

South Dakota

Strategy for Suicide Prevention July 2013



Photo by SD Department of Tourism

Prepared by:

Helpline Center, Sioux Falls, 605-339-4357

In partnership with S.D. Department of Social Services, Pierre, 605-773-3165



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Everyone has a Role in Preventing Suicide

S.D. Strategy for Suicide Prevention Goals Summary

GOAL 1: Integrate and coordinate suicide prevention activities across multiple sectors and settings.

GOAL 2: Implement evidence-based communication efforts designed to prevent suicide by changing knowledge, attitudes and behaviors.

GOAL 3: Increase knowledge of the factors that offer protection from suicidal behaviors and that promote wellness and recovery.

GOAL 4: Promote responsible media reporting of suicide, accurate portrayals of suicide and mental illness and the safety of online content related to suicide.

GOAL 5: Promote efforts to reduce access to lethal means of suicide among individuals with identified suicide risk.

GOAL 6: Provide training to community and clinical service providers on the prevention of suicide and related behaviors.

GOAL 7: Promote and implement effective clinical and professional practices for assessing and treating those identified as being at risk for suicide.

GOAL 8: Provide care and support to individuals affected by suicide deaths and attempts.

GOAL 9: Increase the usefulness of surveillance systems relevant to suicide prevention and improve the state, tribal and community capacity to collect, analyze and use this information for action.

GOAL 10: Promote, evaluate, analyze and disseminate results of suicide prevention strategies.

Goals, Objectives, and Action Steps

The SDSSP workgroup, a public-private partnership of people across South Dakota, helped to develop the goals and objectives of the 2013 South Dakota Strategy for Suicide Prevention. It is meant to be the framework for a public health response to suicide throughout the state. The action steps laid out in the plan are examples of the type of initiatives that should be undertaken in the implementation of the strategy. The goals and objectives in the SDSSP are based upon those in both the 2012 National Strategy for Suicide Prevention and complement the overall Prevention Program Strategic Plan in the state of South Dakota. This document is a work in progress: priorities must be set among the action steps, each one must build upon the one that precedes it, and all are subject to change according to the dictates of overall prevention efforts in the state.

Strategic Direction #1: Healthy and Empowered Individuals, Families and Communities

Goal #1: Integrate and coordinate suicide prevention activities across multiple sectors and settings.

1.1 Integrate suicide prevention into the values, culture, leadership, and work of a broad range of organizations and programs with a role to support suicide prevention activities.

Action Step(s):

- **Work with healthcare organizations on screening/early identification and with schools, faith-based organizations, and communities on education and screening related to suicide prevention.**

1.2 Establish effective, sustainable, and collaborative suicide prevention programming at the state, tribal, and local levels.

Action Step(s):

- **The Prevention Program at DSS will serve as lead contact in conjunction with Community Prevention/Tribal Coalitions and the Helpline Center to help facilitate suicide prevention efforts.**

1.3 Develop and sustain public-private partnerships to advance suicide prevention.

Action Step(s):

- **Complete the state's suicide prevention strategy and monitor, update and review the strategy.**
- **A statewide coalition/workgroup will convene every 6 months to prioritize and review progress made on identified suicide prevention efforts.**

Goal# 2: Implement evidence-based communication efforts designed to prevent suicide by changing knowledge, attitudes and behaviors.

2.1 Develop, implement and evaluate communication efforts designed to reach high

risk segments of the population.

Action Step(s):

- **Develop appropriate communication efforts for targeted high risk groups based upon current trend data.**
- **Implement communication efforts for targeted high risk groups.**
- **Evaluate enhanced communication efforts provided to targeted high risk groups.**

2.2 Reach policymakers with dedicated communication efforts.

Action Step(s):

- **Train coalitions to work to educate policymakers and key stakeholders on suicide/behavioral health issues.**
- **Educate policymakers and community leaders on suicide/behavioral health issues.**

2.3 Increase communication efforts conducted through technology that promote positive messages and support evidence-based crisis intervention strategies.

Action Step(s):

- **Promote the state suicide prevention website: sdsuicideprevention.org.**
- **Expand the crisis texting program provided to youth in SD.**
- **Develop a MOU between NSPL crisis center and each of the 9 tribes in SD in order to partner with them to link systems for support.**
- **Develop partnerships between universities and local coalitions/suicide prevention agencies and other community partners.**

2.4 Increase knowledge of the warning signs for suicide and how to connect individuals in crisis with assistance and care.

Action Step(s):

- **Promote and provide evidence-based and promising practices in suicide prevention trainings.**
- **Educate populations on warning signs and how to connect to resources through the use of technology and printed materials.**

Goal #3: Increase knowledge of the factors that offer protection from suicidal behaviors and which promote wellness and recovery.

