

MEMORANDUM

June 26, 2012

TO: Health and Human Services Committee

FROM: Vivian Yao, Legislative Analyst 

SUBJECT: **Suicide Prevention**

The Health and Human Services Committee will discuss suicide prevention in Montgomery County. The Committee will hear information about national and local suicide statistics and trends, risk and protective factors, and strategies for preventing suicide including County services and supports. The following individuals are expected to participate in the presentation and discussion:

- Raymond Crowell, Chief, Behavioral Health and Crisis Services, Department of Health and Human Services (DHHS)
- Sharon Friedman, Executive Director, Mental Health Association of Montgomery County
- Richard Schiffauer, Commissioner, Montgomery County Commission on Veterans Affairs
- Dudley Warner, Senior Administrator, Behavioral Health and Crisis Services, DHHS

A copy of the DHHS powerpoint presentation to the Committee is attached at ©1-11.
Information on available suicide prevention and intervention services and supports can be found at ©11 and 16-21.

SUICIDE STATISTICS AND TRENDS

Some highlights of DHHS presentation include the following:

- In our country annually, 30,000 individuals commit suicide, with another 650,000 receiving emergency care after a suicide attempt.
- In 2007, suicide was the 11th leading cause of death in the United States, but the 2nd leading cause among 25-34 year olds and the third leading cause among 15-24 year olds.
- White individuals were over two times more likely to die of suicide than black or Hispanics individuals, and men were nearly four times more likely to die of suicide than females.

- Seniors comprise 13% of the population but 18% of all suicides.
- Military personnel appear to be at higher risk for suicide than the civilian population. Army suicides rose 80% from 2004 to 2008, and 40% are expected to have been linked with a combat experience.
- From 2007-2009, Montgomery County had a total of 193 individuals who committed suicide. Twenty-three of these individuals were adolescents. The largest groups to commit suicide were 50-59 year olds and those over age 70.
- The County age-adjusted rate of suicide (7.0/100,000) is lower than the State (8.9/100,000) and National 11.0/100,000) rates.

The materials provided by DHHS include a summary of the National Strategy for Suicide Prevention, which emphasizes that suicide is a public health problem that is preventable (©7). The National Strategy includes a number of objectives that call for the development and implementation of programs, services, and training that address stigma reduction associated with the use of mental health services; recognition of at-risk behaviors; effective treatment delivery; access to community-based services; and improvement in reporting and surveillance systems.

A chart showing the number of suicides in Maryland for 2010 by jurisdiction is attached at ©15. There were 69 suicides in Montgomery County, second in number to Baltimore County.

SERVICES AND SUPPORTS IN THE COUNTY

Individuals in crisis in Montgomery County can access a number of services and supports including the following:

- **Montgomery County Crisis Center: 1301 Piccard Drive, 1st Floor, in Rockville/240-777-4000.** Includes 24-hour walk-in mental health crisis services; Mobile Crisis Team (MCT) services; child/adolescent crisis evaluations; psychiatric evaluation and medication monitoring; psychiatric admission management and screening for inpatient psychiatric care; single point of entry for single adults seeking access to the shelter system; and mental health outreach to victims, their families, emergency responders, and the community following disasters or critical incidents.
- **Montgomery County Hotline: 301-738- CALL (2255).** A free, confidential, 24/7 supportive listening, information and resource, crisis prevention and intervention service.
- **National Suicide Prevention Lifeline: 1-800-273-TALK (8255) /1-800-SUICIDE**
- **Montgomery County Youth Crisis Line: 301-738-9697**
- **Military/Veteran Resource Line: 301-738-7176**
- **Red Flags Program: 301-545-0656 x517:** Provides information about adolescent depression and suicide and school and community resources to school communities. Encourages reporting of concerns about adolescents exhibiting "red flags" of adolescent depression and suicide and fostering school culture of understanding and open communication about mental health concerns.

Additional resources are described at ©11 and ©16-21.

DISCUSSION ISSUES

The Committee may be interested in discussing the following questions with participants:

- To what extent do reported statistics on suicide rates accurately reflect the magnitude of the public health problem? What factors might lead to the underreporting of suicides or attempts?
- What additional measures can be taken at the County level to prevent suicide? Are County services and programs consistent with the objectives in the National Strategy for Suicide Prevention? Are there policy strategies or improvements to suicide prevention services and other related supportive services that can be implemented?

This Packet Contains:

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SUICIDE PREVENTION IN MONTGOMERY COUNTY

Briefing for the Montgomery County
Council Health and Human Services
Committee

March 22, 2012

Suicide is a National Challenge

- ▣ Suicide exacts an enormous toll
 - Our Nation loses 30,000 lives each year
 - Another 650,000 receive emergency care after attempting to take their own lives.
 - The trauma, loss, and suffering is multiplied in the lives of family members and friends.

The National Challenge

- ▣ In 2007, suicide was the 11th leading cause of death in the United States.
- ▣ Based on 2007 age-adjusted death rates, men were nearly four times more likely to die of suicide than females, and
- ▣ White individuals were over two times more likely to die of suicide than black or Hispanic individuals.

