

***Youth in Crisis:  
Someone to Talk To  
Someone to Respond  
Somewhere Safe to Go***



September 15, 2022

CIAC Meeting

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United Way of Connecticut



# Among CT High School Students....

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## Mental Health



**Students reporting that their mental health was not good** *including stress, depression, and problems with emotions, on at least 1 day in the past 30 days.*



**Student felt sad or hopeless** *almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months.*

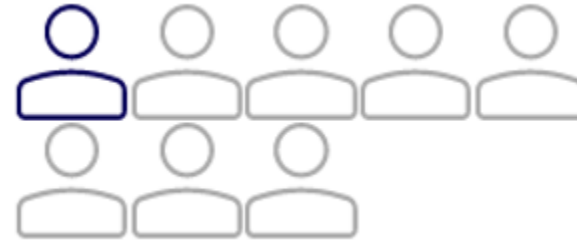
**Only 1 in 4** *of these students said they got the help they needed*

# Among CT High School Students....

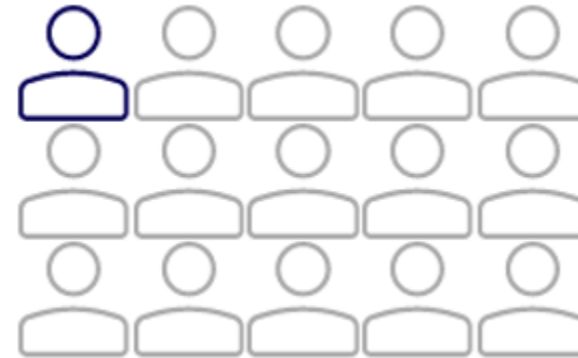
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## Suicidal Behavior

