



Virginia Department of
Behavioral Health &
Developmental Services

CSB/BHA Onboarding

Lock and Talk, a Suicide Prevention Program

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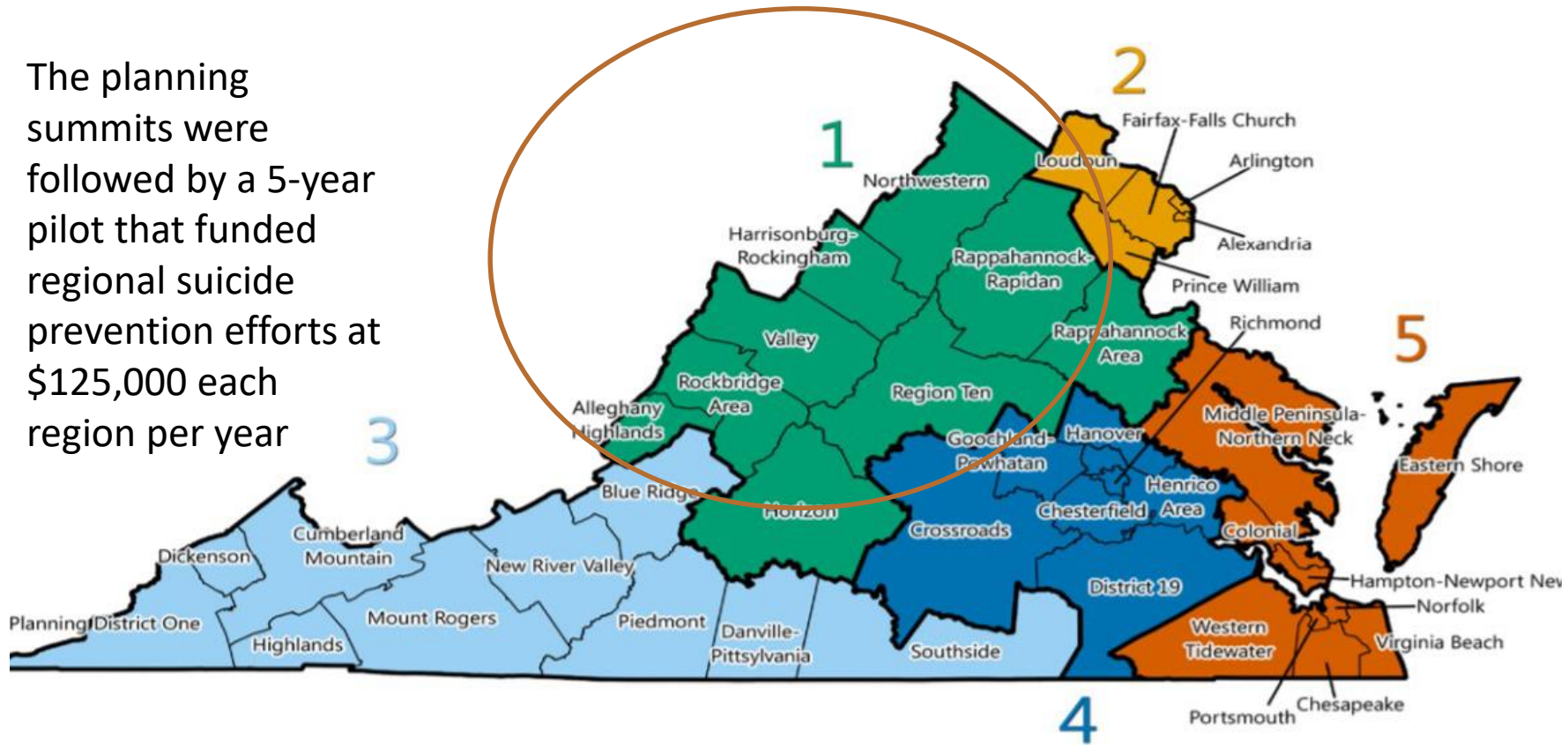


wellness:
Broadening Prevention

Lock and Talk History

2014 Planning Summits, then 5-Year Regional Suicide Prevention Pilots

The planning summits were followed by a 5-year pilot that funded regional suicide prevention efforts at \$125,000 each region per year



Environmental Strategies—Lock and Talk History

- After each region pulled together an action plan for suicide prevention, each was awarded \$125,000 yearly for a 5-year pilot. Eventually, this funding was put into state legislation. This is known as the Regional Suicide Prevention Initiative (RSPI).
- Region 1 decided to collaborate and develop a plan for these funds that would focus on building a regional suicide prevention program with a lethal means safety focus.

