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# OHIO'S VOICE FOR SUICIDE PREVENTION



# OSPFP

Ohio Suicide Prevention Foundation

— [OhioSPF.org](http://OhioSPF.org) —

OHIO'S NEW SUICIDE PREVENTION PLAN AND HIGHER EDUCATION

OPPORTUNITIES FOR HIGHER-EDUCATION & HOW YOU CAN PLAY A ROLE

## AGENDA

- **Overview of the Ohio Suicide Prevention Foundation (OSPF)**
- **The Suicide Prevention Plan for Ohio**
  - **Background**
  - **Elements**
  - **How college campuses can play a role in implementation**
- **Interprofessional Suicide Prevention Course**
- **REACH OUT Suicide Prevention App**
- **Training Opportunities**
- **Open Discussion / Q&A**



HISTORY OF  
THE SUICIDE  
PREVENTION  
PLAN FOR  
OHIO:

WHAT MAKES  
OHIO'S PLAN  
SO UNIQUE?



SUICIDE  
PREVENTION  
PLAN FOR OHIO  
RELEASED  
FEBRUARY 28,  
2020



## THE PLANNING TEAM

Governor's Office

Ohio Department of Mental Health & Addiction Services

Ohio Suicide Prevention Foundation

Ohio Department of Health

Ohio Department of Aging

University of Cincinnati

Ohio Department of Education

CareSource

Ohio Department of Veterans Services

Ohio National Guard

Veteran's Administration

Ohio Mental Health and Addiction Advocacy Coalition

PrimaryOne Health

Nationwide Children's Hospital

Peg's Foundation

Coalitions

Dr. Mike Hogan

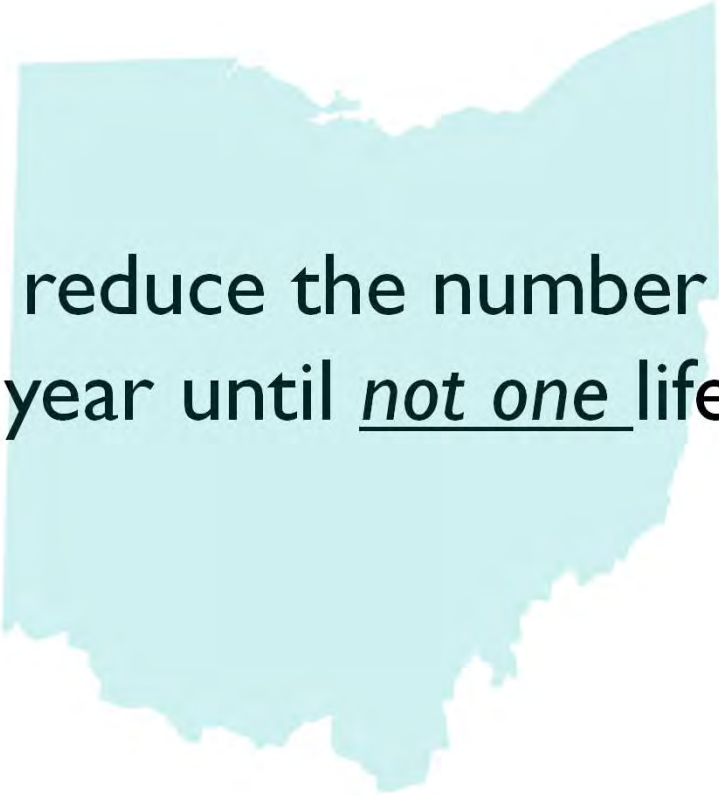
## THE IMPLEMENTATION TEAM



- The Implementation Team will ensure the plan is being used across the state and all goals and objectives are being addressed.
- The team will create measures to track the progress of the plan. Based on these measures, a report card will be created showing the progress of suicide prevention across all sectors in Ohio.
- The Suicide Prevention Plan for Ohio is a living document. Adjustments will be made as needed. Any changes will be data-driven.
- Updates and reports will be sent to annually legislators and the Governor

## VISION STATEMENT

Ohio will reduce the number of suicides every year until not one life is lost.



