

MONTHLY REPORT

Northwest Pennsylvania Veteran Suicide Prevention Program

Funded by the U.S. Centers for Disease Control and Prevention's Comprehensive Suicide Prevention Program

September 2023

Program Overview

The Northwest Pennsylvania Veteran Suicide Prevention Program (NWPASVPP) is a five-year collaborative effort between federal and state-level entities, community-level service providers, and organizational experts in suicide prevention to create significant and lasting change in the 15-county region by August 2025. Funding is through the U.S. Centers for Disease Control and Prevention's Comprehensive Suicide Prevention Program. This report outlines key findings and recommendations based on data collected for the NWPASVPP as of September 30, 2023.

The program aims to reduce Veteran suicide attempts and death by an average of 10% over five years (2020-2025) using a three-tiered approach of community, healthcare, and upstreaming. Goals include increasing awareness of suicide risk, promoting community connection and resilience, and improving the delivery of suicide care. Each tier has its own reporting section within this document.

TIERS	PROGRAM ACTIVITIES
COMMUNITY	<ul style="list-style-type: none"> Offering suicide awareness and interventional trainings Promoting connection within communities
HEALTHCARE	<ul style="list-style-type: none"> Increasing healthcare provider military cultural competency Streamlining procedures for screening, intervention, and referrals Emphasizing treatment options to prevent reattempts
UPSTREAM	<ul style="list-style-type: none"> Increasing awareness of existing mental health parity laws Improving coordination of physical, behavioral, and mental health care

Additional information can be found on the [NWPASVPP website](#), the Resilient Veteran.

September 2023 Highlights

- **Engagement:**
 - **54** partner meetings were held.
 - **12/23 (52%)** Advisory Group members attended the September meeting.
 - **0 (0%)** Advisory Group meeting evaluations were not distributed this month.
- **Tier 1:**
 - **25-gun** locks were distributed (Annual goal: 189).
 - Engaged with **10** new community safe storage partners.
 - Project team worked with UPMC Safe Harbor to outline the **2023 training schedule**, which is now posted on the program website.
- **Tier 2:**
 - UPMC clinical care coordination and discharge planning have agreed to implement the suicide prevention training curriculum across its care management and coordination teams. Coordination and planning have started.
 - Completed draft of the referral process from healthcare and community providers to VA services is now being finalized.
 - Analysis of PHN's screening data through July 2023 is occurring.
 - Creation of training and resources on the Compact and Mission Acts for community partners and healthcare providers has started.
 - Created an implementation plan to share referral resources with all community organizations throughout this project.
- **Tier 3:**
 - Social Determinant of Health (SDOH) Intervention Plan has been developed.
 - Mental Health Parity education and resource distribution is ongoing.
- **Data Collection/Evaluation:**
 - Preliminary mortality and morbidity data from the VA health records was shared at the Advisory Group September Advisory Group meeting.
 - Data Use Agreement (DUA) for access to the Office of Mental Health and Suicide Prevention's database was approved.

Next Steps

- **Engagement:**
 - The next Journal Club meeting will be on September 26, 2023, with a special presentation from the executive director of Fluence. He will be presenting on MDMA-assisted psychotherapy for PTSD.
- **Tier 1:**
 - Distribute 30-gun locks in October.
 - Train 50 gatekeepers in October.
 - Hold a military culture and/or suicide prevention training in a Region 2 county in October.
 - Continue planning for and hosting the fifth community greening event of 2023.
- **Tier 2:**
 - Finalize site data report for PHN Wayne for May through July data share.
 - Finalize data use agreement to Bradford Family Medicine legal team to set up data sharing process and collect Memorandum of Understanding in October.
 - Develop the referral process toolkit and training materials.
- **Tier 3:**
 - Team working to develop housing resources by the end of October 2023.
- **Data Collection/Evaluation:**

- Finalize MOUs for 3 additional county coroners by the end of October.
- Awaiting approval from OMHSP for access to suicide mortality data.
- Inquiries are being made about accessing the Veterans' benefits data set to triangulate mortality data from other sources.

Partner Engagement



PERU is working to enhance local suicide prevention, intervention, and response efforts and work to address gaps in efforts or services. Implementation is being phased across three geographic regions selected based on resource availability and existing healthcare and community partnerships. Currently, implementation efforts are focused on Regions 1 and 2. The program's outreach and engagement strategy aims to build and maintain positive relationships with community partners in each county to support implementation efforts. The *Partner Meetings Table* below represents the number and types of meetings held in March.

Region 1 Summary

- Performed a site visit for UPMC Heritage in Erie County.

Region 2 Summary

- Participated in the Suicide Prevention Task Force meeting for Jefferson County.

