Planning for Living: Firearm Suicide Prevention



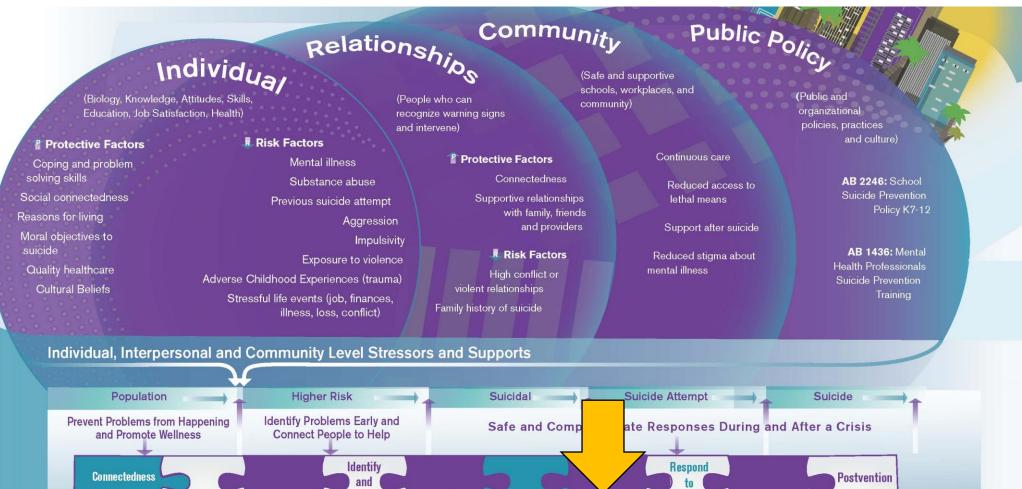
Stan Collins: <u>Stan@SuicideIsPreventable.org</u>



Know the Signs >> Find the Words >> Reach Out

Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).

Ecological Approach to Suicide Prevention Along Suicidal Crisis Path



Suicide Prevention Resource Center (SPRC) Comprehensive Approach to Suicide Prevention

Assist

Care

Transitions/Linkages

Increase

Help-Seeking

Life Skills

and

Resilience

Based on the Suicidal Crisis Path Model developed by Dr. DeQuincy Lezine published in the Fresno Cares Suicide Prevention Strategic Plan.

Crisis

Effective Care

and

Treatment

Reduce Access

Lethal Means

Framework for Suicide Prevention in Riverside County



Statewide Plan- Strategic Direction

GOAL 4: CREATE SAFE ENVIRONMENTS BY REDUCING ACCESS TO LETHAL MEANS

Desired Outcome O Decrease in suicides and initial and subsequent intentional self-harm hospital visits.

Short-term Target (() By 2025, all counties are using data and information to develop and implement targeted lethal means restriction strategies to prevent suicidal behavior and are measuring effectiveness.

Objectives (State):

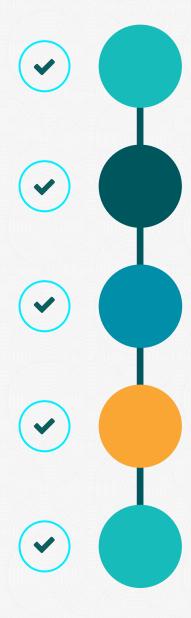
AIM

- 4a: Research and policy agenda
- 4b: Monitor statewide trends
- 4c: Disseminate information on federal funding

Objectives (Local/Regional):

- 4d: Use data to guide focused prevention efforts
- 4e: Promote safe medication disposal methods
- 4f: Partner with firearms community
- 4g: Disseminate information on overdose prevention and response
- 4h: Site-specific efforts
- 4i: Enhance data collection of preventative acts

Questions to ask yourself to inform Means Safety strategic planning:



What data collection systems are in place to track trends on means used in suicide deaths/attempts?

What are the most common methods used for suicide deaths and attempts?

Are there any existing means restriction efforts underway? Are there existing coalitions you can partner with?

Are there any specific sites frequently used for suicide?

Are we providing training on "Counseling on Lethal Means" to gatekeepers and professionals?

Means Safety: Principles and Background

Means safety is one the most effective strategies for suicide prevention...

Most efforts to prevent suicide focus on why people take their lives. But as we understand more about who attempts suicide and when and where and why, it becomes increasingly clear that how a person attempts – the means they use – plays a key role in whether they live or die - MeansMatter.org

HARVARD T.H. CHAN SCHOOL OF PUBLIC HEALTH Email People Departments Calendar Careers Give Frontiers my.harvard FACULTY & RESEARCH ABOUT **ADMISSIONS & AID** ACADEMICS EXECUTIVE/CONTINUING ED NEWS Means Matter WHY? HOW?

WHY?

WHY?

WHY?

Suicide, Guns, and Public Health

WHY?

WHY?

WHY?

MEANS MATTER

www.MeansMatter.org

Means Matter

Reducing access to lethal means saves lives

"Means safety" (reducing a suicidal person's access to highly lethal means) is an important part of a comprehensive approach to suicide prevention. It is based on the following understandings:

- Intent isn't all that determines whether an attempter lives or dies; means also matter.
- Firearms are lethal in 85-95% of suicide attempts
 - As opposed to 0.5-2% of suicide attempts by overdose, and 1-3% of cut/pierce attempts
- 90% of attempters who survive do NOT go on to die by suicide later
 - 70% do not attempt again
- Numerous studies have demonstrated a lack of substitution for means

Principles of Means Restriction

- The effectiveness of reducing access to lethal means has been demonstrated using a wide range of intervention in multiple countries
- Examples:
 - United Kingdom: reduction of suicide following replacement of coal gas with natural gas
 - Israel: 40% reduction in suicides of soldiers when policies changed to require weapons to be stored on base
 - Sri Lanka: Ban on certain chemicals used in pesticides associated with reduction in suicides
 - New Zealand: Suicide deaths reduced to zero after barriers were reinstalled on bridges
 - Multiple Countries: Limiting prescription size and altering packaging resulted in fewer suicides
- Most effective strategies for lethal means restriction are physical deterrents

Won't people just find another way?