## STATE OF OHIO SUICIDE PREVENTION PLAN: INTENDED OUTCOMES

- **Reduction in suicidality:**
  - Fewer number of suicides—decrease by 10% over three years.
  - Fewer number of attempted suicides.
  - Improved identification of those thinking of suicide.



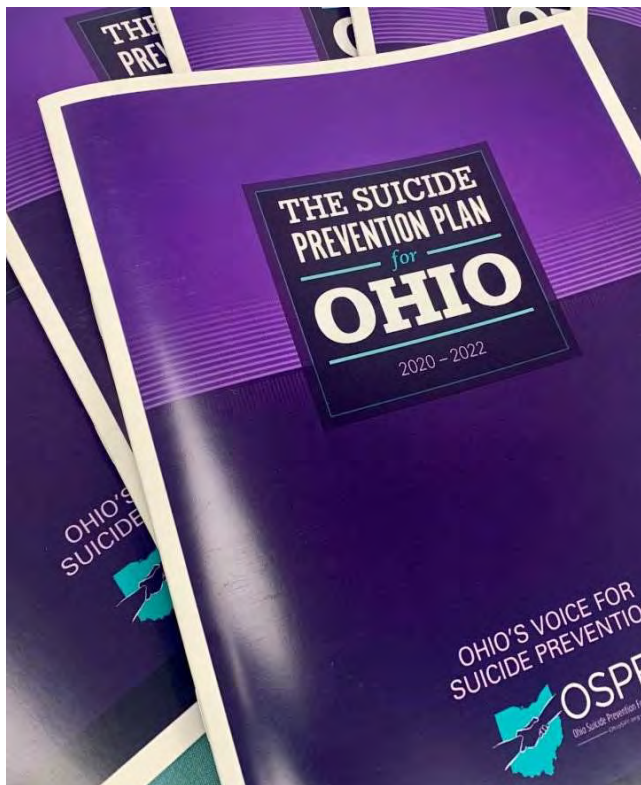
## STATE OF OHIO SUICIDE PREVENTION PLAN: CORE ASSUMPTIONS

1. Suicide is a preventable public health issue. Ohio will:
  - Work together to prevent suicide.
  - Implement **universal, selected,** and **indicated prevention** as part of a comprehensive approach.
  - Focus on those with **elevated suicide risk factors.**
  - Identify and address barriers to **competent suicide care.**
  - Ensure suicide care is **accessible** and **effective.**
  - Promote postvention as a **vital part** of suicide prevention.

## STATE OF OHIO SUICIDE PREVENTION PLAN: CORE ASSUMPTIONS

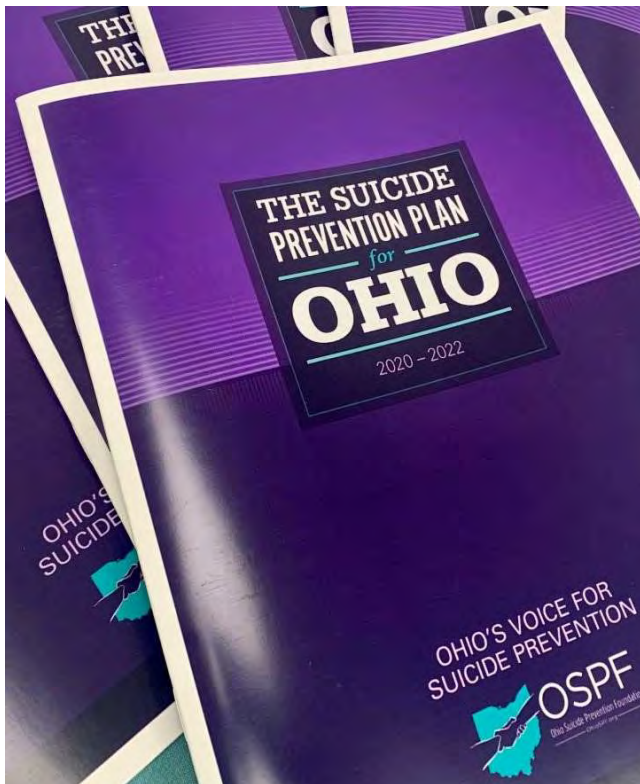
2. Interventions and approaches will be **data and research driven** and **culturally appropriate**.
3. Ohio will increase **public awareness** about suicide and provide tools for responding effectively.
4. Strengthen the **knowledge and skills** of Ohio's workforce in identifying individuals at risk for suicide and intervening.
5. Substantial resources are necessary for a sustained effort to effectively decrease the suicide rate
6. Stigma reduction through culture change will make apposite impact on suicide prevention.
7. Suicide prevention and postvention efforts must be **evaluated for efficacy, impact, and continuous improvement** through accurate data collection and analysis.
8. All efforts will be considered thought a **health-equity** lens.

