

Essex County Suicide Prevention Coalition



Essex County Board of Supervisors
Human Services Commission Meeting
March 13, 2017



Mission and Vision

The mission of the Essex County Suicide Prevention Coalition is to work together as a community to increase suicide awareness and prevention.

The Vision is that Essex County will have the necessary information and tools to raise awareness, promote education and increase action to reduce suicides.

Coalition Accomplishments

- Since 2014, the Coalition has conducted over 30 suicide prevention and intervention classes such as SafeTALK, Youth Mental Health First Aid and QPR (Question, Persuade, and Refer.)
- A variety of customized training programs and presentations have been given throughout the North Country to law enforcement, health care providers, major employers, faith-based organizations, youth groups, emergency responders, Veterans, county social service agencies and community members at large.

Coalition Accomplishments

- Created the “On Common Ground” teen theater troupe and provided performances throughout the North Country with messages of anti-bullying and suicide prevention
- Members participate in Regional Suicide Prevention Coalition activities with counties across the North Country

Coalition Accomplishments

- Created Coalition website & Facebook page
- Designed and printed a variety of suicide prevention materials available at no cost to the community
- Since 2014, attended Annual Legislative Advocacy Days with Mental Health Association in New York State, New York State Association of Psychiatric Rehabilitation Services and American Foundation for Suicide Prevention.

Coalition Accomplishments

- Coalition members are active on several Essex County school crisis teams and have assisted with crisis interventions at schools.
- Suicide prevention, intervention and postvention training has been provided to many Essex County Schools, both at individual schools and on a tri-county basis.
- In 2016, Coalition Member Shelby Davis received the 2016 Excellence in Suicide Prevention Award by the Suicide Prevention Center of New York; one of four awards given at the Annual Conference in 2016.

Coalition Accomplishments

- Also in 2016, the Coalition hosted the first Survivor of Suicide Loss Day to be held in the North Country. The event is held in conjunction with other events worldwide, sponsored by the American Foundation for Suicide Prevention, and is dedicated to promote healing and hope for those who have lost a loved one to suicide. An International Survivor of Suicide Loss Day is always held on the Saturday before Thanksgiving, scheduled for November 18, 2017.

Looking Ahead for the Coalition

- Ongoing Community Education
 - Presentations to individual Town Boards
 - Make mental health and suicide prevention a public health conversation
- Crisis Intervention Teams
 - Based on the Memphis Model
 - Mental Health Mobile Crisis integrated with Law Enforcement
 - Specially trained officers to respond to individuals experiencing a mental health crisis

Looking Ahead for the Coalition

- **Postvention as Prevention**
 - Identify community members at risk and provide outreach services
 - Develop community crisis plans
 - Don't wait for the worst to happen
- **2017 Out of the Darkness Walk**
 - Coalition is taking a leading role in hosting the walk
 - Walk, Sponsor, Volunteer, Donate.

Looking Ahead for the Coalition

- Crisis Stabilization Center
 - Essex County needs way to divert unnecessary ER visits, hospitalizations and re-incarcerations for those experiencing mental health and/or substance abuse crisis
 - Based on Dutchess County model
 - Relieve burden on over-used EMS departments and law enforcement for repetitive users of emergency response systems
 - Provides place to deescalate crisis situation and detox with trained mental health and health care staff while being linked with treatment facilities
 - Will need to establish funding sources i.e. grants, DSRIP, etc.



Available Services for Your Community

- Members of the Coalition are available to speak about suicide prevention and provide evidence-based training programs on a low or no-cost basis to your community.
- Mobile Crisis Services are available through Mental Health Association in Essex County, Inc.
- 24-hour Crisis Services are also available through Essex County Mental Health.
- Information on how to access services is included on the Essex County Suicide Prevention Coalition website

Local Mental Health Resources

- **Essex County Mental Health Clinic**
 - Regular business hours 873-3670
 - After hours & 24-hour crisis line
888-854-3773
 - New client intakes done on a walk-in basis
Monday, Wednesday – Friday: 9:00 am – 2:00 pm
 - Tuesday: 10:00 am – 2:00 pm
 - <http://www.co.essex.ny.us/MentalHealth.asp>

Local Mental Health Resources

- Mental Health Assoc. in Essex County, Inc.
 - Regular business hours 962-2077
 - 24-hour Hopeline 800-440-8074
 - Mobile Crisis Services can be requested by calling the Hopeline or completing online referral form: <https://mhainessex.wufoo.com/forms/mobile-crisis-referral/>
 - MHA also provides community support services such as self help groups, supported employment, wellness & recovery center, and care coordination.

Definitions

- Suicide
 - Why we use the word “suicide”
 - Death from injury, poisoning, or suffocation where there is evidence that a self-inflicted act led to the person’s death
- Prevention
 - A strategy or approach that reduces the likelihood of suicide risk
- Intervention
 - A strategy or approach that is intended to prevent an outcome or to alter the course of a suicide
- Postvention
 - The provision of crisis intervention, support, and assistance in the aftermath of (or post) a death by suicide.