

Planning Advisory Committee Meeting

January 18, 2024



Today's Agenda

Time	Topic	Presenter
10:00 -10:15	Welcome and Introductions <ul style="list-style-type: none">Review of MHSA and previous PAC Meeting	<ul style="list-style-type: none">Michelle Smith
10:15-10:45	Comprehensive Suicide Prevention Plan for Orange County	<ul style="list-style-type: none">Bhuvana Rao
11:00 – 11:45	Strategic Goals and Planning	<ul style="list-style-type: none">Discussion
11:45 - 12:00	Debrief, Next Months Priorities, Announcements, and Closing	<ul style="list-style-type: none">Michelle Smith

**Next Meeting
February 15, 2024**

MHSA Draft Annual Update FY 2024-25: Comprehensive review of input utilized to drive development of the Draft Annual Update to the Plan
In person – BHTS Training Center



A Comprehensive Suicide Prevention Plan for Orange County

Bhuvana Rao
Orange County , CA.



MENTAL HEALTH
AND RECOVERY
SERVICES

Community Suicide Prevention Initiative (CSPI)



With upward trending rates of suicides in Orange County during 2016-18, HCA and various partners including HCA, OC hospitals, OCDE, Saddleback Church, and community members came together to plan for a coordinated suicide prevention effort.

On March 12, 2019, the Orange County Board of Supervisors directed HCA to create a countywide suicide prevention initiative.

A community-driven effort to eliminate suicide attempts and deaths in partnership with Be Well.

In 2019, the OC Health Care Agency Office of Wellness and Suicide Prevention (OWSP) was established to coordinate suicide prevention efforts at community level to interface with local and statewide initiatives.

CSPI Action Plan: Creating a System of Support, Care and Recovery



Reach out to **high-risk population** to find and engage those in need



Maintain Contact with those in need and support continuity of care



Improve the lives of those in need through comprehensive services and support



Build community awareness, reduce stigma and promote help-seeking

Priority Populations



Youth & Young Adults
with particular focus
on LGBTQ and foster
youth, adolescent girls
and high achievers.



Men in their Middle Years
with particular focus on first
responders, veterans,
construction workers,
and businessmen/
professionals.



Older Adults
with particular focus on
homebound seniors, nursing
home residents, cultural
minorities, unemployed
single men and veterans.

Actions



Establish support for high need communities and populations of focus to:

- Increase the number of individuals in-need who are engaged in caring connections and hopeful services and supports
- Reduce individuals' level of risk for suicide
- Increase individuals' level of hope, purpose and connection
- Increase community involvement in prevention activities



Conduct media campaigns targeted at high need populations



Continue to expand community engagement and involvement through coalition development



Community Suicide Prevention Coalition (CSPC)

Community Suicide Prevention Coalition (CSPC)



- The Coalition was formalized in January 2023
- Collaborative voice to steer planning and implementation, including development of a Suicide Prevention Strategic Plan.
- To create a systems approach to suicide prevention
- A shift to emphasize upstream efforts to address holistic mental health
- Continue activities to build hope, purpose, and connection for individuals in need
- Integrate existing community coalitions and supportive platforms with the collaborative voice to guide the Coalition

STRATEGIC PLANNING: 2023 and BEYOND



- Focus to increase hope, purpose and connection at the individual and community level.
- Incorporate actionable objectives for prevention, intervention, and postvention within each of the key settings:
 - workplace,
 - schools,
 - healthcare,
 - justice system, and
 - general community settings.
- Sustainable and coordinated efforts to reach and support all county residents.

Strategic Goals Adopted for 2023- 2026



Goal 1*:

Increase awareness about how to prevent suicide

Goal 2*:

Increase connectedness between individuals, families, and communities

Goal 3:

Increase detection of individuals in need

Goal 4:

Provide continuum of crisis care and continuity of care.

Goal 5*:

Connect suicide loss survivors to timely and effective support to reduce their risk for suicidality and promote healing.

Goal 6:

Reduce access to lethal means

Strategic Goals



Goal 1*

Increase awareness about how to prevent suicide

- Information and messages about suicide prevention are consistently provided in a variety of modalities, locations, languages throughout Orange County and for targeted locations and populations.
- Information shared is tied to suicide prevention and intervention efforts that make the messaging actionable for individuals who receive it.

