

# DMH MENTAL HEALTH AWARENESS MONTH NEWSLETTER

May 2019

Week Five

## Take Care

Over the past month, we have shared many mental health diagnoses, statistics, self-care tips, and the importance of language. We want to end Mental Health Awareness month with reminding you to take care of your own mental health and wellness and give you Statewide resources so you know where to go to get support for yourself or others in need.

## If You or Someone You Care About is Experiencing a Mental Health Crisis There is Help.

At each of the Designated Agencies, there are Emergency (or Crisis) Services, which are time-limited, intensive supports provided for individuals and families who are currently experiencing, or may be expected to experience, a psychological, behavioral, or emotional crisis. Services may also be provided to the individual's or family's immediate support system. These services are available *24 hours a day, 7 days a week*.

**•Emergency/Crisis Assessment, Support, and Referral** includes initial information gathering, triage, training and early intervention, supportive counseling, consultation, referral, and crisis planning. Supports may include:

- Outreach and Stabilization
- Clinical Diagnosis and Evaluation
- Treatment and Direct Support

**•Integration/Discharge Planning** back to the person's home or alternative setting. Assessment may also include screening for inpatient psychiatric admission.

**•Emergency/Crisis Beds** offer emergency, short-term mental health supports around the clock in a setting other than the person's home.

## Thank You

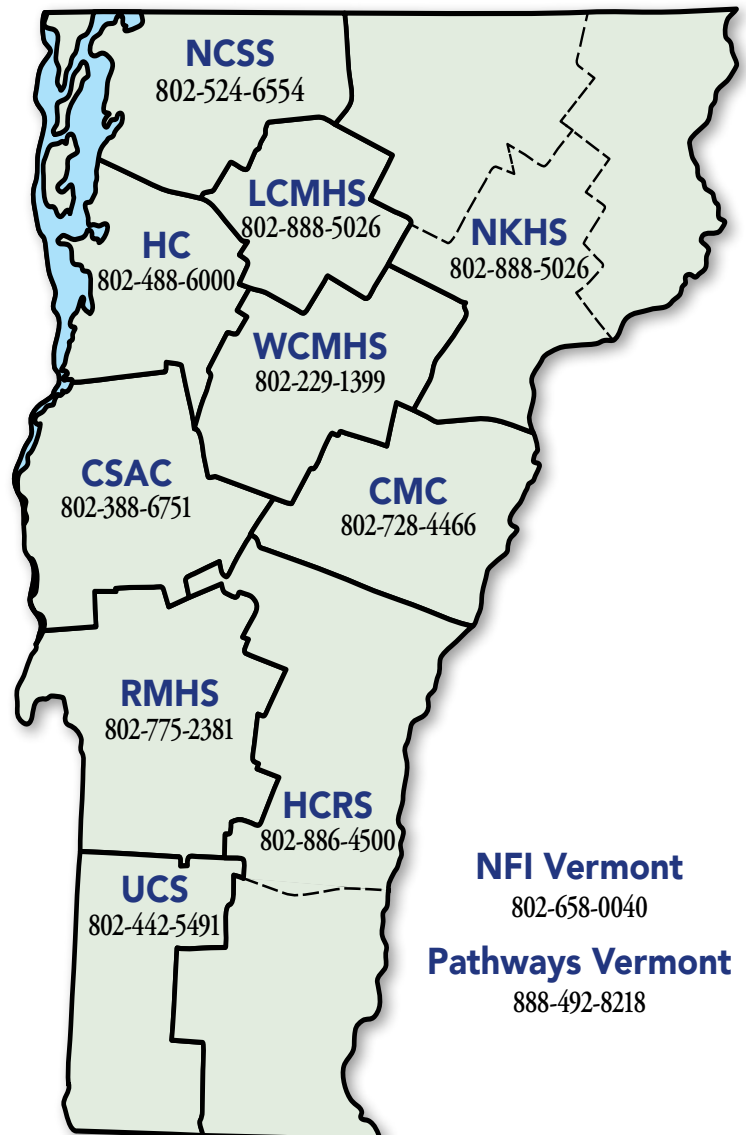
for taking the time to read our weekly newsletters and remember that your mental health is just as important as your physical health.

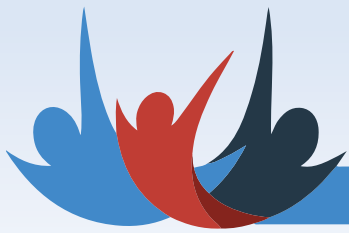
## What's a DA and SSA?

The Department of Mental Health designates one Designated Agency (DA) in each geographic region of the state to provide the Department's mental health programs for adults and children.

Designated Agencies are private, non-profit service providers that are responsible for ensuring needed services are available through program delivery, local planning, service coordination, and monitoring outcomes within their region.

Specialized Service Agencies (SSA) (NFI and Pathways Vermont) may operate in more than one geographic area of the state and provide a distinctive approach to service delivery and coordination or provide services that meet distinctive individual needs.





## MENTAL HEALTH PROVIDERS

National Children's

MENTAL HEALTH **AWARENESS WEEK** 2019

Every **12 minutes**, someone in the U.S. takes his or her own life. The suicide rate in Vermont is **35% higher** than the national average.

Suicide is the **2nd** leading cause of death among Vermonters ages 10-24 and the **8th** leading cause of death in Vermont.

VT had the **2nd** highest increase of any state between 1999-2016.

In 2016, **118 people** died by suicide, which means on average, someone dies by suicide in our state **every 3 days.**

## Preventing Suicide: **EVERYONE** *Has A Role To Play*

### Are you confident in working with suicidal clients?

Using a trauma-informed approach to care can create a safe, accepting, and respectful space. This type of safety is needed for someone to reveal thoughts or behaviors associated with suicide and can promote healing and recovery from the trauma that may underlie these thoughts or behaviors.

### Talk with your supervisor or team about:

#### Screening Tools



#### Implementing



#### Trainings



#### Free



#### Free



## More Resources:

List Of Resources

Confidential Crisis Line

Have You Visited VTSPC?



**CRISIS TEXT LINE**

Text VT to 741741  
Free 24/7, Confidential

