

Health Care Coordination

Partnering with caregivers, caseworkers, providers, parents and youth to ensure our members get the care they need. Our team is here to help you with changes and barriers that come your way. Visit CoordinatedCareHealth.com/benefits,

Call **1-877-644-4613 (TTY: 711)**, or Email AHCCTeam@coordinatedcarehealth.com

 coordinated care.

**CARE FOR THE
WHOLE YOU.**



- New or replacement ID card
- Help with a healthcare bill
- Parent support scheduling appointments
- Child/youth moving homes
- Child/youth returning from out of state
- Need medical equipment for new placement
- Help replacing lost or broken glasses



- Need a doctor, specialist, therapist or other providers
- A record of the doctors the child has seen
- Help to see a specialist



- Plan for child/youth discharging from ER or hospital
- Medication/pharmacy issues
- Support for child/youth with multiple or complex needs



- Support/education for health conditions (like asthma, anxiety, diabetes)
- School support for special needs



Preventing Youth Suicide

You can make a difference.

Training Agreements

Participate
at your
comfort
level

Understand
everyone
has their
own
experiences

Respect
other
opinions
and beliefs

Focus of Training

- Scope of the issue
- Risk factors
- Warning signs
- Directly asking about suicide
- Action steps
- Resources



National Statistics

- In 2020 we lost 45,979 people to suicide
- Men die by suicide more often than women
- There is 1 death by suicide every 11 minutes
- There is 1 suicide for every estimated 25 attempts
- In 2020 firearms accounted for 52.83% of all suicide deaths

Washington Statistics

- Washington has a higher suicide death rate than the national average
 - In 2020, 1,212 residents died by suicide
- Washington [Healthy Youth Survey](#):
 - In 2021, 20% of 10th graders seriously thought about attempting suicide during the 12 months prior to the survey
 - In 2021 15% of 10th graders reported they had no adult to turn to when sad or hopeless
- Suicide is the second leading cause of death between 10-24
- On average, each week:
 - 2 youth kill themselves
 - 17 youth are hospitalized because of suicide attempts

Video Clip - Kevin Himes



You can't always see pain.



You can help save a life by recognizing the signs and starting the conversation.
Suicide is preventable.

Why would someone consider suicide?

- Most people who attempt suicide do not want to die
 - *they want the pain to go away*
- The impulse to end their life does not last forever



What can you do?



Learn to recognize signs



Respond to signs



Don't be afraid to talk about it

- Think about it like CPR- helping in an immediate crisis

Language matters

Why does language matter?

- “Died by suicide” vs. “Committed suicide”
- You are not responsible for someone taking their own life



Self Harm

- Self-harm (also called Non-Suicidal Self-Injury) is the act of harming ones' own body. Examples:
 - Cutting
 - Burning
 - Picking
 - Pulling hair
 - Carving
- Engaging in self-harm does not necessarily mean an individual is experiencing suicidal ideation
- Self-harm behaviors are often coping behaviors and have been thought to release similar endorphins that are released with other addictions

Self Harm

Key Facts

- 14-24% of adolescents engage in self-harm
- 13 is the average age of onset
- Female and LGBTQ+ youth are at higher risk
- Self harm often co-occurs with other behavioral health challenges

