

KERN COUNTY

Suicide Prevention Strategic Plan

MAY 2022



The Path Forward

This strategy plan is envisioned to be a starting point for local efforts



KERN
COUNTY
GROUNDED & BOUNDLESS



Introduction

According to the Mental Health Services Oversight & Accountability Commission (MHSOAC), Suicide in California remains a significant public health challenge. In 2020, 4,075 Californians lost their lives to suicide, according to federal statistics. In Kern County, we lost 134 lives in Kern County in the same year.

There is hope. The evidence for effective suicide prevention practices is growing every day. Guided by data and community input, the MHSOAC developed a statewide strategic plan for suicide prevention that incorporates the latest information and evidence to guide state and local actions for saving lives.

With the guidance of the MHSOAC strategic plan and other experts, Kern County's Suicide Prevention Strategic Plan outlines public health recommendations and strategies to prevent suicide that are aligned with statewide calls for advancements in innovation and mental health access. It includes a detailed discussion of four strategic aims and how to achieve them; suicidal prevention; implementation and evaluation of vulnerable populations; development of partnerships; and outreach and education.

Zero Suicide is a commitment to suicide prevention in health and behavioral health care systems, and a specific set of tools and strategies. It is both a concept and a practice. Its core propositions are that suicide deaths for people under care are preventable and that the bold goal of zero suicides among persons receiving care is an aspirational challenge that health systems should accept.

Zero Suicide Kern is a culture shift towards consistent and comprehensive suicide-safe care as well as a commitment to "the safety and support of the staff, who do the demanding work of treating and caring for suicidal" clients. This transformation requires specific tools and strategies, and KernBHRS has developed a set of procedures as our way of implementing the Zero Suicide model in Kern County. Experience has shown that this approach works, and this implementation represents our commitment to making suicide a non-event in this county.

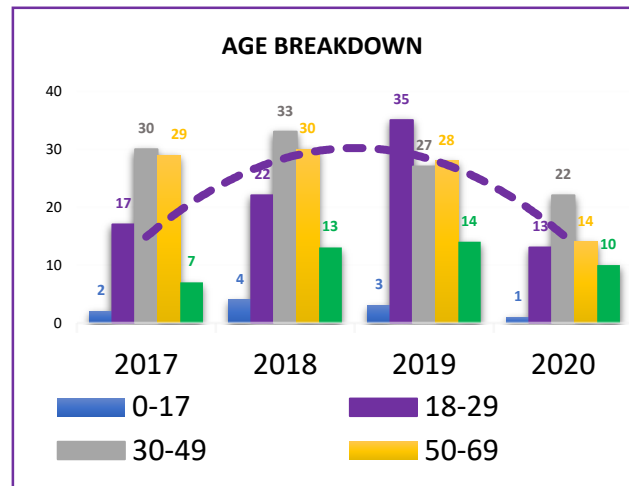
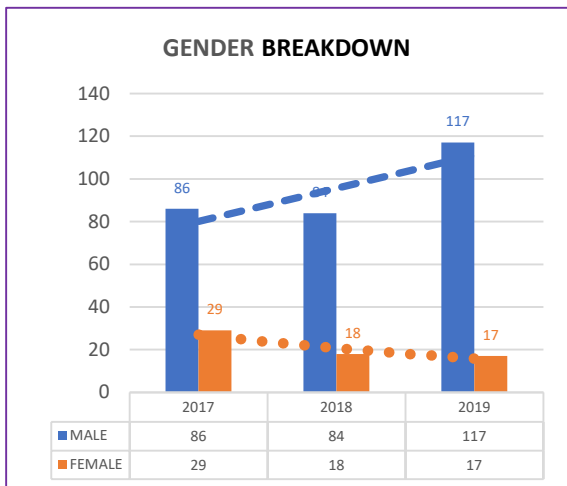
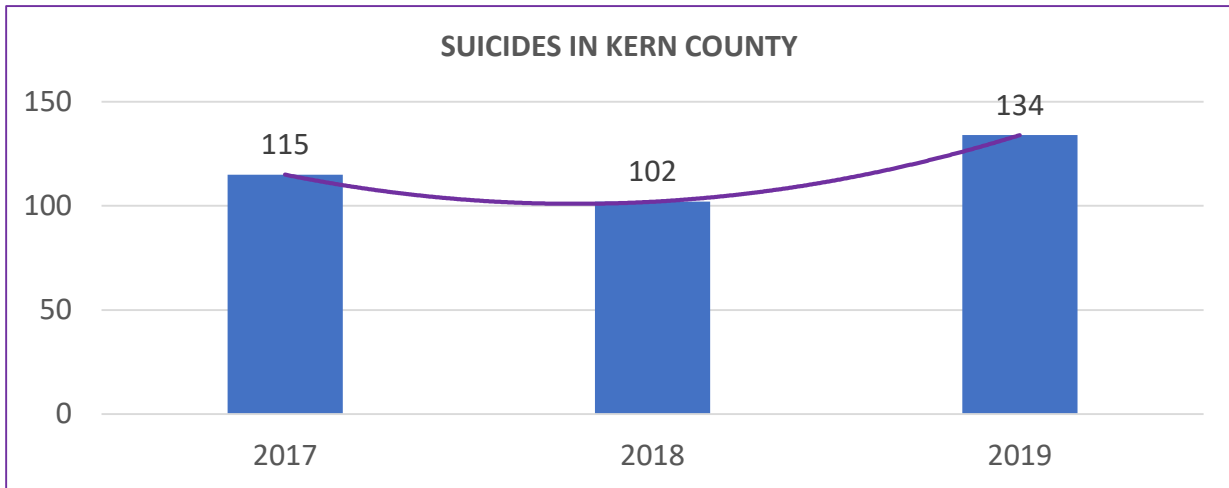
The Problem of Suicide in Kern County