## OHIO: STRATEGY ONE



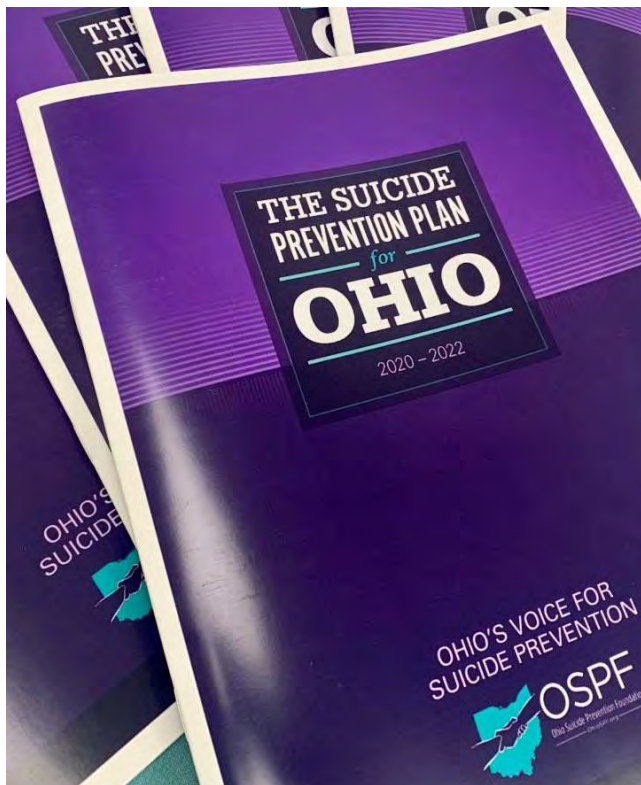
ALL OHIOANS WILL RECOGNIZE THE WARNING SIGNS AND RISK FACTORS OF SUICIDE AND RESPOND APPROPRIATELY.

## OHIO: STRATEGY TWO



OHIO WILL CONCENTRATE EFFORTS ON INTEGRATING SUICIDE PREVENTION PRACTICES AND SUICIDE CARE, INCLUDING POSTVENTION, INTO HIGH-IMPACT SYSTEMS INCLUDING HEALTH CARE, PUBLIC SAFETY, AND EDUCATION.

