



**Office of
Mental Health**

New York State Suicide Prevention: An Overview for the PPHP Council

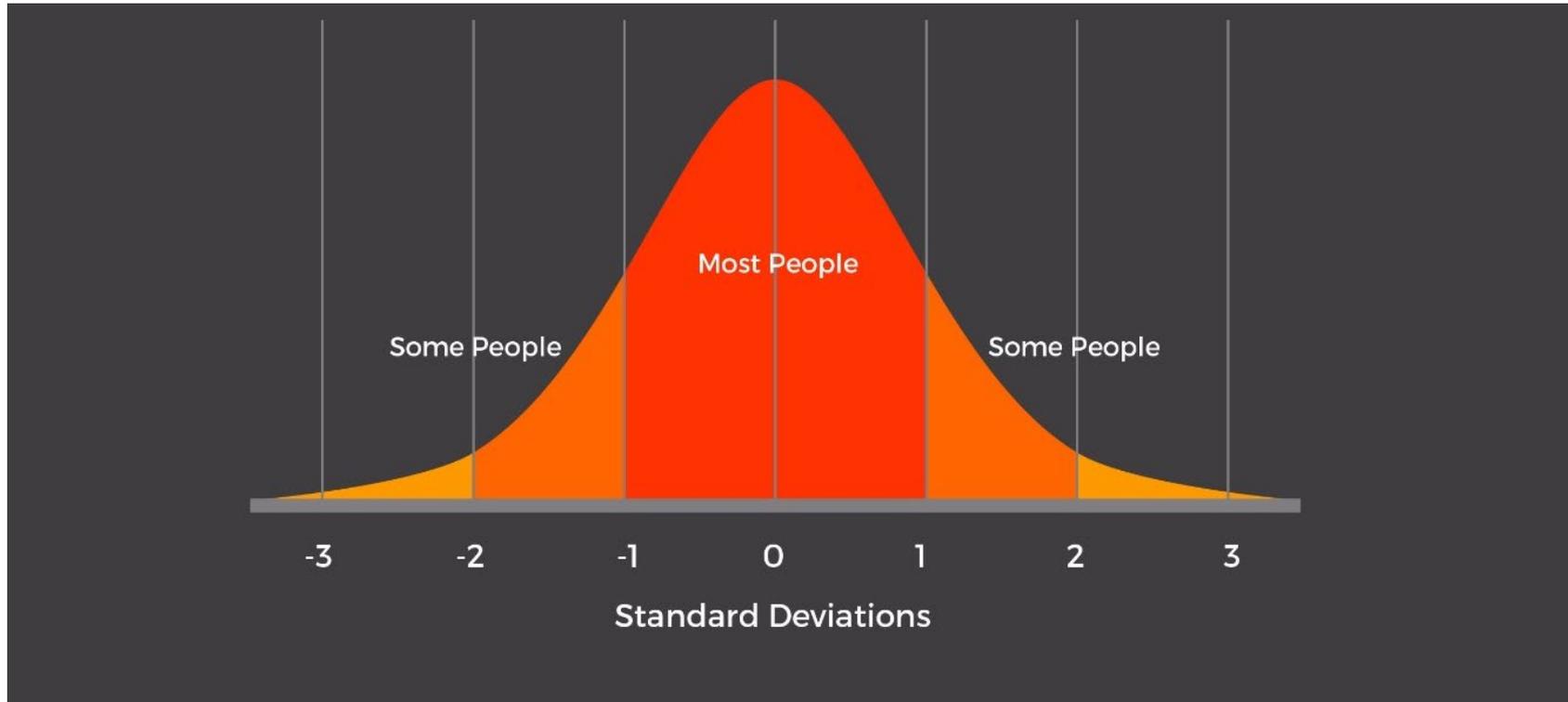
Jay Carruthers, M.D.

Director, Suicide Prevention Office

October 18, 2019

How do we save the most lives?