Numerous studies have shown no evidence that individuals experiencing thoughts of suicide sought alternative means, and in many cases suicide overall decreased.

- Effectiveness of barriers at suicide jumping sites: a case study (Beautris)
- *Preventing suicide by jumping: the effect of a bridge safety fence* (Pelletier)
- Securing a Suicide Hot Spot: Effects of a Safety Net at the Bern Muenster Terrace (Reisch)
- The coal gas story. United Kingdom suicide rates, 1960-71 (Kreitman)
- The impact of pesticide regulations on suicide in Sri Lanka (Gunnell)

How can we restrict or reduce access to lethal means?

- Place the person in a safer environment
- Put a barrier between the person and the means
- Create time between the person and the means
- Make the means (and an attempt) less lethal

Wisdom from Injury Prevention

• PRIMARY PREVENTION

• PREVENT the EVENT from occurring (brakes)

• SECONDARY PREVENTION

• REDUCE the injury impact of the event (crumple zone, air bags)

• TERTIARY PREVENTION

• MITIGATE effects of injury (rapid response, good trauma care)

Key Components of Means Safety Efforts

- Public Awareness:
 - Posters, PSAs, brochures
- Gatekeeper trainings:
 - Pharmacists, firearm instructors, gun shop owners, family members
- Lethal Means Counseling



Q&A

Means Safety: Using data to guide means safety efforts In order to better understand where and why suicides occur on the railroad right-of-way, it is vital to collect accurate and consistent data on the incidents that occur. With a better understanding of each and every event (intentional and unintentional), more can be learned about preventing similar incidents

-Countermeasures to Mitigate Intentional Deaths on Railroad Rights-of-Way: Lessons Learned and Next Steps

Statewide Plan-Strategic Direction

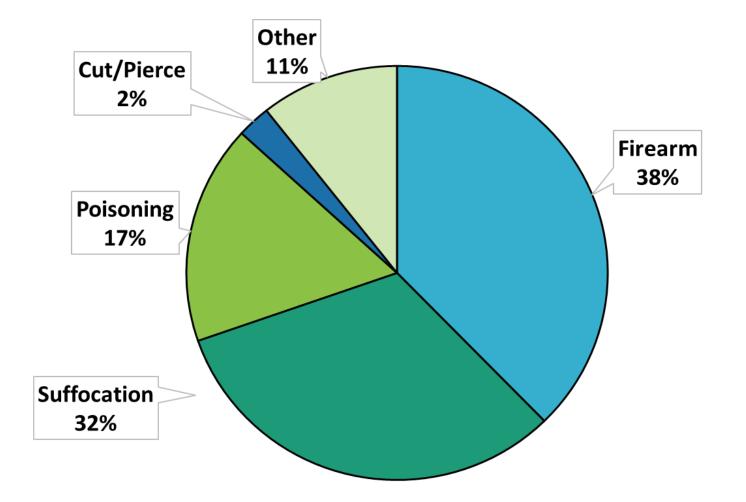
Local and Regional Objectives

Objective 4d Use the Public Health Model to evaluate risk and identify the methods of suicidal behavior used by community members and by specific demographic (such as race/ethnicity, age, sexual orientation, and gender identity) and cultural groups to guide development of focused prevention efforts. Once identified, develop tailored means restriction strategies and evaluate impact.

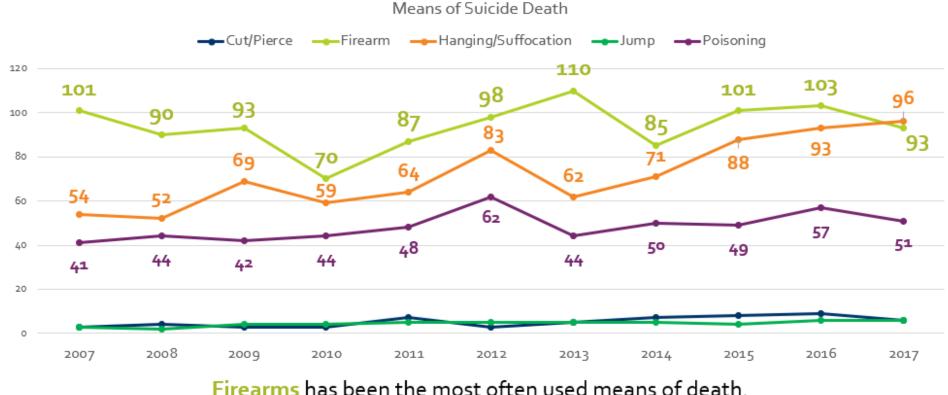
Steps to implementation

- Review data to identify means/methods used in suicide attempts and deaths
- Explore how means/methods vary by demographics
- Identify and develop tailored means restriction strategies

CALIFORNIA, Suicide by Method, 2013-2017 (ALL AGES)

