

# Building Hope and Resiliency - Putting the Riverside Suicide Prevention Strategic Plan Into Action

## Year 1 accomplishments:

### Upstream Focus

**Goal:** Increase connectedness between people, family members, and community and increase resiliency and help-seeking

**Year 1:** Determined communities and age groups to target. Working on understand needs and developing content and activities to increase coping, problem solving skills, social engagement and internal resilience.

**Healthy & Connected Communities**

**Promoting Resiliency**

### Prevention Focus

**Goal:** Standardize policies and curriculum to promote connectedness and address suicide risk. Also, increase detection and screening to connect people to services based on suicide risk.

**Year 1:** To maximize impact, Promoted suicide prevention trainings in communities that have the most high risk populations.

**Engaging Schools**

**Trainings**

### Intervention

**Goal:** Deliver best practices in care targeting suicide risk and create safe environments by reducing access to lethal means; Deliver a continuum of crisis services across the county and ensure continuity of care plus follow-up after suicide-related services

**Year 1:** Conducted planning centered on needs and crisis resources, and identified gaps in crisis intervention services.

**Means Safety**

**Expansion & Integration of Suicide Prevention in Health Services**

### Postvention Focus

**Goal:** Expand support and services following a suicide loss

**Year 1:** Partnered with a trauma expert group to create LOSS teams to support survivors of suicide loss. LOSS stands for Local Outreach to Suicide Survivors. Gathered information about suicide loss by outreaching to loss survivors.

**Postvention Services**

### Effective Messaging & Communications

**Goal:** Increase safe reporting of suicide and healthy social media use

**Year 1:** Developed social media images supporting effective suicide messaging. Educating media outlet and public information officers on safer suicide messaging.

**Effective Messaging & Communications**

### Measuring & Sharing Outcomes

**Goal:** Advance data monitoring and evaluation

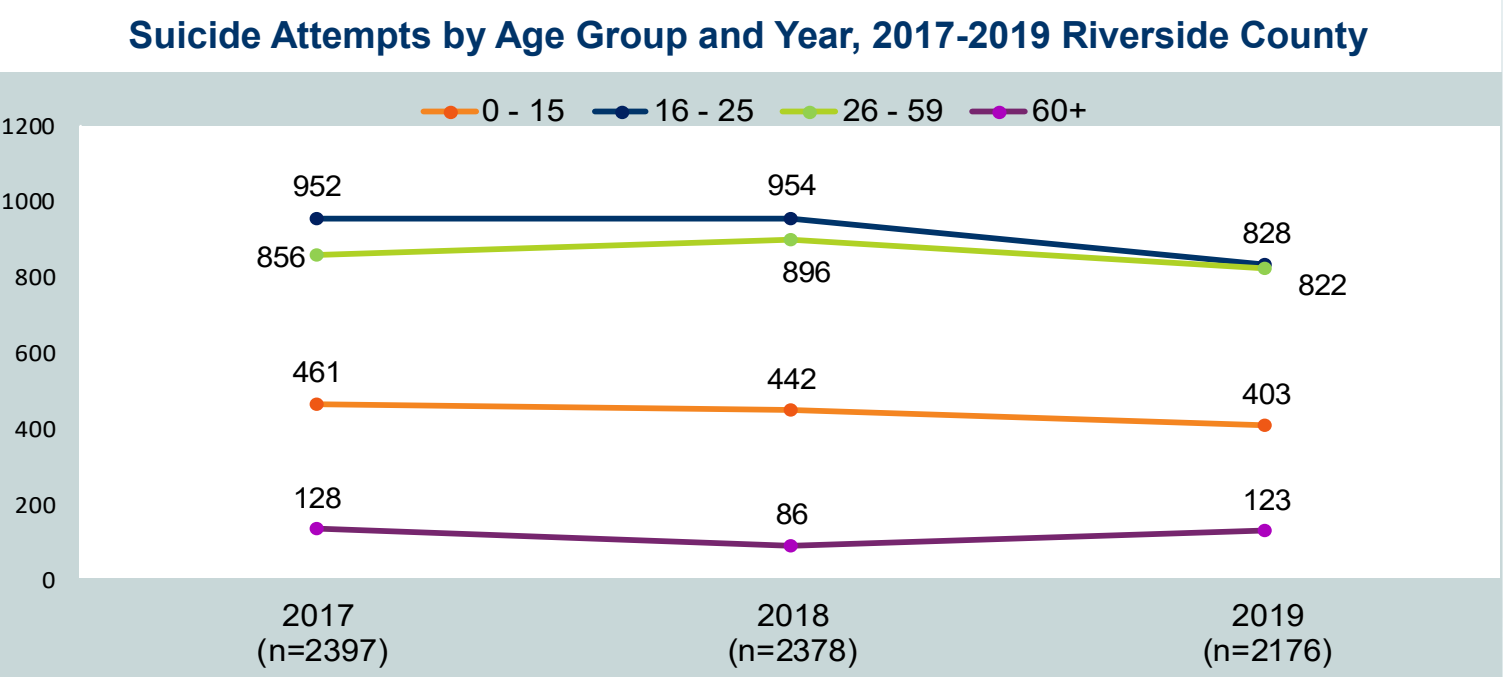
**Year 1:** Developed data briefs and dashboard to effectively share information on the status of suicide and attempts utilizing multiple sources.