Region 3 Summary

- Participated in Suicide Prevention Task Force meetings in Butler, Clarion, and Lawrence Counties.

Partner Meetings in September 2023

Entity Type & Meeting Purpose	Meeting (#)
Advisory Group Partners: Project Planning	10
Community Stakeholders: Continued Engagement	19
County Coalitions/Task Forces: Continued Engagement	3
Healthcare Partners: Recruitment/Engagement	6
Safe Storage Partners: Continued Engagement	11
State-Level Agencies: Continued Engagement	5
Total	54

Meeting Outcomes

- The September Advisory Group meeting included updates on implementation and evaluation activities and discussions of social determinants of health considerations for Tier 3.
- A total of 12 out of 23 members external to the PERU team (52%) attended the September Advisory Group meeting.

Tier 1: Community Activities

Tier 1 activities target three community-based interventions:

1. Creating protective environments by reducing access to lethal means among Veterans.
2. Identifying and supporting people at risk through implementing gatekeeper training for community members and Veterans.
3. Promoting connectedness through community greening and engagement activities.

Community Greening Update

The program team continues to work with Bodhi Gardens in Erie County to plan a Spring event for 2024.

Safe Storage Update

The following table provides monthly and total distribution amounts of gun locks.

May 2023	June 2023	July 2023	Aug 2023	YTD 2023	Total to Date
14	0	0	25	242	777

Gatekeeper Training Update

Gatekeeper training includes QPR (Question. Persuade. Refer), ASIST (Applied Suicide Intervention Skills Training), and CALM (Counseling on Access to Lethal Means). The following table provides the monthly and total amounts of gatekeepers trained.

May 2023	June 2023	July 2023	Aug 2023	YTD 2023	Total to Date
0	0	35	45	390	1285

Tier 2: Healthcare Activities

Tier 2 activities target healthcare-based interventions:

1. Strengthening access and delivery of suicide care through implementing system change initiatives in healthcare systems.
2. Identifying and supporting people at risk through implementing gatekeeper training for providers and treatment to prevent reattempts.

Healthcare Recruitment and Implementation:

- The implementation team engaged 4 health systems in September and has additional outreach activities scheduled in October.
- The implementation team performed a site visit to UPMC Heritage in Erie County.
- The implementation team developed a detailed timeline to create a referral process toolkit and training for dissemination by October. Development is underway.

Tier 3: Upstream Activities

Tier 3 activities target upstream (policy) interventions: Raise awareness and educate healthcare providers and community members about upstream suicide prevention strategies and mental health parity.

Upstream Implementation Updates

Ongoing education and resources on [Pennsylvania's mental health parity laws](#) occur throughout all 15 counties.

Further, a comprehensive social determinant of health intervention plan has been developed to further address Tier 3 needs identified in the CDC technical package recommendations. This plan addresses housing instability, food insecurities, provider capacity shortages, and leveraging telehealth options. PERU will conduct research and develop housing resources by the end of October 2023.

Data Collection Updates

PERU collaborates with county coroners to collect and analyze county- and municipality-level suicide mortality data among adults. This surveillance data will be used to identify in as close to real-time as possible the factors associated with regional suicide deaths, study the impact of the project interventions on community suicide rates, and apply a psychological autopsy methodology for Veteran decedents from which potential suicide risk and protective factors will be identified.

- The implementation team has solidified partnerships with 10 coroners (Erie, Mercer, Venango, Lawrence, Clarion, Forest, Elk, Crawford, Warren, and Butler Counties), who have committed to submit quarterly data related to the suicide deaths in their respective counties.
- Suicide death data has been collected from these countries:
 - Erie (100 suicide deaths since September 2021, 10 Veterans)
 - Mercer (14 suicide deaths since January 2022, 1 Veteran)
 - Venango (13 suicide deaths since January 2022, 2 Veterans)
 - Butler (36 suicide deaths since January 2022, 4 Veterans)
 - Lawrence (0 suicide deaths since January 2023, 0 Veterans)
 - Clarion (24 suicide deaths since January 2020, 1 Veterans)
 - Crawford (21 suicide deaths since January 2022, Veterans unknown)
 - Elk (22 suicide deaths since January 2020, 2 Veterans)
- The team also continued engaging with the remaining 5 county coroners to solidify one additional partner in October.

PERU and the Veterans Affairs VISN4 Mental Illness Research Education and Clinical Center (MIRECC), under the direction of Dr. Gretchen Haas, are working together to pull deidentified electronic health record information for Veterans. PERU will use this information to evaluate the program's impact and calculate suicide mortality and morbidity rates for annual reporting.