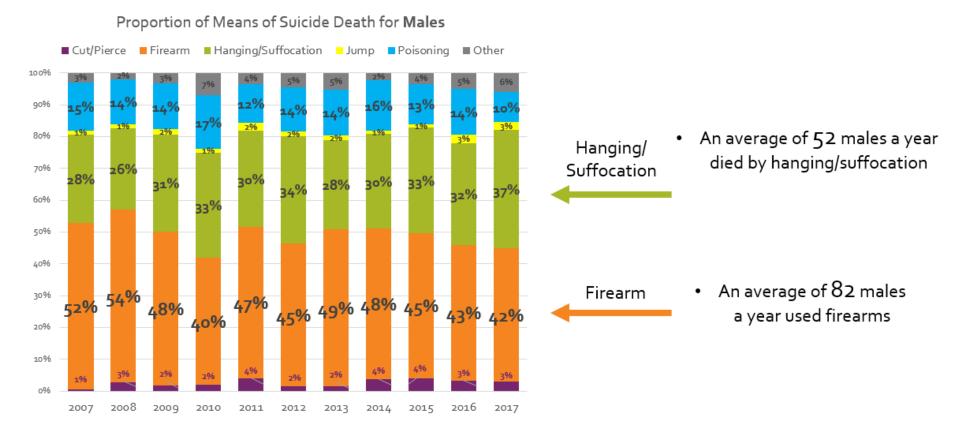


Means of Death

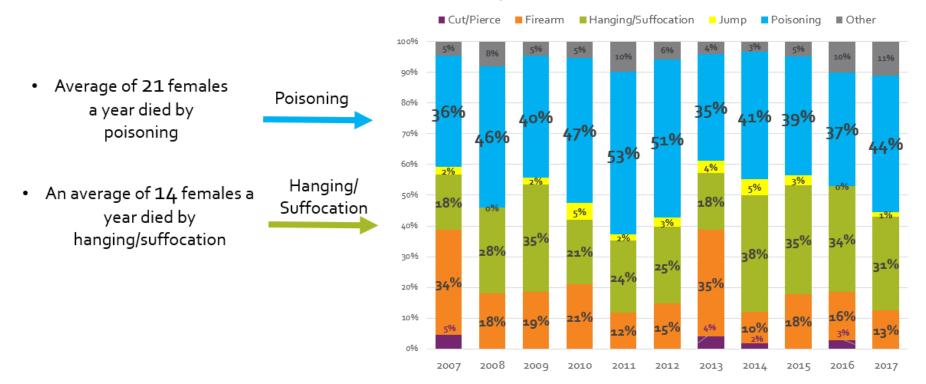


There has been an upward trend of Hanging/Suffocation deaths

Means of Death for Males

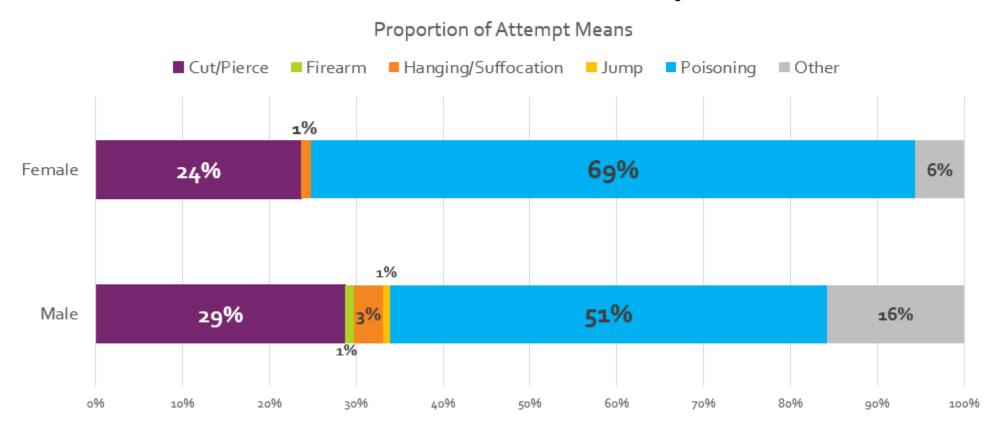


Means of Death for Females



Proportion of Means of Suicide Death for Females

Means of Attempt





Q&A

Means Safety: Reducing firearm suicides

Statewide Plan- Strategic Direction

Objective 4f Disseminate information to local gun shop and range owners to increase awareness of suicide prevention efforts, suicide warning signs, and available resources. Partner with local firearm safety trainers to incorporate suicide prevention awareness into trainings. Invite local gun shop and range owners to join local coalitions. Partner with law enforcement to guide dissemination of lawful options for temporarily transferring firearms for storage in times of suicide crisis or when Gun Violence Restraining Orders apply.²⁶ Resources to support this strategy can be found here: <u>https://emmresourcecenter.org/resources/suicide-prevention-gun-shop-activity.</u>

Steps to implementation:

- Disseminate information to local gun shops (awareness materials and gatekeeper trainings to staff)
- Partner with local firearm safety trainings to incorporate suicide prevention into trainings
- Disseminate information on lawful options for safe storage
- Provide information on Gun Violence Restraining Order
- Disseminate information to raise awareness of suicide prevention and safe storage/transfer in firearm owner community



