

Suicide Prevention: Reducing Access to Lethal Means

Presented by

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Objectives

- Overview of OCHN's efforts to improve care for individuals experiencing a suicidal crisis
- Overview of data regarding Lethal Means Reduction
- What you can do to increase safety and reduce suicide risk in your environment

Oakland Community Health Network's Suicide Prevention Efforts



Zero Suicide

- A philosophy
- A commitment
- Tools and strategies
- Concept and Practice



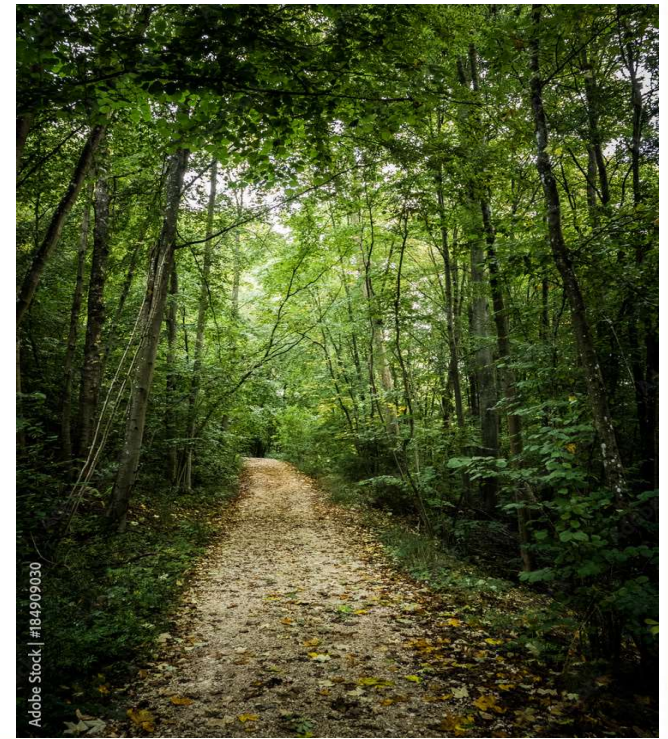
Zero Suicide Policy



- **Training requirements for staff**
- **Universal Screening requirements and need for assessment**
- **Procedures for each team**

Clinical Pathway for Suicide Care

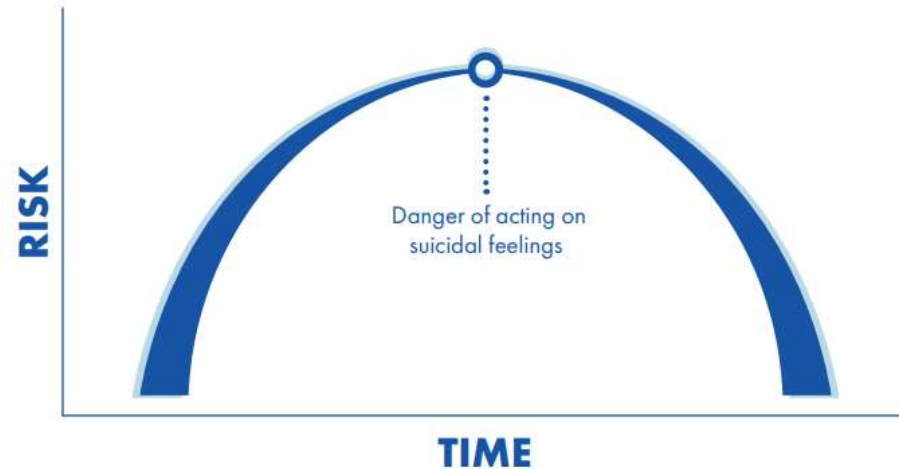
- **A clinical guidance document to support individuals at high risk of suicide**
- **Enhanced services/supports**
- **Counseling on Access to Lethal Means**



Continuous Quality Improvement

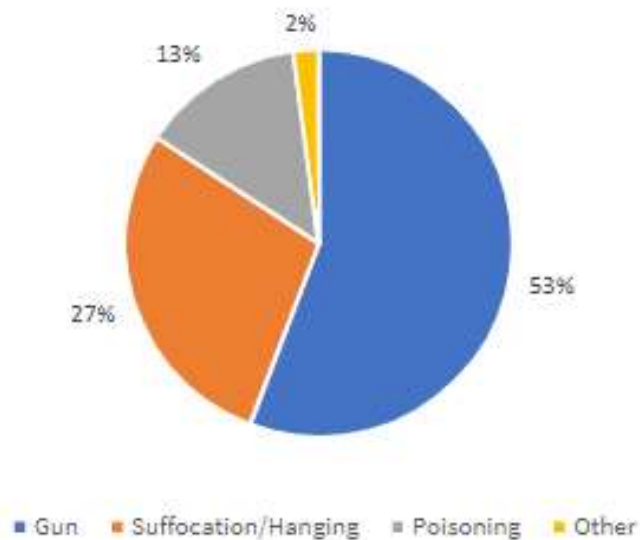
- **Having conversations around reducing access to lethal means is important- and requires training**
- **Building in prompts into crisis plans**
- **Proactive discussions are helpful**
- **Utilizing evidence-based safety planning tools**

