_draft%20three.pdf](https://mhsoac.ca.gov/sites/default/files/Suicide%20Prevention%20Plan_draft%20three.pdf)

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# Core Elements of a Community Postvention Plan

## Establish a Core Team

Small number of individuals that coordinate the response ○

- **Entrusted with sensitive information and skilled in offering empathic support.**

---

## Process for Timely Notification

The Core Team receives timely and accurate information about the death as soon as possible, ideally from First Responders. ○

- **Postvention response is launched as soon as possible after the Core Team learns of the death.**
- **Develop relationships and agreements for timely and accurate information sharing.**

## Support is mobilized to those impacted by the death.

Brochures are distributed to first responders and others to ensure loss survivors know what support is available. Where possible, Core Team members proactively reach out to offer support.

- **Compile a directory of services and supports for loss survivors.**
- **Provide guidance on memorials, observances, and public statements**

---

## Monitor impact of the death

- Reduce the risk of contagion and mitigate negative outcomes  
Monitor and respond to social media, news media.
- Determine the need for broader response and work with community partners to offer targeted or community-wide response.

# Options for Targeted Response

E.g. when a workplace, school or other setting is heavily impacted

- Offer grief counseling and support within the setting
  - Counselors available on-site
  - Facilitate referrals
- Provide training to gatekeepers within those settings to identify at-risk individuals and connect them with support



# Postvention in Schools



# Options for Community-Wide Response

E.g. when a well-known person dies, or an unusual number of suicides have occurred

- Public meeting or forum
  - Be clear on goals
  - Plan for follow-up
- Guidance for public statements or a public health alert
- Monitor and respond to news and social media
- Disseminate materials about support options and how to support high-risk individuals





**Identify a core team of postvention responders**



**Expand the number of clinicians who are trained in counseling suicide bereavement**



**Expand the number and capacity of survivor support programs**



**Establish a directory of survivor support services, including peer support programs and suicide bereavement-trained clinicians.**



