

**Department:** Health Department      **Program Contact:** Jesse Benet  
**Program Offer Type:** Existing Operating Program      **Program Offer Stage:** As Adopted  
**Related Programs:**  
**Program Characteristics:**

**Executive Summary**

This offer includes both Mental Health First Aid and the new suicide prevention services, which are now united under one offer name, Behavioral Health Prevention Services, a program designed to educate the community about mental health and suicide prevention. This program addresses equity through training on access and culturally relevant training topics. The program works with our community to reduce suicide, to build a stronger community safety net, to increase mental health literacy especially around challenges and interventions as well as to increase community involvement and resilience.

**Program Summary**

The behavioral health prevention element of the program provides the following trainings to County staff and community members: Mental Health First Aid (MHFA), Applied Suicide Intervention Skills Training (ASIST), Counseling on Access to Lethal Means (CALM), safeTALK and Question, Persuade and Refer (QPR). In FY21 approximately 489 Multnomah County employees and community members were trained in the mental health and suicide prevention training models referenced. ASIST is a 2-day evidence-based practice to provide suicide first aid and is shown to significantly reduce suicidality. SafeTALK is a 4-hour suicide prevention model that teaches lay people how to look for signs that someone is thinking about suicide, have a conversation and link them to professional help. CALM teaches people how to have conversations with people who are thinking of suicide and their loved ones about how to reduce someone's access to lethal means, namely firearms and medications, while they are experiencing a suicide crisis. The program facilitates this training several times a year. We continue to partner with the Sheriff's Office to provide access to firearm information to licensed firearm owners in Multnomah County to help them better understand suicide risk with firearms in the home, how to decrease that risk and increase safety, especially in times of crisis. QPR is a suicide awareness and prevention training, provided to churches, organizations and businesses, colleges and schools, social groups and general community members.

The suicide prevention element of this program focuses on understanding the scope and depth of completed suicides in the County by tracking and understanding trends that inform prevention, intervention, and postvention efforts. Psychological autopsies are performed to better understand the stressors/factors that contribute to a completed suicide. The program has developed a tool to perform the psychological autopsies based on Washington County's nationally recognized tool, best practices around psychological autopsies and subject matter expertise of suicide in Multnomah County. The program works in partnership with the Trauma Intervention Program and the Medical Examiner's office to connect with families and significant friends to perform the autopsies, provide support and service linkage. Feedback will be provided to give insight into where systems have not met the needs for individuals who have completed suicide, and help identify and address some of these issues.

**Performance Measures**

Measure Type	Primary Measure	FY21 Actual	FY22 Budgeted	FY22 Estimate	FY23 Offer
Output	# of individuals trained in Mental Health First Aid, ASIST, QPR and/or CALM and safeTalk.	489	800	450*	450*
Outcome	% of individuals who report greater understanding of mental illness and/or suicide prevention.	96%	85%	85%	85%
Output	Perform 25-30 psychological autopsies (if full time, 50-60 psychological autopsies).	N/A	25	25	45
Outcome	Improve MC understanding of completed suicide trends for FY20 through a deep analysis and report.	100%	100%	100%	100%

**Performance Measures Descriptions**

Measure 3 and 4 were added in FY2021 when the suicide prevention program was added to the Behavioral Health Division.

## Legal / Contractual Obligation

OAR 309-019-0150 Community Mental Health Programs  
2019-2021 Intergovernmental Agreement for the Financing of Community Mental Health,  
Addiction Treatment, Recovery & Prevention, and Problem Gambling Services

## Revenue/Expense Detail

	Adopted General Fund	Adopted Other Funds	Adopted General Fund	Adopted Other Funds
Program Expenses	2022	2022	2023	2023
Personnel	\$190,221	\$158,290	\$226,703	\$172,252
Contractual Services	\$51,392	\$0	\$43,400	\$0
Materials & Supplies	\$26,200	\$7,367	\$3,028	\$2,076
Internal Services	\$8,244	\$38,548	\$31,713	\$41,438
<b>Total GF/non-GF</b>	<b>\$276,057</b>	<b>\$204,205</b>	<b>\$304,844</b>	<b>\$215,766</b>
<b>Program Total:</b>	<b>\$480,262</b>		<b>\$520,610</b>	
<b>Program FTE</b>	1.50	1.30	1.58	1.22

Program Revenues				
Intergovernmental	\$0	\$204,205	\$0	\$215,766
<b>Total Revenue</b>	<b>\$0</b>	<b>\$204,205</b>	<b>\$0</b>	<b>\$215,766</b>

## Explanation of Revenues

This program generates \$23,151 in indirect revenues.  
\$ 80,000 - OHA Suicide Prevention  
\$ 124,205 - Federal PE 60 Suicide Prevention  
\$ 11,561 - Family & Youth Local 2145 Beer and Wine Tax

## Significant Program Changes

**Last Year this program was:** FY 2022: 40083 Behavioral Health Prevention Services

\*Due to COVID-19 and the impact on in-person training, our actual trained number of people decreased due to the training models requiring smaller classes and more staff to facilitate training. Although we are hosting just as many trainings, we aren't training as many people due to the need for increased safety and support during training.