Introduction

- Leading factors of suicidal ideation include history of mental health disorders, history of alcohol and substance abuse, and barriers to accessing mental health treatment (CDC, 2017).
- Major depression, substance abuse disorder, psychotic disorders, and alcohol abuse disorder are all in Jackson county’s top ten medical conditions (Blue Cross Blue Shield, 2018).
- Jackson County has been labeled as a county where the entire population has been identified as having a shortage of mental health providers (Rural Health Information Hub, n.d.).

The Event

- Who: Targeted Audience: Seymour Police Department and Seymour Fire Department
- 8 Participants
  - 1 Participant from Seymour Police Department
  - 6 Participant from Seymour Police Department
  - 1 Participant from the National Guard
- What: Training provided over a two-day period
- When: November 12th and 13th, 2018
- Where: Seymour Police Department Conference Room
- Stakeholders: ASIST Trainers, First Responders, Jackson County Residents

The direct approach of ASIST is “encouraging honest, open, and direct talk about suicide, ASIST helps prepare to discuss the topic with a person at risk” (ASIST, 2018).

- Two-day classroom style course
- Education about suicide and how to help keep those affected safe for now
- Education on methods to create safety plans for patients to help keep them safe for later

Anticipated Outcomes

- Suicide education to alleviate a large deficit in health care in Jackson County
- Mental Health Support via First Responders
- 75% of involved responders are more confident after the training in handling these types of situations

Methods

- Comparative Study
- Pre-Survey
- Post-Survey
- Qualitative and quantitative

ASIST PRE-TRAINING SURVEY

This survey is used to measure the participants’ knowledge before the training is underway. The purpose of this survey is to examine participants knowledge before the training. The survey requires a pass score of 7 out of 10. A score of 9 or above is considered basic knowledge of suicide-prevention and intervention. A score between 7 and 8 indicates intermediate knowledge and less than 6 demonstrates a deficiency in knowledge. (Gala, et. al., 2017)

1. I feel comfortable talking with someone who is suicidal
   [ ] YES
   [ ] NO

1. Have you ever been involved in a suicide management scenario in your professional or personal life?
   [ ] YES
   [ ] NO

1. How comfortable would you be having a conversation about suicide with a person you know?
   [ ] 1
   [ ] 2
   [ ] 3
   [ ] 4
   [ ] 5

1. How comfortable would you be having a conversation about suicide with a person you DO NOT know?
   [ ] 1
   [ ] 2
   [ ] 3
   [ ] 4
   [ ] 5

1. Have you had previous training concerning suicide first aid?
   [ ] YES
   [ ] NO

ASIST POST-TRAINING SURVEY

This survey is used to measure the effectiveness of the suicide-prevention and intervention. The purpose of this survey is to examine the participants knowledge after the training. The survey requires a pass score of 7 out of 10. A score of 9 or above is considered basic knowledge of suicide-prevention and intervention. A score between 7 and 8 indicates intermediate knowledge and less than 6 demonstrates a deficiency in knowledge. (Gala, et. al., 2017)

1. I feel comfortable talking with someone who is suicidal
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1. Have you ever been involved in a suicide management scenario in your professional or personal life?
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   [ ] NO

1. How comfortable would you be having a conversation about suicide with a person you know?
   [ ] 1
   [ ] 2
   [ ] 3
   [ ] 4
   [ ] 5

1. How comfortable would you be having a conversation about suicide with a person you DO NOT know?
   [ ] 1
   [ ] 2
   [ ] 3
   [ ] 4
   [ ] 5

1. Thank you for your participation.

Summary of Event

- Day 1
  - Discussed the Suicide River
  - Prevention, intervention, and postvention
  - Explored Invitations
    - Actions, words, physical, and feelings
  - Discussed Turning Points
    - Rejects suicide, hopes for something, uncertain about choices, or at least willing to try
  - Discussed Pathway for Assisting Life (PAL) Model
    - Connecting with suicide by exploring invitations and asking questions
    - Understanding choices by hearing their story and supporting their turning point
    - Assisting life by developing a safety plan
    - Implemented PAL model
    - Role playing/scenarios

- Day 2
  - Discussed Plan of Action for Assisting Life (PAL) Model
  - Connecting with suicide by exploring invitations and asking questions
  - Understanding choices by hearing their story and supporting their turning point

Results

- 100% of participants knew someone who had committed suicide
- 88% of participants had been involved in a suicide management scenario
- 100% of participants had knowledge of suicide first aid
- 93% of participants had previous training in suicide first aid

- Shown Below:
  - “How comfortable would you be having a conversation about suicide with a person you know?”
    - Increased by 15%
  - “How comfortable would you be having a conversation about suicide with a person you DO NOT know?”
    - Increased by 17%

Conclusions

- This training was found beneficial to the first responders who participated.
- Participants felt more comfortable intervening with suicidal ideation.
- At the end of Day 2, we asked an open-ended question to see what the participants felt was most beneficial and what they learned.
- The following are some answers we received:
  - “Easy to follow and understand”
  - “The diagrams and checklists give me a well-rounded base”
  - “Group role play was beneficial”
  - “The PAL diagram was helpful”
  - “Keeping things open-ended in conversations and not trying to fix things immediately”
  - “I feel like this training helped me see which steps I should take and in which order to help someone who is suicidal”
  - “Provides a guide to open the door for people in crisis”

References


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Executive Mentor: Dr. Anthony Cox

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Survey

Stakeholders: ASIST Trainers, First Responders, Jackson County Residents

References