1 in 8 Seriously **considered** attempting suicide *during the past 12 months*

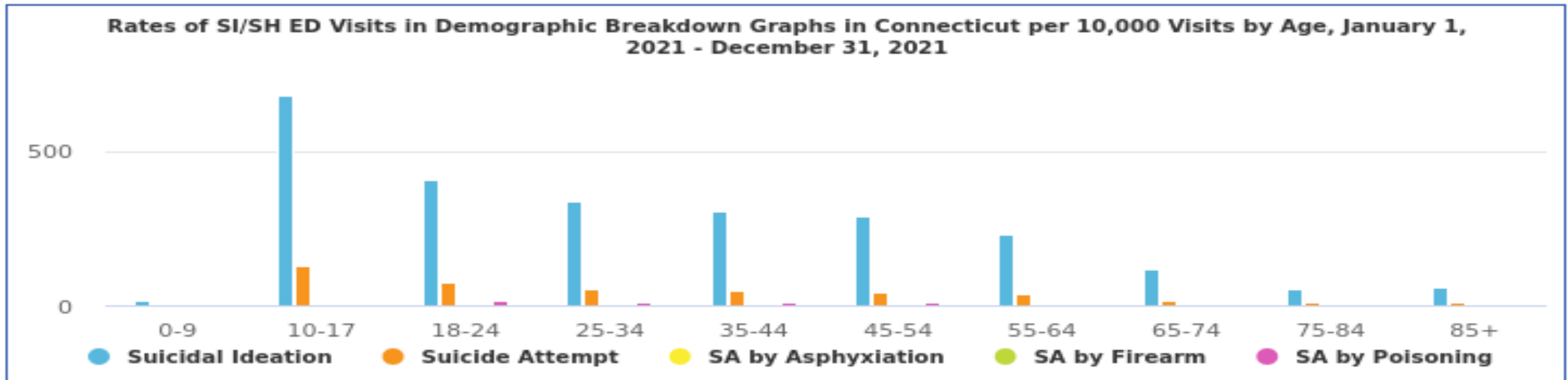


1 in 15 Actually **attempted** suicide *during the past 12 months*



CT School Health Survey 2019

# CT Suicide Ideation and Attempts January 1, 2021- December 31, 2021



AGE	SUICIDAL IDEATION	SUICIDE ATTEMPT	SA BY ASPHYXIATION	SA BY FIREARM	SA BY POISONING
0-9	17.6 (225)	2.0 (26)	a	a	a
10-17	680.6 (5700)	128.0 (1072)	aa	a	aa
18-24	409.4 (5327)	73.2 (952)	6.2 (81)	1.4 (18)	18.8 (244)
25-34	336.9 (7270)	53.4 (1153)	6.3 (135)	1.1 (23)	10.4 (224)
35-44	305.1 (5958)	47.1 (920)	5.6 (110)	1.2 (23)	8.9 (174)
45-54	287.7 (5216)	43.9 (796)	5.2 (95)	1.3 (24)	8.2 (148)
55-64	231.2 (4717)	35.3 (721)	2.5 (52)	2.2 (45)	5.4 (110)
65-74	116.2 (1798)	16.3 (253)	.7 (11)	.5 (8)	3.4 (53)
75-84	55.6 (669)	8.7 (105)	.5 (6)	.5 (6)	1.4 (17)
85+	61.5 (535)	11.3 (98)	1.4 (12)	.9 (8)	1.8 (16)

In keeping with confidentiality regulations, numbers and rates are not disclosed for between one and five events ("a") and marked as "aa" when 6 or greater but suppressed to preserve censoring of an adjacent cell. Rates based on counts less than or equal to 20 are not calculated due to the instability of rates ("b"). These data are preliminary, and data quality and completeness may vary over time.



# 11 Leading Causes of Death, Connecticut 2015 - 2019, All Races, Both Sexes

[Click on any age group for percentages.](#)

Rank	Age Groups										All Ages
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	
1	Short Gestation 164	<b>Unintentional Injury</b> 20	Malignant Neoplasms 25	<b>Unintentional Injury</b> 24	<b>Unintentional Injury</b> 651	<b>Unintentional Injury</b> 1,521	<b>Unintentional Injury</b> 1,472	Malignant Neoplasms 1,898	Malignant Neoplasms 5,619	Heart Disease 30,663	Heart Disease 35,953
2	Congenital Anomalies 125	Malignant Neoplasms 15	<b>Unintentional Injury</b> 19	Malignant Neoplasms 22	<b>Suicide</b> 206	<b>Suicide</b> 269	Malignant Neoplasms 483	<b>Unintentional Injury</b> 1,591	Heart Disease 3,351	Malignant Neoplasms 24,631	Malignant Neoplasms ---
3	Maternal Pregnancy Comp. 88	Congenital Anomalies 14	Congenital Anomalies ---	<b>Suicide</b> 14	<b>Homicide</b> 104	<b>Homicide</b> 161	Heart Disease 343	Heart Disease 1,391	<b>Unintentional Injury</b> 1,441	Chronic Low. Respiratory Disease 6,328	<b>Unintentional Injury</b> 10,106
4	SIDS 44	<b>Homicide</b> ---	<b>Homicide</b> ---	Heart Disease ---	Malignant Neoplasms 95	Malignant Neoplasms 149	<b>Suicide</b> 261	<b>Suicide</b> 464	Liver Disease 648	Cerebro-vascular 6,162	Chronic Low. Respiratory Disease 7,091
5	Placenta Cord Membranes 35	Heart Disease ---	Heart Disease ---	Cerebro-vascular ---	Heart Disease 27	Heart Disease 148	Liver Disease 119	Liver Disease 371	Chronic Low. Respiratory Disease 559	Alzheimer's Disease 4,978	Cerebro-vascular 6,823
6	<b>Unintentional Injury</b> 27	Cerebro-vascular ---	Septicemia ---	<b>Homicide</b> ---	Congenital Anomalies 21	Liver Disease 30	<b>Homicide</b> 95	Diabetes Mellitus 230	Diabetes Mellitus 512	<b>Unintentional Injury</b> 3,339	Alzheimer's Disease 5,031
7	Respiratory Distress 23	Perinatal Period ---	<b>Six Tied</b> ---	Chronic Low. Respiratory Disease ---	Chronic Low. Respiratory Disease ---	Diabetes Mellitus 28	Diabetes Mellitus 72	Cerebro-vascular 156	<b>Suicide</b> 451	Influenza & Pneumonia 2,891	Diabetes Mellitus 3,515
8	Bacterial Sepsis 18	Septicemia ---	<b>Six Tied</b> ---	Congenital Anomalies ---	Cerebro-vascular ---	Cerebro-vascular 20	Cerebro-vascular 57	Chronic Low. Respiratory Disease 140	Cerebro-vascular 413	Diabetes Mellitus 2,669	Influenza & Pneumonia 3,234
9	Circulatory System Disease 18	Anemias ---	<b>Six Tied</b> ---	Influenza & Pneumonia ---	Complicated Pregnancy ---	Chronic Low. Respiratory Disease 20	Septicemia 36	Septicemia 111	Septicemia 327	Nephritis 2,603	Septicemia 3,033
10	<b>Three Tied</b> 12	Meningitis ---	<b>Six Tied</b> ---	<b>Four Tied</b> ---	Influenza & Pneumonia ---	Congenital Anomalies 19	Influenza & Pneumonia 34	Influenza & Pneumonia 80	Nephritis 260	Septicemia 2,528	Nephritis 2,963
11	<b>Three Tied</b> 12	Nephritis ---	<b>Six Tied</b> ---	<b>Four Tied</b> ---	Septicemia ---	<b>Two Tied</b> 18	Chronic Low. Respiratory Disease 31	Nephritis 78	Influenza & Pneumonia 202	Parkinson's Disease 1,768	<b>Suicide</b> 2,040

