

Program Element #37: Youth Suicide Prevention Outreach

1. **General Description.** Funds provided under this Financial Assistance Agreement for this Program Element must only be used, in accordance with and subject to the requirements and limitations set forth below, to deliver to eligible youth and their families the following youth suicide prevention services (generally referred to as “Connecting Youth Services”):
 - a. **Outreach.** LPHA must contact all youth (and the youth’s guardian) under the age of 18 who are treated in emergency departments in LPHA’s service area for having attempted suicide (“Eligible Youth”) to offer Connecting Youth Services. Contacts to offer services may occur in person or by phone. If an Eligible Youth and the youth’s family agree to receive Connecting Youth Services, the services described in sections 1 (b), (c), and (d) below must be delivered by an LPHA Intervention Specialist to the youth and family in an integrated manner through school, home visits, or other site visits that are convenient for the youth and family.
 - b. **Health Education.** LPHA must provide to Eligible Youth (and their families) who agree to receive Connecting Youth Services health education on suicide and mental health. LPHA must use the C-CARE© and P-CARE© materials, and other similar materials designated by the Department, for the health education component.
 - c. **Measure of Adolescent Potential for Suicide/Counselors-CARE©.** LPHA must deliver C-CARE© to Eligible Youth who agree to receive Connecting Youth Services and must help the youth connect with adults who have been trained in Applied Suicide Intervention Skills Training (ASIST©) and other caring adults identified by the Local Steering Committee. These services must be delivered in the school or at another site that is convenient for the youth by an LPHA Intervention Specialist.
 - d. **Parents-CARE©.** LPHA must deliver to the parents or guardians of Eligible Youth who agree to receive Connecting Youth Services two to three 1.5 to 2 hour P-CARE© sessions. The P-CARE© sessions must be delivered by an LPHA Intervention Specialist in the home or other sites that are convenient for the family. The sessions must be designed to help the Eligible Youth and family members connect with health care, psychosocial and other services to facilitate timely, coordinated access to medically appropriate levels of health and support services, continuity of care, ongoing assessment of the youth’s and other family members’ needs and personal support systems that prevent suicide attempts and deaths.
 - e. **Follow-up.** LPHA must work with mental health, education and social service providers, and hospitals in LPHA’s service area to follow-up, by phone and through home visits, on youth who began receiving Connecting Youth Services but left care abruptly against medical advice or made another suicide attempt.
2. **Definitions specific to Connecting Youth Suicide Prevention Outreach.**
 - a. **Adolescent Suicide Attempt Data System or ASADS:** The data system used by hospitals to report case information on youth treated for suicide attempts as required by ORS 441.750 and ORS 441.755.

- b. **Local Steering Committee:** A steering committee convened by LPHA to facilitate understanding among stakeholders on how Connecting Youth Services, supported with funds provided under this Agreement, will be delivered in LPHA's service area and to address potential barriers to delivery of the services. The steering committee may include representatives from the LPHA, local hospitals, the mental health community (private and public), schools, juvenile justice system, alcohol drug treatment community, and others as deemed necessary.
- c. **Technical Advisory Workgroup:** A group convened by Department to provide oversight on the delivery of Connecting Youth Services by the LPHA's receiving financial assistance from the Department for such services. Oversight will include answering questions about service implementation, protocols for service delivery, and evaluation of the services. The group meets quarterly and will include a representative from each LPHA that is receiving financial assistance from Department for the delivery of Connecting Youth Services.
- d. **LPHA Program Coordinators:** LPHA staff designated to coordinate delivery and implementation of Connecting Youth Services, including supervision of LPHA Intervention Specialists.
- e. **LPHA Intervention Specialists:** LPHA staff designated and trained to deliver MAPS©/C-CARE© and P-CARE© programs as part of Connecting Youth Services.
- f. **Measure of Adolescent Potential for Suicide or MAPS©:** Version 3 of the computer-based tool for assessing suicide potential of adolescents published by RY Publications.
- g. **Counselors-CARE© or C-CARE©:** An evidence-based, individualized suicide preventive intervention, published by Thompson EA, Eggert LL, Randell BP, and Pike KC on evaluation of indicated suicide risk prevention approaches for potential high school dropouts, set forth in American Journal of Public Health, 91(5), 742-752, 2001. It is designed to decrease suicidal behaviors and depression and increase access to social support resources. It includes a High School Questionnaire, a two-hour, computer-assisted interview known as MAPS©, and a brief counseling session that assesses the students' level of suicide risk, provides them with feedback and support, and enhances their access to help from school personnel and parents.
- h. **P-CARE©:** A brief, individual suicide prevention intervention designed for delivery to parents in their home or location of their choice. It is designed to increase parental support and coaching capacity. It is designed for use in combination with C-CARE©. P-CARE© is described in a 2003 paper by Randell BP, Herting JH, Hooven C, and Eggert LL "Project CARE: Results from a Suicide Risk Prevention Intervention", published in the Centers for Disease Control and Prevention Safety in Numbers Conference Handbook, Atlanta, GA.
- i. **Applied Suicide Intervention Skills Training© or ASIST©:** A suicide intervention skills training developed by Living Works Education Incorporated and described in Ramsay, R., Cooke, M. and Lang, W., Alberta's Suicide Prevention Programs, Suicide and Life-Threatening Behavior, 20; 335-351 (1990).

