



NC Department of Health and Human
Services

NC Comprehensive Suicide Prevention Advisory Council (CSPAC) Meeting

February 9, 2022

Welcome to the Comprehensive Suicide Prevention Advisory Council (CSPAC) Meeting

- For questions during the meeting:
 - Please put your questions in the chat box, which will be monitored for the duration of the meeting. **Note:** you need to send to all panelists and attendees to ensure your question is addressed in a timely manner.
 - If you would like to ask a question to a specific presenter, please be sure to include their name in your question.
- The meeting recording, agenda and PowerPoint slides will be added to IFNC website after the meeting.

Meeting Goals

1. Discuss launch of new statewide suicide prevention inventory
2. Share updates to training network
3. Share resources from members

CSPAC Ground Rules

- No one knows everything but together we know a lot
- Recognize the limits of your perspective
- Take space, make space
- We can't be articulate all the time (half-baked ideas are welcome)

Agenda

- Updates
 - State suicide prevention inventory
 - Training opportunities
 - 2022 Academy
- Member presentations
 - Stop Soldier Suicide
 - Pitt Co. Gun Safety Team
- Closing

State Suicide Prevention Inventory

Abby Coffey

Introduction to the Inventory

- What is the inventory?
 - ✓ List of suicide prevention programs ongoing in the jurisdiction
- What is the goal of the inventory?
 - ✓ Connect North Carolinians to suicide prevention resources and to identify prevention gaps and opportunities
- How do we display the inventory?
 - ✓ Organized on an interactive map on the IVPB website

Inventory Specifics

- 157 groups/organizations around the state
- Filter by:
 - Safe storage method of focus by organization
 - Vulnerable population of focus
- Organizations can request to add their organization
 - Inventory updated monthly

Update on Trainer Network

- Continuing to build our statewide network of suicide prevention trainers
- Upcoming train-the-trainer opportunities for RFA recipients:
 - Counseling on Access to Lethal Means (CALM)
 - Applied Suicide Intervention Skills Training (ASIST)
 - Who should attend?

2022 Injury-Free NC Academy

- **Focus:** schools and youth
- **Anticipated Application Launch:** March
- **Time commitment:** 2 days in mid-August
- **Who can apply?**
 - School or district teams of 3-5 people are encouraged to apply
 - Team members may include members of school mental health team, student support services staff (social workers, counselors, nurses), administrators, teachers, behavior modification team, school resource officers

CSPAC Website

- [New website here](#)
- Access recordings, slides, handouts from previous CSPAC meetings
- Will be updated after each quarterly meeting
- Password protected: CSPAC2022
- Please do not share link or password

Member Presentations

Stop Soldier Suicide and Pitt County Gun Safety Team



CSPAC Presentation
February 9, 2022

STOP SOLDIER SUICIDE

CLIENT JOURNEY BY RISK CLASSIFICATION

CLIENT INTAKE & INITIAL SUICIDE RISK SCREEN

(ALL PROSPECTIVE CLIENTS)

- 24/7/365
- Brief Screen (ASQ) for web-based help requests
- C-SSRS for telephone and chat intakes
- Direct calendaring function at time of web submission or during phone/chat

CASE APPROACH

EXPLORE RISK FACTORS

RISK ASSESSMENT

CLINICAL FORMULATION OF RISK

CRISIS RESPONSE PLANNING

HIGH RISK CLIENTS (POST ACUTE/CHRONIC)

CAMS INITIAL

CAMS/BCBT-SP SESSIONS 2+

ADDITIONAL CLINICAL THERAPIES (CPT)

RESOURCING & ALTERNATIVE THERAPIES

LIFE COACHING

PROGRAM GRAD

MODERATE RISK CLIENTS (ACUTE & CHRONIC)