LOW RISK<-----MODERATE RISK----->HIGH RISK





Pillar 1

Pillar 2

Pillar 3

**Suicide Safer
Health Systems**

**Suicide Safer
Communities**

**Surveillance & Quality
Improvement Data**

It is an aspirational goal.

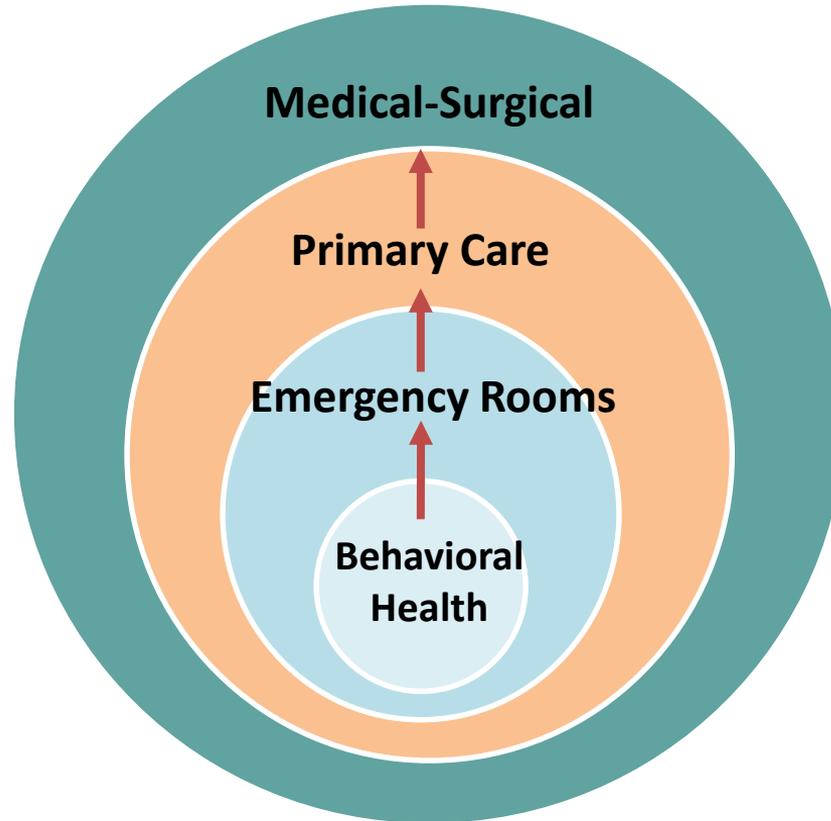
It is a framework that was founded on the belief that suicide deaths for people under care are preventable.

What is Zero Suicide?

It was built upon work done successfully by several health care organizations.

It is a specific set of tools and strategies.

NYS Zero Suicide Implementation



A Number of Zero Suicide Projects Underway

- ✓ PSYCKES CQI Project with 160+ mental health clinics (NIMH)
- ✓ Zero Suicide (SAMHSA adult)
 - ASSIP pilot
- ✓ Garrett Lee Smith (SAMHSA youth)
- ✓ PSYCKES High Risk Quality Collaborative (>80 ERs)
- ✓ Collaborative Care Medicaid Program (250 primary care clinics)
- ✓ Nearly 8,000 training views in 2018



