



Ohio Department of Mental Health and Addiction Services

SUICIDE PREVENTION

Plan for SFY 2016-17

John R. Kasich, Governor

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Ohio's Suicide Prevention Plan for State Fiscal Year 2016-2017

Suicide is a major public health issue across the nation. Ohio loses between 1,200 and 1,500 citizens to suicide each year, approximately twice the rate of homicide deaths. In response, Ohio is taking bold action to reduce the number of suicides through a state-led initiative that strengthens and expands upon existing efforts to decrease the number of preventable deaths.

Supported by a \$2 million investment included in the Kasich Administration's SFY 2016-17 biennial budget, our plan focuses on reducing suicides through these components: workforce development; expanded resources for survivors of loss; collaborative approaches to crisis hotlines and text support; research; public awareness and stigma reduction.

A Comprehensive Approach

Suicidal behavior, whether triggered by mental illness or a stressful life event, requires a variety of interventions:

- Prevention strategies educate the public on the signs exhibited by a person who may be considering suicide and suggest what others can do about it.
- Treatment access for a person who has been identified to be struggling with depression and thoughts of suicide is a critical piece of the puzzle.
- Postvention activities address the needs of those who attempted suicide and help loved ones cope with the loss of those who do take their own lives.

A statewide Suicide Prevention Advisory Committee has been formed to address Ohio's suicide rate and provide guidance in the promising practices related to this public health issue. The Ohio Departments of Mental Health and Addiction Services (OhioMHAS), Medicaid (ODM) and Health (ODH) are leading this effort. Members of the committee represent healthcare, professional and trade organizations, and various state agencies, all with a common interest in reducing suicides. This advisory group will help guide efforts to fund projects that enhance Ohio's work on all fronts that can save the lives of Ohioans.

Prevention Efforts

Support for current crisis hotlines and addition of statewide text option – Support Ohio's existing crisis hotline services, and identify and bridge any gaps where access to 24/7 emotional support and information is not available. Establish and market the additional option of Crisis Text Line access statewide on multiple mobile platforms using the keyword "4HOPE" to 741-741.

Ohio Suicide Prevention Foundation – Continue support for the Ohio Suicide Prevention Foundation, whose mission is to promote suicide prevention as a public

health issue and advance evidence-based awareness, intervention and methodology strategies which will support all Ohio-based suicide prevention efforts.

Support for Higher Education per House Bill 28 – Ohio Representative Marlene Anielski (R-Walton Hills) proposed House Bill 28, a Suicide Prevention Law that was passed and became effective October 16, 2015. H.B. 28 states that Ohio's public institutions of higher education shall have suicide prevention programs (by October 16, 2016) that address: Crisis intervention access, access to mental health services; multimedia application access;



development of a student communication plan and a postvention plan to communicate with students, staff and parents after a loss of a person to suicide. OhioMHAS has launched SuicidePrevention.ohio.gov as a tool to assist public colleges and universities with compliance.

Address Stigma – Launch an effort to increase help-seeking behaviors and reduce stigma that surrounds depression, suicide, other mental illness and addiction. Stigmatization that leads to shame and isolation prevents people from seeking the help necessary to live healthy and full lives. A campaign is planned to encourage the public to be aware of the signs of depression and suicidal behaviors and connect them with tools to reach out.

Treatment

Workforce Development – Partner with the Suicide Prevention Resource Center (SPRC) to provide intensive training directed toward clinicians working with individuals at risk. Between April 2016 and February 2017, Zero Suicide Academies™ in six areas of the state will train more than 300 individuals. SPRC will facilitate ongoing support and education by offering a learning community to participants.

Evidence-Based Practices – Support education and training opportunities in evidence-based practices to assist with increasing workforce capacity. Professional development opportunities include hosting the Annual Ohio Prevention and Education Conference and cosponsoring The Ohio State University's Annual Suicide Prevention Conference.

Research – Collaborate with ODH, ODM and the OSU College of Psychiatry on a data surveillance system to assist in targeting services for individuals at risk. An analysis of community-based services and supports will identify gaps, current strengths and future focus. An additional study will compare lithium prescribing patterns to those for antidepressant/mood stabilizing drugs. The results could assist prescribers with updated information focused on reducing the risk of suicide.

Postvention

Resources for Survivors – Develop a statewide infrastructure and build capacity for Local Outreach to Suicide Survivors (LOSS) Teams in Ohio communities. LOSS Teams consist of trained survivor and mental health professionals acting as volunteers to bring immediate support to survivors of suicide. A clear message of hope and the variety of resources available in a community can interrupt the multigenerational impact of risk that survivors are often reported to have as a legacy of suicide. Suicide survivors are those persons who have had a loved one complete a suicide and are at risk due to their emotional response, which may include unhealthy coping strategies or attempts at suicide themselves.

Media and Social Media Reporting Guidelines – Reporting of suicide events can impact public perception. Research has been developed with regard to best practices in this field. OhioMHAS will sponsor training through schools of journalism and communication throughout the state to promote the use of media reporting guidelines and to develop social media guidelines.

Our mission is to provide statewide leadership of a high-quality mental health and addiction prevention, treatment and recovery system that is effective and valued by all Ohioans.