



Telehealth **ROCKS**

Welcome!

The session will begin at noon



This ECHO was made possible by grant number 1 U3IRH43512-01-00 from the Office for the Advancement of Telehealth, HRSA, DHHS.

Telehealth **ROCKS**

Keeping Kids Safe ECHO- Session 1

- Your microphone has been muted. You can use the chat or unmute to ask questions.
- We appreciate you keeping your camera on.
- Make sure your first and last name are visible on your Zoom screen.
- Certificates of attendance will be emailed after the last session.



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Presenters

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Project Disclosure Statement

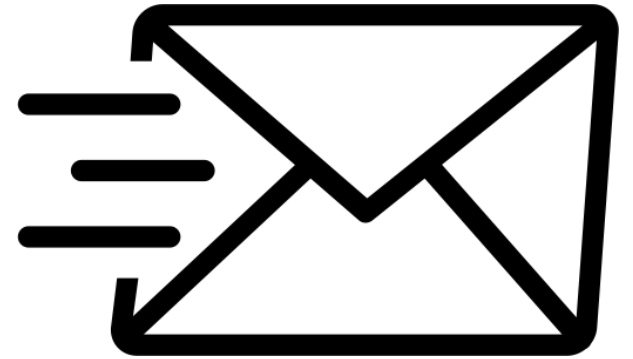
- We have no relevant financial relationships with the manufacturers of any commercial products and/or provider of commercial services discussed in this activity
- We do not intend to discuss an unapproved/investigative use of a commercial product/device in our presentation.

Mitigating Potential Bias

- The information and recommendations involving clinical medicine is based on evidence that is currently accepted within the profession.

After the Session

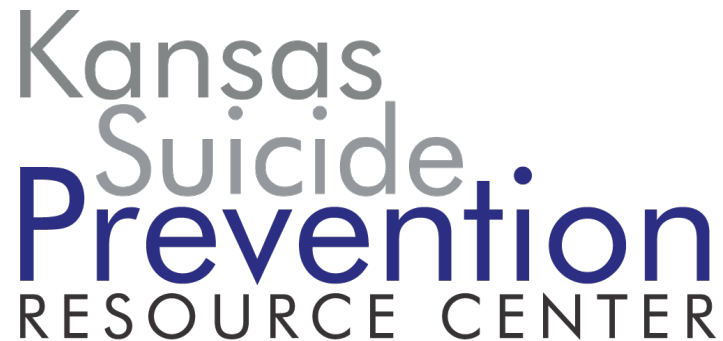
- The slides and recording will be sent to you as soon as they are processed.
- Certificates of attendance will be sent after the series is complete.
- If you have questions that didn't get answered during the session, sent them to telehealthrocks@kumc.edu



Kansas Suicide Prevention Headquarters

KS Suicide Prevention Resource Center

- Policy & advocacy
- Suicide prevention & intervention education and TA
- Postvention response
- Suicide care policy consultation and development



