

Promoting Emotional Health & Preventing Suicide: A Toolkit for Senior Living Communities

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Depression among elderly is a normal consequence of aging and associated problems.

FALSE

Depression can happen to anyone at any age.



Terminal illness is a factor in most completed suicides.

FALSE

Only 2–4% of suicide victims have been diagnosed with a terminal illness at the time of their death.

**Even seniors with close family members
may be at risk for suicide.**

TRUE

People often believe that only seniors
who live alone without family support
are at risk for suicide.

**Most suicidal seniors do not
seek help on their own
to obtain mental health care.**

TRUE

Seniors are less likely to reach out by calling a crisis line than their younger counterparts.

**Suicidal seniors do not exhibit
warning signs of their
suicidal ideas or intent.**

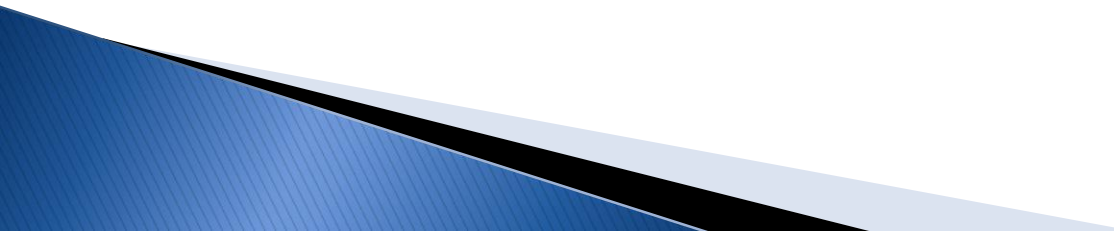
FALSE

There are often warning signs, comments,
behaviors and risk factors present
that are seen in hindsight.

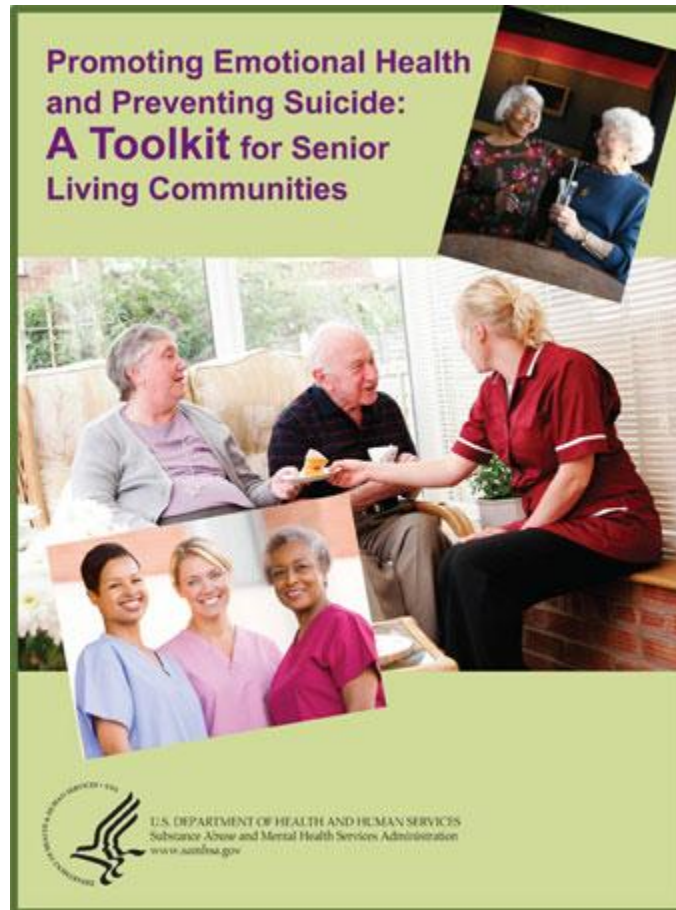
**There is nothing that can be done
to stop a senior suicide.**

FALSE

**Suicide at any age may be prevented
if someone who recognizes the
warning signs knows what to do.**



The Suicide Prevention Toolkit from SAMHSA



How To Get SPARK kit

Download the toolkit from the SAMHSA Store:

- ▶ <http://store.samhsa.gov/home>
- ▶ Search for SPARK Kit

Download directly:

<http://store.samhsa.gov/product/Promoting-Emotional-Health-and-Preventing-Suicide/SMA10-4515>

or

<http://store.samhsa.gov/product/SMA10-4515>

This publication is currently Out of Stock – – You will need to download it to get a copy.

