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Overview

In 2009, a multidisciplinary suicide prevention task force that had been established in 2007 in Tuolumne County, California, prepared a three-year Suicide Prevention Strategic Plan (Strategic Plan). This plan was divided into sections that addressed the following:

- The history and scope of suicides in Tuolumne County and California (pp. 1-3)
- Recognized risk factors and the directions of evidence-based suicide prevention research (pp. 5-7)
- The goals and objectives of suicide prevention according to population age groups (p. 8)
- The structure and organization of the Tuolumne County Suicide Prevention Task Force (p. 4)
- The structure and strategy behind the implementation of the Tuolumne County Suicide Prevention Strategic Plan, including the criteria for program inclusion into the plan (pp. 14-15)
- Definitions of terms used in the Strategic Plan (pp. 9-10)
- Appendices listing Training, Prevention, and Intervention programs to be considered for institution in Year One (4/1/2009 to 6/30/2010) of the Strategic Plan (Appendix A), in Years Two and Three (7/1/2010 to 6/30/2012) of the Strategic Plan (Appendix B), and Community Education Programs to be considered during the three year planning period (Appendix C)
- A description of the committee structure for the ongoing maintenance of the Strategic Plan implementation

This document represents an update to the original 2009-12 Tuolumne County Suicide Prevention Strategic Plan, extending the planning period for the next three-year interval and updating the 2009 document with operational material that has been developed by the Suicide Prevention Task Force Oversight Committee and the subcommittees that make up the program support.

Tuolumne County Suicide Prevention Task Force

The Tuolumne County Suicide Prevention Task Force (TCSPTF) is a coalition of various Tuolumne County organizations, government and private non-profit agencies, healthcare providers, residents that convened quarterly in 2007 in order to organize a local coordinated effort to assess local risk factors related to suicide and to launch a comprehensive suicide prevention campaign. The 2009-12 Tuolumne County Suicide Prevention Strategic Plan (Strategic Plan) was the outcome of that effort. Input was

gathered from the tribal community, local public and private healthcare experts in Behavioral and Public Health, schools, local residents, law enforcement, non-profit community agencies for seniors and youth, the religious community, government leaders and state consultants. After the preparation of the Strategic Plan document, ongoing feedback from the community has been a dynamic process, with annual formal input from the community gathered at the annual Suicide Prevention Task Force summit and incorporated into the menu of programs provided as Appendices to the Strategic Plan. These Appendices describe the programs that were evaluated for their evidence-based roots by members of the TCSPTF, for their cost-effectiveness, and for their applicability to the risk factors identified locally in our population. The Strategic Plan tool was designed to allow various local agencies to select components of the suicide prevention campaign to sponsor and to organize tactics in such a way to avoid redundancy and gaps in the overall effort.

At the most recent annual meeting of the TCSPTF on September 29, 2011, fresh input was collected from the community regarding perceived strengths and gaps in local suicide prevention resources and in the organization of those resources. This input was distilled down to the high priority issues and then incorporated into this 2012 update of the Strategic Plan.

Tuolumne County Suicide Prevention Task Force Committee Structure

The committee structure for the Tuolumne County Suicide Prevention Task Force (TCSPTF) is as follows:

- 1) Oversight Committee: The Tuolumne County Suicide Prevention Oversight Committee (OC) is the leadership committee whose responsibilities include overseeing the implementation of the strategies and projects of the TCSPTF and the Strategic Plan, developing further the vision for suicide prevention in Tuolumne County, and sustaining the ongoing effort to evaluate the effectiveness and implement further suicide prevention activities in Tuolumne County. The OC oversees the activities of the Coordinating Agency or other agencies implementing programs of the Strategic Plan through quarterly review of progress reports submitted by the Coordinating Agency and/or other agencies. The OC also is responsible for reviewing and revising the Strategic Plan annually as needed, and also for updating the Strategic Plan at the end of the planning period. This update is intended to serve the latter purpose, extending the Strategic Plan for a new three-year interval, from July 1, 2012 to June 30, 2015. The Bylaws of the OC and the TCSPTF are included as Appendix B.
- 2) Training, Prevention and Intervention Committee: The Training, Prevention and Intervention Committee has multiple purposes. The committee develops a menu of programs from which local agencies and stakeholders are encouraged to select to implement locally in the interest of advancing suicide prevention in our county. These programs are researched for evidence-based support and for proper fit into a local comprehensive suicide prevention effort.
- 3) Monitoring and Surveillance Committee: The Monitoring and Surveillance Committee's purpose is to describe plans for data collection and monitoring of suicidal behavior in Tuolumne County. Responsibilities include reviewing local and statewide data to identify macro- and micro-trends in suicide-linked behavior and superimposing anonymous individual case data to identify potential gaps in the local safety net.

