



Partners in Suicide Prevention (PSP)

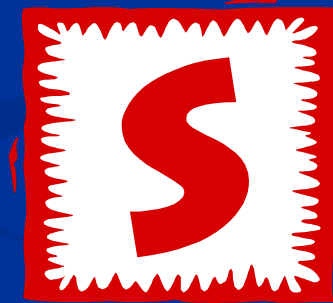
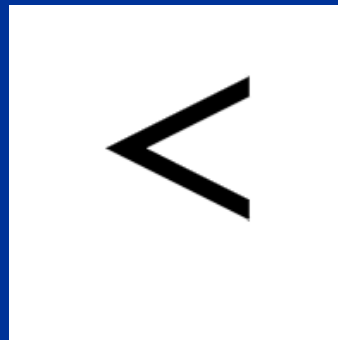
**Los Angeles County Department
of Mental Health**

4/20/2016

True or False ?

True

Nationally and in California, there are more suicides annually than homicides



Suicide is the 10th leading cause of death
and homicide ranks 17th

Centers for Disease Control and Prevention, 2014

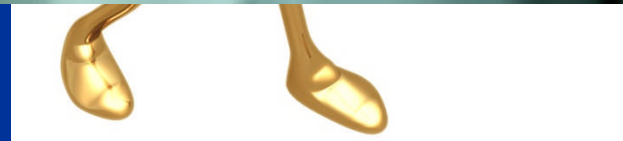
True or False ?

False

Most of suicides happen without warning.

FACT:

Most suicidal people (Approx 80%) give many clues and warning signs regarding their suicidal intention.



True or False ?

False

Teens have the highest rate of suicide

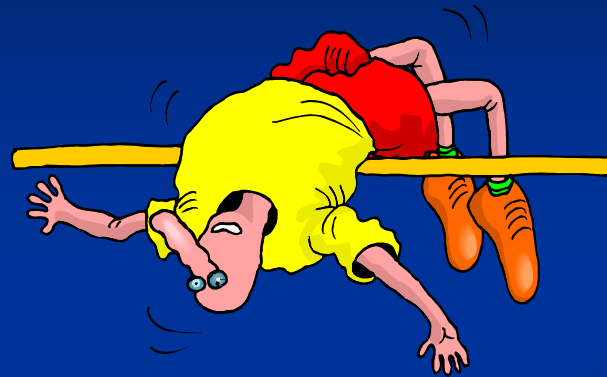
Nationally, the middle age group between 45-54 has the highest suicide rate and the OA group at age 75+ has the highest rate of suicide in California



True or False ?

False

Improvement following a suicide attempt or crisis means that the risk is over.



FACT:

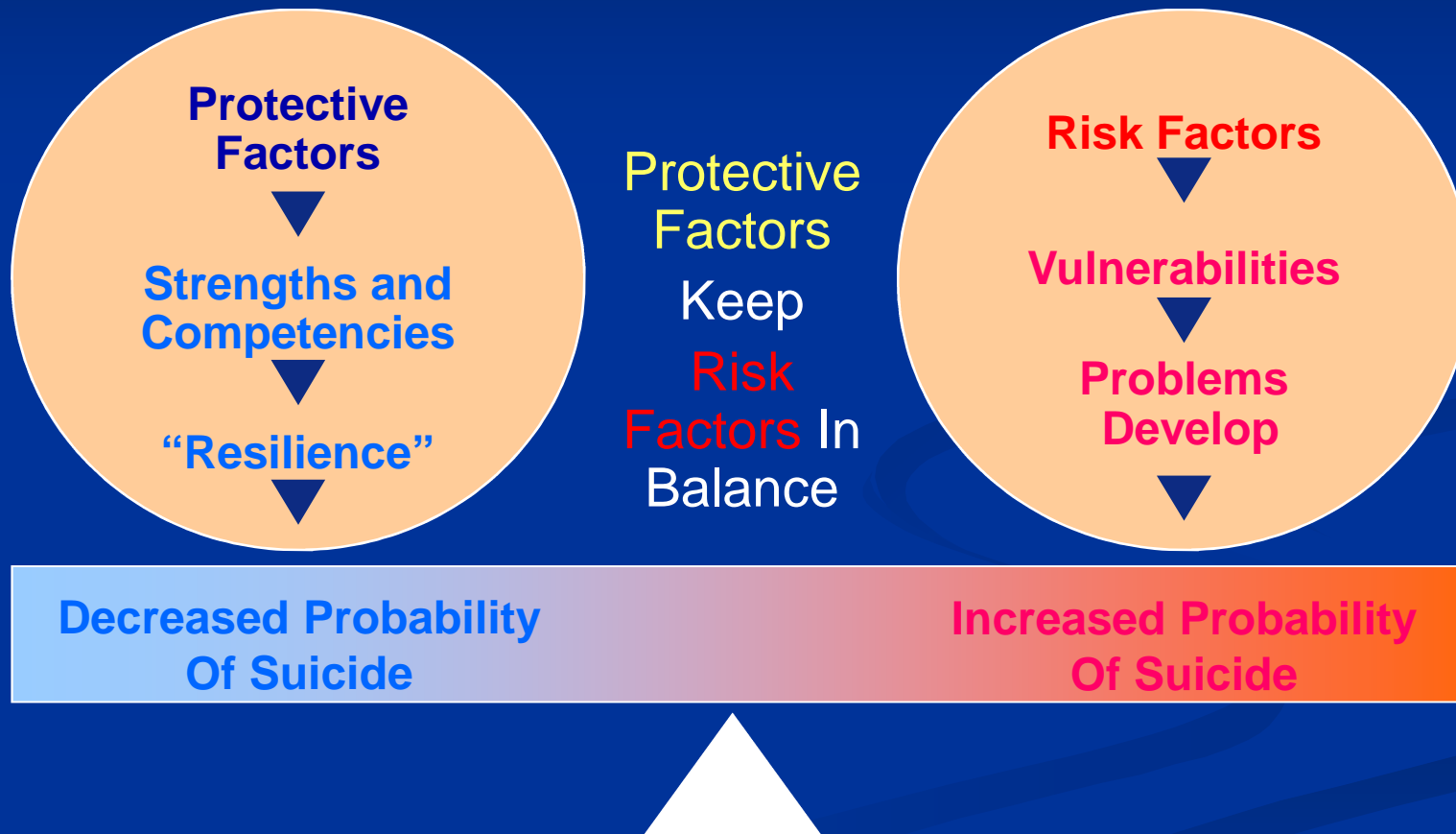
Most suicides occur within days or weeks of "improvement" when the individual has the energy and motivation to actually follow through with his/her suicidal thoughts.

