



NC Department of Health and Human Services

Suicide Prevention Programs, Tools, and Training in North Carolina

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Presentation Overview

1. Suicide 101: Introduction to data, myths, vocabulary, and 988
2. Action Steps: Programming available in NC
3. Resources: Data & NC Inventory
4. Future Steps: 2024-2025 Injury Free NC Academies on Suicide Prevention
5. Contact Information

Disclaimer: We Are Using Plain Talk

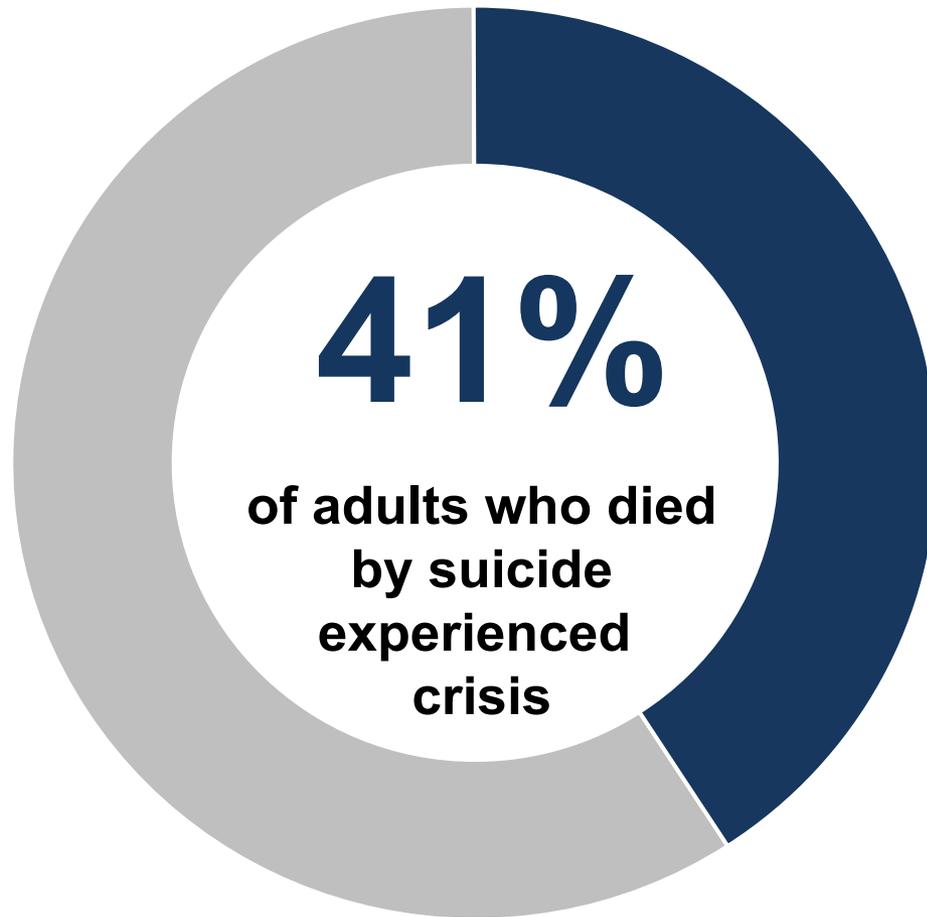
Public Health Language	Plain Talk
Disproportionately affected populations	People at higher risk
Suicidal ideation	Thoughts of suicide

Suicide Data

Common Risk Factors

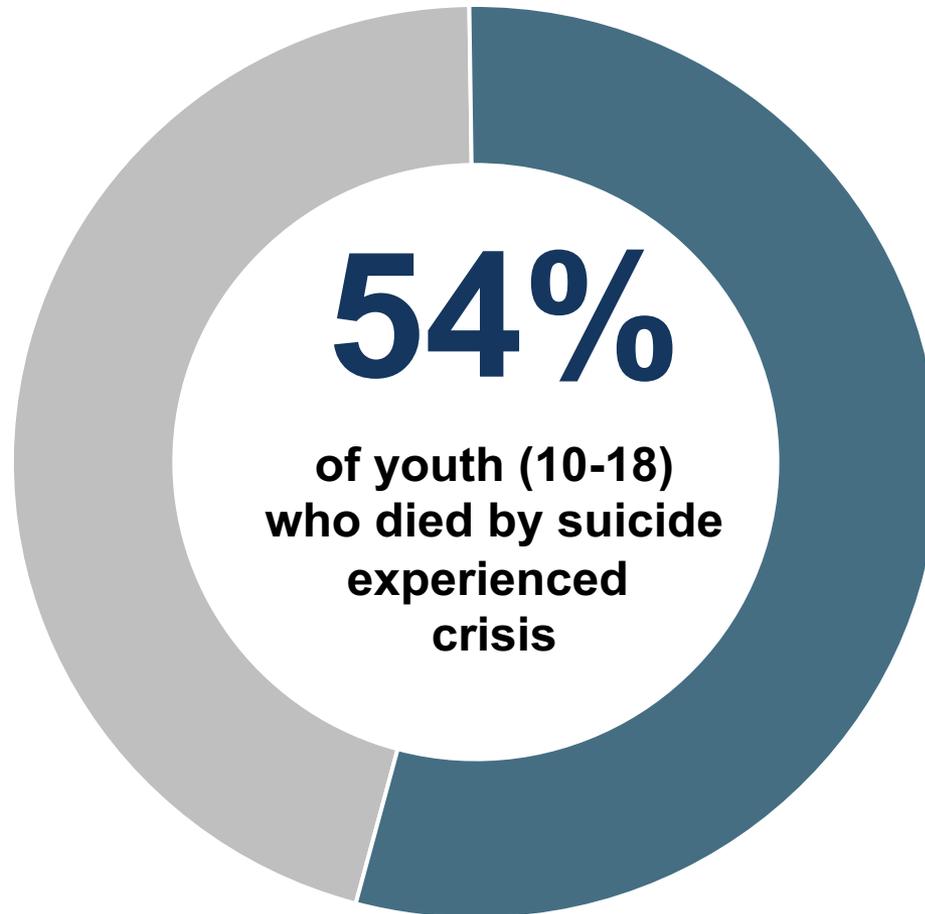
- Behavioral health disorders, including self-harm and depression
- Substance use and addiction
- Hopelessness
- Loneliness
- Risky behaviors
- Poor coping skills
- Interpersonal problems
- Chronic physical illness
- Physical, sexual, or psychological abuse
- School or work problems
- Insomnia
- Chronic stress
- Mental health problems at home
- Family violence
- Lack of support
- Limited access to health and behavioral healthcare
- Access to lethal means (firearms, medications, etc.)
- Bullying and discrimination
- Racism
- Stigma associated with getting and receiving mental healthcare

Recent Crisis is an Important Risk Factor



41%
of adults who died
by suicide
experienced
crisis

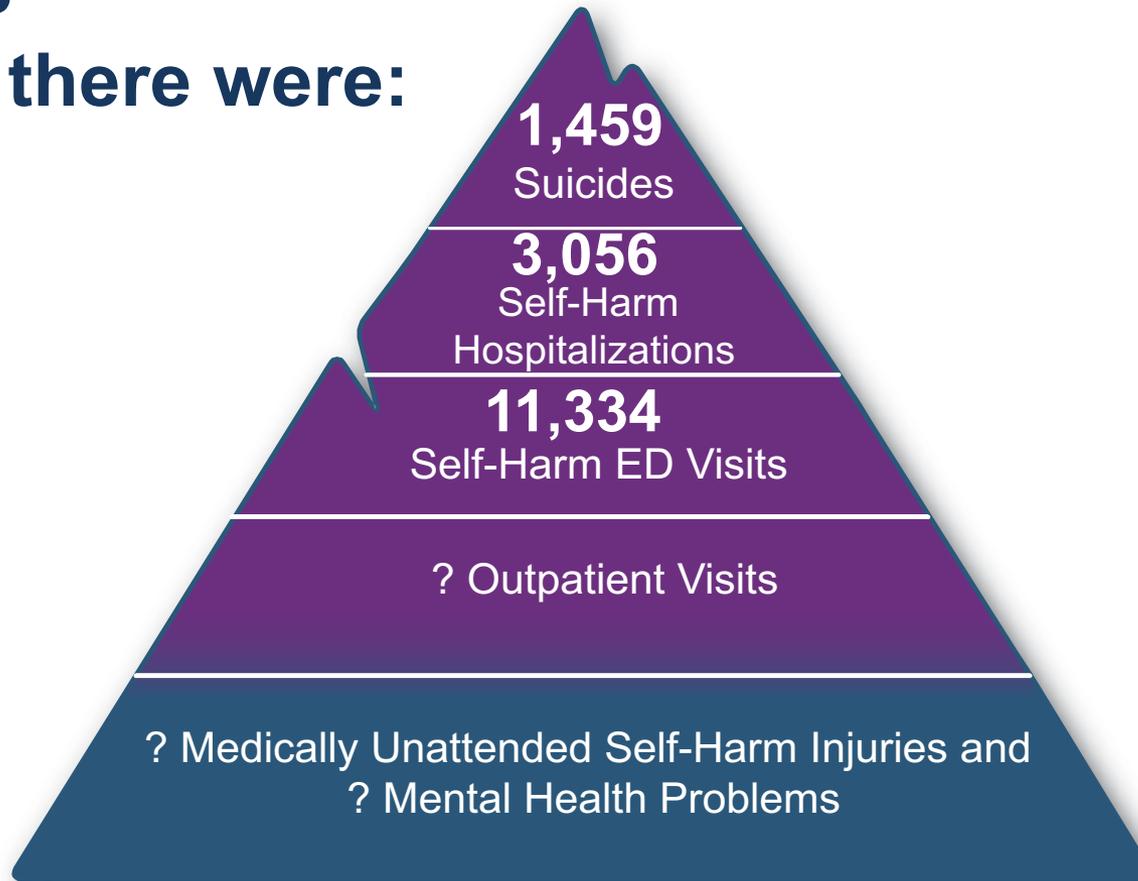
Recent Crisis is an Important Risk Factor