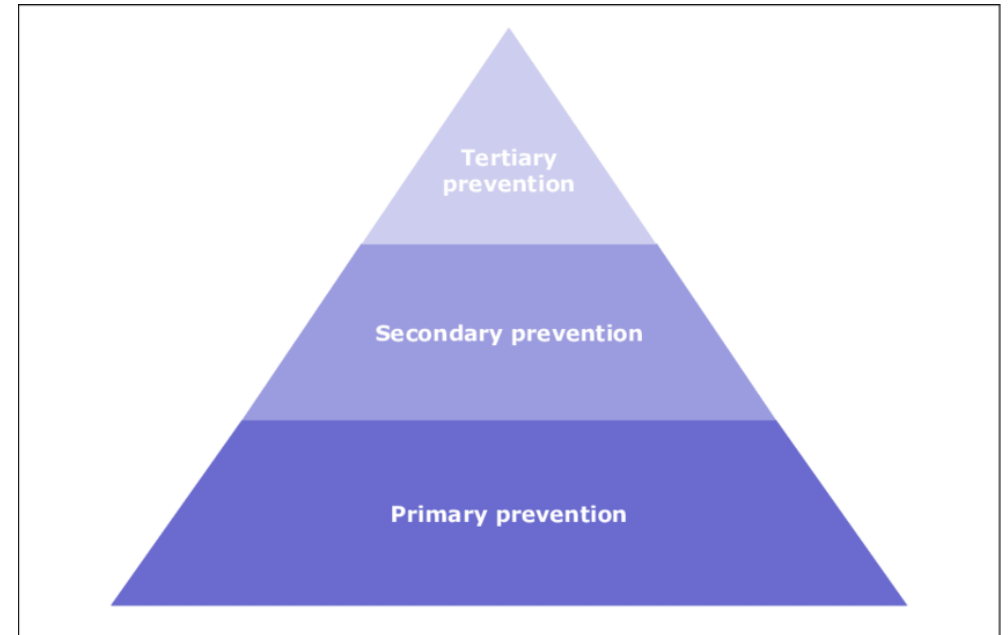
Headquarters Counseling Center

- 988 crisis contact center for Kansas
 - Calls & texts
- Therapy clinic
 - Intern program
- Crisis chat



The Whole Prevention Picture

- Primary prevention (upstream prevention)
 - address the root cause of public health challenges
 - strengthen and protect communities & individuals
- Secondary prevention (midstream prevention)
 - Provides critical early response to behavioral health challenges
 - Helps individuals avoid *further* harm
- Tertiary (postvention)
 - Support individuals in coping and recovery
 - Essential for dealing with the consequences of trauma



- **Prevention**

- Activities undertaken that help to prevent suicide thoughts from ever happening or reduce the likelihood of attempts

- **Intervention**

- Approaches which help to build safety for those who are experiencing active or passive suicide ideation

- **Postvention**

- Planning and activities which occur after a suicide death or attempt which seek to reduce the risk of those affected by the suicide death/behavior





More about upstream prevention

- Many suicide prevention efforts are actually focused on intervention
 - building watchtowers, training lifeguards and teaching people CPR
 - gatekeeper training, screening & assessment
- When the focus is upstream, we may be able to prevent a crisis from arising in the first place
 - Builds skills, tools & resilience
 - Builds capacity and provides support for healthy help-seeking behavior
- Empower youth to get involved
 - youth ears need to hear youth voices



Word Cloud: Answer the question below in 1-2 words

Why is it important to involve youth in prevention efforts?

How to participate:

- Click the link in the chat to respond
- You can skip entering your name
- Multiple words must be entered with a hyphen or without a space. Example: Type “word-cloud” or “wordcloud”

Youth Ears Need to Hear Youth Voices

- Let's face it... youth prefer to talk to one another
 - relate to one another
 - more likely to have an authentic connection
 - feel more comfortable opening up to each other
- They are already having conversations about suicide & MH
 - Ensure they have accurate information & knowledge of resources
- Encourage the support of safe adults
 - any adult who makes them feel seen, heard & supported
 - youth should not be the only person to know about someone's thoughts of suicide (including their own)

Sources of Strength



- Evidence-based upstream prevention program
- Seeks to harness protective factors (strengths)
- Encourages supportive adults to be a resource
- Empowers youth to take the lead
- Enhances the likelihood of youth asking for help or encouraging their peers to get help
- Increases youth-adult connectedness

What upstream prevention efforts do you see happening your community/school?

Please feel free to type in the chat or unmute to share!

Questions?

- Any questions?
- Any pearls of wisdom to share?
- Unmute to share or type in the chat.



Key Takeaways

- 1** Upstream prevention efforts are implemented early on in a youth's life. This type of prevention approach aims to reduce the chances of a crisis developing in the first place.
- 2** Youth must have a seat at the prevention table if we want to reach other youth in an authentic way.
- 3** Based on a foundation of trauma-informed best practices and healthy lifestyle mindset, there is a growing number of evidence-based suicide prevention and intervention strategies to address the multi-factorial pathways.

Thank you for attending

- **Next session:** Tuesday, October 4 from 12-1 PM CST.
- **Resources:** Slides and materials will be sent to your email
- **Email:** Contact us at telehealthROCKS@kumc.edu with any follow up questions



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