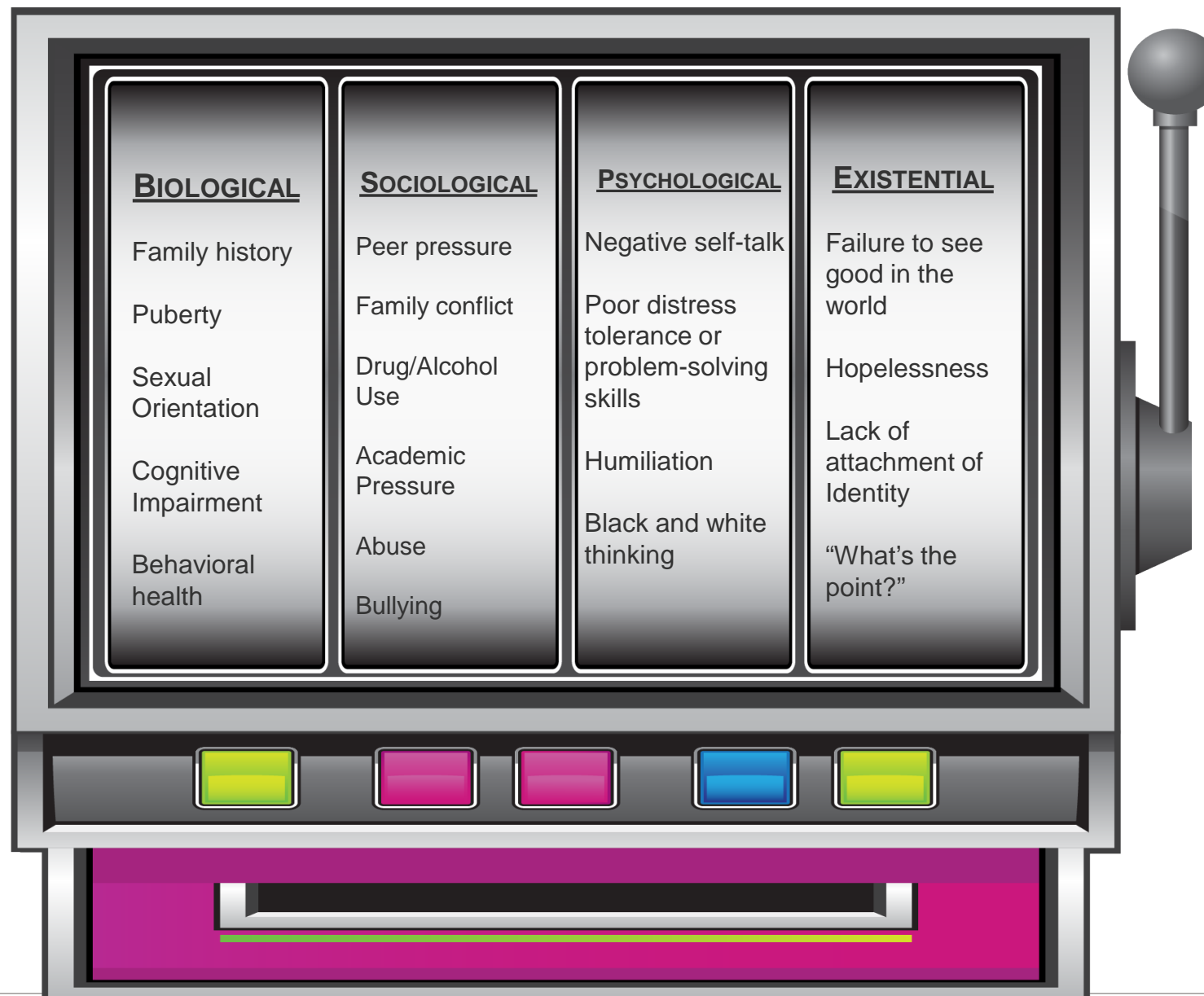
Warning Signs

- Unexplainable cuts, wounds, or scars
- Collecting or frequently carrying lighters or sharp tools
- Isolating from friends and family
- Hiding arms, legs, or other parts of the body

What To Do

- Listen
- Teach replacement coping strategies
- Encourage talking with a trusted adult
- Get professional help

