



Crisis External Advisory Committee Meeting

January 8th

9:00 – 10:00 AM

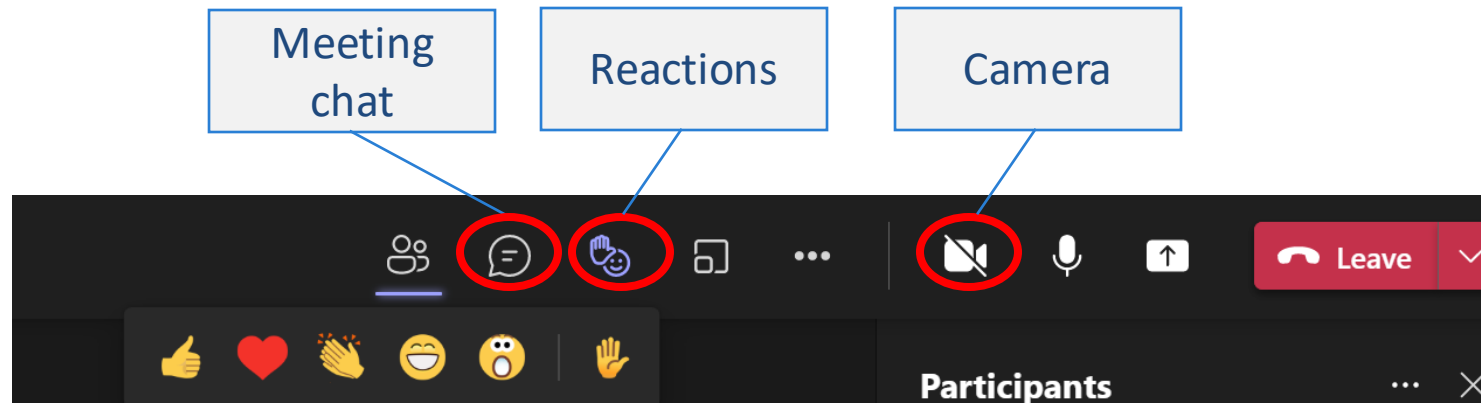
Division of Mental Health, Developmental Disabilities, and
Substance Use Services (DMHDDSUS)

Agenda

- Housekeeping and Community Collaboration Model
 - Crisis Updates and Announcements
 - Discussion
 - Suicide Prevention
-

Housekeeping

We encourage those who are able to turn on cameras use reactions in Teams to share opinions on topics discussed and share questions in the chat.



Guidelines for Engagement

DMH/DD/SUS is committed to transparency in our work and creating shared spaces to engage in constructive dialogue.

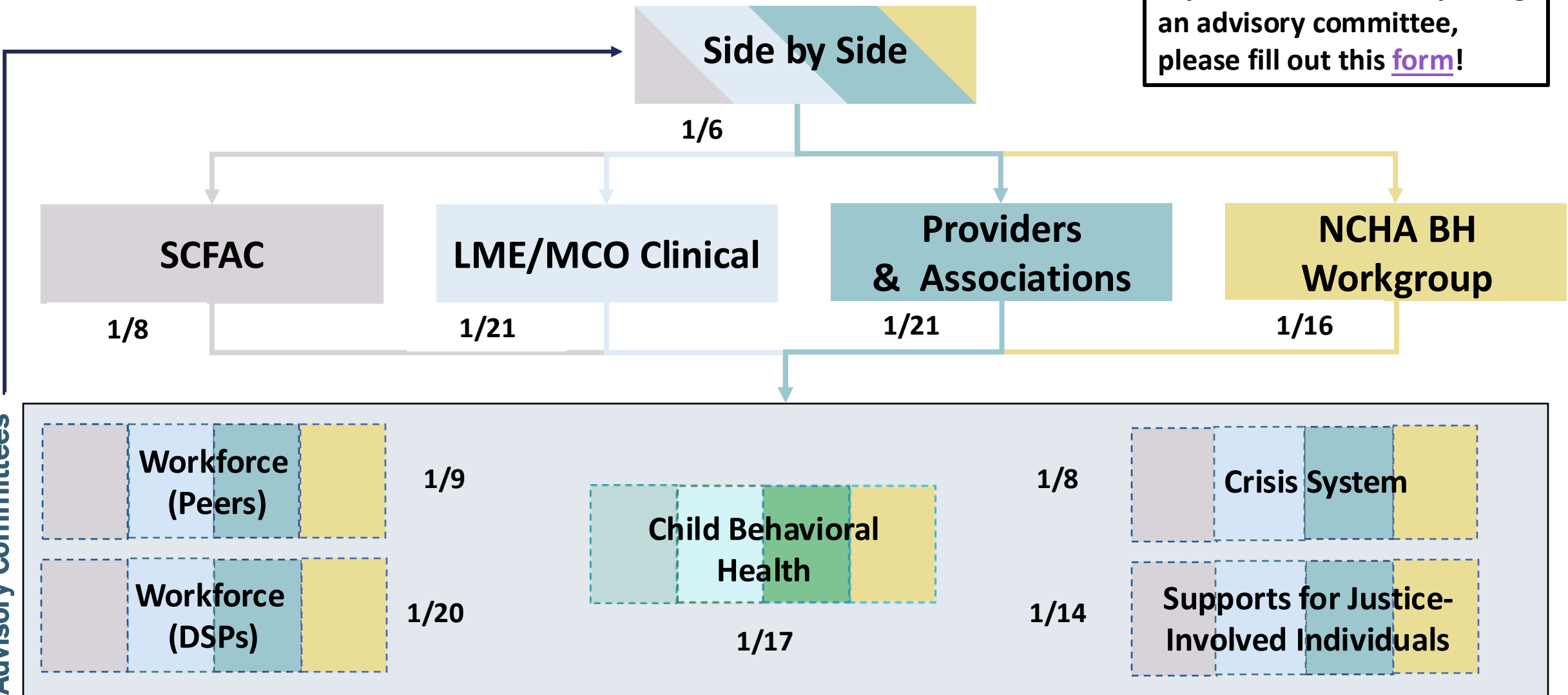
We acknowledge that these topics may be difficult, based on personal experiences and identities, and we honor your willingness to share valuable insight.

- If you have a question, wish to express an idea, or share a concern, please use the raise hand feature or the chat function.
- We ask that you are mindful of time to ensure as many members as possible have a chance to provide input and share their thoughts.
- We may interrupt dialogue to keep the space constructive. One of our staff members will connect you with our DMHDDSUS team for additional conversation offline.



