A Context for Interventions and Supports

Crisis Coping Theory & the Suicidal Crisis Path
3 Models for Understanding Suicide & Intervention
Model 1: Social-Ecological Model

- **PUBLIC POLICY**: Resources, restrictions, supports
- **COMMUNITY**: Schools, workplaces, neighborhoods, norms, etc.
- **ORGANIZATIONAL**: Policy, procedure, training, support
- **INTERPERSONAL**: Peer, family, and close relationships
- **INDIVIDUAL**: Biological and personal history
Model 2: Crisis Coping Theory

Coping

High

Hazardous Atmosphere stressors

Physical Health
Drugs / Medication
Mental Health
Relationships

Life supports

Precipitating Event

Period of Suicidal Ambivalence or Uncertainty

Suicidal Ideation

CRISIS

Resolution / New Stasis

Adaptive
Restorative
Maladaptive

SUICIDE

Low

Time
Model 3: Suicidal Crisis Path
Crisis Coping Theory
Crisis Coping Theory

Coping

High Hazardous Atmosphere stressors

Life

Precipitating Event

Period of Suicidal Ambivalence or Uncertainty

Suicidal Ideation

CRISIS

Adaptive
Restorative
Maladaptive

Low Stasis supports

Physical Health
Mental Health
Mood
Religion

Time

Resolution / New Stasis
Crisis Coping Theory

Figure 5
Crisis Coping Theory

Figure 6
Crisis Coping Theory

Figure 7

Coping

High

Hazardous Atmosphere
stressors

Physical Health

Drugs / Medication

Mental Health

Life

Low

supports

Precipitating Event

Period of Suicidal Ambivalence or Uncertainty

Suicidal Ideation

CRISIS

Time

Resolution / New Stasis

Adaptive

Restorative

Maladaptive

SUICIDE
Crisis Coping Theory

Coping

Stasis

High

Low

Hazardous Atmosphere stressors

Physical Health

Drugs/Medication

Mental Health

Relationships

Finances

Life

Precipitating Event

Period of Suicidal Ambivalence or Uncertainty

Suicidal Ideation

CRISIS

Time

Resolution/New Stasis

Adaptive

Restorative

Maladaptive

SUICIDE
The Suicidal Crisis Path
Model 3: Suicidal Crisis Path

Figure 9

Stasis Level → Higher Risk → Suicidal → Suicide Attempt → Suicide → Loss Experience
Influence of the Social-Ecological Model

PUBLIC POLICY
Resources, restrictions, supports

COMMUNITY
Schools, workplaces, neighborhoods, norms, etc.

ORGANIZATIONAL
Policy, procedure, training, support

INTERPERSONAL
Peer, family, and close relationships

INDIVIDUAL
Biological and personal history
Suicidal Crisis Path with Risk Factors

- Hazardous Environment
- Biology
- Life events
- Aggression
- Risk taking
- Brain chemistry
- ACES

Higher Risk
- Mental illness
- Substance abuse
- Negative treatment
- Relationship problems
- Isolation
- Trauma
The Transition from Higher Risk to Suicidal

Precipitating Event

Emotional and Mental Health Experience with Healthcare

Higher Risk

Hopelessness Emotional Pain Feeling Trapped Feel like a burden Intense loneliness

Suicidal

Indicated by Warning Signs
The Move from Thinking to Behavior
Critical Elements of a Fatal Suicide Attempt

**More likely fatal:**
- Deliberate planning
- Lethal method
- Short course of action
- Slow intervention
- Inadequate treatment
The Aftermath of Suicide

Figure 15

- Precipitating Event: Know someone who died by suicide
- Loss characteristics:
  - Genetic risk
  - Stigma
  - Isolation
  - Decreased support
  - Withdrawal

- Higher Risk for suicidal behavior
- Higher Risk for complicated grief

Stasis Level
Combining Models for Action
Adding the Continuum of Interventions

Figure 17
Figure 19

Sources of Strength

ACES Training
- Clovis PD: Youth Services
- Clovis Unified: District Wellness Committee
- Community gardens
- Family Behavioral Health Court
- Holistic Cultural Education Wellness Center
- Housing Supportive Services
- Project for Assistance in Transition from Homelessness (PATH)
- Supported Employment & Education Services (SEES)
- Youth Empowerment Centers
- Family Advocate
Figure 20

Communications campaigns
Follow-up after prior attempt
Outreach to sub-populations
  Trauma-informed care
  Trauma-Focused CBT
Critical Incident Stress Management
  Mental Health First Aid
  Multi-agency Access Point
  Consumer / Family Advocate
Cultural-Based Access Navigation Specialists
Mental & Behavioral Health services
  Enhanced Peer Support
Positive Behavioral Interventions and Supports
Fresno County Crisis System

Suicidal → Suicide Attempt → Suicide → Loss Experience

- Columbia Suicide Severity Risk Scale (CSSRS)
- Recognizing and Responding to Suicide Risk (RRSR)
- CBT for Suicide Prevention (CBT-SP)
- Collaborative Assessment and Management of Suicide Risk (CAMS)
- Safety Planning Intervention
- Applied Suicide Intervention Skills Training (ASIST)
- Central Valley Suicide Prevention Hotline
- Crisis Intervention Teams (CIT)
- Crisis Field Clinician
- Exodus Crisis Stabilization Unit

- Gun Shop Project
- Railroad Intervention
- Law enforcement/EMS Training
- Emergency Department
- Poison Control Center

- Local Outreach to Suicide Survivors (LOSS) Team
- Suicide Bereavement Training
- Eye-Movement Desensitization and Reprocessing (EMDR)
- Psychological autopsy
- Child Death Review Team
- Survivors of Suicide support group