# CT Contact Center Services



- **United Way of Connecticut's Contact Center** handles Connecticut 988 calls and Connecticut 988 calls, and provides the following for all ages:
  - Support over the phone is available 24 hours, 7 days a week, 365 days a year.
  - Mental health screening and suicide risk assessment based on national best practices
  - Access to home and/or community-based services, and peer support resources
  - Collaborative safety planning
  - Follow-up contacts
  - Warm transfer to local youth or adult mobile crisis services for in-person services
  - Coordination with 911 rescue services

2-1-1 of Connecticut

**988**  
SUICIDE  
& CRISIS  
LIFELINE

# Youth Mobile Crisis Intervention Services (call 211, then press 1 then 1)

- ▶ Youth Mobile Crisis Intervention Services for children and youth under 18 provides:
  - ▶ Rapid, urgent, face-to-face crisis response for children and their families expanding hours to 24 hours, 7 days a week, 365 days a year.
  - ▶ Mental health screening and suicide risk assessment based on national best practices
  - ▶ Collaborative safety planning
  - ▶ Access to various home and/or community-based services, treatment services, and peer support resources
  - ▶ Short-term follow-up care
  - ▶ Discharge collaboration with treatment locations
  - ▶ Information & Materials: <https://www.mobilecrisisempst.org>

When it's just  
too much to handle,  
call us, we can help!



**DIAL 2-1-1**

To contact  
Mobile Crisis  
Intervention Services  
[mobilecrisisempst.org](http://mobilecrisisempst.org)

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SUICIDE  
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# Adult Mobile Crisis Services (call 211 then press 1 then 2)

- ▶ Adult Mobile Crisis Services for adults age 18 and over provides:
  - ▶ Person-centered, telephonic support, or face-to-face response expanding hours to 24 hours, 7 days a week, 365 days a year.
  - ▶ Mental health screening and suicide risk assessment based on national best practices
  - ▶ Collaborative safety planning
  - ▶ Access to various community-based and/or treatment-based services, and peer support resources
  - ▶ Follow-up contacts
  - ▶ Information & Materials: <https://uwc.211ct.org/actionline/>

ADULT CRISIS TELEPHONE  
INTERVENTION AND  
OPTIONS NETWORK

**WE ARE HERE  
FOR YOU**

1-800-467-3135



YOU HAVE OPTIONS  
**ACTION LINE**  
1-800-HOPE-135 or 211

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# Where are Mobile Crisis Services Provided?