The National Challenge

- ▣ In 2007, 14.5% of U.S. high school students reported that they had seriously considered attempting suicide during the 12 months preceding the survey; 6.9% of students reported that they had actually attempted suicide one or more times during the same period. (Centers for Disease Control and Prevention (CDC), 2009).
- ▣ Suicide is the second leading cause of death among 25-34 year olds and the third leading cause of death among 15- to 24-year olds.
- ▣ Among 15- to 24-year olds, suicide accounts for 12.0% of all deaths annually.
- ▣ The rate of suicide for adults aged 75 years and older was 15.9/100,000.

Seniors and Suicide

- ▣ Seniors comprise 13% population, but seniors 18% of all suicides
- ▣ Seniors are more successful when attempting suicide
 - Among age 15-24, 1 person dies/ every 100-200 attempts
 - Among those over 65, 1 person dies/every 4 attempts
 - Study of 97 seniors, 51 saw their primary physician within a month of the suicide, 45 had symptoms, only 19 received treatment

Military Personnel and Suicide

- ▣ **Military personnel appear to be at higher risk for suicide than the civilian population.**
 - NIH reports that Army suicides rose 80% from 2004 to 2008 (report published in *Injury Prevention*)
 - ▣ 40% are expected to have been linked with combat experience
 - ▣ 1/3 of the 80% saw no combat at all
 - ▣ Prior to this period, military suicides were at similar rates to general population
 - ▣ 45% were between 18 – 24 years old

Maryland and Montgomery County

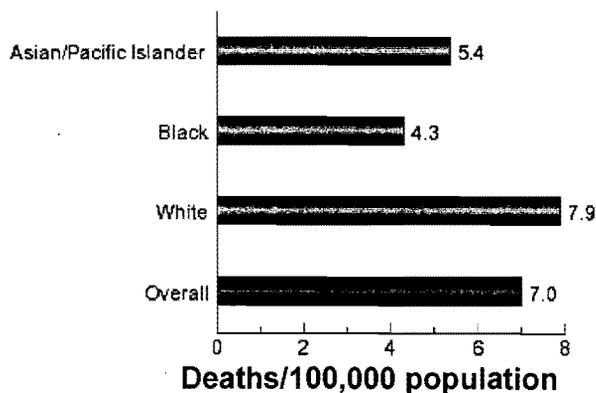
- ▣ Age Adjusted Suicide Rates:
 - National rate 11/1000,000
 - State rate 8.9/1000,000
 - County rate 7.0/100,000

- ▣ In Maryland, there were 546 deaths due to intentional self harm in 2009. The age adjusted rate for suicide was 8.9 per 100,000 population.

- ▣ From 2007 - 2009, Montgomery County had a total of 193 individuals who committed suicide. Twenty-three of these individuals were adolescents.
 - 33% female; 67% male
 - 35% died by hanging or asphyxiation; 31% died by firearms; 18% died due to an overdose.
 - the largest groups to commit suicide are those 50 - 59, and those over 70.

Montgomery County

Age-Adjusted Death Rate due to Suicide by Race/Ethnicity



Race groups include people of both Hispanic and non-Hispanic ethnicities.

Montgomery County

- ▣ In addition to completed suicides, in 2006, 455 people were hospitalized for self inflicted injuries.
 - the average cost of psychiatric hospitalizations was \$7326.44.
 - in 2008, \$1,908,995 was spent on hospitalizations for those with self-inflicted injuries.

- ▣ The Montgomery County Correction Facility has had 3 suicides in the last 2 years after 10 years of no suicides.

- ▣ During 2010, there were 2 domestic violence suicides.

RISK FACTORS FOR SUICIDE

- ▣ **BIOPSYCHOSOCIAL RISK FACTORS**
 - **Mental disorders, particularly mood disorders, schizophrenia, anxiety and personality disorders**
 - **Alcohol and other substance use disorders**
 - **Hopelessness**
 - **Impulsive and/or aggressive tendencies**
 - **History of trauma or abuse**
 - **Some major physical illnesses**
 - **Previous suicide attempt**
 - **Family history of suicide**

RISK FACTORS FOR SUICIDE

- ▣ *ENVIRONMENTAL RISK FACTORS*
 - Job or financial loss
 - Relational or social loss
 - Easy access to lethal means
 - Local clusters of suicide that have a contagious influence

- ▣ *SOCIOCULTURAL RISK FACTORS*
 - Lack of social support and sense of isolation
 - Stigma associated with help-seeking behavior
 - Barriers to accessing health care, especially mental health and substance abuse treatment
 - Certain cultural and religious beliefs (for instance, the belief that suicide is a noble resolution of a personal dilemma)
 - Exposure to, including through the media, and influence of others who have died by suicide

Protective Factors

- ▣ Effective clinical care for mental, physical, and substance abuse disorders
- ▣ Easy access to a variety of clinical interventions and support for help seeking
- ▣ Restricted access to highly lethal means of suicide
- ▣ Family and community support (connectedness)
- ▣ Support from ongoing medical and mental health care relationships
- ▣ Skills in problem solving, conflict resolution, and nonviolent ways of handling disputes
- ▣ Cultural and religious beliefs that discourage suicide and support instincts for self-preservation (CDC 2010)