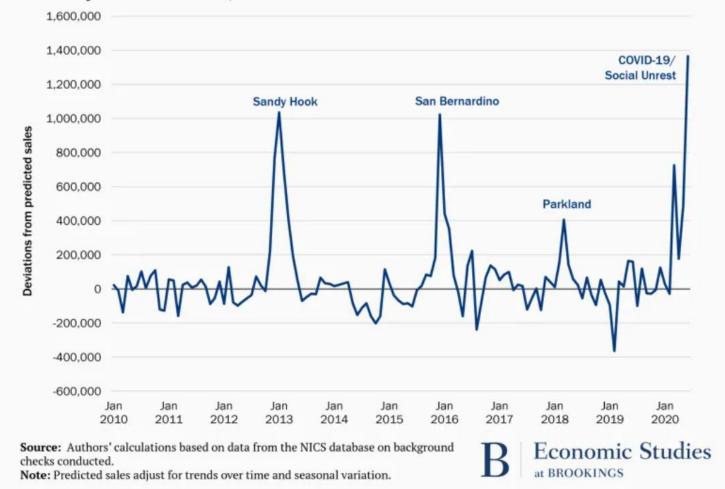
Firearm Suicide Prevention Means Safety Firearm Suicide Prevention In the US, where firearms are the method used in approximately **50% of all suicides** and where roughly **1 in 3 homes contains firearms**,

even <u>small relative declines in the use of firearms in suicide</u> acts <u>could result in large reductions in the number of suicides</u>, depending on what, if any, method would be substituted for firearms.

> Breaking through Barriers, The Emerging Role of Healthcare Provider Training Programs in Firearm Suicide Prevention

Firearm Sales

Monthly Firearm Sales, 2010 to 2020

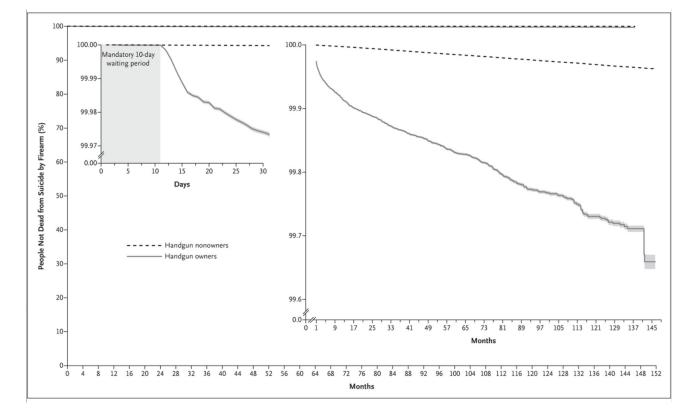


Suicide rates of firearm owners over time

SPECIAL ARTICLE

Handgun Ownership and Suicide in California

David M. Studdert, LL.B., Sc.D., Yifan Zhang, Ph.D., Sonja A. Swanson, Sc.D., Lea Prince, Ph.D., Jonathan A. Rodden, Ph.D., Fin E. Holsinger, M.D., Matthew J. Spittal, Ph.D., Garen J. Winternute, M.D., M.P.H., and Matthew Miller, M.D., Sc.D.



People Not Dead from Suicide by Firearm (%)

- - - - Handgun nonowners

— Handgun owners

Owners (N=676,425)		Nonowners (N=25,637,011)			
Cause of Death	Owners # / Rate		Non-owners		
			# / Rate		
Suicide	1,354	47.73	16,540	9.38	
Suicide by Firearm	1,200	42.30	5,491	3.11	

Suicide rates of firearm owners over time

SPECIAL ARTICLE

Handgun Ownership and Suicide in California

David M. Studdert, LL.B., Sc.D., Yifan Zhang, Ph.D., Sonja A. Swanson, Sc.D., Lea Prince, Ph.D., Jonathan A. Rodden, Ph.D., Erin E. Holsinger, M.D., Matthew J. Spittal, Ph.D., Garen J. Wintemute, M.D., M.P.H., and Matthew Miller, M.D., Sc.D.

Table 3. Counts, Crude Rates, and Adjusted Hazard Ratios for Suicide by Firearm among Handgun Owners, According to Time Period after First Handgun Acquisition.*

Suicides by Firearm			Period Sin	ce First Handgun A	cquisition		
	1–10 Days	11–30 Days	31–90 Days	91–365 Days	366 Days–3 Yr	4–6 Yr	7–12.2 Yr
Suicides — no./total no. (%)	1/1200 (0.08)	172/1200 (14.33)	154/1200 (12.83)	251/1200 (20.92)	309/1200 (25.75)	194/1200 (16.17)	119/1200 (9.92)
Crude rate per 100,000 person-years	5.41	470.80	147.30	60.71	45.87	18.55	14.28
Adjusted hazard ratio (95% CI)	4.59 (0.82–25.52)	100.10 (55.75–179.90)	16.62 (12.98–21.29)	12.40 (10.48–14.67)	5.35 (4.64–6.17)	1.58 (1.34–1.86)	2.61 (2.14–3.19)

* "Acquisition" refers to the time of the application to purchase. California requires a 10-day (240-hour) waiting period from the date and time of the application to purchase to the time at which the purchaser is permitted to take possession of the firearm.

Suicide rates of firearm owners over time

SPECIAL ARTICLE

Handgun Ownership and Suicide in California

David M. Studdert, LL.B., Sc.D., Yifan Zhang, Ph.D., Sonja A. Swanson, Sc.D., Lea Prince, Ph.D., Jonathan A. Rodden, Ph.D., Erin E. Holsinger, M.D., Matthew J. Spittal, Ph.D., Garen J. Winternute, M.D., M.P.H., and Matthew Miller, M.D., Sc.D.