Oversight Committee

The TCSPTF Oversight Committee Bylaws describe the responsibilities and operations of the Oversight Committee (OC). It is included as Attachment B. The OC Chairperson will

request quarterly reports from community agencies engaged in suicide prevention efforts outside of the programs directly supervised by the Coordinating Agency. These reports will be reviewed at the quarterly OC meetings along with the reports of the TCSPTF Coordinating Agency, the Training, Prevention and Intervention Committee and Monitoring and Surveillance Committee.

Suicide Prevention Task Force Strategic Plan Coordinating Agency

The TCSPTF Coordinating Agency assumes responsibility for implementation, coordination, and project management with the Tuolumne County Suicide Prevention Task Force Oversight Committee (OC) serving in an advisory capacity. The TCSPTF Coordinating Agency, with the support of the OC and the TCSPTF membership, will seek grants targeting the strategic objectives of the Strategic Plan. The OC will perform its own review of the TCSPTF activities based upon the quarterly reports of the Coordinating Agency and based upon input from the community agencies sponsoring programs included in the *Training, Prevention and Intervention Core Proposals* (Appendix A) but not directly involving the Coordinating Agency. Responsibilities of the Coordinating Agency include:

- a. Monitor the projects directly supervised by the Coordinating Agency to ensure that identified outcomes are achieved.
- b. Organize materials to present to the Oversight Committee in informal quarterly reports. These reports will include:
 1. The numbers of various community trainings conducted (See Appendix A) and the number of attendees.
 2. The number of schools and students participating in Suicide Prevention curricula throughout the county.
 3. A summary of suicide prevention activities targeting seniors.
 4. Special Activities related to Suicide Prevention that are planned or have been conducted in recent months (e.g. Suicide Prevention month, Population Screening activities etc.). For completed activities, an estimate number of attendees or population reached will be provided.
- c. Prepare an annual report for submission to the entire TCSPTF. This report will include the same items covered in the quarterly reports, summarizing the activities for the prior year. This report will also include a review and assessment of the accomplishments and ongoing needs of the local suicide prevention effort.
- d. Oversee and implement the Community Education component of the Strategic Plan. Funding for brochures, crisis cards, posters, calendars, etc. will be sought with the assistance of the OC.

Suicide Prevention Funding

Funding for the activities of the Suicide Prevention Task Force will be an ongoing and coordinated endeavor between the Committees and the Coordinating Agency of the Strategic Plan. Efforts will be coordinated with the OC to avoid redundancy, maximize efficiency, and assure that new funding is being sought for identified gaps in the comprehensive local suicide prevention efforts.

Training, Prevention and Intervention Committee

The Training, Prevention and Intervention Committee is the result of combining two committees that prepared the original Suicide Prevention Plan: the Education and Training Committee and the Prevention and Intervention Committee. This committee is charged with the following goals:

1. Coordinating efforts by local county agencies, community based organizations, educational institutions, businesses and community members to bring suicide

prevention programs, resources and interventions to the community to ensure that anyone exhibiting suicidal behavior is helped immediately.

2. Assess and recommend educational and training opportunities that enhance the local capacity for suicide prevention and improve literacy regarding the topic of suicide and suicide prevention.
3. Comprehensively assessing existing county suicide prevention services and identifying gaps.
4. Make recommendations to the Oversight Committee on adoption of new programs/resources into the Strategic Plan.

Membership to the Prevention/Intervention Committee is sought from a broad spectrum of county agencies, organizations, and individuals who represent a full range of ages and settings.

The Prevention/Intervention Committee meets quarterly, or as needed, to assess gaps, research programs, and recommend additions to the Suicide Prevention Strategic Plan. Every three years, the Committee will review and revise, based on current and future need, the programs described in Appendix A of the Strategic Plan. All recommendations are brought to the Oversight Committee for approval.