**Develop and implement postvention plans within key community settings**



Q&A

# Postvention Planning Resources

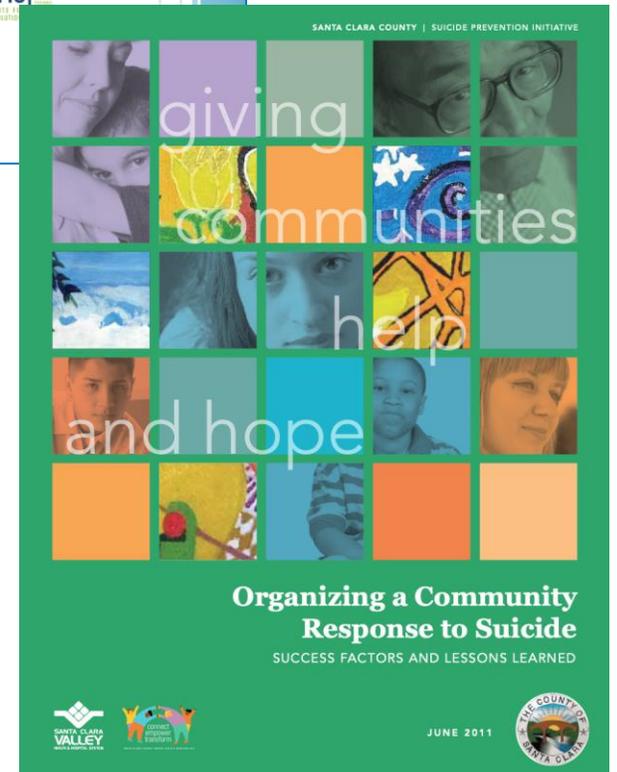
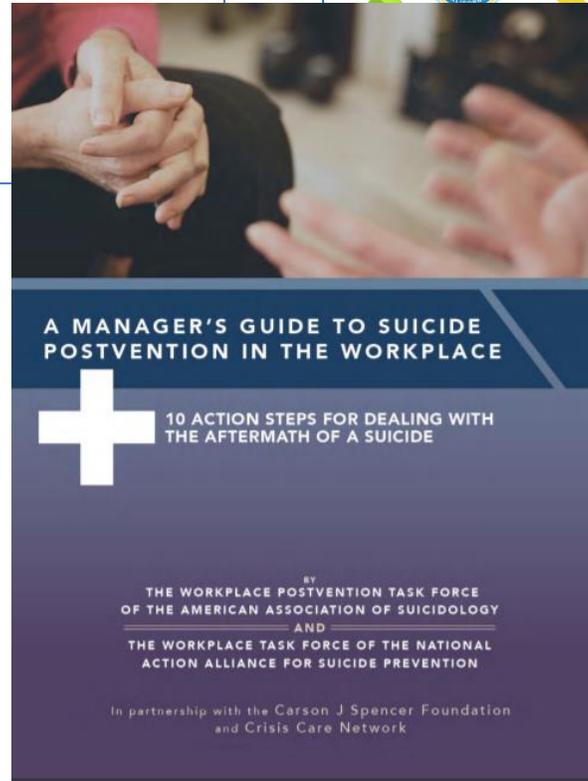
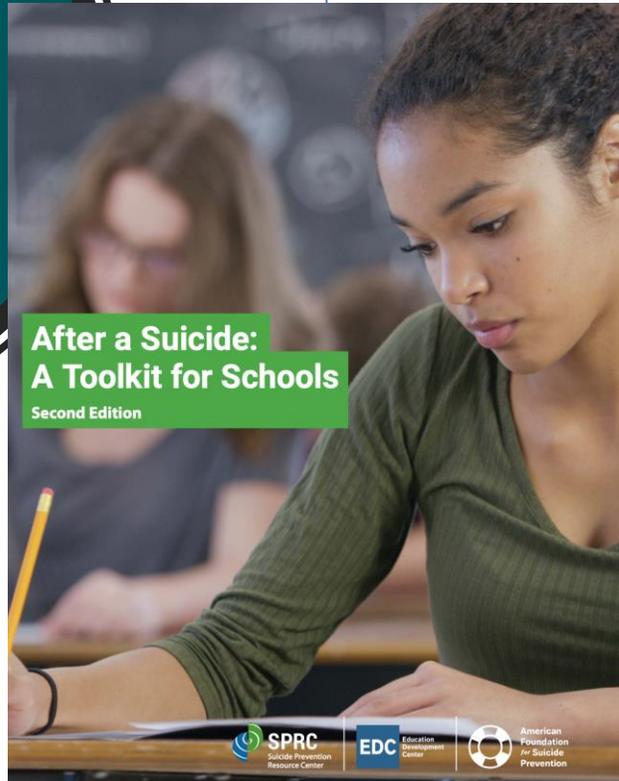
## Responding to Grief, Trauma, and Distress After a Suicide: U.S. National Guidelines

Survivors of Suicide Loss Task Force  
April 2015

## AFTER RURAL SUICIDE: A GUIDE FOR COORDINATED COMMUNITY POSTVENTION RESPONSE

August 2016

Developed by the California Mental Health Services Authority (CalMHSA) on behalf of and funded by the Central Region Workforce Education & Training Program of the Mental Health Services Act and by Placer County.