Toolkit Format: 7 downloadable PDFs

What is Included:

- ▶ Toolkit Overview
- ▶ Guide to Getting Started
- ▶ Trainer's Manual
- ▶ Fact Sheets (for residents)
- ▶ PowerPoint for Staff Workshop 1
- ▶ PowerPoint for Staff Workshop 2
- ▶ PowerPoint for Resident & Family Workshop

Toolkit Overview

- ▶ Three Workshop Trainings – all fully developed
 - Two one-hour staff workshops (#1 & #2)
 - One half-hour resident & family workshop
- ▶ Easy integration into regulations, procedures, and practice setting
- ▶ Tools for programming, system review, and reform
- ▶ Easy Goals Setting Exercises – for prioritizing and developing action timelines

Toolkit Overview

- ▶ Table of Contents – useful for action initiatives or case planning
- ▶ Resources for Protocol Development
- ▶ Resources for Specialized Older Adult Practice Techniques in Three Levels:
 1. Healthy Living & Prevention
 2. Recognizing and Dealing with Suicide Risk
 3. Crisis Response

Three Levels: Prevention, Early Intervention, and Postvention

1. Whole Population Prevention Services Approach
2. At-Risk Population Services Approach
3. Crisis Response Services Approach

Who Can Use the Toolkit?

Any Setting with Older Adults

- ▶ Nursing Facility
- ▶ Assisted Living
- ▶ Visiting Nurses
- ▶ Group Home
- ▶ Senior Living Setting
- ▶ Senior Center
- ▶ Aging Network Provider
- ▶ CMHC Provider
- ▶ Provider Training Networks
- ▶ Peer Support Services
- ▶ Advocacy and Coalition
- ▶ State MH and Aging

Dissemination Strategies

- ▶ Aging and Mental Health Departments
(e.g. Prevention, PASRR, Older Adult, Incident & Quality Assurance, Policy, Protective Services, Case management, Supervisor and Staff Training)
- ▶ Engaging Provider Associations
- ▶ Training Networks and Conferences
- ▶ Advocacy Groups and Coalition Activity
- ▶ Peer Support Initiatives

Uses of SPARK Kit –

- ▶ Administrators & Providers Guide
 - Use Toolkit Overview & Guide to Getting Started
- ▶ PowerPoint Training Materials
 - Use Trainers Manual (script and handouts) +
 - PowerPoint for Staff Workshop 1,
 - PowerPoint for Staff Workshop 2, or
 - PowerPoint for Family and Residents
- ▶ Resident & Family Fact Sheet and Handouts
 - Use Fact Sheets

Uses of SPARK Kit –

- ▶ Staff Hand-Out Material
 - Use Trainers Manual (script and handouts) +
 - PowerPoint for Staff Workshop 1, or
 - PowerPoint for Staff Workshop 2

Workshop Overview:

3 workshops provided as toolkits

- ▶ Trainings are all well-developed
- ▶ PowerPoint Slides in PDF format
- ▶ Training & Talking Points
- ▶ Protocols for Participant Screening
& Follow-up for MH Needs
- ▶ Optional Role-Play Exercises
- ▶ Handouts
- ▶ Resources

So, What Do You Want to DO?

1. Prevention Population Approach Guide to Getting Started

Goal Setting –

- ▶ Activities Enhancement
- ▶ Social Networking Enhancement
- ▶ Environmental Management Enhancement

Action Steps –

- ▶ Tools for Program Enhancement,
- ▶ Training, Support and Resources

So, What Do You Want to DO?

2. At-Risk Approach

Guide to Getting Started

Goal Setting and Action Steps

- ▶ Recognizing Signs & Risk Factors
- ▶ Screening Tools
- ▶ Integration and Access to Services
- ▶ Tools and Resource Material

So, What Do You Want to DO?

3. Develop a Crisis Response Approach Guide to Getting Started

Goal Setting and Action Steps

- ▶ Protocols for Suicide Attempts
- ▶ Protocols for Suicide Deaths
 - Reporting
 - Residents, Family and Staff
 - How to Talk to the Media
- ▶ Tools and Resource

So, What ELSE Do You Want to DO?

Additional Tools & Resources

- Fact Sheets for Professionals
- Curricula & Training Tools
- Information about the Physical & Social Environment
- Mental Health Treatment Guidelines
- Mental Health Programs
- Fact Sheets for Consumers