3. **Procedural and Operational Requirements.** All services supported in whole or in part with funds provided under this Agreement for this Program Element must be delivered in accordance with the following procedural and operational requirements:
- a. **Eligibility.** Connecting Youth may only be delivered to youth who are younger than 18 and who have been treated for a suicide attempt in a hospital within LPHA's service area and their families.
 - b. **Certain Limitations on Use of Financial Assistance.**
 - i. LPHA may not use more than 10% of the financial assistance provided to LPHA under this Agreement for this Program Element to cover LPHA's costs of administering its delivery of Connecting Youth Services.
 - ii. Expenditure of these funds must be directly related to the delivery of Connecting Youth Services to a youth after the youth has made a suicide attempt that is treated in the emergency department of a hospital within LPHA's service area.
 - c. **General Requirements Applicable to Connecting Youth Services**
 - i. LPHA must prioritize its delivery of Connecting Youth Services in accordance with the priorities set forth in the Connecting Youth Intervention Protocols, copies of which are available from Department upon request.
 - ii. All Connecting Youth Services must be available and delivered in a culturally and linguistically appropriate manner.
 - iii. The LPHA must work with the Department's designated evaluator to collect data related to the progress and outcomes of youths (and their families) who receive Connecting Youth Services from LPHA and related to LPHA's overall delivery of Connecting Youth Services.
 - d. **Staff Training.** LPHA staff designated to implement the delivery of Connecting Youth Services supported in whole or in part with funds provided under this Agreement must participate in the following Department-designated trainings:
 - i. **Program Coordinators and Intervention Specialists:** Training in the use of the MAPS©/C-CARE© computer program, including follow-up implementation fidelity checks.
 - ii. **Program Coordinators and Intervention Specialists:** Training in the P-CARE© program, including follow-up implementation fidelity checks.
 - iii. **Program Coordinators:** Training in supervision and support of the C-CARE© and P-CARE© Intervention Specialists
 - iv. **Intervention Specialists:** Two-day ASIST© training in February 2005

Training sessions will be provided by Department contractors who will coordinate the training with LPHA staff assigned to implement the delivery of Connecting Youth Services. The ASIST© training for intervention skills will be held twice, once in Benton County and once in Deschutes County. The trainings for MAPS©/C-CARE© and P-CARE© will be held in Seattle or Portland. Training follow-ups will be held via phone and in Seattle or Portland.

- e. **Surveillance.** LPHA must arrange with each hospital in LPHA's service area to receive, within 24 hours of the suicide attempt, a detailed health alert from that hospital on each youth suicide attempt treated by the hospital. Each health alert must include patient name, address, contact phone numbers, as well as name(s), address (es) and contact phone number(s) of the youth's parents or guardians. The hospital emergency department must enter into ASADS demographic data, precipitating factors, risk factors, and discharge referral (as defined in the ASADS data elements which are part of the ASADS data form) for each youth with respect to whom the hospital submits a health alert to LPHA.
- f. **LPHA Staffing Requirements and Staff Qualifications.** LPHA must employ and make available for the delivery of Connecting Youth Services an Intervention Specialist who must be trained in the MAPS©/C-CARE© and P-CARE© interventions, ASIST suicide intervention skills, and use of the materials in accordance with those trainings. The Intervention Specialist may be a nurse, health educator or other professional staff employed by LPHA for the delivery of Connecting Youth Services.
- g. **LPHA Fiscal Controls and General Administration.** LPHA agrees and acknowledges that substantial portions of the Connecting Youth Services will need to be delivered in the evening and during weekends, when Eligible Youth and their parents and guardians are most often available, and LPHA shall schedule the work hours of the staff that provide Connecting Youth Services accordingly.

4. **Reporting Obligations and Periodic Reporting Requirements.** In addition to the reporting requirements set forth in section 8 of Exhibit E of the Agreement, LPHA shall submit the following reports to Department's Youth Suicide Prevention Program:

Quarterly Progress Reports during the term of this Agreement, which shall contain a brief written evaluation of the LPHA's success in implementing its Connecting Youth Services. Each reports shall include the membership of and minutes of Local Steering Committee meetings, progress on required training of staff, number of youth and families contacted for, receiving, refusing, and dropping out of LPHA's Connecting Youth Services, the number of youth and families eligible for LPHA's Connecting Youth Services, youth and family satisfaction with LPHA's Connecting Youth Services, information on LPHA's follow-up on those who drop out of LPHA's Connecting Youth Services, the number of youth receiving LPHA's Connecting Youth Services who are engaged in follow-up health care in the community, information about youth who received LPHA's Connecting Youth Services who re-attempt or who die, evaluation results of C-CARE and P-CARE© program implementation, and information on data collection related to and evaluation of LPHA's Connecting Youth Services, and information on LPHA's work with community partners.

These Quarterly Progress Reports must be submitted during the period for which funds are awarded under this Agreement for this Program Element, and no later than April 25, July 25,

October 25 and January 25 for the quarters ending March 31, June 30, September 30, and December 31, respectively.

5. Performance Measures.

- a.** During the period for which funds are awarded under this Agreement for this Program Element, LPHA must contact all Eligible Youth and their families and offer Connecting Youth Services.
- b.** During the period for which funds are awarded under this Agreement for this Program Element, LPHA must provide Connecting Youth Services to all Eligible Youth and their families who agree to participate. Department expects that approximately seventy-five percent of Eligible Youth and their families will elect to receive Connecting Youth Services.