Why is reducing access to lethal means important?



In Michigan in 2020-

Figure 3: Lethal Means Used in Suicide Deaths, 2020



Nationally in 2018-

Table 1. Suicide Deaths by Means, 2018

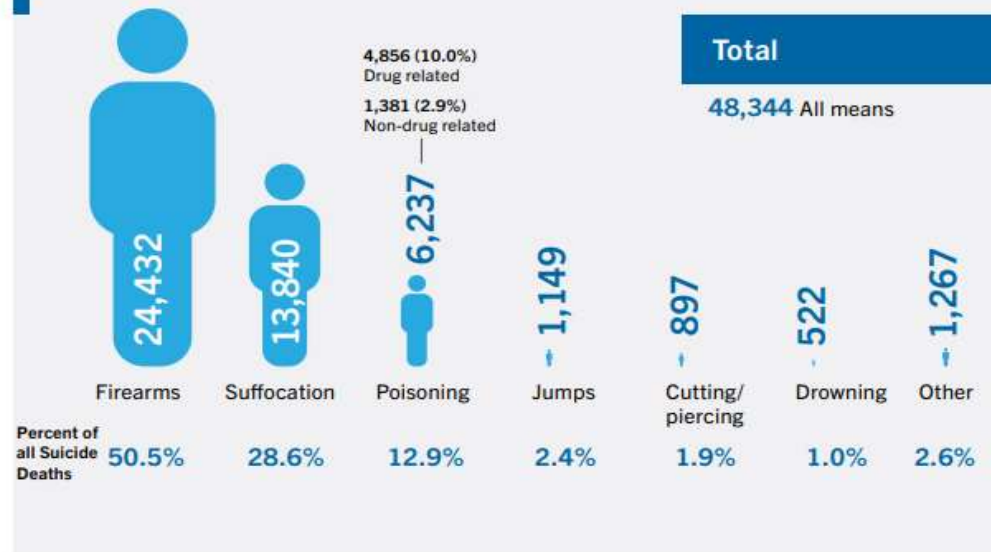


Table 2. Suicide Deaths by Means—Males, 2018

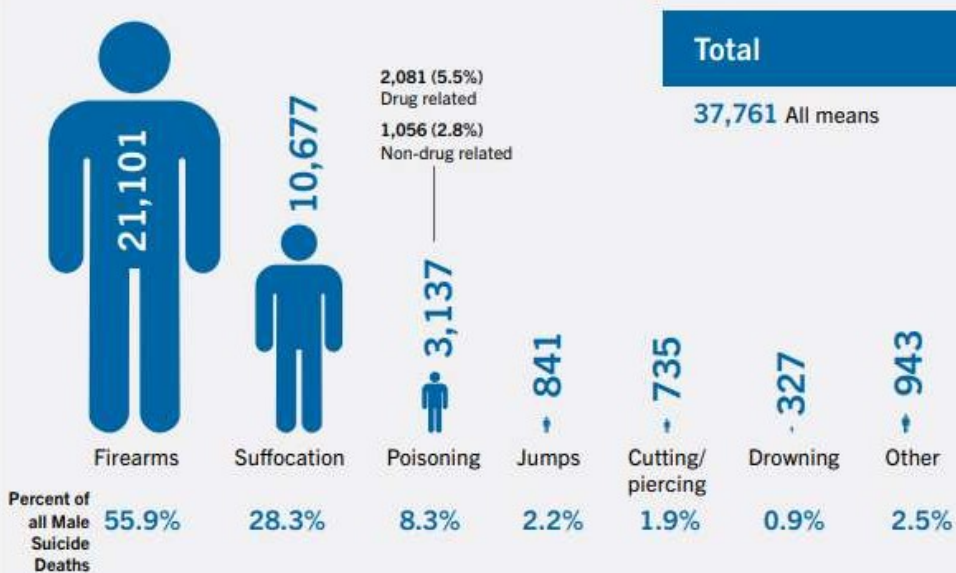


Table 3. Suicide Deaths by Means—Females, 2018



Say This

Not that

Died by suicide

~~Committed Suicide~~

Secure Storage

~~Safe Storage~~

Lethal Means Counseling/
Means Counseling

~~Lethal Means Restriction~~

Keep you safe *from suicide*

~~Keep you safe~~



Developmental Disabilities • Mental Health • Substance Recovery



- **Safest: Store Firearms away from the home**
- **Second-best: Secure storage in the home**



