

# Suicide and Violence Prevention Resources for Service Providers

## National Hotlines (Confidential, anonymous, 24/7):



- **Suicide Prevention Lifeline**: Call or Text 988
  - **Ayuda en Español**: Call or Text 988, then press 2
  - **Veteran's Crisis Line**: Call or Text 988, then press 1
  - **Deaf/Hard of Hearing Lifeline**: For TTY Users: Use your preferred relay service or dial 711 then 988
- **Crisis Text Line**: Text HOME to 741741
- **California Youth Crisis Line**: Crisis support for youth. Call 1-800-843-5200
- **Elderly Friendship Line**: For ages 60+. Call 1-800-971-0016.
- **The Trevor Project**: For LGBTQ youth. Call 1-866-488-7386.
- **National Sexual Assault Hotline**: 1-800-656-HOPE (4673)
- **The National Human Trafficking Hotline**: 1-888-373-7888 or text 233733.
- **Asian LifeNet Hotline**: 1-877-990-8585

## Local Hotlines (Local support available 24 hours, 7 days a week):

- **Humboldt County Behavioral Health: Same-Day Services 707-445-7715**. Assessments and referrals for ongoing treatment also available for moderate to severe mental health concerns.
- **North Coast Rape Crisis Team**: 707-445-2881. Free and confidential services for survivors of all ages and genders, regardless of when assault happened. Counseling, advocacy and more.
- **Humboldt Domestic Violence Services**: 1-707-443-6042
- **Child Welfare Services, Emergency Response, Abuse Reports**: 707-445-6180
- **Adult Protective Services, Elder Abuse Reports**: 707-476-2100/1-866-527-8614

## More local support and services for mental health and suicide prevention:

- **Humboldt County Behavioral Health**: **Now offers mental health support line** during business hours to help anyone feeling isolated, anxious, worried or depressed due to the current health crisis. Available M-F from 8 a.m. to 5 p.m. call 707-268-2999; \*24 hour crisis line listed above
- **North American Mental Health Services**: Free tele-mental health services for Partnership Medi-Cal members. No diagnosis needed for talk therapy. Tele psychiatry, bilingual and youth-serving professionals available. Faith-based counseling upon request only. 530-646-7269 ext. 1305.
- **Kunle Community**: Non-crisis talk line for adults in Humboldt County, CA who are sad, depressed, anxious, worried, or just need someone to listen. Fri & Sat 6pm-midnight, Sun 6pm-10pm. 707-599-238.
- **Beacon Mental Health Services**: Free to Partnership Medi-Cal members, always. Up to 6 sessions per month. Call 855-765-9703 to determine eligibility, complete assessment and find a clinician.
- **Humboldt Family Service Center**: Mental health services on a sliding scale. Medi-Cal accepted. Virtual appointments available. 1802 California St., Eureka. 707-443-7358.
- **Open Door Community Health Center**: Primary care and behavioral (mental) health services. 707-826-8610.
- **Open Door Teen Clinics**: offer free, confidential appointments during special walk-in hours. 707-826-8610.
- **Humboldt County DHHS**: Questions about your healthcare coverage with Medi-Cal or Covered California? Lots of services out there, especially for people under age 18. 1-877-410-8809.
- **The Hope Center**: Peer empowerment center for adults living with and overcoming mental health challenges. Classes, recreational activities, and Peer Support. Open Mon,Wed,Thurs,Fri 10:00-2pm. Closed on Tuesday. 2933 H St, Eureka. Zoom and in-person classes available, call 707-441-3783 to get connected.