NATIONAL STRATEGY FOR SUICIDE PREVENTION

Established by the Surgeon General in 1998 the NSSP requires a variety of organizations and individuals to become involved to:

- ▣ Prevent premature deaths due to suicide across the life span
- ▣ Reduce the harmful after-effects associated with suicidal behaviors and the traumatic impact of suicide on family and friends
- ▣ Promote opportunities and settings to enhance resiliency, resourcefulness, respect, and interconnectedness for individuals, families, and communities
- ▣ Implement training for recognition of at-risk behavior and delivery of effective treatment
- ▣ Develop and promote effective clinical and professional practices
- ▣ Increase access to and community linkages with mental health and substance abuse services
- ▣ Improve reporting and portrayals of suicidal behavior, mental illness and substance abuse in the entertainment and news media
- ▣ Promote and support research on suicide and suicide prevention
- ▣ Improve and expand surveillance systems

National Strategy – Key Elements

- ▣ *PROMOTE AWARENESS THAT SUICIDE IS A PUBLIC HEALTH PROBLEM THAT IS PREVENTABLE*
- ▣ *DEVELOP BROAD-BASED SUPPORT FOR SUICIDE PREVENTION*
- ▣ *DEVELOP AND IMPLEMENT COMMUNITY-BASED SUICIDE PREVENTION PROGRAMS*
- ▣ *DEVELOP AND IMPLEMENT STRATEGIES TO REDUCE THE STIGMA ASSOCIATED WITH BEING A CONSUMER OF MENTAL HEALTH, SUBSTANCE ABUSE, AND SUICIDE PREVENTION SERVICES*
- ▣ *REDUCE /ELIMINATE BARRIERS TO ACCESSING BEHAVIORAL HEALTH SERVICES THAT HELP*
- ▣ *PROMOTE EFFORTS TO REDUCE ACCESS TO LETHAL MEANS AND METHODS OF SELF-HARM*

County Services and Supports

- ▣ **County Run Programs**
 - Crisis Center
 - Access
- ▣ **Departmental Partnerships**
 - DOCR - Jail Based Services
 - MCPS – Rapid Assessment
 - County Sherriff – Family Justice Center/Abused Persons Program
 - Veterans Administration
- ▣ **Public Private Partnerships**
 - Veterans Collaborative
 - Mental Health Association

County Services and Supports

- ▣ **The Montgomery County Crisis Center**
 - 1301 Piccard Drive, First Floor, Rockville
 - 24-hour walk-in mental health crisis
 - Psychiatric evaluation and medication monitoring
 - Mobile Crisis Team (MCT) services
 - Child/Adolescent crisis evaluations
 - Psychiatric admission management and screening for inpatient psychiatric care
 - Mental health outreach to victims, their families, emergency responders, and the community following disasters or critical incidents
 - Single point of entry for single adults seeking access to the shelter system

County Services and Supports

- Montgomery County Public Schools in partnership with HHS has a protocol allowing rapid referral of students in a psychiatric crisis to the Crisis Center for assessment and treatment recommendations.
 - The 10th year of providing this service was completed during school year 2010-11.
 - "Assessment of Children in a Psychiatric Crisis" received a NACo Award in 2003.

- The benefits of this initiative are:
 - established uniform protocol within all schools for managing a psychiatric crisis
 - decreased use of emergency departments
 - majority of situations managed without the use of hospitalization
 - feedback to individual schools regarding disposition and issues for further focus
 - opportunity to identify emerging issues such as bullying, gang involvement, etc

County Services and Supports

SERVING TOGETHER:
TROOPS, VETERANS AND FAMILY CARE PROJECT
Rallying the community to provide accessible, useful and well coordinated services to troops, veterans and their families.

Serving Together Will Benefit:
This project will serve active-duty service members, those with the National Guard and Reserve, the estimated 500 wounded warriors receiving care at Walter Reed National Military Medical Center (WRNMMC), and their families. Additionally, service members transitioning out of the military and reintegrating back into civilian life and veterans already separated from the military who are living in this community will also be served by this initiative. The project will launch in Montgomery County where there are an estimated 50,000 veterans, 4,000 of whom serve or have served in the OIF/OEF conflicts, over 50% of whom are drawn from the National Guard and Reserves.

- Project Funding Partners:**
- Robert Wood Johnson Foundation
 - The Clark Chantable Foundation, Inc.
 - The Community Foundation for Montgomery County
 - The Community Foundation for the National Capital Region
 - Consumer Health Foundation
 - Healthcare Initiative Foundation
 - The HSC Foundation
 - Montgomery County
 - The Mead Family
 - Sanford and Doris Slavin Foundation

Serving Together: Troops, Veterans and Family Care Project
1000 Twinbrook Parkway
Rockville, MD 20851
Phone: 301.424.0656, ext. 556
Fax: 301.738.1030
E-mail: jmcnurlen@mhanic.org

H.O.P.E.S.