Despite a national strategy for suicide prevention and multiple federal, national, and state/local initiatives, death by suicide continues to be a concern in Kern County.

Suicide is a complicated phenomenon, with no single cause and no single solution. We will identify higher risk populations and incorporate a wide range of prevention services, activities, trainings, marketing and communication to meet the needs of our community.

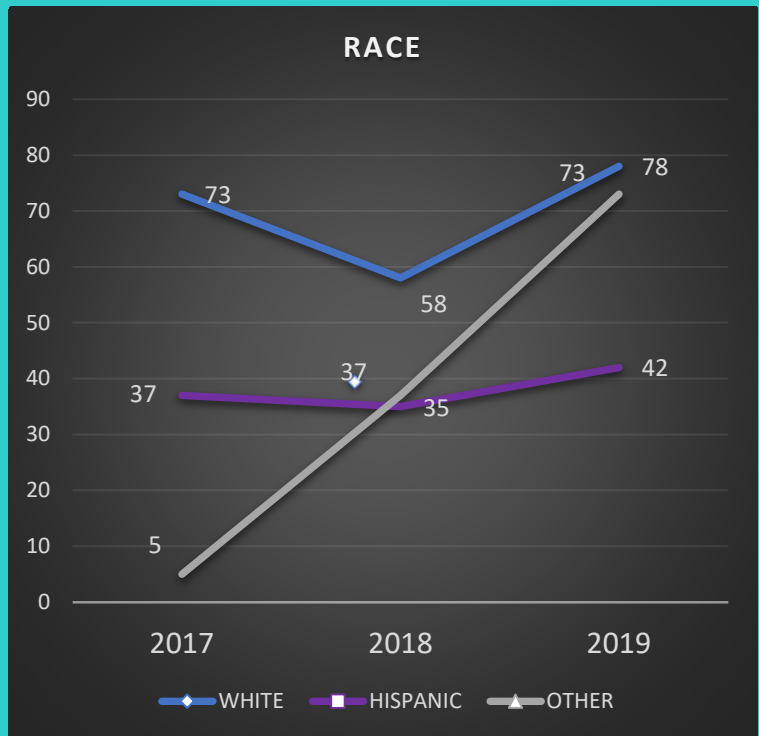
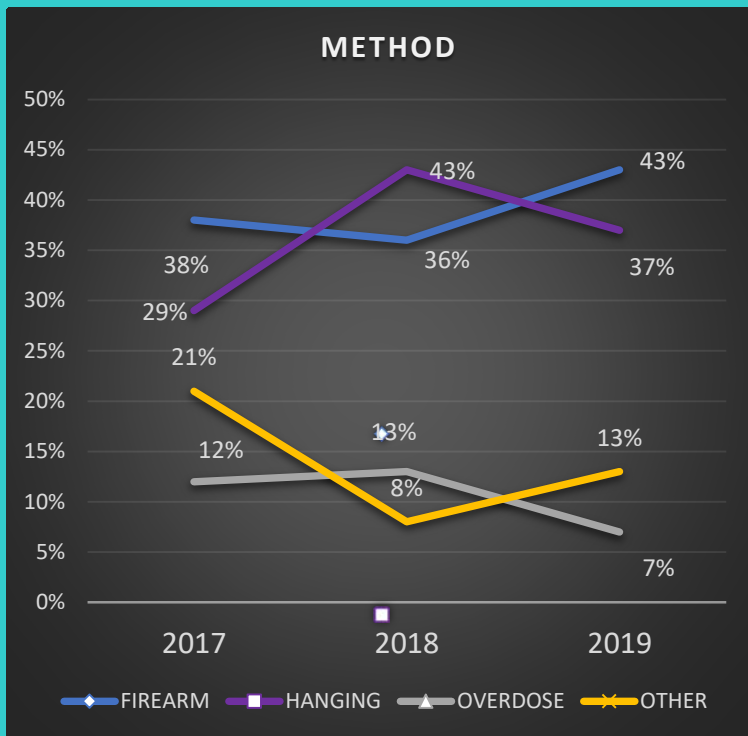
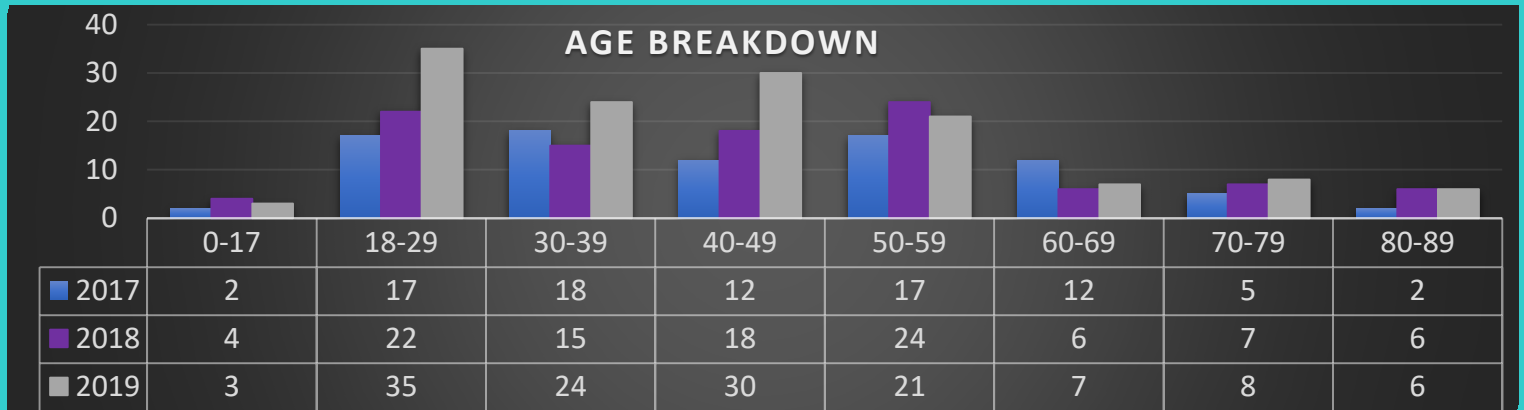
As for the process itself, it's convening, deciding, identifying the problem and goals and objectives to stop the problem.

To prevent suicide and to address the broad range of risk and protective factors (e.g., community support, economic opportunities, problem-solving skills, a comprehensive and coordinated approach is needed.



