

# SUICIDE PREVENTION NETWORK NEWS BULLETIN

March 2012

LOS ANGELES COUNTY  
SUICIDE PREVENTION NETWORK

Volume 1, Issue 1

## From the Editor's Desk

Sam Chan &  
James Cunningham

are doing in suicide prevention.

This is the inaugural issue of our Los Angeles County Suicide Prevention Network Newsletter.

See back page for submission deadlines for subsequent issues.

This first issue highlights some of the work being done by Rich Lieberman and Lyn Morris, and includes materials that Sam Bloom wanted to share from national organizations.



It is our intention that all members of the Network will share important information regarding the work that they

SUICIDE  
PREVENTION  
NETWORK

## MISSION STATEMENT

To promote public and professional awareness, education, training, and engagement regarding suicide and suicide prevention, intervention, and postvention in Los Angeles County.

In collaboration with attempt survivors and survivors of suicide loss, the Los Angeles County Suicide Prevention Network will build the capacity of providers, systems, and communities to implement effective, culturally and linguistically appropriate suicide prevention, intervention, and post-vention strategies for all age groups and high-risk populations.

This includes supporting the California Office of Suicide Prevention in:

- Building a coordinated system of suicide prevention among state, regional, and local organizations
- Developing and supporting suicide prevention training
- Building a network of suicide prevention experts to address the needs of high-risk populations
- Developing new knowledge and best practices for suicide prevention that are appropriate for diverse populations

## Region 11 - K-12 Student Mental Health Initiative by Rich Lieberman

The California County Superintendents Educational Services Association (CCSESA) serves as the statewide organization of California's 58 County Superintendents of Schools and has established 11 service regions to implement new education programs effectively. The Los Angeles County Office of Education (LACOE) comprises Region 11. CCSESA was awarded funding, supplied by the voter-approved Mental Health Services Act (Proposition 63) and administered the California Mental Health Services Authority (CalMHSA), to coordinate the Regional K-12 Student Mental Health Initiative. This initiative builds on local strategies and activities statewide related to prevention of student mental health issues at the elementary level (K-8), with link-

ages to grades 9 through 12. The County Superintendents of Schools are positioned to build upon existing student mental health programs and implement the work of the initiative regionally.

CCSESA's initiative is based on:

- ◆ Common statewide framework of prevention and early intervention strategies
- ◆ Regional flexibility to build on local strategies and activities already underway
- ◆ Prevention of student mental health issues at the elementary level
- ◆ Data-driven, evidenced-based practices that are culturally responsive to the unique needs of our urban, suburban and rural communities of Los Angeles County

The overall goal of the CCSESA project is: "To build capacity for prevention and early intervention of student mental health issues of elementary (K-8) students, build relationships among local agencies to develop effective use of resources and improve communications and information sharing, and build capacity in the county offices of education and school districts for education and training of school staff, and for technical assistance to schools for program development and implementation focused on prevention of student mental health issues."

CCSESA has identified four major goals for the initiative:

**Goal 1: Cross-System Collaboration** Facilitate policy and proto-

col changes across systems that support the effective use of resources, communication and information sharing, cross collaboration and coordination of support and services for the prevention and early identification of mental health issues among K-12 students.

**Goal 2: School-Based Demonstration Programs at K-8 Level** Identify and share elements of a continuum of school-based prevention services that link systems and provide age-appropriate and culturally relevant strategies to support student mental health.

**Goal 3: Education & Training** Build the infrastructure, capacity and resources in each region to conduct education and  
(cont'd. next page)

## Didi Hirsch to Lead Expansion of Suicide Prevention by Lyn Morris

Didi Hirsch Mental Health Services' Suicide Prevention Center (SPC) will lead the expansion of key suicide prevention efforts in California, thanks to the California Mental Health Services Authority (CalMHSA) (<http://www.calmhsa.org>). The California Mental Health Services Authority (CalMHSA) is an organization of county governments working to improve mental health outcomes for individuals, families and communities. CalMHSA operates services and education programs on a statewide, regional and local basis. In May 2011, CalMHSA awarded Didi Hirsch grants totaling more than \$6.5 million.

