

Pathways in Crisis Services Project

Center for the Application of Substance Abuse Technologies (CASAT)

CAS 255: Substance Abuse Prevention



Curriculum Infusion Introduction

Topics



- Crisis Response System
- Suicide Prevention
- Trauma
- Cultural Considerations
- Compassion Fatigue

Disclaimer

This presentation may include readings, media, and discussion around topics such as suicide, trauma, and crisis intervention and may be difficult.

Please listen to yourself and reach out if you are having difficulty with these topics.

A top-down view of a wooden desk. On the left is a black keyboard with keys like 'Ins NumLk', 'Del ScrLk', and 'Shift' visible. In the center is a yellow sticky note with the words 'crisis' and 'intervention' written in red cursive. To the right is a silver and black fountain pen. In the background is a spiral-bound notebook with a teal cover and a pair of black-rimmed glasses resting on it.

crisis
intervention

Crisis Response System Impact



Suicide



Family pain



Psychiatric Boarding



The wrong care in the wrong place



Law enforcement working as “mobile crisis”

Nevada Crisis Response System



HIGH-TECH CRISIS CALL CENTERS



24/7 MOBILE CRISIS

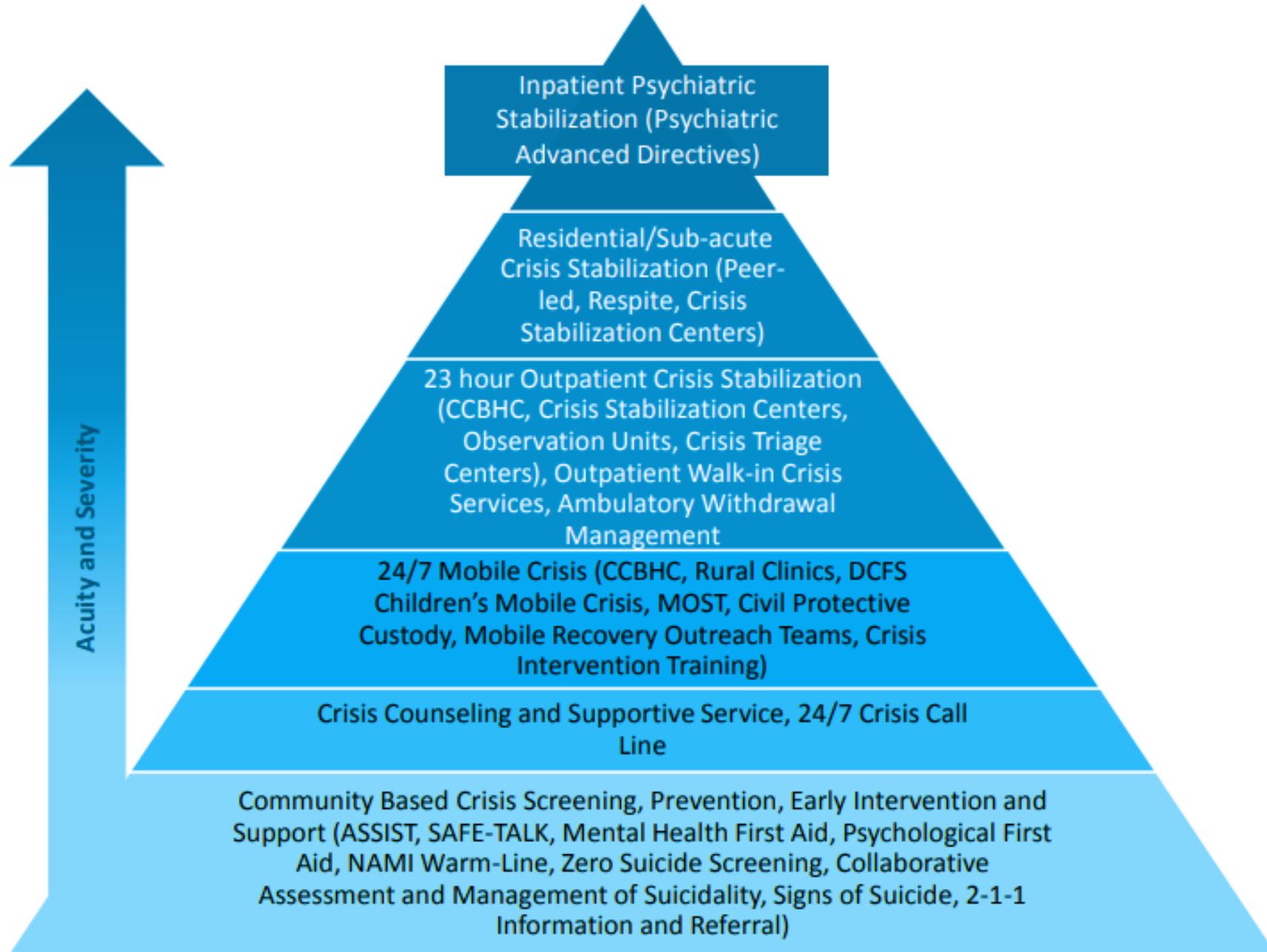


CRISIS STABILIZATION PROGRAMS



ESSENTIAL PRINCIPLES & PRACTICES

Nevada's Ideal Crisis Continuum



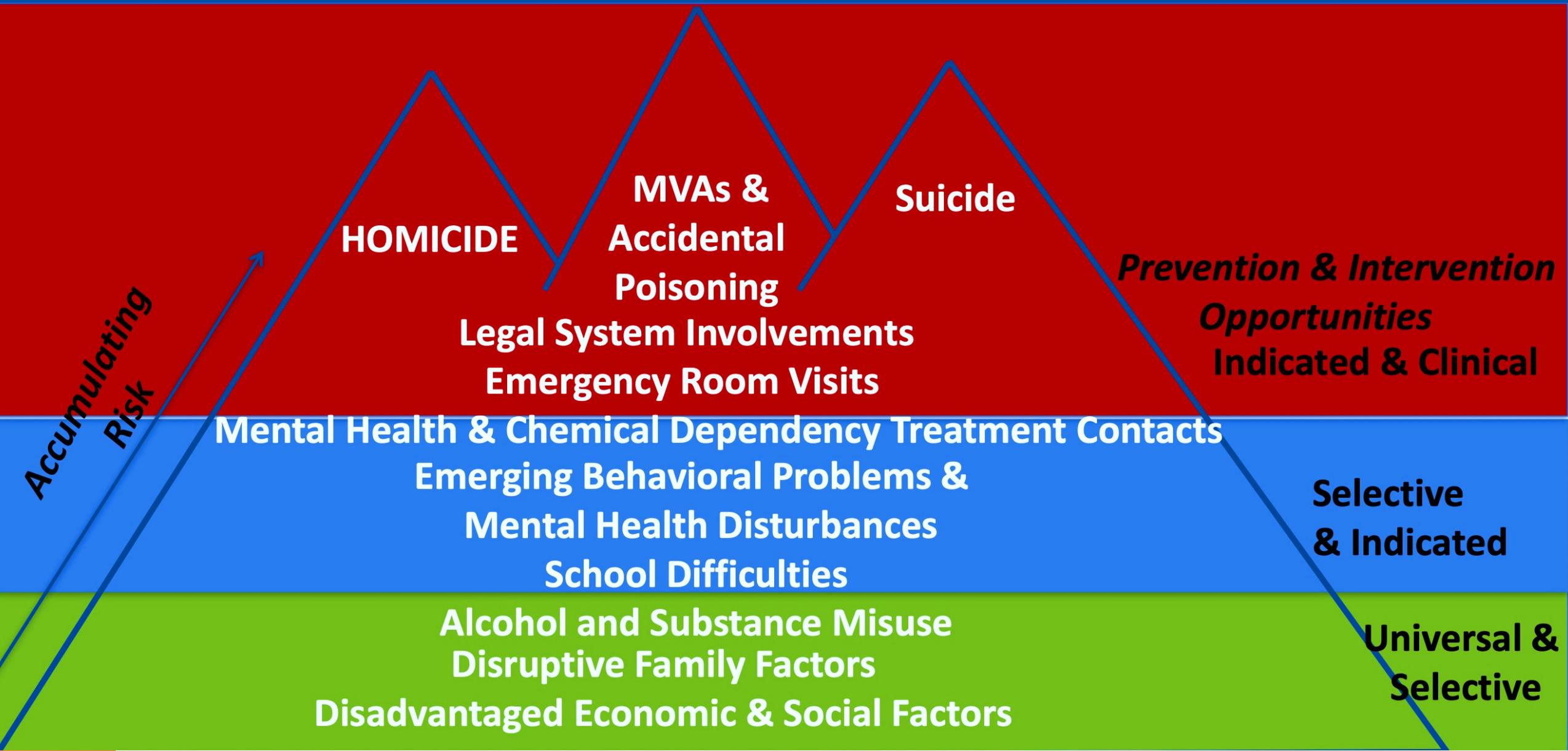
SUICIDE PREVENTION STARTS WITH YOU

Friends and family exhibiting unusual behaviors may be showing signs of a struggle with their mental health.

Help prevent suicide by recognizing warning signs.