Risk Factors and Warning Signs



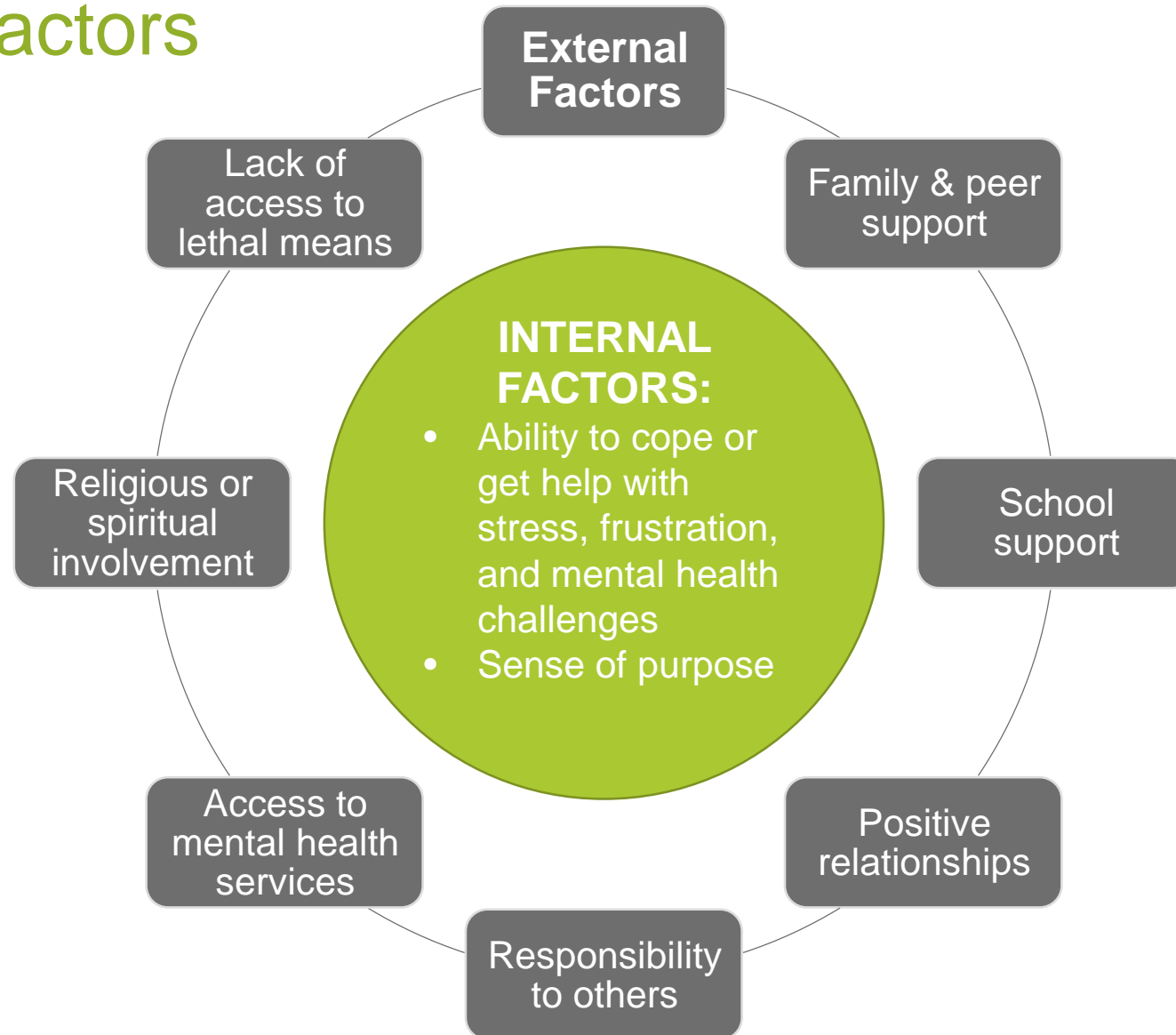
Warning Posts

- In 2022, 95% of U.S. teens report they have access to a smartphone.
- Many social media platforms have reporting features if you see a concerning post. Teach youth about these safety features.
- Warning signs to look for on social media:
 - Post about changes to eating, sleeping, and daily habits
 - Post images or words expressing isolation, hopelessness, or emotional difficulties