Hotline Outreach and Programming
for Emotional Support—



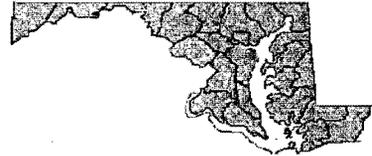
H.O.P.E.S., a program of the Mental Health Association of Montgomery County, serves people throughout the metropolitan DC area in need of emotional support through a variety of innovative programs.

- ▣ **Montgomery County Hotline Program (MCH):** Serving Montgomery County since 1970, MCH is a 24/7 supportive listening, information and resource, crisis prevention and intervention service that is free and confidential. Answers 4 phone lines:
 - Montgomery County Hotline: 301-738-CALL (2255)
 - Montgomery County Youth Line: 301-738-9697
 - Local calls to the National Suicide Prevention Lifeline: 1-800-273-TALK (8255) & 1-800-Suicide
 - Montgomery County Military/Veteran Resource Line: 301-738-7176

- ▣ In addition, MCH is answering crisis chats (instant messaging) through:
 - www.Help4MDyouth.org (a state of Maryland project)
 - www.crisischat.org (The National Crisis Chat Portal)

H.O.P.E.S.

Hotline Outreach and Programming
for Emotional Support—
Red Flags



The goals of the Red Flags program are to:

1. To empower members of the school community by providing them with *information* about adolescent depression and suicide as well as school and community *resources* for teens who exhibit "red flags" of adolescent depression and suicide.
2. To encourage participants to report their concerns about adolescents exhibiting "red flags" of adolescent depression and suicide.
3. To provide ideas for supportive action that encourages academic and social successes for adolescents who are depressed.
4. To encourage a Red Flags school culture of understanding & open communication about mental health concerns



Montgomery County Youth Line: 301-738-9697
Maryland Crisis Chat Project: www.Help4MDyouth.org



Your Leading Mental Health Resource

Mental Health First Aid

*What would you do for someone
in a mental health crisis?*

*Co-worker, customer, client, student,
neighbor, family member, friend...
it could be anyone & it could
be at any time.*

ARE YOU PREPARED?



Who Should Participate?

Mental Health First Aid was designed to educate all members of the community, so every adult can benefit from being trained in Mental Health First Aid.

A 12-hour, evidence based training to provide the initial help to a person showing symptoms of mental illness or in a mental health crisis.

For more information about MHFA, send an email to: lhochman@mhamc.org

Where to Get Help

- ▣ **Montgomery County Crisis Center**
1301 Piccard Drive Rockville, MD
240-777-4000
- ▣ **Montgomery County Hotline:**
301-738-2255
- ▣ **National Suicide Prevention Lifeline:**
1-800-273-TALK/ 1-800-SUICIDE
- ▣ **Youth Crisis Line: 301-738-9697**
- ▣ **Military/Veteran Resource Line:**
301-738-7176
- ▣ **Red Flags Program: 301-424-0656 X 517**
- ▣ **National Alliance on Mental Illness (NAMI) Montgomery County, 11718 Parklawn Drive Rockville, MD 301-949-5852**
- ▣ **Active Minds, 2001 S Street, NW Suite 450 Washington, DC, 202-332-9595**
- ▣ **Montgomery County Department of Health and Human Services Information Line 311 (if in Montgomery County), 240-777-0311 (if outside Montgomery County)**
- ▣ **Mental Health Association of Montgomery County, 1000 Twinbrook Pkwy Rockville
General Info: 301-424-0656**



Suicide in Montgomery County

Fact Sheet

National Data

- Suicide is the second leading cause of death among 25-34 year olds and the third leading cause of death among 15- to 24-year olds.
- Among 15- to 24-year olds, suicide accounts for 12.0% of all deaths annually.
- The rate of suicide for adults aged 75 years and older was 15.9/100,000.
- 33 % of all suicides are alcohol related
 - Prevalence of heavy drinking (12-21 drinks per week) is estimated at 3-9% in older adults
 - 14% of adults over the age of 65 meet criteria for alcohol abuse/dependency
- Suicide rate increase with age
 - Average rate = 10.6/100,000
 - Over 65 = 15.2 /100,000
 - White males over 85 = 65 / 100,000 (CDC, 2009)
- Seniors comprise 13% population, but seniors 18% of all suicides
- Seniors are more successful when attempting suicide
 - Among age 15-24, 1 person dies/ every 100-200 attempts
 - Among those over 65, 1 person dies/every 4 attempts
 - Study of 97 seniors, 51 saw their primary physician within a month of the suicide, 45 had symptoms, only 19 received treatment
- In 2007, 14.5% of U.S. high school students reported that they had seriously considered attempting suicide during the 12 months preceding the survey; 6.9% of students reported that they had actually attempted suicide one or more times during the same period. (Source: Centers for Disease Control and Prevention (CDC). 2009).