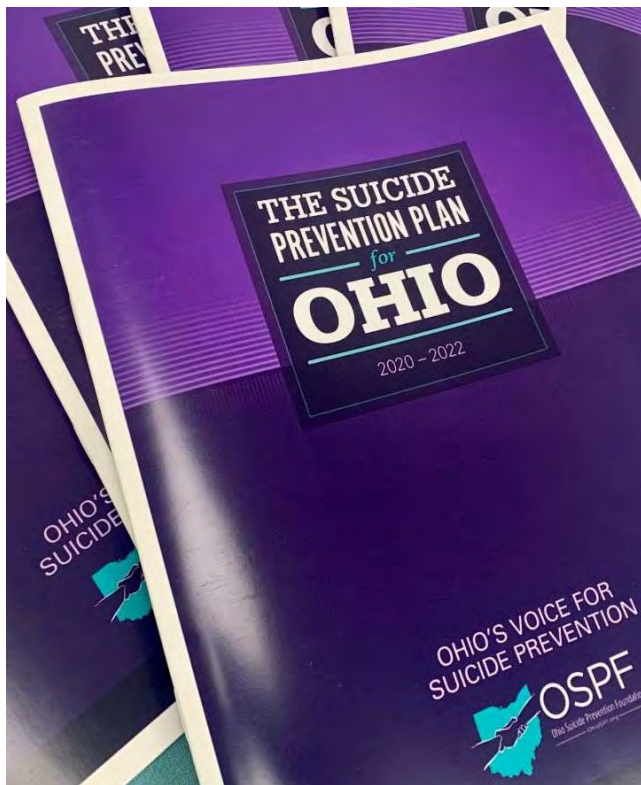
## OHIO: STRATEGY THREE



OHIO WILL BUILD SUICIDE PREVENTION CAPACITY AND INFRASTRUCTURE AT THE ORGANIZATIONAL, LOCAL, AND STATE LEVELS.

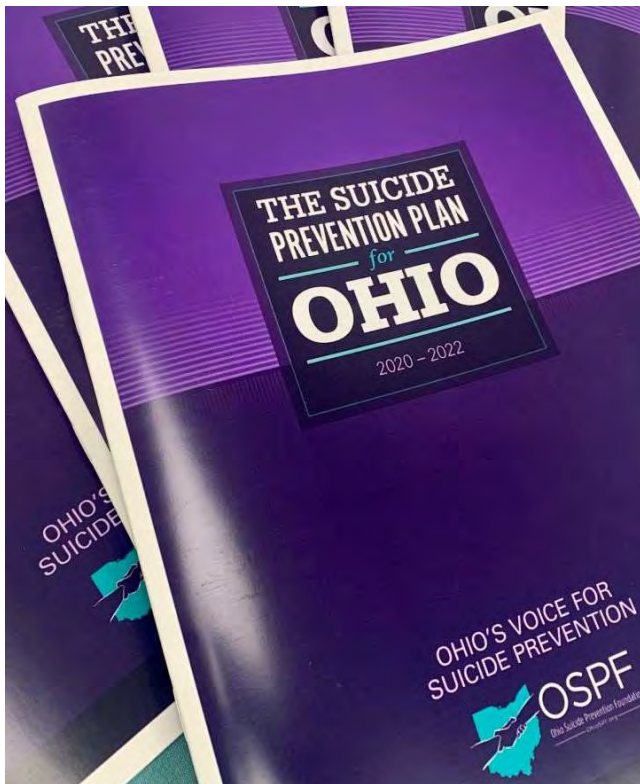


## OHIO: STRATEGY FIVE



OHIO WILL STANDARDIZE, GATHER, AND UTILIZE DATA TO CONTINUOUSLY INFORM AND EVALUATE ITS APPROACH.

## OHIO: STRATEGY TWO



OHIO WILL CONCENTRATE EFFORTS ON INTEGRATING SUICIDE PREVENTION PRACTICES AND SUICIDE CARE, INCLUDING POSTVENTION, INTO HIGH-IMPACT SYSTEMS INCLUDING HEALTH CARE, PUBLIC SAFETY, AND EDUCATION.



## STRATEGY 2 MAJOR PROGRESS UPDATES: AUSTIN LUCAS

- **Goal 2, Objective 1:** “Promote the adoption of core education and training guidelines regarding suicide prevention into the higher education curricula of health professions”.
- **Performance Measure:** Ohio Institutions of Higher Education will adopt suicide prevention care into curriculums by December 31, 2022.
- **Action:** OSPF finalizing a marketing plan for the Interprofessional Suicide Prevention Curriculum.
- **Next Step:** Disseminate survey on higher-education suicide prevention activities across Ohio.

## STRATEGY 2 MAJOR PROGRESS UPDATES: AUSTIN LUCAS

- **Goal 2, Objective 2:** “Promote core education and training guidelines in suicide prevention best practices for professional licensing boards and related entities”.
- **Performance Measure:** Advocate with Ohio Professional Licensing Boards and entities to adopt updated suicide-specific best practice standards by July 1, 2023.
- **Action:** Implementation members advocating the marketing of suicide prevention hours with various professional licensing boards.