Source: North Carolina Violent Death Reporting System, 2016-2020

Suicide Deaths are Just the Tip of the Iceberg

In 2021, there were:

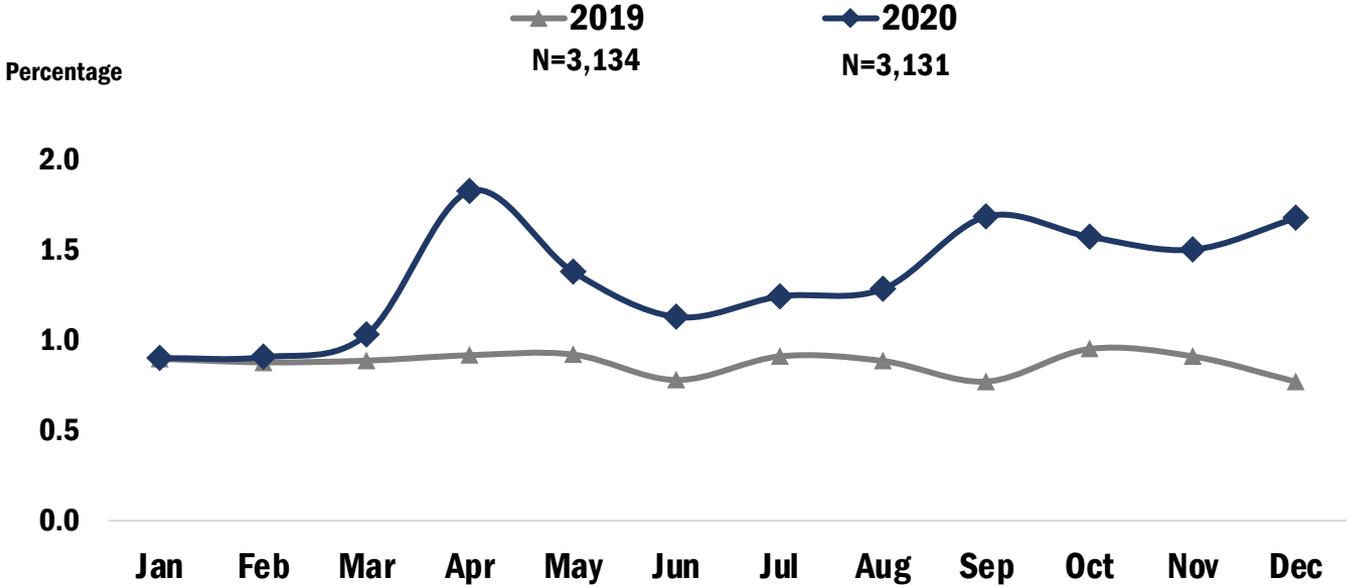


Limited to NC Residents ages 10 and older

Source: NC State Center for Health Statistics, Death Certificate Data (2021) and Hospital Discharge Data (2021); NC DETECT ED Visit Data (2021)

Analysis by the DPH Injury and Violence Prevention Branch, Injury Epidemiology and Surveillance Unit

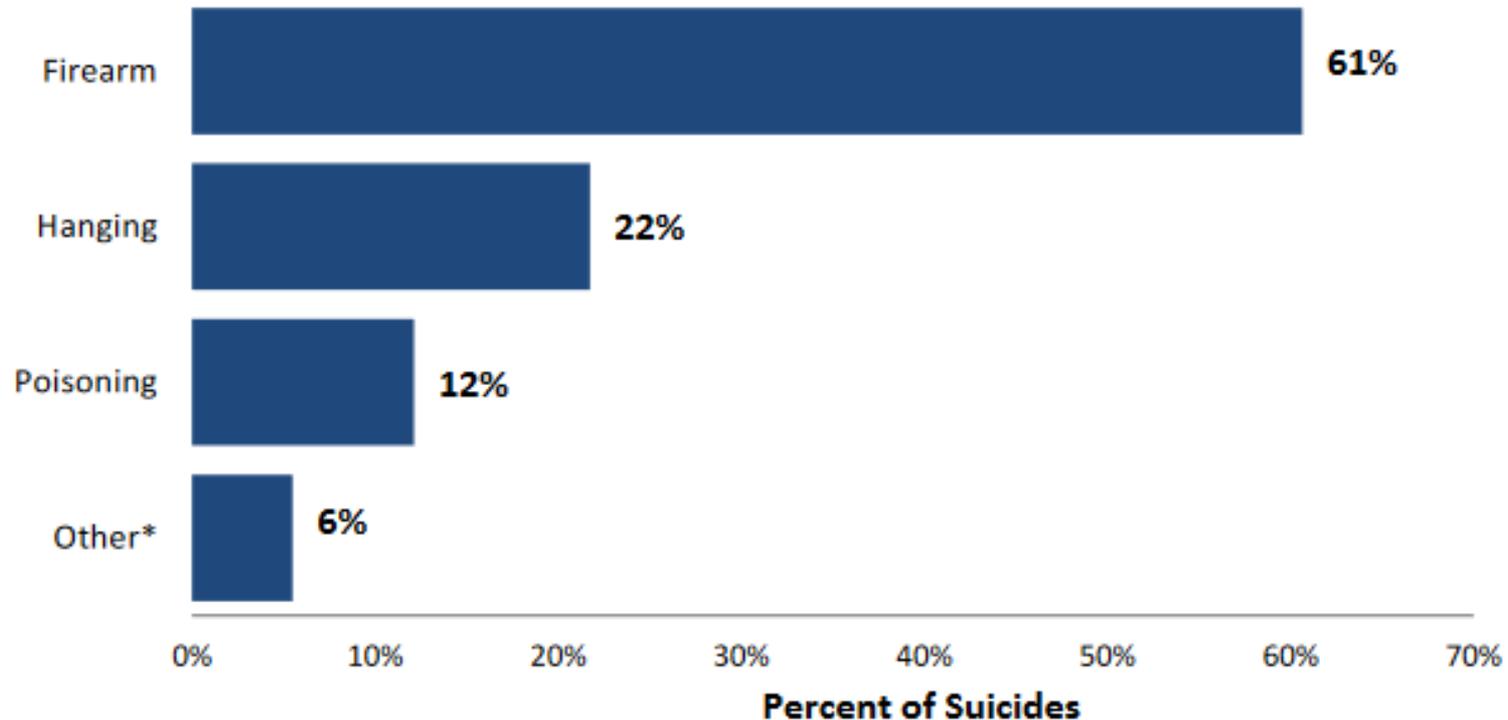
Proportion of ED Visits Listing Self-Harm for Youths (ages 10-18)



Source: NC-DETECT Emergency Department Visits, 2019-2020; Limited to NC residents ages 10 and older

Firearms Are the Most Used Method

Method of Death*: NC-VDRS, 2020



*Other includes falls, motor vehicle, sharp instrument, drawing, fire/burns, unknown and other

Take Home Messages About Data

- Recent crisis is an extremely important factor in suicide.
- Youth were harmed by the COVID pandemic; we see this in the alarming rates of self-harm in the emergency rooms.
- Some methods are more lethal than others; restricting access to the more lethal means saves lives.

Suicide Prevention: Myths and Facts

Busting Myth #1

Myth

If I ask about it, I am putting the idea into their head.

Reality

Asking about suicide does not “give someone the idea.” Rather, it gives them a chance to talk about what they’re feeling and an opportunity to connect to help.

Busting Myth #2

Myth

I'm sure I will say the 'wrong thing' and make it worse.

Reality

Saying **something** is better than saying **nothing**.
Again, it gives the opportunity to connect to help.

Busting Myth #3

Myth

People plan for months.

Reality

71% of people who attempt suicide consider it for less than an hour before the attempt.

24% of these people contemplated their attempt for less than 10 minutes.

Busting Myth #4

Myth

If someone is thinking about suicide, you can't do anything to stop them.

Reality

There are many things you can do to keep someone safe from suicide – starting with a conversation and listening.

You can also connect to crisis services, remove lethal means, create a safety plan, etc.

Best Practices for Safer Messaging

Best Vocabulary - Words Matter!

Avoid saying...

- Committed suicide
- Failed suicide attempt
- Successful suicide attempt

Try this instead...

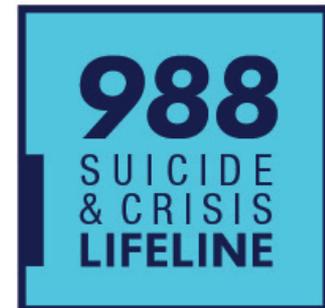
- Died by suicide, killed him/herself
- Suicide attempt or nonfatal suicide attempt
- Suicide

Safe Messaging around Suicide

- Framework for Successful Messaging
- Recommendations for Reporting on Suicide

What Can I Do?

