

Department: Health Department **Program Contact:** Nimisha Gokaldas
Program Offer Type: Existing Operating Program **Program Offer Stage:** As Adopted
Related Programs:
Program Characteristics:

Executive Summary

This offer includes both Mental Health First Aid and the new suicide prevention services, which are now united under one offer name, Behavioral Health Prevention Services, a program designed to educate the community about mental health and suicide prevention. This program takes effort to address equity in training in terms of addressing access and culturally relevant training topics. The program works with our community to reduce suicide, to build a stronger community safety net, to increase mental health literacy especially around challenges and interventions as well as to increase community involvement and resilience.

Program Summary

The behavioral health prevention element of the program provides the following trainings to County staff and community members: Mental Health First Aid (MHFA), Applied Suicide Intervention Skills Training (ASIST), Counseling on Access to Lethal Means (CALM), safeTALK and Question, Persuade and Refer (QPR). In FY20 approximately 953 Multnomah County employees and community members were trained in the mental health and suicide prevention training models referenced. The Prevention program continues to collaborate with Veterans Services (DCHS) to provide Mental Health First Aid for military members, veterans and their families.

ASIST is a 2-day evidence-based practice to provide suicide first aid and is shown to significantly reduce suicidality. SafeTALK is a 4-hour suicide prevention model that teaches lay people how to look for signs that someone is thinking about suicide, have a conversation and get them to professional help. CALM teaches people how to have conversations with people who are thinking of suicide and their loved ones about how to reduce someone's access to lethal means, namely firearms and medications, while they are experiencing a suicide crisis. The program facilitates this training several times a year and partners with the Sheriff's Office to provide access to firearm information to licensed firearm owners in Multnomah County. QPR is a suicide awareness and prevention training, provided to churches, organizations and businesses, colleges and schools, social groups and general community members.

The suicide prevention element of this program focuses on understanding the scope and depth of completed suicides in the County by tracking and understanding trends that inform prevention, intervention, and postvention efforts. Psychological autopsies are performed to better understand the stressors/factors that contribute to a completed suicide. The program will develop a tool to perform the psychological autopsies based on Washington County's nationally recognized tool. The program works in partnership with the Trauma Intervention Program and the Medical Examiner's office to connect with families and significant friends to perform the autopsies. Oversight will be provided to give insight on where systems have not met the needs for individuals who have completed suicide, and help identify and address some of these issues.

Performance Measures

Measure Type	Primary Measure	FY20 Actual	FY21 Budgeted	FY21 Estimate	FY22 Offer
Output	# of individuals trained in Mental Health First Aid, ASIST, QPR and/or CALM and safeTalk.	953	800	800	800
Outcome	% of individuals who report greater understanding of mental illness and/or suicide prevention.	84	85	85	85
Output	Perform 25-30 psychological autopsies (if full time, 50-60 psychological autopsies).	N/A	N/A	N/A	25
Outcome	Improve MC understanding of completed suicide trends for FY20 through a deep analysis and report.	N/A	N/A	N/A	100%

Performance Measures Descriptions

Measure 3 and 4 were added in FY2021 when the suicide prevention program was added to the Behavioral Health Division.

Legal / Contractual Obligation

OAR 309-019-0150 Community Mental Health Programs
2019-2021 Intergovernmental Agreement for the Financing of Community Mental Health,
Addiction Treatment, Recovery & Prevention, and Problem Gambling Services

Revenue/Expense Detail

	Adopted General Fund	Adopted Other Funds	Adopted General Fund	Adopted Other Funds
Program Expenses	2021	2021	2022	2022
Personnel	\$127,125	\$0	\$190,221	\$158,290
Contractual Services	\$7,749	\$38,251	\$51,392	\$0
Materials & Supplies	\$16,200	\$0	\$26,200	\$7,367
Internal Services	\$26,088	\$0	\$8,244	\$38,548
Total GF/non-GF	\$177,162	\$38,251	\$276,057	\$204,205
Program Total:	\$215,413		\$480,262	
Program FTE	1.00	0.00	1.50	1.30

Program Revenues				
Intergovernmental	\$0	\$0	\$0	\$204,205
Beginning Working Capital	\$0	\$38,251	\$0	\$0
Total Revenue	\$0	\$38,251	\$0	\$204,205

Explanation of Revenues

This program generates \$21,084 in indirect revenues.

\$ 80,000 - OHA Suicide Prevention

\$ 124,205 - Federal PE 60 Suicide Prevention

Significant Program Changes

Last Year this program was: FY 2021: 40083 Mental Health First Aid

This program offer changed from Mental Health First Aid to Behavioral Health Prevention Services when the suicide prevention program was added.

COVID-19 prevented n person trainings and training models were redesigned to accommodate a virtual environment. MHFA trainings were put on hold until the model was available virtually. COVID-19 impacted the ASIST training in that the administering organization does not offer a virtual module. The QPR training, a popular training for private groups, was quickly revised into a virtual training by the administering organization and was delivered to community members and Multnomah County's COVID shelter staff and related programs. QPR training was embraced by the construction industry in the area, as this industry experiences the highest number of male suicide deaths. With the onset of COVID-19, the program experienced an increase in interest and need for these trainings although a number of them are not available to be taught virtually due the trainings being copyrighted. Program staff continue to be creative, utilizing the available models to teach virtually and ensure that the community is educated and aware of resources. OHA increased funding for this program for FY 2022.