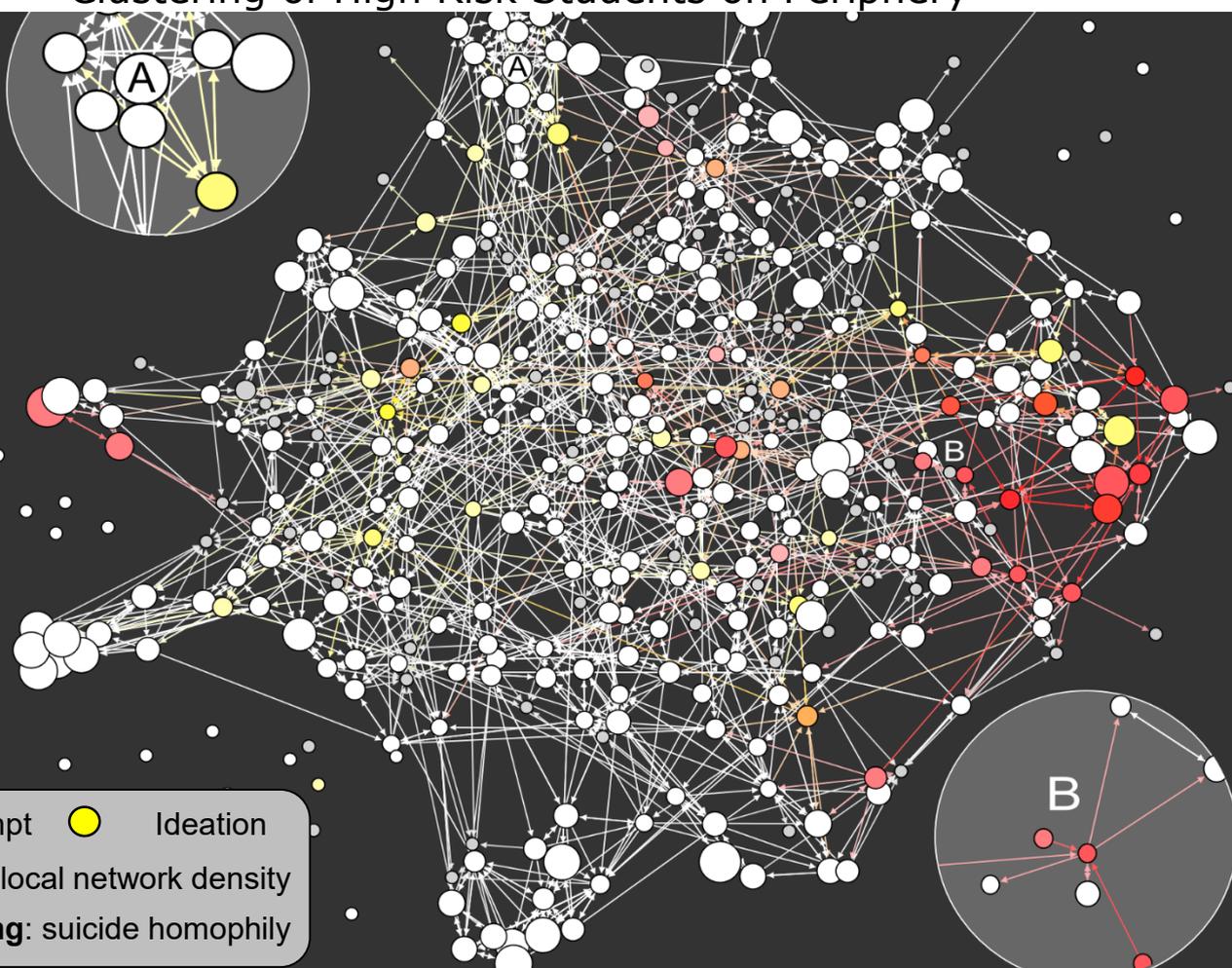
School-based Prevention: Trainings

A host of trainings and TA are available to NY schools from basic to in-depth:

- Suicide Safety for School Staff
- Helping Students At Risk
- Creating Suicide Safety in Schools
- Lifelines Postvention
- Sources of Strength
- Over 10,000 school personnel trained in 2018



Illustrative High School Social Network w/ Sources of Strength: Clustering of High Risk Students on Periphery



● Attempt ● Ideation

Node size: local network density

Shading: suicide homophily

Slide from
Peter Wyman,
PhD.



