

Suicide and Overdose Prevention/Postvention Resources: A Toolkit for the Prevention of and Response to Tragic Loss

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Suicide Prevention

Suicide Prevention Resources for Members, Families

National Suicide Prevention Lifeline – 1-800-273-8255

Warning Signs of Suicide (nih.gov)

<https://www.nimh.nih.gov/sites/default/files/documents/health/publications/warning-signs-of-suicide/om-19-4316-warningsignsofsuicide-508.pdf>

My Friend is Suicidal: What Should I do? / NAMI: National Alliance on Mental Illness

<https://www.nami.org/Blogs/NAMI-Blog/September-2020/My-Friend-Is-Suicidal-What-Should-I-Do>

Suicide Prevention Resources A-Z (Final)

https://www.dhs.pa.gov/docs/Documents/OMHSAS/c_274792.pdf

<https://www.preventsuicidepa.org>

Community Care Website: <https://members.ccbh.com/>

Suicide Prevention Resources for Education Systems

After a Suicide: A toolkit for Schools, Second Edition/Suicide Prevention Resource Center (sprc.org)

<https://www.sprc.org/resources-programs/after-suicide-toolkit-schools>

K-12 Toolkit for Mental Health Promotion and Suicide Prevention

<https://bhsd.sccgov.org/sites/g/files/exjcpb711/files/heard-toolkit-07-01-17.pdf>

Suicide Prevention Resources for Providers

The Columbia Lighthouse Project <https://csrs.columbia.edu/>

Telehealth Tips with Suicidal Clients

<https://zerosuicide.edc.org/sites/default/files/Telehealth%20Tips%20with%20Suicidal%20Clients%20-%20FINAL.pdf>

Community Care website:

<https://providers.ccbh.com/clinical-and-innovative-resources/information-and-resources/suicide-prevention>

Task Forces – Prevent Suicide PA

<https://www.preventsuicidepa.org/task-force-county-init/>

C-SSRS – Screener-recent-with- triage- colors – 2021

Suicide Postvention

Suicide Postvention Resources for Members, Families

Peter's Place – The Mission of Peter's Place is to provide safe and supportive environments for grieving: [Youth Grief Support Services | Radnor, PA \(petersplaceonline.org\)](https://www.petersplaceonline.org)

The Compassionate Friends Support Group [Resources - Compassionate Friends](#)

This list is current as of 1.12.2022. This information is provided as possible resources for consideration and is not intended to supersede a provider's clinical judgment.

Grief Support for Suicide Loss Survivors – <https://save.org/what-we-do/grief-support/>

Self-groups for survivors

The American Foundation for Suicide Prevention (AFSP): <https://afsp.org>

The National Suicide Prevention Lifeline contains resources for self-care, support groups, and resources on how to help someone who's recently lost a loved one to suicide: <https://suicidepreventionlifeline.org/help-yourself/loss-survivors>

Suicide Postvention Resources for Education Systems

After a Suicide: A toolkit for Schools:

<https://afsp.org/after-a-suicide-a-toolkit-for-schools>

Tips for teachers following a suicide – Headspace

<https://headspace.org.au/assets/School-Support/Tips-for-teachers-following-a-suicide.pdf>

Guidelines for responding to the death of a student or school staff (developed by The National Center for School Crisis and Bereavement, in collaboration with Children's Hospital of Los Angeles):

<https://www.schoolcrisiscenter.org/wp-content/uploads/2020/08/Guidelines-Death-Student-or-Staff-Booklet-Format.pdf>

STAR Program – Postvention Consultation:

<https://www.starcenter.pitt.edu/training/postvention-consultation>

Overdose Prevention

Overdose Prevention Resources for Members, Families

Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline: 1-800-662-4357 (TDD: 1-800-487-4889)

[Preventing an Opioid Overdose](#): This informational two-page document contains basic information on factors that may increase the likelihood of an opioid overdose, signs and symptoms of an overdose, as well as what steps to take if you believe someone may be overdosing.

The Centers for Disease Control (CDC) maintain a [webpage](#) that is specific to overdose prevention and response. This webpage hosts a number of useful articles including:

- o [Fentanyl facts](#): Discusses the potency of fentanyl and the prevalence with which it's associated with opioid overdoses
- o [Polysubstance Use Facts](#): Discusses the risks and side effects associated with taking various types of substances with one another

[Department of Drug and Alcohol Programs Prevention Page](#): Contains links to a variety of education and resource materials including:

- o [County Drug and Alcohol Offices](#): A web-based tool to help identify the Single County Authority (SCA) for a person's respective county
- o Links to a number of registries designed to help identify evidence-based programs

Substance Abuse and Mental Health Services Administration's (SAMHSA) [Opioid Overdose webpage](#): This page contains information on warning signs of an opioid overdose, as well as how Medication-Assisted Treatment can help treat/prevent such occurrences. These resources include:

- o [SAMHSA's Opioid Overdose Prevention Toolkit](#): A 24-page guide that includes information designed to identify those at risk of an opioid overdose, and puts forward recommendations for first responders, prescribers, patients, and family members.

Partnership to End Addiction also has [resources](#) for use by parents when discussing drugs with their children.

