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Learning Objectives

- ▶ Define Means Restriction
- ▶ Learn what resources are available
- ▶ Learn how to incorporate means restriction into your communities suicide prevention efforts



Means Restriction/Reduction

Activities designed to reduce access or accessibility to the means and methods of deliberate self-harm in order to reduce the odds that an attempter will use a highly lethal means, thus lowering the case fatality ratio of suicides/suicide attempts

Reducing the odds that an attempter will use highly lethal means

EXAMPLES OF MEANS RESTRICTION



Means Matter

Reducing access to lethal means is one of the most effective strategies for preventing suicide deaths.

Guns are the focus of most means reduction efforts because:

- They are the leading method in the US (49.9%)
- Firearms are very accessible in the US; many homes have guns
- They are highly lethal
- No chance to change ones mind or for rescue once the trigger is pulled
- **Suicidal crises are often short-lived**

85% of youth under 18 who died by firearm suicide used a family member's gun, usually a parent's

What did Kenosha County Do?

1. Education on firearm safety - What resources are out there?



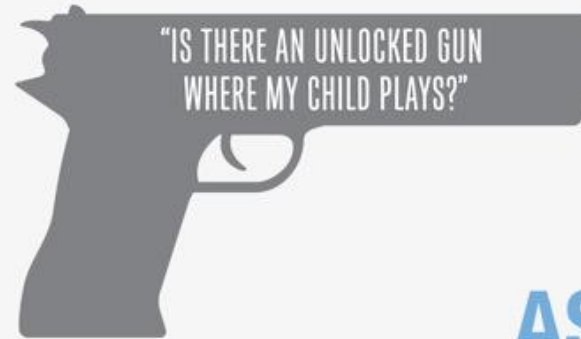
Project ChildSafe

www.projectchildsafe.org

ASK

www.Askingsaveskids.org

ONE QUESTION COULD
SAVE YOUR CHILD'S LIFE.