Expanding evidence-based suicide prevention training, spreading education, and safety device dissemination became a call to action:

1)Lock, and 2)Talk. From there, this was developed into a complete program.

How to Connect the Lock to the Talk

- Have our retail partners/coalition members, and CSB clinical staff spread suicide prevention education and our resources, plus educate and/or demonstrate the safe use of gun and medication locking devices.
- While hosting an evidence based suicide prevention or mental health first aid training, have a Lock and Talk booth near the door. Allow individuals taking the class to pick up safety devices and education to take home.
- Produce ads that not only advertise your free trainings, but also include the simple Lock and Talk message at the end: Lock meds. Lock guns. Talk safety.

“Gun Shop Project” Partnerships

There is great value in this kind of grassroots work for building capacity in your coalitions, expanding partnerships, and experiencing professional growth.



We are Lock and Talk Families



Firearm Safety & Suicide Prevention

- Like child safety, suicide prevention is another reason to **keep guns locked and unloaded.**
- **Temporarily removing firearms from the home can save a life.** Often, other means are less fatal.
- **Identify in advance who you would trust** to temporarily keep your guns safe outside the home and consider being willing to store guns for someone else if the need arises.
- If immediate help is needed, call 911; ask for a “CIT officer.”

When to Help; How to Help

- Are they Suicidal?
 - Depressed, angry, impulsive?
 - Going through relationship break-up?
 - Having legal trouble? Financial trouble?
 - Using drugs or alcohol more?
 - Not doing things they usually enjoy?
 - Losing hope?
 - Acting reckless?
 - Feeling trapped or burdensome?
- Secure guns, medications, and other means.
- The sooner the individual gets connected to help, the better chance suicide thoughts will diminish.
 - Call local Community Services Board emergency line.
 - Crisis Text Line: 24/7, text: 741-741, type: “Hello” to begin.
 - Call: National Suicide Prevention Lifeline 24/7, at: 800-272-8255.
 - If immediate help is needed, call 911 and ask for a “CIT-trained officer.”

“Gun Shop Project” Evolves

You may find yourself on the front line to help prevent a suicide

As a skilled professional, you understand the importance of an involved conversation with your clients when you sell them firearms; one that includes a discussion about client needs, safety, and a background check. It's a time consuming process, and during the time this takes, you may learn a lot about a client. What happens when you become concerned about their safety to themselves?



YOUR VIGILANCE COULD SAVE A LIFE

Learn some common warning signs of suicide thoughts so you can say "No" with confidence and instead, offer resources that can save their life.

None of the warning signs below clearly indicate someone is suicidal, but if any are present, use extra caution and decide carefully whether or not to proceed with the sale.



WARNINGS

- No knowledge about guns AND no interest in learning.
- Doesn't care which gun is purchased or is unresponsive to your questions about the purchase
- Gives unconvincing response when asked what the gun will be used for
- No interest in firearm storage, maintenance, or safety
- Mentions a recent crisis such as a divorce, financial loss, or other setback
- Looks anxious, avoids eye contact, appears distraught
- Makes comments that suggest suicide planning, like, "I don't need the gun for long" or, "I don't need a lot of ammunition."