# Suicide and Violence Prevention Resources for Service Providers

- **[Transition Age Youth Programs](#)**: Services, activities and social support for youth age 16-26. Drop-in hours Mon, Wed, Fri. 1-4 p.m. at 433 M St., Eureka. Call 707-476-4944.
- **[Hospice of Humboldt](#)**: Free grief support services, groups and classes for adults and teens. 3327 Timber Fall Ct, Eureka. Call 707-445-8443.
- **[National Alliance for Mental Illness \(NAMI\), Humboldt](#)**: For friends and family members supporting those with serious mental illness. Learn how to navigate services and meet others going through the same things. Free support groups weekly. Call 707-444-1600 (message line).
- **[Making Headway Center](#)** for brain injury recovery. Counseling, batterer-intervention programs and more. Call 707-442-7668.
- **[First5 Playgroups](#)**: For kids ages 0-5 and their parents/caregivers. Great way to connect with community. Locations throughout Humboldt County. Call 707-445-7389.
- **[St. Joseph Health Community Resource Centers](#)**: Referrals, health information and support with applications, employment, clothing, food and more. Call the center near you for more information.
- **[District Attorney Victim Witness](#)**: Help for victims or witnesses to crimes. 707-445-7417
- **[Eureka VA Outpatient Clinic](#)**: Veterans can call or walk in for mental health triage, referrals and more. 930 W. Harris, Eureka 707-269-7500.
- **[California Warm Line](#)**: 24/7 non-crisis line that offers emotional support and resource referrals for those experiencing depression, anxiety and other symptoms but aren't considering taking their own lives. 1-855-845-7415.

## American Indian Alaska Native Resources:

- **[United Indian Health Services](#)**: Medical and behavioral (mental) health care for those of Native descent. Call 707-825-5000 to learn more.
- **[Two Feathers Native American Family Services](#)**: Local support for Native families and mental health programs for Native youth throughout Humboldt County. 707-839-1933; Business hours crisis line available M-F from 8 a.m. to 5 p.m.
- **[We R Native.org](#)**: For Native Youth, by Native Youth. Resources on culture, life and relations, mental health, suicide prevention and help seeking.
- **[Mending the Sacred Hoop](#)**: Native information on strengthening tribal communities to end domestic violence.

## Learn more online about mental health challenges and suicide prevention:

- **[American Foundation for Suicide Prevention](#)**: National resources, information for preventing suicide, dealing with suicide loss, and so much more!
- **[Now Matters Now](#)**: For suicide prevention and mental health. Practical strategies and instructional videos from people who have been there.
- **[Man Therapy](#)**: Take a quick, anonymous "head inspection survey". That funny feeling in your stomach might not be burrito-related.
- **[The Trevor Project](#)**: Saving young LGBTQ lives. Text and Chat lines for young people.
- **[Trans Lifeline](#)**: 1-877-565-8860 Peer-run by and for trans people, their friends and family.
- **[Know the Signs](#)**: Learn how to prevent suicide. Know the Signs. Find the Words. Reach Out.
- **[Seize the Awkward](#)**: Learn how to reach out. Funny videos with deep meaning and big heart.
- **[Each Mind Matters](#)**: Learn more about California's mental health movement.
- **[TherapistAid.com](#)**: Therapy worksheets, videos and tools. Free, for everyone.
- **[Post-Partum International](#)**: Resources for new moms, including online support meetings and a help line. English and Spanish. Call 1-800-944-4773 or text 502-894-9453.
- **[Friends for Survival](#)**: Suicide Bereavement outreach. Suicide Loss Helpline 1-800-646-7322.



# Suicide and Violence Prevention Resources for Service Providers

- [SAGE – Advocacy & Services for LGBTQ+ Elders \(sageusa.org\)](https://www.sageusa.org): National advocacy and services organization focused on LGBTQ+ elders.
- [Make the Connection](#): connects Veterans, their families and friends, and other supporters to [mental health information](#) and hundreds of videos of Veterans sharing their [inspiring stories of recovery](#).

## Learn more online about healthy relationships:

- [LoveisRespect.org](https://loveisrespect.org): Info on healthy relations and (teen) dating violence. Need to talk about your relationship? Call 1-866-331-9474. Text "LOVEIS" to 22522. Or Chat online 24/7.
- [BreaktheCycle.org](https://www.breakthecycle.org): Learn about dating abuse and how to prevent it. For ages 12-24.

## Apps that can help with mental health and suicide prevention:

- [SafetyNet](#): Suicide prevention safety planning app from the creators of the Stanley Brown Safety Plan
- [NotOK App](#): Free app that allows you to upload contacts of important people from your network to easily reach out when you're not okay.
- [CalmHarm](#): Free app to support people dealing with impulses to self-harm.

