U.S. Transitions to 988 Suicide & Crisis Lifeline

By Substance Abuse and Mental Health Services Administration

In July, the U.S. transitioned the 10-digit National Suicide Prevention Lifeline to 988 – an easy-to-remember three-digit number for 24/7 crisis care. The lifeline, which also links to the Veterans Crisis Line, follows a three-year joint effort by the U.S. Department of Health and Human Services (HHS), Federal Communications Commission (FCC), and the U.S. Department of Veterans Affairs (VA) to put crisis care more in reach for people in need. This initiative is part of President Biden’s comprehensive strategy to address our nation’s mental health crisis, and is identified by U.S. Health and Human Services Xavier Becerra as a top priority at HHS. Since January 2021, the Biden-Harris Administration has made unprecedented investments to support the 988 transition, investing $432 million to scale crisis center capacity and ensure all Americans

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Community Roots Resource Fair

Tuolumne County Behavioral Health Department’s mission is to provide respectful, culturally sensitive and strength-based behavioral health services which provide wellness, self-sufficiency and recovery from mental illness and/or addiction.

Mental Health Services Act (MHSA) Program Specialist Michelle Carlson and Substance Use Disorder Recovery Counselor Liz Victor work the Tuolumne County Behavioral Health table during the Community Roots Resource Fair on August 17 at the Mother Lode Fairgrounds in Sonora. Mental health, substance use disorder, and self-care resources as well as brochures on TCBH services, business cards, and its the perinatal program were available to community members. In addition, the famous spinning wheel was a huge attraction to those who wanted a choice of lime green mental health awareness bracelets, fidget spinners, brains, Band-Aids, Take Action for Mental Health pens, Know the Signs coasters and more.

See Fair … page 6
September celebrates and honors:

- **National Suicide Prevention and Awareness Month.** All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.
- **National Childhood Cancer Awareness Month**
- **National Childhood Obesity Awareness Month**
- **National Pain Awareness Month**
- **National Recovery Month**
- **National Self-Care Awareness Month**
- **Self Improvement Month**

**September:** Paul G. Quinnett Lived Experience Writing Contest Opens

**August 12** Buddhist Ghost Festival; Ancestral worship by those practicing Taoism

**September 4-10** is National Suicide Prevention Week, the Monday through Sunday surrounding World Suicide Prevention Day. It’s a time to share resources and stories, as well as promote suicide prevention awareness.

**September 5** Labor Day in the United States honors the contribution that laborers have made to the country.

**September 10 is World Suicide Prevention Day.** It’s a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most.

**September 11** Patriot Day and remembrance

**September 11** The Ethiopian New Year

**September 12** Grandparents’ Day

**September 15** through **October 15** Hispanic Heritage Month

**September 17** Constitution Day/Citizenship Day

**September 17** National Physician Suicide Awareness Day

**September 21** World Peace Day

**September 25-27** Rosh Hashanah is the Jewish New Year
4TH ANNUAL
HOPE & HONOR WALK
S U I C I D E  P R E V E N T I O N & A W A R E N E S S

September 10th
S A T U R D A Y, 9 A M

Courthouse Park
S O N O R A, C A

Walk to Fight Suicide
1 M I L E  W A L K

Register or Donate
$10 PER PERSON AT YESPARTNERSHIP.NET

B R O U G H T  T O  Y O U  B Y

S U I C I D E  P R E V E N T I O N  C O M M I T T E E

SCAN FOR INFO
**Summer Squash Sauté**

**Ingredients:**
1 1/2 Tablespoons olive oil
1 large yellow squash, chopped
1 large zucchini, chopped
3 cloves of garlic, chopped
1 cup grape tomatoes
Kosher salt to taste
Dash crushed red pepper
2 Tablespoons shredded Parmesan cheese
Basil vinaigrette for drizzling, optional*

**Instructions:**
1. Heat olive oil in large skillet on medium-high heat. Add yellow squash and zucchini and cook for three minutes, stirring occasionally.
2. Add in garlic and tomatoes and cook for 2 to 3 minutes, gently stirring, or until vegetables are crisp-tender and tomatoes are about ready to burst.
3. Season with salt and crushed red pepper. Sprinkle with Parmesan cheese, if using, and drizzle with basil vinaigrette, if using. Serve immediately.

