

Serving Those Who Serve

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



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Presenters

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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

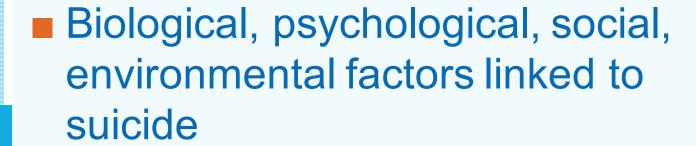
Increased risk for depression, stress and post-traumatic stress, substance use disorders, and suicide



 Suicide in general is rare but overrepresented in certain groups

Suicide and Suicidal Behavior

Defining suicide and suicidal behavior





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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Mental Health Services Oversight and Accountability Commission www.mhsoac.ca.gov