



Campaign for Community Wellness Prevention and Early Intervention

Work Group: Depression & Suicide As of March 12, 2008

Outcomes	Priority Population	Strategies	Location / Who	Promising Practices or Evidence-based Programs	Key Data Points
<ul style="list-style-type: none"> Reduce suicide Reduce depression Reduce disparities in access 	Mothers with children 0-5 <ul style="list-style-type: none"> New mothers Isolated Low income 	<ul style="list-style-type: none"> Ongoing \$ Referral Resources Support Screening Mechanisms Educational Material Culturally Competent 	<ul style="list-style-type: none"> OB/GYN FRC's Primary Care Pediatrician Public Health Health Fair WIC Office 	<ul style="list-style-type: none"> Support Groups Cognitive Behavioral Therapy (individual) Home based visitation 	<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
<ul style="list-style-type: none"> Reduce suicide Reduce depression Reduce disparities in access 	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 Gay/Lesbian In Juvenile Hall Grades 6-12 	<ul style="list-style-type: none"> Ongoing \$ Referral Resources Support Screening Mechanisms Educational Material 	<ul style="list-style-type: none"> School-based School-based (counselors) Juvenile Hall After school program Primary Care Tahoe Women's Ctr Church Youth groups Gay/straight alliance Sierra College LAMBDA FRC's (Family Advocates) 	<ul style="list-style-type: none"> Support Groups ART/TPS FFT Girls circle Peer Support <ul style="list-style-type: none"> Peer/Mentoring 	<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 High school students G & L <ul style="list-style-type: none"> Over 1/2 had thoughts 40% attempted
<ul style="list-style-type: none"> Reduce suicide Reduce depression Reduce disparities in access 	Latinos <ul style="list-style-type: none"> Adolescent Latinas Undocumented Isolated Women/Mothers Latino Male 	<ul style="list-style-type: none"> Ongoing \$ Referral Resources Support Screening Mechanisms Culturally Competent Education 	<ul style="list-style-type: none"> Health Fairs FRC's Tahoe Womens Ctr Promotores Schools Family Advocates 	<ul style="list-style-type: none"> Support Groups Empowerment Girl Circle (evidence) Positive Action Motivational Therapy 	<ul style="list-style-type: none"> Latina's more suicide thoughts & behavior with 25% reporting seriously considering
<ul style="list-style-type: none"> Reduce suicide Reduce depression Reduce disparities in access 	Older Adults <ul style="list-style-type: none"> Isolated Sleep Disturbance Caregivers Overmedicated Chronic physical illness Major Physical Change	<ul style="list-style-type: none"> Ongoing \$ Referral Resources Support Screening Mechanisms Educational Material 	<ul style="list-style-type: none"> Senior Centers Primary Care In-Home Support Svcs Senior Peers Health Fair Friendly Visitors Meals on Wheels 	<ul style="list-style-type: none"> Support Groups CBT Psycho-Education Problem Solving Depression Skill-building group Peer Support/Sr 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"> • Reduce suicide • Reduce depression • Reduce disparities in access 	<p>Native American Youth</p> <ul style="list-style-type: none"> • Healing Cultural Trauma <p>Past unresolved grief & loss</p>	<ul style="list-style-type: none"> • One-time \$ Referral Resources • Support • Screening Mechanisms • Educational Material 	<ul style="list-style-type: none"> • Indian Education • After school programs • Native American Center (Resource Center) 	<ul style="list-style-type: none"> • Support Groups • Motivational Therapy • Sweat lodges • Healing events • Talking Circles • Story Telling circle 	<ul style="list-style-type: none"> • #1 leading cause of death in males 15-24 27.99 per 100,000 • 7% of Colfax schools are Native American • Native American vets are not embraced the same
<ul style="list-style-type: none"> • Reduce suicide • Reduce depression • Reduce disparities in access 	<p>Mental Health Diagnosis/Co-occurring</p> <ul style="list-style-type: none"> • History of MI • First on-set of depression and mental illness 	<ul style="list-style-type: none"> • One-time \$ Referral Resources • Support • Screening Mechanisms • Educational Material • Risk Assessment • screening 	<ul style="list-style-type: none"> • Primary Care • MH Providers/Clinics • Support System • Self assessment of risk & resources • Beyond Blue • Family Resource Center • Welcome Center • Family Advocates • D & A Provider • Jails/Juvenile Hall • Homeless Services 	<ul style="list-style-type: none"> • Peer Support • Wellness Recovery Action Plan (Navigators) • Support Groups • CBT – Individual • Psycho-Educational Groups • CBT – individual training for D & A counselors in CBT • MAPP • Motivational interviewing 	<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) • <i>HIGH RISK</i> • Right after initial onset • 1 week after discharge for psych hospital

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