- Take suicide prevention training
- Add 988 to your phone right now
- Promote 988



Suicide Prevention Programming in NC

Forum One Challenges

Your Proposals: Top 3 Challenges

Barrier	Number of Teams Facing Barrier
Access	12
Access - Transportation	9
Stigma	8
Social Determinants of Health (SDOH)	8
Quality Crisis Care & Intervention	5
Substance Use	4
Poor Coordination of Resources	3
Lack of Awareness of Community Resources	3
Poor Social Support	2

Gatekeeper Training: Suicide Prevention & Intervention Skills Training

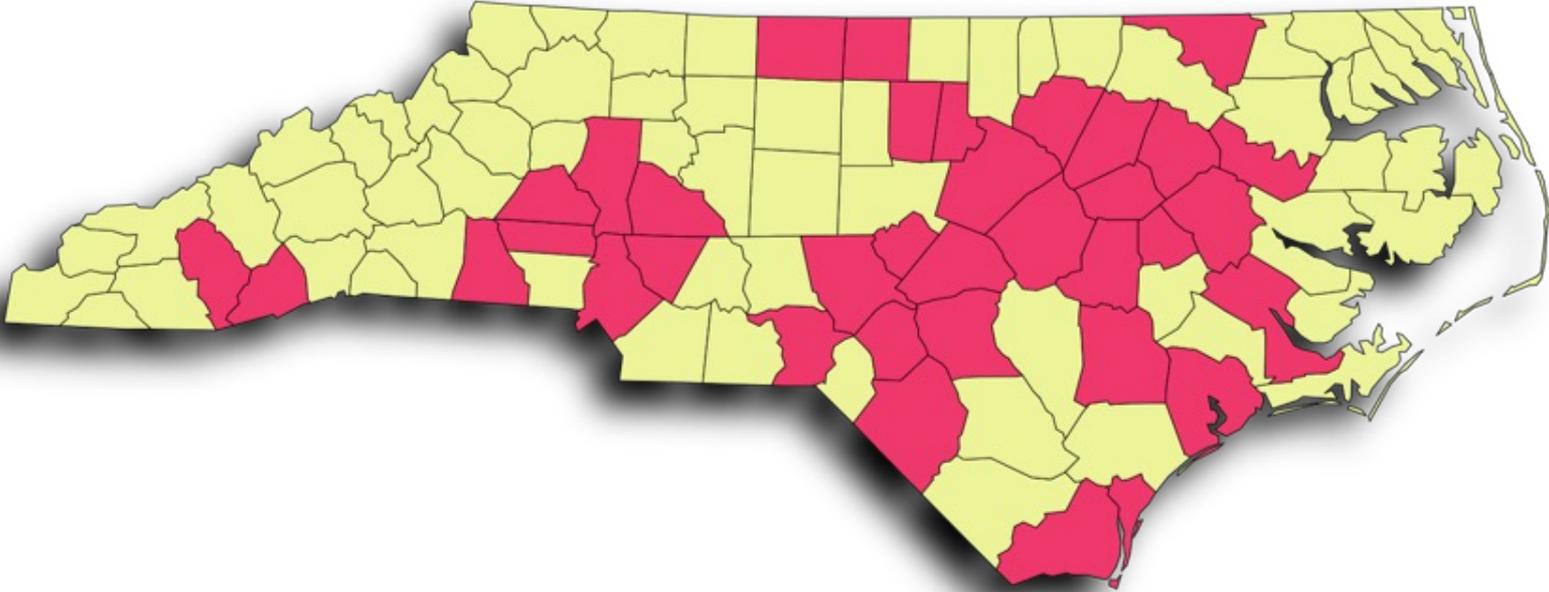
- Faith Leaders for Life (FLFL)
 - Provide gatekeeper training to faith leaders and faith communities
- Start with Veterans (SWV)
 - Provide gatekeeper training to those who interact with veterans
- Applied Suicide Intervention Skills Training (ASIST)
 - In-depth crisis intervention training; “suicide first aid”

Faith Leaders for Life

Faith Leaders for Life

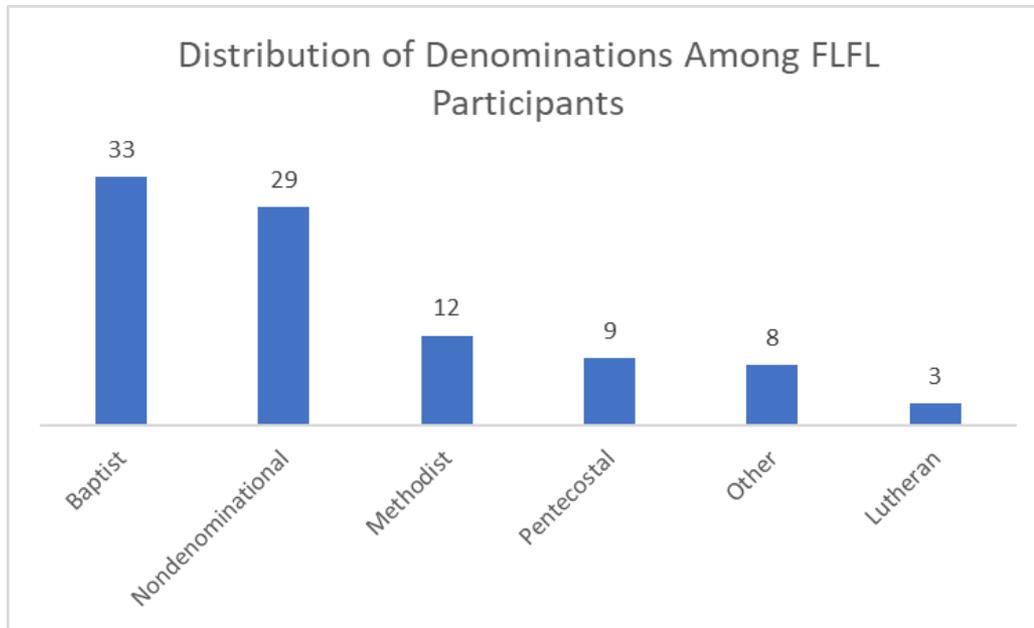
- Program purpose
- Program description
 - Provide LivingWorks Faith
 - Convene 5 weekly discussion groups for faith leaders
 - Each faith leader is given 10 licenses for LivingWorks Start
 - Participant follow up and technical assistance

Faith Leaders for Life Map



Faith Leaders for Life

- Demographics of participants
 - 98 faith leaders, 138 congregants
 - 70/98 leaders represent BIPOC congregations
 - Leaders serving approximately 48,900 NC congregants



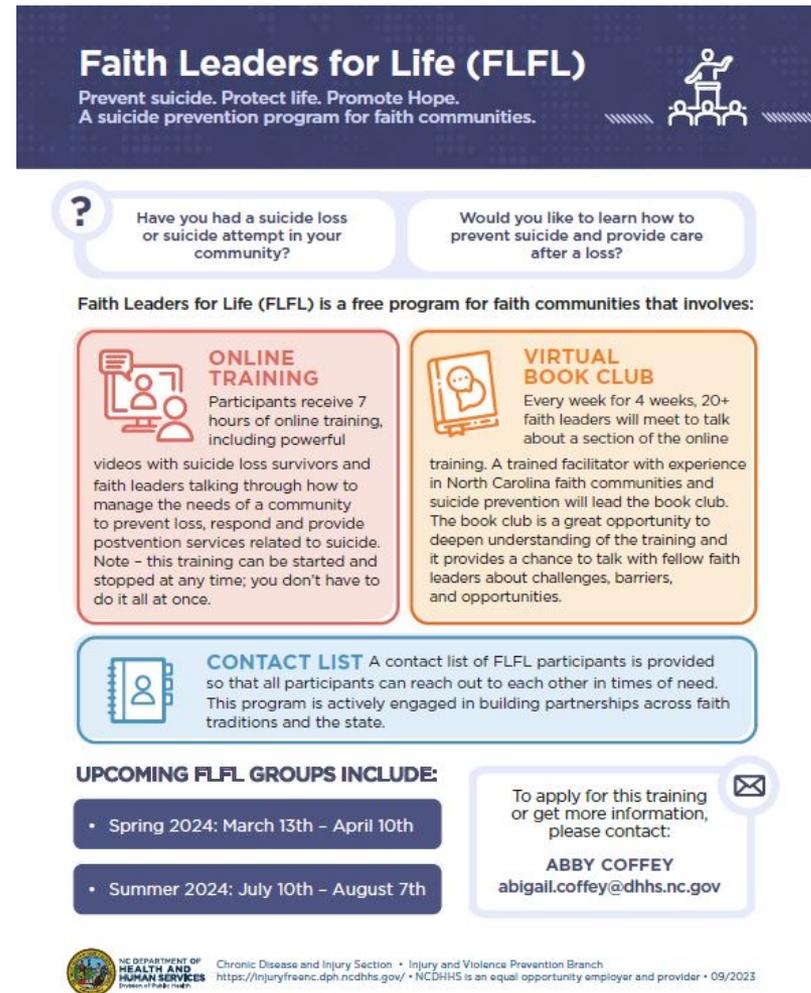
Quotes from FLFL participants

"This was an amazing, life changing training. It has provided me the skill set to have tough conversations. This training has enabled me to also speak with my church in ways in which we can strengthen our ministry."

"I took module one and it completely changed my thinking. I thought to myself, have I been wrong about [suicide] my whole life?"

How to Get Involved with FLFL

- Connect with trained faith leaders in your area; information provided by NC IVPB.
- You can request the flyer via email.
- Email abigail.coffey@dhhs.nc.gov to receive the next application.