*Basil Vinaigrette Ingredients:
2 cups packed basil leaves
1 clove garlic, minced
2 Tablespoons minced shallot
2 teaspoons Fresh lemon juice
2 Tablespoons white balsamic vinaigrette or red wine vinegar
1 teaspoon salt
1/2 cup olive oil
Freshly ground pepper to taste

*In the Spotlight*

This month’s “In the Spotlight” is featuring Anna (Johnson) Vernon who is a Medical Office Assistant with Tuolumne County Behavioral Health (TCBH).

Her favorite part of being at work is serving the community, which she has done for nearly three years, along with her “amazing” coworkers.

Anna’s favorite vacation spot is the beach and she enjoys spending time with her family and pets, reading, going on outdoor adventures, and hanging out at the beach.

She has a 2-year-old Labrador mix named Chuckaboo, a 2-year-old Pitbull named Colt, and an 1-year-old French Bulldog named Bear.

Anna also got two more puppies, Luke and Beau, who are 14-week-old Border Collie mixes.
Lantern of Light
FAITH-BASED SUICIDE PREVENTION MINISTRY

INVITES YOU TO THE

SUICIDE PREVENTION EXPO

SEPTEMBER 13TH, 2022

MOTHER LODE FAIRGROUNDS
SIERRA BUILDING | 1PM - 5PM

OVER 20 AGENCIES/GROUPS/NON-PROFITS TO HELP YOU:
LEARN HOW YOU TOO CAN PREVENT SUICIDE
LEARN WHAT IS BEING DONE TO PREVENT SUICIDE IN OUR COUNTY
SIGN-UP FOR SUICIDE PREVENTION CLASSES

THIS EVENT WAS MADE POSSIBLE THROUGH A GRANT BY
SONORA AREA FOUNDATION for good. for ever.

A SPECIAL THANK YOU TO
BLUE ZONES PROJECT
Community Roots Resource Fair on August 17th,” said TCBH Director Tami Mariscal. “This event allowed our department to share and connect local members of our community with important mental health and substance use prevention resources and information. The fair was a thoughtful, well received concept and staff were delighted to create connections with other like-minded community service organizations. Joining forces to provide assistance to those most in need just feels right and we are hopeful that this event is just the beginning, with many more to come.”

Tuolumne County Behavioral Health Substance Use Disorder Perinatal Treatment Program

ARE DRUGS OR ALCOHOL STEALING YOUR LIFE OR AFFECTING THE LIVES OF YOUR FAMILY OR OTHERS?

PLEASE LET US HELP! CALL (209) 533-6245 FOR MORE INFORMATION.

All services are completely confidential under CFR Title 42.

WE CAN HELP. CALL FOR TREATMENT TODAY!

Preference for admission to substance abuse treatment and recovery programs is given in the following order:

- If you are a woman who is pregnant and using needles
- You are pregnant and are addicted to or abuse alcohol or drugs
- Anyone using needles for IV drug use.
- For anyone with a drug and alcohol problem, we are here to provide you treatment.

Available services may include:

- Transportation to or from treatment
- Childcare while attending group or appts.
- Parenting Groups
- Recovery Skills
- Case Management

PLEASE CALL TUOLUMNE COUNTY BEHAVIORAL HEALTH AT (209) 533-6245 FOR MORE INFORMATION.
MENTAL HEALTH CARE that Fits Your CULTURAL BACKGROUND

What is Cultural Background?
Culture is a particular group’s beliefs, customs, values and way of thinking, behaving and communicating. Cultural background affects how someone:
- Views mental health conditions
- Describes symptoms
- Communicates with health care providers such as doctors and mental health professionals
- Receives and responds to treatment

What is Cultural Competence?
Cultural competence is the behaviors, attitudes and skills that allow a health care provider to work effectively with different cultural groups. Finding culturally competent providers is important because they understand the essential role that culture plays in life and health. A culturally competent provider includes cultural beliefs, values, practices and attitudes in your care to meet your unique needs.

Tips for Finding a Culturally Competent Provider

Research Providers
- Contact providers or agencies from your same cultural background or look for providers and agencies that have worked with people who have a similar cultural background.
- Ask trusted friends and family for recommendations.
- Look online or ask for referrals from cultural organizations in your community.
- If you have health insurance, ask the health plan for providers that fit your cultural background.