## Making environments safer from intentional injury or suicide:

- [Counseling on Access to Lethal Means \(CALM\)](#): Free 2-hr online training to learn more about lethal means safety
- [Lock2Live.org](#): Tool that can help you make decisions about temporarily reducing access to potentially dangerous things, like firearms, medicines, sharp objects, or other household items.
- [Safer Homes, Suicide Aware](#): Resources, online courses for firearm retailers and safety instructors.
- [Harvard Means Matters](#): Data driven public health site for both gun owners and non-gun owners to explore the "lethal means counseling" approach to reducing a suicidal person's access to firearms and other lethal means.
- [Project Childsafe](#): Committed to promoting genuine firearms safety through the distribution of safety education messages and free firearms safety kits. Also see recently released [Guide for Parents: Understanding Youth Mental Health and Preventing Unauthorized Access to Firearms](#)



# Suicide and Violence Prevention (SVP) Program

## Healthy Communities Division of Public Health

### Requestable Trainings

Suicide prevention and intervention trainings for service providers, those working with at-risk populations, and the general community. No prior experience expected or necessary. Trainings range from 60-90 minutes.

- **Question-Persuade-Refer (60-90min)** This training is designed to increase one's ability to recognize suicidal thoughts and behaviors, and to refer the person who is at-risk to a professional resource. Classes range in length and are free of charge. QPR is a dynamic curriculum that can be adapted to meet the unique needs of any group or organization.
  - **Question-Persuade-Refer + Lethal Means Safety** QPR with an additional learning module on what lethal means are, how they impact suicide risk, and safe storage strategies.
  - **Question-Persuade-Refer + Safety Planning** QPR with an additional learning module that details what a safety plan is and how to implement one.

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- **Suicide Prevention 101 (60-90min)** This is an introduction to suicide prevention that is intended to raise awareness about the basic principles of suicide prevention. Participants learn about warning signs, how to start a conversation about suicide, and how to reach out to available resources.
  - **Suicide Prevention 101 for Parents and Caregivers** An introduction to suicide prevention with specific recommendations that can build protective factors to help youth cope with stress and emotional pain.
  - **Suicide Prevention 101 for Older Adults and Caregivers** An introduction to suicide prevention with recommendations specific to suicide risk in older adults.

To request a training, contact the Suicide and Violence  
Prevention Program at: [publichealthsvp@co.humboldt.ca.us](mailto:publichealthsvp@co.humboldt.ca.us)





# Suicide and Violence Prevention (SVP) Program

## Healthy Communities Division of Public Health

- **Lethal Means Safety (30-60min)** An introduction to what lethal means are, their role in a suicidal crisis, and safe storage strategies that reduce access.
- **DV 101 (30-60min)** An interactive training that guides service providers on how to recognize and respond to clients experiencing domestic violence, intimate partner violence, and/or sexual violence.
- **Suicide 201 Advancing Suicide Prevention & Management for Diverse Clientele** This two-day workshop, designed for clinicians and clinical staff, will provide instruction and a forum for clinical discussion and case practice, on the current standards of practice for suicide prevention and management.

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### Self-paced Online Trainings

Suicide prevention and intervention trainings for service providers, those working with at-risk populations, and the general community. No prior experience expected or necessary.

- **LivingWorks START** Free online training for individuals, families, and organizations in Humboldt County. Learn how to recognize the signs with this simple and powerful 90-minute training.
  - Available upon request while supplies last. Email [publichealthsvp@co.humboldt.ca.us](mailto:publichealthsvp@co.humboldt.ca.us) with requests or more information.
- **CALM: Counseling on Access to Lethal Means** Free online workshop designed to help providers implement counseling strategies to help patients at risk for suicide and their families reduce access to lethal means. This course takes approximately 2 hours to complete.
  - To take this training, [CLICK HERE](#), and follow the instructions to enroll in the course.

