

DAVIS COUNTY SUICIDE POSTVENTION

What is Suicide Postvention?

A coordinated response to support individuals and the community who have lost a loved one to suicide. The intent is to alleviate suffering and emotional distress, connect to resources, and to prevent additional trauma and contagion.

Why Suicide Postvention

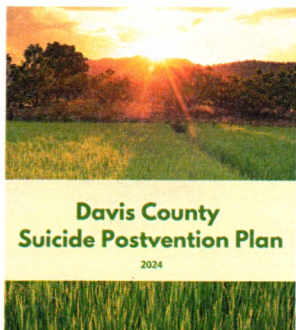
- It is estimated that 91% of Utahns have been affected by suicide.
- The risk of suicide was 3x higher in suicide survivors than in bereaved families with non-suicide death.
- There were 62 suicide deaths in Davis County in 2023

Benefits of Coordinated Postvention

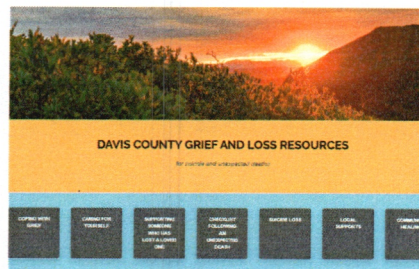
- Facilitate healing of individuals & the community
- Prevent additional suicides and negative outcomes
- Coordinate support and resources among partners

The **Davis County Suicide Postvention Workgroup** was formed in 2023 to address the gaps in coordinated support for the community and individuals affected by a suicide death. The workgroup includes a variety of community partners that meet to increase collaboration, align resources, and create a community suicide postvention plan. Meetings take place quarterly.

Davis County Suicide Postvention Plan



Grief and Loss Resources Website



daviscountyutah.gov/health/grief-and-loss

Survivor Connection Card



A survivor connection card is distributed through multiple avenues such as on-scene by investigators, through funeral homes, hospitals, schools, faith leaders, workgroup members, etc. The card lists a contact number to call for support and connection to resources. It also includes a QR code and link the grief and loss website.



Community Postvention Plan Overview

Plan Goals:

- Have a prepared, organized response that can be quickly activated when a suicide death has occurred.
- Prevent further suicide deaths and reduce the likelihood of suicide contagion.

Plan Overview:

1. Identifies response team, workgroup, and other supports
2. Defines responsibilities to support individuals and the community after a death
 - a. Activated by a death notification (OME, obituary, etc.)
 - b. Response team is activated as follows
 - i. OME complete forms, give connection card & notify coordinators
 - ii. Response coordinators review information & send to response team
 - iii. DBH responds to calls from survivors or MCOT assist as invited
 - iv. DSD looks for connections to schools
 - v. PIO monitors and responds to media
3. Lists resources for anyone to share including the connection card & resources
4. Provides resources ready for immediate dissemination and use
5. Outlines communication, privacy practices, evaluation strategies, and self-care guidelines
6. Includes appendices of resources and printables

What can you do?

- Become familiar with this plan and available resources.
- Share this plan and resources with others.
- Learn how to talk with and support those who are grieving through the Caring Connections Grief Literacy videos (see QR code to the right).
- Practice safe messaging. Be informative without being sensationalistic and use the term “died by suicide”. Try not to share the method of death or over simplify the cause to one event.
- Create a postvention or unexpected death response plan for your organization.
- Monitor your self-care and ask for help as needed.



Caring Connections
Grief Literacy

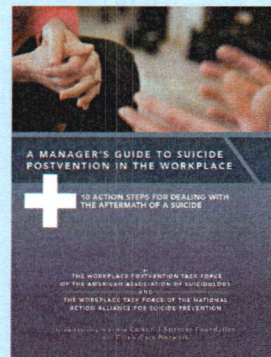
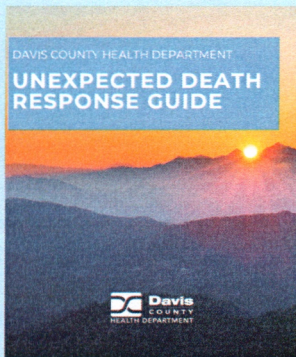


<https://www.selfiemethod.org/>

Organization Postvention Planning

What an Organization Plan includes

- ✓ Defined goals and situations to address (all unexpected deaths?)
- ✓ Identified roles & responsibilities
- ✓ Collaboration with your HR Department and EAP
- ✓ Templates for notifying staff about the death
- ✓ Templates for communicating with family, clients, and the media
- ✓ Supportive resources for managers and employees



Tips for Talking About Suicide Safely

4 M's to avoid:

- Methods
- Minimalize
- Memorialize
- Melodramatic

CONSIDER SAYING	INSTEAD OF	WHY
Attempted suicide	Failed or unsuccessful suicide	To avoid presenting suicide as a desired outcome or insinuating the person is a failure
Died by suicide/took their own life	Committed suicide	To avoid association between suicide and 'crime' or 'sin' that may reinforce stigma
Person experiencing/living with a mental illness	Suffering from mental illness or emotionally disturbed	People who experience mental health conditions can and do live healthy, fulfilling lives. Suffering implies one is unhappy or can't recover.

If changing our language can help people feel safer asking for help, then changing language can save lives.