Ask Providers These Questions
- Are you familiar with my community’s beliefs, values and attitudes toward mental health? If not, are you willing to learn about my cultural background and respect my perspective?
- Do you have experience treating people from my cultural background?
- Have you had cultural competence training?
- Are you or members of your staff bilingual?
- How would you include aspects of my cultural identity, such as age, faith, gender identity or sexual orientation, in my care?

Other Things You Can Do
- Tell the provider about traditions, values and beliefs that are important to you.
- Tell the provider what role you want your family to play in your treatment.
- Learn about your condition, particularly how it affects people from your culture or community.
- Look around the provider’s office for signs of inclusion. Who works there? Does the waiting room have magazines, signs and pamphlets for you and your community?
have access to help during mental health crises.

The National Suicide Hotline Designation Act, signed into law after the passage of bipartisan legislation in 2020, authorized 988 as a new three-digit number for suicide and mental health crisis. All telephone service and text providers in the U.S. and the five major U.S. territories were required by the FCC to activate 988 no later than July 16.

“988 is more than a number, it is a message: we’re there for you. Through this and other actions, we are treating mental health as a priority and putting crisis care in reach for more Americans,” said Secretary Becerra, who has been meeting with states across the country about the transition to 988 as part of HHS’ National Tour to Strengthen Mental Health. “There is still much work to do. But what matters is that we’re launching. 988 will be live. We are looking to every governor and every state in the nation to do their part to make this a long-term success.”

The Biden-Harris Administration increased federal investments in the 988 Suicide & Crisis Lifeline by 18-fold - from $24 million to $432 million -- to scale up crisis centers and back-up center capacity, and to provide special services, including a sub-network for Spanish language speakers. The $432 million included $105 million in grant funding to states and territories, provided by the American Rescue Plan, to improve response rates, increase capacity to meet future demand, and ensure calls initiated in their states or territories are first routed to local, regional, or state crisis call centers. Prior to this investment, the Lifeline, which has existed since 2005, had been long unfunded and under-resourced.

The 988 Suicide & Crisis Lifeline is a network of more than 200 state and local call centers supported by HHS through the Substance Abuse and Mental Health Services Administration (SAMHSA).

“Recent investments made in the Lifeline have already resulted in more calls, chats, and texts answered even as volume has increased, but we know that too many people are still experiencing suicidal crisis or mental health-related distress without the support they need,” said Miriam E. Delphin-Rittmon, Ph.D., the HHS Assistant Secretary for Mental Health and Substance Use and leader of SAMHSA. “Over time, the vision for 988 is to have additional crisis services available in communities across the country, much the way emergency medical services work. The success of 988 depends on our continued partnership with states, as the federal government cannot do this alone. We urge states and territories to join us and invest further in answering the call to transform our crisis care response nationwide.”

FCC staff first proposed 988 in a report to Congress in August 2019 as the nationwide, easy-to-remember, 3-digit dialing code for individuals in crisis to connect to suicide prevention and mental health crisis counselors with the National Suicide Prevention Lifeline. On July 16, 2020, the FCC adopted rules designating 988 for this purpose. Recognizing the need to better support at-risk communities in crisis, including youth and individuals with disabilities, the FCC adopted additional rules in November 2021 to expand access to this important service by establishing the ability to also text 988.

“All across our country, people are hurting. They need help. The good news is that getting that help just got a lot easier. Starting tomorrow, 988 will be available nationwide for individuals in crisis, and their loved ones, to reach the 988 Suicide & Crisis Lifeline more easily,” said FCC Chairwoman Jessica Rosenworcel.

“This cross-government effort has been years in the making and comes at a crucial point to help address the mental health crisis in our country, especially for our young people.”

VA administers the Veterans Crisis Line through the Lifeline’s national network. Because of VA’s partnership with the Lifeline, the Veterans Crisis Line is affected by this transition to a new number. Veterans and their loved ones can now call 988 then Press 1 to reach the Veterans Crisis Line.

“988 has been a long time coming and will serve as a critical resource during a crisis when every second counts. The new shorter number will help ensure Veterans have easier access to the Veterans Crisis Line,” said VA Secretary Denis McDonough.

“This launch is a whole-of-government approach in line with the President’s call to prioritize mental health by strengthening access to crisis services, and preventing Veteran suicide, our top clinical priority.”