Cause of Death	Ow	Owners		owners	Adjusted Hazard Ratio (95% CI)‡
	Deaths*	Crude Rate†	Deaths*	Crude Rate†	
All causes	10,863	382.94	1,447,118	820.91	0.80 (0.79–0.82)
Male	9,343	409.60	697,731	910.11	0.81 (0.79–0.83)
Female	1,500	271.78	739,924	747.99	0.72 (0.68–0.76)
Suicide	1,354	47.73	16,540	9.38	3.67 (3.46–3.89)
Male	1,132	49.63	11,376	14.84	3.34 (3.13–3.56)
Female	219	39.68	5,107	5.16	7.16 (6.22–8.24)
Suicide by firearm	1,200	42.30	5,491	3.11	9.08 (8.48–9.73)
Male	1,003	43.97	4,575	5.97	7.82 (7.26–8.43)
Female	194	35.15	900	0.91	35.15 (29.56–41.79)
Suicide by other methods	154	5.43	11,049	6.27	0.68 (0.58–0.80)
Male	129	5.66	6,801	8.87	0.64 (0.55–0.76)
Female	25	4.53	4,207	4.25	1.01 (0.68–1.50)

Key Components of Firearm Means Safety

- Public Awareness:
 - Posters, PSAs, brochures
- Gatekeeper trainings:
 - Firearm instructors, gun shop owners (friends and family members)
- Lethal Means Counseling / Safety Planning
 Intervention

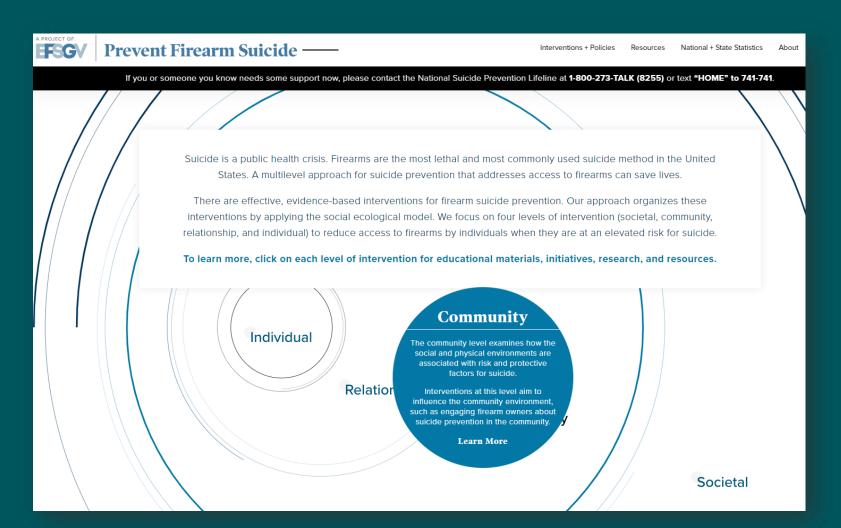
 Section 27545 does not apply to the transfer of a firearm if all of the following conditions are satisfied:

- The firearm is voluntarily and temporarily transferred to another person who is 18 years of age or older for safekeeping to prevent it from being accessed or used to attempt suicide by the transferor or another person that may gain access to it in the transferor's household.
- The transferee does not use the firearm for any purpose and, except when transporting the firearm to the transferee's residence or when returning it to the transferor, keeps the firearm unloaded and secured in the transferee's residence in one of the following ways:
 - Secured in a locked container.
 - Disabled by a firearm safety device.
 - Secured within a locked gun safe.
 - Locked with a locking device as described in Section 16860 that has rendered the firearm inoperable.
- The duration of the loan is limited to that amount of time reasonably necessary to prevent the harm described in paragraph (1).

"Safe Harbor" update to CA Penal Code

Coalition to Stop Gun Violence – Educational Fund to Stop Gun Violence

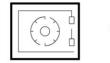
Prevent Firearm Suicide



preventfirearmsuicide.efsgv.org/

SOCIAL ECOLOGICAL MODEL: LIMITING ACCESS TO LETHAL MEANS

Prevent Firearm Suicide







Individual Safer Storage

RelationshipCommunityLethal MeansGun ShopSafety CounselingProject

Society Extreme Risk Laws

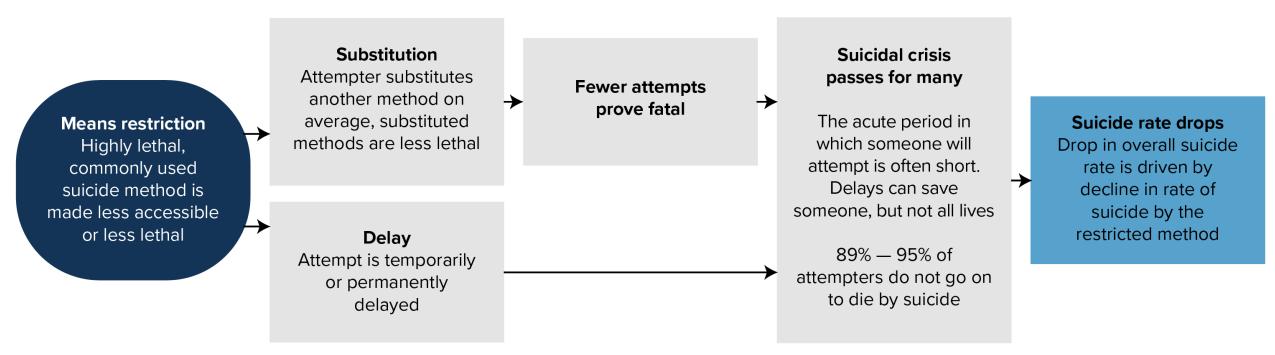
preventfirearmsuicide.efsgv.org/

Allchin A, Chaplin C, Horwitz J. (2018). Limiting access to lethal means: applying the social ecological model for firearm suicide prevention. Injury Prevention.

