

Pain Isn't Always Obvious

**KNOW**  
**THE SIGNS**

[suicideispreventable.org](http://suicideispreventable.org)

# Responding after suicide in a rural county

Feb. 13, 2013  
Small county webinar



# Welcome!

- Please mute your line
- If you have a question, please type it into the “Questions” box or “raise your hand” by clicking the hand logo on your control panel



We will address questions throughout the webinar, which is being recorded.

# Webinar Overview

- Who's here?
- Essential elements of suicide crisis response
- What's different in rural communities?
- Resources
- Discussion

# Who's here?

- *Amador*
- *Calaveras*
- *Colusa*
- *Lake*
- *Marin*
- *Nevada*
- *Shasta*
- *Sierra*
- *Tuolumne*
- *Superior Region*

# What do I do *first*???

- There is no single script to follow
- MH is probably not the first agency to respond
- What to do may depend on who died, who is affected, what is known about the event
- The resources provide frameworks to help you plan ahead

# Essential elements of suicide crisis response

- **Rapid, Coordinated and Prepared** actions to help you:
- Control contagion
- Manage rumors
- Support “survivors” and practice self-care
- Plan ahead for triggering events



# Essential elements of suicide crisis response

- *Rapid*



# Essential elements of suicide crisis response

- Rapid
- *Coordinated*



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# POLL

# Essential elements of suicide crisis response

- Rapid
- Coordinated
- *Prepared*

# Existing crisis response plans

- College or university
  - County agencies
  - Schools
  - Nursing homes and senior living facilities
  - Etcetera
- 
- Is suicide an event that triggers the plan or parts of the plan?

# Essential elements of suicide crisis response

- Rapid
- Coordinated
- Prepared
- Control possible contagion

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# Support...

- Smaller groups, rather than large assemblies, are better for processing grief publicly
- Provide stress management
- Conduct debriefings for staff and responders
- Take the time needed for recovery
- Make room for grief but don't forget the positive

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# Essential elements of suicide crisis response

- Rapid
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- Manage rumors
- Support “survivors”
- Plan ahead for triggering events
- *Anything else?*

# Treating suicide “the same”

- The “After a Suicide” school toolkit recommends that staff handle all student deaths the same way, regardless of cause

# Treating suicide differently

- Be mindful for potential of contagion
- Silence can contribute to stigma
- Person who died may have been your client

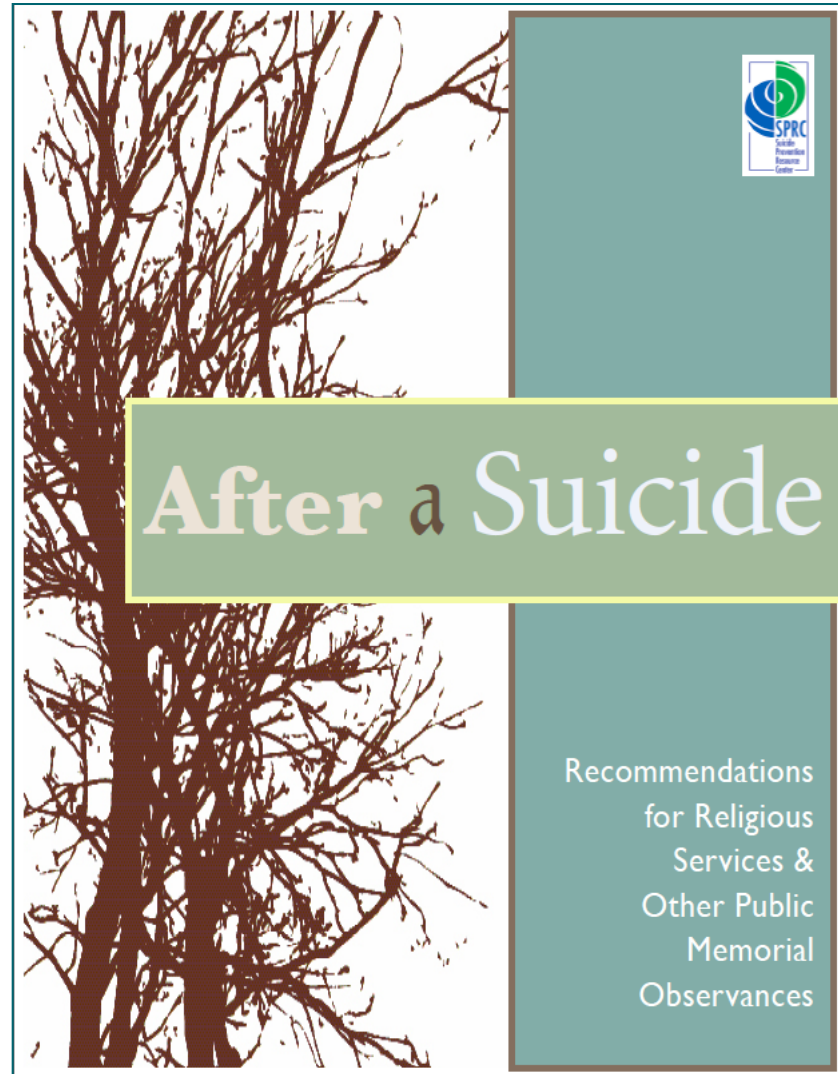
# What's different about rural?