CAMS INITIAL

CARE COORDINATION

TRAUMA INFORMED CARE

RESOURCE REFERRAL

PERSONAL OUTREACH

PROGRAM GRAD

LOW/NO RISK CLIENTS

REFERRAL TO RESOURCES

RESOURCE QUALITY CHECK

CASE CLOSURE

KEY:

- **ASQ** – Ask Suicide Screening Questions
- **BCBT-SP** – Brief Cognitive Behavioral Therapy - Suicide Prevention
- **CAMS** – Collaborative Assessment & Mgmt of Suicidality
- **CASE** – Chronological Assessment of Suicide Events
- **CPT** – Cognitive Processing Therapy
- **C-SSRS** – Columbia Suicide Severity Rating Scale

OUR SERVICE

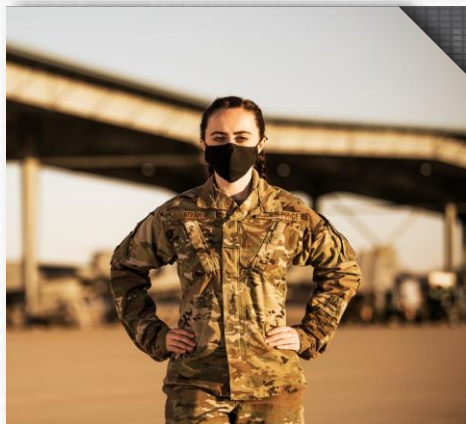


24/7 COVERAGE THAT ACTUALLY HELPS

We're not your average VSO. We know that crisis moments don't only happen from 9-to-5, Monday-through-Friday. Our difference is 24/7 coverage to mitigate crisis in real time.

We provide 24/7 access to actual human beings who are able to assist potential clients in an array of situations, ranging from intake, to qualified handoff to our Wellness Center, to triaging crisis moments in real time.

We've also partnered with behavioral health leader Neuroflow to provide our clients 24/7 access to a mobile app that provides our Wellness Center with alerts on high-risk behavior.



CONSISTENT FOLLOW UP, LONG-TERM SUPPORT

Our care isn't episodic. We're not a hotline. We don't put a band-aid on a problem.

Clients have consistent, 1-on-1 interactions with their Wellness Coordinator, enabling us to build trust and rapport while working to uncover the root causes of suicidality.

The service we provide to our clients doesn't have a shelf life; we work with them for as long as it takes to see a life worth living.

OUR SERVICE



DATA-DRIVEN CARE (CAMS, CASE, RAs, PWI)

Talk and estimation aren't good enough. We exhaustively track data points on our clients' progress and wellbeing, giving us enhanced insights into their gaps and gains.

Our model and methodology were built - and continue to be refined - in consultation with a council of some of the nation's top suicidologists. We use advanced suicide risk stratification methods, such as CAMS and CASE, to inform best-in-class care.

The support we provide to our clients is vetted by experts and vigorously reviewed to ensure we're on the leading edge of suicide intervention services.



REMOVING BARRIERS TO CARE

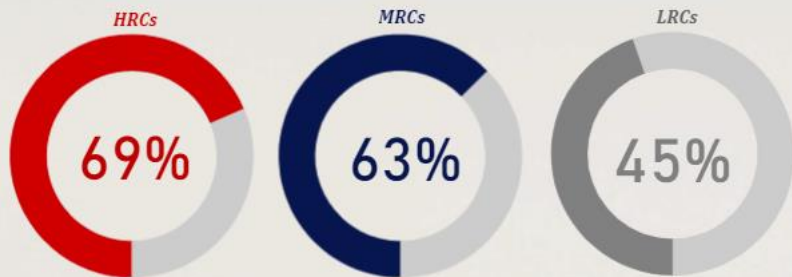
We don't hem clients into one way to request our help. Our phone lines are covered by mental health professionals 24/7 and we offer an always-on web-based help request form.

We've fully embraced telehealth technology and video-based sessions as options for clients if they so choose.