Firearm Suicide Prevention Interventions			
Level	Intervention		
Societal	Extreme risks laws		
	Voluntary self-prohibitions		
	Policies that reduce availability of firearms		
Community	Gun shop projects		
Relationship	Family/friends holding onto firearms		
	Lethal means safety counseling		
Individual	Safer storage		

CONCEPTUAL MODEL

"Means restriction is one of the few empirically based strategies to substantially reduce the number of suicide deaths."



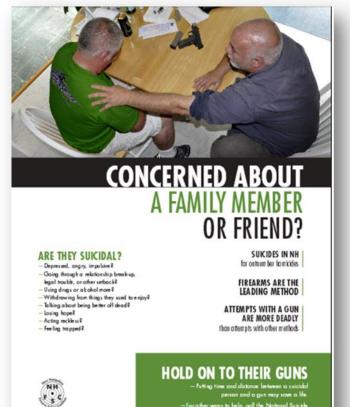
Source: Barber & Miller, 2014

SOCIETAL LEVEL: GUN VIOLENCE RESTRAINING ORDER

- A Gun Violence Restraining Order (GVRO) is civil order that temporarily prohibits an individual who poses a significant danger of causing injury to self (including suicide) or others from purchasing or possessing any firearms or ammunition.
- Enables law enforcement and families to proactively intervene and remove firearms from individuals who are suicidal or behaving dangerously
- 3 types of GVROs:
 - Emergency GVRO
 - Temporary (*ex parte*) GVRO
 - Final GVRO

Cal. Penal Code §§ 18150(b)(1); 18155(b)(1)(West).

The Gun Shop Project



serson and a gun may save a life. Forotherways to help, call the National Suicide munition Links 1 JDD 373 JALE 1805

The Gun Shop Project is a collaborative effort to engage gun shop and firing range owners, their employees and their customers on preventing suicide, the number one type of firearm death in the U.S.

Suicide Prevention **Partnerships with Gun Owner Groups**



San Diego County

FIREARM SUICIDES

surrounds it

San Diego County customized "Gun Shop" materials based on feedback from gun owners and gun shop employees. Over 12,000 materials have been distributed since fall 2018.

Website supports implementation of the program to provide a resource for community members to learn more and to help identify a gun shop for safe storage



ARE THEY SUICIDAL?

- -Depressed, angry, impulsive? -Going through a relationship break-up. legal trouble, or other setback? -Using drugs or alcohol more? Withdrawing from things they used to enjoy? -Talking about being better off dead? -Losing hope?
- -Acting reckless? -Feeling trapped?

If you or someone you know is at risk of suicide, call the San Diego County Access and Crisis Line: 1-888-724-7240



GUN SAFETY SAVES LIVES ABOUT THIS BROCHURE

It's Up to Us is San Diego's suicide prevention . Treat every firearm as if it were loaded. and mental health awareness campaign. Visit www.StopFirearmSuicideSD.org to learn 2. Always point the muzzle in a safe the warning signs for suicide, find the words

to talk to someone you are concerned about, and learn about local mental health and 3. Be sure of your target and what suicide prevention resources.

×

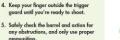
LIVE WELL

day, 7 days a week to speak to a trainer

San Diego County Access and Crisis Line

1-888-724-7240

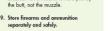
selor. This is not a reporting line



If you are feeling suicidal or if you are concerned bout someone else, help is available right now. Call the Access and Crisis Line 24 hours a 6. Unload firearm when it is not in use. Leave action open; carry firearm in a

case and unloaded to and from the shooting area. 7. Point a firearm only at something you

intend to shoot. 8. Don't run, jump, or climb with a loaded firearm, Pull a firearm toward you by



10. Don't drink alcoholic beverages or use drugs before or during shooting



Firearms are the leading method of suicide in San Diego County.

In fact, suicides by firearm outnumber homicides by firearm approximately 3 to 1. Over a 10-year period 1,451 people died of suicides involving firearms in San Diego County.



San Diego County is working with firearms instructors to implement suicide prevention content in firearm safety courses.

http://stopfirearmsuicidesd.org/



Home - Learn - Prevent Firearm Suicide

Prevent Firearm Suicide

Recognizing Symptoms

San Diego County

http://stopfirearmsuicidesd.org/

Prevent Firearm Suicide

Firearms are the leading method of suicide in San Diego County. Over a 10-year period in San Diego County, 1,451 people died of suicides involving firearms (*San Diego County Health and Human Services (HHSA), Emergency Medical Services, Medical Examiner Database, 2008–2017).* Every step we can take to put "speed bumps" or barriers between someone's thoughts of suicide and access to means to end their life reduces the risk of a suicide attempt. With firearms being the most lethal and also most common means of suicide deaths, it is important to reduce access to firearms to those having thoughts of suicide.

Here are some tips to help you keep yourself or a loved one safe.

 Learn the warning signs for suicide. The risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change. If someone you care about is showing one or more of the <u>warning signs</u>. have them or help them call the San Diego Access and Crisis Line at 1-888-724-7240.

2. Keep guns securely stored at all times. A key principle of firearm safety is to keep guns securely stored at all times. This is especially important when someone who is having thoughts of suicide may be able to access them. Keeping firearms in locked gun cases, using gun locks, and storing firearms in a certified gun safe are key steps that can prevent unwanted access to firearms. As an additional safety precaution, consider storing the gun safe key in a separate location outside of the home, such as with friends or family.