OPTIONS

- Notify store owner or manager if you are at all uncomfortable about proceeding with a sale
- Urge customers with little or no experience to seek training before buying
- Ask the customer why they want a firearm and how and where they will use it
- If they claim to be buying for self-defense, offer to sell pepper spray instead
- Ask the person directly if they are planning to kill themselves. If yes, tell them you are unable to sell a firearm to them because you care about their safety and offer mental health resources
- Trust your instincts. You are not under obligation to sell a firearm to anyone

CALL TO ACTION

- Display the Lock and Talk suicide prevention poster in your store/range which includes a crisis hotline, warning signs, and tips
- Distribute firearm safety information to buyers
- Have mental healthcare resources on-hand
- Include Lock and Talk suicide prevention slide/s into your firearm safety courses.
- Request the accompanying handouts for your students
- Offer safe/locker rental for families who need to temporarily remove weapons from the home. Ask for Lock and Talk safety kits for their safe/locker
- Take a free suicide prevention course from a Lock and Talk representative

Learn more at www.lockandtalk.org

Warnings and Options adapted from New Hampshire Firearm Safety Coalition.

- Lock and Talk Handouts to educate firearms dealers/range operators
- Evidence-based suicide prevention trainings offered to firearms dealers/range operators
- Safety Education provided to firearms dealers/range operators to give to customers

Securing Your Firearm

Before Installing a Safety Device, ALWAYS:

1. Point your firearm in a safe direction.
2. Keep your finger off the trigger and outside the trigger guard.
3. Remove all ammunition from the firearm and store it separately.
4. Visually and physically inspect the weapon to ensure it is free of ammunition.
5. Check a second time to be certain the weapon is empty.

Cable Locks:

Install the cable lock to prevent the cylinder or breech from closing and the weapon from being fired.



Trigger Locks:

Install the trigger lock to prevent the trigger from being accessed.



lockandtalk.org

Gun Lock Distribution

Multiple partners help, like law enforcement officers--

- CIT Task Forces
- Substance Abuse Prevention Coalitions
- Events like National Night Out



Medication Safety Devices

Deterrent Devices Given Out With Education



Example of a locking medication box



LOCK
&
TALK
VIRGINIA

New SOR Initiative that utilizes Lock and Talk

Pharmacy Bags with the Insert Card Translated Front/Back

- Take inventory of your prescription and over the counter medication
- Properly dispose of unused, unwanted, or expired medications
- Take medications strictly as directed
- Talk to your children about the dangers of overdose and prescription drug abuse

+ Suicide Prevention Hotline Contact Information and Poison Control Information

Endorsed by the Virginia Pharmacists Association and spreading statewide.

LOCK MEDS.

Lock Your Medications For Safety

www.lockandtalk.org

- Take inventory of your prescription and over the counter medication
- Properly dispose of unused, unwanted, or expired medications
- Take medications strictly as directed
- Talk to your children about the dangers of overdose and prescription drug abuse



Call National Suicide Prevention Hotline if you or someone you know is in crisis: 1-800-273-8255; Press 1 for Veterans
Español: 1-888-628-9454

Poison Control Center: 1-800-222-1222 English

Seguridad en el almacenamiento de medicamentos

www.lockandtalk.org

- Asegure bien los medicamentos y haga un inventario tanto de los recetados y los de venta libre.
- Deseche correctamente los medicamentos no usados, no deseados o vencidos.
- Tome los medicamentos exactamente como se indica.
- Hable con sus niños sobre los peligros de sobredosis y abuso de medicamentos recetados.



Llame a la Línea Nacional de Prevención del Suicidio si alguien que conoce está en crisis: 1-800-273-8255; Línea de Crisis para Veteranos, presión 1

Español: 1-888-628-9454 Spanish

Centro para el Control de Envenenamientos: 1-800-222-1222

سالمة تخزين الأدوية

www.lockandtalk.org

- تأم ي وجرّد الوصفات الطبية والأدوية التي ال تحتاج إلى وصفة طبية؛
- التخلص بشكل صحيح من الأدوية غير المستخدمة أو غير المرغوب فيها أو منتهية الصلاحية؛
- تناول الأدوية بدقة حسب التوجيهات؛
- توعية الأطفال عن أخطار الجرعات الزائدة وتطاعي الموصوفة بوصفة طبية؛



إذا كنت في أزمة أو إذا كان أي شخص تعرفه في اتصال بالخدمة الوطنية "شريان الحياة للوقاية" 1-800-273-8255 ، خط الأزمات قدامي

مركز مراقبة: 1-800-222-1222 Arabic

TALK SAFETY.