FOR MORE INFORMATION ON HOW TO KEEP YOUR CHILD SAFE, VISIT WWW.ASKINGSAVESKIDS.ORG

ASK
ASKINGSAVESKIDS

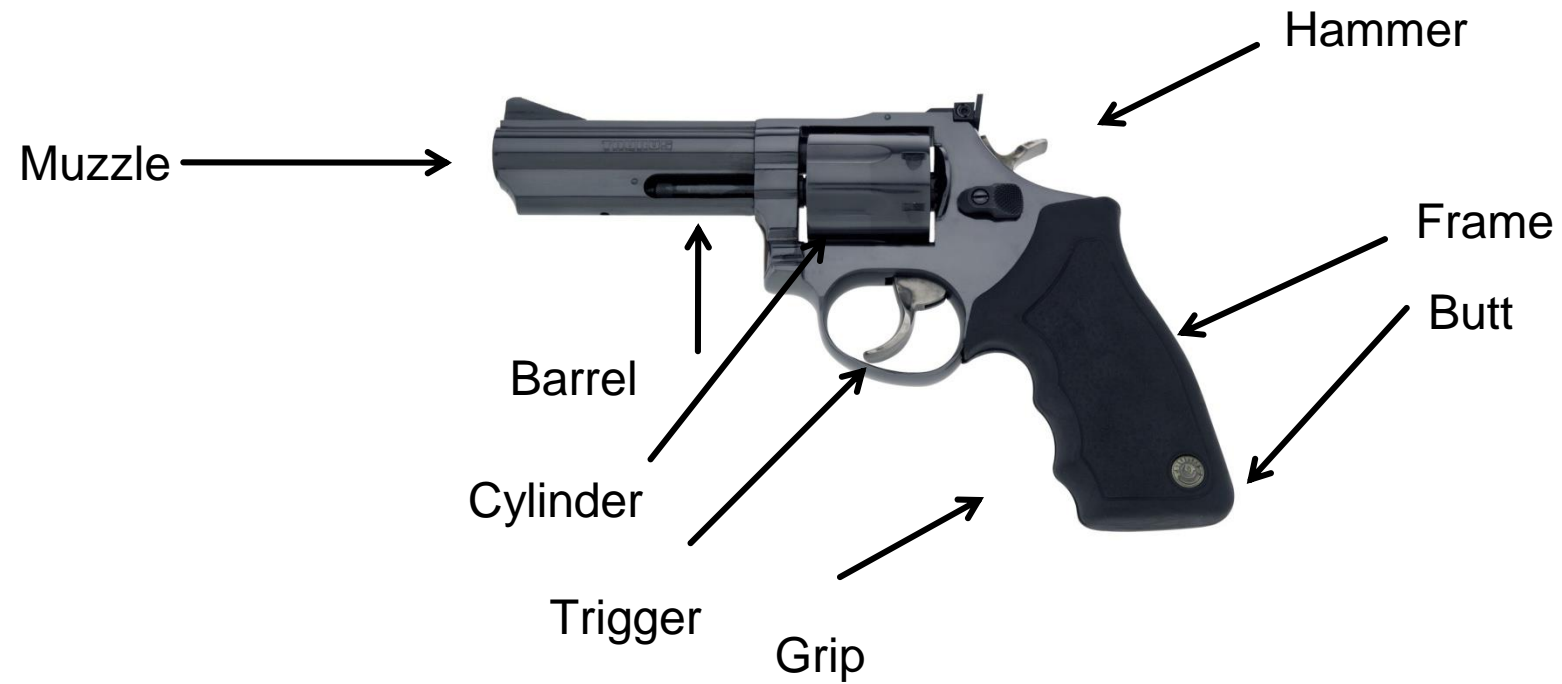
Harvard Means Matter



Means Matter
Suicide, Guns & Public Health



Anatomy of a Firearm



CABLE GUN LOCK



What it is: A device that blocks the chamber to prevent a cartridge from being fired.

How it works: Chamber locks are inserted in or through the magazine well or chamber, or are inserted through the gun barrel and chamber to block a cartridge from moving into position. A combination lock or key opens the lock.

Features: Metal cylinders, vinyl covered wire cables, or other designs. Locks may be "universal" or may only fit certain revolver or pistol models. Some models have anti-tamper alarms.

Advantages:

- ▶ Long cables may be threaded through several guns.
- ▶ Inexpensive

Disadvantages:

- ▶ Thin cables could be cut

Message

Store guns

- ❖ Unloaded
- ❖ Locked up
- ❖ Ammunition locked and stored separately

*Most teens know where their parents keep their guns.

What did Kenosha County Do?

1. Education on firearm safety - What resources were out there?
2. Is there evidence-based practice for this initiative?

QPR

- ▶ SPRC Best Practice Registry

<http://www.sprc.org/resources-programs/qpr-gatekeeper-training-suicide-prevention>

<http://www.sprc.org/comprehensive-approach/reduce-means>

- ▶ Added means restriction component
- ▶ Offer cable gun locks at presentations
- ▶ Medication Drop Box location
- ▶ Medication Lock Boxes

CALM: Counseling on Access to Lethal Means

Developed by Elaine Frank and Mark Ciocca, *CALM: Counseling on Access to Lethal Means* is a 1.5 to 2 hour workshop designed to help providers implement counseling strategies to help clients at risk for suicide and their families reduce access to lethal means, particularly (but not exclusively) firearms. It includes a number of components: background on suicide data and lethal means; an introduction to firearms; video presentation that models the counseling strategy; a presentation and discussion on conducting a counseling session; optional role plays; and a course evaluation.

A typical 90-minute training agenda includes:

- 1.The problem: Youth suicide and access to lethal means (PowerPoint, 25 minutes).
- 2.Introduction to firearms and their operation (PowerPoint, 15 minutes).
- 3.Negotiation of means restriction (video presentation, 15 minutes).
- 4.Conducting a family firearms assessment (PowerPoint and discussion, 30 minutes).
- 5.Wrap-up and evaluation (5 minutes).

The *CALM* program has developed over time with the benefit of initial funding from the Suicide Prevention Partnership/Gutin Family Foundation and in collaboration with Means Matter, a project of the Harvard Injury Control Research Center. It has benefited from evaluations received from many different audiences in a variety of states.

2012 National Strategy for Suicide Prevention

Goal 6. Promote efforts to reduce access to lethal means of suicide among individuals with identified suicide risk.