Appointments can be overwhelming and ineffective for many of our clients. To that end, we've built licensed cognitive processing therapy (CPT) and a life coaching team into our Wellness Center to provide seamless care to those who need it.

TRANSITION EXPERIENCE BY RISK LEVEL

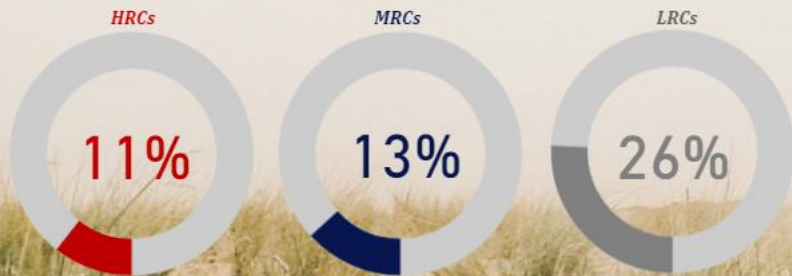
Transition Experience: Very Poor or Poor



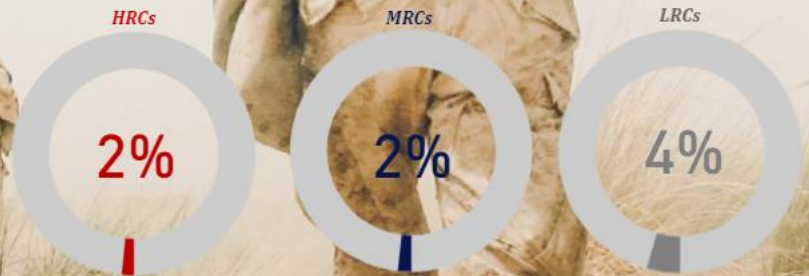
Transition Experience: Fair



Transition Experience: Very Good or Good



Transition Experience: Excellent





TOTAL CLIENTS SERVED

Risk Level

Year

Quarter

Month

All

2021

Multiple sele...

