

**Campaign for Community Wellness**  
Prevention and Early Intervention



**Work Group: Depression & Suicide** As of March 5, 2008

Outcomes	Priority Population	Strategies	Location / Who	Promising Practices or Evidence-based Programs	Key Data Points
<ul style="list-style-type: none"> <li>Reduce suicide</li> <li>Reduce depression</li> <li>Reduce disparities in access</li> </ul>	<b>Mothers with children 0-5</b> <ul style="list-style-type: none"> <li>New mothers</li> <li>Isolated people</li> <li>Low income</li> <li>Latino</li> <li>Native American</li> </ul>	<ul style="list-style-type: none"> <li>Ongoing \$</li> <li>Resources</li> <li>Support Groups</li> <li>Screening</li> <li>Education</li> </ul>	<ul style="list-style-type: none"> <li>OB/GYN</li> <li>FRC's</li> <li>Primary Care</li> <li>Pediatrician</li> <li>Public Health</li> <li>Health Fair</li> <li>WIC Office</li> </ul>	Support Groups <ul style="list-style-type: none"> <li>Cognitive Behavioral Therapy (individual)</li> <li>PCIT</li> </ul>	<ul style="list-style-type: none"> <li>47% of women receiving TANF</li> <li>50-70% of women experience depression a short time after pregnancy</li> <li>Victims of sexual/physical abuse are more likely to have depression</li> </ul>
<ul style="list-style-type: none"> <li>Reduce suicide</li> <li>Reduce depression</li> <li>Reduce disparities in access</li> </ul>	<b>Age 11-18 with:</b> <ul style="list-style-type: none"> <li>Signs of risk behavior</li> <li>In stressed families</li> <li>Homestudy</li> <li>Bullied</li> <li>Dropped out of school</li> <li>Emotionally Disturbed</li> <li>Gay/Lesbian</li> <li>In Juvenile Hall</li> <li>Latino</li> <li>Native American</li> <li>Grades 6-12</li> </ul>	<ul style="list-style-type: none"> <li>Ongoing \$</li> <li>Resources</li> <li>Support Groups</li> <li>Screening</li> <li>Education</li> </ul>	School-based <ul style="list-style-type: none"> <li>School-based (counselors)</li> <li>Juvenile Hall</li> <li>After school program</li> <li>Primary Care</li> <li>Tahoe Women's Ctr</li> <li>Church</li> <li>Youth groups</li> <li>Gay/straight alliance</li> <li>Sierra College</li> <li>LAMBA</li> <li>FRC's (Family Advocates)</li> </ul>	Support Groups <ul style="list-style-type: none"> <li>ART/TPS</li> <li>FFT</li> <li>Girls circle</li> </ul> Peer Support <ul style="list-style-type: none"> <li>Peer/Mentoring</li> </ul>	<ul style="list-style-type: none"> <li>3rd leading cause of death between 10-24</li> <li>Increase in females 10-19</li> <li>Increase in males 15-19</li> <li>31% in Juvenile Hall depressed</li> <li>70% Juvenile Justice diagnosed with mental illness</li> <li><i>High school students G &amp; L</i> <ul style="list-style-type: none"> <li>Over 1/2 had thoughts</li> <li>40% attempted</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>Reduce suicide</li> <li>Reduce depression</li> <li>Reduce disparities in access</li> </ul>	<b>Latinos</b> <ul style="list-style-type: none"> <li>Adolescent Latinas</li> <li>Undocumented</li> <li>Isolated</li> <li>Women/Mothers</li> </ul>	<ul style="list-style-type: none"> <li>Ongoing \$</li> <li>Resources</li> <li>Support Groups</li> <li>Screening</li> <li>Culturally Competent Education</li> </ul>	<ul style="list-style-type: none"> <li>Health Fairs</li> <li>FRC's</li> <li>Tahoe Womens Ctr</li> <li>Promotores</li> <li>Schools</li> <li>Family Advocates</li> </ul>	Support Groups <ul style="list-style-type: none"> <li>Empowerment</li> <li>Girl Circle (evidence)</li> <li>Positive Action</li> <li>Motivational Therapy</li> </ul>	<ul style="list-style-type: none"> <li>Latina's more suicide thoughts &amp; behavior with 25% reporting seriously considering</li> </ul>
<ul style="list-style-type: none"> <li>Reduce suicide</li> <li>Reduce depression</li> <li>Reduce disparities in access</li> </ul>	<b>Older Adults</b> <ul style="list-style-type: none"> <li>Isolated</li> <li>Sleep Disturbance</li> <li>Caregivers</li> <li>Overmedicated</li> <li>Latino</li> <li>Native American</li> </ul>	<ul style="list-style-type: none"> <li>Ongoing \$</li> <li>Resources</li> <li>Support Groups</li> <li>Screening</li> <li>Education</li> </ul>	<ul style="list-style-type: none"> <li>Senior Centers</li> <li>Primary Care</li> <li>In-Home Support Srvs</li> <li>Senior Peers</li> <li>Seniors First</li> <li>Dentist (in home)</li> <li>Health Fair</li> <li>Friendly Visitors</li> <li>Meals on Wheels</li> </ul>	Support Groups <ul style="list-style-type: none"> <li>CBT</li> <li>Psycho-Education</li> <li>Problem Solving</li> <li>Depression Skill-building group</li> </ul> Peer Support <ul style="list-style-type: none"> <li>Senior Peer</li> </ul>	<ul style="list-style-type: none"> <li>Over 65 14.3 per 100,000</li> <li>Over 75 37.4 per 100,000</li> <li>75% saw Primary Care Physician within 1 month prior to suicide</li> <li>Men over 75 42.8 per 100,000</li> </ul>

