



## Connecting For Life

Spring Edition

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### Monthly Reflection

**"Action springs not from thought, but from a readiness for responsibility"**

**-Dietrich Bonhoeffer**

### SAMHSA: How to Implement Suicide Prevention Strategies in High Schools

*Preventing Suicide: A Toolkit for High Schools* assists in designing and implementing strategies to prevent suicide and promote behavioral health. It includes tools to implement a multifaceted suicide prevention program that responds to students' needs and cultures.

The toolkit will help schools:

- Assess the ability to prevent suicide among students and to respond to suicides that may occur.
- Understand strategies that can help students who are at risk for suicide.
- Understand how to respond to the suicide of a student or other member of the school community.
- Integrate suicide prevention into activities that fulfill other aspects of the school's mission, such as preventing the abuse of alcohol and other drugs.

**Get *Preventing Suicide: A Toolkit for High Schools***

### Developing Male Brain Exposed to Less Stress-Protective Protein

Why are rates of schizophrenia and autism higher in males? New evidence implicates an enzyme expressed in the placenta that helps protect the developing fetal brain from adverse effects of maternal stress early in pregnancy. NIMH grantee Tracy Bale, Ph.D., of the University of Pennsylvania discussed her research into how maternal stress might differentially affect the developing male brain during an interview at the 2011 Society for Neuroscience meeting. **Watch** the interview.

**Read** more...

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### Texas National Guard and Their Experience with Suicide

Since the wars in Iraq and Afghanistan began, roughly twice as many Texas Army National Guard soldiers have died of suicide as in combat, an American-Statesman investigation has found.

Records on the Guard soldiers' cause of death also identified vehicle crashes as their top killer, claiming the lives of 54 since 2001, or 32 percent of all fatalities among Texas National Guard soldiers. Four Texas National Guard soldiers died of drug overdoses over that time.

The cause-of-death data, obtained through a Freedom of Information Act request, includes soldiers who didn't deploy to Iraq and Afghanistan as well as those who did, and it paints the most complete picture yet of how Texas National Guard soldiers have died during a decade of war. **Read more**.

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### SPRC/AFSP add Shield of Care: A System-focused Approach to Protecting Juvenile Justice Youth from Suicide to the BPR

Developed by the Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) and partners, Shield of Care is an 8-hour, evidence-informed curriculum that teaches juvenile justice staff strategies to prevent suicide in their correctional facility environment. The Shield of Care training packet, including program manual, PowerPoint slides, and videos, is available online at no charge. [For more information](#)

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### Suicide Assessment in the Emergency Department

The authors of a review of the research on assessing adult suicide risk in emergency departments (EDs) concluded that existing quantitative assessments of suicide risk used in EDs "are not sensitive enough to predict which patients will eventually complete suicide." Thus, these systems "should be utilized cautiously... [and] never replace good clinical judgment." The authors also discuss an emerging trend in suicide assessment, which is learning to recognize patients who are at low risk for suicide and thus do not require immediate psychiatric care and/or hospitalization. [Read more](#)

This research summary is based on information in: Ronquillo, L., Minassian, A., Vilke, G. M., & Wilson, M. P. (2012). Literature-based recommendations for suicide assessment in the emergency department: A review. *Journal of Emergency Medicine*, 43(5), 836-842.

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### Cross Cultural Disaster Behavioral Health

Recognizing a need to support spontaneous shelter operations more effectively, the Red Cross and Federal Emergency Management Agency collaborated to create the *Shelter Field Guide*. This pocket-sized guide contains a wealth of information on emergency sheltering that can be used for guidance and training and as a job aid. [More information](#)

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### Disaster Resource Template Toolkit

SAMHSA's Disaster Technical Assistance Center has released the Disaster Response Template Toolkit, a new Disaster Behavioral Health Information Series installment. This toolkit contains a comprehensive collection of online resources and editable templates that can be easily tailored to meet the needs of any disaster response program, including the provision of space to add a program logo or contact information. [More information](#)

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### Ohioans with Mental Illness Benefit in Kasich Budget

After struggling through years of cuts, mental health advocates say that Gov. John Kasich's budget would expand treatment, housing and other services for the mentally ill and addicted. Much of the help is tied to an expansion of the tax-funded Medicaid program, to give health coverage to more poor and disabled Ohioans. Many of the uninsured who now receive locally funded services would become eligible for Medicaid, freeing an estimated \$70 million a year that county officials could re-direct to housing, employment and other help. In addition, the governor's proposal would remove up to 1,200 mentally ill residents from nursing homes, providing them instead with community-based services.