The Training, Prevention and Intervention Committee fulfills two primary roles. First, the committee is to develop and implement core community education and training activities (e.g. “universal suicide prevention”). These arrangements may include public speaking engagements, tables at events, newspaper articles/ads, radio Public Service Announcements, radio and television shows, and the development and distribution of flyers, and brochures. Such resources encourage help-seeking behaviors, provide information about suicide and access to prevention resources, and increase awareness about suicide and depression. Suicide Prevention Training is the process of training community members how to recognize people with suicidal risk factors and how to assist suicidal people in the moment.

Another role for the Training, Prevention and Intervention Committee is to develop and recommend core prevention and intervention projects and activities. The prevention and intervention focus includes actions, activities, or programs that are used to prevent suicide through focused programs targeting various populations, such as schools, seniors, or inmates (e.g. “selective suicide prevention”) from a perspective of intervening in a time of crisis or by modifying risk and protective factors. This role is fulfilled by preparing a menu of programs which describes various training, prevention and intervention programs, their target audiences, the sought-after outcomes, the annual cost estimates, a proposed local agency to operate or sponsor the program, and a priority level.

The Training, Prevention and Intervention Committee met regularly between October 2011 and June 2012 to review suicide prevention programs and to consider new programs to address gaps identified during the annual TCSPTF Conference. New programs added to the repertoire include Safe Talk and means reduction programs, including firearm safety and security projects.

Monitoring and Surveillance Committee

The Monitoring and Surveillance Committee is charged with the following goals:

1. Designing accessible data sets that accurately describe local trends in suicides and suicidal behavior
2. Gathering data in accordance with those data sets

3. Evaluating this data to identify social or phenomenological correlations with identified trends (the “surveillance” component), including evidence that specific preventive or interventional activities have influenced these trends (the “monitoring” component)
4. Expanding monitoring or surveillance activities to target and study any correlations between suicidal trends that may be illuminated by the ongoing efforts of the committee

Monitoring and Surveillance Committee representatives are specifically sought from the Tuolumne County Coroner’s Office, Tuolumne County Behavioral Health, Columbia Community College, local senior advocacy groups and local counselors and healthcare providers. Membership is approved by the Oversight Committee.

While all data collected is aggregate data, because of the size of Tuolumne County and the low numbers involved in monitoring and surveillance activities, each member of the Monitoring and Surveillance Committee will sign a confidentiality agreement prior to participation in Monitoring and Surveillance meetings. A copy of this agreement is attached as Appendix C.

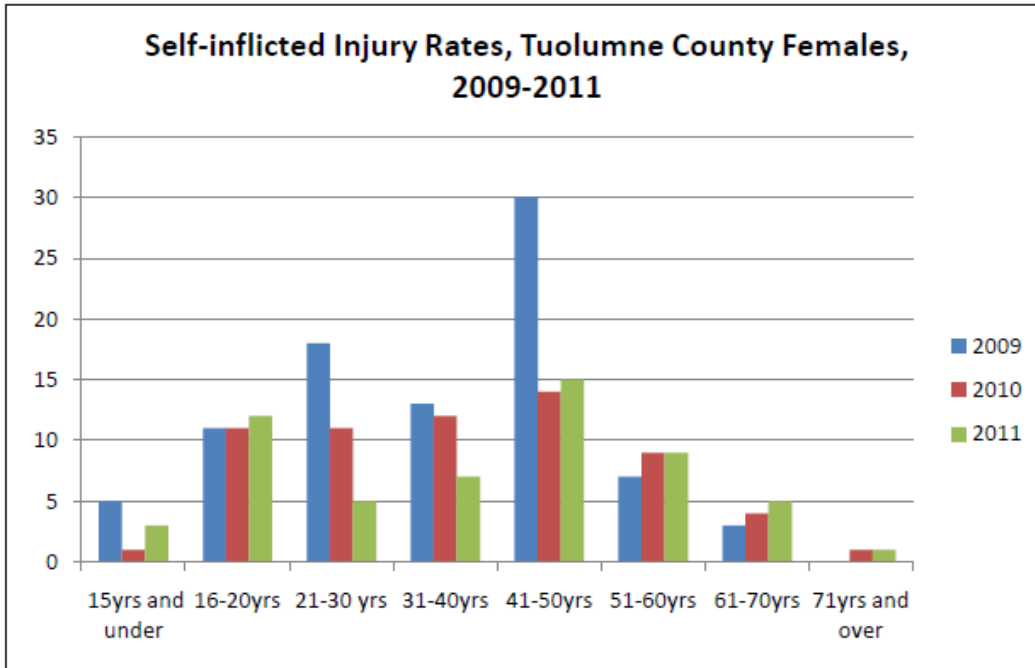
The Monitoring and Surveillance Committee meets twice each year. Data collection in accordance with the established data sets will be conducted prior to each meeting and presented at the subsequent meeting. Currently established data sets include the following:

- The number of completed suicides that have occurred in Tuolumne County with demographic data to include the gender, age, date and method of suicide.
- The number of E-code diagnoses that present to the local Sonora Regional Medical Center emergency department and urgent care centers with intentional self-inflicted injuries. These E-code diagnoses include E950 through E959. In the past 15 ICD-9 codes have been included as follows: E950.0, E950.1, E950.2, E950.3, E950.4, E950.5, E950.6, E950.9, E952.0, E952.8, E953.0, E953.8, E958.6, E958.7, E958.8
- Reports are received from the members of the committee to review the activities of partner agencies related to local suicides and intentional self-injurious behavior. Specific reports include, when available, the Tuolumne County Sheriff’s Office dispatching and field experience, the Behavioral Health Department psychological autopsy review, and community outreach activities and relevant community survey data.

Monitoring and Surveillance Data Sets

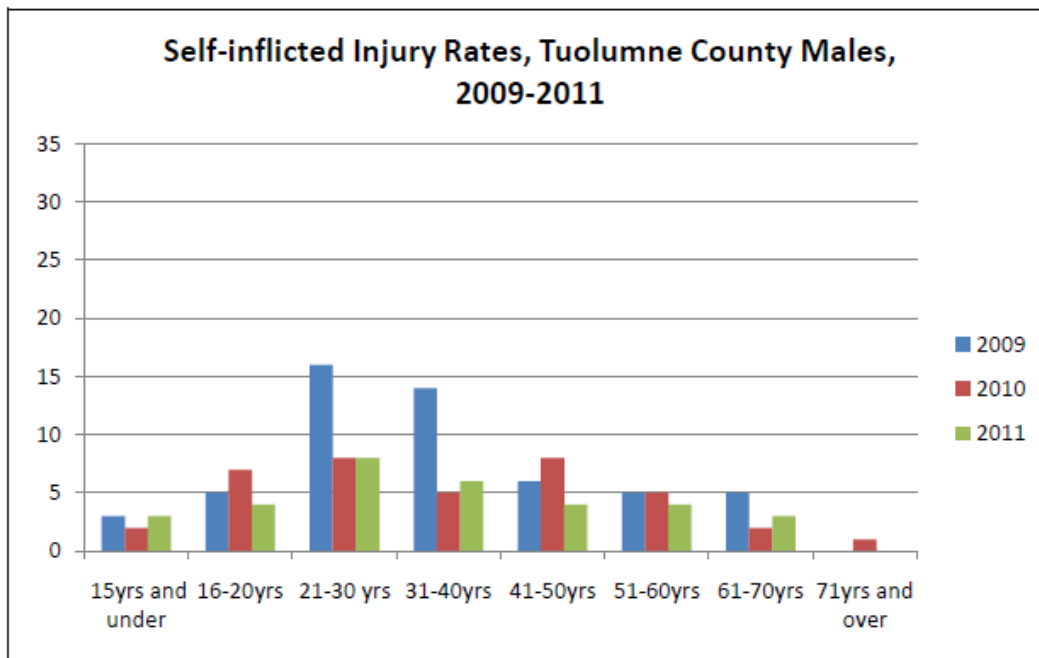
The following charts record data sets that are being monitored by the committee. Trends are shared at the Oversight Committee when directions seem to deviate from historical trends.