<ul style="list-style-type: none"> <li>• Reduce suicide</li> <li>• Reduce depression</li> <li>• Reduce disparities in access</li> </ul>	<p><b>Native American Youth</b></p> <ul style="list-style-type: none"> <li>• Healing Cultural Trauma</li> </ul> <p>Past unresolved grief &amp; loss</p>	<ul style="list-style-type: none"> <li>• One-time \$</li> <li>• Resources</li> <li>• Support Groups</li> <li>• Screening</li> <li>• Education</li> </ul>	<ul style="list-style-type: none"> <li>• Indian Education</li> <li>• After school programs</li> <li>• Native American Center</li> </ul>	<p>Support Groups</p> <ul style="list-style-type: none"> <li>• Motivational Therapy (more effective than CBT for men)</li> <li>• Sweat lodges</li> <li>• Healing events</li> <li>• Talking Circles</li> <li>• Story Telling circle</li> </ul>	<ul style="list-style-type: none"> <li>• #1 leading cause of death in males 15-24 27.99 per 100,000</li> <li>• 7% of Colfax schools are Native American</li> <li>• Native American vets are not embraced the same</li> </ul>
<ul style="list-style-type: none"> <li>• Reduce suicide</li> <li>• Reduce depression</li> <li>• Reduce disparities in access</li> </ul>	<p><b>Substance abuse and addiction</b></p>	<ul style="list-style-type: none"> <li>• One-time \$</li> <li>• Resources</li> <li>• Support Groups</li> <li>• Screening</li> <li>• Education</li> </ul>	<ul style="list-style-type: none"> <li>• D &amp; A Provider</li> <li>• Primary Care</li> <li>• Jails/Juvenile Hall</li> <li>• Homeless</li> </ul>	<p>Support Groups</p> <ul style="list-style-type: none"> <li>• Motivational interviewing</li> <li>• CBT – individual training for D &amp; A counselors in CBT</li> </ul>	
<ul style="list-style-type: none"> <li>• Reduce suicide</li> <li>• Reduce depression</li> <li>• Reduce disparities in access</li> </ul>	<p><b>Mental Health Diagnosis</b></p> <ul style="list-style-type: none"> <li>• History of MI</li> <li>• First on-set of depression and mental illness</li> </ul>	<ul style="list-style-type: none"> <li>• One-time \$</li> <li>• Resources</li> <li>• Support Groups</li> <li>• Screening</li> <li>• Education</li> <li>• Risk Assessment screening</li> </ul>	<ul style="list-style-type: none"> <li>• Primary Care</li> <li>• MH Providers/Clinics</li> <li>• Support System</li> <li>• Self assessment of risk &amp; resources</li> <li>• Beyond Blue</li> <li>• Family Resource Center</li> <li>• Welcome Center</li> <li>• Family Advocates</li> </ul>	<p>Peer Support</p> <ul style="list-style-type: none"> <li>• Wellness Recovery Action Plan (Navigators)</li> </ul> <p>Support Groups</p> <ul style="list-style-type: none"> <li>• CBT – Individual Psycho-Educational Groups</li> <li>• MAPP</li> </ul>	<ul style="list-style-type: none"> <li>• Those with Bipolar who committed suicide, 56% prior attempt</li> <li>• 90% of those who committed suicide had a mental illness</li> <li>• 6% with schizophrenia (early in illness)-suicide</li> <li>• 20% with mood disorder (over lifetime)</li> </ul> <p><b>HIGH RISK</b></p> <ul style="list-style-type: none"> <li>• Right after initial onset</li> <li>• 1 week after discharge for psych hospital</li> </ul>

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