All

1208

Total Clients Served

417

HRCs

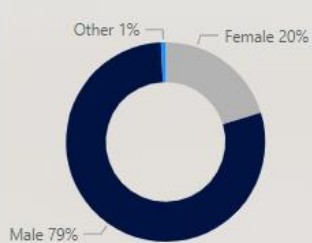
312

MRCs

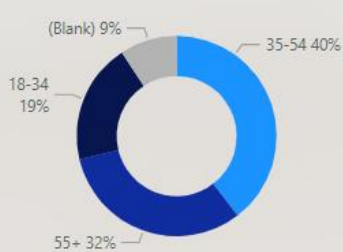
479

LRCs

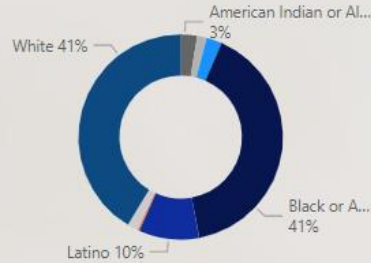
Gender



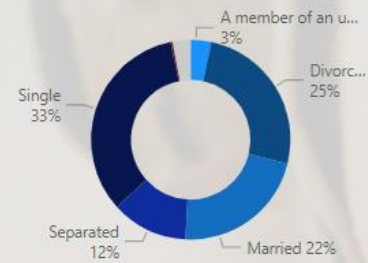
Age



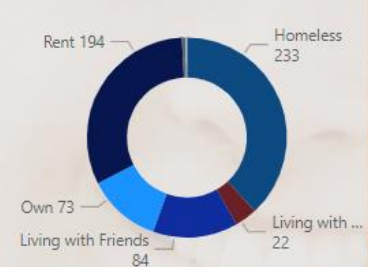
Race



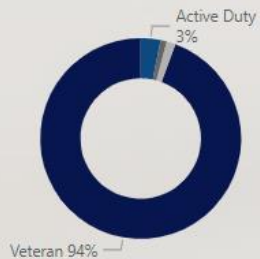
Marital Status



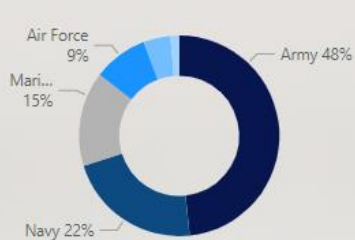
Housing Situation



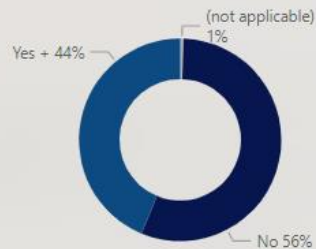
Current Status



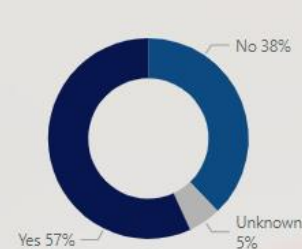
Military Branch



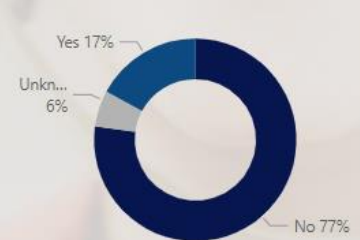
Combat Veteran



PTSD Diagnosis



TBI Diagnosis

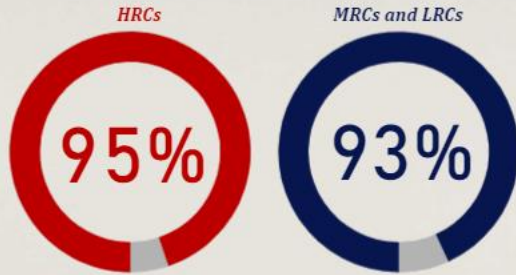


CLIENT RETENTION BY RISK LEVEL

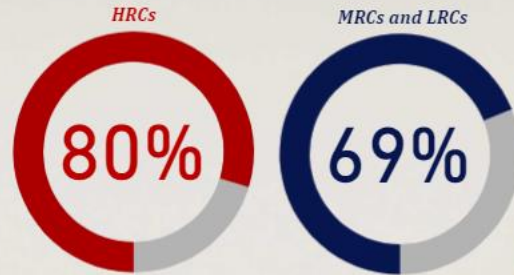
Year

All

30-Day Retention



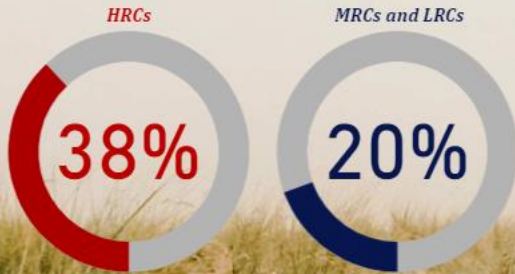
60-Day Retention



90-Day Retention



6-Month Retention



12-Month Retention



18-Month Retention



2020 IMPACT



700+

Clients served in all 50 states and DC

+20%

YoY increase in requests for help

63%

Clients acquired via digital tactics

+72%

Average 90-day increase in clients' Personal Wellbeing Index

-27%

Average 90-day decrease in clients' suicide risk

-26%

Average 90-day decrease in clients' hopelessness

FIGHTING FOR ALL VETERANS

FEMALE VETERANS



+124% Increase

AFRICAN AMERICAN OR BLACK VETERANS



+239% Increase

HOMELESS VETERANS



+12,350% Increase

SCIENTIFIC ADVISORY COUNCIL

To advance our mission of reducing military suicide by 40% by 2030, Stop Soldier Suicide formed its Scientific Advisory Council (SAC), comprised of nationally-renowned experts in suicidology and suicide prevention for veterans and service members.

The SAC provides expertise and recommendations regarding best practices in the field of suicidology, emergent research, and innovative approaches to suicide prevention and intervention.

