



# *Striving for Zero:*

## California's Strategic Plan for Suicide Prevention, 2020 – 2025

CA Association of Local Behavioral  
Health Boards & Commissions  
Webinar Presentation on January 31, 2020  
Sacramento, CA



WELLNESS • RECOVERY • RESILIENCE

# Presenter

## Ashley Mills, MS

- MHSOAC Research Supervisor
- Suicide Prevention Project Staff Lead



# Project Overview

- Assembly Bill 114
- Suicide Prevention Subcommittee
- Overview of project activities
  - Subcommittee Meetings
  - Community Forums
  - Site Visits
  - Public Hearings
  - Local and National Initiatives



# Report Overview

- Strategic Aims and Goals
- Background
- State Workplan



### **Strategic Aim 1: Establish a suicide prevention infrastructure**

- Goal 1: Enhance visible leadership and networked partnerships
- Goal 2: Increase development and coordination of suicide prevention resources
- Goal 3: Advance data monitoring and evaluation

### **Strategic Aim 2: Minimize risk for suicidal behavior by promoting safe environments, resiliency, and connectedness**

- Goal 4: Create safe environments by reducing access to lethal means
- Goal 5: Empower people, families and communities to reach out for help when mental health and substance use disorder needs emerge
- Goal 6: Increase connectedness between people, family members, and community
- Goal 7: Increase the use of best practices for reporting of suicide and promote healthy use of social media and technology

### **Strategic Aim 3: Increase early identification of suicide risk and connection to services based on risk**

- Goal 8: Increase detection and screening to connect people to services
- Goal 9: Deliver a continuum of crisis services within and across counties

### **Strategic Aim 4: Improve suicide-related services and supports**

- Goal 10: Deliver best practices in care targeting suicide risk
- Goal 11: Ensure continuity of care and follow-up after suicide-related services
- Goal 12: Expand support services following a suicide loss



# Strategic Aim 1

- Goal 1: Enhance visible leadership and networked partnerships
- Goal 2: Increase development and coordination of suicide prevention resources
- Goal 3: Advance data monitoring and evaluation



# Strategic Aim 2

- Goal 4: Create safe environments by reducing access to lethal means
- Goal 5: Empower people, families and communities to reach out for help when mental health and substance use disorder needs emerge
- Goal 6: Increase connectedness between people, family members, and community
- Goal 7: Increase the use of best practices for reporting of suicide and promote healthy use of social media and technology



# Strategic Aim 3

- Goal 8: Increase detection and screening to connect people to services
- Goal 9: Deliver a continuum of crisis services within and across counties





# Strategic Aim 4

- Goal 10: Deliver best practices in care targeting suicide risk
- Goal 11: Ensure continuity of care and follow-up after suicide-related services
- Goal 12: Expand support services following a suicide loss



# Background

- Plan Development
- Suicidal Behavior and Suicidal Behavior in California
- Risk and Protective Factors
- Best Practices
  - Universal Prevention
  - Selective Prevention
  - Indicated Prevention



# State Workplan

- State Objectives and Implementation Schedule to achieve the 12 goals outlined under the four strategic aims
- Comprehensive Suicide Prevention Using:
  - Leadership
  - Data
  - Training
  - Policy



# Update

- What's happened since the plan was adopted?



# Thank you!

Additional questions?

Please contact Ashley Mills at [ashley.mills@mhsoac.ca.gov](mailto:ashley.mills@mhsoac.ca.gov)

Project Website | <https://mhsoac.ca.gov/what-we-do/projects/suicide-prevention>

Mental Health Services Oversight and Accountability  
Commission | [www.mhsoac.ca.gov](http://www.mhsoac.ca.gov)