To request a training, contact the Suicide and Violence  
Prevention Program at: [publichealthsvp@co.humboldt.ca.us](mailto:publichealthsvp@co.humboldt.ca.us)

# Suicide and Violence Prevention (SVP) Training Request Form

Contact Name: \_\_\_\_\_

Job Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Email: \_\_\_\_\_

Contact Phone: \_\_\_\_\_

**Presentations for Community Members and Service Providers:** Trainings for adult community members. No prior experience or training required. All trainings cover local and national resources. Min.10-15 participants.

- Question-Persuade- Refer (QPR)
- Question-Persuade-Refer + Lethal Means Safety
- Question-Persuade-Refer + Safety Planning
- Suicide Prevention 101
- Suicide Prevention 101 for Parents and Caregivers
- Suicide Prevention 101 for Older Adults and Caregivers
- Lethal Means Safety
- Domestic Violence (DV) 101
- Suicide 201 Advancing Suicide Prevention & Management for Diverse Clientele
- Other: \_\_\_\_\_

**Who will be attending the training? (Ex: medical service providers, eligibility workers, teachers, etc.)**

\_\_\_\_\_  
\_\_\_\_\_

**How many participants do you expect to attend the training?**

\_\_\_\_\_

**How much time do you have available for this training?**

- 1 hour
- 2 hours



# Suicide and Violence Prevention (SVP) Training Request Form

Other: \_\_\_\_\_

We typically schedule trainings at least 1 month in advance. See *end of document* for a complete list of dates that are not available for trainings.

**Please list three options of day/date and times that work for you in order of preference.**

1. Date: \_\_\_\_\_

Time(s): \_\_\_\_\_

2. Date: \_\_\_\_\_

Time(s): \_\_\_\_\_

3. Date: \_\_\_\_\_

Time(s): \_\_\_\_\_

**Do you have a location available (if requesting in-person training)? If so, where?**

\_\_\_\_\_

**Is there anything else you think we should know about why your organization needs this training at this time, or that might be relevant to the topic?**

**Does your organization or location provide the following (in-person trainings only)?**

Projector

Projector Screen

Computer

Speakers / Audio capability

Wi-Fi

Tables & chairs for participants

Water, coffee or snacks for participants (if applicable)

# Suicide and Violence Prevention (SVP) Training Request Form

ADA Accessibility

**Please be aware that our team may not have the capacity to deliver all trainings requested.**

The Suicide and Violence Prevention (SVP) team is part of the Department of Health & Human Services – Health Communities Division of Public Health. Healthy Communities provides prevention and health education services to the County of Humboldt.

To learn more, please go to <https://humboldt.gov.org/566/Healthy-Communities>.

Mental Health Prevention and Early Intervention (PEI) Services are funded through the California Mental Health Services Act and voter-approved Proposition 63.

**Please email completed forms to [publichealthSVP@co.humboldt.ca.us](mailto:publichealthSVP@co.humboldt.ca.us)**

**Please be aware of the following County Holidays in 2023. (We are unable to offer trainings on County holidays.)**

January 2 <sup>nd</sup> -New Years Day
January 16 <sup>th</sup> -Martin Luther King Jr.
February 13 <sup>th</sup> -Lincoln's Birthday
February 20 <sup>th</sup> -President's Day
March 31 <sup>st</sup> -Cesar Chavez Day
May 29 <sup>th</sup> - Memorial Day
June 19 <sup>th</sup> -Juneteenth
July 4 <sup>th</sup> -Independence Day
September 4 <sup>th</sup> -Labor Day
November 10 <sup>th</sup> -Veterans Day
November 23 <sup>rd</sup> -Thanksgiving Day
November 24 <sup>th</sup> - Thanksgiving Holiday
December 25 <sup>th</sup> -Christmas







Humboldt County

# SPN

**Suicide Prevention Network**

## Join Our Email List!

Stay up to date on:

- Network meetings: 2nd Thursday, every other month from 3:30-5pm.
- Resources and information about suicide prevention
- Trainings and prevention focused activities



**Scan to sign up!**



# Humboldt County Suicide Fatality Review (SFR)

Annual Report 2022



Contact Information: Humboldt County Department of  
Health & Human Services—Public Health Branch  
Suicide & Violence Prevention Program  
908 7<sup>th</sup> Street, Eureka, CA 95501  
Phone: 707-268-2132  
email: [publichealthsvp@co.humboldt.ca.us](mailto:publichealthsvp@co.humboldt.ca.us)

## Acknowledgements

The Humboldt County Suicide Fatality Review (SFR) would not be possible without the support of the many families who have allowed us to review the death of their loved one. We are grateful for their willingness to allow us to confidentially discuss and share information.

