



Working collectively in Riverside County to eliminate suicide deaths and suicide attempts and increase resources and supports.

The **Suicide Prevention Strategic Plan Framework** addresses three levels of intervention (Universal, Selective, and Indicated) and looks at the individual's experience along the suicidal crisis path (Upstream, Prevention, Intervention, and Postvention). The inner level is the 10 identified strategic approaches to suicide prevention.



2007 to 2017:
2,586 people died by suicide in Riverside County.

2017:
11 adults per 100,000 and **17 older adults per 100,000** died by suicide in Riverside County and California.

Riverside County has experienced sustained population growth and is estimated to reach 2,686,242 residents by 2025.

30%
Increase in suicide deaths between 2007 and 2017 in Riverside County.

- Hispanic is the largest growing population in Riverside County, but data reveals Caucasians represent 65%-75% of suicide deaths.
- Adults aged 26-59 accounted for over half of the suicide deaths.
- Males accounted for more than two-thirds of the suicide deaths.

- Transition Age Youth (TAY) aged 15-19 accounted for 25% suicide attempts and TAY aged 20-24 accounted for 17%.
- Females more often attempt suicide than males, reporting 59% of suicide attempts.

19%
Increase in suicide attempts resulting in an emergency room visit and hospitalizations from 2006 to 2014 in Riverside County.

This strategic plan was developed to coincide with California's Strategic Plan for Suicide Prevention 2020-2025: Striving for Zero. Please refer to the full state plan at: <http://bit.ly/strivingforzero>.

Building Hope and Resiliency



A Collaborative Approach to Suicide Prevention in Riverside County



No one agency strategy alone will be able to resolve the issue of suicide. Like the pieces in a puzzle, each agency or individual holds only a fragment of the larger picture. Inside are Riverside County's suicide prevention strategic approaches, goals, and objectives.

Overarching Strategic Approaches:

Building Infrastructure & Support

Goal: Enhance visible leadership and networked partnerships

- Identify leaders to champion suicide prevention.
- Create a formal coalition.

Effective Messaging & Communications

Goal: Increase safe reporting of suicide and healthy social media use

- Partner with members of media to provide information about resources.
- Integrate best practices into public campaigns.
- Communication strategies for suicide loss.

Goal: Advance data monitoring and evaluation

- Partner with coroners and medical examiners to develop a method for accessing data to improve suicide prevention strategies.

Measuring & Sharing Outcomes

Suicidal Crisis Path:



Supporting Strategic Approaches:

Goal: Increase connectedness between people, family members, and community.

- Increase services focused on fostering a sense of belonging.
- Promote a culture free of stigma and discrimination.

Healthy & Connected Communities

Promoting Resiliency

Goal: Increase resiliency and help-seeking

- Integrate activities into community-based services that increase life skills.
- Expand services to increase help-seeking behaviors and promote messages of resiliency, recovery and hope.

Goal: Increase detection and screening to connect people to services based on suicide risk

Trainings

- Trainings to increase effectiveness of suicide risk screenings, assessments and trauma-informed practices.
- Trainings to support identification and intervention to effective care.

Goal: Standardize policies and curriculum to promote connectedness and address suicide risk

- Implement programs that foster social emotional growth.
- Develop and implement standardized suicide risk assessment tools and prevention plans.
- Assist schools with the implementation of trauma-informed practices.

Engaging Schools

Means Safety

Goal: Deliver best practices in care targeting suicide risk

- Provide information to caregivers and family members on how they can support a person at risk and help plan for safety.

Goal: Create safe environments by reducing access to lethal means

- Implement activities to reduce access to lethal means for individuals thinking about suicide.

Goal: Deliver a continuum of crisis services across the county

- Evaluate crisis services to identify gaps and potential funding sources.
- Increase awareness and utilization of crisis services.

Goal: Ensure continuity of care and follow-up after suicide-related services

- Facilitate safe, timely and effective transitions to ongoing care.

Expansion & Integration of Suicide Prevention in Health Services

Goal: Expand support and services following a suicide loss

- Expand support services for survivors of suicide loss.
- Enter into MOUs with coroners and medical examiners to coordinate responses following a suicide loss.

Postvention Services