

# IOWA'S SUICIDE PREVENTION PLAN & CURRENT INITIATIVES

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# Topics

- ▶ Suicide
- ▶ Iowa Suicide Prevention Plan
- ▶ Iowa Suicide Prevention Initiatives
- ▶ Crisis System Evaluation Update

# How to Talk About Suicide

# Definitions

**Community Partner Trainings:** formerly known as Gatekeeper Trainings (QPR, ASIST)

**Suicide:** Death caused by self-directed injurious behavior with intent to die as a result of the behavior.

**Suicide attempt:** A nonfatal, self-directed, potentially injurious behavior with intent to die as a result of the behavior.

**Suicide attempt survivor:** Someone who has survived a suicide attempt.

**Suicide loss survivor:** Someone who was exposed to losing someone else to suicide.

**Suicide-centered lived experience:** can include those who have had thoughts of suicide, survived a suicide attempt, lost a loved one to suicide, or provided substantial support to a person with direct experience of suicide.

# Language Matters

Former Term	New Term
<del>Commit Suicide</del>	Died by suicide
<del>Successful Suicide</del>	Died by suicide
<del>Completed Suicide</del>	Suicide
<del>Unsuccessful Suicide</del>	Suicide attempt
<del>Hurt Yourself</del>	Kill yourself
<del>Suicidal Person</del>	Person with thoughts of suicide
<del>Suicide gesture, manipulative act, suicide threat</del>	Describe what you mean...

# Suicide Risk and Protective Factors









# 5 Action Steps for Helping Someone in Emotional Pain



## ASK

“Are you thinking about killing yourself?”



## KEEP THEM SAFE

Reduce access to lethal items or places.



## BE THERE

Listen carefully and acknowledge their feelings.



## HELP THEM CONNECT

Call or text the 988 Suicide & Crisis Lifeline number (988).



## STAY CONNECTED

Follow up and stay in touch after a crisis.



National Institute of Mental Health

[nimh.nih.gov/suicideprevention](https://nimh.nih.gov/suicideprevention)

# When to Get Professional Help

## 988 Suicide & Crisis Lifeline

- ▶ Thoughts of suicide
- ▶ Mental health crisis
- ▶ Substance use crisis
- ▶ Emotional distress
- ▶ Veterans Crisis

## 911 Emergency Response

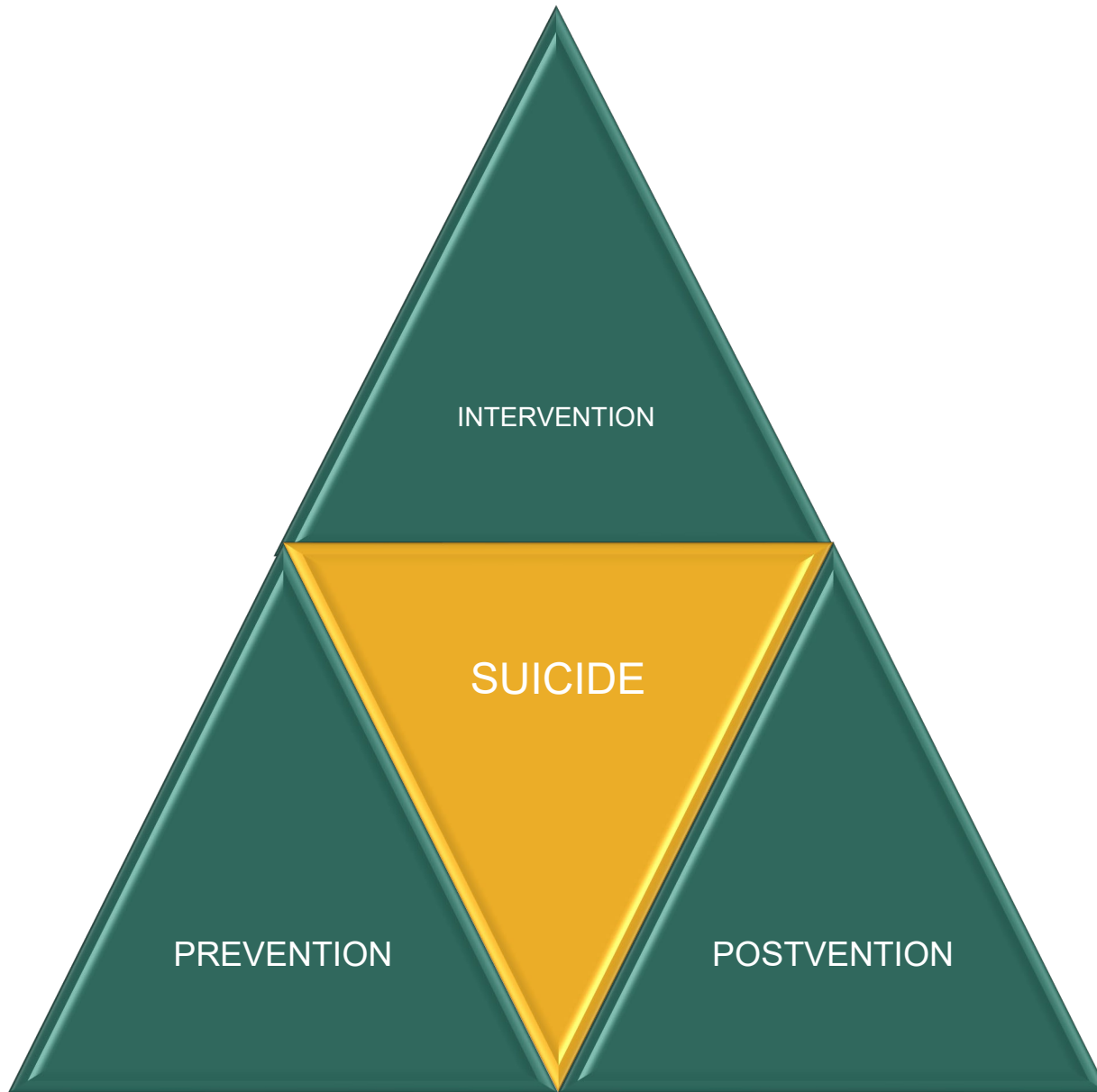
- ▶ Immediate harm to self or others.
- ▶ Life threatening situation.
- ▶ Medical emergency.

