

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 • Homestudy • 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	Latinos <ul style="list-style-type: none"> • 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	Older adults <ul style="list-style-type: none"> • 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 • Meals on Wheels 	CBT – Individual Group: Psycho-Educational Depression Skill-building group <ul style="list-style-type: none"> • Problem Solving • 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

5	Native American Youth Native American Vets Past unresolved grief & loss	Healing Cultural Trauma		<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
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"> • 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"> • Wellness Recovery Action Plan (Navigators) • CBT – Individual Psycho-Educational Groups 	<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) <p><i>HIGH RISK</i></p> <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • Gay & Lesbian Youth <hr/> <ul style="list-style-type: none"> • Homeless 	Screening	Schools 6-12		<p><i>High school students G & L</i></p> <ul style="list-style-type: none"> • Over 1/2 had thoughts • 40% attempted <hr/> <ul style="list-style-type: none"> • 34% attempted • <i>high risk-women homeless more than 6 months</i> • 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