

Steve Sisolak
Governor



Richard Whitley
Director

State of Nevada
Department of Health and
Human Services

GOVERNOR'S COMMISSION ON BEHAVIORAL HEALTH

March 25, 2021

Office of Suicide Prevention
Misty Vaughan Allen, MA



Helping people. It's who we are and what we do.

Nevada Office of Suicide Prevention

Budget and Funding

- Office established in State Fiscal Year 2006;
- Statutory Origin NRS 439.511, 439.513;
- General fund for Coordinator

Subgrants/Other funding:

- \$389,490 from Director's Office, FHN
- Zero Suicide Coordinator: SOR/STR
- \$100,000 to Crisis Support Services of NV for suicide hotline response ;
- 2019 CSSNV \$75,403 capacity expansion grant; 988 planning grant;

Staffing

- 1 state FTE general fund
- 3 state FTEs Fund for Healthy Nevada
- 1 contract position for Zero Suicide funded by STR
- interns and volunteers

Suicide Statistics

United States, 2019

- 47,511 suicide deaths
- Firearms used in over 50.4% of suicides
- 10th leading cause of death-homicide is 16th
- 2nd leading cause for youth (15-24)
- 3.6 male deaths to every female death
- A suicide every 11.1 minutes

Nevada, 2019

- 7th highest rate, (642)
- 2nd leading cause of death 20-49,
- 1st for youth 11-19 years of age (2018)
- Veterans have a high percentage of suicides in NV
- Nevada's Elderly have highest rates 65+
- More suicides than homicides (255), motor vehicle accidents (370)

Suicide Prevention Initiatives

- ❖ **Wellness, Early Identification, Intervention and Prevention of Suicide**
- ❖ **Suicide Prevention Awareness, Education and Training**
 - Nevada Gatekeeper Training: 69 trainings with 2,168 participants
 - safeTALK: 46 trainings with 896 participants
 - ASIST: 7 trainings with 93 participants
 - Youth Mental Health First Aid (YMHFA); 2 trainings with 20 participants
- ❖ **Suicide Prevention Crisis Intervention Services: Hotline and TextToday**
 - Over 83,000 contacts per year
 - Lifeline Capacity Grant: Year 1 completed.

Suicide Prevention Initiatives

- ❖ **Increase in number of local or regional groups that collaborate with the Office of Suicide Prevention to implement the state plan**
 - Working with Regional Behavioral Health Policy Boards
- ❖ **Continuity of Care for Suicidality**
 - Crisis Now
 - Zero Suicide
 - Follow-up aftercare
- ❖ **Committee to Review Suicide Fatalities**

Strategic Plan for Service Members, Veterans and their Families

❖ **Mayors' and Governor's Challenge teams together strengthening the capacity of interagency military and civilian team of leaders to prevent and reduce suicide among Service Members, Veterans, and Families (SMVF).**

- Developed strategies at the local level as well as overarching statewide goals;

- Las Vegas, Truckee Meadows and new Mayor's Challenge expansion to our rural communities of Elko and Winnemucca;

❖ **Identify SMVF and Screen for Suicide Risk Promote Connectedness and Improve Care**

Transitions;

- Mayor's Challenge Team offers free training from PsychArmor: March 2020 NDVS partnered with PsychArmor, launched: S.A.V.E. – MAYORS' CHALLENGE <https://psycharmor.org/sign-up/nevada-department-of-veterans-services/?gid=355327&unCbmSAPNhXKs>

- Zero Suicide State Coordinator added "ATQ" to her Zero Suicide Training series, working on MOU w/ American Academy of Nursing for the "Have You Served Cards", implemented ATQ into the academy process.

- Zero Suicide workforce survey findings -over 80% of hospitals beginning to implement ZS did not identify SMVF

Office of Suicide Prevention Outreach

OUTREACH TO FRONT LINE WORKERS TO CONNECT TO CRISIS, WARMLINE AND OTHER SUPPORT SERVICES.

- Training for SNAMHS staff to respond to warmline crisis response;
- Crisis Intervention Training offered to the Governor's Office staff, DETR, DCFS, DPS and ADSD to improve response to those calling for services;
- Working with ADSD to add screening questions and connection to resources on intake forms;

CARING COMMUNITIES-TRAINING AND OUTREACH:

- Ongoing webinars for multiple organizations, reaching hundreds of providers and community members;
- Wellness and Wellbeing Webinar Series "Permission to Put Yourself First" for managers and all staff;
- Working with the VA and Governor's Challenge bringing together Faith Leaders to develop community outreach strategy;

2020 -2021 Suicide Prevention Initiatives

- Zero Suicide Initiative with ongoing learning community;
- Working with Duck Valley after multiple suicide deaths during COVID crisis;
- Lifeline Capacity Expansion grant;
- Resilience Project training and support;
- NAMI youth panel discussion; CCSD community panels;
- Project Aware for school-based mental health and suicide prevention;
- UNSOM physician best practice trainings;

CARES Funding

Messaging focused on key risk factors such as:

- Reducing Access to Lethal Means PSAs and Social Media ads;
- Postcards for parents handed out at resource centers and other community partners;
- Medication safes, gun locks and Detera bags shared with MCRTs;
- Collaborative Assessment and Management of Suicide workshops, ASIST and safeTALK materials for face-to-face trainings, Mental Health First Aid training,
- Town Hall meeting to discuss suicide prevention in BIPOC communities;
- Resilience Ambassador training;

Vital Signs Report-What We Can Do



Strengthen economic supports

- Strengthen household financial security
- Housing stabilization policies



Strengthen access and delivery of suicide care

- Coverage of mental health conditions in health insurance policies
- Reduce provider shortages in underserved areas
- Safer suicide care through system change



Create protective environments

- Reduce access to lethal means among persons at risk of suicide
- Organizational policies and culture
- Community-based policies to reduce excessive alcohol use



Promote connectedness

- Peer norm programs
- Community engagement activities



Teach coping and problem-solving skills

- Social-emotional learning programs
- Parenting skill and family relationship programs



Identify and support people at risk

- Gatekeeper training
- Crisis intervention
- Treatment for people at risk of suicide
- Treatment to prevent re-attempts



Lessen harms and prevent future risk

- Postvention
- Safe reporting and messaging about suicide

Office of Suicide Prevention Staff

Suicide Prevention Coordinator

Misty Vaughan Allen, MA
4600 Kietzke Lane, B-114
Reno, NV 89502
Phone: (775) 684-2236
E-mail: mvallen@health.nv.gov

Suicide Prevention Training and Outreach Facilitator

Richard Egan
3811 W. Charleston, 204
Las Vegas, NV 89104
Phone: (702) 486-8225
E-mail: regan@health.nv.gov

Administrative Assistant IV

Angela Friedman
4600 Kietzke Lane, B-114
Reno, NV 89502
Phone: (775) 684-2237
angelafridman@health.nv.gov

Suicide Prevention Training and Outreach Facilitator

Janett Massolo
4600 Kietzke Lane, B-114
Reno, NV 89502
Phone: (775) 684-2238
E-mail: jmassolo@health.nv.gov

Zero Suicide Coordinator

Cherylyn Rahr-Wood, MSW
4600 Kietzke Lane, B-114
Reno, NV 89502
Phone: 775-745-3652
Email: ccwood@health.nv.org