

WELCOME to the

*Mental Health and Substance Use Part 1
ECHO Session 6*

Session will start in less than 15 minutes



For educational and quality improvement purposes, we will be recording this video-session

By participating in this clinic you are consenting to be recorded – we appreciate and value your participation

If you have questions or concerns, please email

ECHO@hitchcock.org



Attendance

- Please type your name, organization, and email into chat
- If you joined as a group, please include all the names of those in your group
- Introductions of HUB team



Respect Private Health Information

To protect patient privacy, please only display or say information that doesn't identify a patient or that cannot be linked to a patient.

- **Names:** Please do not refer to a patient's first/middle/last name or use any initials, etc.
- **Locations:** Please do not identify a patient's county, city or town. Instead please use only the patient's state if you must.
- **Dates:** Please do not use any dates (like birthdates, etc) that are linked to a patient. Instead please use only the patient's age(unless > 89)
- **Employment:** Please do not identify a patient's employer, work location or occupation.
- **Other Common Identifiers:** Patient's family members, friends, co-workers, phone numbers, e-mails, etc.



Suicidality

What Why

Prevention/Intervention/Triage Resources

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Conflict of Interest Disclosure Statement

No Conflicts of Interest



What Is It

- Death by injuring oneself with the intent to die
- Public Health Problem: 10th leading cause of death in US
 - Second leading cause 10-34yo
 - Fourth leading cause 35-54
 - Eighth leading cause 55-64
- More than 47,000 people died by suicide in 2017, 1 death every 11 minutes
- \$70 Billion per year in lifetime medical and work time lost



Evaluation and Triage: Risk Factors

- Behaviors
- Current/past psychiatric disorders
- Symptoms
- Family History
- Precipitants/Stressors/Interpersonal
- Change in Treatment
- Access to Firearms



Protective Factors

- Internal

 - ability to cope with stress

 - religious beliefs

 - frustration tolerance

- External

 - Responsibility to children, pets

 - Positive therapeutic relationships

 - Social supports

Suicide Inquiry

- Ideation
 - Frequency, intensity, duration
- Plan
 - Timing, location, lethality, availability, preparatory acts
- Behaviors
 - Past attempts, aborted attempts, rehearsals (vs self injurious actions)
- Intent
 - Extent to which patient expects to carry out plan and believes the plan

Risk Level/Intervention

RISK LEVEL	RISK/PROTECTIVE FACTOR	SUICIDALITY	POSSIBLE INTERVENTIONS
High	Psychiatric diagnoses with severe symptoms or acute precipitating event; protective factors not relevant	Potentially lethal suicide attempt or persistent ideation with strong intent or suicide rehearsal	Admission generally indicated unless a significant change reduces risk. Suicide precautions
Moderate	Multiple risk factors, few protective factors	Suicidal ideation with plan, but no intent or behavior	Admission may be necessary depending on risk factors. Develop crisis plan. Give emergency/crisis numbers
Low	Modifiable risk factors, strong protective factors	Thoughts of death, no plan, intent, or behavior	Outpatient referral, symptom reduction. Give emergency/crisis numbers

(This chart is intended to represent a range of risk levels and interventions, not actual determinations.)

Document

- Risk Level and rationale
- Treatment plan to reduce risk
- Firearms instructions
- Follow up plan



Warning Signs

- Ask, Listen and Look
- IS PATH WARM

Ideation	Withdrawing
Substance Use	Anger
	Recklessness
Purposeless	Mood Changes
Anxiety	
Trapped	
Hopelessness	

Prevention

- Strengthen economic supports
- Screen
- Protective Environments
- Remove lethal means
- Promote Connectedness
- Teach coping and problem solving skills
- Lessen Harm and prevent future risk



Community

If you or someone you know is in an emergency:

Direct them to local Emergency Department

Call 911

call the statewide suicide hotline at 1-800-273-talk (1-800-273-8255),
call [The National Suicide Prevention Lifeline](#) at 800-273-TALK (8255) or
call 911 immediately.



Northern Human Services
87 Washington Street
Conway NH 03818
Phone: (603) 447-3347
Fax: (603) 447-8893 CEO: Eric Johnson, MSHSA
ejohnson@northernhs.org

REGION III

The Lakes Region Mental Health Center, Inc.
40 Beacon Street East
Laconia, NH 03246
Phone: (603) 524-1100
Fax: (603) 528-0760 CEO: Margaret M. Pritchard, MS
mpritchard@genesisbh.org

REGION V

Monadnock Family Services
Administrative Office
64 Main Street, 2nd Fl
Keene NH 03431
Phone: (603) 357-4400
Fax: (603) 352-5698 CEO: Philip Wyzik, MA
pwyzik@mfs.org

REGION VII

The Mental Health Center of Greater
Manchester
401 Cypress Street
Manchester NH 03103-3628
Phone: (603) 668-4111
Fax: (603) 669-1131 CEO: William Rider, President and CEO
riderwil@mhcgm.org

REGION IX

Behavioral Health & Developmental
Services of Strafford County, Inc.
DBA Community Partners of Strafford
County
113 Crosby Road, Suite 1
Dover NH 03820
Phone: (603) 516-9300
Fax: (603) 743-3244 CEO: Brian Collins, MPA
bcollins@communitypartnersnh.org

West Central Services, Inc.
DBA West Central Behavioral Health
9 Hanover Street, Suite 2
Lebanon NH 03766
Phone: (603) 448-0126 x2102
Fax: (603) 448-0129 CEO: Suellen Griffin, MSN, BBA
sgriffin@wcbh.org

REGION IV

Riverbend Community Mental Health, Inc.
PO Box 2032, 3 N. Main Street
Concord NH 03302-2032
Phone: (603) 226-7505
Fax: (602) 225-2803 CEO: Peter Evers, MSW, President and CEO
pevers@riverbendcmhc.org

REGION VI

Community Council of Nashua, NH
DBA Greater Nashua Mental Health at Community Council
100 West Pearl Street
Nashua NH 03060
Phone: (603) 889-6147
Fax: (603) 889-3535 CEO: Craig Amoth, President and CEO
amothc@gnmhc.org

REGION VIII

Seacoast Mental Health Center, Inc.
1145 Sagamore Avenue
Portsmouth NH 03801
Phone: (603) 431-6703
Fax: (603) 433-5078 CEO: Geraldine Couture, MHA
jcouture@smhc-nh.org

REGION X

The Mental Health Center for Southern New Hampshire
DBA CLM Center for Life Management
10 Tsienneto Road
Derry NH 03038
Phone: (603) 434-1577
Fax: (603) 434-3103 CEO: Victor Topo, MSW, President and CEO
vtopo@clmnh.org



Reminders:

- Last session Nov. 5th – Adult ADHD (Gillian Sowden, MD & Katie Shea, MD)
- Please type your name, organization, and email into chat
- Slides will be posted to the D-H ECHO Connect site
- Please complete post-session survey (link will be emailed)
- Please submit cases