**Measuring & Sharing Outcomes**

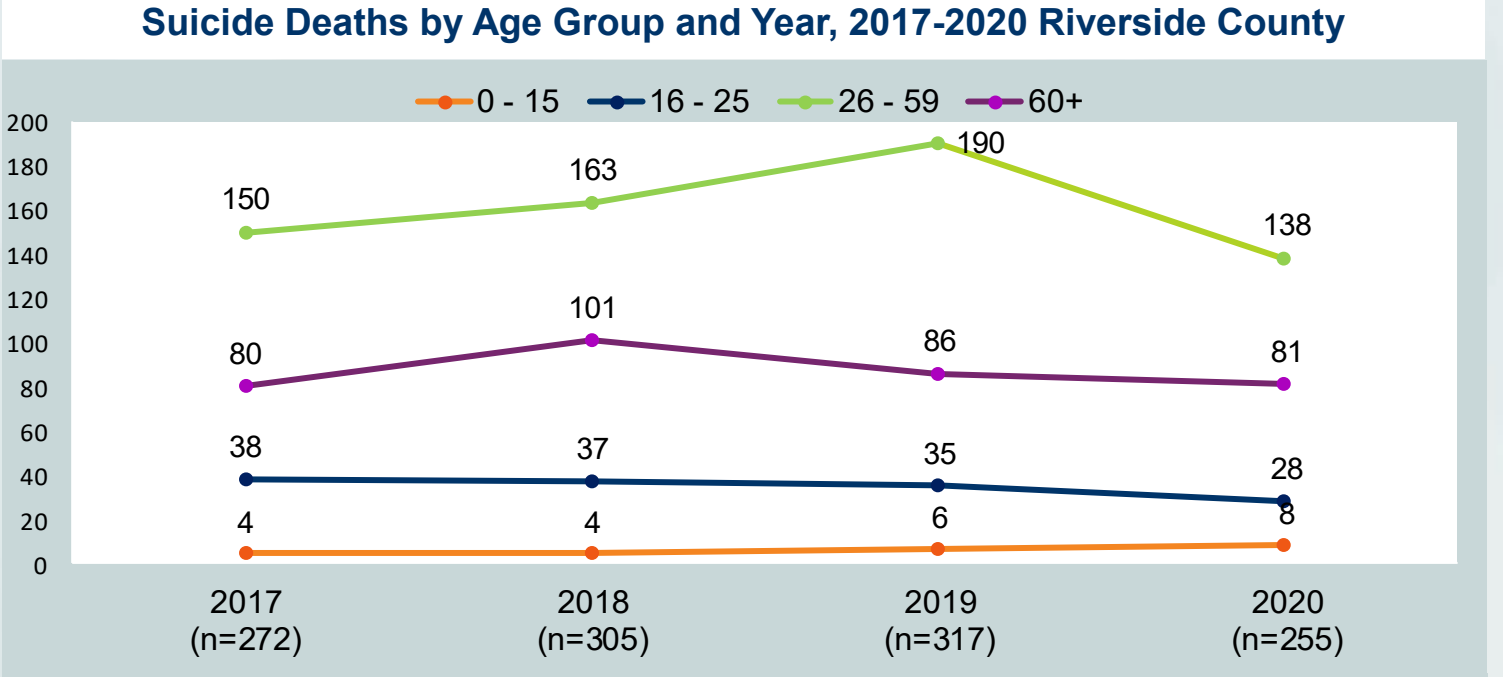
### Quick Facts: Suicide in Riverside County