"Some mentally ill people, not just those who are severely mentally ill, will get help and beat this disease," said Terry Russell, executive director of the National Association on Mental Illness Ohio. He called the Medicaid expansion "the most significant development in years for the people I represent."

Gov. Kasich's proposed 2014-15 budget also calls for increasing the rate paid to adult care facilities for the mentally ill, now \$16 to \$28 per day, and consolidating mental health and drug addiction services to save \$1.5 million annually and streamline services. To read the rest of the article, visit

<http://www.dispatch.com/content/stories/local/2013/02/14/mentally-ill-benefit-in-kasich-budget.html>.

### Suicide Ideation and Primary Care Physicians

A study of physician-patient interactions indicated that work needs to be done to improve communications about depression and suicidal ideation. Primary care physicians discussed suicide with only 11 percent of depressed patients, although at least 59 percent of these patients had experienced suicidal ideation. Physicians appeared very reluctant to discuss suicide with male patients, although men are generally at higher risk of suicide than women. [Read more.](#)

### Officials Uphold Commitment to Suicide Prevention Solutions

Defense Department and armed services officials testifying before Congress reported on suicide prevention programs in the Army, Navy, Air Force and Marine Corps. Presenters provided statistics on suicide in the armed forces and described how leaders are tackling the problem of suicide. Jacqueline Garrick, acting director of the Defense Suicide Prevention Office, discussed tracking of suicides and attempted suicides; suicide prevention training core competencies and evaluation; access to mental health care and other aspects of suicide prevention. SPRC Director Jerry Reed provided a comparison of suicide in the military and suicide among similar-aged civilians and veterans. Learn more about the [Update on Military Suicide Prevention](#), including the full text of Jerry Reed's testimony.

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### News from Veterans Treatment Courts

**Suicide rate among US service members on the rise, DOD officials tell Congress:** The suicide rate among U.S. service members had increased from 10.3 to 18.3 per 100,000, a top Pentagon official told Congress on Thursday. [Read more](#)

**Military Suicides Rise, Despite 900 Programs :** *Jackie Garrick, acting director, and Lt. Gen. Howard Bromberg, Army deputy chief of staff for personnel, predicted increasing rates despite 900 prevention programs. Gen. Bromberg said that a major cultural shift is involved in reducing the stigma of coming forward for mental health care.* [Read more](#)

**Army Releases February 2013 Suicide Information:** *The Army released suicide data today for the month of February 2013. During February, among active-duty soldiers, there were 11 potential suicides: three have been confirmed as suicides and eight remain under investigation. During February, among reserve component soldiers who were not on active duty, there were 13 potential suicides (eight Army National Guard and five Army Reserve): four have been confirmed and nine are still under investigation.* [Read more](#)

### Health Snapshot: Hispanic Adolescents in the United States

Our nation's adolescents are becoming increasingly diverse, and this trend will continue in the decades to come. Today, more than one in five youth between ages 10 and 19 in the United States is Hispanic. By 2020, that figure will rise to approximately one in four, and by 2040, nearly one in three adolescents will be Hispanic. The Office of Adolescent Health, in collaboration with the Office of Minority Health, offers a snapshot of how Hispanic adolescents are faring on a range of critical health indicators.

**Did You Know?** Hispanics in the U.S. trace their origins to 20 Spanish-speaking countries. More than 80 percent of Hispanic youth under the age of 18 were born in the United States. Most have at least one immigrant parent. Providing Hispanics (including Hispanic adolescents) with **culturally and linguistically appropriate health services** may lead to improved quality of care and more positive health outcomes.