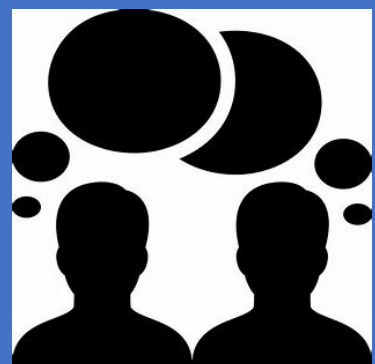
CORONER'S DATA 2017-2019

GENDER BREAKDOWN	2017	2018	2019
MALE	86	84	117
FEMALE	29	18	17
TOTAL	115	102	134



SUICIDE PREVENTION COLLABORATIVE

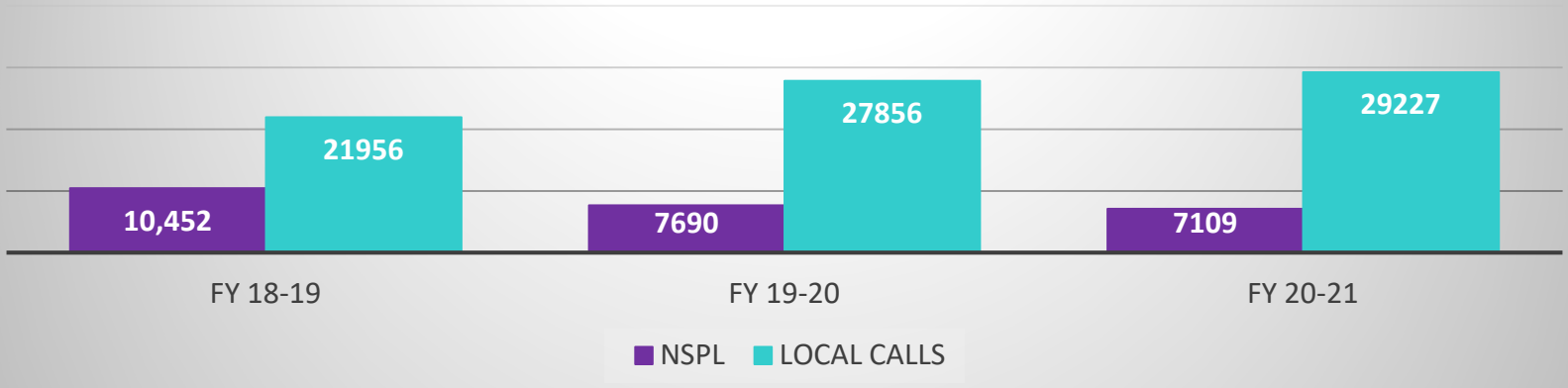
- Bakersfield City School District
- Kern High School District
- Sheriff and BPD
- Faith Community
- Survivors of Loss and Attempt Survivors
- Coroner
- Kern County Superintendent of Schools
- SUD Providers
- All Hospitals
- Gun Shops
- Funeral Directors
- LGBTQ+
- Promotoras
- Bakersfield College
- Cal State Bakersfield
- PCPs
- NAMI



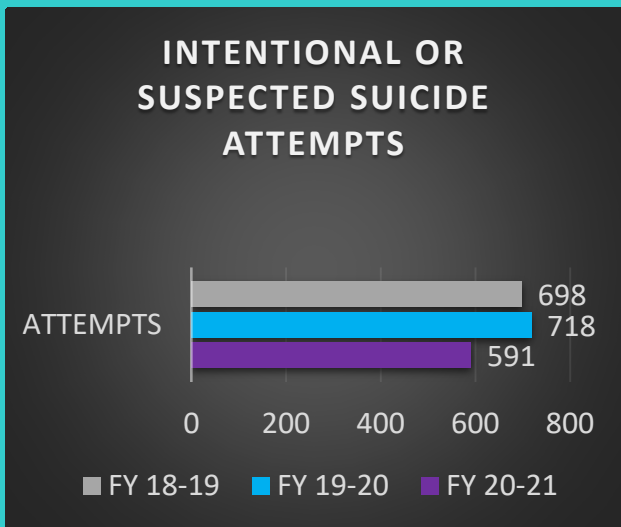
KERN COUNTY'S SUICIDE PREVENTION STRATEGIC DIRECTION