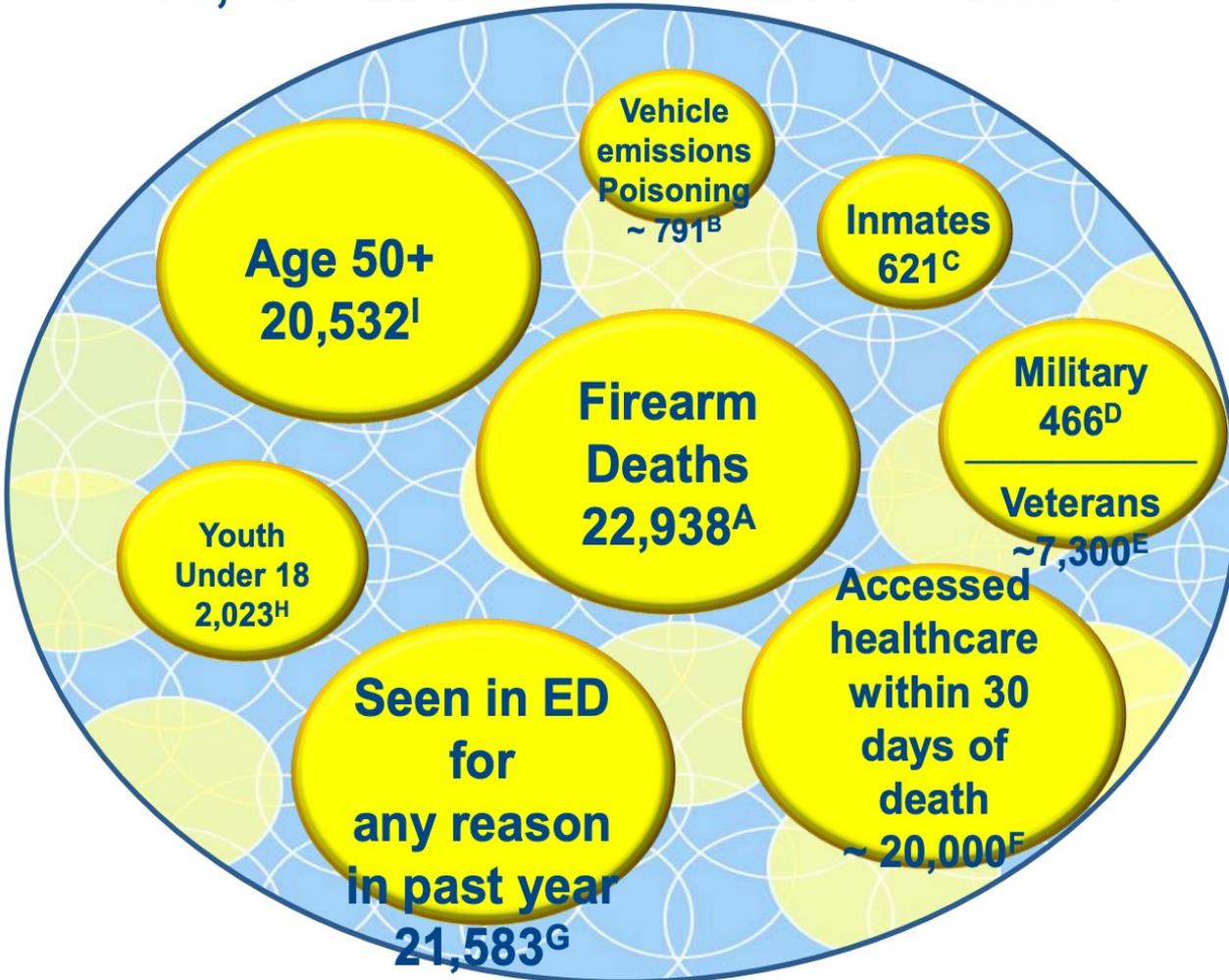


Common Risk Factors for Premature Death

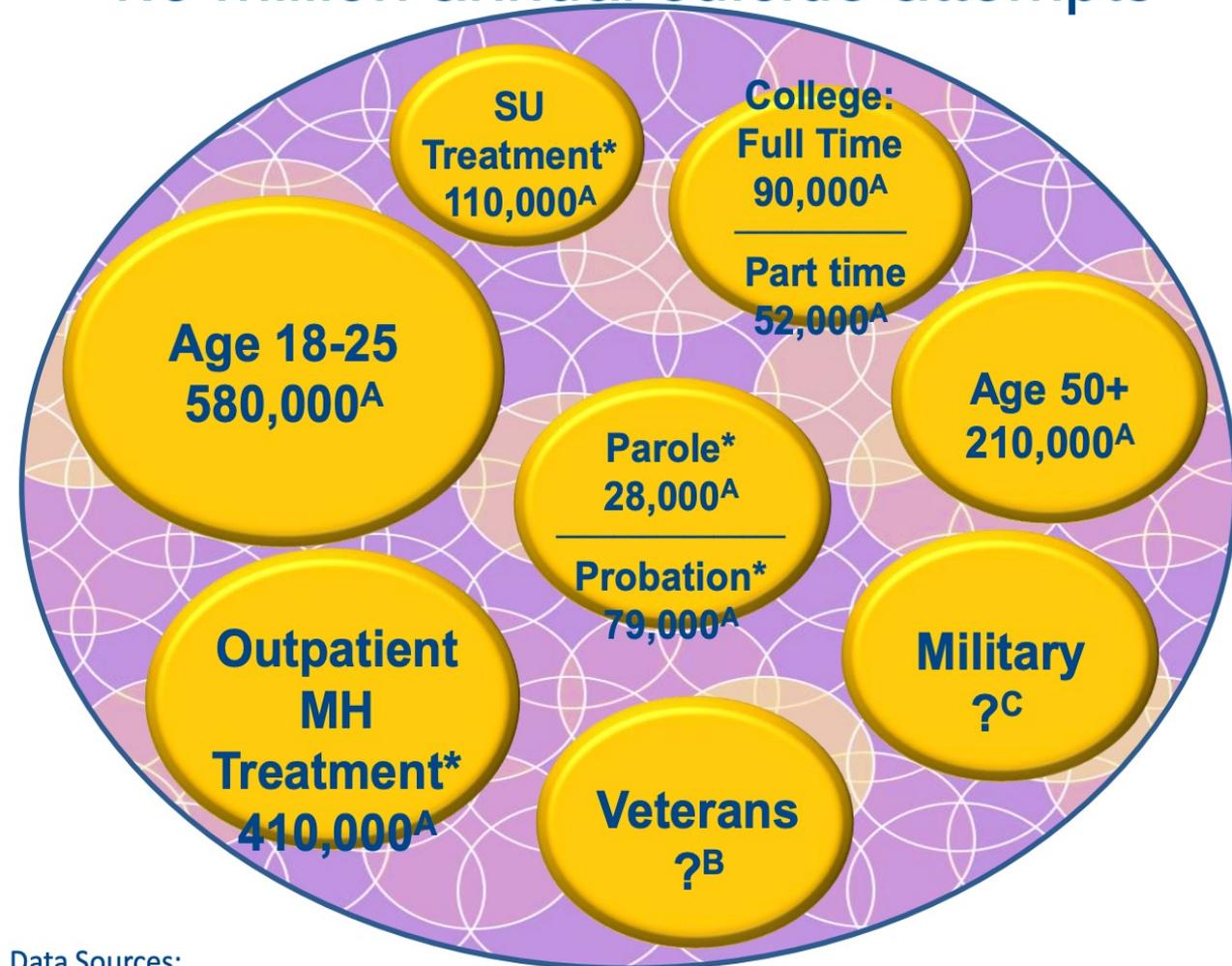


Identifying Areas of High Need and/or Opportunity

44,965 annual suicide decedents



1.3 million annual suicide attempts



Data Sources:

- A. CDC WISQARS 2016
- B. CDC WONDER 2014
- C. Bureau of Justice Statistics 2014
- D. DoDSER CY 2016 Q1-4 Reports

- E. Department of Veterans Affairs 2016
- F. Luoma et al, 2002; Ahmedani et al 2014
- G. Ahmedani, 2018. Personal communication
- H. CDC WISQARS 2016
- I. CDC WISQARS 2016

Data Sources:

- A. National Survey on Drug Use and Health
- B. In progress
- C. In progress
- * Last 12 months



Zero Suicide Framework

LEAD

system-wide culture change committed to reducing suicides

TRAIN

a competent, confident, and caring workforce

IDENTIFY

patients with suicide risk via comprehensive screenings

ENGAGE

all individuals at-risk of suicide in a suicide care management plan

TREAT

suicidal thoughts and behaviors using evidence-based treatments

TRANSITION

individuals through care with warm hand-offs and supportive contacts

IMPROVE

policies and procedures through a continuous quality improvement plan

Discussion

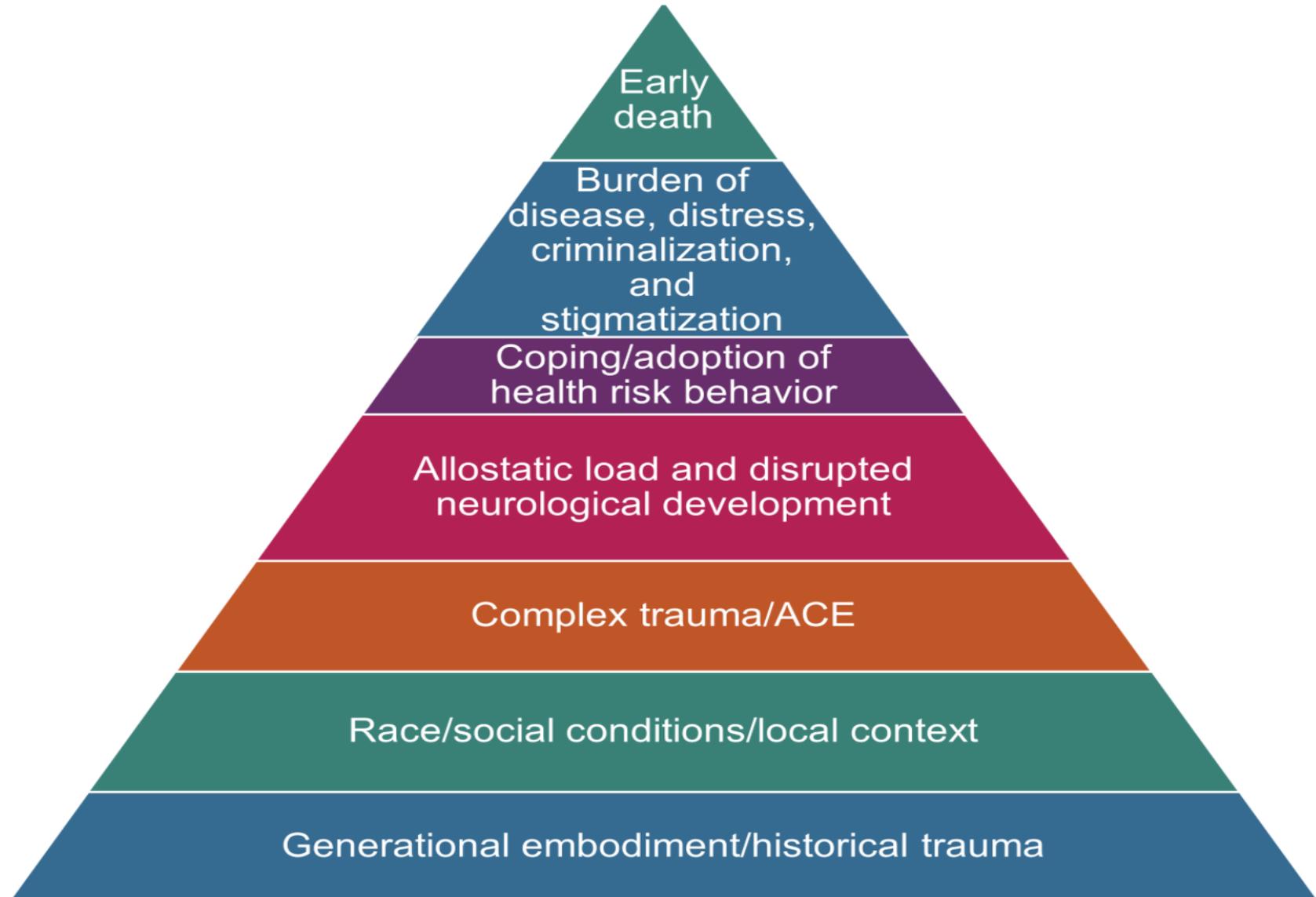
What are ways to create a culture that supports mental health?

Do you believe suicide is preventable?

Collaborators in Suicide Prevention



Adverse Childhood Experiences (ACE's)



Source: Centers for Disease Control and Prevention. (2016). Violence prevention: *The ACE pyramid* (adapted by RYSE Youth Center). <https://www.cdc.gov/violenceprevention/acestudy/about.html>

ACEs can have lasting effects on...