January 2025 Community Collaboration

If you're interested in joining an advisory committee, please fill out this [form!](#)

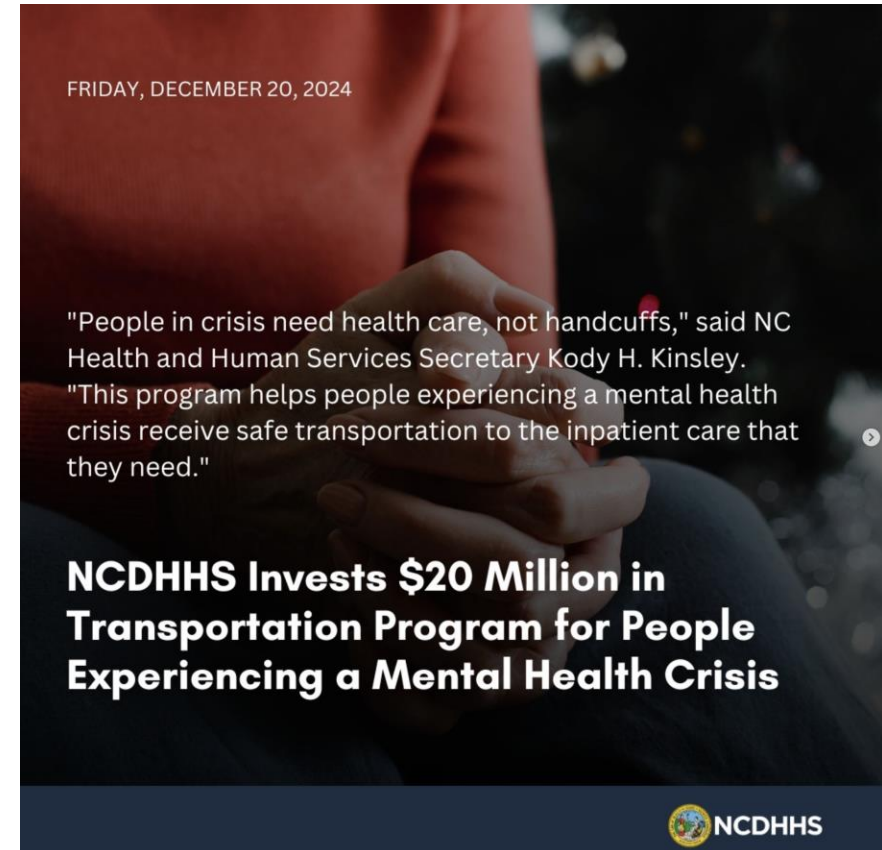


Now Open: Non-Law Enforcement Transportation RFP

[NCDHHS Invests \\$20 Million in Transportation Program for People Experiencing a Mental Health Crisis](#)

- Provides trauma-informed transportation for people in mental health crisis who need to be transported from emergency rooms to residential treatment
- Aims to decriminalize and destigmatize the process of seeking mental health care

Eligible transportation vendors can access and apply for the [RFP on the NCDHHS website](#).



NEW: NC Mental Health Crisis Services Campaign

When life feels overwhelming, *help is here*. [North Carolina crisis services](#) provide compassionate, confidential, and non-judgmental support to connect individuals and families with the care they need.

New Landing Page

Available in [English](#) and [Spanish](#), that uses easy-to-understand language to describe and connect to our services.

Searchable Map

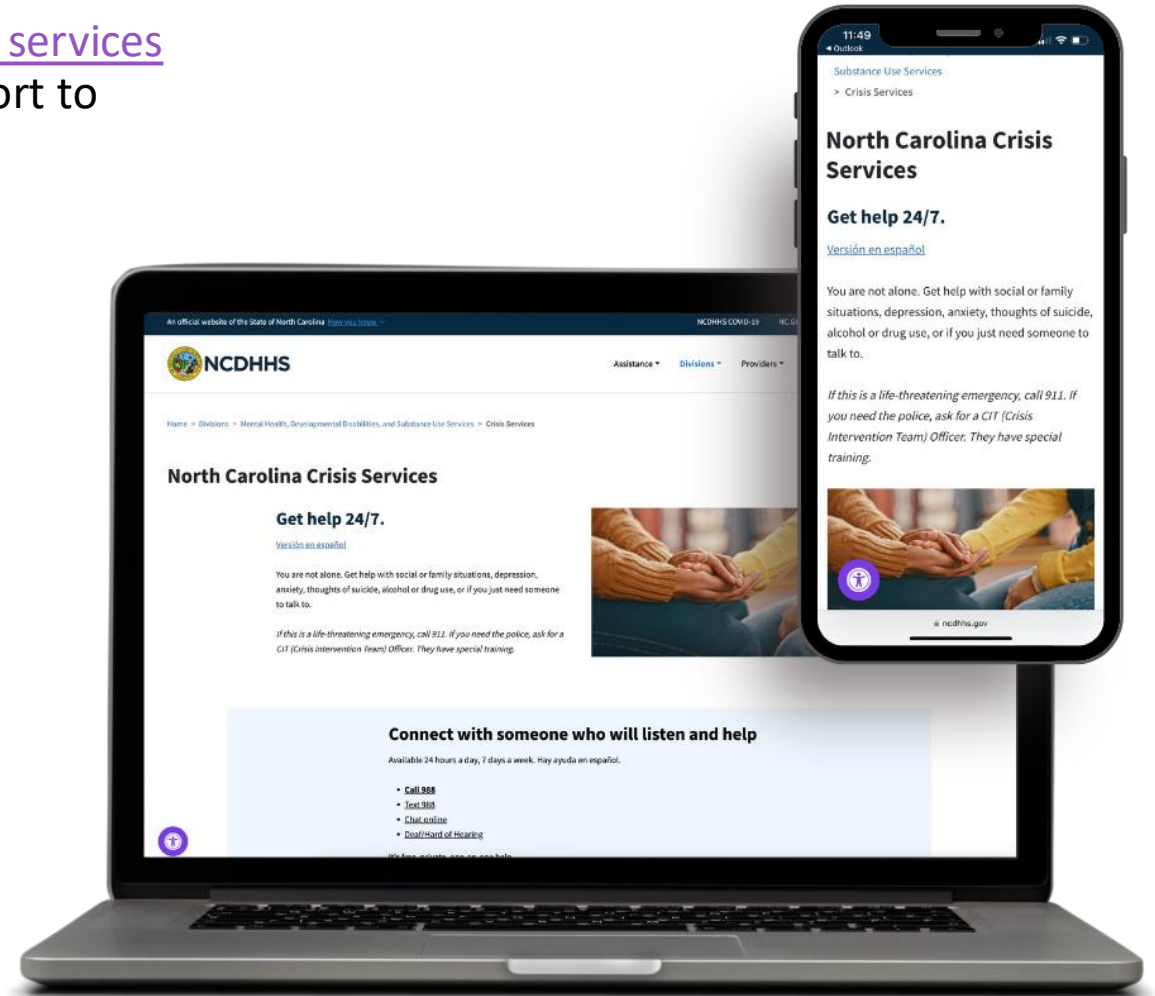
[Find community crisis centers \(Spanish\)](#), including behavioral health urgent cares and facility-based crisis centers.

Zip Code Search

Type your zip code into the "Search" field to [find a mobile crisis team \(Spanish\)](#)

Google Search Ads

To support people actively searching for information



Expansion of HOPE 4 NC

Hope4NC offers the following help to those in need:

- Individual Crisis Outreach and Support
- Group Crisis Outreach
- Public Education
- Community Networking and Support
- Assessment, Referral, and Resource Connection
- Meeting people where it's most convenient for them
- The program is free and anonymous

Crisis community workers trained in the CPP Core Curriculum Active

- Crisis Community Workers BEGAN outreach the week of November 25th
- Ongoing recruitment and training over the coming months (will have 100+ crisis counselors deployed)
- Vaya, Trillium, and Partners are DHHS partners
- Hope4NC line had over 3,900 calls answered

For more information, visit the updated [Hope4NC website](#) or [download our flyer to share](#).



Opening of The Retreat @ Fernwood!

NCDHHS Secretary Kody Kinsley and DMHDDSSUS Director Kelly Crosbie participated in the ribbon-cutting ceremony for Promise Resource Network's new peer-run respite center in Wake County today. Joining the center's CEO Cherene Caraco and Alliance Health CEO Rob Robinson, they celebrated the opening and toured the center.



