



Year 1 Highlights: July 1, 2021 – June 30, 2022

Partnership Building — The Office of Suicide Prevention (OSP) focused on building and establishing partnerships with internal programs and external suicide prevention partners and stakeholders to identify opportunities for collaboration, to coordinate efforts, and to support and facilitate suicide prevention activities taking place throughout California.

Technical Assistance — The OSP responded to requests from partners and stakeholders representing organizations across the State. Inquiries included 22 requests for data as well as 15 requests for speakers/presentations to inform different groups about OSP activities and suicide and self-harm data trends in California.

Data Dissemination/Reports — The OSP produced and released several suicide and self-harm data resources and reports, which can be found on CDPH's website under the [Suicide Prevention Program](#). Listed below are titles and links to those recently published reports:

- [Suicide Trends in 2020 Data Brief](#)
- [PowerPoint doc with updated data for Suicide Trends in 2020](#)
- [Veteran Suicide in 2019 Data Brief](#)
- [Older Adult Suicide in 2018 Fact Sheet](#)
- [California Violent Death Reporting System \(CalVDRS\) Fact Sheet: Suicide in California, 2019](#)
- [California Violent Death Reporting System \(CalVDRS\) Infographic: Suicide in California, 2019](#)

Lock Box Distribution — The OSP purchased and distributed approximately 4,500 lockboxes to ten local health and behavioral health departments in counties with higher rates of suicides and self-harm than the State overall. The OSP also provided an informational flyer for community members, to be distributed along with the lock boxes, that encourages help-seeking behavior for those in crisis. The flyer, created in collaboration with the UC Davis [BulletPoints Project](#), encourages lock box recipients to store firearms and medications safely in the lock boxes so that children/youth and adults in crisis are less likely to gain access to these lethal means. Counties that received the lock boxes included: Amador, Butte, Humboldt, Lassen, Sacramento, Santa Cruz, Shasta, Siskiyou, Solano, and Tehama.

Zero Suicide Informational Webinars — The OSP sponsored four [Zero Suicide Institute](#) informational webinars, that took place between June 21-24, 2022, for local health departments, behavioral health departments, school-based health centers, providers, clinical supervisors, staff with quality improvement/assurance roles, peer support staff, and others who work in the healthcare field and are interested in learning about how to prevent suicide within that context. Maximum registration capacity for each of the four webinars was reached with a total attendance of 353 people, representing 41 of California's 58 counties. During each of these 90-minute informational webinars, participants learned about the seven

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elements of the [Zero Suicide](#) framework and the science behind them, expected outcomes when a systems change approach is used to improve suicide care that is provided, and examples of what it looks like when organizations approach suicide care using the Zero Suicide framework.

- A post-webinar evaluation survey (n=192) found that participants were very satisfied with the webinars, with almost 95% of respondents reporting that they strongly agreed or agreed that they were satisfied after the webinars.
- Additionally, about 82% of respondents supported or strongly supported their organization participating in future Zero Suicide Academies.
- Themes related to barriers to implementation included funding, resources, staffing, and policies and procedures for county agencies (e.g., integration with existing guidelines and systems).

Mental Health Thrival Kits — The OSP purchased nearly 38,000 [Mental Health Thrival Kits](#) (developed by the Directing Change Program) to distribute to youth in California via schools throughout the state and local health and behavioral health departments in counties with higher rates of suicides and self-harm than the State overall. A total of 29,179 kits were distributed to schools and 8,700 kits were distributed to counties via local health departments and behavioral health departments. These kits can be used to celebrate wellness and promote positive coping skills for youth with easy-to-follow activities to enhance basic skills for social emotional wellness. The journal within each kit can be used for journaling exercises to promote reflection and self-expression. The inside cover also includes grounding and breathing techniques to help cope with stressful moments and includes crisis resources and hotlines. The following counties received these kits: Amador, Butte, Humboldt, Lassen, Sacramento, Santa Cruz, Shasta, Siskiyou, Solano, and Tehama.

CDPH Suicide Prevention web page updates — The OSP redesigned and updated the [CDPH Suicide Prevention web pages](#), which included adding new pages that are designed to be user-friendly and comprehensive, as well as provide more information on the function and activities of the CDPH suicide prevention efforts and programs.

Youth Suicide Prevention Projects — The OSP worked with partners in the California Health and Human Services Agency to request additional support for youth suicide prevention efforts based on data that showed increased suicide rates for youth during the pandemic. As a result, the OSP was allocated additional funding in the Governor's 2022-2023 Budget to focus on the following projects as part of the OSP's Year 2 activities:

- **Youth Suicide Prevention Grants and Outreach Program** — (\$40 million) to develop and implement a data-driven, targeted, community-based youth suicide prevention outreach campaign for youth at increased risk of suicide.
- **Crisis Response** — (\$50 million) to provide grants to pilot a new approach of designating youth suicide and youth suicide attempts as reportable public health events, which would trigger crisis response, resource connections, and provision of supports to be provided at the local level for impacted schools and communities.