State and Local Data

- In Maryland, there were 546 deaths due to intentional self harm in 2009. The age adjusted rate for suicide was 9.3 per 100,000 population.
- From 2007 - 2009, Montgomery County had a total of 193 individuals who committed suicide. Twenty-three of these individuals were adolescents.
 - 33% female; 67% male
 - 35% died by hanging or asphyxiation; 31% died by firearms; 18% died due to an overdose.
 - the largest groups to commit suicide are those 50 - 59, and those over 70.
- In addition to completed suicides, in 2006, 455 people were hospitalized for self inflicted injuries.
 - the average cost of psychiatric hospitalizations was \$7326.44.
 - in 2008, \$1,908,995 was spent on hospitalizations for those with self-inflicted injuries.
- The Montgomery County Correction Facility has had 3 suicides in the last 2 years after 10 years of no suicides.
- During 2010, there were 2 domestic violence suicides.
- In school year 2010-2011, MCPS referred a total of 571 students from 142 schools for assessments to rule out danger to self or others. This represented an increase of 57% over the previous year.
- In 2010, the Montgomery County Hotline provided 1128 suicide assessments. In 2011, the total increased to 1299, a 15% change.
- In 2009, the Montgomery County Crisis Center provided face to face services for 1034 individuals under 18 years old of which 12% were suicidal. A total of 5343 adults were seen of which 8% were suicidal. In 2010, a total of 1051 under 18 were seen with 10% being suicidal. A total of 5330 adults were seen of which 8% were suicidal.
- In 2009, the number of suicides in Montgomery County was 4.7 times higher than the number of pedestrian fatalities (66 vs. 14) and 5.5 times higher than the number of homicides (66 vs. 12).