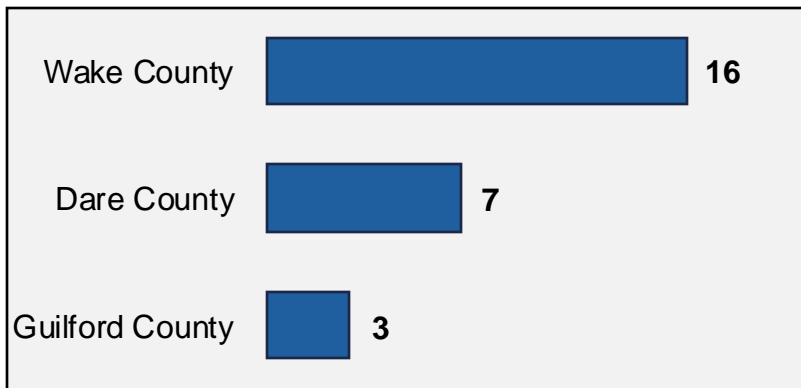
SOMETHINGS

End of Year Data

SOMETHINGS is a mental health platform that connects **teens and young adults** with **Certified Peer Support Specialist** mentors and can provide referrals to **licensed therapists**.

NCDHHS and **Alliance** have partnered with **SOMETHINGS** to provide free mental health support for teens in North Carolina regardless of insurance status.

Top 3 Counties with Active Teens



Satisfaction & Feedback Scores



4.58



4.16

“My teen continues to enjoy the program a lot.... Very thankful for the program you’ve put together. I’ve shared with multiple parents at my school and both her counselors.” – Parent, Wake County

Key Metrics

49

Total Active Number
Of Teens

1154

Teen Applications
Since Launch

11

Average Days Teen
Are Engaged

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES

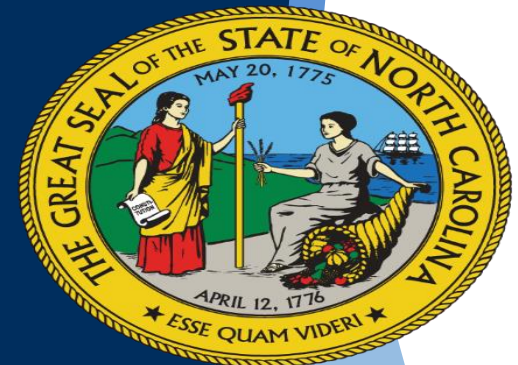
Suicide Prevention

Hannah Harms

Suicide Prevention Coordinator

Division of Mental Health, Developmental Disabilities and Substance Use Services

January 8, 2025

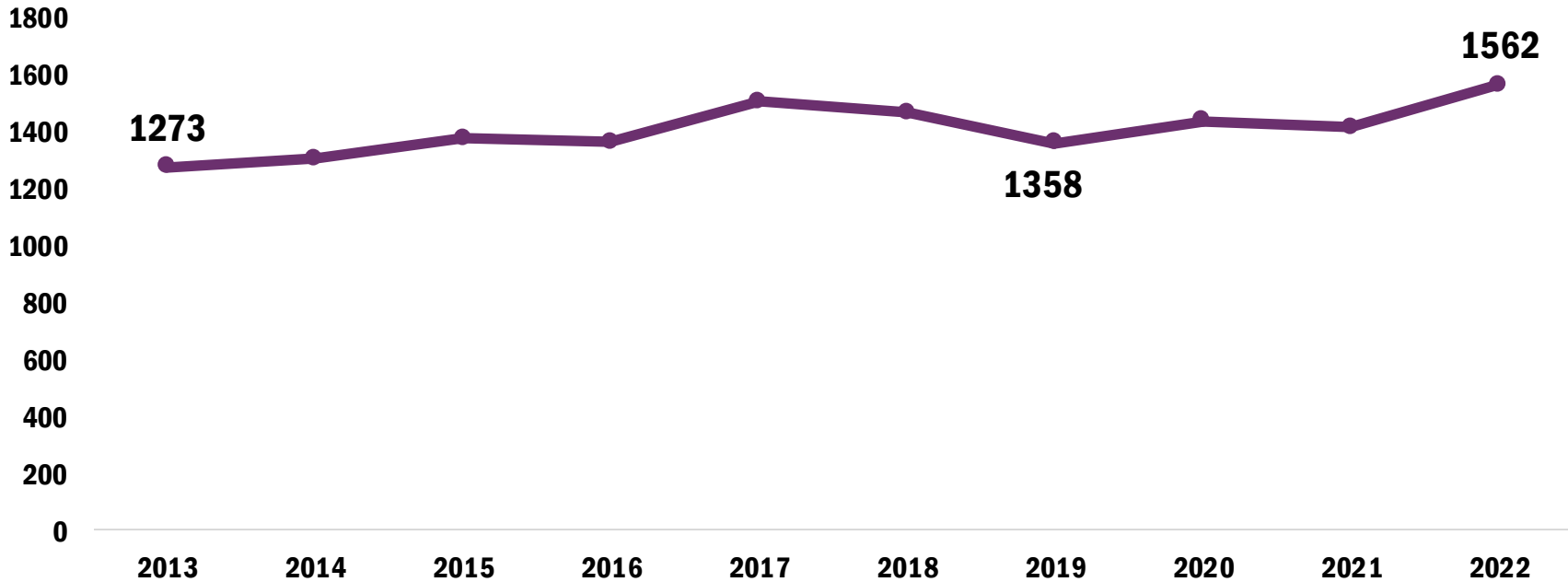


Suicide Death

4 people a day die from suicide in NC

The number of suicide deaths in North Carolina has increased by 23% over the past 10 years, with a 15% increase from the start of the pandemic (2019)

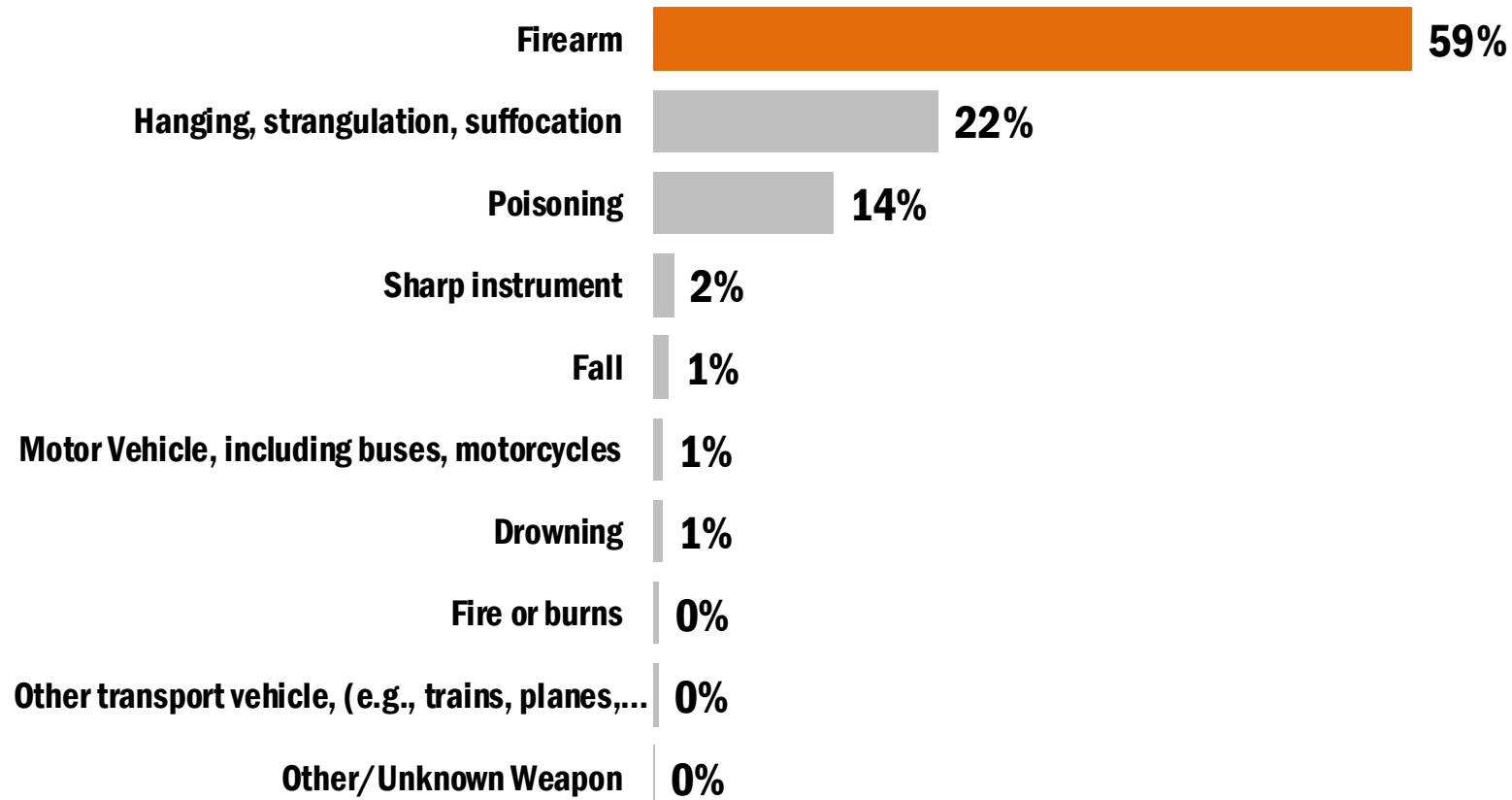
Number of Suicide Deaths Among NC Residents, NC-VDRS, 2013-2022