Goal 2*

Increase connectedness between individuals, families, and communities

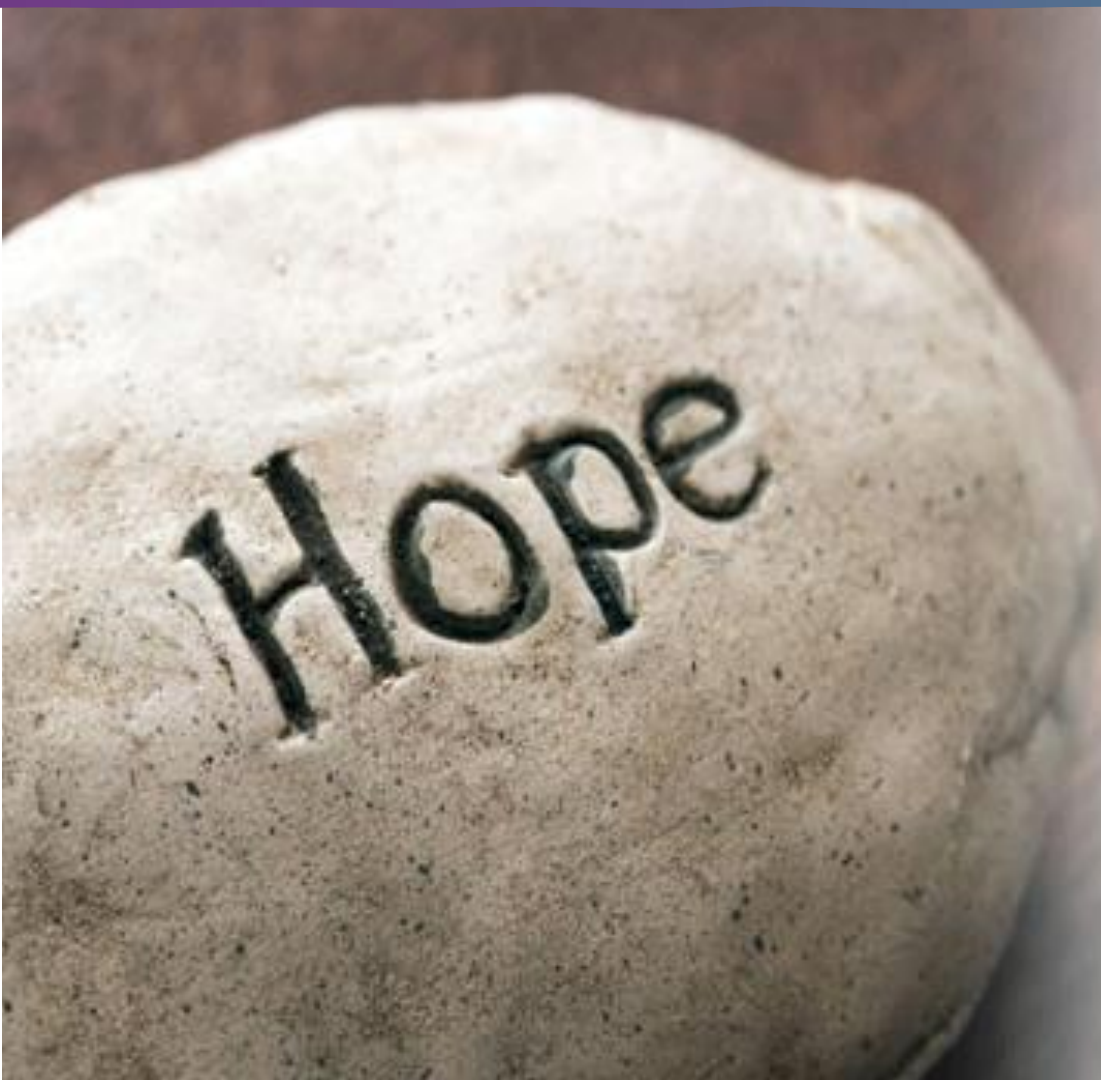
- Increase connectedness between individuals, families and communities to reduce social isolation, strengthen supportive relationships, and enhance other protective factors.
- The number of individuals who have known risk factors for suicide experience growth in their individual and community protective factors.

Goal 3

Increase detection of individuals in need

- Organizations who engage with target populations have clear processes to support detection and response.
- Individuals, families and communities are able to detect individuals in need and respond effectively.

Discussion



Goal 1: Increase awareness about how to prevent suicide

1. When thinking about yourself, your family, and/or your friends what are the ways in which you like to receive and then use information?
2. There are many CBOs that provide community education and awareness activities. Where are some places you frequently go where we could include suicide prevention messaging?

Goal 2: Increase connectedness between individuals, families, and communities

1. There are many contracted providers in OC that support increasing protective factors and fostering meaningful connections. In thinking about the diversity of OC, are there culturally specific ways to strengthen those connections for our diverse communities?
2. In thinking about the fantastic prevention services that are provided, how do we tell the stories of success in a meaningful and impactful way?

Strategic Goals



Goal 4

Provide a Continuum of Crisis Care

- Coordinate and communicate effectively across services and systems, to close gaps and enhance care.
- Increase visibility of the Suicide and Crisis Lifeline (988) and develop marketing and outreach efforts/materials in all threshold languages in Orange County.
- Establishing easy access to resources and supports, including OC Links, through the OC Navigator.