약품 보관 관련 안전 사항

www.lockandtalk.org

- 일반 약품 및 처방전을 안전하게 보관하십시오.
- 사용하지 않는, 필요없는, 유통기한이 지난 약품을 적절한 방법으로 버리세요.
- 철저히 지시대로 약품을 복용하세요. 그리고
- 아이들에게 처방전 약품 오용 및 과용 위험에 대해 교육하십시오.



본인 또는 지인이 위기에 처했다면 국가 자살 방지 라인에 전화하십시오: 1-800-273-8255; 지역 군인 위기 라인 은 +1번을 누르십시오. 중독 제어 센터: 1-800-222-1222 Korean

Cất Giữ Thuốc Men An Toàn

www.lockandtalk.org

- Đảm bảo an toàn và kiểm kê các loại thuốc kê đơn cũng như không kê đơn;
- Thải bỏ đúng cách các loại thuốc không dùng đến, không cần thiết hoặc đã hết hạn;
- Tuyệt đối sử dụng thuốc theo đúng chỉ định; và
- Giải thích cho trẻ biết về sự nguy hiểm của việc dùng thuốc quá liều và lạm dụng thuốc kê đơn.



Gọi cho Đường Dây Nóng Quốc Gia Về Ngăn Chặn Tự Sát nếu quý vị hoặc người quen đang gặp khủng hoảng: 1-800-273-8255; Đường Dây Hỗ Trợ Khủng Hoảng dành Cho Cựu Chiến Binh, nhân Trung Tâm Kiểm Soát Chất Độc: 1-800-222-1222 Vietnamese

औषधि भण्डारण सुरक्षा

www.lockandtalk.org

- आफ्नो निर्धारित औषधि र ओभर-दिस-काउन्टर/पसलमा सजिलो किन्न पाउने) औषधिहरूको सूची लिएर सुरक्षित राख्नुहोस्;
- प्रयोग नभरिएका, आवश्यक नभएका वा म्याद समाप्त भएका औषधिहरूलाई राम्रोसँग व्यवस्थित गर्नुहोस्;
- औषधिहरू निर्देशित गरिए अनुसार खाई मात्रामा किनुहोस्; र
- आफ्ना बालबालिकसँग अधिक मात्रा (ओभरडोज) लिनु र निर्धारित औषधिको दुरुपयोग गर्नुका खतराहरूको बारेमा कुनैकानै गर्नुहोस्।



यदि तपाईं वा तपाईंको किनुभएको कोही व्यक्ति संकटमा हुनुहुन्छ भने, राष्ट्रिय आत्महत्या रोक्नमा लाग्नुहोस्: 1-800-273-8255; अरेल संकट लाइन, 1 चिपुहोस्।
Español: 1-888-628-9454 विष निवन्धन केन्द्र: 1-800-222-1222 मा कल गर्नुहोस्। Nepali

Statewide Expansion of Lock and Talk

STRENGTH IN COMMUNITY

LOCK & TALK VIRGINIA

MEDIBAG COMPANY | Presc

R5 Region Five
Public Behavioral Health, Crisis, & Support
Bringing the best for community health and healing.

western tidewater
Serving Tidewater

**LOCK MEDS.
LOCK GUNS.
TALK SAFETY.**

FOR MORE INFORMATION, VISIT LOCKANDTALK.ORG

LOCK & TALK VIRGINIA

For More Information, Visit LockandTalk.org
Regional Crisis Line (757) 656-7755
Veterans Crisis Line (800) 273-8255 Press 1
For Gun and Med Locks, Contact lockandtalk@wtcsh.org

X
PLEASE SIGN & RETURN TO medibag@medib.com
MEDIBAG COMPANY, PO BOX 1031 | WRIGHTSVILLE B