You will miss me
when I'm gone

I won't be around
much longer

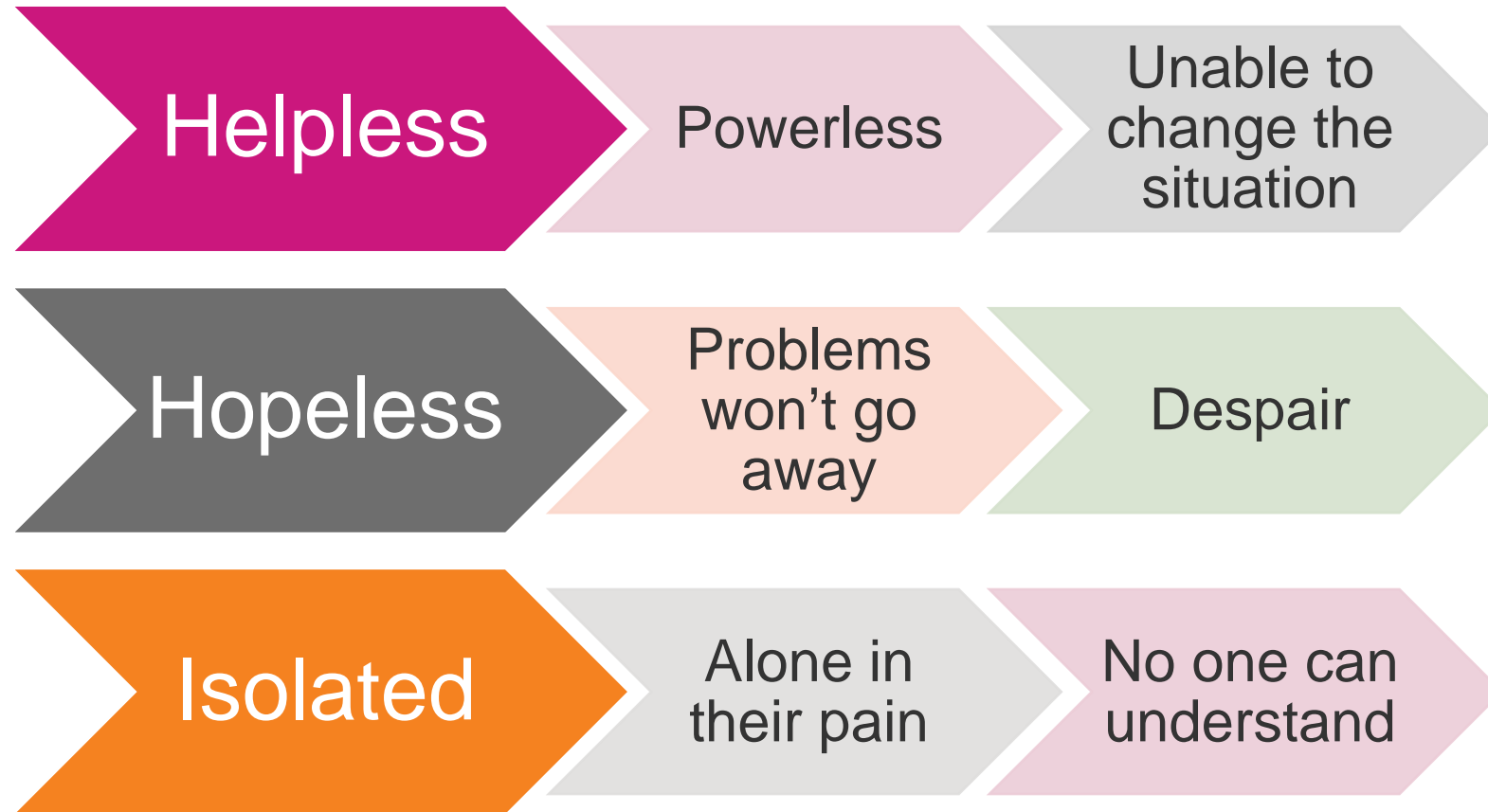
Protective Factors



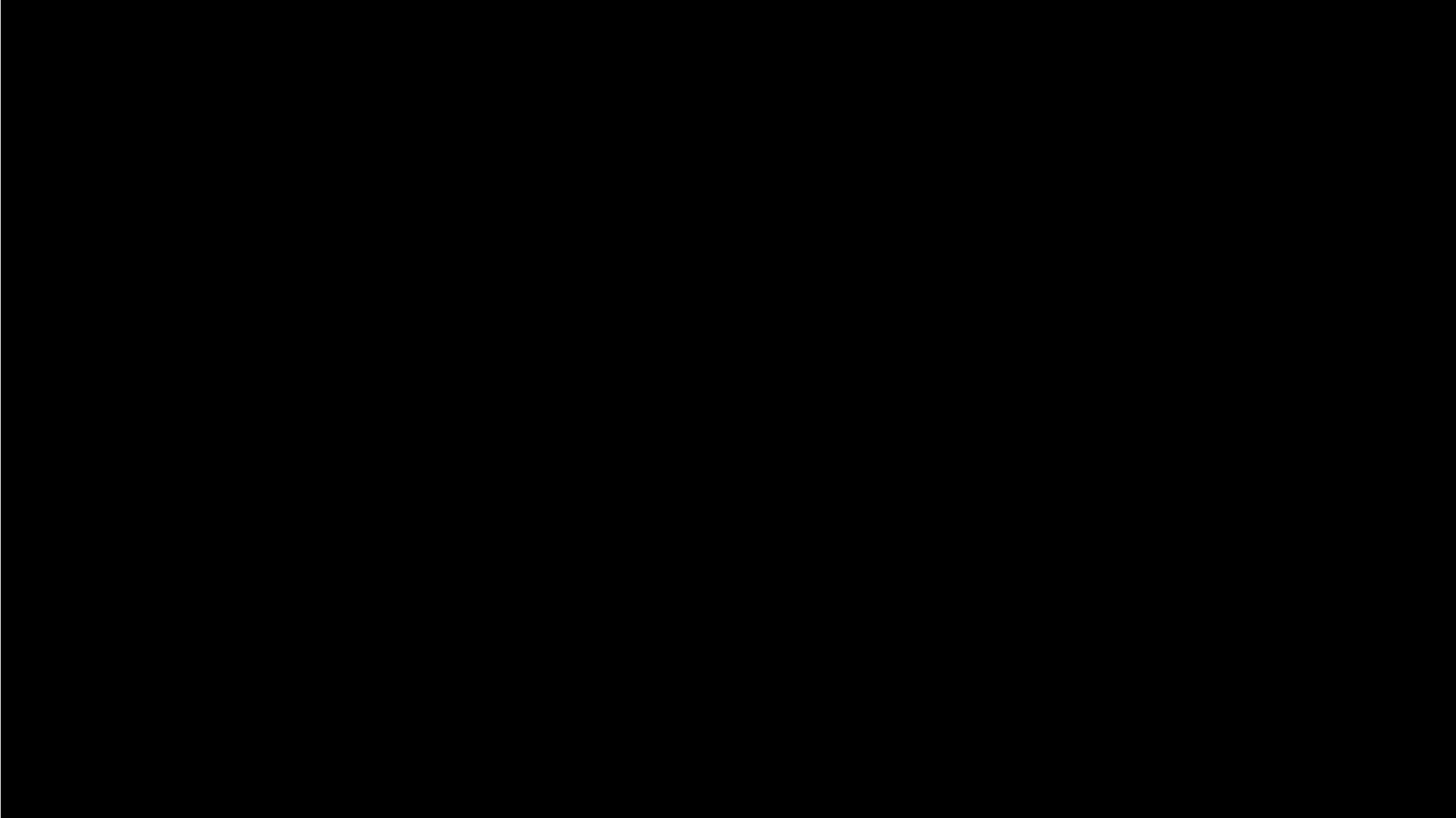
Balancing



Children and youth who are suicidal often feel:



Video - Under the Surface



They need you!

Validate what they are going through is really hard.

- Every suicide threat, comment or action is serious
- Listen
- You do not have to solve the problem or advise
- Encourage the expression of feelings



Ask the Question



Are you thinking about suicide?

Are you thinking about taking your life?

- Saying the word will not put it in someone's head.
- Ask clearly

How to ask the question

Sometimes when someone is feeling...

Insert what you know

Anxious, Hopeless and Tired

they can be thinking about suicide.

“Are you thinking about suicide?”

Reactions

If they reply “No”

- Keep showing you care
- Keep a neutral reaction
- Ask them to identify someone to turn to if they do have suicidal thoughts.
- Still give them the number for the crisis line: **988**



Talk About Behavioral Health

- Talk frequently, not once
- Talking about suicide helps prevent suicide
- Honest conversations are the basis for prevention efforts
- Keep the door open for more conversations
- Validate and acknowledge emotions
- Stay supportive and neutral
- Help them identify their own feelings- don't ask leading questions
- It's okay to tell them what you're noticing, do so without judgement

- **Give Hope**



https://www.youtube.com/watch?v=w_9pD2Sr_0w

Reactions

If they say “Yes”

- Talking about it can make a difference
- Respond:
 - I’m listening or
 - please tell me more
- Acknowledge their pain