- Anonymity may be impossible
- Stronger social bonds may mean more people are personally affected
- Might be easier to get stakeholders together
- With limited resources, be careful about diverting all your energies into *response*

# Resources

- Bringing in outside help (LOSS program, CERT, etc.)
- Free resources from SAMHSA, SPRC and other sources
- We' ll email you a list after the webinar

# Handling Memorial Services and Public Observances

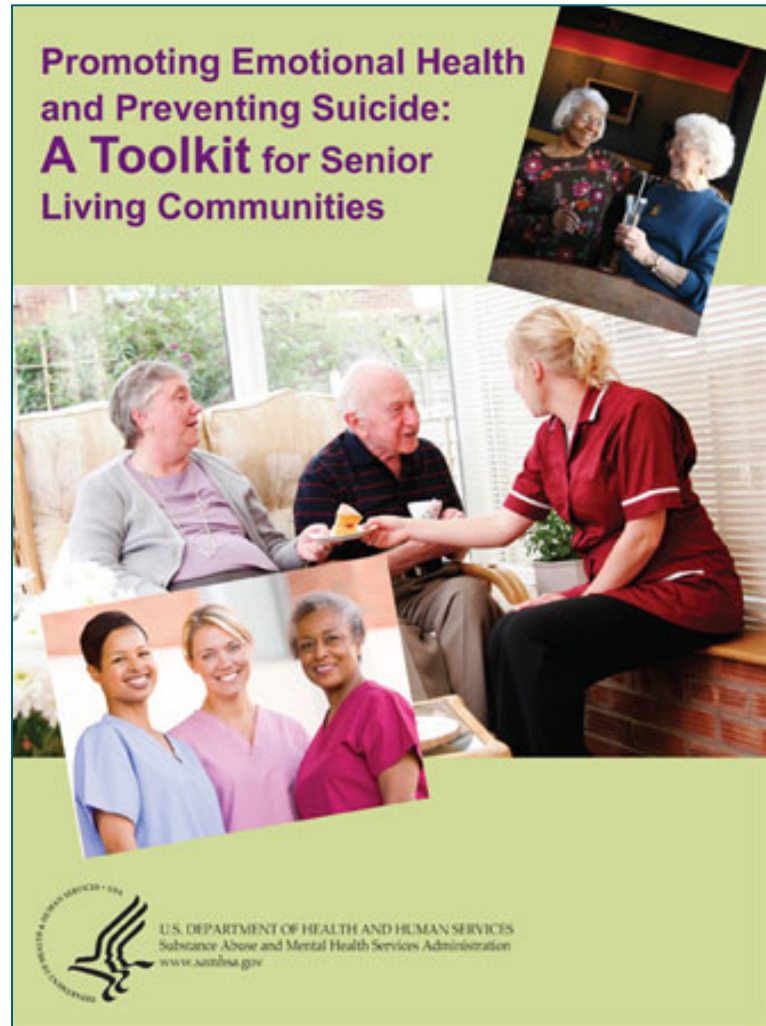


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# Reaching seniors



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# Guide for funeral directors