# A Comprehensive Approach to Suicide Prevention

# Framework

- ▶ **Framework:** The Suicide Prevention Resource Center developed a comprehensive approach to suicide prevention







# PREVENTION

**Prevention:** A strategy or approach that **reduces the likelihood of onset or delays the onset** of adverse health problems, increases individual or community protection from a negative result, or reduces the harm resulting from conditions or behaviors

## **Strategies:**

- ▶ Strengthen economic supports
- ▶ Create protective environments
- ▶ Identify and support people at risk
- ▶ Lessen harms and prevent future risk

# INTERVENTION

**Intervention:** A strategy, program, or approach intended to **prevent an outcome or to alter the course** of an existing condition.

## **Strategies:**

- ▶ Crisis care services
  - Someone to talk to
  - Someone to respond
  - A safe place for help
- ▶ Safety Planning
- ▶ Lethal Means Counseling

# POSTVENTION

**Postvention:** an organized response after a suicide to accomplish one or more of the following:

- ▶ Facilitate healing of individuals from the grief and distress of suicide loss
- ▶ Mitigate other negative effects of exposure to suicide
- ▶ Prevent suicide among people who are at high risk after exposure to suicide

## Key Principles:

- ▶ Plan ahead to address individual and community needs
- ▶ Provide immediate and long-term support
- ▶ Tailor responses and services to the unique needs of suicide loss survivors
- ▶ Safe messaging

# Suicide Prevention in Iowa



## PREVENTION

- Suicide Risk Screenings
- Medicaid Expansion
- Trainings
- Support Groups
- Suicide Prevention Coalitions



## INTERVENTION

- Crisis System Evaluation
- 988 /YLI
- Mobile Response
- Crisis Stabilization



## POSTVENTION

- Postvention Teams
- Healing Conversations
- Safe Messaging Guidance

# Iowa Suicide Prevention Plan



# National Strategy for Suicide Prevention

[2024 National Strategy for Suicide Prevention | HHS.gov](https://www.hhs.gov/2024-national-strategy-for-suicide-prevention)

## ► Four Strategic Directions:

- Community-Based Suicide Prevention
- Treatment and Crisis Services
- Surveillance, Quality Improvement, and Research
- Health Equity in Suicide Prevention

# Iowa Suicide Prevention Plan (ISPP)

Developed in 2021 and updated in 2022 by a taskforce of individuals and organizations across Iowa.