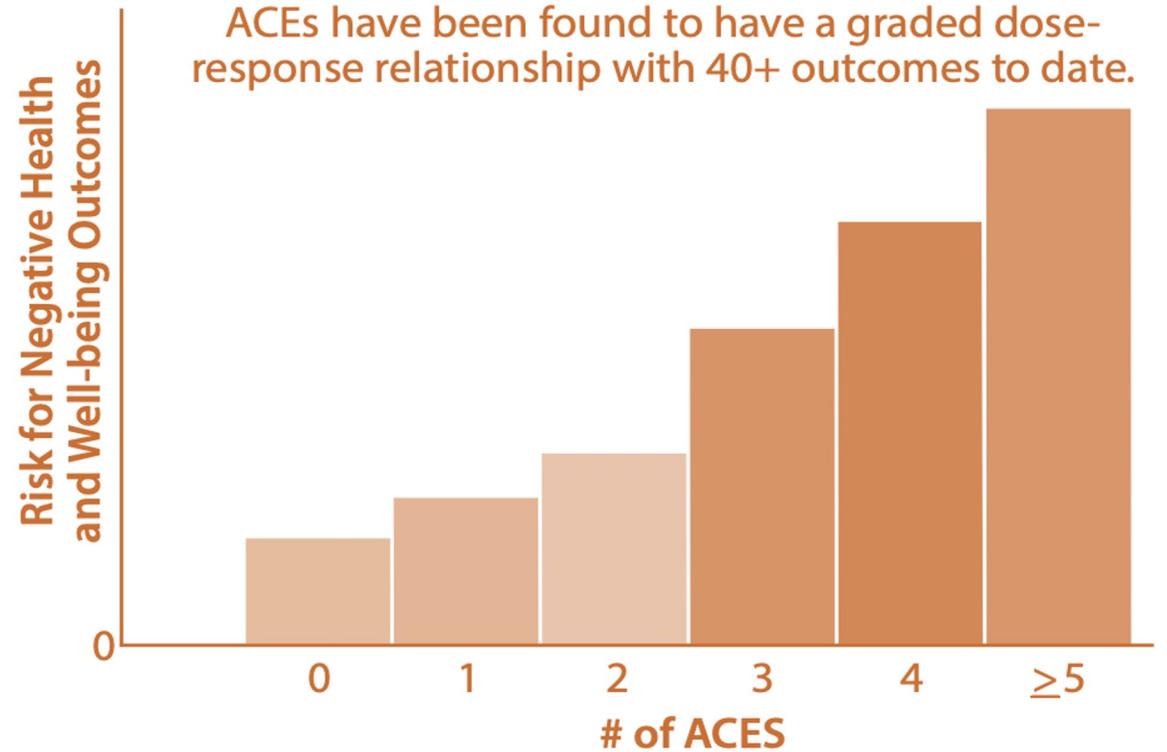
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



Behaviors (smoking, alcoholism, drug use)



Life Potential (graduation rates, academic achievement, lost time from work)



*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.



Preventing ACEs

Strategy	Approach
Strengthen economic supports to families	<ul style="list-style-type: none">• Strengthening household financial security• Family-friendly work policies
Promote social norms that protect against violence and adversity	<ul style="list-style-type: none">• Public education campaigns• Legislative approaches to reduce corporal punishment• Bystander approaches• Men and boys as allies in prevention
Ensure a strong start for children	<ul style="list-style-type: none">• Early childhood home visitation• High-quality child care• Preschool enrichment with family engagement
Teach skills	<ul style="list-style-type: none">• Social-emotional learning• Safe dating and healthy relationship skill programs• Parenting skills and family relationship approaches
Connect youth to caring adults and activities	<ul style="list-style-type: none">• Mentoring programs• After-school programs
Intervene to lessen immediate and long-term harms	<ul style="list-style-type: none">• Enhanced primary care• Victim-centered services• Treatment to lessen the harms of ACEs• Treatment to prevent problem behavior and future involvement in violence• Family-centered treatment for substance use disorders