Help at hand

Supporting survivors  
of suicide loss



# Challenges of First Responders to Suicide in Indian Country:



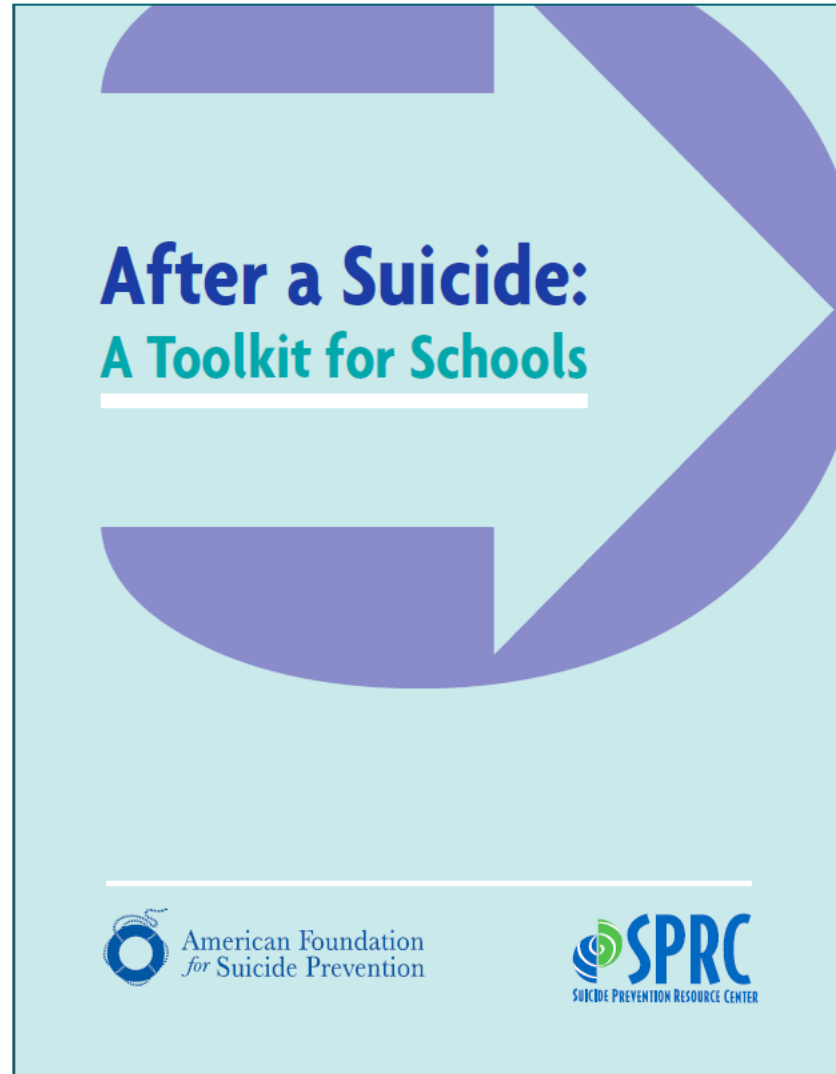
## BIA-Office of Justice Services Division of Professional Standards

8/12/2011

BIA-DIVISION OF  
PROFESSIONAL STANDARDS

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# All-inclusive School Toolkit



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# Website for crisis preparation and response

National Center for Mental Health Promotion and Youth Violence Prevention

Search

## Crisis Preparedness, Response, and Recovery Resource Center

Home Four Phases Community Educators Mental Health/Health Providers Warning Signs Coping Resiliency Events

### Coping with Crisis Situations

Resources for educators, health providers, and the community.

#### Safe Schools Healthy Students

The Safe Schools/Healthy Students (SS/HS) initiative encourages schools and communities to work in partnership to create safe and healthy school environments in which youth can learn and develop.

#### PROJECT LAUNCH

Project LAUNCH (Linking Actions for Unmet Needs in Children's Health) promotes the wellness of young children from birth to 8 years of age by addressing the physical, social, and behavioral aspects of their development.

**Crisis Preparedness, Response, and Recovery Resources**

SHARE

#### Immediate Crisis Counseling

Call 1-800-985-5990 or text "TalkWithUs" to 66746  
The recent event at Sandy Hook Elementary School continues to evoke strong emotions across the country. This toll-free hotline is available 7-days a week, 24-hours a day to anyone who needs help dealing with the many issues that may arise from this tragedy.

**Resources for Coping with School Shootings**

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# Discussion

- What resources do you use and recommend?
- What have you done in the past in responding to suicidal events?
- Does anyone have a plan for responding to nonfatal suicidal events?
- Your questions?

# Thank you!

Anara Guard  
aguard@edc.org



Theresa Ly  
tly@edc.org



Sandra Black  
sblack@edc.org



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