Suicide Prevention Resource Center

<http://www.sprc.org/search/means%20restriction>

What did Kenosha County Do?

1. Education on firearm safety - What resources were out there?
2. Is there evidence-based practice for this initiative?
3. Who are the key partners?

Partners

- ▶ Medical Examiner
- ▶ Law Enforcement
- ▶ Medical Community
- ▶ Gun Clubs
- ▶ Concealed carry class instructors
- ▶ Shooting Ranges
- ▶ Hunter Safety Classes
- ▶ Duck Unlimited
- ▶ Media

Data Collection Card

Event _____ Date _____

Age of recipient _____

Gender of patient M F

Race White African American Asian
 American Indian Hawaiian Pac. Islander
 Other Unknown

Ethnicity Hispanic Non-Hispanic

of CableGun Locks _____

Kenosha County Division of Health
CableGun Lock Program
8600 Sheridan Rd Suite 600 Kenosha WI 53143
Funding provided by the Charles E. Kubly Foundation

Accomplishments

- ▶ Prevent Suicide Wisconsin
- ▶ Funding - Charles E. Kubly Foundation
- ▶ Share what was learned - Statewide conferences, Webinars, reports
- ▶ Continue to foster relationships

Poisonings



Medication Collection Day

- ▶ Events have been done in April/May & October
- ▶ Locations
- ▶ Partnered with surrounding communities and other agencies
- ▶ Volunteers
- ▶ Paid staff
- ▶ Funding

Partners

- ▶ Pharmacist(s)
- ▶ Law Enforcement
- ▶ Drug Prevention Coalitions
- ▶ Businesses
- ▶ Disposal Company
- ▶ Drug Enforcement Agency
- ▶ Department of Justice
- ▶ Aging & Disability Resource Centers
- ▶ Realtors
- ▶ Senior Apartments

Prior to event

- ▶ Recruit volunteers
- ▶ Order postcards
- ▶ Press release
- ▶ Ads in newspaper*
- ▶ Post on business website
- ▶ E-mail announcement to contact lists
- ▶ Questionnaire
- ▶ Confirmation phone call/e-mail to volunteers
- ▶ Gather items needed for event

Volunteers

- ▶ Questionnaires
- ▶ Runners
- ▶ Sorters
- ▶ Traffic Control
- ▶ Pharmacist
- ▶ Law Enforcement

Items needed for event

- ▶ Reflective vests
- ▶ Clipboards
- ▶ Pens
- ▶ Markers
- ▶ Gloves
- ▶ Goggles
- ▶ Hand sanitizer
- ▶ Bleach wipes
- ▶ Cones
- ▶ Signs
- ▶ Tables (2-4) chairs
- ▶ Resources to dispose of sharps

Day of Event

- ▶ Set up cones and signs
- ▶ Set up tables
- ▶ Set up food/beverage station
- ▶ Greet volunteers
- ▶ Fill in for volunteers needing a break
- ▶ Be available to answer question by participants and volunteers