In 2020, the SAC helped us analyze the challenges in identifying and acquiring veterans outside of VA care who are at extreme risk of suicide, and gave feedback on the use of historical and existing client data to confirm our Wellness Coordinators' clinical formulation of suicide risk.

We consult with several SAC members on a regular basis to refine critical elements of our one-of-a-kind suicide intervention model, which enables us to move aggressively in our life-saving work.

"The Scientific Advisory Council gives us access to the foremost thinkers in the field of suicidology and suicide prevention to ensure we stay at the leading edge of evidence-based care."

Keith Hotle
SSS Chief Program Officer



**Dr. Trena
Anastasia**



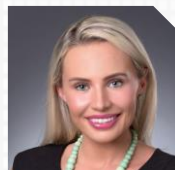
**Dr. Craig
Bryan**

U.S. Air Force (Ret.)



**Gen. Peter
Chiarelli**

U.S. Army (Ret.)



**Melanie
Gideon**



**Dr. Teresa
Humphries-
Wadsworth**



**Dr. David
Jobes**



**Dr. Billy E.
Jones**



**Dr. Anthony
Pisani**



**Dr. Shawn
Shea**

WHY WE DO IT

John

U.S. Army Veteran

"There's no doubt in my mind, if it wasn't for you, I wouldn't be alive today.

"For the first time, I'm hopeful again."

Kyle

U.S. Marine Corps Veteran

"You may not know this, but you saved my life. That call was so important. Without it, we wouldn't be talking.

"After that, I put the pistol down."

Frank

U.S. Navy Veteran

"Stop Soldier Suicide saved my life. Had SSS not contacted me, I believe bad things would've happened.

"By far the best."

Cheryl

Wife of a U.S. Army Veteran

"This is the first time we've felt that someone is helping us. SSS checks in regularly and advocates for his care.

"I'm extremely grateful for what they do!"



Pitt County Firearm Safety Coalition

Pitt County Firearm Safety Coalition

Sue Anne Pilgreen, MSN, RN, CPN
Manager, Eastern Carolina Injury Prevention Program
Vidant Medical Center, Greenville, NC

Who Are We?



Pitt County Firearm Safety Coalition



We Are:
Prevention
Safety

We Are NOT:
Political
Partisan

History



Pitt County Firearm Safety Coalition

Why?

Established in March 2021 by Vidant Medical Center and the Veterans Administration in an effort to reduce gun violence in the community

Who?

- Co-chairs from VA and Injury Prevention at VMC
- Multi-sector team of community stakeholders

What?

- Preventive strategies to promote firearm safety
- Safe storage and resource connection

Where?

- Community and agency/organization events
- Physician offices, schools, neighborhood meetings, gun retailers, shooting ranges, civic groups, health fairs, etc.

Mission and Vision



Mission: To reduce death and injury related to firearms through broad-based and preventive strategies to promote a safe and violence free environment for all ages.

Vision: A community where every citizen feels safe from gun violence.