- Contact crisis line: **988**
- Access on-going mental health support
- Identify additional friends, family and services

Additional questions

Ask additional questions to help gather important information and understand the level of risk.



Have you thought about how you would take your life?

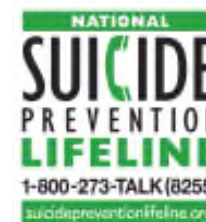


Have you thought about when you plan on doing this?

The Columbia Protocol: C-SSRS

- Visit the Columbia Protocol website (<https://cssrs.columbia.edu/>) for:
 - Training
 - Risk assessment tools to be utilized by schools, law enforcement, healthcare, family/friends/neighbors, first responders, corrections
- Download the Columbia Protocol app for [iPhone](#) or [Android](#)

	Past 1 Month
1) Have you wished you were dead or wished you could go to sleep and not wake up?	
2) Have you actually had any thoughts about killing yourself?	
If YES to 2, answer questions 3, 4, 5 and 6 If NO to 2, go directly to question 6	
3) Have you thought about how you might do this?	
4) Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?	High Risk
5) Have you started to work out or worked out the details of how to kill yourself? Did you intend to carry out this plan?	High Risk
Always Ask Question 6	Life-time Past 3 Months
6) Have you done anything, started to do anything, or prepared to do anything to end your life? <i>Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.</i>	High Risk



Any **YES** indicates that someone should **seek behavioral healthcare**.
However, if the answer to 4, 5 or 6 is **YES**, seek **immediate help**: go to the emergency room, call 1-800-273-8255, text 741741 or call 911. **STAY WITH THEM** until they can be evaluated.