- Updates in progress

**Mission:** Prevent suicide in Iowa by providing data-driven, culturally responsive suicide prevention programming, evidence-based treatment and community support.

**Vision:** To instill hope and facilitate healing for people in Iowa at risk or impacted by suicide.

[Iowa Plan for Suicide Prevention.updated June 2022.pdf](#)

# ISPP Priorities

## **Priority 1:**

Build capacity in suicide prevention, intervention and postvention infrastructure at the organizational, local, and state levels.

## **Priority 2:**

Integrate evidence-based, culturally sensitive suicide prevention, intervention and postvention strategies in systems serving all people within Iowa.

## **Priority 3:**

Promote community resilience through ongoing collaboration, public education, and equitable access to formal and informal supports.

# Priority 1: Infrastructure

## Data

Public facing dashboard

Standardize information gathered on suicide risk data

## Local Resources

Provide TA on postvention response plans

Local and State Coalitions

## Funding

Apply for grants

State funding

# Priority 2: Integration in Systems

## Healthcare

- Evidence based screening tools in EDs
- Connect patients to BH providers
- Promote lethal means safety efforts
- Postvention plans

## Schools

- Community partner trainings
- Suicide specific curriculum at universities
- Promote lethal means safety efforts
- Postvention plans

## Service Providers

- Evidence based screening and assessment tools
- Community partner trainings
- Promote lethal means safety efforts
- Postvention plans



# Priority 3: Promotion

## Awareness and Access

- Promote 988
- Decrease barriers to accessing crisis services
- Provide education on crisis services

## Collaboration

- Local coalitions
- Bereavement group leaders connect

## Communication

- Online messaging campaigns that promote wellness
- Suicide prevention materials for the public to use

# Suicide Prevention Initiatives

Call or text 988 or chat at [988lifeline.org](https://988lifeline.org)

Hope is on the line.

# 988 in Iowa

## Iowa's 988 Centers

Foundation 2 Crisis Services, Cedar Rapids

- Primary center for calls

CommUnity Crisis Services and Foodbank, Iowa City

- Primary center for texts and chats

Talk with us.



## 988 Iowa Crisis Services

- ▶ 24/7 call, text, and chat
- ▶ Follow up services
- ▶ Warm handoffs to mobile response
- ▶ Connection to local community-based crisis services

# 988 Iowa Contacts

(July 2023 – May 2024)

Total Calls: 29,415

- Veterans Crisis Line (Push 1): 4,582
- Spanish subnetwork (Push 2): 311
- LBGTQ (Push 3): 1,614
- 988 Centers: 22,908

Total Chats: 11,126

Total Texts: 7,579

## ▶ Iowa Answer Rate:

- Calls: 86%
- Chats: 46%
- Texts: 83%

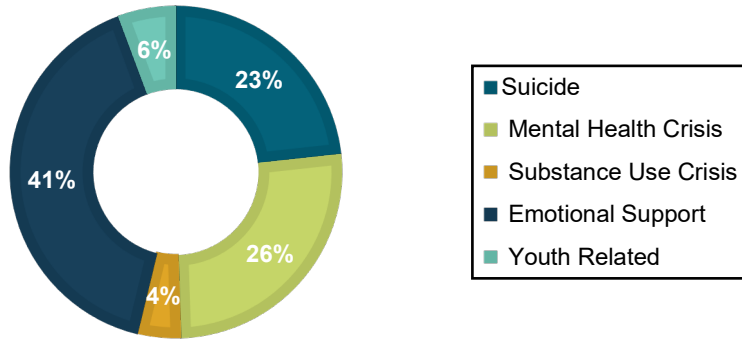
## ▶ Outcome:

- Resolved by Counselor: 89%
- Mobile response warm handoff/dispatch: 6%
- Emergency Rescue: 3%
- Transfer to other crisis or warm line: 2%