Intervene to Lessen Immediate and Long-Term Harms

Evidence



Primary Care Settings



Victim Centered Services



Evidence Based Treatment



Family Therapy



Substance Use Disorder Treatment

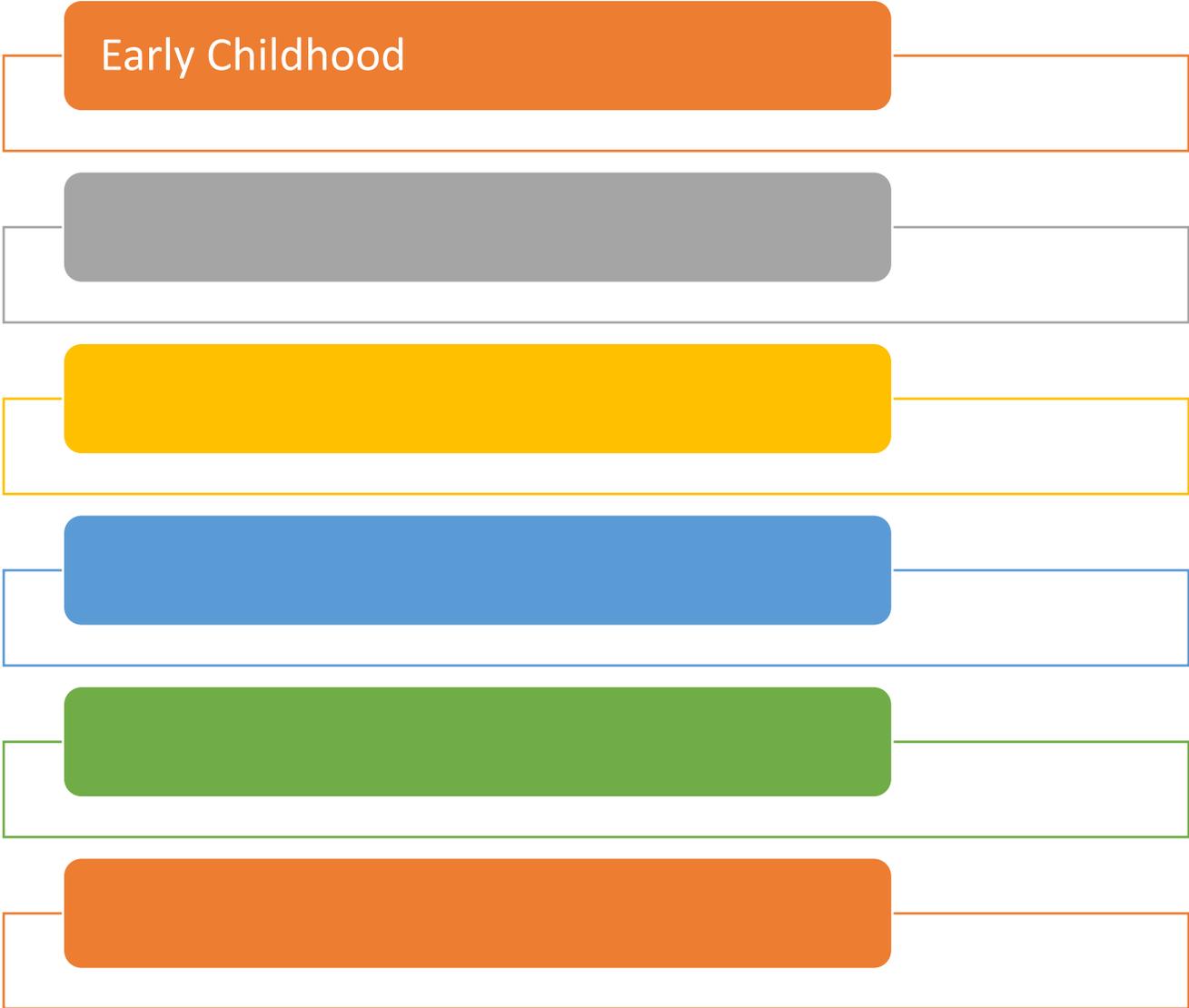
ACEs



Trauma



Grief Reactions Across the Lifespan





Cultural Sensitivity

Cultural Sensitivity is defined as: a) **Being aware that cultural differences and similarities between people exist without assigning them a value – positive or negative, better or worse, right or wrong.**



Cultural Sensitivity Tips

1. Ask non-judgmentally about the individual's beliefs around and understanding of their illness.
2. Don't push individuals to accept a psychiatric diagnosis—build trust over time and use terms that are acceptable to them, including: "stress," "nerves," "sadness," "worries," etc.
3. Consider describing mental illness as a biological disorder rather than a psychological problem or weakness.

Bedford, M, 2019

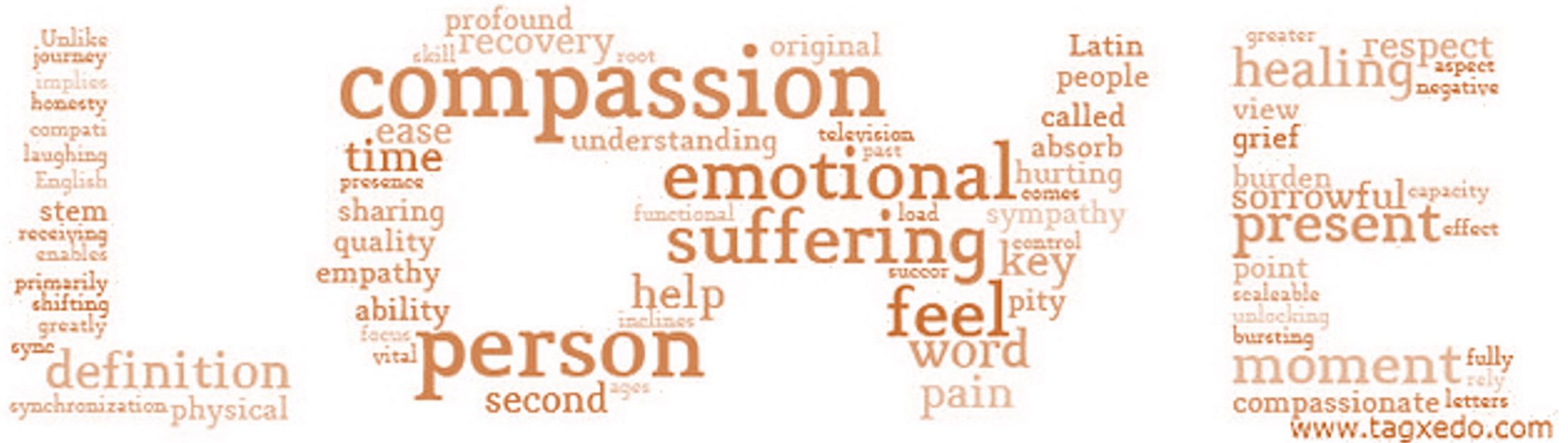
Cultural Sensitivity Tips

4. Ask if the patient observes any religious or traditional customs or practices that you should know about. Also ask about religion and spirituality in general, which can be a helpful source of support for those with mental health problems.
5. If possible, request a referral for the individual to a mental health provider that speaks their language, and ideally is from the same cultural background.
6. If a language concordant provider is not possible, be sure a professional interpreter is used when there is a language barrier. Don't rely on family members to interpret. Bedford, 2019