Limited to NC residents ages 10 and older
Source: NC-VDRS, 2013-2022
Analysis by the DPH Injury Epidemiology, Surveillance, and Informatics Unit

Firearms are the most common weapon used in suicide deaths in NC

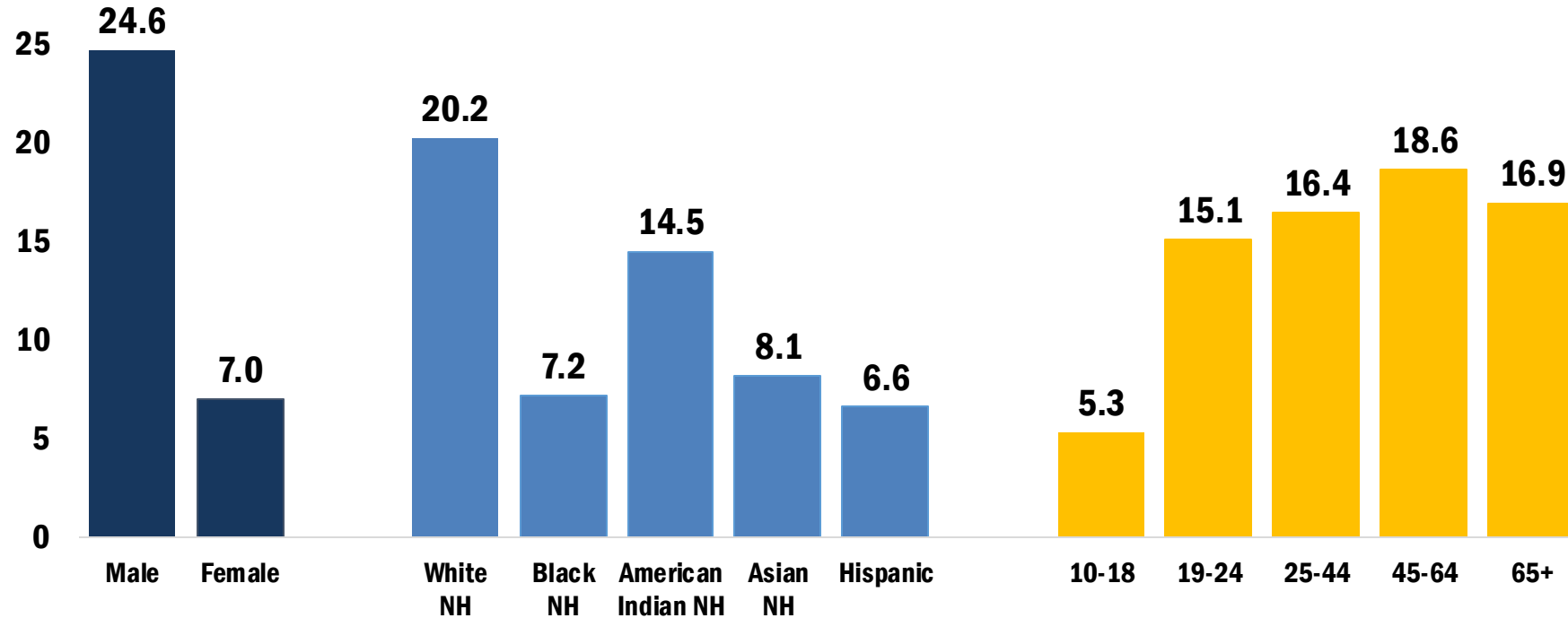
59% of suicide deaths in the last 10 years (2013-2022) were firearm-related



Limited to NC residents ages 10 and older
Source: NC-VDRS, 2013-2022
Analysis by the DPH Injury Epidemiology, Surveillance, and Informatics Unit

Males, NH White and NH American Indian residents, and adults ages 45-64 experienced the highest rates of suicide death in NC

