



***For Immediate Release***

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**Suicide Risk Assessment in San Diego County**

SAN DIEGO, CA –The San Diego County Suicide Prevention Council (SPC) in partnership with the County of San Diego Health & Human Services Agency, University of San Diego, Kaiser Permanente, Scripps Health and Sharp Mesa Vista will hold their second Medical Provider Roundtable featuring the Columbia-Suicide Severity Rating Scale (C-SSRS) and its implementation.

**When:** Tuesday, July 21, from 8:15-2:30 PM

**Where:** Joan B. Kroc Institute for Peace and Justice at the University of San Diego.

**Why:**

- Every seven minutes, someone in the United States dies by suicide. According to CDC data, 4,025 Californians died by suicide in 2013. Suicide is the 2<sup>nd</sup> leading cause of death for people aged 25-34 in California, and the 3<sup>rd</sup> leading cause of death for adolescents and young adults aged 10-24.
- Lack of effective screening and identification of persons at risk is an obstacle to effective prevention. The C-SSRS is an evidence-supported, low-burden suicide risk assessment tool, which has been instrumental in addressing the ongoing national and international tragedy of suicide.

The C-SSRS was developed during an NIMH study for preventing repeated suicide attempts among adolescents. Among other strengths, it has demonstrated utility in predicting likelihood of suicide attempts—one of the foremost priorities for suicide prevention. As part of a global public health initiative towards unified approaches to suicide prevention, the scale is being implemented extensively across all public health settings - primary care, psychiatry, education, research, corrections, first response community-based organizations, etc.

Dr. Kelly Posner, the leading author of the scale and the Founding Director of the Center for Suicide Risk Assessment at Columbia University, will be joined for this presentation by Deputy Directors of the Center Adam Lesser and Kseniya Yershova.

“Variation in practice for suicide risk assessment in San Diego will not get us to our communities’ vision of zero suicides,” said Beth Sise, Director of Trauma & Injury Prevention at Scripps Mercy Hospital.

The event will include a presentation of the empirical evidence for suicide risk screening and monitoring, hands-on training in how to administer the full and screener versions of the C-SSRS and how to conduct a Safety Plan Intervention with suicidal individuals based on the C-SSRS results, as well as a review of agency-wide and state-wide implementation of the C-SSRS through the use of case examples.

The cost to attend the event is \$10, which includes breakfast, lunch and CME Credits. Registration is available online: <http://www.eventbrite.com/e/spc-medical-provider-roundtable-c-ssrs-part-ii-the-why-and-the-how-of-implementation-tickets-17521999773>

Warning signs of suicide include talking about hurting or killing oneself, seeking means to harm oneself, feelings of hopelessness, and increased use of drugs or alcohol. The San Diego County Access & Crisis Line is available 24 hours at (888)-724-7240. For more information on mental health and suicide prevention resources, please visit <http://www.up2sd.org/>.

### **About the San Diego County Suicide Prevention Council (SPC)**

Community Health Improvement Partners formed the Suicide Prevention Council (SPC) in 2010, with a vision of zero suicides for San Diego County. The SPC works collaboratively with partners to increase understanding and awareness of suicide, decrease stigma and provide trainings on suicide prevention throughout the County. With continued support from the County of San Diego, the SPC provides oversight, guidance, and collective support to implement the recommendations of the Suicide Prevention Action Plan.

To learn more about the San Diego County Suicide Prevention Council please visit: [www.spcsandiego.org](http://www.spcsandiego.org)

**For more information contact Lora Cayanan at [lcayanan@sdchip.org](mailto:lcayanan@sdchip.org) or 858-609-7971.**

*Notes for Editors:*

*The C-SSRS is available in 116 languages and training is available in many languages. Different methods of training are offered to achieve proficiency in the administration of the C-SSRS. More information is available on the C-SSRS website: <http://www.cssrs.columbia.edu/>*

*“[The C-SSRS] allowed us to identify those at risk and better direct limited resources in terms of psychiatric consultation services and patient monitoring. It has also given us the unexpected benefit of identifying mental illness in the general hospital population, which allows us to better serve our patients and our community.” -Reading Hospital, PA*