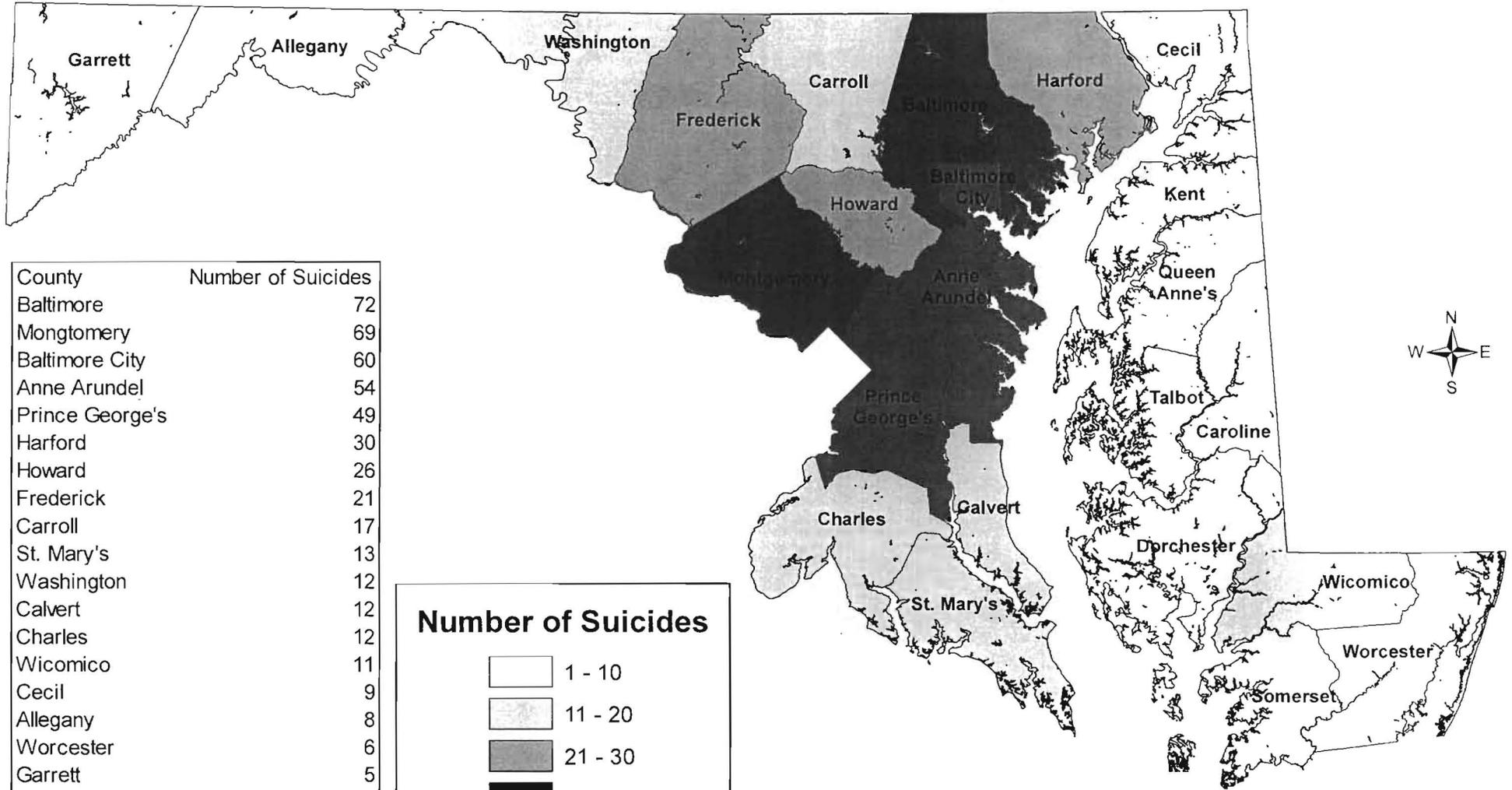
Suicide in Montgomery County

Fact Sheet

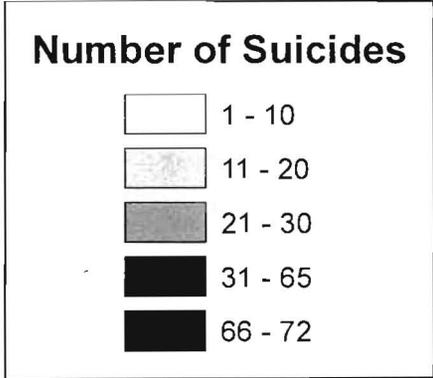
Military and Veteran Mental Health & Suicide

- **Military personnel appear to be at higher risk for suicide than the civilian population.**
 - NIH reports that Army suicides rose 80% from 2004 to 2008 (report published in *Injury Prevention*)
 - 40% are expected to have been linked with combat experience
 - 1/3 of the 80% saw no combat at all
 - Prior to this period, military suicides were at similar rates to general population
 - 45% were between 18 – 24 years old
 - “those with severe depression were more than 11 times more likely to take their own lives, and those with anxiety disorders were 10 times more likely to do so...”
 - Maryland Report. “Final Report of the Veterans Behavioral Health Advisory Board,” found:
 - 2004-2008: 491 veterans completed suicide in Maryland
 - 475 were male; 16 were female
- **Other risk factors for suicide among military personnel include:**
 - Traumatic Brain Injury “Army 2020: Generating Health & Discipline in the Force Ahead of the Strategic Reset Report 2012”
 - The total Army has had over 126,545 diagnosed cases of TBI between 2000 -2010
- PTSD “Army 2020: Generating Health & Discipline in the Force Ahead of the Strategic Reset Report 2012”
 - 2010 research suggests that nearly 20% of service members deployed to Iraq and Afghanistan will develop PTSD
 - According to the VA 187,133 Iraq and Afghanistan veterans were diagnosed with PTSD by mid-2011.”
 - 20 % of Reserve members, 3-6 months after returning, state signs of PTSD compared with 11% of active duty members

Number of Suicides in Maryland for 2010 by Jurisdiction



County	Number of Suicides
Baltimore	72
Mongtomery	69
Baltimore City	60
Anne Arundel	54
Prince George's	49
Harford	30
Howard	26
Frederick	21
Carroll	17
St. Mary's	13
Washington	12
Calvert	12
Charles	12
Wicomico	11
Cecil	9
Allegany	8
Worcester	6
Garrett	5
Talbot	5
Queen Anne's	4
Dorchester	4
Caroline	3
Kent	2
Somerset	1



2010 Total Suicides: N= 505



SERVING TOGETHER:

TROOPS, VETERANS AND FAMILY CARE PROJECT

Rallying the community to provide accessible, useful and well coordinated services to troops, veterans and their families.

Overall Objective:

The creation of a new model of care that will coordinate and strengthen community-based resources for troops, veterans and their families and improve access to a range of health, mental health and other support services.

Program Components:

- Building Awareness Among Community Providers of the Unique Needs of Troops, Veterans and Their Families
- Assessment, Coordination and Alignment of Services
- Specialized Training of Mental Health Providers in Appropriate Interventions
- Education of Military Family Members About Early Signs of Mental Health Challenges
- Launch and Maintain Interactive Web-based Resources
- Peer-to-Peer Support through Peer Navigators

Serving Together Will Benefit:

This project will serve active-duty service members, those with the National Guard and Reserve, the estimated 500 wounded warriors receiving care at Walter Reed National Military Medical Center (WRNMMC), and their families. Additionally, service members transitioning out of the military and reintegrating back into civilian life and veterans already separated from the military who are living in this community will also be served by this initiative. The project will launch in Montgomery County where there are an estimated 50,000 veterans, 4,000 of whom serve or have served in the OIF/OEF conflicts, over 50% of whom are drawn from the National Guard and Reserves.

Project Funding Partners:

- ◆ Robert Wood Johnson Foundation
- ◆ The Clark Charitable Foundation, Inc.
- ◆ The Community Foundation for Montgomery County
- ◆ The Community Foundation for the National Capital Region
- ◆ Consumer Health Foundation
- ◆ Healthcare Initiative Foundation
- ◆ The HSC Foundation
- ◆ Montgomery County
- ◆ The Mead Family
- ◆ Sanford and Doris Slavin Foundation

Key Community Stakeholders:

- ◆ Troops, Veterans and Their Families
- ◆ Military Institutions
- ◆ Government Agencies
- ◆ Nonprofit Organizations
- ◆ Other Community Leaders, Including Those from Education, Business and Faith Communities

Serving Together: Troops, Veterans and Family Care Project

1000 Twinbrook Parkway
Rockville, MD 20851

Phone: 301.424.0656, ext. 556
Fax: 301.738.1030
E-mail: jmcnurlen@mhamc.org



Your Leading Mental Health Resource

Serving Together: Troops, Veterans and Family Care Project is an initiative of Mental Health Association of Montgomery County (MHA), with support from the Robert Wood Johnson Foundation and Local Funding Partnerships.