Suicide Death Rates (per 100,000) by Demographic Group, NC-VDRS, 2013-2022



Limited to NC residents ages 10 and older; NH = non-Hispanic

Source: NC-VDRS, 2013-2022; US Census non-bridged population estimates, 2023

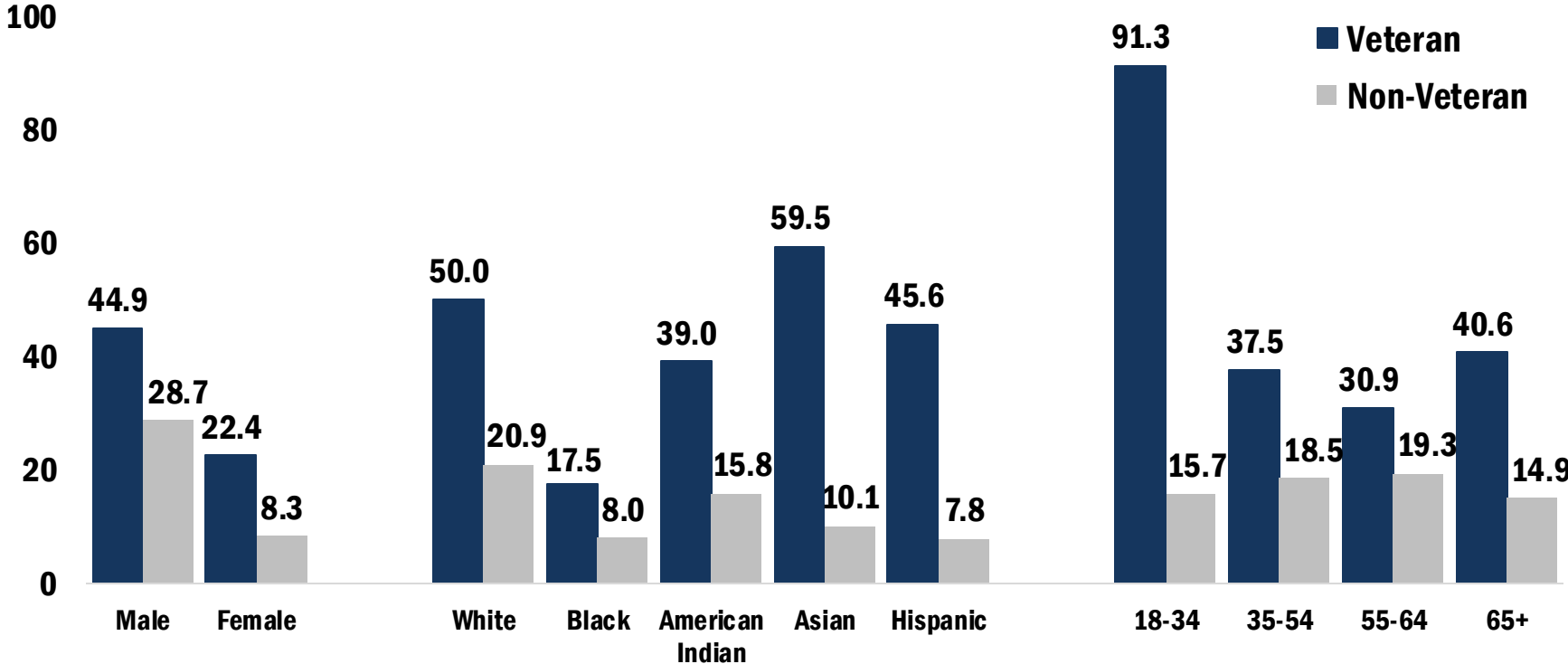
Note: US Census non-bridged single-race categories do not directly align with the current NC-VDRS race/ethnicity categories

Analysis by the DPH Injury Epidemiology, Surveillance, and Informatics Unit

Veteran Suicide

Veterans in North Carolina were 2.5 times more likely to die from suicide than non-veterans

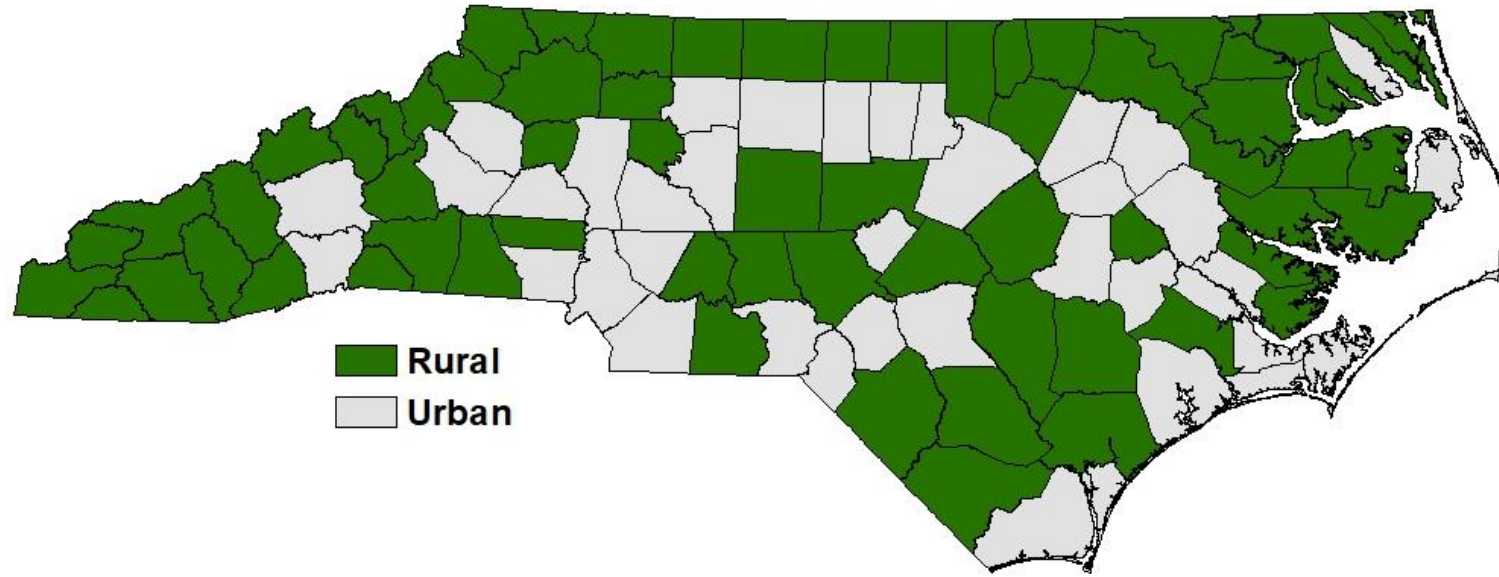
Suicide Death Rates (per 100,000) by Veteran Status and Demographic Group, NC-VDRS, 2013-2022



Limited to NC residents ages 18 and older
 Source: NC-VDRS, 2013-2022; US Census non-bridged population estimates, 2023
 Note: US Census non-bridged single-race categories do not directly align with the current NC-VDRS race/ethnicity categories
 Analysis by the DPH Injury Epidemiology, Surveillance, and Informatics Unit

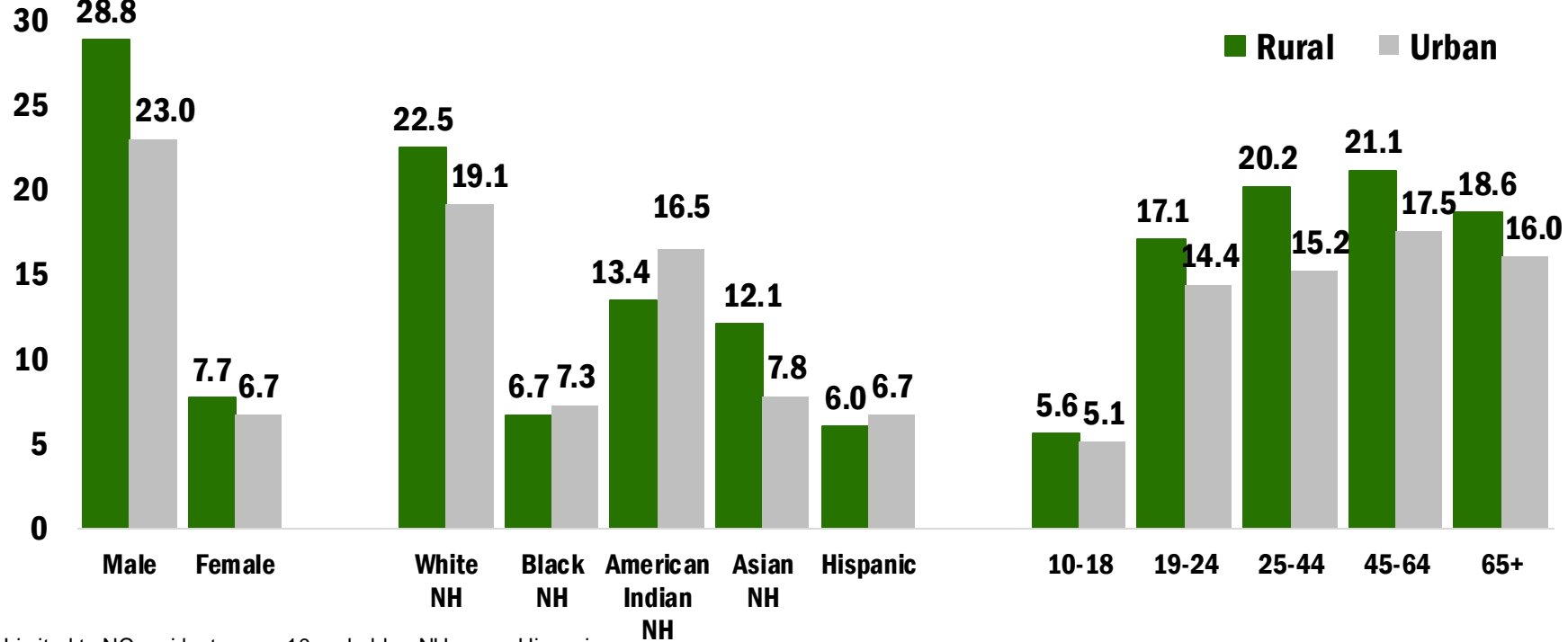
Rural Suicide

North Carolina has 64 rural counties



Males, NH White and NH American Indian residents, and adults ages 45-64 experienced the highest rates of suicide death in rural NC counties