Download Columbia Protocol app

Resources



Crisis line:
988



Text: 741741

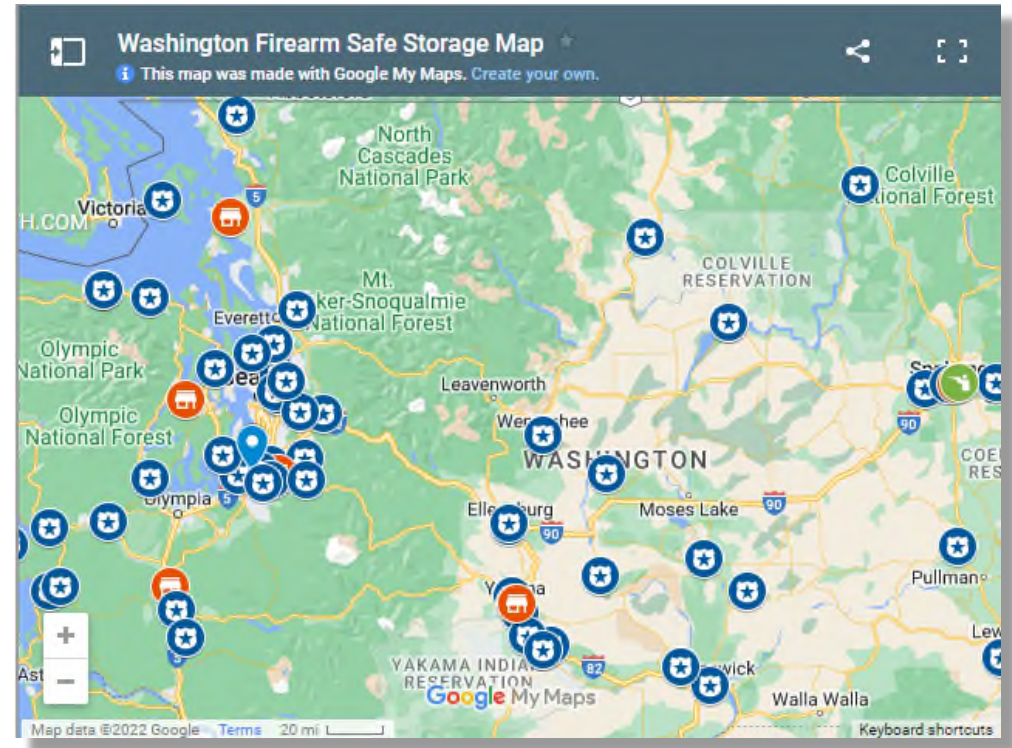


Crisischat.org

Make Your Home Safer

Over 50% of all suicides involve firearms.