H.O.P.E.S.

Hotline Outreach and Programming for Emotional Support—



H.O.P.E.S., a program of the Mental Health Association of Montgomery County, serves people throughout the metropolitan DC area in need of emotional support through a variety of innovative programs. These initiatives are all focused on helping community members understand, identify and intervene with mental health problems. H.O.P.E.S. has a strong volunteer base and seeks to increase community awareness and opportunities to make a difference in the lives of people touched by mental illness. Accredited by the American Association of Suicidology and part of the National Suicide Prevention Lifeline network, this program touches between 15,000 and 18,000 lives each year while bringing hope and understanding to the community.

Montgomery County Hotline Program (MCH):

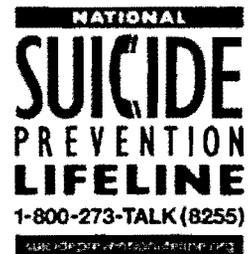
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- Montgomery County Youth Line: 301-738-9697
- Local calls to the National Suicide Prevention Lifeline: 1-800-273-TALK (8255) & 1-800-Suicide
- Montgomery County Military/Veteran Resource Line: 301-738-7176

In addition, MCH is answering crisis chats (instant messaging) through:

- www.Help4MDyouth.org (a state of Maryland project)
- www.crisischat.org (The National Crisis Chat Portal)

- Answers an average of 1480 calls a month in the past year
- Conducted an average of 115 suicide assessments monthly in the past year
- Averages 49 contacts monthly from callers identifying as active military/veteran or family member/friend.
- Staffed by one full time and 4 part time staff members and more than 70 volunteers who receive more than 48 hours of accredited training.
- Serves on the Maryland Annual Suicide Prevention Conference Planning committee, Youth Crisis Hotline Group and the Maryland Committee on Youth Suicide Prevention that wrote *Linkages to Life: Maryland's Plan for Youth Suicide Prevention*.



Your Leading Mental Health Resource

H.O.P.E.S.

Hotline Outreach and Programming for Emotional Support— Red Flags

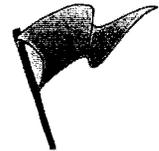


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- In 2009, suicide was the 3rd leading cause of death for 10-24 year olds in the United States.
- The National Youth Risk Behavior Survey found that in the past 12 months 13.8% of high school students surveyed reported having seriously considered suicide in the past 12 months.

The goals of the Red Flags program are to:

1. To empower members of the school community by providing them with *information* about adolescent depression and suicide as well as school and community *resources* for teens who exhibit “red flags” of adolescent depression and suicide.
2. To encourage participants to report their concerns about adolescents exhibiting “red flags” of adolescent depression and suicide.
3. To provide ideas for supportive action that encourages academic and social successes for adolescents who are depressed.
4. To encourage a Red Flags school culture of understanding & open communication about mental health concerns



A three-pronged approach to educate and raise awareness about the “red flags” or warning signs of adolescent depression and suicide. Participants are (1) students through Health Education classes in 8th and 10th grades, (2) parents and/or guardians and (3) school staff members in their respective school communities.

Each school develops a Resource Team which participates in a train-the-trainer session and then presents the information to members of the school community.

The program content is designed to be delivered to 8th grade students over two classroom periods, to 10th grade students over three classroom periods, to parents/guardians and to school staff through a 1½ hour presentation.

Both the middle school and high school programs focus on adolescent depression and suicide, each with developmentally appropriate content (i.e. different video with complementary activities). The High School program reinforces and expands on the objectives from the Middle School program; both programs satisfy the required curriculum objectives for depression and suicide as defined by the state.

Montgomery County Youth Line: 301-738-9697
Maryland Crisis Chat Project: www.Help4MDyouth.org



Your Leading Mental Health Resource

Fact:

You are more likely to encounter a person in an emotional or mental crisis than someone having a heart attack. Mental disorders are more common than heart disease and cancer combined.

Fact:

An estimated 1 in 4 Americans has a diagnosable mental illness.

Fact:

Untreated mental disorders cost \$79 billion in lost productivity every year.

Mental Health First Aid is offered in Montgomery and Prince George's County by Mental Health Association of Montgomery County.

Mental Health Association of Montgomery County (MHA) promotes mental wellness and supports those living with mental illness by sponsoring and implementing advocacy, education and community service programs. A private, nonprofit, United Way (#8151) agency, MHA has served Montgomery County since 1957. MHA currently manages 11 direct service programs for children, teens, families, senior adults as well as individuals with long-term mental illness. Approximately 1,000 volunteers implement the programs under the direction of the MHA professional staff.



Mental Health Association of Montgomery County
1000 Twinbrook Parkway
Rockville, MD 20851

Phone: 301.424.0656
Fax: 301.738.1030

www.mhamc.org

Mental Health First Aid

What would you do for someone in a mental health crisis?

Co-worker, customer, client, student, neighbor, family member, friend... it could be anyone & it could be at any time.

