



View

From the Administrator

Suicide Prevention: Top Priority for SAMHSA and the Nation

By Pamela S. Hyde, J.D.

Preventing suicide is everyone's business. As members of a family, a school, business, neighbors in a community, faith communities, friends, and the Government, we all need to work together to solve this problem. We simply can no longer allow those we live, work, and play with to believe that suicide is the only solution even in the worst of times.

Suicide prevention is a priority at SAMHSA and a priority for the Nation as this major public health threat weighs on families and communities in every state.

Because of the complexity of issues surrounding suicide and the sensitivity required in efforts to prevent these tragedies, SAMHSA has expanded and deepened its focus on suicide prevention. Suicide prevention is now prominently featured in several of SAMHSA's Strategic Initiatives. Those include Military Families, Trauma (especially childhood trauma) and Justice, and

Prevention of Substance Abuse and Mental Illness.

On a national level, Government leadership supports the National Action Alliance for Suicide Prevention. To accelerate efforts to prevent suicide, HHS Secretary Kathleen Sebelius and Department of Defense Secretary Robert M. Gates launched the Action Alliance as a public/private partnership in the fall of 2010. The private sector co-chair is former U.S. Senator Gordon H. Smith, currently President and CEO of the National Association of Broadcasters in Washington, DC. Representing the public sector as a co-chair is Secretary of the Army John McHugh.

OTHER SERVICES

SAMHSA supports the National Suicide Prevention Lifeline and the Suicide Prevention Resource Center, and offers a wide variety of publications

and videos for substance abuse service and treatment providers, mental health counselors, and others in the field.

The Lifeline is a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Calls are routed to the crisis center closest to the caller. The phone number is 1-800-273-TALK (1-800-273-8255).

In partnership with the Department of Veterans Affairs (VA), for veterans, active military, and their families, the Lifeline offers a special confidential service. By pressing "1" at the prompt after dialing the Lifeline toll-free number, individuals are connected to trained counselors at the VA.

Research worldwide has repeatedly shown that the way media cover suicide has an impact. That is why SAMHSA is encouraging the next step to help save lives by supporting the release of the Recommendations for Reporting on Suicide. This set of recommendations, created and reviewed by national experts from the mental health and public health fields, suicidologists and epidemiologists, and journalists and editors, will be the one-source document for all those working in the media industry to use as a guide on how to report on suicide.

On a personal level, by pledging to learn about the signs and symptoms of mental illnesses and substance abuse, the warning signs of suicide, and the way to get someone you care about the professional help they need, each of us can make a difference in people's emotional well-being and suicide prevention.

When it comes to suicide prevention—like so many other issues we work with in the behavioral health field—we need a national dialogue to effect change. ▽

Substance Abuse and Mental Health Services Administration
SAMHSA Strategic Initiatives

- Prevention of Substance Abuse and Mental Illness
- Trauma and Justice
- Military Families
- Recovery Support
- Health Reform
- Health Information Technology
- Data, Outcomes, and Quality
- Public Awareness and Support



Monthly Inspiration

The time is always right to do what's right.

-Martin Luther King

SPRC State Planning: Survivor Support Information and Resources

Those of you working with survivor support groups may want to check out SAVE (Suicide Awareness and Voices of Education's) new blog, [Suicide Grief: News & Comment](#).

These recent posts may be of particular interest:

"Best Practices Needed for Mutual-Help Support Groups" at <http://suicidegrief.save.org/node/30>

"Free Support Group Manuals Have Solid Value" at <http://suicidegrief.save.org/node/22>

SAVE is also available to support project directors and community workers directly in their efforts to help survivors.

2010 BRFSS Data and Documentation Now Available

The Centers for Disease Control and Prevention's (CDC) Behavioral Surveillance Branch is pleased to announce the release of the 2010 Behavioral Risk Factor Surveillance System (BRFSS) data.

The BRFSS is a unique, state-based surveillance system active in all 50 states, the District of Columbia, Puerto Rico, the U. S. Virgin Islands, and Guam. Information on health risk behaviors, clinical preventive health practices, and health care access (primarily related to chronic disease and injury) is obtained from a representative sample of noninstitutionalized adults aged 18 years and older in each state. The BRFSS provides flexible, timely, and ongoing data collection that allows for state-to-state and state-to-nation comparisons. State-specific data including racial-and-ethnic-specific data from the BRFSS provide a sound basis for developing and evaluating public health programs, including programs targeted to reduce racial and ethnic disparities in health risks. The BRFSS is the largest telephone-based surveillance system in the world, with more than 450,000 interviews conducted in 2010.

The 2010 BRFSS data and documentation files are available at http://www.cdc.gov/brfss/technical_infodata/surveydata/2010.htm. For more information about the data, please contact the BRFSS office at (404) 498-0590.