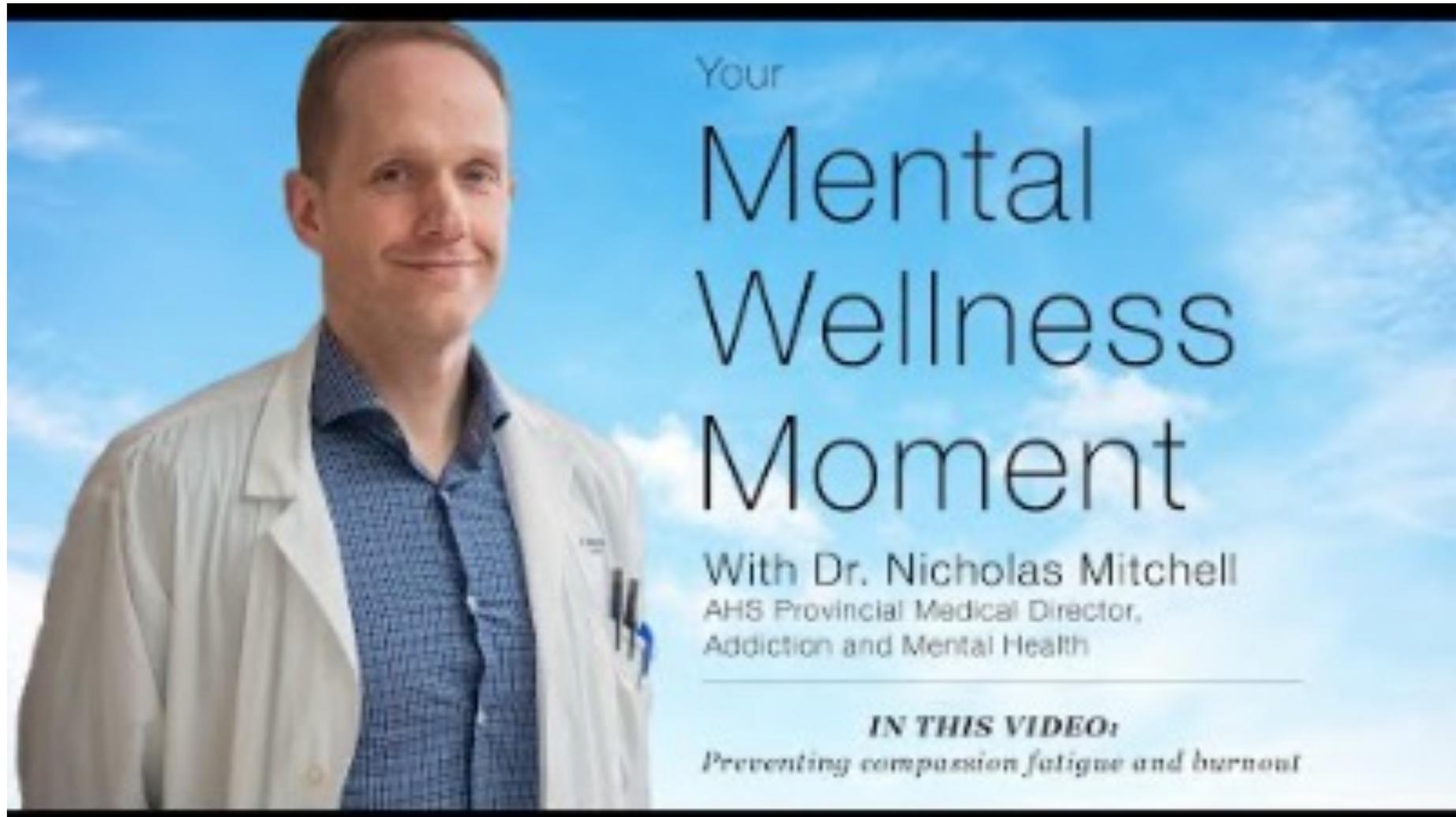
Cultural Humility

- Lifelong commitment to self-evaluation & self-critique
- Fix power imbalances
- Develop partnerships with people & groups who advocate for others