3.1 Promote evidence-based and promising practices that increase protection from suicide risk.

Action Step(s):

- **Identify evidence-based and promising practices that enhance knowledge, promote connectedness and assist with making appropriate referrals.**
- **Increase protective factors and modify risk factors that promote wellness and recovery through providing training using evidence-based and promising practices programs.**

3.2 Reduce the stigma and discrimination associated with suicidal behaviors and

behavioral health disorders.

Action Step(s):

- **Increase the use of Mental Health First Aid and other nationally recognized best practices to enhance recovery from behavioral health disorders.**
- **Develop a campaign to increase the understanding of crisis and trauma to promote recovery for behavioral health disorders.**
- **Work with local coalitions to increase awareness that, in most cases, individuals who have a behavioral health disorder can recover or regain or attain meaningful lives.**

Goal#4: Promote responsible media reporting of suicide, accurate portrayals of suicide and mental illnesses and the safety of online content related to suicide.

4.1 Encourage the safe and responsible reporting of suicide and other related behaviors.

Action Step(s):

- **Promote the use of consistent and safe messaging to journalism majors in South Dakota.**
- **Distribute national guidelines on the safe reporting on suicide to media outlets in SD.**

4.2 Develop, implement, monitor and update guidelines on the safety of online content for new and emerging communication technologies and applications.

Action Step(s):

- **Disseminate NSPL protocol for reporting suicidal postings in social media to coalitions, schools and communities.**
- **Promote school postvention guidelines to school administration.**
- **Educate the public on managing social media profiles for deceased persons.**

Strategic Direction #2: Clinical and Community Preventive Services

Goal # 5: Promote efforts to reduce access to lethal means of suicide among individuals with identified suicide risk.

5.1 Encourage providers who interact with individuals at risk for suicide to routinely assess for access to lethal means.

Action Step(s):

- **Encourage use of Lethal Means counseling with emergency departments, primary care providers, pharmacists and behavioral health providers.**
- **Provide Lethal Means counseling training to emergency departments, primary care providers, pharmacists and behavioral health providers.**

5.2 Local coalitions/suicide prevention agencies are encouraged to partner with firearm dealers and gun owner groups to incorporate suicide awareness as a basic tenet of firearm safety and responsible firearm ownership.

Action Step(s):

- **Modify New Hampshire's program regarding educating gun sellers or sportsmen safety groups on gun safety for those at risk for suicide.**
- **Provide information to gun dealers related to the South Dakota model.**

5.3 Develop and implement new safety technologies to reduce access to lethal means.

Action Step(s):

- **Track lethal means data in SD related to suicide deaths and suicide attempts.**
- **Utilize data to identify strategies to ameliorate risk.**
- **Partner with community efforts on proper medication disposal.**

Goal #6: Provide training to community and clinical service providers on the prevention of suicide and related behaviors.

6.1 Provide training on suicide prevention to community groups that have a role in the prevention of suicide and related behaviors.

Action Step(s):

- **Promote gatekeeper trainings to behavioral health professionals, school counselors, parish nurses, clergy, and employers.**
- **Encourage community-based settings to implement effective programs and provide education that promote wellness and prevent suicide and high risk behaviors.**
- **Make education programs available to family members and others who are in close relationships with persons at risk of suicide or who have been affected by suicidal behaviors.**

6.2 Provide training to behavioral health providers on the recognition, assessment, and management of at-risk behaviors, and the delivery of effective clinical care for people at risk for suicide.

Action Step(s):

- **Develop or identify training for behavioral health providers and ancillary staff.**
- **Promote and encourage suicide risk assessment training for behavioral health providers and ancillary staff.**

6.3 Develop and promote the adoption of core education and training guidelines on the prevention of suicide and related behaviors by all health professions.

Action Step(s):

- **Encourage the implementation of care guidelines by health and behavioral health professionals.**
- **Assess licensing and certification standards and make recommendations for inclusion of suicide risk assessment to credentialing and privileging bodies.**

6.4 Develop and implement protocols and programs for clinicians and clinical super-

visors, first responders, crisis staff, and others on how to implement effective strategies for communicating and collaboratively managing suicide risk.

Action Step(s):

- **Provide training to explain HIPAA, Privacy Act and 42CFR requirements in regards to managing clients in a suicide crisis.**
- **Develop protocols to release a client to another provider to promote continuity of care, including signing of releases of information.**
- **Continue to promote collaboration between medical and behavioral health programs, including health home models.**

Strategic Direction #3: Treatment and Support Services

Goal #7: Promote and implement effective clinical and professional practices for assessing and treating those identified as being at risk for suicide.

7.1 Promote suicide prevention as a core component of behavioral and health care services.

Action Step(s):

- **Promote integration of behavioral health services into primary care settings, including health homes.**
- **Promote NSPL crisis number in primary care settings, including health homes.**

7.2 Promote and support community protocols for delivering evidence-based and promising practices for individuals with suicide risk.