Table 1



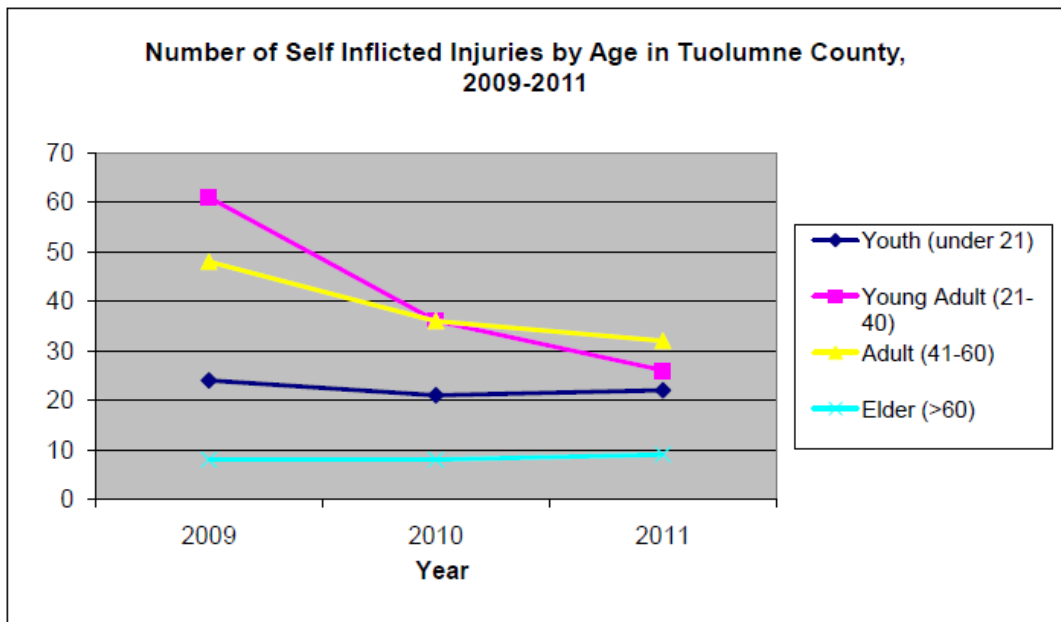
The data above is extracted from self inflicted injury data, based upon E-code ICD-9 diagnoses from the local hospital emergency care system.

Table 2



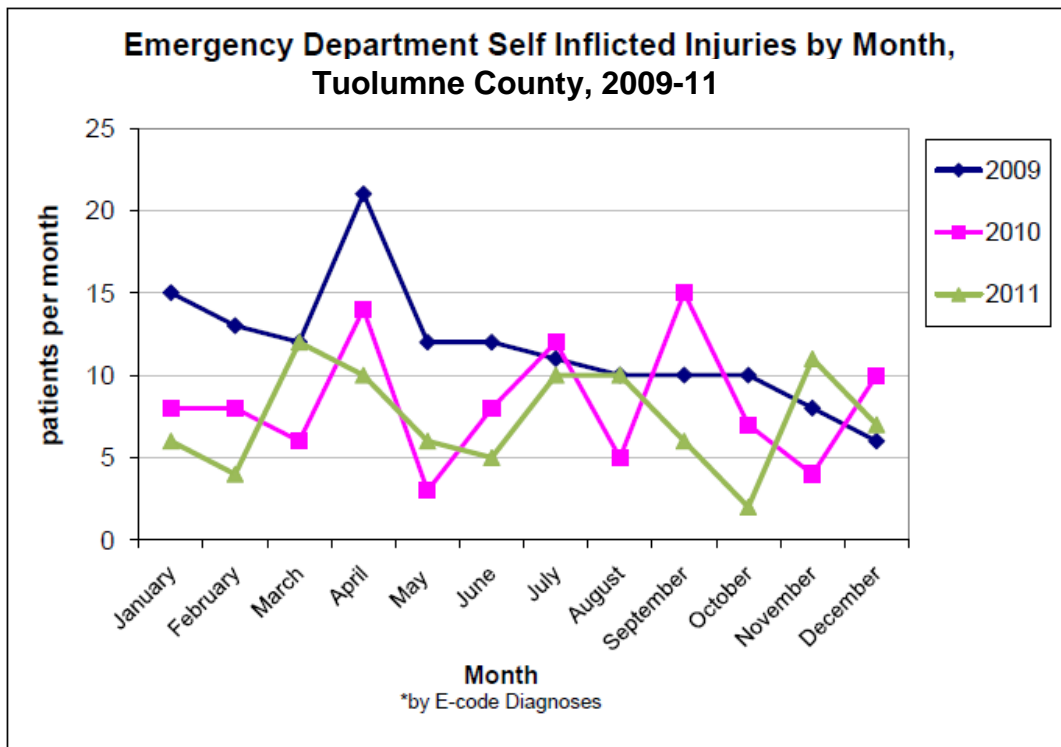
The data above is extracted from self inflicted injury data, based upon E-code ICD-9 diagnoses from the local hospital emergency care system.

