

South Dakota's National Strategy for Suicide Prevention (SD NSSP) Grant

EXECUTIVE SUMMARY:

The purpose of this program is to support states and communities in advancing efforts to prevent suicide and suicide attempts among adults age 25 and older in order to reduce the overall suicide rate and number of suicides in the U.S. nationally. Addressing suicide prevention among adults is imperative to decreasing the nation's suicide rate.

GRANT AWARD

- ✓ Project Period: 8/31/2020-8/30/2023
- ✓ Length of Project: three years
- ✓ Funding: \$400,000 annually

GRANT ABSTRACT

South Dakota's National Strategy for Suicide Prevention (SD NSSP) will focus on adults aged 25 and older who are at-risk for suicide. Our approach will include system-wide implementation of training behavioral health providers, direct care staff, employers and family members and implementing a rapid follow-up plan to those discharged from an inpatient behavioral health unit for suicidal ideation or attempt to ensure a holistic approach in supporting these high-risk adults.

As the Single State Authority, the South Dakota Department of Social Services, Division of Behavioral Health (DSS-DBH), will lead the project in collaboration with the Helpline Center, behavioral health and primary care providers, and inpatient behavioral health units to identify, leverage, and enhance community-based resources in the area of suicide prevention and behavioral health services. The project will be led by a DSS-DBH Prevention Program Specialist, with enhanced project support through the key personnel to assess, identify, and support the implementation of strategies that directly address DSS-DBH's goals and outcomes of this funding opportunity.

Key goals and outcomes will include improving continuity of care and targeted follow-up to individuals at risk for suicide after discharge from inpatient behavioral health units by establishing or enhancing care transition protocols as well as increasing the confidence and competence among critical stakeholders to better identify those at risk of suicide. Another key focus is on the veteran population of South Dakota; Veterans in South Dakota approximate 51,000, or 8.2% of the state's population according to the most recent census data. Our goals for the Veteran population is to increase the available interventions and engagement with at-risk veterans who are not currently receiving services through the Veteran's Health Administration (VHA) by utilizing information through state clearinghouses (such as the Department of Motor Vehicles and South Dakota Department of Veterans Affairs) as well as established veterans' organizations to identify the needs of at-risk veterans throughout the state.

The total number of individuals anticipated to be served through the life of the grant is 68,456 (Year one: 17,080, Year two: 32,706, Year three: 18,670).

GRANT GOALS

GOAL 1: IMPROVE CONTINUITY OF CARE AND FOLLOW-UP WITH ADULTS IDENTIFIED AT RISK FOR SUICIDE DISCHARGED FROM PSYCHIATRIC INPATIENT UNITS.

- ✓ Objective 1.1: Create and offer a rapid follow-up care program to 50% of eligible patients (residents of South Dakota) 25 years and older that are discharged from an inpatient behavioral health unit with suicidal ideation or attempt by the end of Year 1 of the grant period.

- ✓ Objective 1.2: Enroll 75% of eligible patients in the Follow-Up program by the end of Year 2 of the grant and enroll 80% of eligible patients by Year 3 of the grant.
- ✓ Objective 1.3: Through the establishment of new protocols or the enhancement of existing care transition protocols such as caring contacts, the number of adults participating in the follow-up care program who are readmitted to a hospital inpatient behavioral health unit (within three months of original suicide attempt or ideation) will not exceed 25% by conclusion of the final year of the grant.

GOAL 2: INCREASE COMPETENCE AND CONFIDENCE AMONG CRITICAL STAKEHOLDERS (INCLUDING CLINICAL SERVICE PROVIDERS AND EMPLOYERS) IN THE PREVENTION OF SUICIDE VIA IDENTIFICATION OF AT-RISK INDIVIDUALS.

- ✓ Objective 2.1: Increase the number of health and behavioral health organizations adopting Zero Suicide practices from 26 (baseline as of March 1, 2020) to 35 by the end of the grant period, and support health and behavioral health organizations currently implementing Zero Suicide practices.
- ✓ Objective 2.2: Work with key entry points in the health system for at-risk adults - health care organizations and primary care providers – to ensure that 75% of staff within identified entry points statewide are provided with evidence-based gatekeeper training to address suicide risk and referral to community based behavioral health services.
- ✓ Objective 2.3: Train clinical services providers in organizations implementing or agreeing to implement Zero Suicide practices in suicide risk/protective factors, lethal means, safety planning, treatment of suicide risk, and continuity of care. Through this, ensure that 50% of all health/behavioral health providers in the state are trained by the second year of the grant and that an additional 25% are trained by the third year of the grant.
- ✓ Objective 2.4: Train 30 private employers each year on the signs and symptoms of suicide and provide information and linkages to community-based resources for at risk employees.

GOAL 3: INCREASE ENGAGEMENT AND INTERVENTION WITH VETERANS AT RISK FOR SUICIDE WHO ARE NOT CURRENTLY RECEIVING VETERANS HEALTH ADMINISTRATION (VHA) SERVICES.

- ✓ Objective 3.1: Provide 3-5 gatekeeper trainings annually for the life of the grant to entities who provide services and/or support to veterans in their communities (such as VFW, Military Heritage Alliance, DAV, American Legion, etc....).
- ✓ Objective 3.2: Utilizing the VA National Veteran Suicide Prevention Annual report and leveraging existing relationships with VA staff, informational materials will be distributed outlining available resources and warning signs for Veterans and their family members and training opportunities annually for the life of the grant.
- ✓ Objective 3.3: Identify employers within the state with 25% or more employees with Veteran or Reserve status and provide gatekeeper trainings to 65% of those employers. Objective 3.4: Collaborating with the South Dakota Department of Motor Vehicles and South Dakota Department of Veterans Affairs, veterans will be identified and 75% of identified veterans will be provided with targeted outreach materials in the form of direct mailers between grant years two and three.
- ✓ Objective 3.5: Develop and disseminate means restriction informational materials to be disseminated to 15 Veteran-serving organizations annually for grant years two and three.