- ▶ Mobile Crisis comes to the child or adult:
  - ▶ Their home
  - ▶ At school or work
  - ▶ At their doctor's office
  - ▶ In the Emergency Department (ED)
  - ▶ Any other community setting
- ▶ Services are available in any location except Residential Treatment Centers, Sub-Acute Units or Inpatient Units

# When to Call 911 for Police or Ambulance?

## ▶ Call when:

- ▶ The person needs immediate police intervention (**weapons involved, serious assault, etc.**)
- ▶ The person needs immediate medical attention (**overdosed, currently intoxicated, seriously injured, or at immediate risk of suicide attempt, etc.**)
- ▶ Mobile crisis can respond to a situation with police assistance or after police have stabilized a situation. Calling the police *does not exclude* a mobile crisis response.

# When to Call 211 or 988

- ▶ Call 211 for Mobile Crisis when:
  - ▶ You are considering going to or sending a person to the Emergency Department for a mental health evaluation.
  - ▶ You can't reach the person's mental health service provider during a crisis.
- ▶ Call 211 for Mobile Crisis when:
  - ▶ You have already called the police, but need mental health support as well. Calling the police does not exclude a Mobile Crisis response.
  - ▶ Mobile crisis can respond to a situation with police assistance or after police have stabilized a situation.
- ▶ Call when any age person:
  - ▶ Is talking about or is at risk of suicide [www.preventsuicidect.org/about-suicide/warning-signs/](http://www.preventsuicidect.org/about-suicide/warning-signs/)
  - ▶ Threatens or is at risk for violence
  - ▶ Has been victimized/traumatized
  - ▶ Is in harms way without immediate assistance
  - ▶ Is behaviorally “acting out” or out of control
  - ▶ Is in emotional or mental distress and/or uncommunicative
  - ▶ Is depressed and you are worried
  - ▶ Is having any other behavioral health crisis

*Note: Please include local MCS in your planning too*

# What You Can Do to Help

- ▶ Promote resource materials (Mobile Crisis Services, 1 WORD, 988)
- ▶ Host conversations, and use evidence-based curriculum about mental health promotion and suicide prevention
- ▶ Host and Take Gatekeeper Training for your staff, families and the community to learn how to recognize and respond to someone in crisis, and help them get assistance.
- ▶ Have protocols in place that guide staff to help students and families in distress.
- ▶ Ensure staff know how and where to get help for themselves, peers, and visitors.
- ▶ Connect with your local Mobile Crisis providers through 211 or 988 to develop collaborative relationships to support youth and adults.
- ▶ Get Involved with the CT Suicide Advisory Board and your Regional Suicide Advisory Board - [www.preventsuicidect.org](http://www.preventsuicidect.org)
- ▶ Learn more about 988 resources here: <https://www.preventsuicidect.org/get-help/ct-988/>

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**988**  
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**1**WORD  
VOICE  
LIFE

Be the 1 to start the conversation  
PREVENTSUICIDECT.ORG

# Messaging to Share

- ▶ There is “no wrong door” in CT. To reach the CT crisis contact center for telephonic support or mobile crisis services, people can call 211 and press 1 for crisis and then 1 for children or 2 for adults, or they can call 988 to be routed to the CT contact center. They will not have to press any other numbers when they call 988 to get services, and call, text and chat services are all functioning. Veterans are still guided to press 1 for the Veterans Crisis Line when they call 988, just as the 800 NSPL line did.
- ▶ Youth in crisis? In CT, call 211 (press 1 for crisis, 1 for youth), Call/Text - 988 or Chat [www.988lifeline.org](http://www.988lifeline.org)
- ▶ Adults in crisis? In CT, call 800-HOPE-135 or 211 (press 1 for crisis, 2 for adults), Call/Text - 988 or Chat [www.988lifeline.org](http://www.988lifeline.org)



CALL IN CT, 211  
CALL/TEXT 988  
CHAT 988LIFELINE.ORG

1 WORD  
VOICE  
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PREVENTSUICIDECT.ORG





## Contact:

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