



Serving Those Who Serve

**The Behavioral Health Needs of Our First Responders
and the Consequences When Needs Go Unmet**

Presentation at the Words to Deeds XII Conference
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WELLNESS • RECOVERY • RESILIENCE

Presenters

- Ashley Mills, MHSOAC Senior Researcher and Criminal Justice and Mental Health Project and Suicide Prevention Project Staff Lead
- Kristal Antonicelli, MHSOAC Health Program Specialist and Triage Staff Lead



Presentation Objectives

- Overview of the Commission's work
- Information about suicide and suicidal behavior
- Begin conversation about addressing behavioral health needs



Projects by the Commission

- Criminal Justice and Mental Health Project
- Suicide Prevention Project
- Crisis Services
 - SB 82 Crisis Triage Personnel Grants



Behavioral Health for First Responders and Custody Officials

- Increased risk for depression, stress and post-traumatic stress, substance use disorders, and suicide
- Suicide in general is rare but overrepresented in certain groups



Suicide and Suicidal Behavior

- Defining suicide and suicidal behavior
- Biological, psychological, social, environmental factors linked to suicide
 - Risk factors: What hurts?
 - Protective factors: What helps?



Thoughts to Action

- Interpersonal Theory of Suicide
 - Thwarted belongingness
 - Perceived burdensomeness
 - Acquired capability



Contributors to Crisis

- Defining a crisis
 - Mental Health
 - Physical Health
 - Situation



Crisis Response

- Mobile Treatment Teams
- Co-response
- Law Enforcement Collaboration
- First responders
 - Law Enforcement
 - Ambulance
 - Fire Fighters



Building Resiliency

- Resilience
- Satisfaction
- Specialized Training



Next steps

- Completion of the suicide prevention project
- Developing voluntary standards for mental health in the workplace



QUESTIONS?



Thank you!

Additional questions?

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