Faith Leaders for Life (FLFL)
Prevent suicide. Protect life. Promote Hope.
A suicide prevention program for faith communities.

Have you had a suicide loss or suicide attempt in your community?

Would you like to learn how to prevent suicide and provide care after a loss?

Faith Leaders for Life (FLFL) is a free program for faith communities that involves:

- ONLINE TRAINING**
Participants receive 7 hours of online training, including powerful videos with suicide loss survivors and faith leaders talking through how to manage the needs of a community to prevent loss, respond and provide postvention services related to suicide. Note - this training can be started and stopped at any time; you don't have to do it all at once.
- VIRTUAL BOOK CLUB**
Every week for 4 weeks, 20+ faith leaders will meet to talk about a section of the online training. A trained facilitator with experience in North Carolina faith communities and suicide prevention will lead the book club. The book club is a great opportunity to deepen understanding of the training and it provides a chance to talk with fellow faith leaders about challenges, barriers, and opportunities.
- CONTACT LIST** A contact list of FLFL participants is provided so that all participants can reach out to each other in times of need. This program is actively engaged in building partnerships across faith traditions and the state.

UPCOMING FLFL GROUPS INCLUDE:

- Spring 2024: March 13th – April 10th
- Summer 2024: July 10th – August 7th

To apply for this training or get more information, please contact:
ABBY COFFEY
abigail.coffey@dhhs.nc.gov

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How to Get Involved with FLFL

- Upcoming FLFL group dates:
 - March 20 - April 17
 - July 10 - August 7
- Email abigail.coffey@dhhs.nc.gov to receive the next application.
 - Application will open mid-February

Start with Veterans

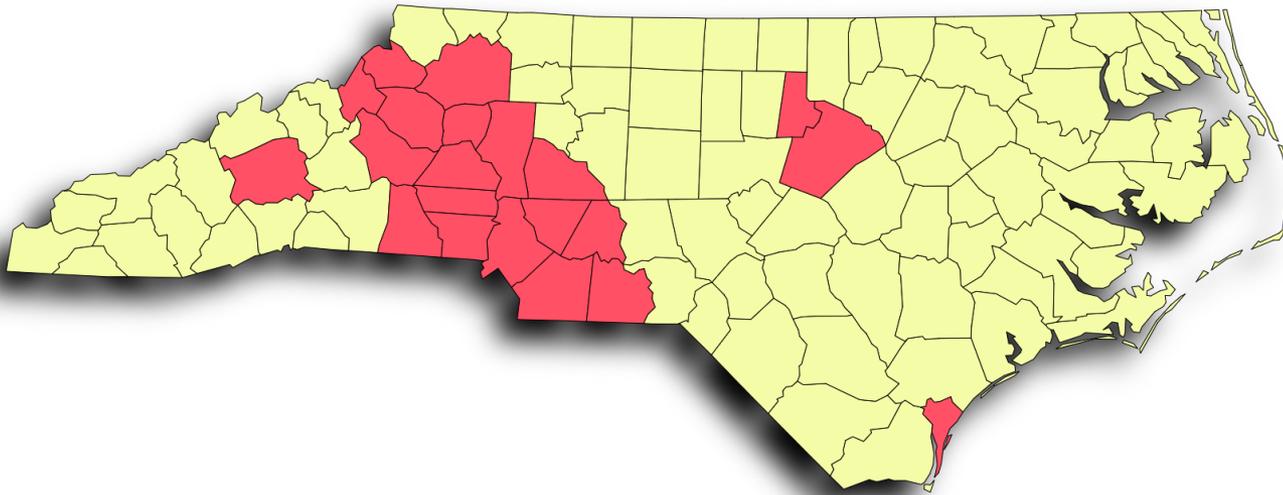
Start with Veterans

- About 1 in 17 people in NC are a veteran
- Veterans are 57% more likely to die by suicide than those who have not served
- Program purpose
- Program design
 - Partnership between Army National Guard and LivingWorks Education USA
 - Distribute LivingWorks Start training licenses to professionals who work with veteran for FREE

<https://data.census.gov/table?q=veterans+in+North+Carolina&tid=https://data.census.gov/table?q=veterans+in+North+Carolina&tid=ACSST1Y2021.S2101ACSST1Y2021.S2101>
<https://stopsoldiersuicide.org/vet-stats>

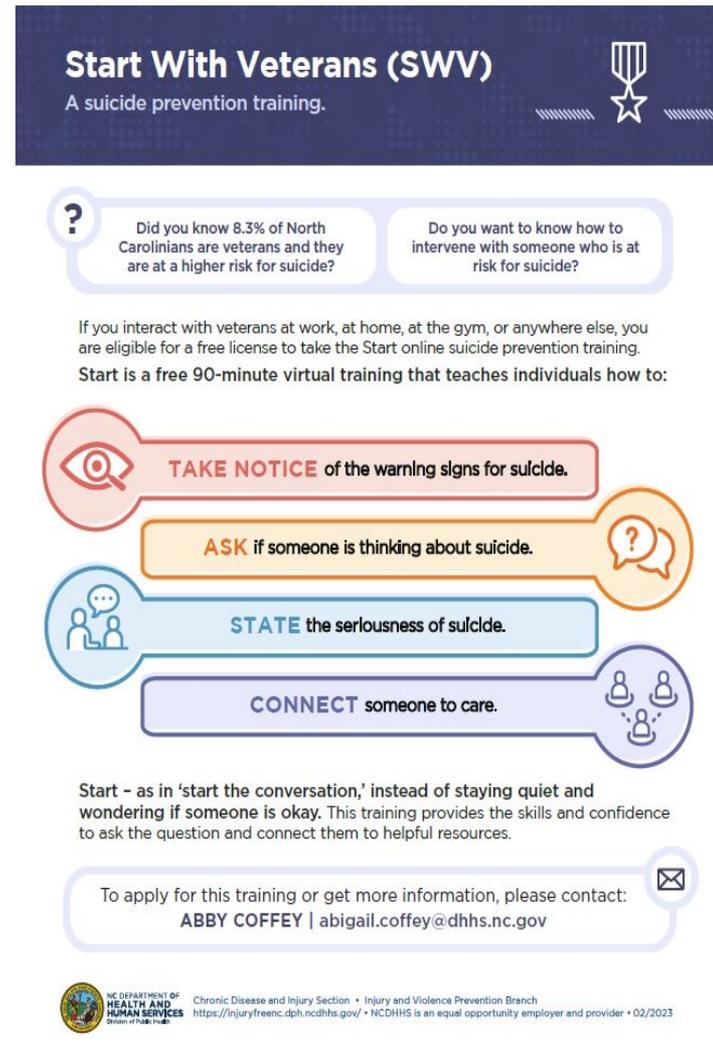
Start with Veterans Data

- Trained 144 individuals thus far
 - 78 represent chaplaincy project
 - 107 from other organizations
- Includes partnership with 15+ organizations



How to Get Involved with Start with Veterans

- Talk with your organization and partners about interest in gatekeeper training
- Gather list of interested people
 - First name, last name, email address
- Email abigail.coffey@dhhs.nc.gov with list for entry
- You can request the flyer by email



Start With Veterans (SWV)
A suicide prevention training.

Did you know 8.3% of North Carolinians are veterans and they are at a higher risk for suicide? Do you want to know how to intervene with someone who is at risk for suicide?

If you interact with veterans at work, at home, at the gym, or anywhere else, you are eligible for a free license to take the Start online suicide prevention training. Start is a free 90-minute virtual training that teaches individuals how to:

- TAKE NOTICE** of the warning signs for suicide.
- ASK** if someone is thinking about suicide.
- STATE** the seriousness of suicide.
- CONNECT** someone to care.

Start - as in 'start the conversation,' instead of staying quiet and wondering if someone is okay. This training provides the skills and confidence to ask the question and connect them to helpful resources.

To apply for this training or get more information, please contact:
ABBY COFFEY | abigail.coffey@dhhs.nc.gov

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Applied Suicide Intervention Skills Training

Applied Suicide Intervention Skills Training

- ASIST is a 16-hour “suicide first aid” training considered the gold standard of crisis intervention trainings
- Have trained 41 people since 2022
- Provided ASIST Train-the-Trainer in 2023 to create 24 new ASIST trainers who can provide ASIST workshops in NC
 - Next ASIST T4T: Early March 2024
- Email Jane Miller at Jane.Miller@dhhs.nc.gov to be connected to trainers in your community

Applied Suicide Intervention Skills Training

- Participants: School counselors, local health departments, clergy, law enforcement, clinicians
- Participant quote
 - "The program was wonderful and helpful. I was surprised at how much space was left for our mental health, which was greatly appreciated."