In 2021, the Lifeline received 3.6 million calls, chats, and texts. That number is expected to at least double within the first full year after the 988 transition. The U.S. had one death by suicide every 11 minutes in 2020, according to the Centers for Disease Control and Prevention. Suicide was the second leading cause of death for young people aged 10-25. From April 2020 to 2021, more than 100,000 people died from drug overdoses. Studies have shown that after speaking with a trained crisis counselor, most Lifeline callers are significantly more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful.

The 10-digit Lifeline number 1-800-273-TALK (8255) has continued to be operational after July 16 and will route calls to 988 indefinitely. Veterans, service members, and their families can also still reach the Veterans Crisis Line with the current phone number 1-800-273-8255 and Press 1, or by chat or text to 838255.

For more information on 988, you can visit www.samhsa.gov/988.

Applied Suicide Intervention Skills Training

ASIST is a two day interactive workshop in suicide first aid. Participants learn to recognize when someone may be at risk of suicide and respond in ways that help increase their immediate safety and link them to further help. ASIST aims to enhance one’s ability whether a caregiver, case-manager, clinician, or family member, to help a person at-risk avoid suicide. This workshop helps people apply suicide first aid in many settings.

Registration:
Contact Bob White at rwhite@atcaa.org or call 209-533-1397 x226

Goals & Objectives

ASIST participants will have the ability to:

- Reflect on how implicit attitudes and beliefs about suicide affect an intervention role
- Discuss suicide with a person at risk in a direct manner
- Review immediate suicide risk and develop appropriate "safe plans"
- Demonstrate skills required to intervene with a person at-risk of suicide
- Identify resources available to a person at risk of suicide

ASIST Instructors

Cynthia Halman, LCSW

Cynthia Halman has a Master's Degree in Social Work and is a Licensed Clinical Social Worker. She has a Pupil Personnel Services Credential and is a retired elementary school counselor and a Hospice Social Worker. Cynthia provides care, respect, counseling and bereavement services to multi-cultural, diverse individuals and families dealing with difficult life situations. Cynthia has been a LivingWorks Education trainer for ASIST since 2010, a LivingWorks Education trainer for safeTALK since 2013, and was trained in LivingWorks Suicide to Hope in 2016. Cynthia is CoFounder of Lantern of Light, a faith-based suicide prevention ministry.

Kim Garro

Kim Garro specializes in 12-step recovery programs such as Celebrate Recovery, Alcoholics Anonymous, AlAnon, and Alateen. Kim coaches and mentors people who are struggling to overcome life’s hurts, difficulties and addictions. She is a co-founder of Lantern of Light, a faith-based suicide prevention organization with a vision of faith communities, as part of the solution to suicide. Kim is a member of the YES Partnership and is active in supporting Tuolumne County youth and families. Kim is a LivingWorks Education trainer for safeTALK & ASIST. Kim and Cynthia are available to present to community programs about the faith-based approach to prevention.
MENTAL HEALTH COFFEE TALK

Presented by Tuolumne County Behavioral Health

Join our passionate county staff, stakeholders, community members, advocates, and local agencies to talk about the community’s programming needs and services, current programs and future goals, mental health issues, stigma reduction and suicide prevention and awareness. Find out how YOU can “take action for mental health” in Tuolumne County. This monthly community and mental health-focused event will be part of TCBH’s ongoing efforts to connect with the public as part of the Mental Health Services Act’s Community Program Planning Process.

To be held the last Friday of each month; first meetup Friday, August 26, 2022 @ the EC

Feel free to come and go anytime between 8 - 10 a.m.

Complimentary beverages ~ bring your favorite cup ~

No formal agenda

Voice your opinions & Share your thoughts!

TUOLUMNE COUNTY ENRICHMENT CENTER
101 Hospital Road
Sonora, CA 95370
For more info, call (209) 533-6245 and press "0" for reception
TCBH’S PEI CONTRACTORS’ FAIR

WHEN
Wednesday, Sept. 28
4-6:30 p.m.

WHERE
Tuolumne County Enrichment Center
101 Hospital Road, Sonora, CA 95370

This community event will feature the agency’s Prevention and Early Intervention (PEI) contractors who are funded through TCBH’s Mental Health Services Act (Prop 63) funds and actively provide outreach services, supports and resources to our unserved and underserved populations within Tuolumne County.

FOR MORE INFORMATION, CALL TCBH AT (209) 533-6245.