firearm safety is our responsibility

Key Components



Education

- Facts and data
- Safe storage
- Safety Campaigns



Dissemination

Coalition members
serve as liaison
between their networks
and the coalition



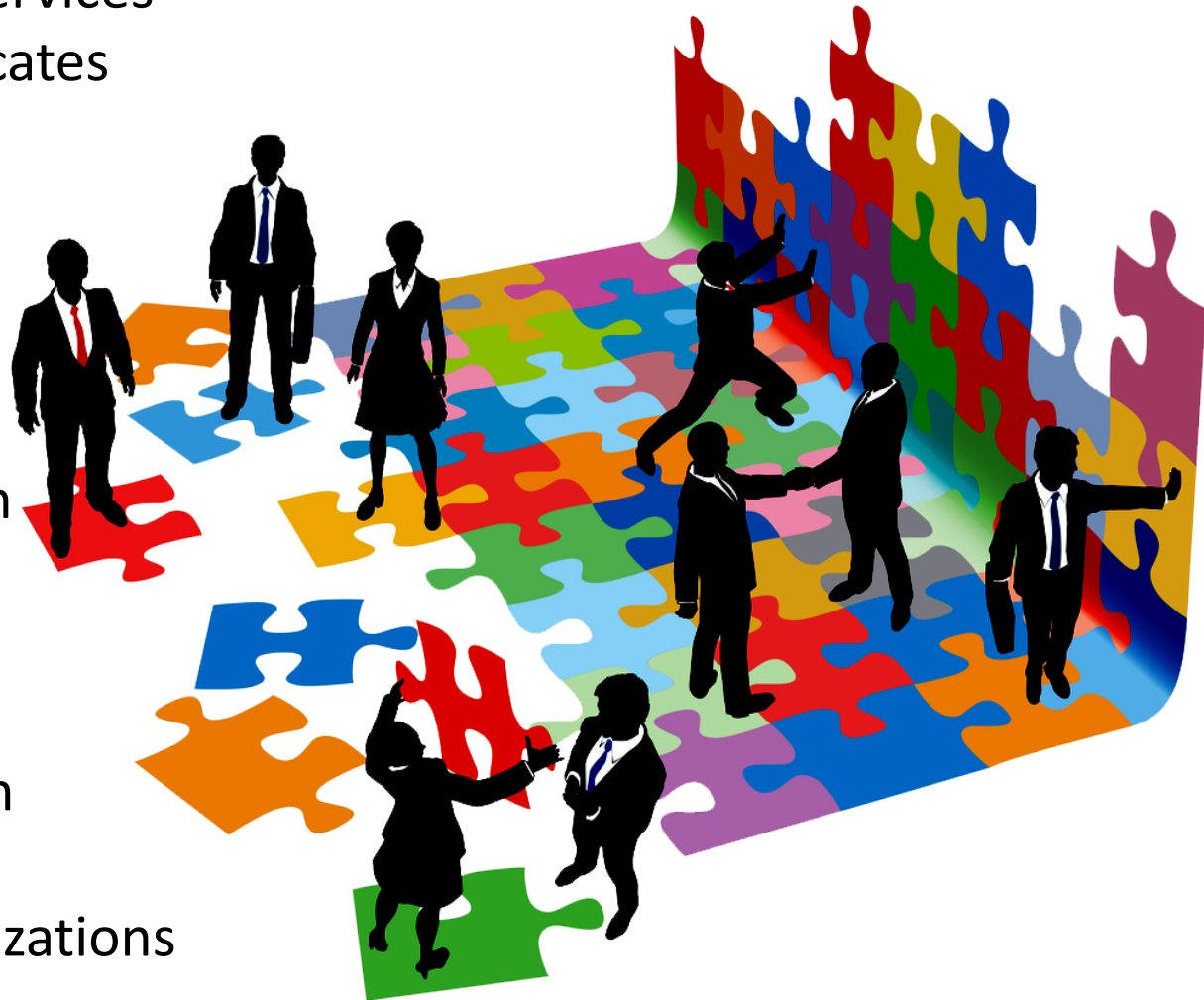
Intervention

- Gunlock distribution
- Easy-to-access resources
- Partnerships
- Talking!

Stakeholders



- Local Health Department
- Department of Social Services
- Injury Prevention Advocates
- Law Enforcement
- Healthcare Providers
- Justice System
- Faith Leaders
- Shooting Ranges
- Veterans Administration
- School System
- Concerned Citizens
- Housing Associations
- Mental Health Outreach
- Crisis Centers
- Wildlife/Hunting Organizations



Local Facts



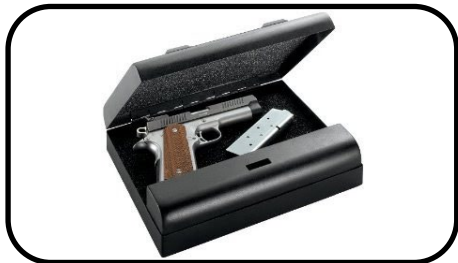
VMC Data: Jan '21 – Sept '21

Firearm Related Injuries	231
age 0-14	8
age 15-17	19
age 18+	204
Firearm Related Deaths	15
age 0-14	1
age 18+	14
Total Injuries & Deaths	246

Prevention Efforts



- Free gunlocks
- Downloadable resources
- Hunt S.A.F.E.