Goal 5

Connect suicide loss survivors to timely and effective support

- Develop a postvention plan template and disseminate to key community settings. Provide support, referral, and assistance with implementing plans.
- Increase the visibility, capacity, and reach of existing suicide survivor support services.
- Develop partnerships among first responders, medical examiners, behavioral health crisis service providers, and peers to explore the feasibility of an immediate postvention response team.
- Increase the number of behavioral healthcare and other providers who receive specialized training to offer individual and family suicide bereavement support.

Goal 6

Reduce Access to Lethal Means

- Specific lethal means, locations, methods to access it are identified for each target population.
- Access to lethal means is reduced for each target population.

Discussion



Final Thoughts Discussion

1. As a community, how do we carry out and implement this Plan?
 - Individual roles
 - Community role



HOPE

Staff at the Office of Suicide Prevention



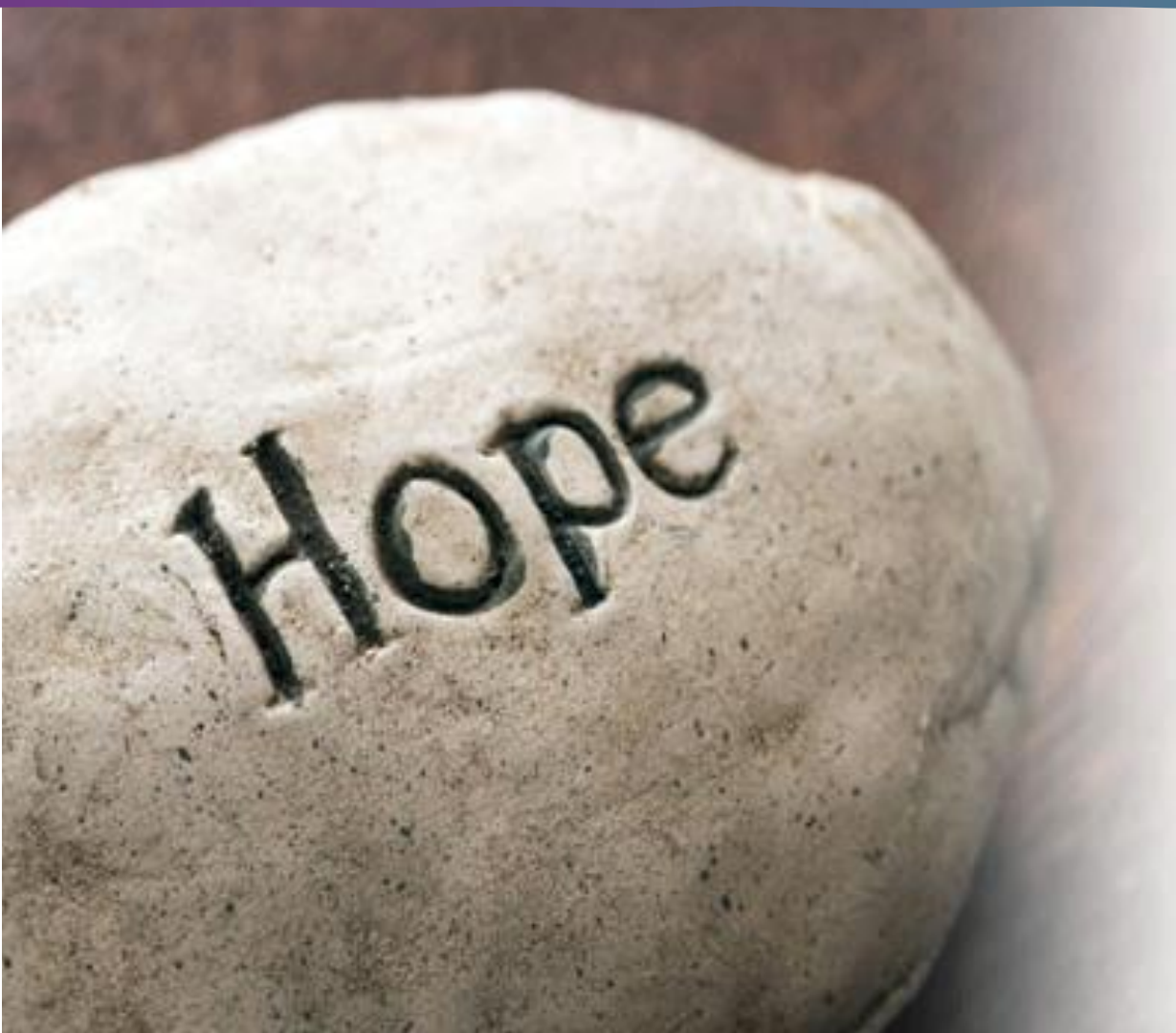
Bhuvana Rao, Health Services Manager
Kevin Alexander, Health Services Analyst
Olga Gore, Health Program Specialist
Rebeka Sanchez, Health Program Specialist
Jennifer Que, Staff Specialist
Teresa Moran, Office Specialist

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Thank you!



 **Links** ^{24/7}
855-OC LINKS
(855-625-4657)
Behavioral Health Services Line

 **Navigator.org**