Action Step(s):

- **Identify evidence-based and promising practices specific to individuals at risk for suicide.**
- **Establish linkages between providers of behavioral health services and community-based programs, including peer support programs.**
- **Promote and disseminate established guidelines for clinical practice and continuity of care for providers who treat persons at risk of suicide.**
- **Adopt and disseminate guidelines for communities to respond effectively to suicide clusters and contagion within their cultural context.**

7.3 Promote policies and procedures to assess suicide risk and intervene to promote safety and reduce suicidal behaviors among patients receiving care for behavioral health disorders.

Actions Step(s):

- **Promote continuity of care and the safety and well-being of all patients treated for suicide risk in emergency departments or hospital inpatient units.**
- **Encourage health care delivery systems to incorporate suicide prevention and appropriate responses to suicide attempts as indicators of continuous quality improvement efforts.**
- **Promote guidelines on the documentation of assessment and treatment of**

suicide risk and establish a training and technical assistance capacity to assist providers with implementation.

7.4 Promote coordinated services among primary prevention, early intervention, recovery support, health care and crisis response systems (National Suicide Prevention Lifeline crisis center).

Action Step(s):

- **Educate the following systems: primary prevention, early intervention, recovery support and health care about the NSPL crisis line services and their partner agency, the Helpline Center.**

7.5 Develop collaborations between emergency departments and other health care providers to provide alternatives to emergency department care and hospitalization when appropriate, and to promote rapid follow-up after discharge.

Action Step(s):

- **Identify existing community-based crisis teams or other alternatives in South Dakota.**
- **Identify the capacity of communities in SD to respond to an identified suicide crisis.**
- **Develop alternative levels of care to meet community needs.**
- **Assist in developing capacity to promote rapid follow-up after release from residential facilities, emergency departments or other health care facilities.**
- **Implement and evaluate guidelines for communities to respond effectively to suicide clusters and contagion within their cultural context.**

Goal #8: Provide care & support to individuals affected by suicide deaths & attempts.

8.1 Promote healing and implement community strategies to help prevent further suicides.

Action Step(s):

- **Promote best practices for support of individuals bereaved by suicide.**
- **Promote awareness of resources through use of natural supports.**
- **Work to increase suicide survivor support services available in the state.**
- **Engage suicide attempt survivors in suicide prevention planning, including support services, treatment, community suicide prevention education, and the development of guidelines and protocols for suicide attempt survivor support groups.**
- **Advocate for statewide 211 services.**

8.2 Provide health care providers, first responders, and others with care and support when a patient under their care dies by suicide.

Action Step(s):

- **Promote and provide available resources for clinician/care providers following a patient death by suicide.**
- **Create guidelines for clinician/care provider debriefing following a death by**

suicide.

- **Promote/provide best practices for schools in regards to suicide attempts or suicide deaths.**

Strategic Direction #4: Surveillance, Research and Evaluation

Goal #9: Increase the usefulness of surveillance systems relevant to suicide prevention and improve the state, tribal and community capacity to collect, analyze & use this information for action.

9.1 Promote the inclusion of questions on suicidal behaviors, related risk factors, and exposure to suicide in relevant data systems.

Action Step(s):

- **Promote data collection from behavioral health and primary care settings.**
- **Work with primary care and behavioral health systems to identify standardized data that needs to be collected.**
- **Promote the collection of standardized data by behavioral health and primary care systems.**
- **Promote the timely dissemination of data that has been collected by behavioral health and primary care systems.**

9.2 Identify gaps in services and unmet needs for suicide prevention and mental health promotion in communities and the provider system.

Action Step(s):

- **Hold regional meetings for provider systems to review statewide epidemiological data related to suicide and other health behaviors—identifying unmet needs and gaps in services.**
- **Convene an epidemiologic workgroup every 6 months to pool/share state-wide data related to suicide risk factors.**

Goal #10: Promote, evaluate, analyze and disseminate results of suicide prevention strategies.

10.1 Evaluate the impact and effectiveness of community suicide prevention strategies in reducing suicide morbidity and mortality.

Action Step(s):

- **Establish coordinated data collection and reporting process across suicide prevention programs.**
- **Examine how suicide prevention efforts are implemented in different tribes and communities to identify the types of delivery structures that may be most efficient and effective.**
- **Implement the State Strategy for Suicide Prevention and evaluate the effectiveness in reducing suicide morbidity and mortality.**

10.2 Promote the collection and dissemination of suicide-related research findings based upon input from multiple stakeholders.

Action Step(s):

- **Develop and support a repository of research resources on suicide prevention and care.**
- **Promote the timely dissemination of suicide prevention research findings.**