



## Campaign for Community Wellness Prevention and Early Intervention

### Work Group: Depression & Suicide

	Priority Population	Strategies	Location	Evidence-based Programs	Key Data Points
1	<ul style="list-style-type: none"> <li>Mothers with children 0-5</li> <li>New mothers</li> <li>Isolated people</li> </ul>	Screening	<ul style="list-style-type: none"> <li>OB/GYN</li> <li>FRC's</li> <li>Primary Care</li> </ul>	Cognitive Behavioral Therapy (CBT)— individual	<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>
2	<ul style="list-style-type: none"> <li>Age 11-18 with:</li> <li>Signs of risk behavior</li> <li>In stressed families</li> <li>Homestudy</li> <li>Bullied</li> <li>Dropped out of school</li> </ul>	Screening	School-based	CBT resource: Training school counselors	<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> </ul>
3	<ul style="list-style-type: none"> <li>Latinos</li> <li>Adolescent Latinas</li> <li>Undocumented</li> <li>Isolated</li> <li>Women</li> </ul>	Screening	<ul style="list-style-type: none"> <li>Health Fairs</li> <li>FRC's</li> </ul>	CBT resource? Train – ask Lynn M.	<ul style="list-style-type: none"> <li>Latina's more suicide thoughts &amp; behavior with 25% reporting seriously considering</li> </ul>
4	<ul style="list-style-type: none"> <li>Older adults</li> <li>Isolated</li> </ul>	Screening	<ul style="list-style-type: none"> <li>Senior Centers</li> <li>Primary Care</li> </ul>	CBT – Individual Group: Psycho-Educational Depression Skill-building group	<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>
5	Native American Youth		<ul style="list-style-type: none"> <li>In-Home Support team <ul style="list-style-type: none"> <li>Senior Peers</li> </ul> </li> <li>D &amp; A Provider</li> <li>Primary Care</li> </ul>		<ul style="list-style-type: none"> <li>#1 leading cause of death in males 15-24 27.99 per 100,000</li> </ul>
6	Substance abuse and addiction	Screening		CBT – individual training for D & A counselors in CBT	

7	<p>Already Diagnosed with Mental Illness</p> <ul style="list-style-type: none"> <li>• History of MI</li> <li>• First on-set of depression</li> </ul>	<p>Risk Assessment screening</p>	<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> </ul>	<ul style="list-style-type: none"> <li>• Wellness Recovery Action Plan (Navigators)</li> <li>• CBT – Individual</li> <li>• Psycho-Educational Groups</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>
8	<p>Veterans</p>	<p>Screening PTSD &amp; Trauma</p>	<p>Primary Care (Vets)</p>		<ul style="list-style-type: none"> <li>• Twice as likely to suicide</li> <li>• 45 per 100,000 over 65</li> <li>• 83 per 100,000 under 65</li> <li>• People serving in Iraq-17% have major depression, PTSD</li> </ul>
9	<p>Other:</p> <ul style="list-style-type: none"> <li>• Gay &amp; Lesbian Youth</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Homeless</li> </ul>	<p>Screening</p>	<p>Schools 6-12</p>		<p><i>High school students G &amp; L</i></p> <ul style="list-style-type: none"> <li>• Over 1/2 had thoughts</li> <li>• 40% attempted</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• 34% attempted</li> <li>• <i>high risk</i>-women homeless more than 6 months</li> <li>• 30-39% were co-occurring</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