Hwy 45
Entrance

Medicine
Collection

Hwy 50
Exit



Traffic Control



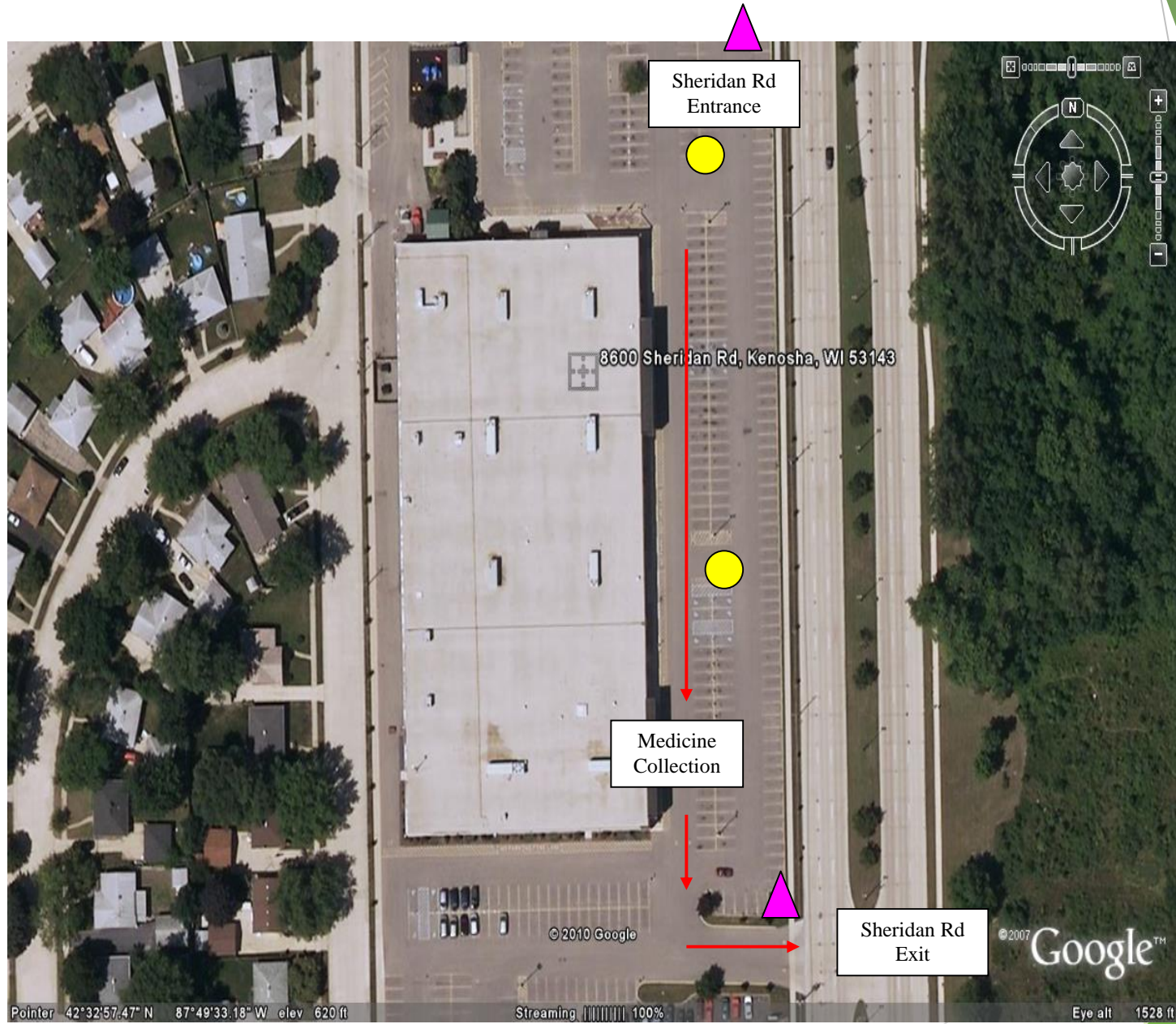
Signage

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Traffic Control



Signage

After the event

- ▶ Calls from those who missed the event
- ▶ Report
- ▶ Thank you's

Other Resources

- ▶ Drug Enforcement Agency (DEA)
- ▶ Department of Justice (DOJ)
- ▶ Pharmacies

Funding

- ▶ Dept of Agriculture, Trade & Consumer Protections (DATCP)
- ▶ Grants
- ▶ Permanent Site

Lessons Learned

- ▶ Be prepared for opposition
- ▶ Definitions are important
- ▶ Examples aren't necessary
- ▶ Dump out medications - **DON'T REACH IN BAGS**
- ▶ No company/business drop offs

Resources

- ▶ Harvard Injury Control Research Center Means Matter Campaign
 - ▶ Means Matter Booklets
 - ▶ www.meansmatter.org
- ▶ ASK campaign
 - ▶ <http://www.paxusa.org/ask/index.html>
- ▶ Suicide Prevention Resource Center
 - ▶ www.sprc.org
- ▶ Project Childsafe
 - ▶ www.projectchildsafe.org
- ▶ Washington State Department of Health
 - ▶ www.lokitup.org
- ▶ MedReturn Drug Collection Unit
 - ▶ www.medreturn.com
- ▶ Lock Med
 - ▶ www.lockmed.com
- ▶ New Hampshire Gun Project
 - ▶ <https://www.hsph.harvard.edu/means-matter/gun-shop-project/>

Questions?

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