**Total suicide deaths for 2020 have shown decreases and downward trends.**

**Preliminary 2020 data on suicide attempts is not expected to show dramatic increases.**



Source: Office of Statewide Health Planning and Development (OSHPD)



Source: Electronic Death Reporting System (EDRS)

# Countywide Suicide Prevention Efforts

## Prevention & Early Intervention (PEI)

### Trained Suicide Prevention Helpers



- ◆ Applied Suicide Intervention Skills Training (ASIST)
- ◆ Adult/Youth Mental Health First Aid
- ◆ Know the Signs
- ◆ SafeTALK

### Culturally Specific Presentations & Suicide Prevention in Schools

- ◆ CMHPP provides Mental Health presentations on multiple topics, including suicide prevention, to culturally diverse groups. Suicide prevention specific presentations reached a large audience.
- ◆ Directing Change engages youth in creating public service announcements through film, focused on mental health and suicide prevention.
- ◆ TSAPP trains schools on suicide prevention, including students, school faculty, parents, and community members.

**Community Mental Health Promotion Programs (CMHPP)**  
FY 2019-2021



**Directing Change**  
FY 2017-2021



**Teen Suicide Awareness & Prevention Program (TSAPP)**  
FY 2017-2021



## HELPLine



### FY 2017-2021

- ◆ Available 24 hours a day, 7 days a week
- ◆ Responded to **17,968** crisis calls from 21,674 calls
- ◆ **4,436** crisis calls contained suicidal content
- ◆ **140** active rescues for individuals in imminent danger of dying by suicide from FY 2019-2021
- ◆ **12,865** referred for further services

## Crisis Response System of Care

### Mobile Crisis Services

#### M.C.R.T.

Mobile Crisis Response Teams completed **14,828** crisis responses and served a total of **11,771** individuals since 2015.

#### C.B.A.T.

Community Behavioral Assessment Teams responded to **924** requests with law enforcements and served a total of **815** individuals since January 2021.

#### M.C.M.T.

The mobile crisis management teams have new teams in-progress.

### 24/7 Urgent Care

#### M.H.U.C.

Mental Health Urgent Care Centers have on average **11,327** admissions per year. Data was averaged over the last two fiscal years, starting July 2019. Unduplicated people served averages **6,606** per year.

### 24/7 Crisis Stabilization Unit

#### C.S.U.

Over the last two fiscal years, the two Crisis Stabilization Units have on average **12,588** admissions. Data was calculated across FYs July 2019 to June 2021.

Established October 2020, the goal of the Suicide Prevention Coalition is to bring together multidisciplinary teams to work towards addressing the root causes of suicide.

## A Collaborative Approach to Suicide Prevention in Riverside County



Building  
Hope and  
Resiliency

For more information, or to join a subcommittee of the Suicide Prevention Coalition, contact: [pei@ruhealth.org](mailto:pei@ruhealth.org)



## Crisis/Suicide Intervention Hotlines

**HELPLine– 24/7 Crisis/Suicide Intervention**

Phone: (951) 686-HELP (4357)

**National Suicide Prevention Lifeline**

Phone: (800) 273-TALK (800-273-8255)

Spanish line: (888) 628-9454

TTY: (800) 799-4TTY (4889)