A GUIDE FOR SUICIDE PREVENTION IN NEW YORK SCHOOLS



A MODEL SCHOOL POLICY FOR NY SCHOOLS AND THE NATION

preventsuicideny.org/resource/schoolguide

Learn more by visiting us online at www.preventsuicideny.org/resource/schoolguide



Promising New Directions



**Office of
Mental Health**

Suicide Fatality Review Pilot

Participants:

- Medical Examiner's Office
- County Mental Health
- Hospital reps
- EMS
- Crisis Agencies
- Law Enforcement
- Clergy
- VA



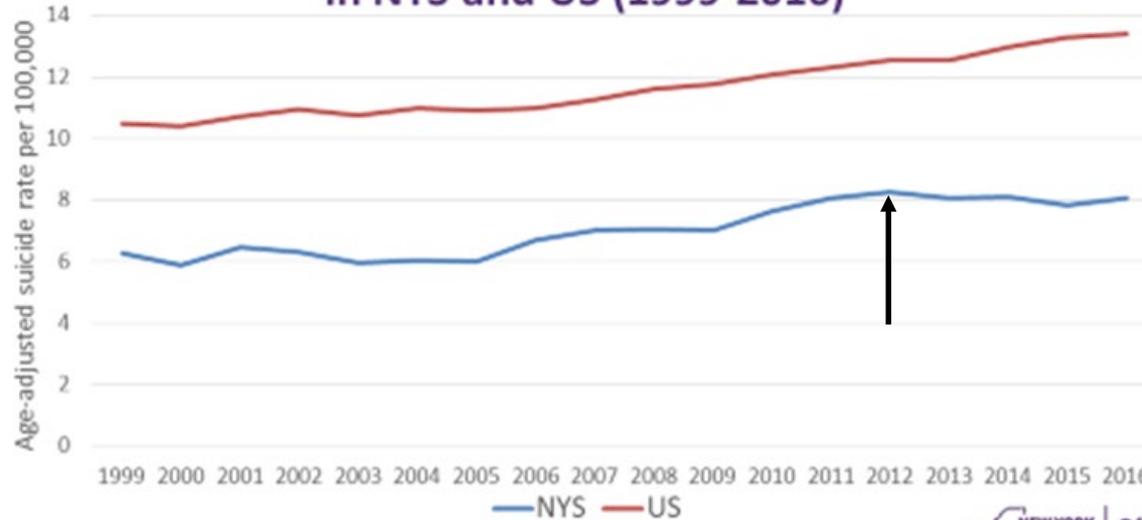
Findings from WA County, Oregon Model

- Data-informed, targeted community suicide prevention:
 - ✓ Training animal shelter staff
 - ✓ Eliminating eviction as risk factor
 - ✓ Training hotel staff
- NY Pilot began in summer 2019 in 4 counties

Impact?

Is Any of This Working?

Age-adjusted suicide rate per 100,000
in NYS and US (1999-2016)



Resources for the Distressed

**FEELING
OVERWHELMED?**
We've got time to listen

Text **"Got5"** to 741741 to start a conversation. We're here to talk 24/7.



NATIONAL

SUICIDE

PREVENTION

LIFELINETM

1-800-273-TALK (8255)

suicidepreventionlifeline.org

Acknowledgments: Suicide Prevention is a team endeavor

**OMH Commissioner Dr. Ann Sullivan,
NYS Suicide Prevention Council**



Sigrid Pechenik

Alexi Saldamando

Silvia Giliotti

Katie Comber

Suicide Prevention Center of NY:

Brett Harris

Garra Lloyd-Lester

Pat Breux

Cathy Hoehn

Eslyn Hardeen

<https://www.preventsuicideny.org/>



Center for Practice Innovations:

Barbara Stanley

Beth Brodsky

Christa Labouliere



<https://practiceinnovations.org/i-want-to-learn-about/Suicide-Prevention>



Molly Finnerty

Anni Kramer

Prabu Vassan

Emily Leckman-Westin

& Many others.....



- Thank you for your time!
- Jay.Carruthers@omh.ny.gov