

# SUICIDE IN MONTANA:

## a comprehensive approach

From access to care & treatment to community prevention & trainings, preventing suicides & ensuring mental health care is a collective effort.



See reverse side for detailed information about these efforts.



# Healthy Communities

**MAKE A**

# Healthy Montana

## Access to Care

### + HELP ACT

Almost 100,000 Montanans now have health coverage for screening and diagnosis through Medicaid expansion. Montana's uninsured rate decreased from 20% in 2013 to 7% today due to the HELP Act.

### + ACCESS FOR VETERANS & NATIONAL GUARD

New access to Montana Employee Assistance Program (EAP) services, including no-cost counseling for life and professional challenges.

### + IMPROVED MENTAL HEALTH ACCESS & COVERAGE

Medicaid covers mental health care to treat anxiety and depression and substance use disorder (SUD) care. Almost 30,000 Montanans received outpatient mental health treatment through HELP. HELP covers inpatient treatment for crisis mental health care. The Montana State Hospital treats Montanans at imminent risk of self-harm.

### + BEHAVIORAL HEALTH ACCESS ACT (HB95)

Improve access to SUD services. This 2017 bill amended a 40-year old statute that arbitrarily limited DPHHS to approving one service provider per area, which limited Montanans' access to treatment. Since the 2017 Legislature, the Department has almost doubled the number of providers.

### + MONTANA PROJECT LAUNCH

This project increases access to care through enhancing home visiting services, placing a behavioral health clinician in a pediatric clinic, implementing universal screening efforts, and offering Pyramid Model Coaches and Early Childhood Mental Health consultation in child care settings. Access to care is increased as these professionals interface with children and families and recognize the signs and symptoms of postpartum depression and support finding resources. Access to care is also increased as we work with children at a younger age (prenatal-8 years) focusing on establishing good social emotional and mental health skills.

## Clinical, Treatment, & Support Services

### + PROJECT ECHO

Project ECHO utilizes integrated behavioral health project ECHO utilizes integrated behavioral health experts to help train primary care and behavioral health providers in best practices in integrated behavioral health care via teleconferencing. This includes suicide risk assessments, depression, anxiety disorders, and youth psychiatric disorders.

### + EARLY PSYCHOSIS INTERVENTION CLINIC (EPIC)

AMDD is contracting with Billings Clinic to provide Early Psychosis Intervention services through a federal block grant. EPIC will provide a wide range of intensive services to youth and young adults suffering from their first psychotic episode. The goal is to reach those age 16 to 25 who are experiencing this condition and provide them with intensive wraparound services provided by a team of experts before their condition worsens.

### + CHILDREN'S MENTAL HEALTH BUREAU

Youth served must meet the definition of having a serious emotional disturbance (SED). All youth are served in the least restrictive setting in a continuum of care from services such as outpatient therapy and school-based treatment to acute services such as admission to an inpatient psychiatric hospital. In addition to services for SED youth, non-SED youth may receive outpatient psychotherapy services.

### + TEMPORARY FOR NEEDY FAMILIES PROGRAM (TANF) ASSESSMENTS

Through TANF, clients engage in a process to assess family stability, employability and financial security. This assessment indicates necessary goals, services, and/or referrals for support. In the case it appears that a client or a member of the household needs an in-depth assessment or support, a referral will be made to behavioral health providers.

### + HEALTHY YOUNG PARENT PROGRAM

This program provides direct case management and wrap around services to young parents (aged 14-24) to facilitate self-sufficiency, build parenting capacity, encourage post-secondary education and workforce preparedness, and improve the healthy growth and development of their children. Young parents receive a targeted multi-generational approach to provide or refer to appropriate primary and mental health services.

### + COUNSELING FOR SENIORS

Aging and Disability Resource Centers provide counseling options for individuals who wish to plan for their long-term care needs. Those providing services are all trained in suicide prevention and depression

### + FOSTER CHILD HEALTH PROGRAM

The city of Missoula offers the foster child health program. This program connects public health nurse home visiting services to families providing foster care, with the goal of improving the behavioral and physical health of children in foster care by connecting them with the mental and physical health services and case management services.

## Awareness & Training

### + TRAINING ACROSS MONTANA

State Suicide Prevention Coordinator has trained thousands of professionals across the state, including teachers, school counselors, and psychologists.