We will build suicide prevention-informed communities and save lives through:

**1. Statewide Suicide Prevention Network.** A consortium of ten California crisis centers will identify the state's gaps in

services and populations that have been overlooked and underserved. It will organize regional suicide prevention task forces that will collectively form the California Suicide Prevention Network (CSPN). With representatives from colleges, school districts, law enforcement, survivors, community and faith-based groups, federal and municipal agencies, and medical centers, each regional task force will come up with concrete steps to reduce the risk of suicide locally by developing a best practice to be submitted to the Best Practices Registry for suicide prevention for national use. The Network will also develop a common set of metrics for reporting on suicide in the state of California.

**2. Stronger County Prevention Activities.** The Didi Hirsch Suicide Prevention Center will work one-on-one with Imperial, San Diego, San

Bernardino, Ventura, Orange, Los Angeles, and Riverside Counties to heighten awareness, provide support and develop effective programs around suicide prevention. Didi Hirsch staff will generate County-specific resources and reports and the SPC Crisis Line will become these counties' official hotline where one does not already exist.

**3. Focus on Diverse Communities.** Southern California's Vietnamese and Korean Americans are considered to be at high risk of suicide, yet the community lacks adequate resources to help them. We will reach out to them by adding Vietnamese- and Korean-speaking counselors to the Crisis Line and conduct a public awareness campaign.

**4. More Effective Warm Lines.** Warm lines provide live help by phone for people with non-emergency problems. In

collaboration with the L.A. County Department of Mental Health and its ACCESS line, SPC will help establish overnight service (10 p.m. to 6 a.m.) for three different warm lines, making it possible for people to reach a live voice when they most need one. Didi Hirsch will also extend the hours of the NAMI-OC Warm Line so they can provide more coverage to their callers during late evening hours.

**5. Training for Trainers.** With funding from CalMHSA, LivingWorks (<http://www.livingworks.net>) will partner with SPC to train specialists in its innovative curricula (a well-established best practice) in twelve counties throughout Southern California to increase the capacity of trainers in the best practice of ASIST and safe-TALK.

The following is an approximate timeline to submit information or articles for the upcoming issue.

June 2012	May 25
September 2012	August 31
December 2012	November 30

What would you like to see in future issues of *SPN News*? Help us tailor *SPN News* to fit your needs. E-mail your suggestions or requests to [roruiz@dmh.lacounty.gov](mailto:roruiz@dmh.lacounty.gov) and we'll see what we can do!

The *SPN News* is sent to all members of the Suicide Prevention Network. It is also posted in PDF on a Partner in Suicide Prevention web page. Members have the option to access in electronic form. Members who select this option will receive an e-mail alert and link when each new issue of *SPN News* is posted.



(cont'd. from front page) *K-12 Student Mental Health Initiative*

training of school and district personnel, parents/caregivers, and community partners as appropriate, focused on prevention of student mental health issues in kindergarten through grade eight.

### Goal 4: Technical assistance

Build the infrastructure, capacity and resources in each region to provide technical assistance for elementary (K-8) school-based student mental health program development and implementation that is culturally relevant, age-appropriate, and data-driven. CCSESA will develop an online clearinghouse of prevention resources for schools.

## National, State and Local News & Events

Submitted by Sam Bloom

SPRC See RFI for suicide prevention research

<http://www.sprc.org/news-events/the-weekly-spark/weekly-spark-feb-27-2012>

## Announcement from LAC SP Network

Los Angeles County Suicide Prevention Network Meeting

Friday, April 27, 2012

9:00 am - 12:00 pm

The California Endowment

1000 North Alameda Street, Los Angeles, CA 90012