**LOCK MEDS.
LOCK GUNS.
TALK SAFETY.**

FOR MORE INFORMATION, VISIT LOCKANDTALK.ORG

**SOMOS UNA FAMILIA
“LOCK AND TALK”**

**Asegurar los medicamentos.
Asegurar las armas de fuego.
Hablar a menudo.**

LOCK & TALK VIRGINIA

LOCKANDTALK.ORG

Asegurando su arma de fuego

Antes de instalar un dispositivo de seguridad siempre:

1. Apunte su arma de fuego en una dirección segura.
2. Mantenga su dedo fuera del gatillo y del seguro del gatillo.
3. Remueva toda la munición del arma de fuego y guárdela en otro lugar.
4. Inspeccione el arma tanto visual como físicamente para asegurarse de que no tiene municiones.
5. Revise por segunda vez para asegurarse que el arma de fuego está vacía.

Seguro con cable:
Instale el Seguro de cable para prevenir que se cierre el cilindro o la recámara del arma y se dispare a sí misma.

Seguro del gatillo:
Instale el seguro del gatillo para evitar que haya acceso a este.

LOCK & TALK VIRGINIA
lockandtalk.org

Lock and Talk at State Level

- Lock and Talk is the lethal means safety program used in the Governor's Challenge
- Lock and Talk is a resource within the statewide Virginia Suicide Prevention Strategy
- Lock and Talk is listed within the body of the Governor's Certificate of Recognition for National Suicide Prevention Week.
- Lock and Talk has been utilized in cooperative campaigns with Department of Education, Virginia Department of Health, Virginia Center for Campus Suicide Prevention, Virginia Crisis Intervention Task Forces, Poison Control Center, Virginia Pharmacists Association, and more.

Service Members Veterans and Families



Hub for Lock and Talk



If you or someone you know is thinking of suicide:
Contact National Suicide Prevention Lifeline: 800-273-8255
or Crisis Textline: 741741, type "Hello."

About

Events

Projects

Resources

Blog

Contact Us

Lock Meds.
Lock Guns.
Talk Safety.

Empowering communities to help prevent suicides, to reach out for mental health care, to connect people to practical resources, and to heal.

Safety Guidelines

For Individuals

For Families And Friends

For Schools

For Media

For Professionals

For Virginia CSBs

Access Lock and Talk portal for the manual, videos, toolkits, and graphic templates: brochures, ads, billboards, bus boards, flyers, social media, and more by going to The Virginia CSBs page and entering your personal password assigned to your department after you complete the 3 ½ hour Lock and Talk training offered by DBHDS—OBHW and R1 Coordinator.

Current Lock and Talk Developments

- Where are we now? Statewide and... spreading nationally! We have new partnerships through the Governor's Challenge to prevent suicide among military service members, veterans, and their families, as well as independently contracted state agencies in the state of New York. A toolkit was developed for entities outside the state of Virginia who wish to utilize the program.
- Your Lock and Talk Development Team Coordinator is Jordan Brooks: Jordan.brooks@regionten.org
- If you are within Regions 2-5, your technical assistance contact is Rebecca Textor: Rebecca.Textor@dbhds.Virginia.gov

Reporting on Lock and Talk to DBHDS-OBHW

- Mid-year report will record efforts from October 1-March 31.
- End-Year report will record efforts from April 1-September 30.
- Your regional RSPI report information should be remitted separately to Lindsay.Martin@dbhds.Virginia.gov
- The Lock and Talk-specific program report to me: Rebecca.Textor@dbhds.Virginia.gov

Lock and Talk Resources

- Lock and Talk Website with Portal:
 - <http://lockandtalk.org>
- Cross-priority Framework
 - www.UrgentRelatedPreventable.org

You will receive a 3 ½ hour Lock and Talk virtual training to help you get started. Email your name and best email contact to Rebecca.Textor@dbhds.Virginia.gov to get on the list for the next training opportunity.

Contact Information

Rebecca Textor, MPS, CPS

Behavioral Health Wellness Consultant

Department of Behavioral Health and Developmental Services

Richmond, VA

Rebecca.textor@dbhds.virginia.gov