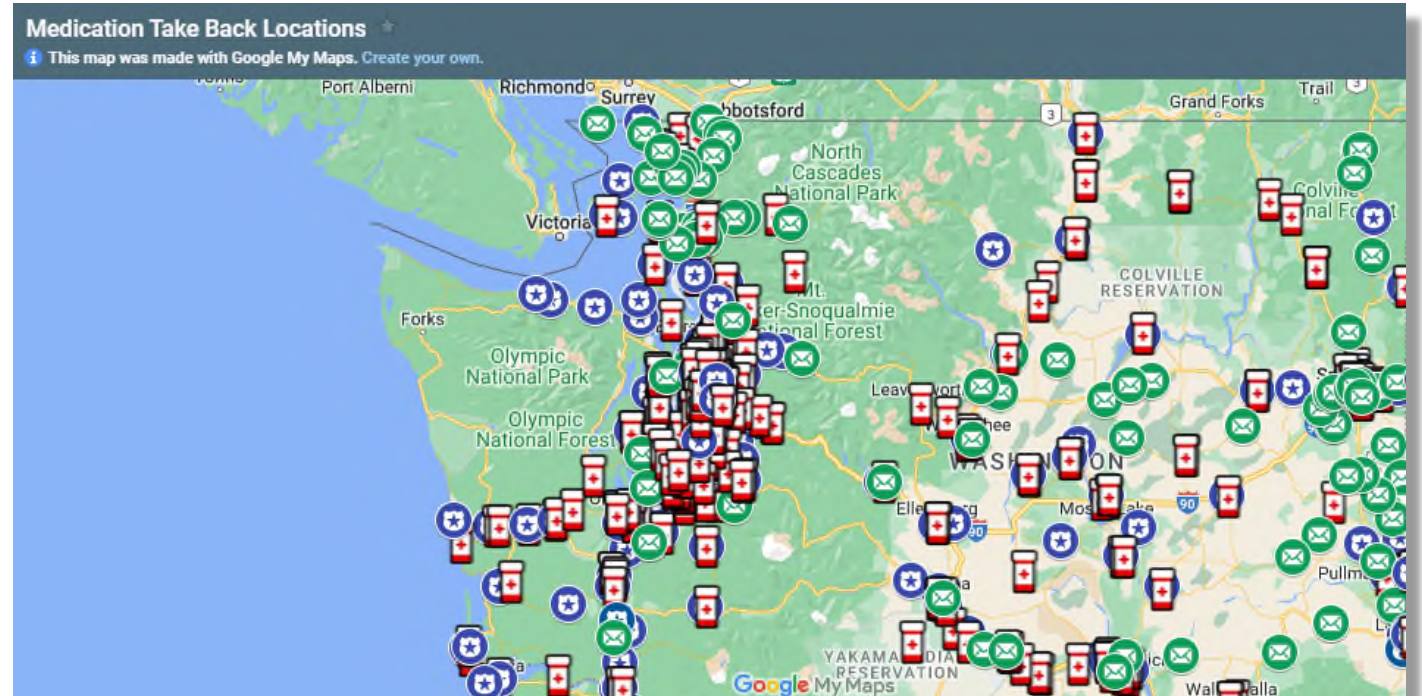
- Firearms should be safely secured
- Safer Homes Campaign
<https://saferhomescoalition.org/>
- WA Firearm Safe Storage Map
<https://hiprc.org/firearm/firearm-storage-wa/>



Make Your Home Safer

Lock it up:

- Over-the-counter medicines and prescriptions
- 1-day dose of medication for mental health crisis
- Take back unneeded medications:
www.takebackyourmeds.org



Let's Practice

PRACTICE

makes

PROGRESS,

NOT

PERFECT.

Let's Practice



Practice

Sometimes when people are....

*Feeling really tired, confused and hopeless
about their future,*

They are thinking about suicide.
Are you thinking about suicide?

Choose Tomorrow a Zero Suicide Program: We take your health seriously.

- Coordinated Care's health care coordination team responds to all indicators of suicide risk
- A Columbia-Suicide Severity Rating Scale (C-SSRS) is completed
 - any suicide risk indicated is addressed with
 - crisis response planning
 - comprehensive resources

Safety Plan Template

Patient Safety Plan Template

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

1. _____
2. _____
3. _____

Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

1. _____
2. _____
3. _____

Step 3: People and social settings that provide distraction:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Place _____ 4. Place _____

Step 4: People whom I can ask for help:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____

Step 5: Professionals or agencies I can contact during a crisis:

1. Clinician Name _____ Phone _____
Clinician Pager or Emergency Contact # _____
2. Clinician Name _____ Phone _____
Clinician Pager or Emergency Contact # _____
3. Local Urgent Care Services _____
Urgent Care Services Address _____
Urgent Care Services Phone _____
4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)

Step 6: Making the environment safe:

1. _____
2. _____

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The one thing that is most important to me and worth living for is:

If Your Child has Access to a Phone...

Consider saving key crisis contacts.

- Crisis Connection: 1-866-427-4747
- 24-hour help line
- Trevor Project: 1-866-488-7386
National 24-hour hotline for
LGBTQ+ youth
<https://www.thetrevorproject.org>
- The National Suicide Prevention
Lifeline: 988
- A trusted friend/relative

National Suicide Prevention Lifeline

988

Reasons to call:

- Speak with someone who cares
- If you feel you might be in danger of killing yourself
- Referrals to mental health services in your area
- Speak to a crisis worker if you're concerned about someone
- If the person seems unwilling to accept treatment and is in crisis

