

Mitigating Suicide through Engagement in Activity-Based Interventions

2021 Washington Behavioral Healthcare Conference

June 18, 2021 11:30am-12:30pm

Presenters: Amy Kashiwa, OTD, OTR/L and Kirsten Wilbur, EdD, OTR/L

Learning objectives:

1. State two evidence-based interventions that may contribute to mitigating suicidality
2. Identify the protective effects of activity-based interventions on suicidality
3. Identify resources to aid in finding appropriate activity-based interventions
4. Explore opportunities to integrate novel interventions in various practice settings

Topics covered in presentation:

- Addressing suicide is everyone's business
- Occupational therapy's distinct role in suicide prevention
- Overview of scoping review (submitted for publication)
- OT approaches
- Group activity
- Community Resources
- Q & A
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Resource list:

SAMHSA: <https://www.samhsa.gov/tribal-ttac/resources/suicide-prevention>

NAMI: <https://www.nami.org/Your-Journey/Frontline-Professionals/SuicidePrevention>

Suicide Prevention Resource Center (SPRC): <https://www.sprc.org/about-suicide>

LivingWorks: <https://www.livingworks.net/about>

Washington OSPI Youth Suicide Prevention, Intervention, & Postvention

<https://www.k12.wa.us/student-success/health-safety/mental-social-behavioral-health/youth-suicide-prevention-intervention-postvention>

UW School of SW Forefront in the schools program

<https://intheforefront.org/programs/forefront-in-the-schools/>

Washington State Training Requirements

<https://www.doh.wa.gov/ForPublicHealthandHealthcareProviders/HealthcareProfessionsandFacilities/SuicidePrevention/TrainingRequirements>

Washington State Model List

<https://www.doh.wa.gov/ForPublicHealthandHealthcareProviders/HealthcareProfessionsandFacilities/SuicidePrevention/TrainingPrograms/ModelList>

Harborview Injury Prevention & Research Center/Pacific NW Suicide Prevention Resource Center

<https://hiprc.org/outreach/suicide/>

AOTA Fact Sheets: Occupational Therapy's Role with sleep, PTSD, health promotion; mental health in children & youth

<https://www.aota.org/About-Occupational-Therapy/Professionals/Master-List.aspx>

Occupational Therapy and Suicide Prevention fact sheet

https://www.caot.ca/document/6124/SuicidePrevention_fact%20sheet.pdf

CBT-I

<https://www.cbtforinsomnia.com/wp-content/uploads/2019/03/BrochureCBT2019.pdf>

CBT-I for OT

<http://restweb.colostate.edu/cognitive-behavioral-therapy-for-insomnia-for-occupational-therapy-an-online-continuing-education-opportunity/>

I-Rest (yogic and meditative practice training)

<https://www.irest.org/resources>

Sensory-Enhanced Yoga ® for Self-Regulation and Trauma Healing

<https://www.sensoryenhancedyoga.org/events/sensory-enhanced-yoga-for-self-regulation-and-trauma-healing/>

Nutrition and Exercise for Wellness and Recovery (NEW-R)

<https://www.center4healthandsdc.org/new-r.html>

Centre for Clinical Interventions (sleep hygiene, sleep diary)

www.cci.health.wa.gov.au

CAOT Stress Symptom Checklist: https://caot.ca/document/6369/Handout_Stress_symptoms.pdf

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Thank you for attending!

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* denotes articles in scoping review