If you or someone you know is thinking about suicide, please tell someone you trust. You are not alone. You can also call, text, or chat the Suicide & Crisis Lifeline at 988. The Lifeline provides 24/7, free and confidential support to people in suicidal crisis or emotional distress.

## Disclaimer

This report includes preliminary data. We understand that data can have critical implications for the community which is why Humboldt County SFR will wait to share disaggregated data on suicide risk factors until we have the specialists to ensure data sharing is being done effectively. Humboldt County Public Health is in the process of hiring two epidemiologists who will be able to support this effort in time.

## Why Review Suicide

In Humboldt County, suicide is one of the eight leading causes of preventable, premature death and poses as a significant public health challenge. Rates of suicide in Humboldt County are elevated when compared to the national and state rates. During the period 2017-2021, suicide was the third leading cause of death in Humboldt County for people ages 15-44, according to Humboldt County Vital Records. The rate of death by suicide in Humboldt County (19.6 per 100,000 people) is consistently higher than the statewide rate (10 per 100,000 people) and the Healthy People 2030 national target goal rate (12.8 per 100,000 people). It is our goal to reduce and prevent suicide in Humboldt County.

## Who We Are

Established in May 2019, the Humboldt County Suicide Fatality Review (SFR) is a multidisciplinary group of professionals that meets quarterly to learn more about the circumstances surrounding suicide deaths in Humboldt County.

The purpose of the SFR is to prevent future deaths by suicide in Humboldt County. Based on the data collected, the SFR identifies risk and protective factors for suicide unique to Humboldt County, and makes recommendations for local policy and practice changes to help reduce suicide risk and promote safety. The SFR has reviewed a total of 26 cases since it began in 2019.

The process begins with our Sheriff-Coroners, who collect risk factor information for every suicide. We then reach out to the families of the deceased, requesting permission to review their loved one's case. If consent is granted by the decedent's legal next-of-kin, we then review the case. We examine individual deaths to understand circumstances of the suicide, the systems that touched the life of the deceased, the relevant risk and protective factors, and the actions that will improve systems and catalyze prevention.



Recommendations from the SFR help to develop prevention, intervention, and postvention strategies across a continuum of care to reduce suicide and suicidal behaviors in Humboldt County and to better support community members affected by suicide. The SFR process does not seek errors by specific individuals or agencies. The SFR process intends to identify areas of improvement and to ensure those affected by a suicide receive needed support services.

### Risk Factor Analysis for Suicide in Humboldt County

In 2019, the Humboldt County Sheriff’s Office - Coroner’s Office began collecting risk factor data for suicide deaths using a standardized Suicide Risk Factor Surveillance System (SRFSS) form. The SFR Core Team has analyzed risk factor data from 72% of the decedents who died by suicide between 2019-2022. When looking at the frequency of risk factor results, the following data are statistically significant (showed up in 20% or more of cases with SRFSS data):

#### FREQUENCY OF RESULTS – HUMBOLDT COUNTY SUICIDE RISK FACTOR SURVEILLANCE SYSTEM (SRFSS), 2019-2022

At time of incident (% Yes):	2019-22
Depressed mood	72.7%
Family relationship stress	44.2%
Physical health problem	41.6%
Disclosed intent to commit suicide	37.7%
Social isolation	36.4%
Current mental health problem	36.4%
Intimate partner problem	33.8%
Alcohol problem	32.5%
Financial problem	27.3%
Current mental health treatment	26.0%

The table above shows that 72.7% of suicide deaths between 2019-2022, where risk factor data was collected, included *depressed mood at the time of the incident* as a risk factor.