### + PREVENTION PARTNERSHIPS WITH SCHOOLS

During the past Legislative Session, Governor Bullock signed HB118 into law, providing \$1 million in suicide prevention funding, \$250,000 of which went to schools. Much of that funding went to promote the PAX Good Behavior Game, an evidence-based emotional resilience program, and its evaluation by the University of Montana. Good Behavior Game has been found in other states to have pro-social outcomes, including reduced substance abuse, suicide, and bullying. In the past biennium, DPHHS joined OPI to implement the Montana Suicide Awareness and Prevention Training Act in school districts around the state.

### + NATIONAL & LOCAL PARTNERSHIPS

The state formed partnerships with National Crisis Text Line. Any person can text "MT" to 741741 and a crisis counselor initiates immediate communication. DPHHS has collaborated with OPI to promote this program statewide.

### + VISTAs IN SCHOOLS

Prevention Resource VISTAs are in the East Helena Public and Missoula schools to work specifically on suicide prevention - increasing access to mental health services to low income residence. The intended result of this program is to work with community partners to identify a response plan to this issue.

### + NATIVE AMERICAN YOUTH SUICIDE INITIATIVE & STRATEGIES

Gov. Bullock funded an initiative to examine and create a strategic approach to address Native youth suicide in Montana. The report, completed in January 2017 and updated in 2018, serves as a guide for action moving forward. State initiatives and marketing also work closely with tribal partners to ensure cultural consultation regarding community-specific programs. The initiative provided and funded culturally sensitive trainings and resources to each tribe as well as media awareness programs specifically for tribal schools, and supported train-the-trainer programs for community-based trainings.

### + FOCUSED WORK WITH VETERANS

Collaborated with the VA Suicide Prevention Coordinator to support trainings for veterans across the state, including at retreats, in university settings for returning veterans, public campaigns, and promotion of the Veteran's Crisis Line.

### + FOCUSED WORK WITH ELDERLY

Provided trainings specific to the elderly in Assisted Living Programs. Also, trained senior caregivers receive DPHHS' Senior and Long-term Care. Regular appearances on "Aging Horizons" regarding mental health, depression and suicide prevention.

### + CHILD AND FAMILY WORKERS TRAINED ON TRAUMA-INFORMED SYSTEMS AND RESILIENCE

Child and Family Services Division (CFSD) staff face secondary trauma stress. Being a trauma-informed system is top priority for the division. The CFSD trains staff on what it means to be trauma-informed and how viewing our work through this lens can help our workers and the children and families we serve. New Child Protection Specialists are trained on developing resilience in children, families and in themselves through the development of individual coping skills and available resources. The CFSD is working with the State's EAP and Reliant Behavioral Health to provide one-on-one resiliency coaching for all the workers in one of our regional offices.

### + STATE WORKFORCE MENTAL HEALTH INITIATIVES

The Employee Assistance Program (EAP) provides a set of no-cost counseling session for everything from depression and suicide prevention to workplace conflict and personal stress. The program recently expanded to include veterans and members of the national guard. A resiliency program has also been introduced, providing information and training on resilience in stressful circumstances.

## Community Action

### + BEST BEGINNINGS COMMUNITY COALITIONS

Funding is provided to support Best Beginnings early childhood local community coalitions to provide education, awareness, trainings, and systems support to communities across the state including local suicide prevention efforts.

### + YOUTH TRANSITIONING OUT OF FOSTER CARE

Local Chafee Foster Care Independence Program providers work with youth who are transitioning out of foster care to develop individualized transitional living plans. These plans include, but are not limited to, mental health, substance abuse and well-being activities and services which these youths can access in their local communities to provide the support they need through their transition.

### + ZERO SUICIDE INITIATIVE

DPHHS is working with American Indian tribes and urban Indian health providers in our state to implement a Zero Suicide initiative targeted toward tribal and urban Indian communities for adults aged 25 and older using evidence-based practices and best practices DPHHS, tribes and urban Indian organizations are working to understand and implement Zero Suicide strategies, to capture leadership buy-in, to train the workforce to be competent and confident in providing suicide care, to identify individuals receiving care that are at risk for suicide, to engage those individuals in safety planning or treatment, to transition individuals from treatment to home, and to improve suicide care within their systems as suicide care progresses.

### + EVIDENCE-BASED COMMUNITY SUICIDE PREVENTION GRANTS

As part of HB118, innovative projects being implemented include a continuation of an online Montana-based Cognitive Behavioral Therapy program and a trial of a tablet-based suicide risk assessment program, as well as programs that target adolescents and Veterans.