Keep guns securely stored at all times.

3. Have a Conversation about Suicide Prevention. Individuals in the gun-owning community have strong feelings about their rights and desires to own and possess firearms. Therefore, someone might hesitate to give up their firearms even if they or someone else in the home is thinking about suicide. Or perhaps you are having thoughts of suicide and worry about losing access to firearms by law enforcement. In any of these cases, the most important thing is to keep ourselves or our loved ones safe. Sometimes this means that access to firearms will have to be limited for a period of time.

Recognizing Symptoms Prevent Firearm Suicide

Treatment and Recovery

Wellness

Children's Mental Health

Suicide Prevention

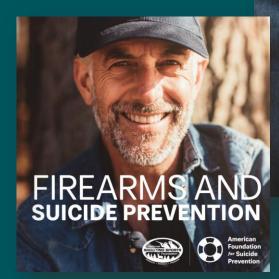
Warning Signs for Suicide

After a Suicide

Personal Stories

Addiction and Substance Use

American Foundation for Suicide Prevention



After a Suicide:

A Guide for Firearms Retailers and Range Owners



AFSP partnered with the **National Shooting Sports** Foundation to develop a postvention guide for ranges and general awareness materials

Some People are More at Risk for Suicide than Others

Ø

HEALTH

FACTORS

natic brain injur

ENVIRONMENTAL FACTORS Mental health condition Stressful life events, like rejection, divorce, financial Depression crisis, or other life transition Substance use problems Bipolar disorder Prolonged stress, such Schizophrenia and psych as harassment, bullving, Personality traits of relationship problems o aggression, mood changes unemployment and poor relationships Conduct disorder Exposure to another person's Anxiety disorders (PTSD) suicide, or to graphic or sensationalized accounts Serious or chronic health of suicide onditions and/or pain

Access to lethal means

including firearms and drugs

HISTORICAL FACTORS Previous suicid attempts Family history of suicide Childhood abuse

negrect or trauma
Risk factors are
characteristics or

try to take their life

lisk factors are	
haracteristics or	
onditions that	
ncrease the chance	
hat a person may	

0	Y
TALK	BEHAVIOR
If a person talks about: • Killing themselves • Feeling hopeless	Behaviors that risk, especially time of transiti

or loss

or drugs

Take Suicide Warning

Signs Seriously

· Having no reason to live

Feeling trapped

Unbearable pair

Most people who

take their lives exhibit

one or more warning

signs, either through

they do.

what they say or what

Being a burden to others

MOOD People who are conside if during a suicide often display one or more of the following moods Depressio Increased use of alcohol Anxiety Loss of interes

· Looking for a way to end th Irritability lives, such as searching Humiliation online for materials or mean Agitation/Anger Withdrawing from activities Relief/Sudden Improver

· Isolating from family and friends Sleeping too little or too much Visiting or calling people to say goodbye

 Giving away prized posse Aggression Fatigue

https://afsp.org/about-suicide/firearms-and-suicide-prevention/

Example from Other States



https://vimeo.com/175761640

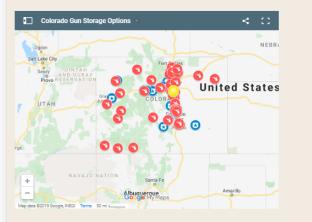
Colorado Firearm Safety Coalition

Gun Storage Map

About Colorado Gun Storage Options

This map was developed to help community members seeking local options for temporary, voluntary firearm storage.

Out-of-home gun storage can be especially helpful to persons in crisis at risk for suicide. As of the summer of 2019, the businesses and law enforcement agencies listed on this map are willing to consider requests for temporary, voluntary gun storage.



If you're looking for temporary gun storage, we encourage you to contact the listed business and law enforcement agencies for further information.

https://coloradofirearmsafetycoalition.org/ ⁴³

After controlling for state-level suicide attempt rates (2008-2009), higher rates of firearm ownership (assessed in 2004) were strongly associated with higher rates of overall suicide and firearm suicide, but not with non-firearm suicide (2008-2009).

- Firearms and suicide in the United States: is risk independent of underlying suicidal behavior?



Striving for Zero: Means Safety Website (COMING SOON!)



Means Safety Community Resources For Organizations For Survivors Suicide Prevention

Means Safety: Striving to Keep a Loved one Safe from Suicide

Welcome. This website is designed to support you to increase safety for yourself or a loved one, friend, colleague, or client when suicide risk is elevated. Limiting a person's access to means by which they may cause themselves harm is called *lethal means safety*, and here you'll find information about a range of strategies to promote safety in times of crisis or in anticipation of crisis.

Adding time between thoughts of suicide and a person's ability to obtain lethal means for an attempt represents a practical, lifesaving approach to prevent suicide.

Website Features:

- Public facing website with resources for individuals, friends and family to help reduce access to lethal means during time of crisis
- Includes means safety • tips for various methods

Means Safety **Firearm Safety** Overdose & Poisoning

prescription drugs which gives time for intervention or for the crisis to pass.

