



Campaign for Community Wellness Prevention and Early Intervention

Work Group: Depression & Suicide

Priority Population	Strategies	Location	Practice Based Evidence or Evidence-based Programs	Key Data Points
1 Mothers with children 0-5 <ul style="list-style-type: none"> New mothers Isolated people 	<ul style="list-style-type: none"> Screening Resource Guidance Support Groups 	<ul style="list-style-type: none"> OB/GYN FRC's Primary Care Pediatrician Public Health Health Fair WIC Office 	Cognitive Behavioral Therapy (CBT)— individual Support Group PCIT?	<ul style="list-style-type: none"> 47% of women receiving TANF 50-70% of women experience depression a short time after pregnancy Victims of sexual/physical abuse are more likely to have depression
2 Age 11-18 with: <ul style="list-style-type: none"> Signs of risk behavior In stressed families Homesstudy Bullied Dropped out of school Emotionally Disturbed ID In Juvenile Hall 	Screening	School-based	CBT resource: <ul style="list-style-type: none"> Training school counselors Peer/Mentoring ART/TPS FFT 	<ul style="list-style-type: none"> 3rd leading cause of death between 10-24 Increase in females 10-19 Increase in males 15-19 31% in Juvenile Hall depressed 70% Juvenile Justice diagnosed with mental illness
3 <ul style="list-style-type: none"> Latinos Adolescent Latinas Undocumented Isolated Women/Mothers 	Screening Address discrimination in schools	<ul style="list-style-type: none"> Health Fairs FRC's Tahoe Womens Center 	CBT resource? Train – ask Lynn M. <ul style="list-style-type: none"> Support Groups Empowerment Girl Circle (evidence) Positive Action 	<ul style="list-style-type: none"> Latina's more suicide thoughts & behavior with 25% reporting seriously considering
4 <ul style="list-style-type: none"> Older adults Isolated Sleep Disturbance Caregivers 	Screening	<ul style="list-style-type: none"> Senior Centers Primary Care In-Home Support Services Senior Peers Seniors First Dentist (in home) Health Fair Friendly Visitors 	CBT – Individual Group: Psycho-Educational Depression Skill-building group Problem Solving <ul style="list-style-type: none"> Senior Peer 	<ul style="list-style-type: none"> Over 65 14.3 per 100,000 Over 75 37.4 per 100,000 75% saw Primary Care Physician within 1 month prior to suicide Men over 75 42.8 per 100,000

			<ul style="list-style-type: none"> Meals on Wheels 		<ul style="list-style-type: none"> Motivational Therapy (more effective than CBT for men) Sweat lodges Healing events Talking Circles 	<ul style="list-style-type: none"> #1 leading cause of death in males 15-24 27.99 per 100,000
5	Native American Youth Native American Vets Past unresolved grief & loss	Healing Cultural Trauma				
6	Substance abuse and addiction	Screening	<ul style="list-style-type: none"> D & A Provider Primary Care Jails/Juvenile Hall Homeless 	<ul style="list-style-type: none"> Wellness Recovery Action Plan (Navigators) CBT – Individual Psycho-Educational Groups 	<ul style="list-style-type: none"> CBT – individual training for D & A counselors in CBT Motivational interviewing 	
7	Mental Health Diagnosis <ul style="list-style-type: none"> History of MI First on-set of depression and mental illness 	Risk Assessment screening	<ul style="list-style-type: none"> Primary Care MH Providers/Clinics Support System Self assessment of risk & resources Beyond Blue 			<ul style="list-style-type: none"> Those with Bipolar who committed suicide, 56% prior attempt 90% of those who committed suicide had a mental illness 6% with schizophrenia (early in illness)-suicide 20% with mood disorder (over lifetime) HIGH RISK Right after initial onset 1 week after discharge for psych hospital
8	Veterans	Screening PTSD & Trauma	Primary Care (Vets)			<ul style="list-style-type: none"> Twice as likely to suicide 45 per 100,000 over 65 83 per 100,000 under 65 People serving in Iraq-17% have major depression, PTSD
9	Other: Gay & Lesbian Youth Homeless	Screening	Schools 6-12			<ul style="list-style-type: none"> High school students G & L Over 1/2 had thoughts 40% attempted 34% attempted high risk-women homeless more than 6 months 30-39% were co-occurring

Additional Info to collect per population:

# Served	Partners	Locus Points	Cost per Person Served
	Faith	OB/GYN	
	Faith		
	Faith		
	Faith		

Locus Points mentioned: Pediatrics, OB/GYN, Primary Care, Medi-Cal, Psychiatrists, School
Other priority populations

State Strategies

- Advisory Council
- Develop programs that fill gaps
- Inegration of services
- Educating communities using natural gatekeepers
- Integrated services
- K-12 Program
- Training
- Increase outreach, home-based and school-based
- Education
- Peer support
- Good to choose from
- Depends on population
- Secure \$\$, partnership therapist

Universal

- Liaison
- Referrals
- Self-assessment