Toolkits Now Available

The following toolkits are available from the SPRC, SAMHSA and The Health Policy Institute of Ohio (HPIO):

[After a Suicide: A Toolkit for Schools](#) (SPRC)

[A Toolkit for Senior Living Communities](#) (SAMHSA)

[Evidence-Based Public Health Reference Guide—HPIO Online Tool](#)



KFF Outlines State-Level Impact of Converting Medicaid Into a Block Grant Program

On May 10, the Kaiser Family Foundation (KFF) released a **brief** examining the state-by-state implications of turning Medicaid into a block grant program and repealing the national health care reform law's Medicaid expansion. The authors estimate that the changes would reduce federal Medicaid spending by \$1.4 trillion, or 34 percent, between 2012 and 2021. In addition, the authors estimate that federal Medicaid funding for states would be reduced by \$243 billion by 2021, a 44 percent reduction from projected funding levels. KFF also projects that annual Medicaid hospital reimbursements would be reduced by up to 38 percent. Finally, KFF estimates that the change would result in 31 to 41 million fewer individuals insured under Medicaid (**KFF, 5/10; Kaiser Health News, 5/10**).

Depressed Teens Mostly Struggle Alone

Survey results released by the Substance Abuse and Mental Health Services Administration (SAMHSA) show that about eight percent of American adolescents reported an episode of major depression in the preceding year, but only a third of those affected had received treatment. Teens who had suffered from a depressive episode were more likely to have misused prescription drugs or alcohol. According to SAMHSA Administrator Pamela Hyde, the findings underscore the importance of identifying and treating children's mental health problems early, since treatment "can turn a life around and reduce the impact of mental illness and substance abuse in America's communities." The findings are from a national survey of drug use and health conducted in 2009. The survey also found that about 15 percent of teens said they had seriously contemplated suicide in the preceding year. Read the new report **Major Depressive Episode and Treatment among Adolescents: 2009**

Suicide Among Psychiatric Inpatients

An international team conducted a meta-analysis of 29 controlled studies of suicide risk among psychiatric inpatients. The authors concluded that the best approach for managing risks in psychiatric hospitals "would appear to lie in improved psychiatric care and communications and in measures to reduce the opportunities to commit suicide while in hospital and not on the risk assessment of individual patients." The meta-analysis also revealed a tendency among researchers to refrain from reporting on factors that lacked an association with suicide. The authors suggest that given the extreme difficulty of assessing which psychiatric patients will attempt suicide and the impulsive nature of many of these incidents, psychiatric hospitals should focus their suicide prevention efforts on modifying the environment to deprive patients of suicide opportunities (especially hanging), improving communications about and supervision of patients in acute distress, and improving psychiatric care itself. **Read more**

This research summary is based on information in:

Large, M., Smith, G., Sharma, S., Neilssen, O., & Singh, S. (2011). Systematic review and meta-analysis of the clinical factors associated with the suicide of psychiatric in-patients. *Acta Psychiatrica Scandinavica*. doi:10.1111/j.1600-0447.2010.01672.x [Epub ahead of print]



HHS Offers New Tools To Help States Lower Medicaid Costs Provide Better Care

The U.S. Department of Health and Human Services (HHS) announced a series of initiatives to work with states to save money and better coordinate care for the 9 million Americans enrolled in both Medicare and Medicaid. The new initiatives include better access to Medicare data and better coordination of health care between Medicare and Medicaid. The initiatives will be led by the new Federal Coordinated Health Care Office (the Medicare-Medicaid Coordination Office), which was created by the Affordable Care Act to help make the two programs work together more effectively to improve patient care and lower costs. [Read more](#)

Rate of Hospitalization for Suicidal Thoughts Among Soldiers Jumps 7,000 Percent

According to a recently released study by the Pentagon, the rate of soldiers hospitalized for having suicidal thoughts has increased by 7,000 percent over the last five years. A new report, which covers the period from the fourth year troops were in Afghanistan and the third year they were in Iraq, also shows the number of soldiers thinking of taking their lives while hospitalized has jumped from about 1,000 in 2006 to nearly 4,000 last year. This larger pair of numbers includes patients whose suicidal thoughts were a secondary, not primary, diagnosis. To read more, click [here](#).

Road to Recovery Program Examines Effects of Military Deployment and Trauma-Related Stress on Service Men and Women and Their Families

Join Ivette Torres for the May *Road to Recovery* program, which discusses how military deployment and trauma-related stress can have a major impact on returning service men and women and their families, making the need for behavioral health care an urgent national priority. Yet, many either are not interested in or are unable to access the care they need, and the same can be said of their spouses and children.

This show examines the serious issue of need in these sectors by exploring the nature and scope of substance use and mental disorders, the strengths and weaknesses of the system to address these disorders, and the efforts underway to improve our Nation's ability to meet its obligations to service members and their families. Specific improvement strategies are highlighted, including collaboration and coordination that increase access to care; community-based solutions that foster access to evidence-based prevention, treatment, and recovery support services; and development of the behavioral health workforce to better serve the military and their families.

[View Program](#)

QUESTIONS? Contact OSPF at (614) 292-8585 or email at givens.62@osu.edu or holton.32@osu.edu

See Attached For Important Announcements!



Ohio Suicide Prevention Foundation

Connecting For Life

May 31, 2011 www.ohiospf.org

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Save the Date...