Overdose Prevention Resources for Education Systems

NIDA has compiled a variety of [resources specific to educators](#) and provide lessons, activities, and other materials that teachers can use to talk to students about drugs

[National Association for Children of Addiction \(NACoA\)](#): Provides training, support, program tools and other technical assistance resources to schools, treatment centers, affiliates and other agencies that support education regarding substance use, with an emphasis on children affected by parental substance use disorders

[The U.S. Department of Education's website](#) address a number of opioid-specific topics, including what opioids are, the role of schools in the combatting of the opioid crisis, and resources available to schools

The Readiness and Emergency Management for Schools (REMS) Technical Assistance Center issued an [Opioids Fact Sheet](#) that provides a comprehensive framework to the development of an opioids-specific Emergency Operations Plan (EOP)

The [Alcohol and Other Drugs Resource Guide](#) contains information that schools may find helpful in identifying needs, as well as selecting and implementing prevention programs.

The [PA Youth Surveys \(PAYS\)](#) is completed using information collected from school districts and can be a helpful resource for identifying student needs and the factors that influence substance use in school-aged children. Additionally, schools will find the PAYS How-to Guide helpful in analyzing the data.

[Just Five](#) is a tool developed by Shatterproof to enhance education and awareness about substance use disorders. It's comprised of six short, self-paced learning modules that address increasing awareness, reducing stigma, and providing education on substance use disorder prevention and treatment.

Overdose Prevention Resources for Providers

The National Institute on Drug Abuse (NIDA) maintains a [registry of trends and statistics](#) through the National Center for Health and Statistics at the CDC. This is updated regularly, and at this time (November 2021) includes overdose trends by substance(s) from 1999 to 2019.

Naloxone-Specific Resources

Naloxone is a Food and Drug Administration (FDA) approved medication designed to reverse the effects of an opioid overdose. When administered correctly, Naloxone is a life-saving medication. [SAMHSA](#) has compiled information on Naloxone including its uses, side effects, and how to access training on the use of Naloxone.

The [CDC also has a variety of resources](#) that address Naloxone and its use, including information on the different types (nasal and auto-injector), who should carry Naloxone, and some resources for accessing Naloxone in your community.

Accessing Naloxone: The following are resources designed to connect members, community-partners, families, or other stakeholders/concerned citizens with Naloxone:

- o [NEXT Distro](#): NEXT Distro will mail Naloxone to anyone in the Commonwealth (with the exception of Philadelphia residents, who should access their Philadelphia-specific services [here](#)). Additionally, training is available on the administration of nasal naloxone, and must be completed before it will be mailed.
- o Pennsylvania's Commission on Crime and Delinquency (PCCD) provides intranasal naloxone to priority groups across PA by utilizing designated Centralized Coordinating Entities (CCEs). Organizations can learn more about the Naloxone for First Responders Program (NFRP) and request intranasal Naloxone through their designated CCE, which can be determined by utilizing the CCE contact information map [available here](#)

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[DDAP maintains a webpage](#) that contains a variety of helpful resources specific to Naloxone use and access. These include, but are not limited to:

- o [PA's standing order for Naloxone](#), which permits residents of PA to obtain and utilize Naloxone from a pharmacy in the event they are unable to obtain it elsewhere
 - o Approved trainings via [GetNaloxoneNow](#) and the [PA Virtual Training Net](#)
- [PA Department of Health's \(DOH\) Naloxone Program for Schools](#): Contains information on who PA schools can obtain Naloxone for use onsite, as well as resources for training on how to administer

The National Association of School Nurse's developed the [Naloxone in Schools Toolkit](#), which offers school nurses and other school staff the resources necessary to evaluate and respond to an opioid-related health emergency in a school setting

Medication Assisted Treatment (MAT) Specific Resources

The [U.S. Department of Health and Human Services](#) has a number of resources that address how MAT is used to treat opioid addiction, and its role in preventing overdoses. SAMHSA has additional information available on all four of the Food and Drug Administration (FDA) approved medications used in the treatment of opioid use disorder (MOUD):

- o [Methadone](#)
- o [Buprenorphine](#)
- o [Naltrexone](#)

Community Care has developed a [one-page document](#) that can be provided to members and their families about the risk of overdose, other effects of opioids, and the potential need for MOUD.

Community Care has also developed a [series of recommendations for the initiation and engagement of MAT for persons with an OUD](#). This document includes recommendations for the assessment of persons with OUD, determining the most appropriate MOUD, implementation of a stepped care model, and more.

Shatterproof has compiled a [variety of resources that address MAT](#) including some of common hurdles that persons pursuing MAT may face.

Overdose Postvention Resources

Overdose Postvention Resources for Members, Families

[Pennsylvania Overdose Grief Supports](#) (by County): A list of support groups for persons who lost a loved one to a drug or alcohol overdose.

[Nar-Anon](#): Nar-Anon, the support group for persons affected by a loved one with a substance use disorder, contains resources to find local meetings or start a meeting in your area.

SMART Recovery: Support groups for persons seeking since-based, self-empowered addiction recovery. Includes resources for accessing family and friends programming: <https://www.smartrecovery.org/>

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[Grief Anonymous](#): A support-group dedicated to assisting persons impacted by the loss of a loved one.

[Greif Recovery After a Substance Passing \(GRASP\)](#): A support network for those who have lost a loved one due to an overdose.

[International Overdose Awareness Day](#): An annual campaign to both end overdose and remember those who have lost their lives to overdose and acknowledge the impact this has.

[The Dinner Party](#): A worldwide support network of “20- and 30-somethings” with experience losing a loved one. Through this site, affected persons can be paired with a person or group of persons with whom they can process their loss and associated/shared experiences.