# INTERPROFESSIONAL SUICIDE PREVENTION COURSE

- Most counselors, social workers, therapists, etc. DO NOT receive education on suicide prevention while in college (undergraduate or graduate).
- Through a SAMHSA GLS Grant, OSPF funded the development and implementation of an IPE suicide prevention course at:
  - The University of Cincinnati
  - Old Dominion University
  - University of North Carolina (Charlotte)
- Three formats:
  - In-person
  - Blended
  - Online



# INTERPROFESSIONAL SUICIDE PREVENTION COURSE

- What types of institutions can adopt the course
  - Public, 4-year universities
  - Private not-for-profit universities
  - Private, for-profit universities
  - Community Colleges
- What types of students can take the course
  - Health professions students (both undergraduate and graduate students):
    - Counseling
    - Social Work
    - Public Health
    - Psychology
    - Medicine
    - Ethics
    - Law
    - Nursing
  - Other relevant disciplines

# INTERPROFESSIONAL SUICIDE PREVENTION COURSE

- Overview of Major Topics
  - Foundational Competencies in Suicide Prevention
  - Community-Based Competencies (Primary Prevention & Postvention)
  - Social/Interpersonal & At-Risk Group Competencies (Secondary Prevention)
  - Clinical/Individual Competencies (Tertiary Prevention)

# INTERPROFESSIONAL SUICIDE PREVENTION COURSE

## ■ Key Findings

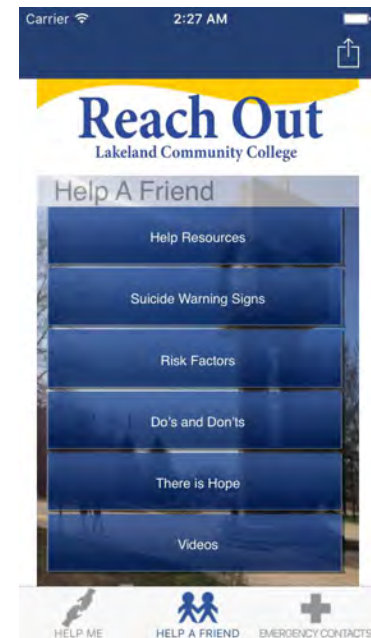
- The interprofessional suicide prevention course demonstrated sizable gains in suicide prevention related efficacy and knowledge.
- Increases in perceived ability to help self-harming patients, suicide prevention knowledge, and beliefs that persons dying by suicide possess characteristics consistent with depression and isolation.
- Participants expressed notably high intent to engage in best available intervention and prevention practices, draw on best available public health practices, and participate in interprofessional teams.

# INTERPROFESSIONAL SUICIDE PREVENTION COURSE

- Adopting institutions will get:
  - All course materials
    - Syllabus
    - Course user manual
    - All sample lecture PPTs
    - All quizzes & exams
    - All sample projects
  - A chance to consult with the instructors/researchers

# REACH OUT APP FOR COLLEGE CAMPUSES

- OSPF & Lakeland Community College
  - Funding through SAMSHA GLS Grant to customize app for 15 Ohio colleges
  - Comprehensive suicide prevention app for college students
  - How to help yourself
  - How to help a friend
  - Campus & Local resources
  - Suicide Warning Signs





# REACH OUT APP FOR COLLEGE CAMPUSES

- How can your campus customize the app?
  - Relatively inexpensive to customize
  - GEERs Funding
  - Contract with Lakeland Community College
  - Application Process
    - Involvement of IT department
    - Marketing department
    - Counseling department

## OSPF OFFERING FREE QPR TRAININGS

- Question, Persuade, Refer (QPR)
  - Evidenced-Based suicide prevention gatekeeper training.
  - How to have a conversation with someone that is suicidal.
- OSPF offering QPR for students and faculty/staff
  - Free
  - Virtual and in-person options available
  - General sessions or scheduled sessions for specific institutions

## OPEN DISCUSSION: WHAT SUICIDE PREVENTION ACTIVITIES ARE YOUR INSTITUTIONS IMPLEMENTING?

- Education
    - i.e. training, courses, etc.
  - Advocacy
    - Administrative buy-in, postvention policies/procedures, advocacy groups, etc.
  - Promotion
    - Campaigns, safe messaging, etc.
- 
- OSPF & OPCSMH to send out survey to assess colleges across Ohio.



THANK YOU!

## Austin Lucas

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