How to Get Involved with ASIST

- Find an [ASIST workshop](#) near you
- Find a [LivingWorks trainer](#)
- Email Jane Ann Miller at jane.miller@dhhs.nc.gov to be connected to trainers in your community

Other Training Options

Miscellaneous Gatekeeper Training Resources

- Question, Persuade, Refer
 - One-hour online gatekeeper training
 - Can be in person or online
 - Access [here](#) for free

- Mental Health First Aid
 - Can schedule through Mental Health for America of Central Carolinas, 8-hour training
 - Schedule [here](#)

Firearm Safety

Firearm Safety Team (FST)

- Program purpose – Community-led solutions to gun violence
 - Addresses all forms of gun violence including suicide
- Program description
 - Promote safe storage
 - Educate the public
 - Distribution of gun locks

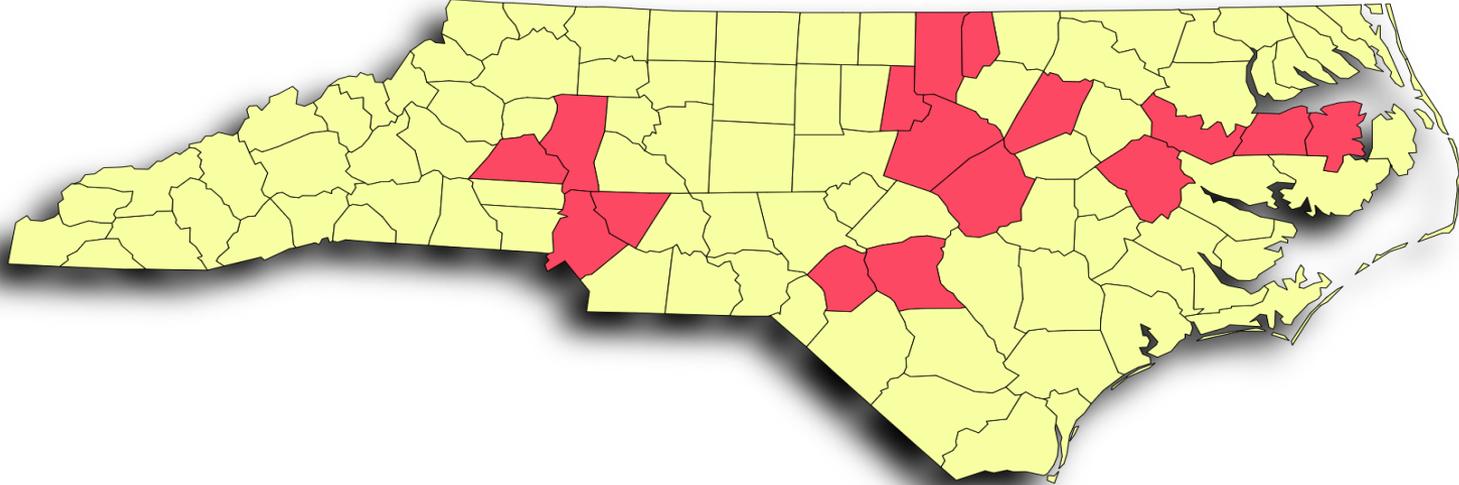
Firearm Safety Team Potential Partners

- Public health workers
- Parents
- Non-profits
- Law enforcement
- Hospitals
- Gun owners

Gun Lock Distribution Potential Partners

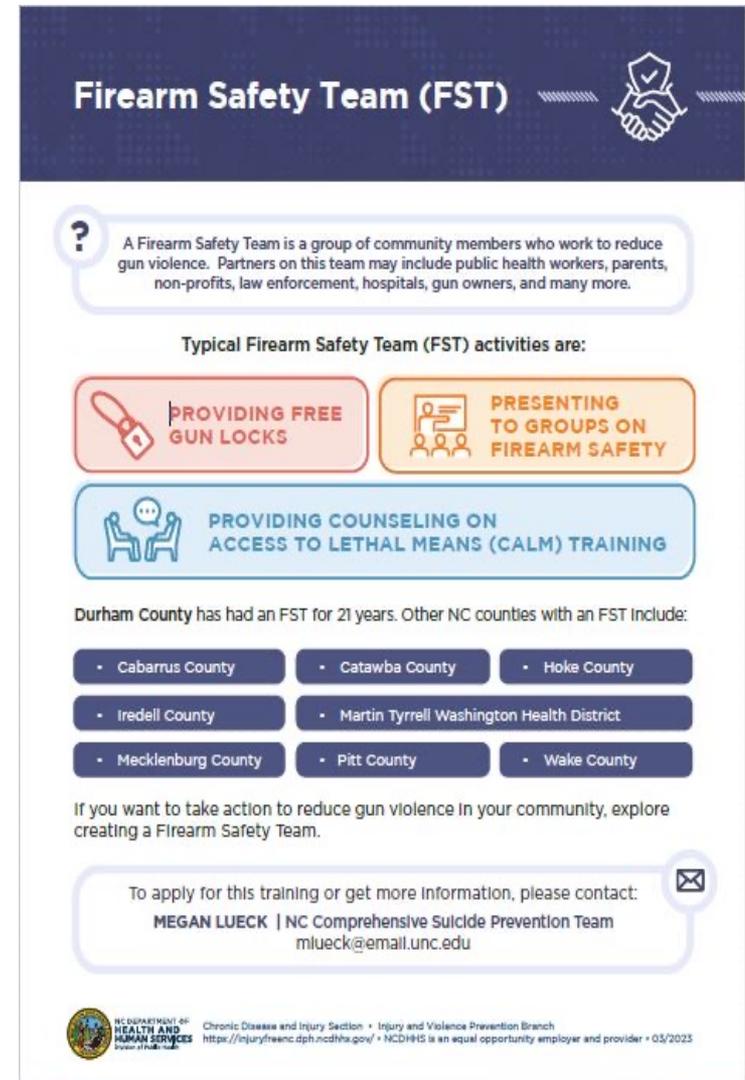
A	B	C	D	E	F	G
Team #	NC Impact Team County (ies)	Neighboring Counties	County	Local Health Dept Name	Submitter	# locks
7	Alleghany	Ashe, Surry, Wilkes	WILKES	Wilkes County Health Department	Rachel Willard	100
6	Ashe	Alleghany, Johnson, Watauga, Wilkes	WILKES	Wilkes County Health Department	Rachel Willard	100
15	Camden, Chowan, Currituck, Pasquotank, Perquimans		CAMDEN	Camden County Health Department	Amy Underhill	200
			CHOWAN	Chowan County Health Department	Amy Underhill	200
			CURRITUCK	Chowan County Health Department	Amy Underhill	200
			PASQUOTANK	Chowan County Health Department	Amy Underhill	200
			PERQUIMANS	Chowan County Health Department	Amy Underhill	200
3	Cleavland	Burke, Cherokee, Gaston, Lincoln, Rutherford, York	GASTON	Gaston County Health Department	Brittain Kenney	200
13	Cumberland	Bladen, Harnett, Hoke, Moore, Robeson, Sampson	HOKE	Hoke County Health Department	Helene Edwards	200
9	Forsyth		FORSYTH	Forsyth County Dept. of Public Health	Sherita Sutton, AHD	200
1	graham	Cherokee, Swain	SWAIN	Swain County Health Department	Alison Cochran	200
8	Iredell, Town of Morrisville		IREDELL	Iredell County Health Department	jane Hinson	200
12	Johnston	Franklin, Harnett, Nash, Sampson, Wake, Wayne, Wilson	NASH	Nash County Health Department	Christmas West, PHN Supervisor II	200
4	Mecklenberg, Union, Cabarrus		MECKLENBURG	Mecklenburg County	Tracie Campbell	200
			UNION	Union County Public Health	Dennis Joyner	200
14	New hanover, Pender, Brunswick		NEW HANOVER	New Hanover County	Jon Campbell	200
			PENDER	Pender County Health Department	Carolyn Moser	200
			BRUNSWICK	Brunswick Health Services	David Howard	200
10	Orange	Alamance, Caswell, Chatham, Durham, Person	ALAMANCE	Alamance	Tony Lo Giudice	200
			CASWELL	Caswell County Health Department	Emily Hodges	20
			CHATHAM	Chatham County Public Health Department	Michael Zelek	200
			DURHAM	Durham County Department of Public Health	Lindsey Bickers Bock	200
			PERSON	Person County Health Department	Janet O. Clayton	150
2	Transylvania	Haywood, Henderson, Jackson				
11	Wake, Franklin	Chatham, Durham, Franklin, Granville, Harnett, Johnston, Nash	CHATHAM	Chatham County Public Health Department	Michael Zelek	200
			DURHAM	Durham County Department of Public Health	Lindsey Bickers Bock	200
			NASH	Nash County Health Department	Christmas West, PHN Supervisor II	200
5	Watauga	Ashe, Avery, Caldwell, Johnston, Wilkes	CALDWELL	Caldwell County Health Dept	Anna Martin	200
			WILKES	Wilkes County Health Department	Rachel Willard	100

Current and Developing FST



How to Get Involved with FST

- Talk with your organization and partners in your area about interest in starting an FST
- Review the [FST Implementation Guide](#)
- Email Megan Lueck at mlueck@email.unc.edu for how to start your own FST
- You can request the flyer by email



Firearm Safety Team (FST)

? A Firearm Safety Team is a group of community members who work to reduce gun violence. Partners on this team may include public health workers, parents, non-profits, law enforcement, hospitals, gun owners, and many more.

Typical Firearm Safety Team (FST) activities are:

- PROVIDING FREE GUN LOCKS
- PRESENTING TO GROUPS ON FIREARM SAFETY
- PROVIDING COUNSELING ON ACCESS TO LETHAL MEANS (CALM) TRAINING

Durham County has had an FST for 21 years. Other NC counties with an FST include:

- Cabarrus County
- Catawba County
- Hoke County
- Iredell County
- Martin Tyrrell Washington Health District
- Mecklenburg County
- Pitt County
- Wake County

If you want to take action to reduce gun violence in your community, explore creating a Firearm Safety Team.