Accessing Behavioral Health Services



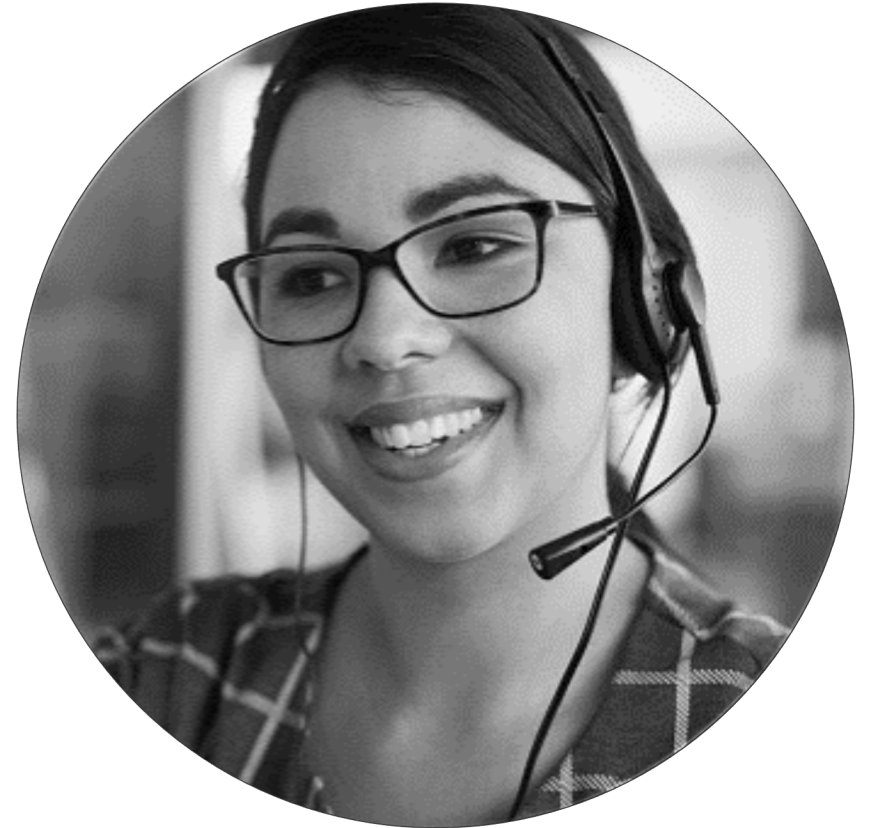
Apple Health Core Connections Member Services
1-844-354-9876 (TDD/TTY: 711)



24/7 Nurse Advice Line
1-844-354-9876 (TDD/TTY: 711)

Summary

- You can make a difference with a conversation and asking the question
- **Call the crisis line 988 for**
 - Questions about suicide or anyone who needs to talk to someone.
- 1-844-354-9876 (TTY: 711)
 - Health care coordination team



Additional Resources:

Native and Strong Lifeline: 988, Press 4

Calls are answered by Native crisis counselors who are tribal members and descendants closely tied to their communities. The Native and Strong Lifeline counselors are fully trained in crisis intervention and support, with special emphasis on cultural and traditional practices related to healing.

Crisis Connection: 1-866-427-4747 (24-hour help line)

1-866-833-6546 - Teen Link 6-10 pm

Teen link website - 866TeenLink.org

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

The Trevor Project: 1-866-488-7386

National 24 hour hotline for LGBTQ youth

<https://www.thetrevorproject.org>

Trans lifeline: 1-877-565-8860

Peer support hotline run by and for trans people

Times: 7am-1am

<https://www.translifeline.org>

References

- American Foundation for Suicide Prevention
 - <https://afsp.org/suicide-statistics/>
- Center for Disease Control
 - <https://www.cdc.gov/suicide/facts/index.html>
- National Institutes of Health
 - <https://www.ncbi.nlm.nih.gov/pmc/>
- Pew Research Center
 - <https://www.pewresearch.org/internet/2022/08/10/teens-social-media-and-technology-2022/>
- Seattle Children's Hospital
 - <https://providernews.seattlechildrens.org/spotlight-on-cutting-to-cope-what-is-nonsuicidal-self-injury/>
- Washington Healthy Youth Survey
 - <https://www.askhys.net/>
- Washington State Department of Health
 - *Youth Suicide Prevention*. Retrieved from <https://doh.wa.gov/you-and-your-family/injury-and-violence-prevention/suicide-prevention/youth-suicide-prevention>
 - (published in 2013; updated, 2017) *The Health of Washington State chapter on Suicide*. Retrieved from <http://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention>



THANK YOU!