EXECUTIVE SUMMARY 2021

HOTLINE CALL DATA

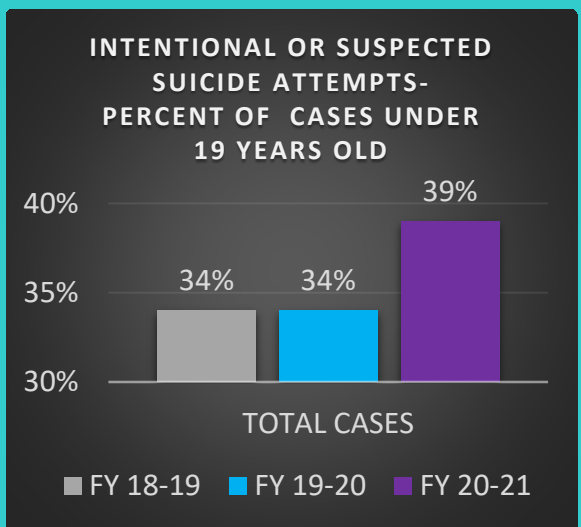


CALIFORNIA POISON CONTROL CENTER DATA

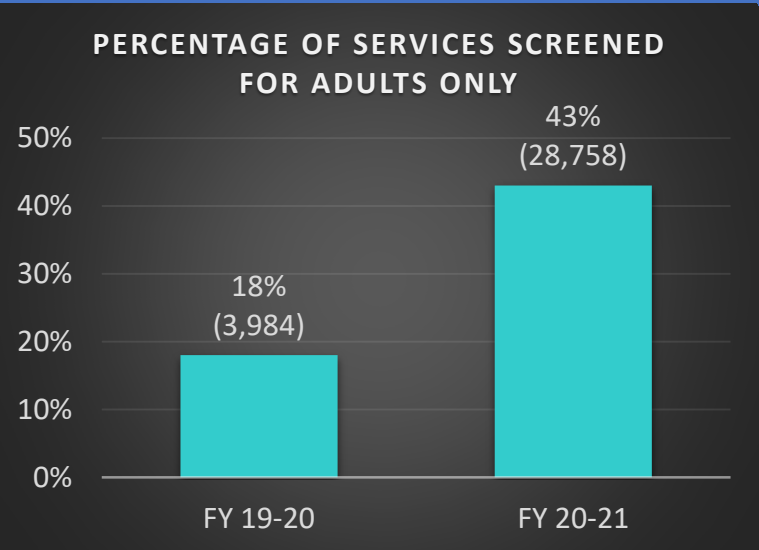


13%

OF CASES THAT WERE CALLED INTO CA POISON CONTROL IN FY 20-21 WERE DEEMED INTENTIONAL OR SUSPECTED SUICIDE ATTEMPTS



ZERO SUICIDE DATA SINCE INCEPTION (piloted 9/30/2019-9/30/2020)



TOTAL ZERO SUICIDE SCREENINGS COMPLETED

38,710

Strategic Plan Recommendations to Exec

Timeline: Short-Term Goals (Years 1-2)

Objectives:

- Complete internal implementation of Zero Suicide
- Focused Outreach and Education for the public and community partners
- Create an overall Kern County Suicide Prevention Strategic Plan



Strategic Plan Recommendations to Exec (continues)

Timeline: Long-Term Goals (Years 3-5)

Objectives:

- Form a Kern County Suicide Death Review Committee
- Form a Kern County Suicide Prevention Consortium
- Postvention Team Implementation



What Works for Suicide Prevention in Kern County

- Suicide Prevention Training for the community and all agencies in Kern County
- Encourage help seeking behavior
- Reducing stigma associated with Suicide and seeking mental health care
- Making sure that people have basic needs met and measurements of quality of life
- Postvention is prevention
- System of Care
 - PEC
 - Hotline
- Social Emotional Learning (SEL)
- PSA & Poster – goal for September 2022
 - “Some might consider normal to thinking about suicide! Except suicide is NOT normal”
 - Identify groups that represent different walks of life and ethnicities
 - Native American representation
 - Latinx representation
 - LGBTQ+/TAY representation
 - Suicide Survivors representation





Learning Format	Prevention	Intervention	Postvention
Online	19	22	1
In-Person	8	5	0