The “21st Annual Conference on Promoting Healthy Attachments” will be held:

Monday, November 21 and Tuesday, November 22, 2011

Oglebay Resort and Convention Center

Wilson Lodge

Wheeling, WV

Thomas Joiner, Ph.D. will present on November 21 with a training on

“Why People Die by Suicide”

Dr. Joiner is The Robert O. Lawton Distinguished Professor in the Department of Psychology at Florida State University, Tallahassee, Florida. Dr. Joiner’s work is on the psychology, neurobiology, and treatment of suicidal behavior and related conditions. He has authored or edited sixteen books, including *Why People Die by Suicide*, published in 2005 by Harvard University Press, and *Myths About Suicide* published in 2010, also by Harvard University Press. The book, *Lonely at the Top*, will be published by MacMillan in 2011. He is the Director of the Department of Defense (DoD) funded Military Suicide Research Consortium, a \$17 million project. He also has made numerous radio, print, and television appearances, including write-ups in the Wall Street Journal and The Times of London, a radio interview on NPR’s Talk of the Nation and two appearances on the Dr. Phil Show.

Additional trainers are in the process of being confirmed.

Applications for OH, PA and WV Counselor and Social Worker CEU’s are in progress.

Please e-mail msantin@diosteub.org for more information.

A room block with discounted rates for Sunday, November 20, and Monday, November 21, will be available @ Wilson Lodge. Reservations will be accepted beginning Saturday, April 30, 2011. Please call (304) 243-4090 locally or (800) 624-6988 to make your reservations and state that you are with the conference to receive the discounted rate.



The Nic Orahood Memorial Concert



"Join us as we celebrate the life of Nic and spread the word of HOPE with Suicide Prevention."

The Proceeds will go to the Nic Orahood Memorial Scholarship Fund.

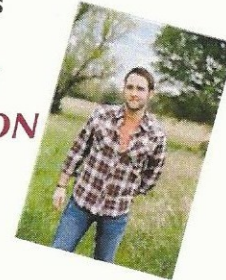
Door Prizes - Raffles - 50/50 Raffle - T-Shirts - & More!

featuring Nashville Recording Artists



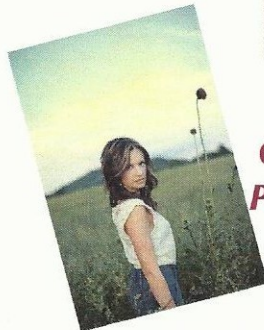
BRITNEY JONES

BRINLEY ADDINGTON



FREQUENCY

ADMISSION
5 and under - FREE
6 - 12 years old - \$5
13 and up - \$10



CARLY PEARCE

Special Guest Speaker
MOLLY SMITH

OTHER PERFORMANCES FROM:

- JEFF WYNN
- COUNTRY CLUB COMMANDOS
- ROCK SKARZ
- MICHAEL INSTINE

SATURDAY, JUNE 25, 2011

4:00 pm - 11:30 pm

Champaign County Fairgrounds Grandstand



Ohio Suicide Prevention Foundation

www.ohiospf.org

Connecting for Life

Statewide Gatekeeper Training “Train the Trainers”

Please Join Us!

When: Wednesday, June 22, 2011 from 8:30 am to 4:00 pm

Where: St Therese’s Retreat Center
5277 East Broad St
Columbus, OH 43213

Who: All Ohio Suicide Prevention Coalition members and interested individuals who wish to learn to provide Gatekeeper Training in Suicide Prevention

What: *Gatekeeper Training in Suicide Prevention* – Enhance the resources and tools you use to increase suicide prevention awareness and intervention.

Participants should be willing to train gatekeepers in their community as a part of the work of their coalition and/or organization

Trainer: Dr. Ellen Anderson, Ph.D., LPCC, Consultant, Ohio Suicide Prevention Foundation

Cost: The registration fee is \$25.00 and includes continental breakfast, lunch and CEU’s

CEU’s 6.0 Continuing Education Credits have been applied for and are pending

REGISTRATION FORM

Statewide Gatekeeper Training

Ohio Suicide Prevention Foundation

Please make \$25.00 check or purchase order payable to the Ohio Suicide Prevention Foundation. Complete this registration form and mail it with a check or Fax with purchase order before June 20, 2011 to Ohio Suicide Prevention Foundation, 325 Stillman Hall, 1947 College Rd., Columbus, OH 43210 or Fax to 614-247-6173

Training Title: Statewide Gatekeeper Training: Train the Trainers

Training Date and Time: June 22, 2011 8:30 am to 4:00 pm

Location: St. Therese's Retreat Center, 5277 E. Broad St., Columbus, OH 43213

On-Site registrations will be welcomed if space is available.

Please print clearly

Name : _____

County Coalition: _____

Agency (if applicable): _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ **Fax:** _____ **E-mail:** _____

Please list any special accommodations you may need below. (The Ohio Suicide Prevention Foundation is committed to making activities accessible to persons with disabilities or special needs.)

Special Need(s)/Request(s):

For additional information, contact Cheryl Holton at the Ohio Suicide Prevention Foundation:

Cheryl Holton

Program Administrator

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