



# Tulare County Suicide Prevention Task Force (SPTF)



# Tulare County Suicide Prevention Task Force



The mission of the **Tulare County Suicide Prevention Task Force (SPTF)** is to foster the hope of a suicide free county through education, empowerment, and innovation.

# Initiatives



**Strengthen** and enrich current programs and intervention services

**Promote** effective clinical and professional practices

**Develop** and implement suicide prevention programs

**Improve** and expand data collection systems

**Ensure** the community is aware of the services and how to access them

# Local Data for 2023

2023 Total Suicides= 58

## Gender:

Male 51

Female 7

## Ages:

1-14 2

15-18 2 (both 18)

19-24 5

25-34 15

35-44 19

45-54 6

55-64 4

65+ 5

## Ethnicity:

White 24

Hispanic 30

Black 02

Middle Eastern 02

# Local Data for 2024 (through 08/08/2024)

**2024 Total Suicides= 38 (30 males, 8 females)**

## **Gender:**

<b>Male</b>	<b>30</b>
<b>Female</b>	<b>08</b>

## **Ages:**

<b>1-14</b>	<b>0</b>
<b>15-18</b>	<b>2</b>
<b>19-24</b>	<b>5</b>
<b>25-34</b>	<b>3</b>
<b>35-44</b>	<b>8</b>
<b>45-54</b>	<b>13</b>
<b>55-64</b>	<b>3</b>
<b>65+</b>	<b>4</b>

## **Ethnicity:**

<b>White</b>	<b>18</b>
<b>Hispanic</b>	<b>16</b>
<b>Black</b>	<b>01</b>
<b>Middle Eastern</b>	<b>01</b>
<b>Asian</b>	<b>02</b>

# Local Data: 10 Years



## 10 year comparison

2013	47	
2014	40	
2015	56	(Previous Highest)
2016	44	
2017	49	
2018	38	
2019	27	(Lowest)
2020	36	
2021	35	
2022	43	
2023	58	(Highest)

## Key Findings

- ◆ Death by suicide was trending downward until 2020.
- ◆ Firearms and ligature were the most common means of death.
- ◆ In the past ten years, males died by suicide four times as often as females.



# Programs Supported Through SPTF

# Training



## **Suicide Prevention 101: Intro to Suicide Awareness & Prevention**

One hour training (delivered virtually and in-person)

## **Mental Health First Aid**

One day training

## **Applied Suicide Intervention Skills Training (ASIST)**

Two day training

## **SafeTALK**

4 hour training

## **Sudden and Traumatic Loss Training**

One day training

# Programs



- ◆ Grief and Bereavement Counseling Program (Voucher Program). For referrals email: [lossteam@tularecounty.ca.gov](mailto:lossteam@tularecounty.ca.gov)
- ◆ SOSL (Survivors of Suicide Loss) Peer Support Group
- ◆ SlickRock Student Film Festival- PSA on suicide prevention
- ◆ DRAW (Depression Reduction and Achieving Wellness) Program

# Programs



- ◆ NEW United Support (US) Family Support Group  
“Come hang out with US...”
- ◆ Partner with The Source to provide peer support, education, advocacy and access to free mental health services (6 sessions)
- ◆ Zero Suicide Initiative – SPTF and Public Health staff attended an academy offered by Zero Suicide. Goal is to work with primary care and health providers to ensure all patients are being screened for mental health and suicidal risk at every appointment.

# Programs Continued

- ◆ Multi-County Suicide Prevention Summit last 5 years
- ◆ Free, virtual summit that provided CEU's to behavioral health staff
- ◆ Over 1300 people across the state and county in attendance



The poster features a decorative border of yellow and orange butterflies at the top. The main text is in a purple cursive font, and the date and time are in a bold black font. A teal banner contains information about continuing education credits and sponsorship. The bottom section displays logos for various participating organizations.

*Save the Date*  
*Multi-County Suicide Prevention Summit 2024*  
Friday, September 27, 2024  
8:30am to 4:30pm

Free Continuing Education Credits are available for California licensure!

The virtual summit is free thanks to sponsorships, the Mental Health Services Act, and participating counties.

Registration link coming soon!

Logos include: Contra Costa County Behavioral Health, County of San Luis Obispo, Tulare County Suicide Prevention Task Force, Solano County Behavioral Health, Cuesta College, S.A.L.T., TMHA Transitions-Mental Health Association, Kern County Behavioral Health & Recovery Services, Department of Behavioral Health, Marin Health & Human Services, and health CARE AGENCY.



TULARE COUNTY  
**LOSS**  
**TEAM**

# What is a LOSS Team?

- ◆ LOSS stands for Local Outreach to Survivors of Suicide
- ◆ The team meets with the newly bereaved to offer comfort and resources.
- ◆ This is POSTVENTION in Tulare County.

**The goal of a LOSS Team is to connect the survivors of suicide to resources and HOPE!**



# Tulare County LOSS Team

- ◆ Formed in November of 2013

  - ❖ **10 year anniversary**

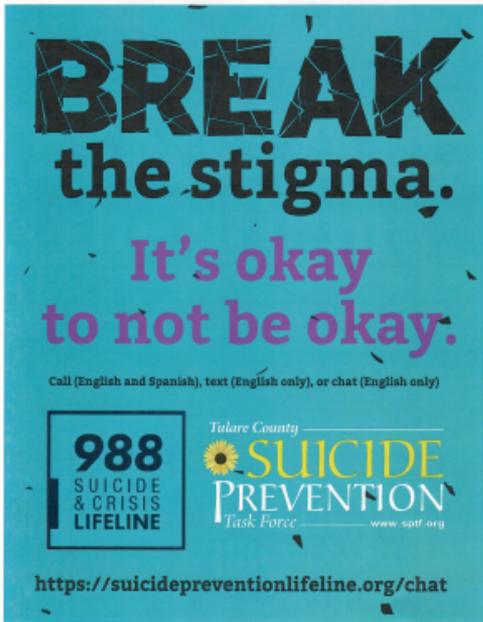
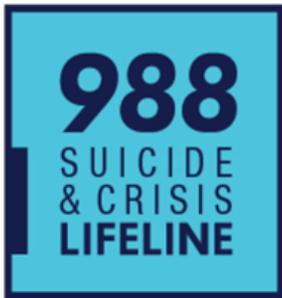
- ◆ Met with and provided resources to over **400** loved ones affected by a suicide loss in Tulare County. The loss might be recent or in the past. Anyone can access our services!

- ◆ Provide a LOSS Tote with resources



# Survivor Story: Nova Torrez





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