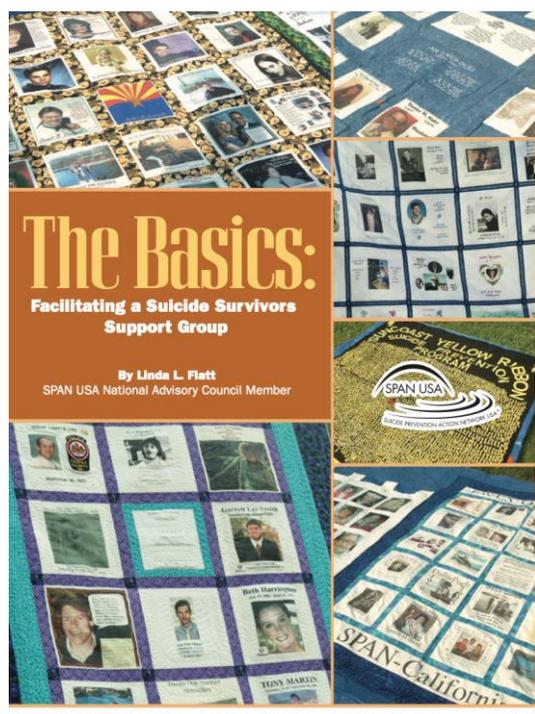
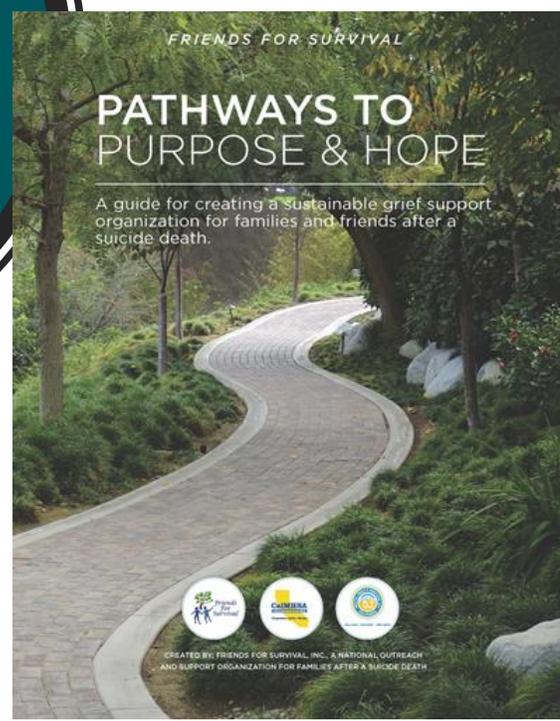


**COMING SOON!**

## Each Mind Matters Resources

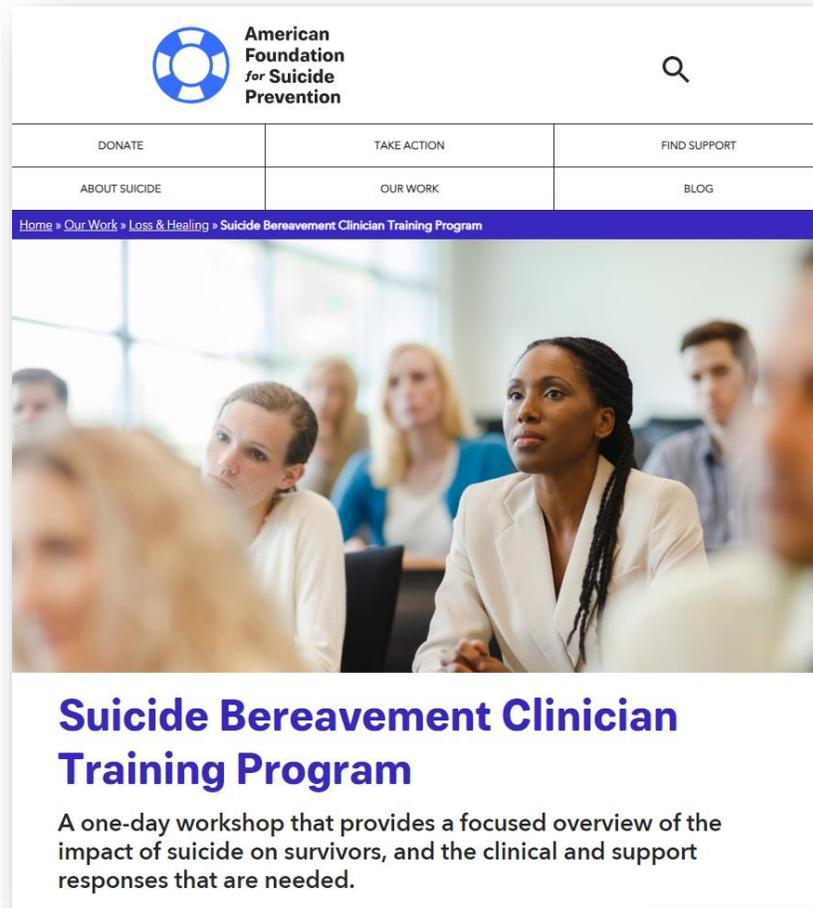
- Directory of California loss survivor programs
- Brochure for survivors of suicide loss