- Mortality and morbidity data from the Suicidal Behavior and Overdose Report (SBOR) for 2019-2023:
 - 2019 – 79 attempts, 5 suicides
 - 2020 – 40 attempts, 13 suicides
 - 2021 – 60 attempts, 13 suicides
 - 2022 – 114 attempts, 7 suicides
 - 2023 (July) - 25 attempts, 4 suicides
- The DUA for access to the OMHSP mortality data was approved, and the request for data was submitted.
- One additional data source has been identified, and inquiries are being made about accessing the Veterans' benefits data set to triangulate the mortality data for Veterans accessing VA medical services and those not accessing medical services through the VA health system.

Program Evaluation

Meeting Evaluations

- Real-time meeting evaluation polls gather feedback from Advisory Group members following the monthly meeting.
- The poll asks members to rate agreement (Yes/No) on two questions (below) about the content and relevance of the meeting. An open-ended comment space was also included.
 - "Today's meeting moved the project forward."
 - "I'm glad I attended this meeting."
- This month, the meeting evaluation was not distributed.

Key Informant Interviews

- Key informant interviews have been discontinued in favor of an annual survey.
- A survey to gather feedback from project partners was disseminated in April 2023. This survey will be conducted annually and replace Key Informant Interviews for the remainder of the project.
- A total of 12 responses were collected during 2023.
- A report on this year's survey results will be available to the implementation team in September.

Training Evaluations

- Training evaluations are administered to trainees following every training. They are used to inform continuous quality improvement efforts and assist the program implementation team in identifying improvement areas for training delivery.
- The results of the quarterly training evaluation report were shared in the September Advisory Group meeting.

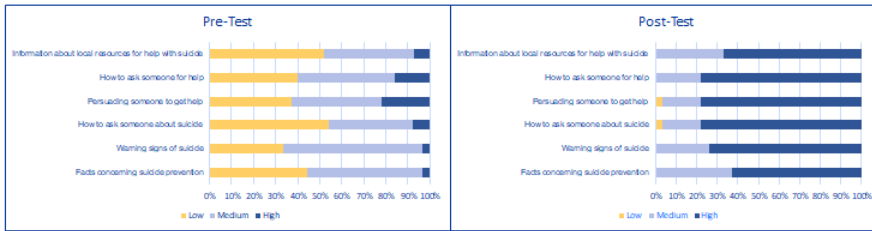
Suicide Awareness and Perceptions Survey

- The Suicide Awareness and Perceptions Survey is used to track community attitudes and perceptions concerning suicide to provide evidence of increased awareness of suicide over time.
- A total of 85 surveys have been collected to date.
- Results from the suicide awareness survey were shared at the Advisory Group meeting in September.
- The Advisory Group discussed and recommended ways to distribute the survey widely across the region. A distribution plan is being drafted.

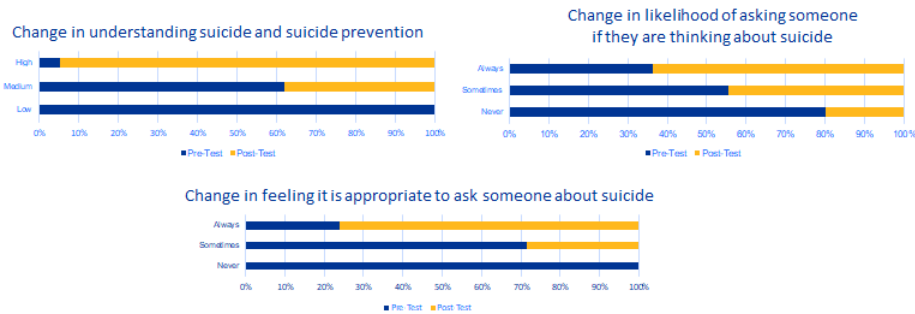
Training Evaluations - 2023 Q2 Results

- **75** respondents completed the **training evaluation**
 - Across all items, **69%** strongly agreed and **20%** agreed
- **27** respondents completed the **pre- and post-tests**

Training Evaluations - 2023 Q2 Results



Training Evaluations - 2023 Q2 Results



Suicide Awareness Survey

83 respondents

- 28 Veterans
- 68 related to Veterans

61 knew someone who died by suicide

- 72% identified that person as a relative or close friend

51% had training in suicide prevention

- 40% identified as behavioral health professional, other healthcare professional, social workers, human services professionals, first responders

Suicide Awareness Survey

96% Seeking mental health treatment to help you cope with your thoughts and feelings is a sign of strength (53%)

96% Suicide can be prevented

95% Mental health is as important as physical health (92%)

Suicide Awareness Survey

26% Older people are at a **GREATER** risk for suicide than younger people

33% A person's gender does **NOT** have an effect on their chance of dying by suicide

37% A person's race/ethnicity does **NOT** have an effect on their chance of dying by suicide

Suicide Awareness Survey

