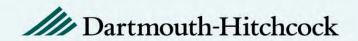
WELCOME to the

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





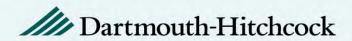
Attendance

• 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.

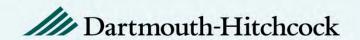




Suicidality What Why Prevention/Intervention/Triage Resources

Joanne F. Wagner, LICSW, CCM Lisa A. Chartier, LICSW

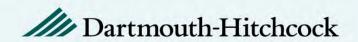




Conflict of Interest Disclosure Statement

No Conflicts of Interest





What Is It

- Death by injuring oneself with the intent to die
- Public Health Problem: 10th leading cause of death is 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



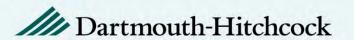


Risk Level/Intervention

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

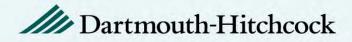


Warning Signs

- 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 <u>The National Suicide Prevention Lifeline</u> 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