Keep the “safe” in firearm safety

Hiding a gun is not enough! Kids are curious, and studies show they usually know where a family keeps a gun.

Gun safes can lower the risk a curious child will be hurt:



Safe or lockbox
for handguns



Locked gun
safe for rifles



Gun trigger locks—
inexpensive and effective



Lock box
for ammo



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®



Developmental Disabilities • Mental Health • Substance Recovery

Specific to medications and poisons



YOU
CAN
DO IT



Oakland Community
Health Network

Developmental Disabilities • Mental Health • Substance Recovery

► Medications

Lock and limit.

3 in 5 teens say prescription drugs are EASY to get from their parents' medicine cabinets.

► Support

Listen and Act

9 out of 100 high school students attempted suicide in the past 12 months.

► Firearms

Remove. Lock.

More than half of all suicide deaths result from a gunshot wound.

Alcohol

Monitor Closely

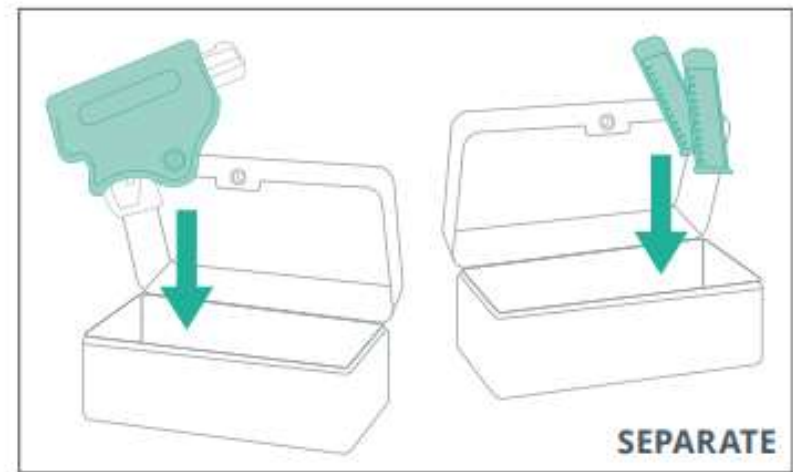
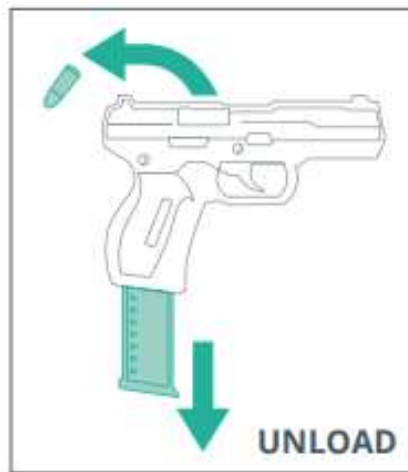
Substance use makes youth more likely to choose lethal means, such as guns.

Poisons

Take Precautions

Intentional exposure to poisons are more likely to result in serious or fatal outcomes.

Secure Storage of Firearms





Full-Size Gun Safe

Storage of multiple guns in one place. Biometric lock more secure than key or passcode.

\$200–\$2,000

- ✓ Prevents access by children
- ✓ Prevents access by unauthorized users
- ✓ Prevents theft (if secured to a structure in home)
- ✓ Enables fast access



Lock Box/Locker

Smaller and lighter than safe. Biometric lock more secure than key or passcode.

\$25–\$350

- ✓ Prevents access by children
- ✓ Prevents access by unauthorized users
- ✓ Provides secure vehicle storage
- ✓ Enables fast access



Console/Vehicle Gun Safe

For storage in a vehicle. Biometric lock more secure than key or passcode.

\$50–\$350

- ✓ Prevents access by children
- ✓ Prevents access by unauthorized users
- ✓ Prevents theft (if secured to a structure in car)
- ✓ Provides secure vehicle storage
- ✓ Enables fast access



Gun Case

For home or in-transit storage of one firearm. Uses external lock.