#### FREQUENCY OF RESULTS – HUMBOLDT COUNTY SUICIDE RISK FACTOR SURVEILLANCE SYSTEM (SRFSS), 2019-2022

At any time (% Yes)	2019-22
Suicidal thoughts or plans	44.2%
Mental health diagnosis	34.2%
Suicide attempt	20.8%

The table above shows that 44.2% of suicide deaths between 2019-2022, where risk factor data was collected, included *suicidal thoughts or plans at any time* as a risk factor.

#### FREQUENCY OF RESULTS – HUMBOLDT COUNTY SUICIDE RISK FACTOR SURVEILLANCE SYSTEM (SRFSS), 2019-2022

Crisis in past 2 weeks (% Yes)	2019-22
Crisis in past 2 weeks (% Yes)	58.4%
<b>If yes, type of crisis:</b>	
CRISIS: Mental health	29.9%
CRISIS: Physical health	27.3%
CRISIS: Family relationship stress	20.8%
CRISIS: Alcohol problem	19.5%
CRISIS: Intimate partner problem	16.9%
CRISIS: Substance abuse	14.3%
CRISIS: Other relationship problem	13.0%
CRISIS: Financial problem	13.0%

The table above shows that 58.4% of decedents between 2019-2022, where risk factor data was collected, *experienced a crisis in the two weeks prior to their suicide death*. Among those, 29.9% were *mental health related* while 27.3% were *physical health related*.

## Recommendations

The review process led to the development of the following prevention and intervention strategies, with the focus being to reduce suicide and suicidal behaviors, and to improve systems of suicide care in Humboldt County. The SFR reviewed 5 cases in 2022. The following recommendations were generated during 2022 case reviews. (Please see the Appendix for additional resources and tools.)





1. Increase the use of routine screening tools for suicide prevention  
Encourage use of evidence-based or promising practices screening tools by professionals in medical and behavioral healthcare, including professionals working in substance use treatment programs, including adoption of a formalized policy associated with its use.
2. Increase suicide prevention and intervention skills
  - a. Offer basic suicide prevention trainings that are accessible across Humboldt County to increase community, family, and friends' knowledge and skills.
  - b. Provide targeted suicide prevention training to those who have a higher likelihood of coming into contact with at-risk individuals. For example, State Park staff, pain clinics, palliative care, mortuary staff, and physical and behavioral healthcare staff.
3. Increase the use of brief intervention safety planning
  - a. Educate and empower community, family, and friends to plan for safety through trainings, use of safety planning tools and applications, and through collaboration with their providers and support systems.
  - b. Encourage use of brief intervention safety planning by professionals in medical and behavioral healthcare, including professionals working in substance use treatment programs for individuals identified with elevated suicide risk (identified through screening and/or assessment).



4. Improve care coordination and follow up for community members at risk of suicide
  - a. Adopt practice to ensure timely follow-up by primary care provider of patients identified with elevated suicide risk. For example, patients:
    - a. Recently released from inpatient units or emergency departments;
    - b. New or recent mental health diagnosis; or
    - c. Recently prescribed new mental health medication.
  - b. Adopt practice to ensure timely referral to behavioral health services when patient is identified as being at risk of suicide, as identified through screening and/or assessment.
  - c. Adopt practice to ensure timely notification to primary care providers when their patients are released from inpatient units or emergency departments.

# Suicide in Humboldt County

Humboldt ranks #5 for highest suicide rate in California and has a suicide rate that is more than double the state average.<sup>3</sup>

	2021	2022
<b>#</b> Number of suicide deaths <sup>1</sup>	<b>28</b>	<b>38</b>
 Male	<b>86%</b>	<b>84%</b>
 Female	<b>14%</b>	<b>16%</b>
 Firearms were used	<b>50%</b>	<b>61%</b>
 Average age at death	<b>52</b>	<b>52</b>

## 2019-2022



Expressed suicidal thoughts or plans<sup>2</sup> **44.2%**



Previous suicide attempt<sup>2</sup> **20.8%**



Crisis in two weeks prior to death<sup>2</sup> **58.4%**

The most common risk factors included: depressed mood, family relationship stress, physical health problem and disclosure of intent to suicide.<sup>2</sup>

<sup>1</sup> Count is preliminary. <sup>2</sup> Data only available for deaths in which a SRFSS form was completed.