Hispanic adolescents continue to struggle with disparities related to mental health, substance abuse, and physical activity. Two national surveys reveal that they struggle with mental health and substance abuse issues. Hispanic male and female adolescents were more likely to feel depressed than their black and white peers, and a higher percentage of female Hispanic teens felt suicidal. Hispanic teens were also more likely to have tried smoking, to drink alcohol (and to start at a younger age); to drive with someone who had been drinking and to try cocaine, inhalants and ecstasy. [Find out what works for mental health, and substance use prevention and cessation, in adolescence.](#)

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**ICRC-S Webinar on Wednesday, April 10 from 2-3 p.m. ET - *The Intersection of Suicide Research and Public Health Practice: Suicide Prevention and Social Media* (Follow-up conference call to take place on Wednesday, April 17 from 2-3 p.m. ET)**

This fourth webinar in the Injury Control Research Center for Suicide Prevention's (ICRC-S) webinar and conference call series is designed for researchers and state or local practitioners in injury or suicide prevention. It will explore ways social media is being used for suicide prevention and what research reveals about the opportunities and challenges of using social media for this purpose. [For more information](#)

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### Information from The Centers for Medicare and Medicaid Services

The Medicaid program provides coverage to 27 million children under age 18 in the United States. A core component of this coverage is the Early and Periodic Screening, Diagnostic and Treatment (EPSDT) benefit, which ensures that the health care needs of children and youth are addressed to maximize their growth and development. Prevention and early identification of health conditions, which is a key component of EPSDT, promotes positive health outcomes and can reduce health care costs across an individual's lifespan. The Center for Medicaid and CHIP Services (CMCS) is issuing this Informational Bulletin to help inform states about resources available to help them meet the needs of children under EPSDT, specifically with respect to mental health and substance use disorder services.

**CMS is pleased to announce the release of important information for states on the implementation of the Affordable Care Act:**

*As we continue to move forward with implementation of the Affordable Care Act, CMS has received questions from states and other stakeholders regarding the Affordable Care Act. CMS has continually updated their Frequently Asked Questions section of Medicaid.gov with questions and answers that address the questions they have received. The goal is to aide states in implementation with a steady flow of information and guidance. They hope the information provided their recent Question and Answer document will be helpful. As always, CMCS staff are available to help states with any questions they might have.*

The Questions and Answers may be accessed at: <http://medicaid.gov/State-Resource-Center/Frequently-Asked-Questions/CMCS-Ask-Questions.html>

If you have additional questions, please send them to [CMCSPPACAQuestions@cms.hhs.gov](mailto:CMCSPPACAQuestions@cms.hhs.gov)

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ADAMHS Board Film Sponsorship & \$2.00 Discount off 37th Cleveland Film Festival Tickets

The ADAMHS Board of Cuyahoga County is pleased to once again support the Cleveland International Film Festival by sponsoring the film *Here One Day*, a haunting, beautiful documentary that explores the effect of bipolar disorder and suicide on a family.

The film screens at Tower City Cinemas on:

- Wednesday, April 10, 2013 at 12:05pm
- Thursday, April 11, 2014 at 8:45pm

As a sponsor of the film the ADAMHS Board of Cuyahoga County can offer you a \$2.00 discount of tickets to *Here One Day* and ANY Film Festival movie during the 37th Cleveland International Film Festival being held April 3—April 14, 2013 at the Tower City Cinemas. This discount is good for any Festival film screening, although some restrictions may apply.

**For more information**

**QUESTIONS? Contact OSPF at (614)429-1528 or email at [carolyngivens@ospf.org](mailto:carolyngivens@ospf.org) or [cholton@ospf.org](mailto:cholton@ospf.org)**

**See Attached for Important Announcement!**



# SAVE THE DATE

## SEPTEMBER 10–11, 2013

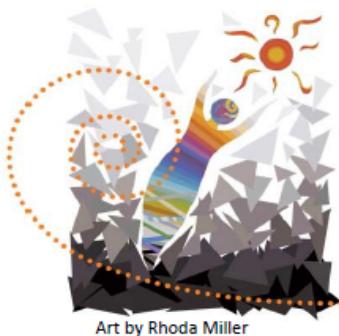
Ohio Suicide Prevention Foundation in  
partnership with the National Loss Team  
Committee invites you to attend

### The National Loss Team Conference:

**In the Journey of Loss, We Can**  
**Find Meaning Again**

Embassy Suite Hotel Columbus Airport  
2826 Airport Drive  
Columbus, Ohio 43219

Featured Keynote Speaker:  
Frank Campbell, Ph.D.



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