Suicide Death Rates (per 100,000) by Rural County Status and Demographic Group, NC-VDRS, 2013-2022



Limited to NC residents ages 10 and older; NH = non-Hispanic

Source: NC-VDRS, 2013-2022; US Census non-bridged population estimates, 2023

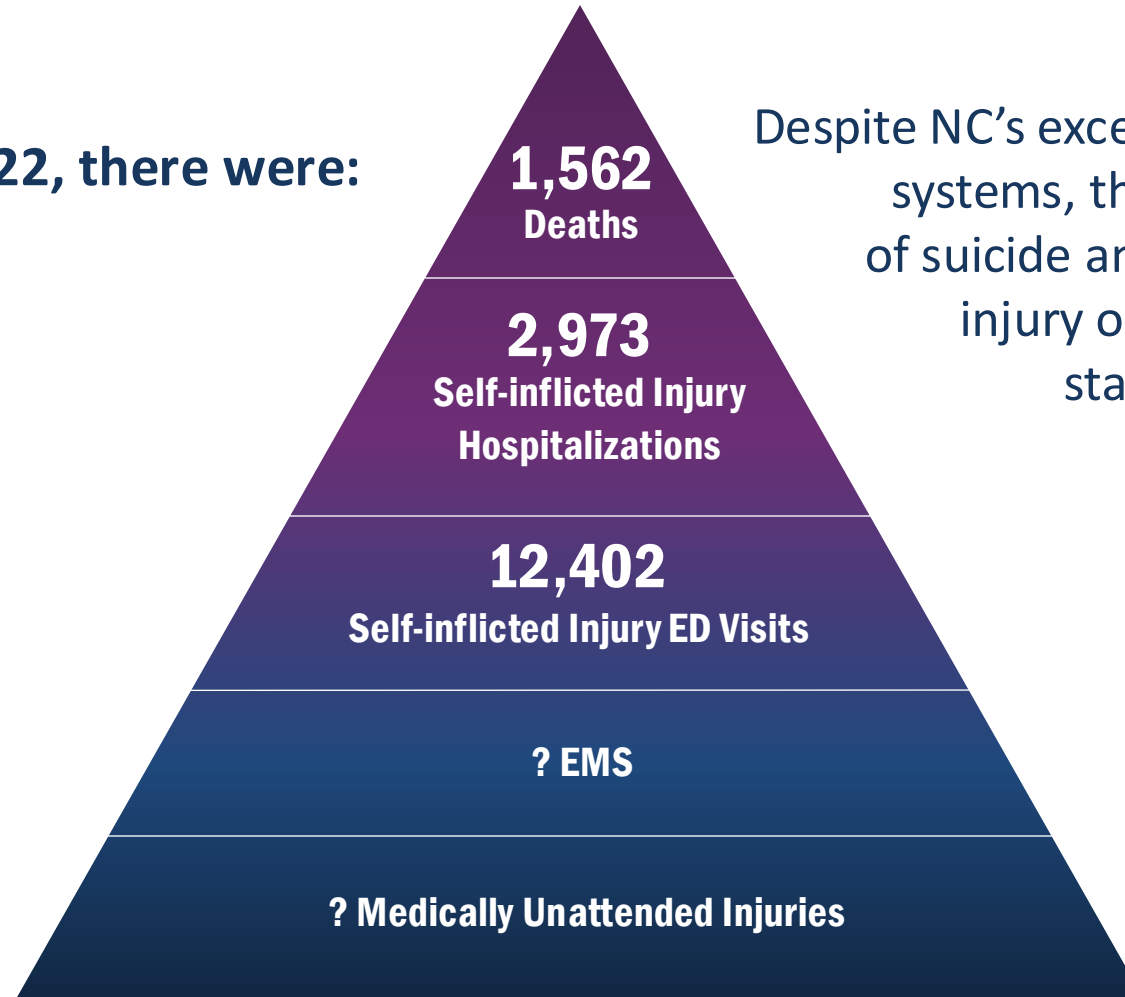
Note: US Census non-bridged single-race categories do not directly align with the current NC-VDRS race/ethnicity categories

Analysis by the DPH Injury Epidemiology, Surveillance, and Informatics Unit

Self-Inflicted Injury/Harm

Suicide deaths are just the tip of the iceberg

In 2022, there were:



Despite NC's excellent reporting systems, the *total burden* of suicide and self-inflicted injury outcomes in the state is *unknown*.

Limited to NC residents

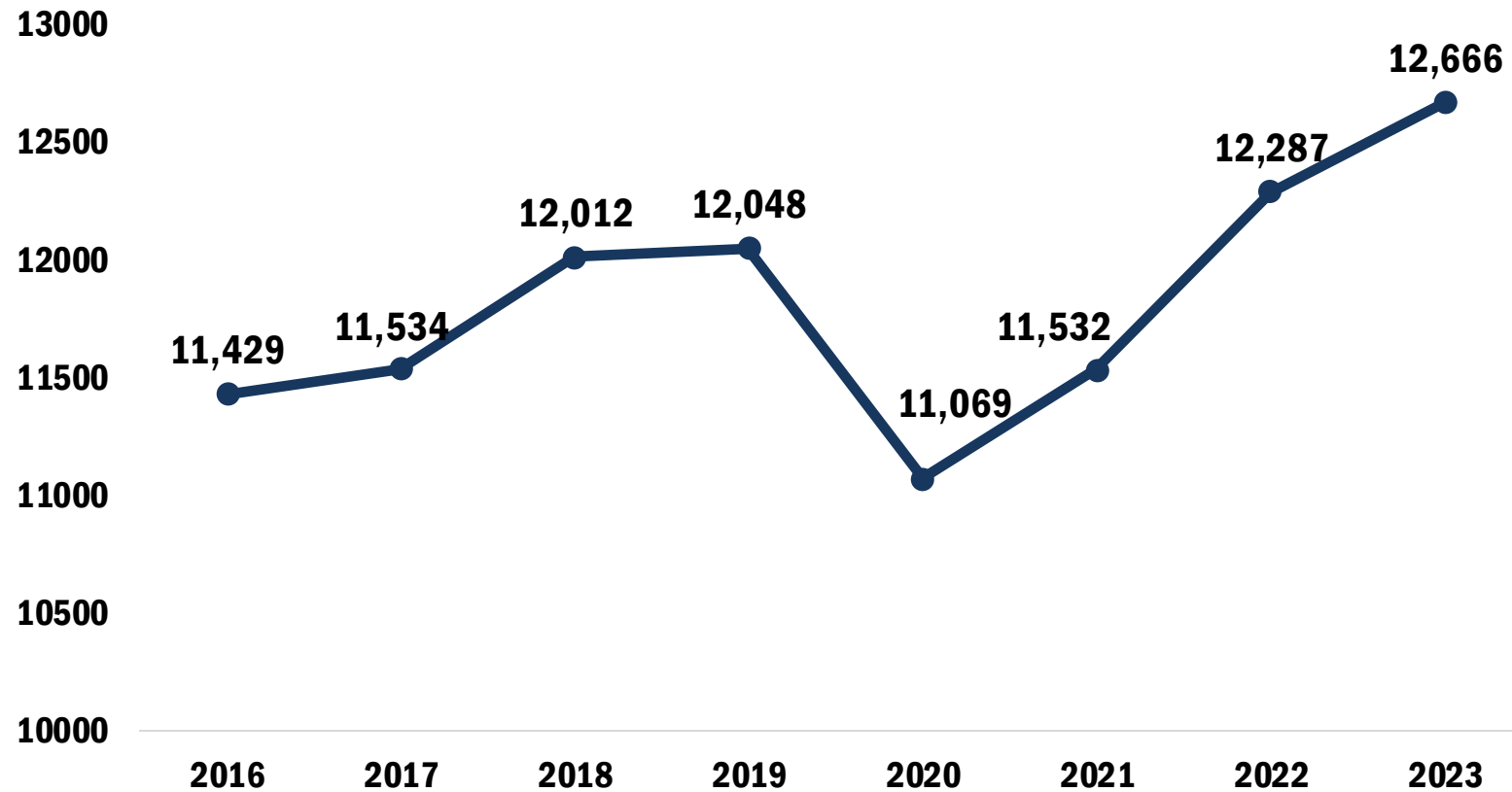
Source: NC-VDRS, 2013-2022; NC State Center for Health Statistics, Hospital Discharge Data (2022); NC DETECT ED Visit Data (2022)