<sup>3</sup> <https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/SACB/Pages/Data-on-Suicide-and-Self-Harm.aspx>



**Report Created by the Humboldt County Suicide Fatality Review Core Team**

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**Humboldt County Suicide Fatality Review Team**

Humboldt County Sheriff's Office – Coroner's Office  
Humboldt County Health Officer  
DHHS Humboldt County Public Health Epidemiologist  
DHHS Humboldt County Public Health  
DHHS Humboldt County Behavioral Health  
United Indian Health Services, Inc.  
Open Door Community Health Centers  
Humboldt Independent Practice Associates / Priority Care  
San Francisco Veterans Healthcare Administration, Eureka  
North Coast Emergency-Medical Services  
Southern Humboldt Community Healthcare District  
Cal Poly Humboldt Counseling & Psychological Services

**Special thanks to those who helped to develop the Humboldt Suicide Fatality Review**

Ron Largusa, Previous Humboldt County Epidemiologist  
Dana Murguia, Previous Sr. Program Manager, Humboldt County DHHS  
Kris Huschle, Previous Sr. Health Education Specialist, Humboldt County DHHS  
Kimberly Repp, PhD, MPH, Epidemiology Consulting, Washington Co. OR

## Appendix

### Resources and Supplemental Documents

#### 1. General Guidance

- a. [Recommended Standard of Care for People with Suicide Risk](#), guidelines that provide the first-ever recommendations on suicide-related standard of care for primary care, behavioral health, and emergency department settings.
- b. [Joint Commission's Revised National Patient Safety Goal for Suicide Prevention 15.01.0-1](#), Effective January 2020 for hospitals and behavioral health care organizations. Focuses on environmental assessment, screening for suicide, assessment of patients who screen positive for suicide, staff training, follow-up care.
- c. [The Zero Suicide Toolkit](#), a detailed guide to Zero Suicide implementation and strategy.
- d. [Suicide Prevention Resource Center](#), the only federally supported resource center devoted to advancing the implementation of the [National Strategy for Suicide Prevention](#).

#### 2. Validated screening tools

- a. Patient Health Questionnaire ([PHQ-9](#))
- b. [The Columbia Lighthouse Project](#) provides the Columbia Protocol, also known as the Columbia-Suicide Severity Rating Scale (C-SSRS), for use in a multitude of community and healthcare settings. The C-SSRS can be used for both screening and more in-depth assessment.
- c. [Ask Suicide-Screening Questions \(ASQ\) Tool](#), is a set of four brief suicide screening questions that takes 20 seconds to administer; site includes video of the tool in use in various settings.
- d. [Safe-T Pocket Card](#) can be used for both screening and more in-depth assessment.
- e. [Patient Safety Screener \(PSS-3\)](#), a tool for identifying patients in the acute care setting who may be at risk of suicide, not just those presenting with psychiatric issues.
  - i. [ED Safe Secondary Screener](#) can be used in an acute care setting to guide suicide risk stratification for patients who screen positive on the PSS-3

#### 3. Trainings

- a. [Striving for Zero Training Catalog updated November 2022](#), developed through the Striving for Zero Suicide Prevention Strategic Planning Learning Collaborative, this list includes trainings on screening, assessment, intervention, cultural and equity-based trainings, and much more.
- b. [Humboldt County Suicide & Violence Prevention \(SVP\) Program Requestable Trainings List](#) and [Training Request Form](#)
- c. Access training now through [Suicide Prevention Resource Center's Training page](#)



#### 4. Safety Planning

- a. [Stanley -Brown Safety Planning Intervention](#)
  - i. Watch Suicide Prevention Webinar by the Joint Commission:  
[Implementing the Safety Planning Intervention in Your Organization](#)  
(scroll down to “resources”).
- b. [Counseling on Access to Lethal Means \(CALM\)](#): This free two-hour online course is open to anyone. It is designed especially for providers who counsel people at risk for suicide, primarily mental health and medical providers, but also clergy and social service providers.
- c. Emotional Fire Safety Plan from [NowMattersNow.org](#) also includes a Help Guide, example documentation for services providers and reference to safe storage decision aid, Lock2Live.org; community and provider trainings also available.