ARE YOU PREPARED?



A 12-hour, evidence based training to provide the initial help to a person showing symptoms of mental illness or in a mental health crisis.

Why participate?

Because it Works!

Mental Health First Aid (MHFA) is an Evidence Based Practice, meaning that research indicates that it **WORKS**. Evaluations of MHFA in Australia, where the program originated, have demonstrated benefits including:

- **Better recognition** of mental health problems,
- **Greater understanding** and utilization of evidence-based treatments,
- **Reduced stigma** surrounding mental illnesses,
- **Increased confidence** in providing help to others, and
- **Greater amount of help** provided to others in the six months following the course.

"I found the training to be one of the most valuable courses in employee wellness that I have participated in during my human resources career."

— Ann LaFleur, SPHR

In *Mental Illness in the Workplace* at Employersweb.com on September 1, 2010

Who Should Participate?

Mental Health First Aid was designed to educate all members of the community, so every adult can benefit from being trained in Mental Health First Aid.

Continuing Education (CEU*) has been approved for the following professionals:

- Social Workers
- Human Resources
- Early Childhood

*CEU information is available at www.mhamc.org/MHFA/CEUs

"The tools and strategies about what to do in a crisis are great."
— Local MHFA Participant

What topics are covered?

During this highly interactive, 12-hour program taught over several days or weeks to small groups, participants learn about:

Mental Health Disorders

- Depression
- Anxiety
- Schizophrenia
- Eating Disorders
- Self-Injury
- Substance Use
- Bipolar Disorder

Crisis Situations

- Suicidal Behaviors
- Acute Stress
- Reactions to Trauma
- Panic Attacks
- Acute Psychotic Behaviors

The presentation combines the use of lecture, videos, group discussion and group exercises.

How do I sign up?

MHFA courses are offered in two ways:

1. A group/company that has a minimum of 10 participants may contract for a private training. Contact lhochman@mhamc.org for more information.
2. Individuals can sign up for one of the public offerings throughout the year. These training announcements are posted to www.mhamc.org.

The price for each participant is \$119 which includes the cost of course materials. There is a maximum of 24 participants in each course. Offerings are subject to availability.

MHFA Train-the-Trainer courses are also available.

Interested individuals must complete an application and be accepted into the course. Passing this 5-day course is a condition of becoming a certified trainer. There is a \$1,500 per person fee to participate. Other conditions and additional fees will apply.

"It puts the information in very understandable terms—user friendly."
— Local MHFA Participant

More information:

Mental Health First Aid is delivered by certified Mental Health First Aid USA instructors who complete a 5-day training and meet other certification requirements.

For more information about MHFA, send an email to: lhochman@mhamc.org



Montgomery County Suicide Prevention & Intervention Resources

Prevention:

- Montgomery County Crisis Center
1301 Piccard Drive Rockville, MD 20850
240-777-4000 (Crisis Center, 24 hours, Mobile Crisis Team)
- Mental Health Association of Montgomery County
1000 Twinbrook Pkwy Rockville, MD 20851
General Info: 301-424-0656
Montgomery County Hotline: 301-738-2255
National Suicide Prevention Lifeline: 1-800-273-TALK/ 1-800-SUICIDE
Youth Crisis Line: 301-738-9697
Military/Veteran Resource Line: 301-738-7176
Red Flags Program: 301-424-0656 X 517
- National Alliance on Mental Illness (NAMI) Montgomery County
11718 Parklawn Drive Rockville, MD 20852
301-949-5852
- Active Minds
2001 S Street, NW Suite 450 Washington, DC 20009
202-332-9595
- Montgomery County Department of Health and Human Services Information Line
311 (if in Montgomery County)
240-777-0311 (if outside Montgomery County)

Crisis Intervention/Hospitals:

- Montgomery County Crisis Center
240-777-4000
- Adventist Behavioral Health 24/7 Care Center
14907 Broschart Rd. Rockville, MD 20850
855-ABH-CARE (224-2273)
301-251-4500 (General Information)
- Washington Adventist Hospital
7600 Carroll Avenue Takoma Park, MD 20912
301-891-5600 (Behavioral Health Services)
301-891-5602 (Admissions and Referral)
- Holy Cross Hospital
1500 Forest Glen Road Silver Spring, MD 20910
301-754-7860 (General Information)
- Montgomery County Non-Emergency Police
301-279-8000
- Suburban Hospital
8600 Old Georgetown Rd Bethesda, MD 20814
301-896-3100 (General Information)
301-896-2331 (Inpatient Behavioral Health)
301-896-2036 (Outpatient Center)
- Montgomery General Hospital
18101 Prince Philip Drive Olney, MD 20832
301-774-8888 (Crisis Intervention & Evaluation Center)
301-774-8800 (Mental Health Outpatient Evaluation Center)

Post-Ventian:

- Hospice Caring, Inc.— Coping with a Suicide Death Support Group
518 S. Frederick Avenue Gaithersburg, MD 20877
General Info: 301-869-HOPE (4673)
Support Group Registration: 301-990-0854



Your Leading Mental Health Resource

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301.424.0656 • www.mhamc.org