To apply for this training or get more information, please contact:
MEGAN LUECK | NC Comprehensive Suicide Prevention Team
mlueck@email.unc.edu

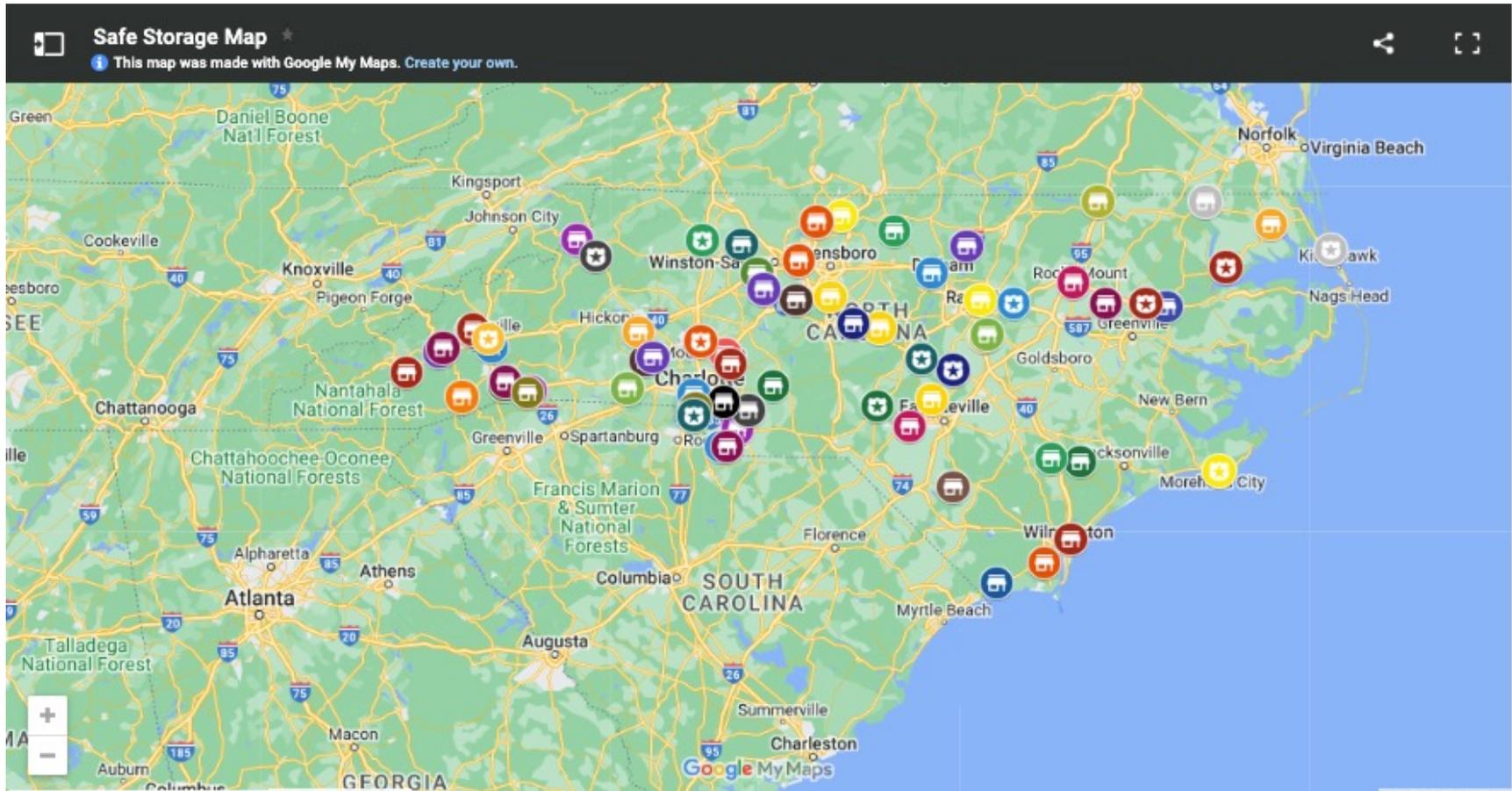
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Counseling on Access to Lethal Means (CALM)

- Includes firearms, medications, other methods
- CALM is a conversation between a provider and the at-risk person and/or their family. It is discussion about ways to safeguard the home during the critical time period in which suicide risk is present.
- Trainees: medical, health care, mental health, counselor, community resource
- NC has a gun storage map that allows folks to temporarily remove guns from their home; a resource for clinicians who provide CALM (<https://www.ncsafe.org/safestorage/>)

Safe Storage Map

<https://www.ncsafe.org/safestorage/>



How to Get Involved with CALM

- Free [online course](#)
- Email Jane Ann Miller at jane.miller@dhhs.nc.gov for in person CALM options.
- Request a CALM flyer via email

Counseling on Access to Lethal Means (CALM)



Prepares participants to have conversations about reducing immediate access to lethal means of suicide like firearms and medications when a person is at risk for suicide.

CALM emphasizes personal choice and collaboration to help people find safer ways to store firearms and medications while they are at risk.



CALM CLINICAL WORKSHOPS

These workshops typically last about 3 hours and are intended for clinicians, healthcare providers, social services professionals, and others who regularly work with people at risk for suicide.



CALM CONVERSATIONS

This 90-minute training is intended for anyone – not just clinicians – who may need to have a conversation with a friend, loved one, or coworker about their access to lethal means.

To apply for this training or get more information, please contact:
JANE ANN MILLER | jane.miller@dhhs.nc.gov



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Healthy Communities

Healthy Communities Block Grant: Suicide Prevention Activities

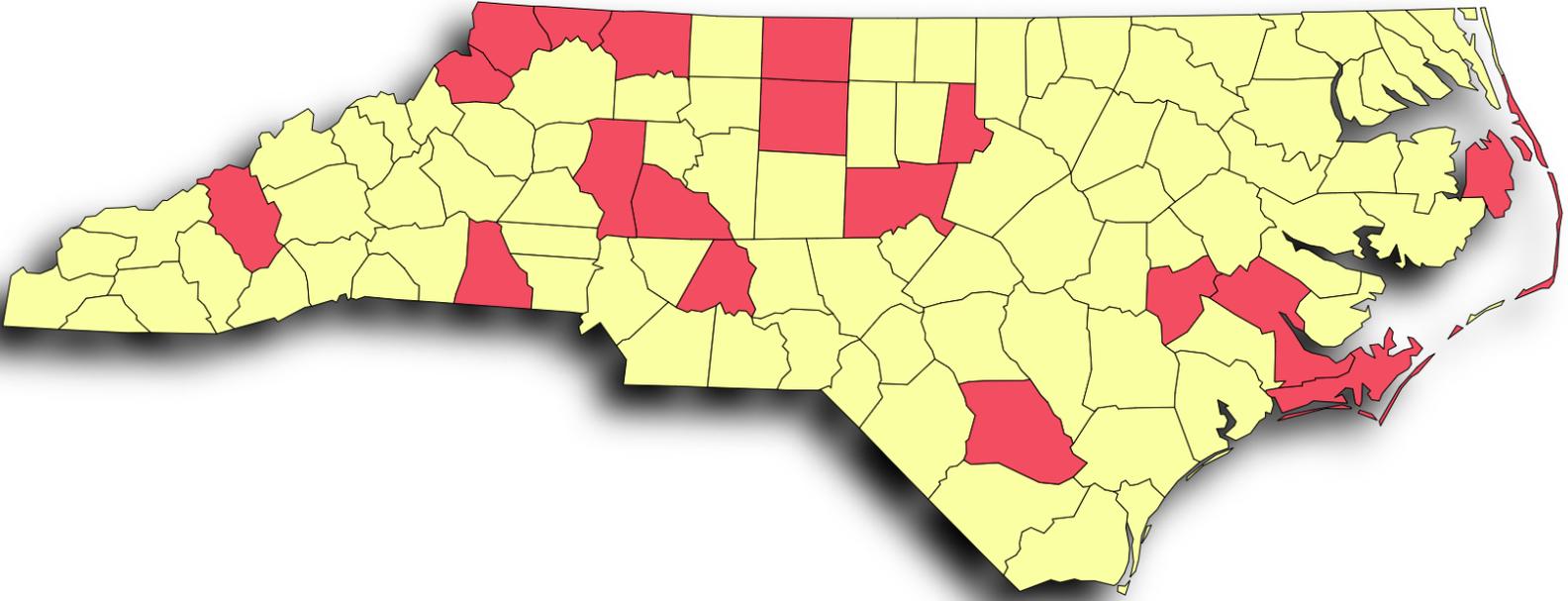
- Goal: Collaborate with at least one organization to establish a policy and/or program to address suicide prevention.
- Approved Activities:
 - Gatekeeper training: Applied Suicide Intervention Skills (ASIST); LivingWorks Start; LivingWorks SafeTALK; LivingWorks Faith; Question, Persuade, and Refer (QPR); Counseling on Access to Lethal Means (CALM) or Mental Health First Aid training programs
 - Purchase and distribute gun locks or locking mechanisms
 - Formation of a firearm safety team (FST)

Healthy Communities Block Grant: Suicide Prevention Activities

Participants: 16 health departments/region

Appalachian Health District	Guilford
Bladen	Haywood
Carteret	Iredell
Chatham	Lenoir
Cleveland	Rockingham
Craven	Rowan
Dare	Stanly
Durham	Surry

Healthy Communities Suicide Prevention Participants



Funded Suicide Prevention in Local Communities through 8/2024

6 programs across the following counties:

- Cabarrus, Cumberland, Durham, Hoke, Iredell, Lincoln, Martin, Mecklenburg, Nash, Orange, Pitt, Tyrrell, Wake, and Washington

