



From the Executive Director Nancy Salamy, LMFT

Dear Friends,

This issue of our newsletter highlights CSS' commitment to suicide prevention through the concept and practice of Zero Suicide. CSS is pleased to announce its Zero Suicide Pilot Project--a bold approach to suicide prevention that is based on the nationally recognized *Zero Suicide Initiative* developed by SAMHSA (Substance Abuse Mental Health Services Administration). More information about our innovative project begins on page 2 of this newsletter.

I am also pleased to share with you, some of our agency's recent events: We were thrilled to celebrate our 50th Anniversary with past and present staff, board, volunteers and interns; we made significant agency-wide strides in our work in Cultural Humility; and held one of our most successful Robby Babcock Memorial Golf Tournaments ever! My deepest thanks to our past and present staff, board, volunteers and interns. Thank you to our agency's Cultural Humility Committee for keeping our work in Cultural Humility moving forward and many thanks to the Babcock Family, Kevin Chambers and Margaret Lim, Frank Cook, and all of our generous sponsors, donors, and golfers for their tremendous support of our youth programs this year.

As you may already know, the work of CSS is so important. Hundreds of people contact us every day about our programs and services and we rely on the generous support from friends like you to keep our programs and services available. I hope you will take a moment to think about the people we serve and consider making a tax-deductible gift today. We are so very thankful for your support and could not do our work without you.

Warmest regards,

Nancy Salamy

DURING THIS PAST YEAR: 2016-2017

Grief Counseling

of adult clients served...63
of sessions...364

Senior Counseling

of senior clients served...123
of sessions...2,067

School-Based Counseling

of individuals served...189
of sessions...1,998

Community Education: Teens for Life

of middle & high school students served...8,491
of classroom presentations...324

Community Gatekeeping & Mental Health Consultations

of adults from the community trained...571
of community health fairs attended...17
of community members at fairs reached...958

The Crisis Line

of Crisis Line calls...63,786
of emergency outreach calls...530
of emergency dispatch rescues for
clients w/imminent risk for self-harm...155

Text Counseling

of text sessions...434

Clinical Interns & Volunteers

of Counselors-In-Training...15
of Licensed Supervisors...20
of Crisis Line Volunteers...204

What is Zero Suicide?

Zero Suicide is a commitment to suicide prevention in both primary care and behavioral health care systems and is also a specific set of tools and strategies. The programmatic approach of Zero Suicide is based on the realization that suicidal individuals often fall through the cracks in a sometimes fragmented and distracted health care system. A systematic approach to quality improvement in these settings is both available and necessary.

Zero Suicide is therefore, a call to relentlessly pursue a reduction in suicide for those who come to us for care.

CSS' Zero Suicide Pilot Project is a bold approach to suicide prevention that is based on the nationally recognized Zero Suicide Initiative developed by SAMHSA (Substance Abuse and Mental Health Services Administration).

In this project, CSS seeks to reduce suicidality in Alameda County by implementing an 18-month *Zero Suicide Pilot Project* that will improve the care and outcomes for individuals at risk of suicide using tools and strategies based on the *Zero Suicide Initiative*.

In this Zero Suicide Pilot Project, CSS will do the following:

1

Provide Post Discharge Follow-Up Services for individuals identified by John George Psychiatric Hospital as high risk for a subsequent attempt

2

Provide a Suicide Attempters Support Group based on the Didi Hirsch Suicide Prevention Center in Los Angeles' Eight-Week Model

3

Provide Community Gatekeeper Suicide Prevention Trainings for primary care providers

4

Provide Community Gatekeeper Suicide Prevention Trainings for Santa Rita Jail

5

Retain the external evaluator Resource Development Associates (RDA) to ensure compliance with the project's regulations



Post Discharge Follow-Up Services & Suicide Attempters Support Group

By Devah DeFusco, LMFT, Clinical Director

In partnership with John George Psychiatric Hospital and Alameda County Behavioral Health Care Services, CSS will provide post discharge telephone follow-up contacts for individuals identified by John George Psychiatric Hospital as high risk for a subsequent suicide attempt. In accordance with the *Zero Suicide Initiative*, CSS strives to reduce the number of suicide deaths and reduce the number of suicide attempts in patients participating in our pilot project.

Post Discharge Follow-Up Services

Studies have shown that the highest risk for suicide attempts and deaths by suicide is within 30 days of discharge from hospitalization and/or release from the emergency room after a suicide attempt. Within 24 to 48 hours, participants will receive their first of a number of outreach calls and other resources from CSS. The primary purpose of post discharge follow-up contacts is to close the gaps in service at a critical time between discharge and the engagement of follow-up and/or ongoing supportive services. Phone contacts will provide continuity of care by engaging the participants through trauma informed care, unconditional positive regard and attunement, assessment of suicidal risk, safety plan review and utilization, use of resources, assessment of obstacles to follow-up appointments, and the need for additional follow-up contacts.

