

Welcome to Today's Webinar

We will get started at 5 after

You have been placed in *Listen Only mode*

Please feel free to enter questions for the presenter into the chat box

The slide deck/recording of this webinar will be shared with attendees in the coming days

We are **unable** to provide CEUs for today's webinar.

If you require a ***certificate of attendance*** or would like to be added to the ***HTWHO listserve*** to receive future announcements and information, please contact: Garra.Lloyd-Lester@omh.ny.gov





Helping Those Who Help Others



Office of
Mental Health

Suicide Postvention From Research to Practice

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NOTICE:

Potentially triggering information will be shared

Postvention Key Points

- 1. Have qualified people**
- 2. Collaborate**
- 3. Have a Plan**

Qualified People

Train staff

- Understand suicidology
- Understand comms (internal/external)
- Grief/bereavement
- Suicide prevention/intervention

Suicidology

Key terms

- No single cause
- Hopeless/helpless
- Psychache
- Cognitive constriction
- Impulsivity
- Burdensome
- Ambivalence

Communications

Internal & External

- Best practices for reporting on suicide

REPORTING ON LAW ENFORCEMENT SUICIDE



When considering releasing information internally and publicly regarding an officer's suicide, keep in mind:

Regardless of your decision, it will *influence* the people in your agency and the public. Research has shown that certain types of coverage can increase the likelihood of *suicidal ideation* in vulnerable individuals.

The way information is released to the media and public therefore can help correct myths and misperceptions, provide hope for people needing help, and fight the stigma, especially in law enforcement, regarding seeking support.



Crisis Text Line is free, 24/7, and confidential

INSTEAD OF THIS

- ✗ Using terms like "committed suicide," "successful," "unsuccessful" or "failed attempt"
- ✗ Saying there was a single reason/cause, or speculating why
- ✗ Giving specific, graphic details of the suicide: "Shot himself in the head using his department firearm"

SAY THIS

- ✓ Use "died by suicide"
- ✓ Inform without sensationalizing by providing general information:

"An officer died by suicide. A note was found and is being reviewed."
- ✓ Offer information on support and resources.



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Grief

Specific to suicide

- Chaplains
- Peer support
- AFSP

Pre/Intervention

- Knowing what to say
- How to say it
- How to intervene
- How to get help

Have a Plan

**The best
postvention is
prevention.**

Have a Plan

**The best plan is
not made after a
suicide.**

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Have a Plan

- **Immediate**
- **Recent**
- **Long-term**

Have a Plan: Immediate

- **Acknowledge**
- **Support**
- **Family**

Have a Plan: Recent

- **Adjust outreach**
- **Psychological Autopsy**
- **Check-ins**
 - Ask
 - Listen
 - Encourage
 - Follow-up

Psychological Autopsy

- **Why suicide**
- **Why those means**
- **What that day**
- **Why didn't the protective factors work/what could have prevented it**
- **Recommendations**

Have a Plan: Long-term

- **Strategic**
- **Adapt**
- **Reconvene**
- **Preliminary and final PA**

Questions & Discussion

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