Table 3



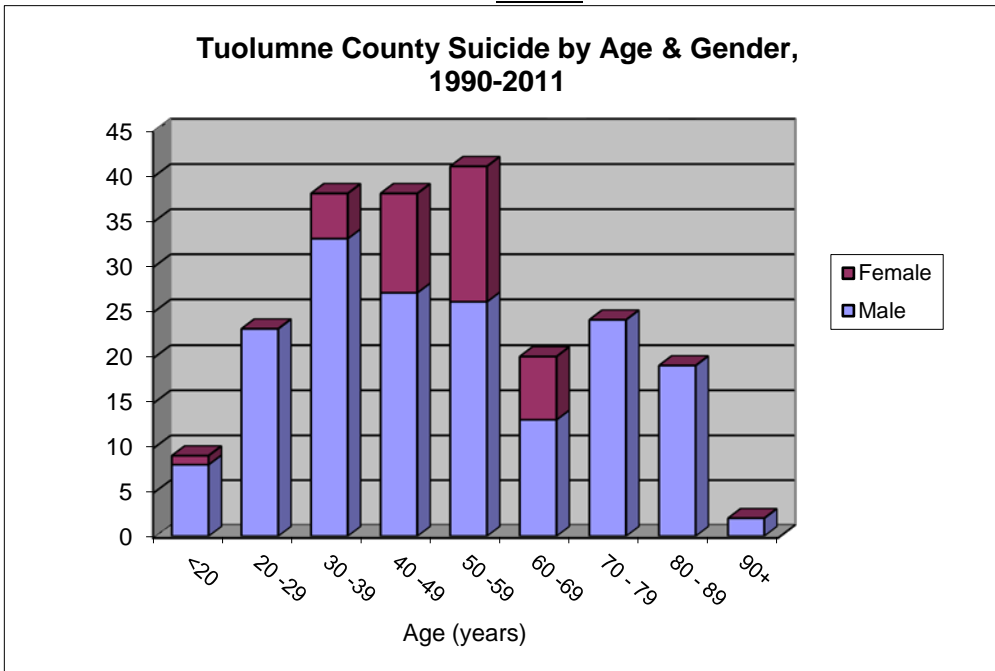
The data above is extracted from self inflicted injury data, based upon E-code ICD-9 diagnoses from the local hospital emergency care system.

Table 4



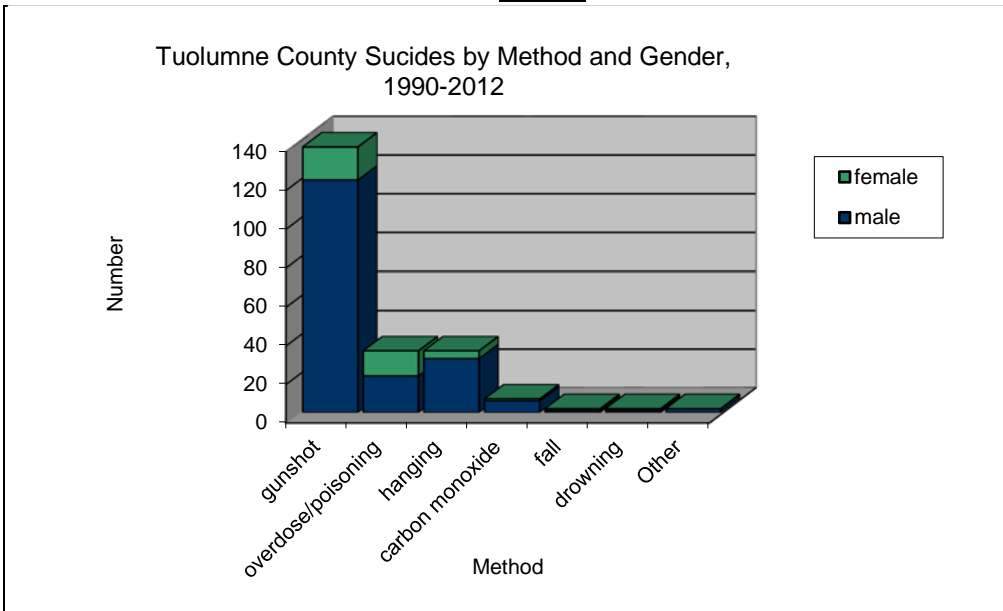
The data above is extracted from self inflicted injury data, based upon E-code ICD-9 diagnoses from the local hospital emergency care system.

Table 5



Tuolumne County death certificate data, 1990-2011

Table 6



Other: Strangulation

Tuolumne County death certificate data, 1990-2011