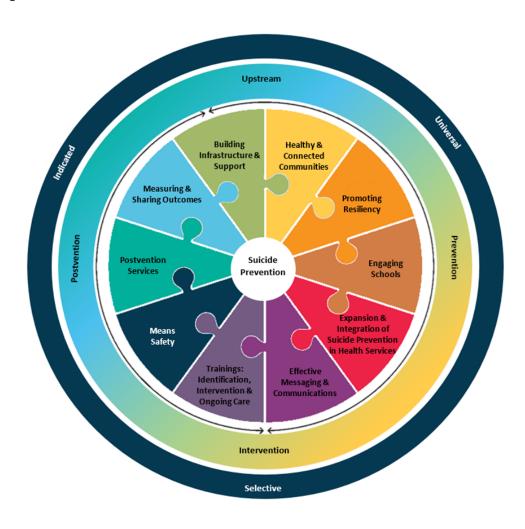


Working collectively in Riverside County to eliminate suicide deaths and suicide attempts and increase resources and supports.

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.

• 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.

• 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.

#### 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.

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:**



**Prevention & Wellness Promotion** 



**Early Intervention** 



**Effective** 

**Messaging &** 

Communications

**Clinical Intervention & Crisis Intervention** 



Follow-Up Care



**Expansion &** 

Integration of

Suicide

**Prevention in** Health <u>Services</u>

**Postvention Services** 

Intervention Postvention Prevention

# **Supporting Strategic Approaches:**

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

• Increase services focused on fostering a sense of belonging.

help-seeking

increase life skills.

• Promote a culture free of stigma and discrimination.

> Connected Communi<u>ties</u>

#### 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.

#### 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: Expand support and services following a suicide loss

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

**Services** 

#### 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 traumainformed practices.

**Engaging Schools** 

#### 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 followup after suicide-related services

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

# Resiliency

**Promoting** 

• Expand services to increase helpseeking behaviors and promote messages of resiliency, recovery and hope.

• Integrate activities into

Goal: Increase resiliency and

community-based services that

- survivors of suicide loss.
- loss.

**Postvention**