- Importance of finding the safety option that works for the firearm owner
- Not a “one size fits all”



- Rise in car theft
- Community engagement



- ASK Campaign encourages parents to ask about firearms in the homes where their children play

Coalition Successes



- Logo development
- Press Release
- Safety Campaign
- *People are talking!*



LOCK IT for love

FIREARM SAFETY IS OUR RESPONSIBILITY.

 SECURE firearms	 PROTECT loved ones	 REDUCE harm
Secure all firearms in a lock box, firearm safe, locked cabinet, or with a trigger/ cable lock.	Safe storage protects everyone from unintentional harm.	Safe storage reduces the risk of harm caused to oneself or others.

Children's Miracle Network Hospitals | VIDANT | Safe 1-800-4-A-CHILD | VA Durham VA Health Care System Greenville HCC

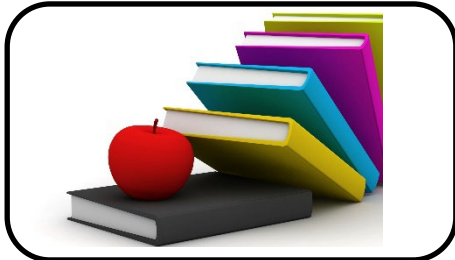
Get Started!



Know YOUR Community



Partnerships Are Key



Know YOUR Resources



Ask For Help!

Sue Anne Pilgreen, ECIPP at VMC
sfipps@vidanthealth.com

Change Is Not Optional



FIREARM SAFETY IS OUR RESPONSIBILITY.

 <p>SECURE firearms</p> <p>Secure all firearms in a lock box, firearm safe, locked cabinet, or with a trigger/cable lock.</p>	 <p>PROTECT loved ones</p> <p>Safe storage protects everyone from unintentional harm.</p>	 <p>REDUCE harm</p> <p>Safe storage reduces the risk of harm caused to oneself or others.</p>
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Change will require us to get uncomfortable and talk about the hard stuff.

Resources



Durham County Gun Safety Team

<https://www.dcopublichealth.org/services/health-education/health-promotion-and-wellness/gun-safety-program>

NCDHHS Injury and Violence Prevention Branch (guide for starting a gun safety team)

<https://www.injuryfreenc.ncdhhs.gov/safestorage/>

North Carolina Violent Death Reporting System (Data)

<https://www.injuryfreenc.ncdhhs.gov>

The ASK (Asking Saves Kids) Campaign

<http://www.askingsaveskids.org>

Project ChildSafe: National Shooting Sports Foundation (gunlocks and printable education, including Hunt S.A.F.E.)

<http://projectchildsafe.org/safety/get-a-safety-kit>

North Carolinians Against Gun Violence

<http://www.ncgv.org>

Means Matters : Harvard T.H. Chan School of Public Health

<https://www.hsph.harvard.edu/meansmatter>

American Academy of Pediatrics (online safe storage module for pediatric providers)

<https://shop.aap.org/safer-storing-firearms-prevents-harm/>

American College of Surgeons (activities and printable brochures)

<https://www.facs.org/quality-programs/trauma/advocacy/ipc/firearm-injury>

Safe Kids Worldwide (printable education)

<https://www.safekids.org/tip/gun-safety-tips>

Resources



American Foundation for Suicide Prevention (printable education)
<https://afsp.org/>