Suicide

- 42,773 people died by suicide in 2014
 - Average of one individual every 12.3 minutes killed themselves

Centers for Disease Control and Prevention, 2014

Striking a Balance



PSP Training Menu

LAC DMH Partners in Suicide Prevention (PSP) Training Menu

Training/Presentation	Length of Time	Audience	Description
Suicide Prevention Training for Service Providers	2 hours	Providers such as mental health clinics, hospitals, and educational facilities	For all age groups. Presentation and video addresses general risk factors, risk assessment, prevention (strength-based) and interventions.
Question, Persuade and Refer (QPR) (Specifically for non-mental health professionals)	2 hours	Community members, including parents, and community-based organizations such as schools and clergy	Suicide First Aid for gatekeepers. Audience will learn how to Question, Persuade and Refer someone to get help. Also available in Spanish.
Promoting Emotional Well-Being in Senior Living Communities	45 – 60 minutes	Seniors in senior living communities, senior centers and adult day health care centers	Late life depression, warning signs, resources and activities to improve emotional well-being. Also available in Spanish and Farsi.
Applied Suicide Intervention Skills Training (ASIST)	2 days	ANYONE 16 years or older	Interactive workshop that helps professionals and the community at large learn to intervene and help prevent the immediate risk of suicide. 13 CEUs for BBS, BRN, 13 CEUs for Psychologists.
Mental Health First Aid (MHFA)	8 hours in one day, or two 4-hour sessions	Community-based organizations including gatekeepers such as police officers, primary care workers, teachers, faith communities, college representatives. Must be 18 years and older to participate	Overview of mental illness and substance use disorders including risk factors & warning signs of mental health problems. Programs specific to helping either Youth ages 12-18 or Adults. Participants learn a 5-step action plan to help someone in both crisis or non-crisis situations. Also available in Spanish.
Recognizing and Responding to Suicide Risk (RRSR)	2 days	Health and Mental Health Professionals	Advanced interactive training for clinicians. Teaches effective assessment and management for suicide risk. 12 CEUs for BBS, BRN, 12 CEUs for Psychologists.
Assessing and Managing Suicide Risk (AMSR)	1 day	Health and Mental Health Professionals	Interactive training for clinicians. A mix of lecture, video and exercises with the goal of building confidence and competence in assessing and managing suicide risk. 6.5 CEUs for BBS and Psychologists.

To learn more about any of the above trainings or to make a training request, please contact us at Suicideprevention@dmh.lacounty.gov

"Every Californian is Part of the Solution"

Resources

- Suicide Prevention Lifeline
1-800-273-TALK (8255)
- Didi Hirsch
1-877-727-4747
- ACCESS (Department of Mental Health)
1-800-854-7771
- Info Line
211



Resources

- American Association of Suicidology
www.suicidology.org
- American Foundation for Suicide Prevention
www.afsp.org
- Centers for Disease Control and Prevention
www.cdc.gov
- State of California Office of Suicide Prevention
<http://www.dmh.ca.gov/peistatewideprojects/SuicidePrevention.asp>
- Suicide Prevention Resource Center
www.sprc.org

Thank you!

LACDMH Partners in Suicide Prevention

Contact us

suicideprevention@dmh.lacounty.gov

