

WellSpace Health

Achieving regional health through high quality comprehensive care.



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About WellSpace Health



Connections

Regional population health

Access to prevention services





Suicide Prevention & Crisis Services

- **Celebrating 50 years of experience** providing professional expertise and 24hr Suicide Prevention Crisis Line services in CA
 - Nationally Accredited (*American Association of Suicidology*)
- Regional provider for the National Suicide Prevention Lifeline #'s and
 - local Suicide Prevention Crisis Line
 - Maternal Support Line
 - Parent Support Line
 - Crisis Chat & Crisis Texting – text HOPE to 916.668.iCAN or go to: www.suicideprevention.wellspacehealth.org



Suicide Prevention & Crisis Services

- **Support for Survivors of Suicide Loss-**
follow up calls, materials, crisis response, consultation
- **Emergency Department Follow Up program** - *(attempt or ideation-post discharge)*
- **Outreach materials-** *Posters, wallet cards, magnets, brochures, stat/fact sheets*
- **Trainings-** *Suicide prevention, Assessment skills, Crisis Intervention, ASIST*



Innovative Hospital Connections

EMERGENCY DEPARTMENT FOLLOW UP suicide prevention program

- Established 2010 – following suicide crisis in local ED & bridging a large gap in services
- Currently partnering with Emergency Departments in 4 counties.
- Utilizes evidence-based and Best Practices in suicide prevention, intervention, postvention
- Referrals are as simple as a one-page faxed consent form
- First contact within 24 hours of discharge – risk assessment, monitoring, safety planning, emotional support, resource linkages, 24hr access to SPCL crisis counselors
- Outstanding outcomes during a high risk period for re-attempt/re-admits
- Helped set a model for other crisis centers to follow nationally
- Presented at 3 national conferences



Innovative Primary Care Connections

Primary Care Follow Up Suicide Prevention program (PCFU)

- Established 2016 at WellSpace Health- *moving upstream to known risk*
- Initiated via PHQ-9 screening in our Primary Care Health Centers
- Integrated Behavioral Health-based approach
- Simple one-click specialty referral through electronic health records system to WellSpace Health's 24hr Crisis Lines
- Patient receives 30 days of 24hr evidence-based expert follow up, risk monitoring, emotional support, resource linkage, and safety planning.



Innovative Research Connections

UCDavis Medical Center Primary Care Randomized Controlled Trial- *Men And Providers Preventing Suicide (MAPS) study*

- Again moving upstream from emergency departments to where the individuals at known risk are
- Screens middle aged males seen by UCDavis Primary Care providers (76) for depression and suicidality within the last 4 weeks and provides interventions and follow up.
- 3 year Study funded by CDC
- Collaboration with WellSpace Health Suicide Prevention Crisis Line for 24hr access and *warm transfers of trial participants in suicidal crisis for additional support, intervention, resources, and follow up calls.*
 - Connection with WellSpace Health's Suicide Prevention Crisis Center adds a vital layer of content expertise to the study
 - Innovative Research connects participants and creates a seamless care transition in the midst of suicidal crisis.

<https://clinicaltrials.gov/ct2/show/NCT02986113>



Innovative Law Enforcement Connections

- **POST Academy statewide suicide prevention training for peace officers and 911 dispatchers**
 - Collaborated as subject matter expert (SME) on suicide
 - Multi-media training for dispatchers and peace officers throughout CA
 - Helping officers and dispatchers to have better understanding and preparation for suicidal callers
 - Training to be released soon!



Innovative Rural Connections

- **SPARC (Suicide Prevention and Rural Counties Intervention)**
- Engages Crisis Center (WellSpace Health) with first responders on suicide-related calls or 5150's (local law enforcement) to address a large gap in response/service.
 - Referrals faxed (one-page consent) (5150's and those who don't meet criteria also)
 - Contact within 24hours from Crisis Center Counselors for up to 30 days of follow up by phone (risk assessment, monitoring, safety plan, resources, empathic support)





WELLSPACE
— HEALTH —

Comprehensive care since 1953

Crisis Center Connections

- CA Network of Suicide Prevention Crisis Centers
 - Benefits Crisis Centers, state, counties, individuals, families
 - Consistency among centers, yet unique
 - Adherence to national standards & best practices
 - National Accreditation
 - Backup
 - Advocacy



WELLSPACE
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Questions & Comments?

WellSpace Health

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