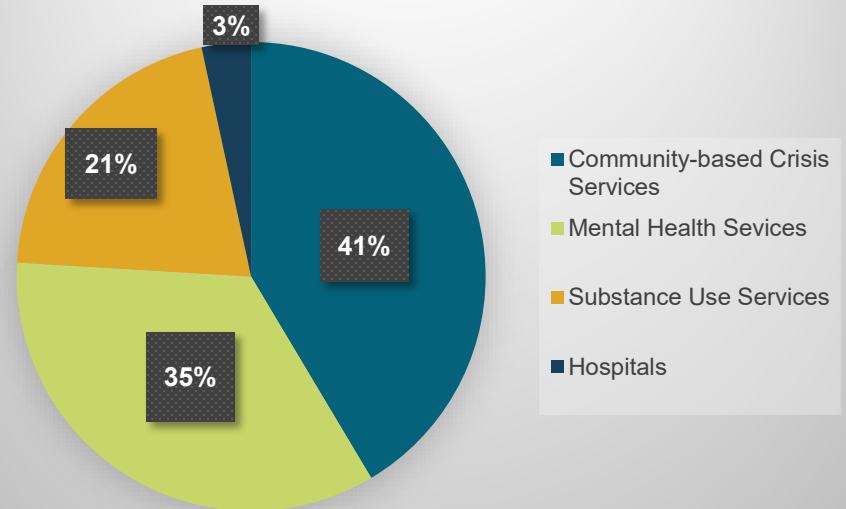
# 988 Iowa Contact Information

July 2023 – May 2024

## WHY IOWAN'S CONTACTED 988 SFY24 Q1



## 988 Iowa Referrals



# 911 Transfer to 988 Pilot Project

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- ▶ **Purpose:** develop pilot sites to initiate direct transfers from 911 to Iowa 988 Centers for individuals who would benefit from behavioral health crisis interventions.
  - Black Hawk, Muscatine, and Johnson Counties
    - In process of adding Linn and Pottawattamie County
  - Criteria for transferring from 911 to 988 established
  - Training for PSAP dispatchers developed and provided

# Iowa Tandem Call Pilot Project

Iowa was awarded a Transformation Transfer Initiative (TTI) grant funded by SAMHSA through the National Association of State Mental Health Program Directors (NASMHPD) to improve interoperability between 911 and 988 systems.

## Goal:

to increase awareness of 988 in areas where law enforcement are a primary access point to the behavioral health system and divert behavioral health crisis from 911 to 988.

## Tandem Call Definition:

A technique where a first responder (law enforcement, fire departments, or emergency medical services) join an initial call to the 988 Lifeline with the individual in crisis.

- First responder encourages individual to contact 988 while they are on scene, provides support as the individual goes through the process, and encourages individual to utilize 988 for future behavioral health crisis situations.

# Tandem Call Pilot Project Implementation

1

Start with counties participating in 911 transfer to 988 pilot project

2

Use a facilitator to bring key stakeholders together to discuss gaps/strengths of their community to inform implementation

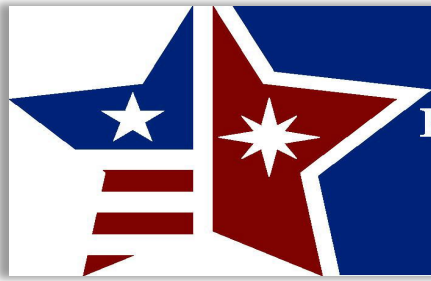
3

Train first responders on 988 and how to support individuals in connecting with 988

4

Assess success in diversion from using 911 as entry point to behavioral health services





## Governor's Challenge to Prevent Suicide Among SMVF

# Iowa

Purpose: bring state, military, and community-based providers together to develop and implement a strategic plan to prevent and reduce suicide.

**Iowa's team is led by Iowa HHS and the Iowa Department of Veteran Affairs.**

► Membership includes representatives from:

- VA Hospitals
- Iowa National Guard
- Iowa Air National Guard
- Law enforcement
- Advocates
- Crisis Providers





## Required Priority Areas

- ▶ Identify service members, Veterans, and their families and screen for suicide risk.
- ▶ Promote connectedness and improve care transitions.
- ▶ Increase lethal means safety and safety planning.

## Iowa's Goals

- ▶ Learn about suicide prevention screenings being used throughout the state.
- ▶ Provide free military cultural competency training.
- ▶ Increase coordination between access centers and the VA health system.
- ▶ Provide suicide prevention materials, resources and safety tools to gun shops.