# Ongoing Support After Suicide

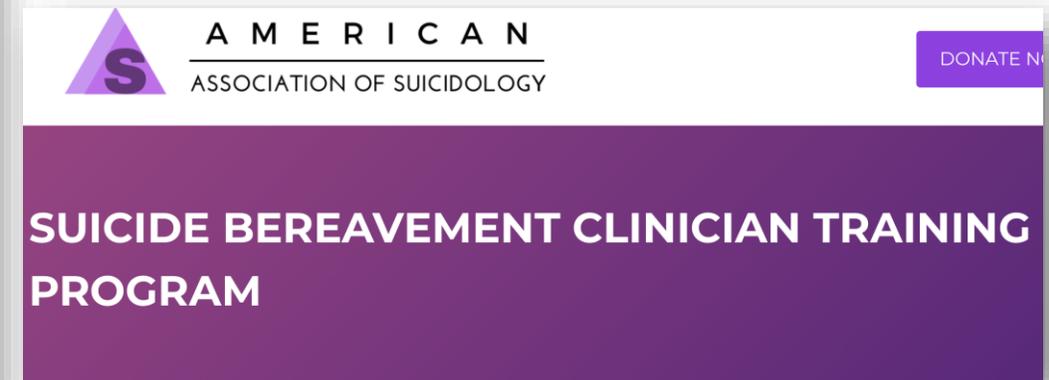


**Training Program: Facilitating a Suicide Bereavement Support Group**

# Clinician Training



The screenshot shows the website for the American Foundation for Suicide Prevention. At the top left is the logo, a blue circle with a white life preserver inside, next to the text "American Foundation for Suicide Prevention". To the right is a search icon. Below the logo are navigation links: "DONATE", "TAKE ACTION", "FIND SUPPORT", "ABOUT SUICIDE", "OUR WORK", and "BLOG". A purple breadcrumb trail reads "Home » Our Work » Loss & Healing » Suicide Bereavement Clinician Training Program". The main image shows a group of people in a training session, with a woman in the foreground looking towards the right. Below the image is the title "Suicide Bereavement Clinician Training Program" in blue, followed by a description: "A one-day workshop that provides a focused overview of the impact of suicide on survivors, and the clinical and support responses that are needed."



The banner features the logo of the American Association of Suicidology, a purple triangle with a white 'S' inside, next to the text "AMERICAN ASSOCIATION OF SUICIDOLOGY". A purple button on the right says "DONATE NOW". The main text "SUICIDE BEREAVEMENT CLINICIAN TRAINING PROGRAM" is in white on a purple background.



The logo for the National Suicidology Training Center (NSTC) features the letters "NSTC" in a bold, purple font. The letter 'N' is stylized with orange lines radiating from its top right corner. To the right of the logo, the text "NATIONAL SUICIDOLOGY TRAINING CENTER" is written in orange.



Q&A

# Strategic Planning Learning Collaborative Overview

## In-Person Meeting Dec 4 and Dec 5



- Webinar 2: Addressing Access to Lethal Means
  - **December 17<sup>th</sup> 10am-11:30am**  
<https://attendee.gotowebinar.com/register/6976737031237956109>
- Webinar 3: Population Level Strategies
  - **January 21<sup>st</sup> 10am-11:30am**  
<https://attendee.gotowebinar.com/register/7066667186785414925>
- Webinar 4: Targeting Strategies to High-Risk Populations
  - **February 18<sup>th</sup> 10am-11:30am**  
<https://attendee.gotowebinar.com/register/8978419939836774669>
- Webinar 5: Assessing Your Crisis Response System
  - **March 10<sup>th</sup> 10am-11:30am**  
<https://attendee.gotowebinar.com/register/2296286456097925645>

# Thank you for attending!



Pain Isn't Always Obvious



Suicide Is Preventable

Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).