\$10–\$150

- ✓ Prevents access by children
- ✓ Prevents access by unauthorized users
- ✓ Enables fast access



Trigger Lock

Locks trigger of single weapon. Never use with loaded gun. May be dismantled with minimal tools and skills, so not as effective with older children and teens.

\$10–\$75

- ✓ Prevents use by small children
- ✓ Enables fast access



Cable Lock

Cable runs through action of single weapon to prevent firing. Ammunition must be removed for lock use. May be dismantled with minimal tools and skills, so not as effective with older children and teens.

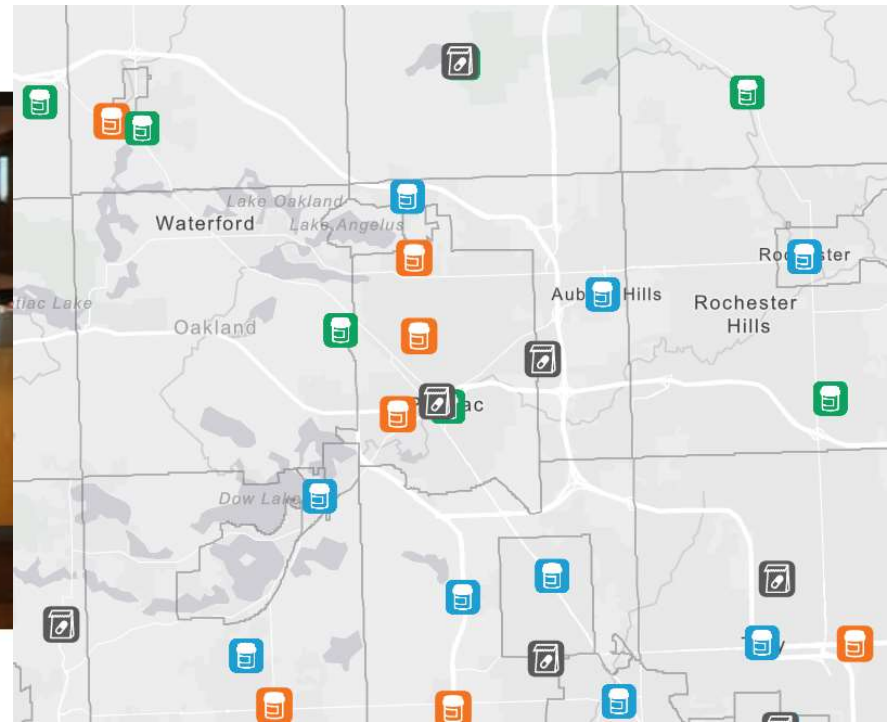
\$0*–\$50

- ✓ Prevents use by small children
- ✓ Enables fast access

*Often provided free with firearm purchase.

Disposing of Rx/Storing Poisons

Operation Medicine Cabinet:



Bubble packing/pharmacy resources



No one size fits all- talk with the person



LOCAL

COMMON GROUND CRISIS & RESOURCE HELPLINE

- **Call/Text:** 1-800-231-1127
- **Online Chat:** CommonGroundHelps.org

OK2SAY: MICHIGAN STUDENT SAFETY TIP LINE

- **Call:** 8-555-OK2SAY (855-565-2729)
- **Text:** 652729 (OK2SAY)
- **Email:** OK2SAY@mi.gov

NATIONAL

NATIONAL SUICIDE PREVENTION LIFELINE

- **Call:** 1-800-273-8255
- **Spanish:** 1-888-628-9454
- **Online Chat:** SuicidePreventionLifeline.org

CRISIS CHAT LINE

- **Text:** "HOME" to 741741

THE TREVOR PROJECT LIFELINE: LGBTQ RESOURCE

- **Call:** 1-866-488-7386
- **Visit:** TheTrevorProject.org

TRANSLIFELINE

- **US:** (877)565-8860
- **Canada:** (877)330-6366
- **Visit:** TransLifeline.org

VETERANS CRISIS LINE

- **Call:** 1-800-273-8255, Press 1
- **Text:** 828255
- **Online Chat:** VeteransCrisisLine.org

SPECIALIZED

IN AN EMERGENCY, CALL 911

988 SUICIDE & CRISIS
LIFELINE

There is hope.



Additional Resources

- **SPRC's: Counseling on Access to Lethal Means (CALM) Training**
- **Commonground's Behavioral Health Urgent Care**
- **Genoa Pharmacy**
- **BeSMART**
- **Targeted Interventions: Firearms, Culture & Suicide Care Training (University of Washington)**