# Community Based Youth Suicide Prevention in Iowa

- ▶ Iowa HHS was awarded a Garrett Lee Smith Grant funded by the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA).
  - ▶ Goals:
    - 1) Build a statewide network of trainers for evidence-based suicide prevention trainings.
    - 2) Identify and target areas of the state where there is an increased need for youth suicide prevention efforts.
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# Suicide Prevention Trainings

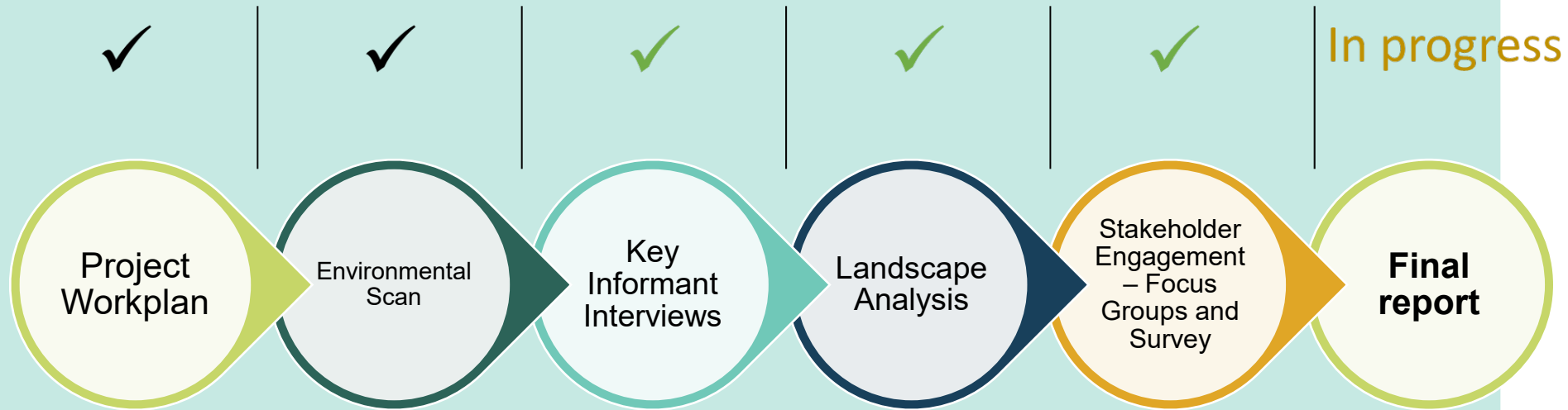
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## ▶ Suicide Prevention Webinar Series

- Series of webinars on various topics related to suicide
- Target audience: behavioral health providers, stakeholders, and community members
- University of Iowa Center for Excellence in Behavioral Health in partnership with Iowa HHS will be hosting the series

# Crisis System Evaluation

# Progress to Date



# Crisis Services Survey

- ▶ The survey was open from March 12<sup>th</sup> to April 1<sup>st</sup>
- ▶ Three distinct categories of survey questions:
  - for individuals with lived experience
  - for mobile crisis providers
  - for all other stakeholders
    - Addendum questions for Hospitals/EDs, Law Enforcement, EMS, Schools, Primary Care Providers and other crisis services providers
- Approximately 390 responses

# Focus Groups

Stakeholder Category	Number of Attendees
Individuals with Lived Experience	20
Advocates	10
Mobile Crisis Response Providers	12
Other Crisis Providers	12
Behavioral Health, Prevention, Treatment, and Recovery services Providers	12
Area Agencies on Aging	2
Department of Education	6
Law Enforcement and 911	5
Emergency Medical Services	3



# Focus Group – High Level Findings

- ▶ The shift to an integrated behavioral health crisis system is welcome
- ▶ Concern about rapid timeline of changes and re-setting partnerships
- ▶ Two statewide call lines are confusing
- ▶ Welcome the use and integration of peers

# Next Steps

- ▶ HMA will submit a final report to Iowa HHS in August 2024
- ▶ Report will include findings/themes from stakeholder engagement and recommendations for Iowa's Behavioral Health Crisis System

# Resources

# Suicide Prevention Resources

- ▶ [988 Suicide & Crisis Lifeline - Call. Text. Chat. \(988lifeline.org\)](https://988lifeline.org)
- ▶ [Your Life Iowa](#) (funded by Iowa HHS)
  - Find local service providers
  - Suicide prevention information
  - Media campaigns
- ▶ [NAMI Iowa: Mental Health Support, Education & Resources](#)
- ▶ [American Foundation for Suicide Prevention - Iowa Chapter](#)
- ▶ [Know the Signs: Suicide is Preventable](#)
- ▶ [Suicide Prevention Resource Center \(sprc.org\)](https://sprc.org)
- ▶ [The Trevor Project - Suicide Prevention for LGBTQ+ Young People](#)
- ▶ [National Action Alliance for Suicide Prevention](#)

# Questions

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Health and  
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