Suicide Attempters Support Group

CSS will provide a support group for suicide attempters based on the Didi Hirsch 8-Week Support Group Model. Participants will be queried as to their interest and suitability for the group. The support group is an 8-week group that offers a safe, non-judgemental place for people to talk about the feelings that led them to attempt suicide and the impact that their attempt had on their lives. The group provides an opportunity for its participants to connect with peers who share similar experiences and includes an emphasis on tools and skills that can help members stay safe from a future suicide attempt.

Devah DeFusco, LMFT is CSS' Clinical Director. Among many things, Devah provides direct training, consultation and clinical supervision to our Counselors-In-Training. CSS Counselors-In-Training serve all CSS programs.

**To inquire about CSS' support groups call:
800-260-0094**

**To learn more about Zero Suicide go to:
www.zerosuicide.com**



Community Gatekeeper Trainings for Primary Care Providers & Community Gatekeeper Trainings for Santa Rita Jail

By Mercedes Coleman, Director of Community Education

Provide Community Gatekeeper Trainings on Suicide Prevention for Primary Care Providers

The goal of gatekeeper trainings is to enhance knowledge, attitudes, and skills of those in a position of helping, to be able to identify those at risk, determine the level of risk, and connect the individual to the appropriate resource, and enhance protective factors. Gatekeepers may range from lay citizens to mental health professionals who may be in a position to be among the first to detect signs of suicidality. Trained gatekeepers are able to identify persons at risk of suicide and respond appropriately and according to their role.

According to the *2012 National Strategy for Suicide Prevention*, a priority is to transform health care systems to significantly reduce suicide deaths by promoting the adoption of “zero suicides” by healthcare and community support systems. The primary care setting is considered an excellent venue for the detection of and early intervention in depression and suicide risk.

Primary care providers are in a position of helping due to their regular contact with individuals who may be at risk for suicide. Studies show that many behavioral health professionals do not receive the training or have the confidence to effectively interact with suicidal individuals (*Educational Development Center, 2015*). To fill in this gap in services, providing gatekeeper trainings is a strategy that will be implemented within our local Alameda County health care systems. CSS’ Community Education Program will conduct outreach for its gatekeeper training and can tailor its trainings for age-specific suicide prevention information.

Provide Community Gatekeeper Trainings for Santa Rita Jail

Among those that may be at particularly high risk for suicide are individuals in secure justice settings. Suicide is often the most common cause of death in secure justice settings. More than 400 suicides occur each year in local jails at a rate three times greater than among the general population, and suicide is the 3rd leading cause of death in prisons according to the U.S. Department of Health and Human Services’ *2012 National Strategy for Suicide Prevention: Goals and Objectives for Action*.

In providing training to staff in secure justice settings, CSS recognizes that staff is in a position of helping due to their ongoing contact with individuals in these settings who may have unique risk factors that place them at higher risk for suicide, including a history of untreated mental illness and other types of trauma.

Mercedes Coleman is Director of CSS’ Community Education Program which provides community-based programming including: Teens For Life: School-Based Suicide Prevention; Community Gatekeeper Training; Mental Health Consultation (Mental Health First Aid and Trauma Sensitive Workforce Training); and Community Suicide Awareness.

50th Anniversary Celebration

On December 7, 2017, CSS celebrated its 50th Anniversary at the Brazilian Room in Tilden Park. A big thank you to the 50th Anniversary Committee for organizing this wonderful evening and celebration: Anna Guha; Binh Au; Dina Velazquez; Nancy Salamy; Sara Hood; Shirley Juster; Steph Mann; and Susie Sniderman. Thank you to our evening's speakers: Bob Schmitz; Carter Mehl; Nancy Salamy, Naomi Teplow, and Susie Sniderman.



L-R: Mercedes Coleman, Traci Cross, and Helene Hoeing



L-R: Nancy Salamy, Wendy and Dave McVey



L-R: Emma Germer, Andria Ebel, Joie Botkin, Sherry and Eric Mathewson



L-R: Costello, Anna Guha, Anik Guha, Barry Weeks and Brooks Dyer



L-R: Kelly Wilhelm & Ben Pauw

CSS Staff Development Day

On November 29, 2017, CSS held a Staff Development Day of team building and fun!

Thank you to the CSS Cultural Humility Committee for organizing this fun day: Mercedes Coleman (Co-Chair); Kim Mizuhara (Co-Chair); Anna Guha; Ben Pauw; Cris Rita; Dina Velazquez; Emma Germer; Karen Oberdorfer; Marjorie Darrow; Sam Kessel; Sara Hood; and Will Gutierrez.



L-R: Arielle Hassid, Sara Hood, Binh Au, Stephen Renz, Mercedes Coleman, and Kelly Wilhelm



L-R: Nino Labadessa, Costello, Andria Ebel, Kim Mizuhara, and Meghan Long

Many thanks to our recent donors! We would like to recognize our recent donors who gave gifts between 12/08/2016 and 12/08/17. Our apologies if we missed you. Please let us know so we can list you on our website's donor acknowledgment page: kmizuhara@crisissupport.org.

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Saturday,
May 5th



SAVE THE DATE!
Monday,
September 17th