Analysis by the DPH Injury Epidemiology, Surveillance, and Informatics Unit

Self-Inflicted Injury ED Visits

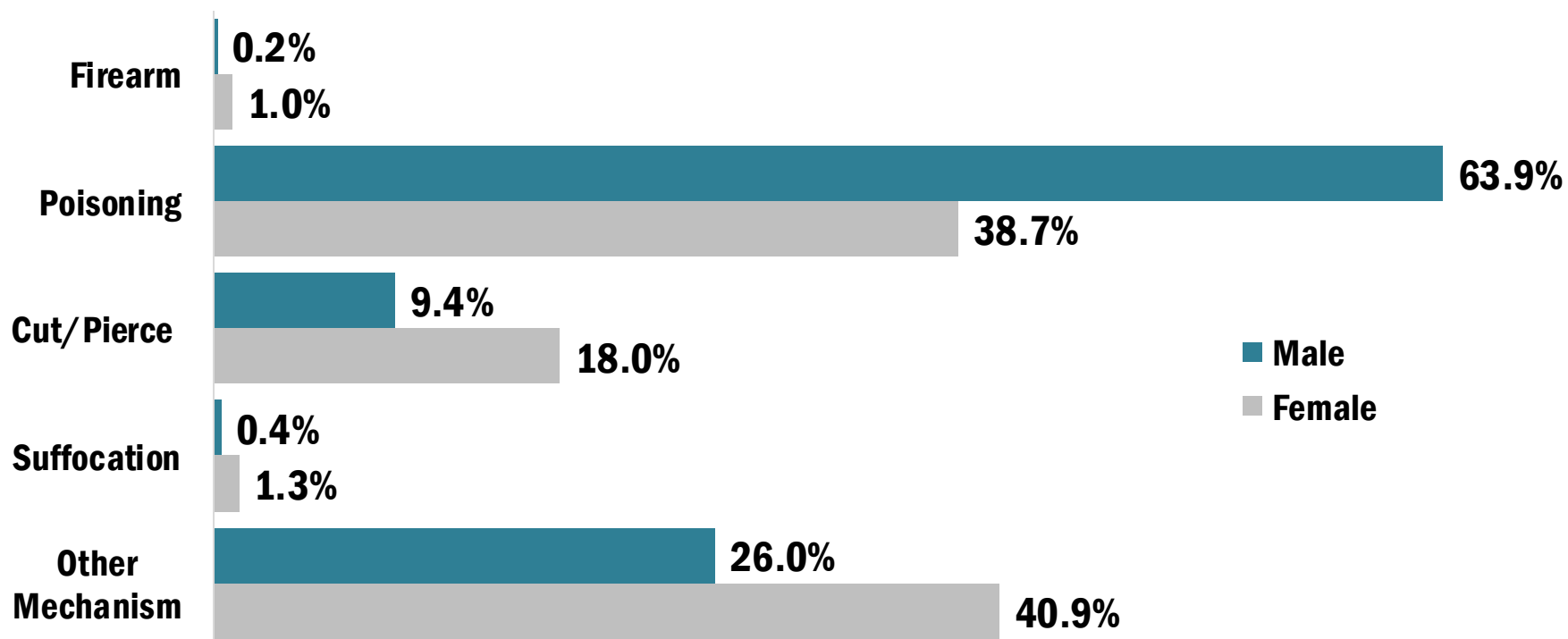
Self-inflicted injury ED visits decreased by 8% from 2019-2020 but have since increased almost 15%

Number of Self-inflicted Injury ED Visits Among NC Residents, 2016-2023



Limited to NC Residents ages 10 and older
Source: NC DETECT, Emergency Department (ED) Visit Data, 2016-2023
Analysis by the DPH Injury Epidemiology, Surveillance, and Informatics Unit

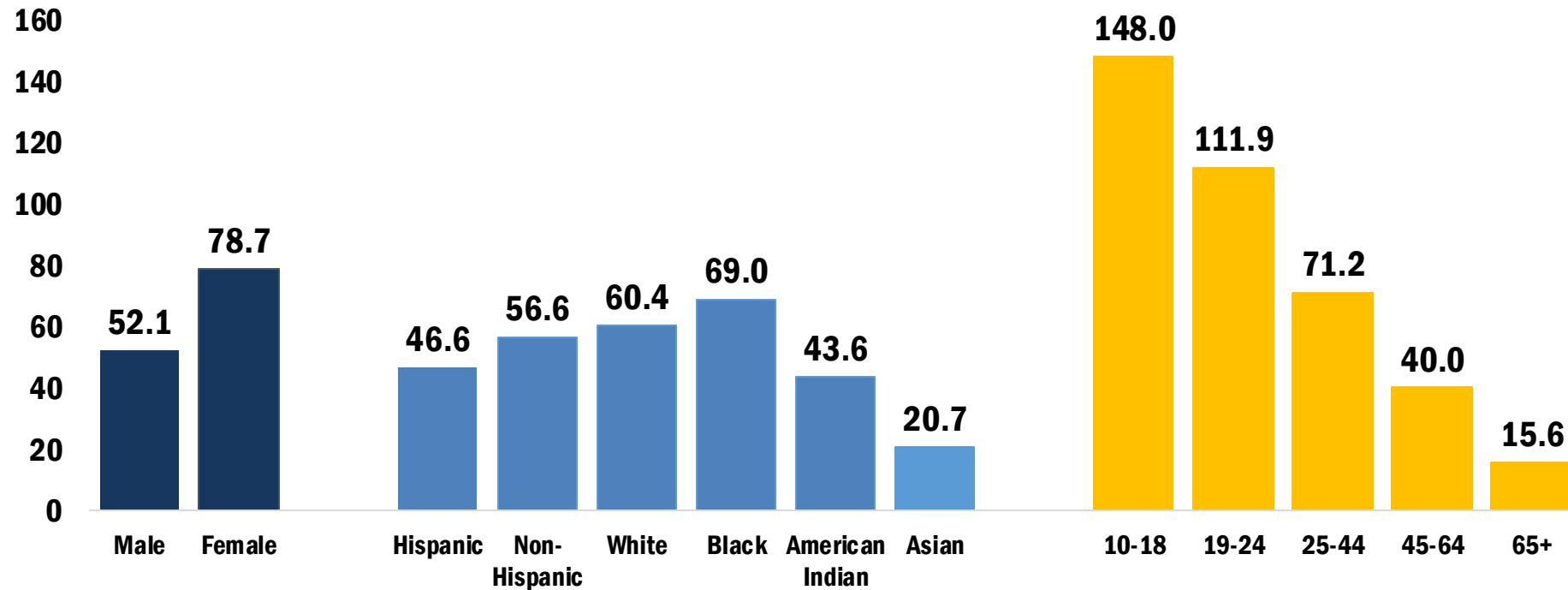
Most Male and Female Self-Inflicted Harm ED Visits were related to Poisonings and Cuts/Pierces