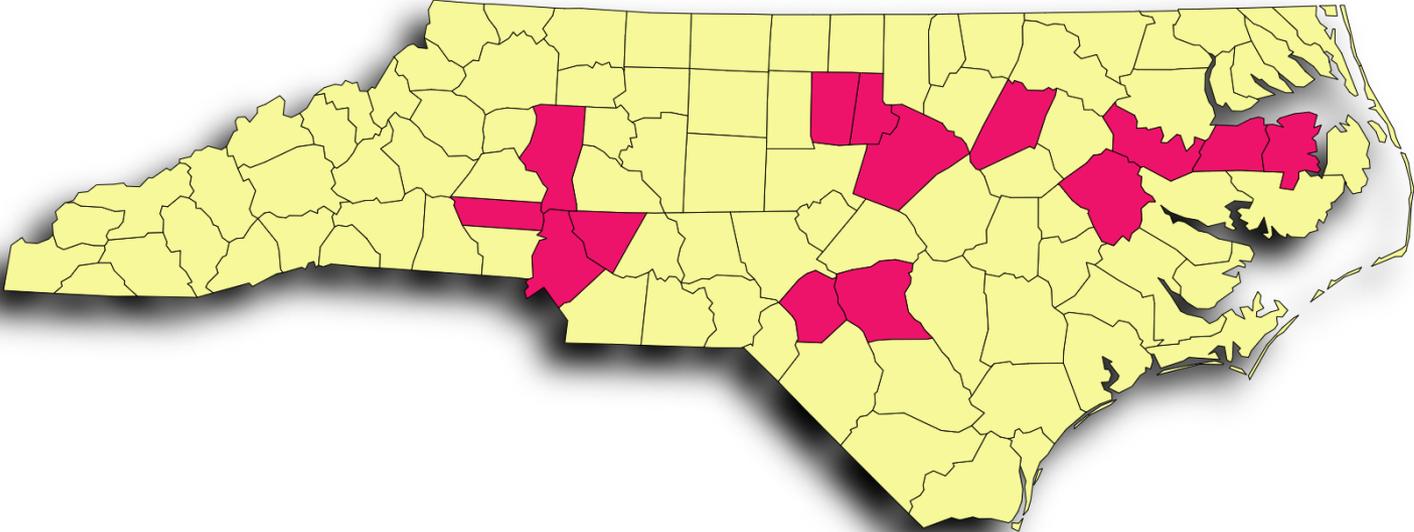
Local Health Departments

- Durham County Department of Public Health
- Hoke County Health Department
- Martin Tyrrell Washington District Health

Non-Profits

- American Foundation for Suicide Prevention-NC
- Stop Soldier Suicide
- Vidant Medical Center

Counties Funded for Local Suicide Prevention



Funded Suicide Prevention in Local Communities

Three strategies:

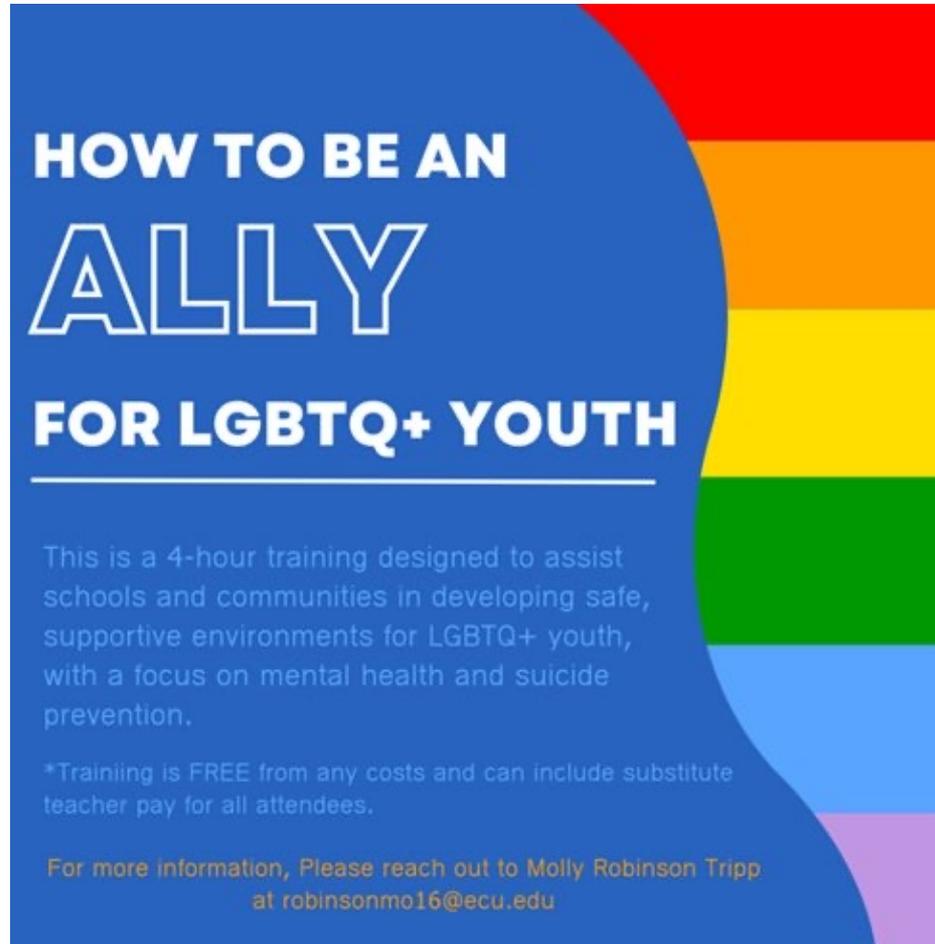
- Gatekeeper training
- CALM training
- Creation of an FST

Youth Suicide Prevention

Suicide Prevention and Youth NC Efforts

1. NC Youth Suicide Prevention Conference
March 19, 2024
2. Training for teachers: How to be an Ally
training
3. Learning opportunity for whole
communities: You Belong Here documentary

Suicide Prevention and Youth How to be an Ally TRAINING



**HOW TO BE AN
ALLY
FOR LGBTQ+ YOUTH**

This is a 4-hour training designed to assist schools and communities in developing safe, supportive environments for LGBTQ+ youth, with a focus on mental health and suicide prevention.

*Training is FREE from any costs and can include substitute teacher pay for all attendees.

For more information, Please reach out to Molly Robinson Tripp at robinsonmo16@ecu.edu

Suicide Prevention and Youth: *You Belong Here* Documentary

A celebration of LGBTQ+ resilience and the impact of allyship on inclusive belonging in the Rural South.

You
belong
here.



Suicide Prevention and Youth National Resources:

SPRC LGBTQIA2S+ Toolkit

[Mental Health Promotion and Suicide Prevention for LGBTQIA2S+ Youth – Suicide Prevention Resource Center \(sprc.org\)](#)

SPRC Course on Safety Planning

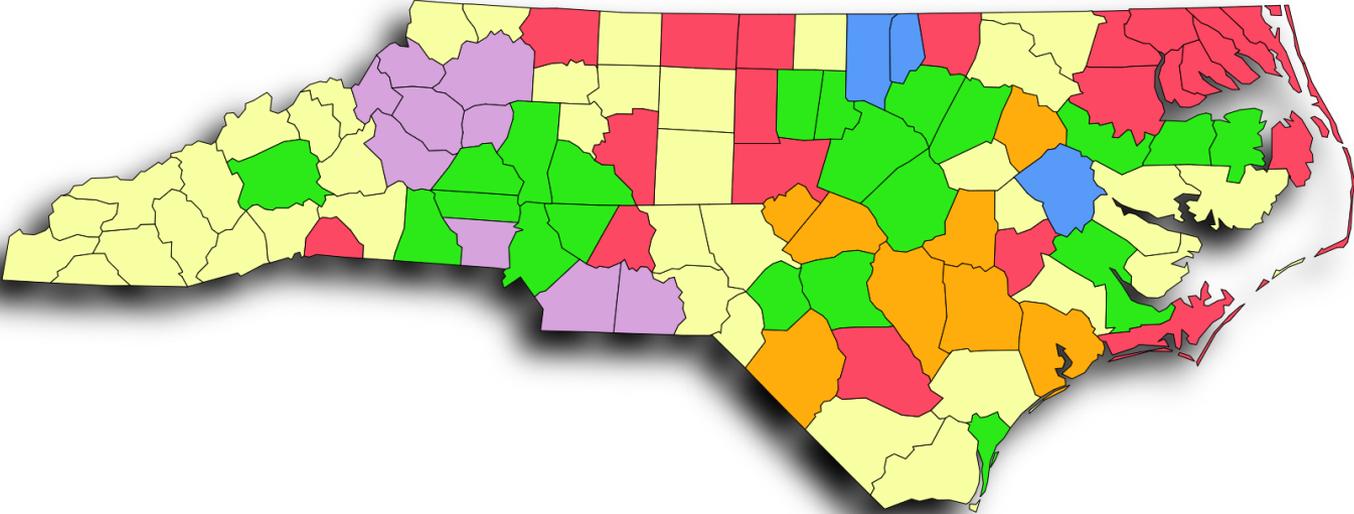
[Safety Planning for Youth Suicide Prevention](#)

CSP Summary

Wrap-up: Options in your Community

- Hospitals and medical establishments (CALM, Start, ASIST)
- Businesses (Start With Veterans)
- Faith communities (Faith Leaders for Life, Start)
- Town/Community (Start with Veterans, create an FST, organize or join a walk, You Belong Here documentary)
- Schools (Start, How to Be An Ally, also supporting any programming that decreases bullying, violence in dating, etc. in schools because all of that is also suicide prevention)
- Public health & non-profits (Start, Start With Veterans, ASIST, CALM, create an FST)

Summary of CSP Activities



- 2+ activities
- FST only
- SWV only
- FLFL only
- Health communities
- None

Created with paintmaps.com

Comprehensive Suicide Prevention Advisory Council (CSPAC)

Structure

- 1 ½ hours
- Meets quarterly
- Includes program updates, partner presentations, new resources, notice of education and community events
- Peer learning environment
- Next meeting: Feb 14, 2024, 10-11:30 am

Membership

- Email Megan Lueck at Mlueck@email.unc.edu to apply to attend CSPAC meetings.