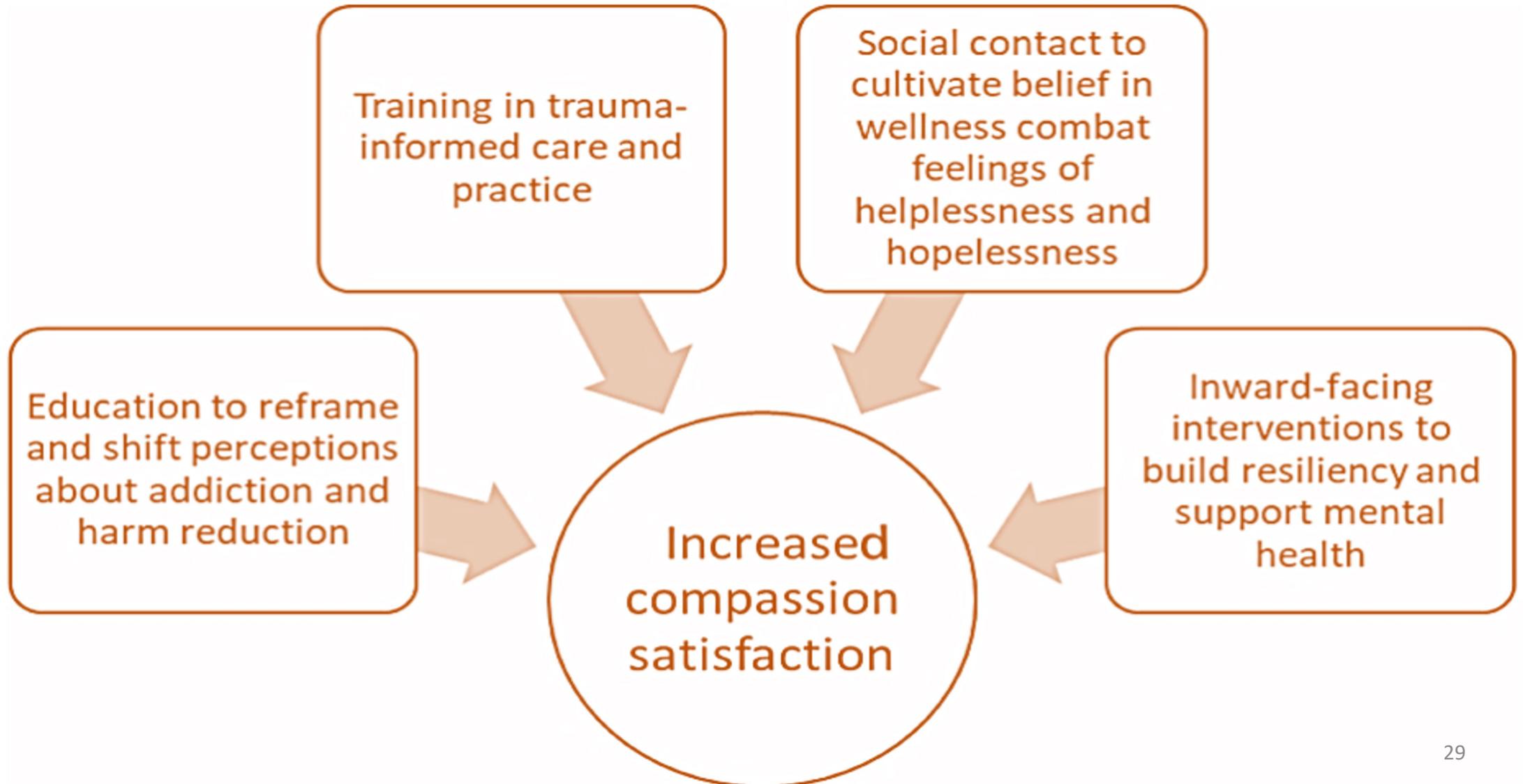




Preventing Compassion Fatigue and Burnout



Proposed solutions for combatting stigmatization among providers on the front lines of the opioid crisis



The most insidious aspect of *compassion fatigue* is that it *attacks* the very core of what brings helpers into this work...
empathy and *compassion* for others.

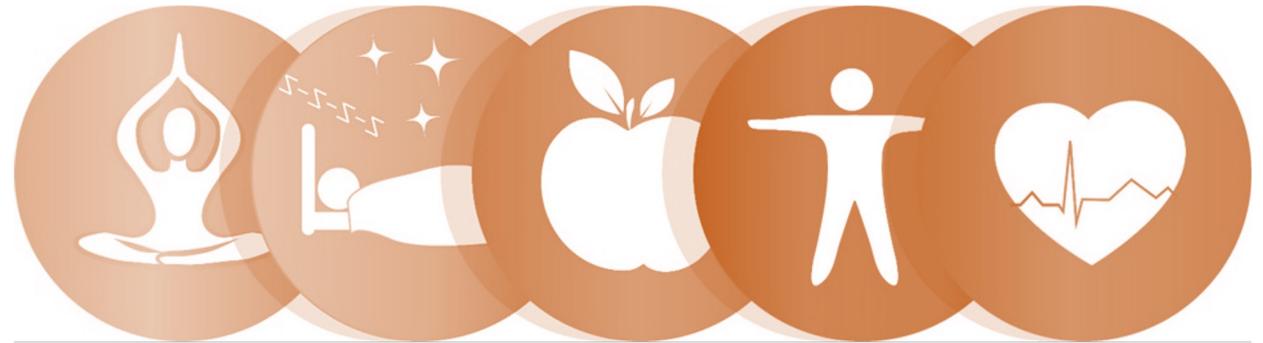
Figley Institute, 2012



There are Ways to **Prevent Compassion Fatigue**

Develop a self-care plan that includes:

- Exercise
- Nutrition
- Sleep
- Creative endeavors
- Spiritual Activities
- Social Support



Organizations should:

- Promote discussions of self-care plans
- Encourage leadership to model self-care
- Offer regular trainings specific to warning signs for compassion fatigue

Resources

Suicide Prevention:

- Zero Suicide Institute
- Zero Suicide Listserv
- NV Office for Suicide Prevention
- NV Zero Suicide Initiative
- The Lifeline and 988
- UNR LiveWell Resource Page



Resources

Community Resources:

- UNR Disabilities Resource Center
- Nevada Center for Excellence in Disabilities Directory
- CASAT on Demand Resources & Downloads
- Pacific Southwest Addiction Technology Transfer Center (PSATTC)
- The Mental Health Technology Transfer Center Network
- The Prevention Technology Transfer Center Network
- Dep. of Health & Human Services Aging and Disability Services Division
- SAMHSA's Technology Transfer Center (TTC) Programs



This publication was supported in whole or in part by the Nevada Division of Public and Behavioral Health Bureau of Behavioral Health, Prevention, and Wellness.

The opinions, findings, conclusions and recommendations expressed in this publication/program/exhibit are those of the author(s) and do not necessarily represent the official views of the State of Nevada.