Public Health  
Sofia Pereira, Director  
529 I Street, Eureka, CA 95501

phone: (707) 445-6200 | fax: (707) 445-6097

DATE

Dear (NAME),

As the Public Health Officer for Humboldt County, it has come to my attention that a loved one of your family recently died by suicide. Please accept our sincerest condolences for your loss.

Humboldt County has developed a team to review every situation where a person dies by suicide. This review brings together professionals who work in this field. Our goal is to prevent suicide as well as improve how we intervene and support persons at risk of suicide. The team looks at the circumstances leading up to suicides and makes recommendations to improve services. We believe that by reviewing suicide in our community, we will be able to improve services and prevent future suicides.

Your help would be greatly appreciated. We are asking for your permission to review the circumstances of your loved one's death. All information from this process is kept strictly confidential.

If you agree, I have enclosed a Consent for Release of Information form for you to sign and return to us in the self-addressed stamped envelope. I have also included a list of resources for you and your family.

If you are not interested in allowing us to review your loved one's death, thank you for your time and please disregard this letter.

Please feel free to contact the Suicide Fatality Review Core Team at [publichealthsvp@co.humboldt.ca.us](mailto:publichealthsvp@co.humboldt.ca.us) with any questions or concerns.

Thank you for your consideration.

Respectfully,

Dr. Candy Stockton, MD  
Health Officer



DHHS Administration  
phone: (707) 441-5400  
fax: (707) 441-5412

Mental Health  
phone: (707) 268-2990  
fax: (707) 476-4049

Social Services  
phone: (707) 476-4700  
fax: (707) 441-2096





**Humboldt County Sheriff's Office  
Coroner Division (707) 445-7242**



**Humboldt County  
Department of  
Health & Human  
Services**  
People helping people  
Live better lives

**SUICIDE RISK FACTOR SURVEILLANCE SYSTEM (SFRSS)**

Coroner Case#	DOB:	DOD:
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At the time of incident			In the last 2 weeks							
Y	?	N	Y	?	N					
						Social isolation				Crisis in past 2 weeks
						Depressed mood	<b>If yes, type of crisis:</b>			
						Current mental health problem				CRISIS: Mental health
						Current mental health treatment				CRISIS: Alcohol problem
						Alcohol problem				CRISIS: Substance abuse
						Other substance abuse problem				CRISIS: Other addiction
						Other addiction				CRISIS: Physical health
						Physical health problem				CRISIS: Intimate partner problem
						Intimate partner problem				CRISIS: Family relationship stress
						Family relationship stress				CRISIS: Other relationship problem
						Other relationship problem				CRISIS: Financial problem
						Anniversary of traumatic event				CRISIS: Job problem
						Disclosed intent to suicide				CRISIS: Eviction/loss of home
						Financial problem				CRISIS: School problem
						Job problem				CRISIS: Death of friend/family member
						Eviction/loss of home				CRISIS: Suicide of friend/family member
						School problem				CRISIS: Criminal legal problem
						Criminal legal problem				CRISIS: Non-criminal legal problem
						Non-criminal legal problem				
In the last 30 days			In the last 5 years							
Y	?	N	Y	?	N					
						Perpetrator of interpersonal violence				Suicide of friend/family member
						Victim of interpersonal violence				Death of friend/family member
At any time			Last contact with healthcare system							
Y	?	N								
						Abused as a child				
						Mental health diagnosis	<b>Other notes</b>			
						Suicide attempt				
						Suicidal thoughts or plans				
						Nonfatal self-directed violence				
						Suicide of friend/family member				