Data, Inventory, and other Resources

Where Can I Find Reliable Data?

- [Violent Death Reporting System](#)
- [Mental Health Data Dashboard](#)
- [National Data on Injuries \(WISQARS\)](#)
- [NC DETECT](#)

Data Inquires

- Book [here](#)

ncIMPACT Initiative Model

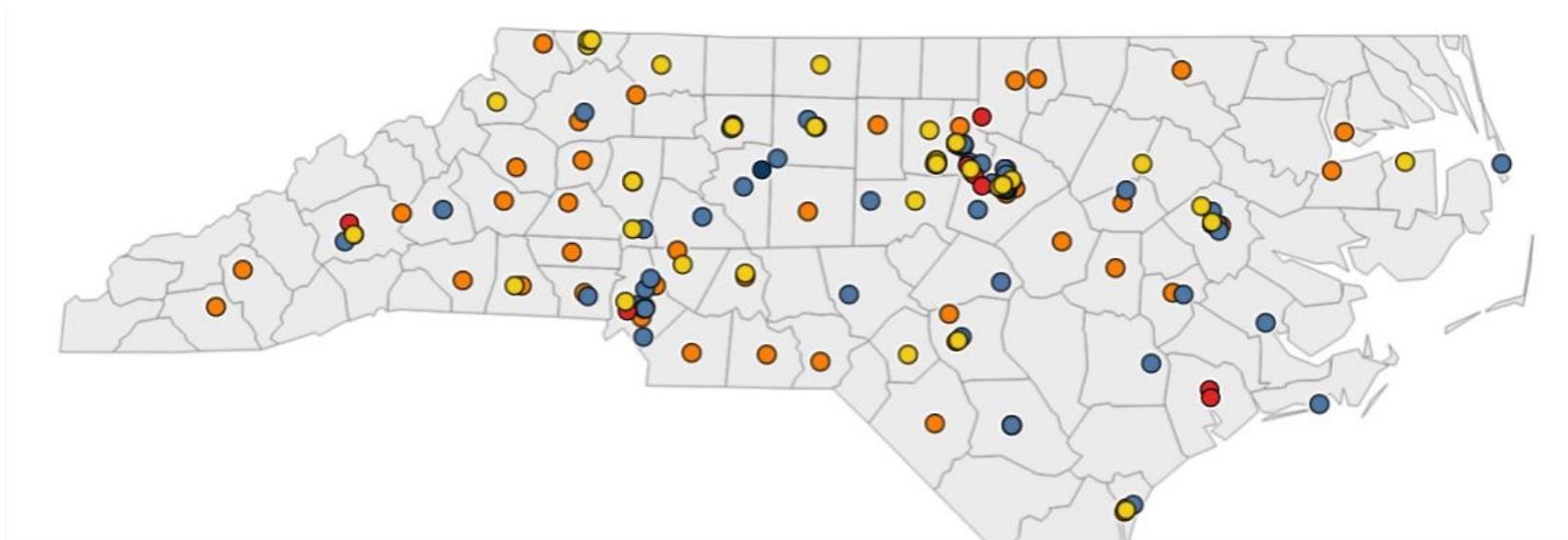
What You Can Expect

- **Bring together diverse groups from various sectors.** Including perspectives from diverse sectors within a community or region can lead to workable solutions.
- **Shared accountability among these organizations and groups can allow for shared risk.** This shared risk can help to *foster an environment of creativity* as stakeholders are able to take collective risk without all the blame being placed on one organization or group if it is not successful.
- **An exchange of knowledge, assets, and networks – or social capital.** Social capital refers to connections, networks, or relationships among people and the value that arises from them.
- **Increased individual, organizational, and local community capacity.**

NC Suicide Prevention Inventory

- Represents programs and organizations around the state doing SP work
- Updated quarterly

Suicide Prevention Programs - North Carolina



NC Suicide Prevention Inventory

Filter Map by Safe Storage ...

(No Filter) ▼

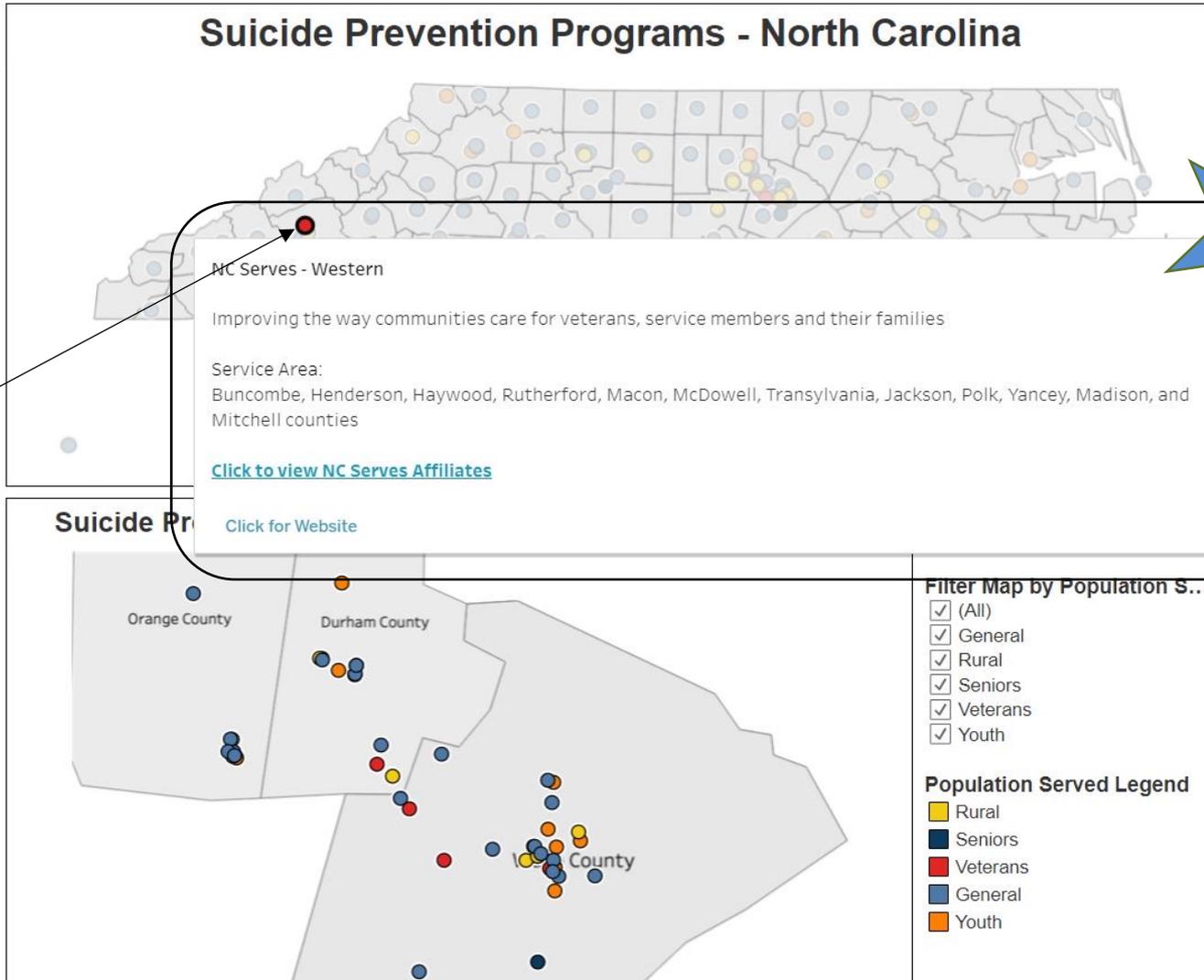
Filter Map by Population S...

- (All)
- General
- Rural
- Seniors
- Veterans
- Youth

Population Served Legend

-  Rural
-  Seniors
-  Veterans
-  General
-  Youth

NC Suicide Prevention Inventory



Looking Ahead

Upcoming Trainings and Events

- CSPAC Meeting: February 14, 2024, 10-11:30 am
- Webinar on best practices for safe messaging
 - Date TBD
 - Learn more about best practices for your communications and messaging to prevent suicide
- CALM Train-the-Trainer
 - June 2024
 - Become a CALM trainer!

2024-2025 Injury-Free NC Academy

- Multiple points of connection:
 - Virtual Conference for all teams Fall 2024
 - East Conference Spring 2025
 - West Conference Summer 2025
 - Technical assistance throughout the year
- Megan will send out a short survey in February to gauge your interest and availability. Please respond so that we can design an academy that fits your needs.
- We will take applications in summer 2024; your teams are well poised to participate!

Closing

Thank you!

- We are happy to answer questions
- You will receive follow up emails from us with flyers, the excel chart of gun lock distribution, and more.
- Please consider signing up for the Comprehensive Suicide Prevention Advisory Council (CSPAC).

CSP Team Contact Information



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