INVENTORY OF CURRENT TRAININGS OFFERED RELATED TO SUICIDE	LEARNING FORMAT	Prevention	Intervention	Postvention
ADDRESSING SUICIDE IN ADOLESCENTS AND TRANSITION AGE YOUTH	Online	X	X	
ADVANCED PRACTICE IN TREATING INDIVIDUALS WITH CO-OCCURRING DISORDERS	Online		X	
APPROACHES TO COMMUNITY-BASED SUICIDE PREVENTION (+)	Online	X		
ASSESSMENT AND TREATMET OF OBSESSIVE-COMPULSIVE AND RELATED DISORDERS	Online		X	
BEST PRACTICES IN SUICIDE SCREENING AND ASSESSMENT	Online	X	X	
BIPOLAR AND RELATED DISORDERS IN YOUTH	Online	X	X	
CALM	Online	X	X	
CIBHS WEBINAR 7: EFFECTIVE SUICIDE AND CRISIS INTERVENTION USING TELEHEALTH	Online		X	
COUNSELING ON ACCESS TO LETHAL MEANS (*)	Online	X	X	
IDENTIFICATION, PREVENTION, AND TREATMENT OF SUICIDAL BEHAVIOR FOR SERVICE MEMBERS AND VETERANS	Online	X	X	
IN SESSION: PRACTICING CLINICAL SKILLS TO PREVENT SUICIDE	Online	X	X	
IN SESSION: SUICIDE ASSESSMENT AND INTERVENTION FOR ADULTS	Online		X	
MANAGING REACTIONS WHEN WORKING WITH SUICIDAL CLIENTS: A GUIDE FOR CLINICANS	Online	X	X	
NON-SUICIDAL SELF-INJURIOUS BEHAVIOR IN ADULTS	Online	X	X	
PHQ-9 AND GAD-7 IMPLEMENTATION TRAINING	Online	X	X	
PREVENTING SUICIDE AMONG VETERANS	Online	X		
PREVENTING SUICIDE IN YOUTH: THE ROLE OF PARAPROFESSIONALS	Online	X		
PREVENTING SUICIDE THROUGH EFFECTIVE POSTVENTION	Online	X	X	X
SAFTEY PLANNING INTERVENTION FOR SUICIDAL INDIVIDUALS (*)	Online		X	
STRUCTURED FOLLOW UP AND MONITORING FOR SUICIDAL INDIVIDUALS (*)	Online		X	
SUICIDE AND DEPRESSION IN OLDER ADULTS	Online	X	X	
SUICIDE RISK ASSESSMENT USING C-SSRS	Online	X	X	
SUICIDE SCREENING FOR DIRECT CARE	Online	X	X	
SUICIDE, ASSESSMENT, INTERVENTIONS, AND MANAGEMENT	Online		X	
SUICIDE-SPECIFIC INTERVENTIONS AND BEST PRACTICES (+)	Online		X	
TRAINING ON SUICIDE PREVENTION	Online	X		
VETERANS AND MENTAL HEALTH	Online	X	X	
CBT-SP	In-person	X	X	
ASIST & ASIST REFRESHER	In-person	X	X	
BEHAVIORAL HEALTH LIVING EXPERIENCE TRAINING	In-person	X		
CLAAS	In-person	X		
CORE ACADEMY: QPR, ZERO SUICIDE, RECOVERY MODEL AND SELF-CARE	In-person	X	X	
MENTAL HEALTH FIRST AID & YOUTH MHFA	In-person	X	X	
MORE THAN SAD	In-person	X		
ZERO SUICIDE C-SSRS (*)	In-person	X	X	

+ =Required training for all KernBHRS staff every 2 years
 * =Required for all KernBHRS staff on Clinical teams every 2 years

TRAININGS OFFERED TO THE PUBLIC:



OLDER
ADULTS

ADULTS



YOUTH

CHILDREN



- QPR
- ASIST
- MHFA Youth
- CLAAS
- SUICIDE AWARENESS TRAININGS FOR SCHOOLS
- TRAINING VIDEOS AND MANUALS FOR SCHOOL DISTRICTS
- VARIED CUSTOMIZED TRAININGS TO ANY POPULATION

SUICIDE PREVENTION STRATEGIC PLAN

YEARS 1-2

- COMPLETE INTERNAL IMPLEMENTATION OF ZERO SUICIDE
- FOCUSED OUTREACH AND EDUCATION FOR THE PUBLIC AND COMMUNITY PARTNERS
- CREATE AN OVERALL KERN COUNTY SUICIDE PREVENTION STRATEGIC PLAN

YEARS 3-5

- FORM A KERN COUNTY SUICIDE DEATH REVIEW COMMITTEE
- FORM A KERN COUNTY SUICIDE PREVENTION CONSORTIUM
- POSTVENTION TEAM IMPLEMENTATION



Warning Signs for Suicide



Immediate Risk

Some behaviors may indicate that a person is at immediate risk for suicide.

The following three should prompt you to immediately call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or a mental health professional.

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason to live

Serious Risk

Other behaviors may also indicate a serious risk—especially if the behavior is new; has increased; and/or seems related to a painful event, loss, or change.

- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings



Risk Factors

Risk factors are characteristics of a person or his or her environment that increase the likelihood that he or she will die by suicide (i.e., suicide risk).

Major risk factors for suicide include:

- Prior suicide attempt(s)
- Misuse and abuse of alcohol or other drugs
- Mental disorders, particularly depression and other mood disorders
- Access to lethal means
- Knowing someone who died by suicide, particularly a family member
- Social isolation
- Chronic disease and disability
- Lack of access to behavioral health care



Warning Signs for Suicide *(continues)*



Risk Factors Can Vary Across Groups

Risk factors can vary by age group, culture, sex, and other characteristics. For example:

- Stress resulting from prejudice and discrimination (family rejection, bullying, violence) is a known risk factor for suicide attempts among TAY and LGBTQ+ youth.
- The historical trauma suffered by American Indians and Alaska Natives (resettlement, destruction of cultures and economies) contributes to the high suicide rate in this population.
- For men in the middle years, stressors that challenge traditional male roles, such as unemployment and divorce, have been identified as important risk factors.

Protective Factors

Protective factors are personal or environmental characteristics that help protect people from suicide.

