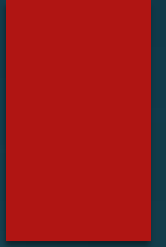


Case Management as Suicide Prevention

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Who Helped You Through a Difficult Time?



THINK ABOUT A DIFFICULT SEASON IN YOUR LIFE

THINK ABOUT THE PERSON WHO HELPED YOU THROUGH IT. WHO WAS THAT PERSON?
WHAT DID THEY DO? WHY DO YOU REMEMBER THEM?

RAISE YOUR HAND IF THE PERSON YOU THOUGHT OF WAS A THERAPIST.

RAISE YOUR HAND IF IT WAS A FRIEND, FAMILY MEMBER, TEACHER, COACH,
COWORKER, NEIGHBOR, PASTOR, MENTOR, OR SOMEONE ELSE.

THAT'S NOT BECAUSE THERAPY ISN'T IMPORTANT. IT'S BECAUSE HUMAN BEINGS
HEAL IN RELATIONSHIPS.

What People Often Feel

Alone

Burdensome

Invisible

Disconnected

Unsupported

Hopeless

What is Case Management-Really?

Case Management is:

- Not just paperwork.
- Not just referrals.
- Not just service coordination.

Case Management is:

- Relationship building
- Advocacy
- Navigation
- Connection
- Stability
- Support

What Do Case Managers Actually Do?

Tasks:

- Housing applications
- Transportation
- Food assistance
- Benefits enrollment
- Appointment coordination
- Community referrals
- Follow-up support

Outcomes:

- Stability
- Safety
- Predictability
- Belonging
- Connection
- Hope

What Happens When These Things Are Missing?

What happens when....?

No housing?

- Stress
- Fear
- Instability
- Crisis

No transportation?

- Missed appointments
- Isolation
- Lack of access

No support system?

- Loneliness
- Hopelessness
- Disconnection



What If We've Been Looking at Suicide Prevention Too Narrowly?

Traditional Prevention:

- Therapy
- Medication
- Crisis Response
- Hospitalization

Community Prevention:

- Connection
- Stability
- Belonging
- Purpose
- Advocacy

Human Needs and Suicide Risk

Every human being needs:

- Safety
- Stability
- Connection
- Belonging
- Purpose

When needs are unmet:

- Isolation increases
- Hopelessness increases
- Risk increases

When needs are met:

- Resilience increases
- Protective factors increase





What Keeps People Here?

- Someone to call
- A safe place to live
- A reason to get up tomorrow
- A person who believes in them
- Hope
- Stability
- Community
- A sense of belonging
- Someone who notices when they're struggling

Case Managers help build every one of them!



How Case Management Prevents Suicide

- Connection
- Continuity
- Advocacy
- Stability
- Belonging

Case Managers Don't Just Connect People to Services.

They connect people to:

- Stability
- Safety
- Hope
- Community
- Belonging
- Life

Housing reduces instability

Transportation reduces isolation

Advocacy increases hope

Food security reduces survival stress

Follow-up creates connection

Community integration creates belonging

CDC Protective
Factors; U.S. Surgeon
General (2023)

Let's Call It What It Is

What if the Relationship is the Intervention?

Think about a client or someone you've never forgotten

Why do you remember them?

You remember the trust.

You remember the consistency.

You remember the connection.

You remember the relationship.

Case Management → Meets
Human Needs → Creates
Protective Factors → Reduces
Suicide Risk → Saves Lives

Case Managers Build Networks of Protection



U.S. Surgeon General (2023);
CDC Connectedness as a
Protective Factor

Nobody Survives Alone



- Family
- Friends
- Employer
- Therapist
- Case Manager
- Church
- Peer Support
- Community

Community Protection

Community protection comes from:

- Families
- Schools
- Employers
- Peer Support
- Recovery Communities
- Tribal Communities
- Faith Communities
- Nonprofits
- Neighbors

National Action
Alliance for Suicide
Prevention; CDC

What Would This Look Like in Your Organization?

Ask yourself:

What Would This Look Like in your Organization?

Ask yourself:

- How do we reduce isolation?

What Would This Look Like in your Organization?

Ask yourself:

- How do we reduce isolation?
- How do we create belonging?

What Would This Look Like in your Organization?

Ask yourself:

- How do we reduce isolation?
- How do we create belonging?
- How do we build continuity?

What Would This Look Like in your Organization?

Ask yourself:

- How do we reduce isolation?
- How do we create belonging?
- How do we build continuity?
- How do we strengthen protective factors?

What Would This Look Like in your Organization?

Ask yourself:

- How do we reduce isolation?
- How do we create belonging?
- How do we build continuity?
- How do we strengthen protective factors?
- How do we support relationships?



Call to Action

Think about one person you serve.

Write down one thing you can do in the next week to increase their connection to people, supports, or community

People don't
survive alone.
They survive in
connection.

U.S. Surgeon General (2023); Van
Orden et al. (2010)



Questions?

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