

STRIVING FOR ZERO EXCELLENCE AWARDS

Striving for Zero

COMMUNICATING DATA AND MEASURING OUTCOME

Annual Data Report to the Community Los Angeles County

The Los Angeles Suicide Prevention Network (LASPN) releases an annual data report to the community each September during Suicide Prevention Week. The report brings together the most recent data from multiple sources to present a profile of suicide deaths, suicide attempts, suicide ideation and suicide prevention activities in Los Angeles County. The annual Report to the Community is a way to engage cross sectional partners and agencies to show how organizations across Los Angeles County are coming together for suicide prevention. The 2024 report represents the third annual Report to the Community with a special emphasis on youth suicide prevention. Additional pages in the report include information on the warning signs of suicide, crisis resources, and different ways people and organizational can play a role in suicide prevention.

The Hero in Each of Us: Finding Your Role in Suicide Prevention

Suicide Prevention Report to the Community
September 2021

Everyone in Los Angeles County can help prevent suicide. Steps you can take include knowing the warning signs for suicide, finding the words to reach out to someone you are concerned about, and reaching out to local resources for help and support.

KNOW the SIGNS **FIND the WORDS** **REACH OUT**

Get Involved in Suicide Prevention: LASuicidePreventionNetwork.org
National Suicide Prevention Lifeline (Didi Hirsch) 24/7: **1.800.273.TALK (8255)**

Suicide is a complex problem requiring collaborative solutions at multiple levels including individuals, families and communities. Suicide prevention can only be effective when everyone is part of the solution. From county leadership, business owners, educators, faith leaders, health care providers, mental health professionals, first responders, to all members of our community, everyone has a role to play. A comprehensive public health approach to suicide prevention emphasizes prevention, early intervention, and effective crisis response, and addresses health disparities and access.

Los Angeles County's Approach to Suicide Prevention:

- **Fosters prevention** and well-being through connections, education, outreach, and stigma reduction.
- **Promotes early help-seeking** where people know the warning signs and resources, and are confident to intervene or get help for themselves.
- **Ensures a safe and compassionate response** during and after a crisis by **focusing on stabilization and linkage to services** in the least restrictive setting.
- After a suicide attempt or death, individuals, families, schools and communities **have short- and long-term support.**

Status of Suicide and Suicide Prevention in Los Angeles County Suicide Prevention Week 2021 Report Card - continued

Suicide is a complex problem requiring collaborative solutions at multiple levels including individuals, families and communities. A comprehensive public health approach to suicide prevention emphasizes training awareness of the warning signs and local resources, early intervention by training those in a position to intervene (gatekeepers), effective crisis response and help lines, and addresses health disparities and access.

2020 Outcomes

- 166,210 calls, chats and texts to crisis lines.
- Nearly 7.4 million youth and young adults reached by virtual awareness events, media and outreach.
- 84,220 educators, school administrators, parents, youth, first responders, faith and community group members, and others trained in suicide prevention.
- 3,839 individuals at high risk for suicide supported through phone or rescue intervention. Over 250 survivors of suicide loss supported with programs.

This data is only a snapshot of suicide prevention trainings, outreach and awareness activities that have and are taking place in Los Angeles County. Calls, chats and texts to crisis lines: Did Hirsch and Ben Line 2020 Outcome Report. The total for Did Hirsch includes calls, chats and texts and self-over calls from Ben Line, which are not included in the Ben Line total. Total number of suicide prevention trainings and presenters: Offered by Didi Hirsch and Ben Line and trained community members. P. 20-21. Outreach Change Program (ACE) 2020 trainings for LA only as well as statewide parent trainings. Did Hirsch 2020. AFSP 2020. Ben Line 2020. LACDCE. SRA. PG. 21. Young adults reached by awareness events, media and outreach: Outreach Change Program Report for Los Angeles County P. 20-21. Participants, non-profit events, subject. P. 20-21. Media social media and outreach campaigns: 2020 AFSP virtual Out of the Darkness Experience. 2020 Did Hirsch Virtual Event. 2020 Ben Line outreach programs. High risk interventions and Survivor of Suicide Loss Support Group (2020) Did Hirsch train in groups and in-person programs.

Los Angeles County Department of Mental Health (LACDMH), Partners in Suicide Prevention Team (PSP)
This innovative program offered by the Los Angeles County Department of Mental Health (LACDMH) is designed to increase public awareness of suicide and reduce stigma associated with seeking mental health and substance abuse services. The team offers education, outreach, trainings, and crisis and stabilization support. Identifies appropriate tools such as evidence-based practices, and provides linkage and referrals to age-appropriate services.

Fiscal Year 2020-2021 Outcomes
3,172 people were trained in suicide prevention as a result of 414 presentations held in English and Spanish by LACDMH
2,313 people trained in 101 suicide prevention trainings by PSP team
7,381,154 people reached by Wishes virtual and socially distanced events and social media campaigns

Didi Hirsch Suicide Prevention Center (www.didihirsch.org)
Didi Hirsch Mental Health Services provides mental health, substance use and suicide prevention services at 10 centers and nearly 100 schools and community settings. Suicide prevention services including staffing of the 24/7 bilingual crisis line, crisis chat and text, bereavement survivor support groups, community education and outreach, attempt survivor support groups, school and first responder trainings, research, and crisis services as part of the Suicide Response Team.

2020 Outcomes
128,643 calls, chats and texts
3,839 high-risk callers/chats/texts received
47% of callers under age 25, age of youngest caller: 6; age of oldest caller: 97; 504 people participated in 2020 virtual event
181 people served in drop-in groups, 108 people served in 8-week Survivors After Suicide program
5,787 people trained in 101 suicide prevention trainings
20,213 calls received by LA Wishesline

Get Involved with the Los Angeles County Suicide Prevention Network (LASPN) LASuicidePreventionNetwork.org

The Los Angeles County Suicide Prevention Network (LASPN) is a group of mental health professionals, advocates, survivors, providers, researchers and representatives from various agencies and organizations working together to decrease the number of suicides in Los Angeles County. Its mission is to promote public and professional awareness, education, training and engagement regarding suicide and suicide prevention, intervention and postvention in Los Angeles County. Through the collaboration of its diverse members, the LASPN is working to leverage the talent and resources available locally to work toward comprehensive suicide prevention.

Key activities

- Create a county-wide strategic plan on suicide prevention.
- Plan annual Suicide Prevention Summit.
- Implement and coordinate suicide prevention planning and activities across different sectors, populations and systems.
- Create and manage website to centralize Los Angeles County suicide prevention activities.

Raise Awareness About Suicide Prevention at Work, at School, or in Your Community

- Learn the warning signs and risk factors for suicide
- Share materials containing information about warning signs and resources
- Host a training on suicide prevention and/or best practices for suicide risk assessment
- Learn about safe and effective messaging for suicide

Reduce Access to Lethal Means

- Ask your local pharmacy to include crisis resources on pharmacy bags
- Safely dispose of unused or unneeded medications
- Safely store all firearms (gun locks/safes)
- Secure firearms outside of homes for people in distress
- Support local efforts to implement bridge barriers

Prepare Your School or Community for How to Respond After a Suicide

- Help develop a postvention plan at your school or organization
- Share local resources for loss and attempt survivors

Join the Los Angeles County Suicide Prevention Network

For more information and to get started visit:
www.LASuicidePreventionNetwork.org

To learn more about how to get involved, visit: LASuicidePreventionNetwork.org
If you are in crisis, please contact the National Suicide Prevention Lifeline (Didi Hirsch) 24/7: **1.800.273.TALK (8255)**

