



# **Fairfax County Youth Suicide Review Team: Annual Report of Findings and Recommendations**

Presentation to the BOS/School Board Joint Budget Working Group

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# YSRT Overview

- Development of a YSRT was recommended in the 2013 “Suicide in Fairfax County” report.
- The team was established in early 2015 and began meeting in March 2015.
- The process includes review of available records, case review forms from relevant agencies, parent/guardian interview, and media reports or other relevant publicly available sources.
- All discussions and materials related to individuals are kept confidential and cannot be shared. Violations are punishable as a Class 3 misdemeanor.
- Additional information and 2016 report are available at [bit.ly/ffxysrt](http://bit.ly/ffxysrt).

# YSRT Goals

- Goals:
  - Identify systems, policy, and practice changes to inform suicide prevention efforts.
  - Identify trends in suicide and common risk factors for youth suicide in Fairfax County that can inform and improve efforts related to suicide prevention.
- Not intended to identify “causes” of suicides.
- Not correct or appropriate to assign “blame” in any death.
- Identify opportunities to strengthen our system of care.

# Progress on 2016 Recommendations

Recommendation	Progress
<p>1. Promote the use of evidence-based risk assessments, safety plans, and treatments for youth with suicidal ideation and behavior.</p>	<p>New Training Collaborative, led by GMU, will provide training to County, FCPS, and private providers.</p>
<p>2. Promote access to treatment and services at the point of contact with Emergency Medical Services (EMS).</p>	<p>New CSB information is distributed by EMS to families when responding to suicide attempts. The County is working with Inova to support individuals treated in the Emergency Department. Training Collaborative will offer training in crisis stabilization and safety protocols for EDs.</p>
<p>3. Educate parents and youth on youth suicide warning signs, effective evidence-based treatment, and how to support their children in treatment.</p>	<p>New navigation support and resource website strategies are in development and/or being implemented. Continued offerings of adult, parent, and peer gatekeeper trainings: e.g., Kognito trainings, Mental Health First Aid, Signs of Suicide.</p>

# Progress on 2016 Recommendations

Recommendation	Progress
<p>4. Promote the appropriate diagnosis and treatment of ADHD.</p>	<p>Training for local pediatricians on identifying and treating behavioral health issues, including ADHD, is being hosted by Healthy Minds Fairfax and Inova.</p>
<p>5. Educate health (including behavioral health) care providers on the availability of emergency behavioral health services and how to access them.</p>	<p>The CSB is developing a resource for providers and others on accessing emergency services.</p>
<p>6. Promote the implementation of intentional planning by schools to welcome and engage new students.</p>	<p>Several FCPS schools are currently using materials developed to welcome newly enrolled students. FCPS is developing a system-wide student ambassador program, to be piloted this year with select high schools, and rolled out system-wide next year.</p>

# 2017 Findings

- Continued evidence of 2017 findings
  - Prior treatment of mental illness
  - Past attempts or ideation
  - Substance use
  - High academic or cognitive functioning
  - Treatments that did not match best practices
  - Treatment plans that were not followed
- Additional evidence of:
  - Traumatic experiences (e.g., family loss, family crisis, abuse, neglect)

# 2017 Recommendations

## **1. We must continue our emphasis on evidence-based suicide prevention practices in behavioral, primary, and emergency care.**

- Provider training
- Incentives for implementation
- Family and caregiver awareness
- *Training Collaborative, awareness, and navigation efforts are being implemented.*

## **2. We must enhance our substance use prevention efforts.**

- Prevention programs
- Education and awareness
- Screening and referral
- *Prevention programming and SBIRT training for FCPS staff are being implemented.*

# 2017 Recommendations

- 3. We must continue efforts to educate youth, families, and others on the recognition of suicide warning signs.**
  - Professionals who work with youth and families
  - Gatekeeper training
  - Public awareness campaigns
  - *Gatekeeper trainings, pediatrician and BH provider trainings, and awareness campaigns are being implemented.*
  
- 4. We must expand our efforts to recognize and respond to traumatic events from a behavioral health perspective.**
  - Screening and referral
  - Trauma-informed practices
  - *The Trauma-Informed Community Network is working across systems and organizations to develop and implement strategies. The TICN and Training Collaborative will be providing trainings.*



# YSRT Membership (FY17)

## Members

- Christianne Esposito-Smythers, George Mason University Psychology Department and Center for Psychological Services, *YSRT Chair*
- Dede Bailer, Fairfax County Public Schools
- Bob Bermingham, Fairfax County Juvenile and Domestic Relations District Court, Court Services Unit
- Bryan Holland, Fairfax County Police Department
- Melissa Holt, Mt. Pleasant Baptist Church and Fairfax County Chaplain Corps
- Meghan Kessler, Virginia Department of Health, Office of the Chief Medical Examiner
- Allison Lowry, Fairfax County Department of Family Services
- Laura Mayer, PRS CrisisLink
- Jocelyn Posthumus, Virginia Department of Health, Office of the Chief Medical Examiner
- Raja'a Satouri, Fairfax County Health Department
- David Schwartzmann, Fairfax County Fire and Rescue Department
- Lyn Tomlinson, Fairfax-Falls Church Community Services Board
- David Winter, Fairfax County Fire and Rescue Department

## Staff

- Jesse Ellis, Fairfax County Department of Neighborhood and Community Services, *YSRT Coordinator*
- Gloria Addo-Ayensu, Fairfax County Health Department
- Jonathan Melendez, Fairfax County Department of Neighborhood and Community Services
- May Shallal, Fairfax County Office of the County Attorney
- Chris Sigler, Fairfax County Office of the County Attorney