

# Small Group Discussion: First Responders

- ❖ Broaden and Define what a First Responder is
  - ❖ Formal vs. Informal First Responders
  - ❖ First contact or first professional?
- ❖ Provide more information about existing resources
  - ❖ Access & Crisis Line - 800-479-3339, other hotlines
- ❖ Implement a standardized process - one place to call that can refer to services that are needed
- ❖ What is the effect on first responders? - Suicide rates among service providers
- ❖ Implement standardized guidelines
  - ❖ Time sensitivity
  - ❖ Keep it simple - magnets, materials

# Small Group Discussion:

## Best Practices A

- ❖ Zero suicide is the goal!
- ❖ Let's take it personal
- ❖ Remember that 90% of people who completed suicide had diagnosable mental illness
- ❖ Gender differences within services
  - ❖ Screening for women tend to focus on domestic violence rather than mental illness
- ❖ Universal screening across locations (workplace/human resources, schools, salons, bars, etc.)
- ❖ “Safe Landings”- immediate intervention for those who significant or traumatic life event
- ❖ Education everywhere to everyone
- ❖ Importance of media campaigns: talk more about suicide
  - ❖ Report when suicide is not involved

# Small Group Discussion: Best Practices B

- ❖ Increasing safety campaigns around gun awareness and use
  - Requiring training to obtain a gun
  - Legal ramifications for firearm distributors
- ❖ Increased training for law enforcement beyond the PERT team
- ❖ Providing follow-up and long term care resources
- ❖ Promoting peer support
- ❖ Access and Crisis Line 800-479-3339

# Small Group Discussion: Provider Training A

- ❖ Require suicide prevention training within licensing and education
- ❖ Multifaceted provider training that is relevant and dynamic
- ❖ Higher education institutions are not included in PEI funding despite participation (not in surveys)
- ❖ Managers have higher knowledge
  - ❖ No trickle down of information to line staff
- ❖ Suicide prevention should include current community stressors (i.e., unemployment, immigration)
- ❖ Standardized the training curriculum and make it accessible- FREE
- ❖ Integrated training between primary care and behavioral care
- ❖ Increase collaborations (e.g., courage to call)

# Small Group Discussion: Provider Training B

- ❖ National and local hub for certification
- ❖ E-Learning and chat rooms
- ❖ Support services for staff
- ❖ Resource guide for San Diego
- ❖ Diversified/interactive training for different pops
- ❖ Peer training (Yellow Ribbon Model) to engage youth