Every Town for Gun Safety
<https://www.everytown.org>

Mom's Demand Action
<https://momsdemandaction.org/>

Center for Gun Violence Prevention
<https://www.northwell.edu/center-for-gun-violence-prevention>

The BulletPoints Project (Clinical tools for preventing firearm injuries)
<https://www.bulletpointsproject.org/>

Fact Sheet: Biden Administration Takes Steps to Prevent Suicide, Including Promotion of Safe Storage of Firearms
[https://urldefense.com/v3/_https://www.whitehouse.gov/briefing-room/statements-releases/2021/11/02/fact-sheet-biden-administration-takes-steps-to-prevent-suicide-including-by-promoting-safe-storage-of-firearms/_;!!GrbkXnjDMFxD!kVrxMypxhjnMaiF6ZkPPo3dhYRGHA-4jowjOlykXNOiiYBmuldbDVFktvov0f9A\\$](https://urldefense.com/v3/_https://www.whitehouse.gov/briefing-room/statements-releases/2021/11/02/fact-sheet-biden-administration-takes-steps-to-prevent-suicide-including-by-promoting-safe-storage-of-firearms/_;!!GrbkXnjDMFxD!kVrxMypxhjnMaiF6ZkPPo3dhYRGHA-4jowjOlykXNOiiYBmuldbDVFktvov0f9A$)

VA Firearm Suicide Prevention and Lethal Means Safety
[https://urldefense.com/v3/_https://www.va.gov/reach/lethal-means/_;!!GrbkXnjDMFxD!gYvRtlggr6-m01HLcKv0uK9i9Q5xpTA3OaFZAEG2ssXLrznI4JagCj-ebZ5cp7I\\$](https://urldefense.com/v3/_https://www.va.gov/reach/lethal-means/_;!!GrbkXnjDMFxD!gYvRtlggr6-m01HLcKv0uK9i9Q5xpTA3OaFZAEG2ssXLrznI4JagCj-ebZ5cp7I$)

Podcast on Theology and the LGBTQ+ Community
<https://podcasts.apple.com/us/podcast/finding-free-podcast/id1506538914?i=1000494756654>

START and ASIST Trainings
<https://www.livingworks.net/trainings>

Suicide Prevention Resource Center (CALM Training)
<https://www.sprc.org/resources-programs/calm-counseling-access-lethal-means>

Resources



Firearm retailers safe storage webinar:

[CPG Webinar Series 22 \(adobeconnect.com\)](https://adobeconnect.com/CPG-Webinar-Series-22/)

MIRECC Webinar page, containing webinars related to suicide prevention, community-based intervention planning and the veteran population.

[Webinar Series - MIRECC / CoE \(va.gov\)](https://va.gov/mirecc/webinars/)

References



First, L. (2019, October 19). *Gun Violence and Firearm Injuries in Children and Adolescents: A Focus on the Evidence*. <https://publications.aap.org/journal-blogs/blog/3134?autologincheck=redirected>.

N.C. State Center for Health Statistics. (nd.). <https://www.injuryfreenc.ncdhhs.gov/safestorage/index.htm>.

United Against Gun Violence. (nd.). <https://www.bradyunited.org/the-brady-plan>.

Questions



For more information, contact:

Sue Anne Pilgreen, Eastern Carolina Injury Prevention Program at VMC
sfipps@vidanthealth.com

Tiffany Chavis, Durham VAHCS/Greenville/Morehead City
Tiffany.chavis@va.gov

Closing

- Thank you for attending the CSPAC meeting!
- [CSPAC evaluation link](#)
- **We will be ending the meeting and moving into workgroups for a brief check-in.**
- For questions, please contact Anne Geissinger at anne.geissinger@dhhs.nc.gov

Upcoming Meetings

- May 11, 2022, 10:00 – 11:30 AM
- August 10, 2022, 10:00 – 11:30 AM

Workgroups