Major protective factors for suicide include:

- Effective behavioral health care
- Connectedness to individuals, family, community, and social institutions
- Life skills (including problem-solving skills and coping skills, ability to adapt to change)
- Self-esteem and a sense of purpose or meaning in life
- Cultural, religious, or personal beliefs that discourage suicide



Precipitating Factors and Warning Signs

Precipitating factors are stressful events that can trigger a suicidal crisis in a vulnerable person. Examples include:

- End of a relationship or marriage
- Death of a loved one
- An arrest
- Serious financial problems

Suicide is Preventable

PAIN ISN'T ALWAYS OBVIOUS



LEARN THE WARNING SIGNS OF SUICIDE
SUICIDE IS PREVENTABLE.ORG

KNOW
THE SIGNS



Resources

APPENDIX

Get Help Now



If you or someone else needs support, a trained crisis counselor the National Suicide Prevention Lifeline is available at **800-273-TALK (8255)** or by texting **TALK to 741741**



For teens, the **TEEN LINE** is available at **310-855-4673** or text **TEEN to 839863**



For LGBTQ youth, The Trevor Project is available at **866-488-7386** or text **START to 678678**



For veterans, the Lifeline is available at **800-273-TALK (8255)** and press **1**.



For transgender people, the Trans Lifeline is available at **877-565-8860**



For people who are deaf or hard of hearing, the Lifeline is available at **800-799-4889**



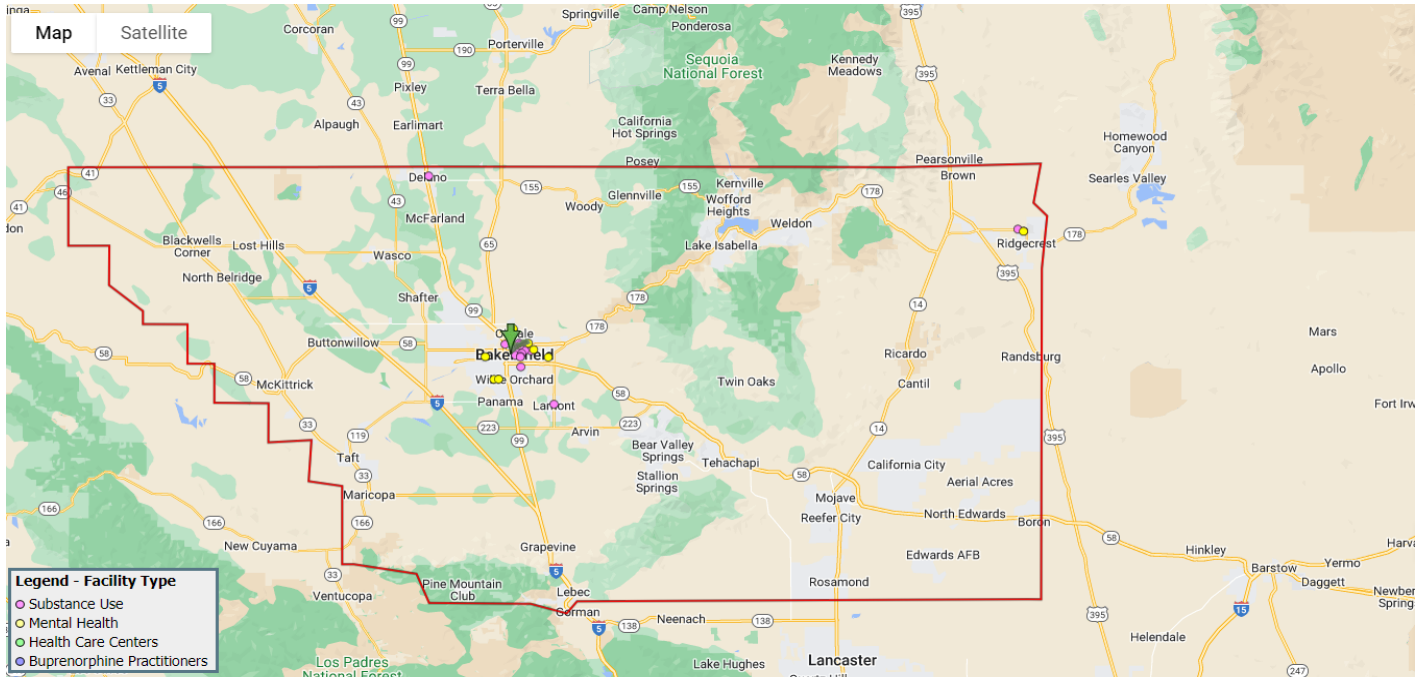
For other first responders, the Fire/EMS Helpline is available at **888-731-FIRE (3473)**