Safety Suffocation & Strangulation Means safety for suicide prevention is Signage & about limiting a person's access to means Barriers by which they may cause themselves harm. Strategies to promote safety in times of crisis or in anticipation of crisis

Means

include placing yourself or a person in a safer environment, putting a barrier between the person and the means, or increasing the amount of time it takes for yourself or a person to access the means. For example, by securely storing guns or

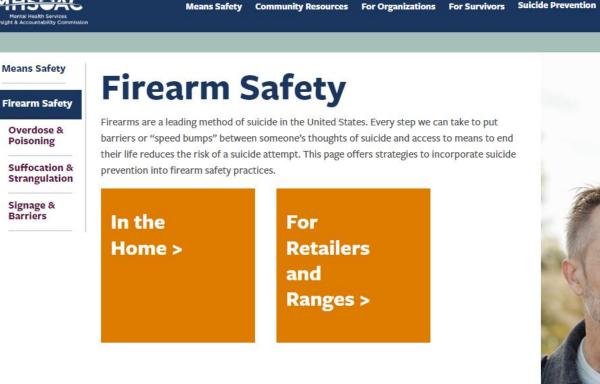
- Review Interactive Means Safety Checklist
- Take a Screenshot of the Means Safety Checklist Graphic
- Download Means Safety Checklist

Visit these pages for an overview of means safety strategies you can implement in your home and other settings.



Firearm Suicide Prevention:

 Includes information for "in the home" and for "retailers and ranges"



Means Safety

Firearm Safety

Firearm Safety

Overdose &

Strangulation

Signage & Barriers

Firearm Safety

Poisoning Suffocation &

Firearms are a leading method of suicide in the United States. Every step we can take to put barriers or "speed bumps" between someone's thoughts of suicide and access to means to end their life reduces the risk of a suicide attempt. This page offers strategies to incorporate suicide prevention into firearm safety practices.

In the Home

There are a number of ways you can help keep yourself or a loved one safe in the home.

1. Learn the warning signs for suicide and crisis resources.

If you are concerned about yourself or someone else and observe one or more warning signs, More >

2. Keep guns securely stored at all times.

It's important to keep guns securely stored at all times. This is even more important when **More >**

3. Have a conversation about suicide prevention.

When you're worried that someone may be having thoughts of suicide, the only way to know is More >

4. Consider additional safety precautions such as storing a firearm outside the home.

Putting time and distance between a person at risk for suicide and a gun can save a life. To keep yourself, your family, or your friends safe when someone is experiencing thoughts of suicide, one of the most effective steps you can take is to limit access to firearms by securing firearms safely outside of the home. There are some things to consider before transferring firearms to a gun shop or to a family member or friend. Please note that the law can change and that these tips were written based on information available in May 2022.

Storing a gun at a gun shop or shooting range Storing a gun with a friend or family member Storing a gun with law enforcement What if storage or disposal isn't an option?



Q&A

Means Safety: Counseling on Lethal Means and Safety Planning Intervention

Counseling on Lethal Means

What is Lethal Means Safety Counseling?

Lethal means safety counseling is the process that healthcare providers undertake to:

- Determine if an individual at risk for suicide has <u>access to lethal means</u> of suicide attempt (such as firearms); and
- 2. Work with the individual and their family or friends <u>to reduce access</u> until the risk of suicide decreases

Counseling on Lethal Means What should Lethal Means Safety Counseling Training include?

Lethal means safety counseling training should include:

- 1. Evidence to address common misconceptions
- 2. Overview of best counseling techniques
- 3. Information about firearms
- 4. Tools for providers when patients have access to firearm
- 5. Important legal information regarding firearms



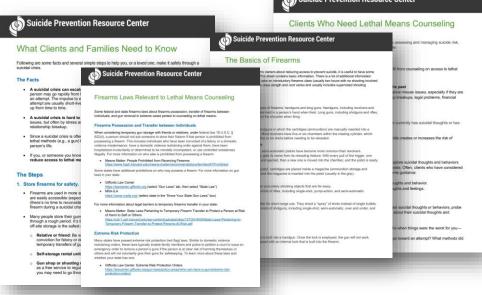
THE EMERGING ROLE OF HEALTHCARE PROVIDER TRAINING Programs in Firearm suicide prevention





CALM is an online course designed by SPRC for professionals who work with people at risk for suicide. The course covers how to:

- Identify people who could benefit from lethal means counseling
- Ask about their access to lethal methods
- Work with them, and their families, to reduce access
- Website: <u>http://www.sprc.org/resources-programs/calm-</u> <u>counseling-access-lethal-means</u>



SPRC Counseling on Lethal Means (CALM)

Safety Planning

About the Safety Planning Intervention (SPI):

- SPI is used to provide people who are experiencing suicidal ideation with a specific set of concrete strategies to use in order to decrease the risk of suicidal behavior.
- Collaborative efforts between patient and treatment provider

Step 1:	Warning signs (thoughts, images, mood, situation, behavior) that a crisis m developing:	ay be
1		
Step 2:	Internal coping strategies – Things I can do to take my mind off my problen without contacting another person (relaxation technique, physical activity)	
1		
Step 3:	People and social settings that provide distraction:	
1. Name	ePhone	
2. Name	ePhone	
3. Place_	4. Place	
Step 4:	People whom I can ask for help:	
1. Name	ePhone	
2. Name	ePhone	
3. Name	ePhone	
Step 5:	Professionals or agencies I can contact during a crisis:	
1. Clinici	ian NamePhone	
Clinici	ian Pager or Emergency Contact #	
	ian Name Phone	
	ian Pager or Emergency Contact #	
3. Local	Urgent Care Services	
Urger	nt Care Services Address	
Urgen	nt Care Services Phone	
4 Cuisid	de Prevention Lifeline Phone: 1-800-273-TALK (8255)	
4. Suicio		
	Making the environment safe:	
Step 6:	Making the environment safe:	

The one thing that is most important to me and worth living for is:





Q&A

Thank you for attending! Stan Collins: Stan@SuicideIsPreventable.org



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).