Limited to NC Residents ages 10 and older
Source: NC DETECT, Emergency Department (ED) Visit Data, 2016-2023
Analysis by the DPH Injury Epidemiology, Surveillance, and Informatics Unit

Rates of self-inflicted injury ED visits were highest among females, Black residents, and children ages 0-18

Self-inflicted Injury ED Visit Rates per 100,000 by Demographic Group, 2019-2023



Limited to NC Residents ages 10 and older; NH = non-Hispanic

Source: NC DETECT, Emergency Department (ED) Visit Data, 2019-2023; US Census non-bridged population estimates, 2023

Note: Race and ethnicity categories are not mutually exclusive. US Census non-bridged single-race categories used to calculate rates do not directly align with the current race/ethnicity categories in the ED visit data

Analysis by the DPH Injury Epidemiology, Surveillance, and Informatics Unit

Key Takeaways: Suicide in NC

- **Four people a day die by suicide (2022)**
 - Rates have risen by **24%** in the past 10 years; slight decrease in 2023
- **Most vulnerable populations for suicide include:**
 - Men, NH Whites, NH American Indian, ages 45-64, Veterans (especially young Veterans), Rural
- **Self-inflicted injury is a measure of suicide attempt**
 - Most vulnerable populations include:
 - Females, ages 10-24, White, Black
 - ED Visits increasing since the pandemic

Key Takeaways: Suicide in NC

- **Suicide is among the top 5 leading causes of death for those ages 10-65 (2022)**
- **Suicide is the 3rd leading cause of death for ages 10-18**
- **Suicide is the 2nd leading cause of death for ages 19-34**
- **Firearms are the leading method of death by suicide**

Suicide Prevention Data Sources

- NC DHHS Suicide Prevention Landing Page - ncdhhs.gov/stopncsuicide
- Suicide Prevention Epidemiologist, DPH - Katie McDaniel, MPH
 - Katie.McDaniel@dhhs.nc.gov



Data Sources

IVPB Data Support now available!

Book time with an IVPB epidemiologist to discuss available data products, to talk through custom data requests, or for general data questions.

- [IVPB Data Request Policy](#)
- [IVPB Data Support Bookings](#)



IVPB Data Support

☑ SELECT A SERVICE

<p>Overdose Data Support <input type="radio"/></p> <p>Book time with Mary Beth to discuss overd... Read more</p> <p>30 minutes </p>	<p>Alcohol Use & Related Harms Data Support <input type="radio"/></p> <p>Book time with Mary Beth to discuss alcoho... Read more</p> <p>30 minutes </p>
<p>General Injury Data Support <input type="radio"/></p> <p>Book time with Shana to discuss general inj... Read more</p> <p>30 minutes </p>	<p>Suicide and Firearm Data Support <input type="radio"/></p> <p>Book time with Shana to discuss suicide an... Read more</p> <p>30 minutes </p>

NC Suicide Prevention Action Plan

Achievements (2022-current)

- **Regular webinars to inform and collaborate w/ community partners**
 - DMHDDSUS Side by Side and Advisory meetings
 - Comprehensive Suicide Prevention Advisory Council (CSPAC)
 - Firearm Safety Team Coalition
 - Suicide Prevention Statewide Collaborative
- **Mental health and suicide prevention trainings**
 - Mental Health First Aid (MHFA)
 - LivingWorks ASIST and START
 - Counseling on Access to Lethal Means (CALM)
 - Faith Leaders for Life
 - Firearm Safety Team (FST)
 - Belonging and Empathy (B.E.)
- **Medicaid Expansion and increased Medicaid reimbursement rates for behavioral health providers**
- **Landmark Behavioral Health Investments**
 - Expand and improve crisis system, Systems of Care, School Behavioral Health, etc.

Achievements (2022-current)

- **Suicide Prevention Landing Page launched**
- **Crisis Services Landing Page launched**
- **988 campaigns & 988 Dashboard launched**
- **Statewide Peer Warm Line launched**
- **Expansion of Mobile Outreach Response Engagement and Stabilization Teams (MORES)**
- **SOMETHINGS launched (Teen Peer Mentors)**

Achievements (2022-current)

- **Reduce access to lethal means**
 - Gun lock distribution
 - NC SAFE statewide campaigns
 - NC SAFE website expansion
 - Safe storage map
 - Office of Violence Prevention established
- **NC School Mental Health Policy fully implemented**
 - Includes mental health training program and a suicide risk referral protocol

NC Suicide Prevention Action Plan

- Next NC Suicide Prevention Action Plan (2026-2030) in development
- Draft to be published in May 2025 for public feedback
- Formalized plan to be published in September 2026

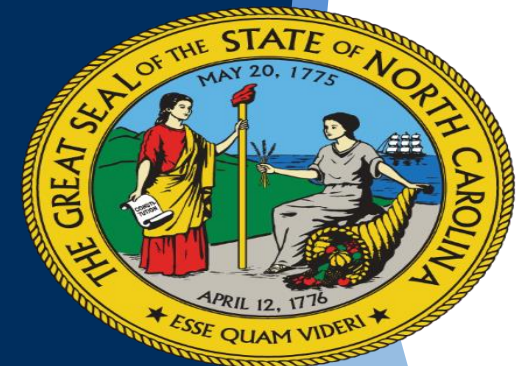
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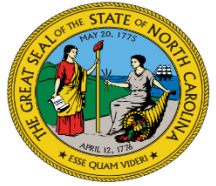
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NC DEPARTMENT OF
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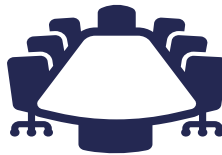
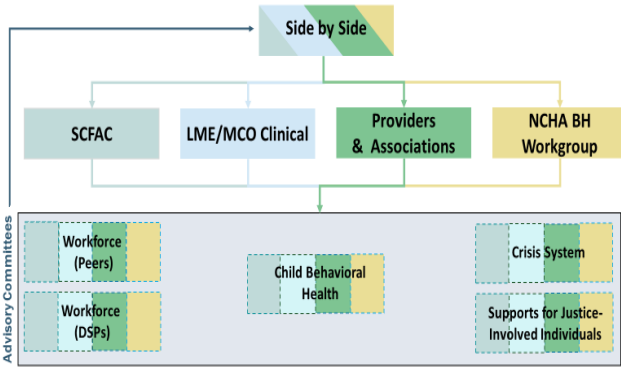
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Community Collaboration



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Q & A