For law enforcement personnel, the COPLINE is available at **800-267-5463**

KernBHRS Crisis Line
1-800-991-5272

Additional Resources



#	Miles	Facility Name	Address
1	0.30	Kern County Hispanic Commission KCHC Outpatient Recovery Services	1304 L Street Bakersfield, CA 93301 661-634-9877
2	0.46	Aegis Treatment Centers LLC	1018 21st Street Bakersfield, CA 93301 661-861-9967
3	0.88	Bakersfield Recovery Services DBA Jasons Retreat Intensive OP	2917 Eye Street Bakersfield, CA 93301 661-237-8200
4	0.92	Bakersfield American Indian Health Prg (BAIHP)	1617 30th Street Bakersfield, CA 93301 661-327-4030
5	0.99	Turning Point of Central California Ken Kennemer Substance Abuse Trt Ctr	1100 Union Avenue Bakersfield, CA 93307 661-458-6611 x2321
6	1.00	Turning Point of Central California Kern Day Reporting Center	1101 Union Avenue Suite 100 Bakersfield, CA 93307 661-437-4860 x2272
7	1.07	Teens Living Clean SUD Outpatient Treatment Team	300 East Truxtun Avenue Bakersfield, CA 93305 661-852-2658
8	1.54	Kern Behav Hlth and Recovery Services SUD Outpatient Treatment Team	222 34th Street Bakersfield, CA 93301 661-852-5560
9	1.61	Community Service Organization (CSO) Behav Hlth Program/Brotherhood Center	1124 Baker Street Bakersfield, CA 93305 661-327-9376
10	1.77	Aegis Treatment Centers LLC	501 West Columbus Street Bakersfield, CA 93301 661-328-0245
11	2.03	Action Family Counseling Inc Bakersfield IOP	3801 Buck Owens Boulevard Suite 105 Bakersfield, CA 93308 661-325-4357

Additional Resources (CONTINUES)

12	2.23	American Health Services LLC Bakersfield Health Services	1010 1/2 South Union Avenue Bakersfield, CA 93307 661-321-0234
13	2.48	Legacy Village LLC DBA Oregon Street Recovery Center	1620 Oregon Street Bakersfield, CA 93305 661-846-2745
14	2.62	Kern Behavioral Health System Childrens System of Care	P.O. Box 1000 Bakersfield, CA 93302 661-868-6600
15	2.93	Crisis Services Mary K Shell Building	2151 College Avenue Bakersfield, CA 93305 661-868-8155
16	3.53	Henrietta Weill Memorial Child Guidance Clinic Inc	661 Roberts Lane Bakersfield, CA 93308 661-393-5836
17	3.88	Kern Linkage/North Chester Center Adult Outpatient	2525 North Chester Avenue Bakersfield, CA 93308 661-868-1842
18	4.32	Aspire Behavioral Health	8307 Brimhall Road Suite 1705 Bakersfield, CA 93312 661-829-7301
19	4.38	Psychiatric Wellness Center	8329 Brimhall Road Suite 804 Bakersfield, CA 93312 661-431-1555
20	4.58	Bakersfield Behavioral Healthcare Hospital LLC (BBHH)	5201 White Lane Bakersfield, CA 93309 661-398-1800
21	4.58	Bakersfield Behavioral Healthcare Hospital LLC (BBHH)	5201 White Lane Bakersfield, CA 93309 661-398-1800
22	5.00	Psychiatric Wellness Center	6313 Schirra Court Suite 1 Bakersfield, CA 93313 661-323-6410
23	5.05	Crestwood Behavioral Health Inc	6700 Eucalyptus Drive Suite A Bakersfield, CA 93306 661-363-8127
24	9.75	Community Service Organization (CSO) Behav Hlth Program/De Colores Center	10420 Main Street Lamont, CA 93241 661-845-3753
25	30.16	Aegis Treatment Centers LLC	1019 Jefferson Street Delano, CA 93215 661-721-0463
26	77.15	Aegis Treatment Centers LLC	1111 West Inyokern Road B Ridgecrest, CA 93555 760-301-6945
27	77.86	College Community Services Ridgecrest	1400 North Norma Street Suite 133 Ridgecrest, CA 93555 760-499-7406
28	77.92	College Community Services Ridgecrest	1400 North Norma Street Suite 133 Ridgecrest, CA 93555 760-499-7406