

# Penn Innovation in Suicide Prevention Implementation Research (INSPIRE) Center

Stakeholders Committee Meeting



## Mission Statement

The INSPIRE Center's goals are to develop, test and scale up: (1) Suicide prevention practices for minority and disenfranchised groups, and (2) strategies to bring evidence-based practices to scale efficiently and with high fidelity. INSPIRE focuses on intervention and assessment practices that can be deployed rapidly in a range of practice settings, and in collaboration with community partners. The INSPIRE Center also strives to increase the capacity of the workforce by training community clinicians and fostering the next generation of suicide prevention researchers. In these ways, INSPIRE's interdisciplinary research team will transform approaches to suicide prevention.

### In this newsletter we share:

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Learn more about the  
INSPIRE Center at:

<https://www.med.upenn.edu/INSPIRE/>



## Signature Project: A Safety Planning Intervention and Follow-up Telehealth Service Model for Suicidal Individuals in Emergency Department Settings

Despite being at increased risk of suicidal behavior and suicide following an emergency department visit, many patients do not attend outpatient treatment.

### Aims

- Compare the effectiveness of the Suicide Prevention Consultation Center (SPCC) vs. Enhanced Usual Care (EUC) on patient outcomes for at-risk patients who present to emergency departments (EDs).
- Examine preliminary implementation outcomes for SPCC.
- Conduct a cost evaluation of SPCC and EUC.

### Highlights

- In March 2024, the SPCC launched at our first two sites (Hospital of the University of Pennsylvania at Cedar Crisis Response Center (HUP Cedar CRC) and Penn Presbyterian Medical Center (PPMC) ED)
- In June 2024, we launched at Pennsylvania Hospital (PAH) ED and Pennsylvania Hospital Crisis Response Center (PAH CRC)
- We onboarded and trained four SPCC clinicians including Stephanie Downer, MA, LPC, CEAP who started as the Clinical Director of the SPCC
  - Another clinician will start in June 2024 to extend SPCC referral hours

### Data Updates

- Dr. Danielle Mowery and her team are completing the final details for the de-identified electronic health record
- Work continues with the City of Philadelphia and other entities to gain access to Medicaid claims data
- We have enrolled 14 participants for Aim 2 and continued enrollment at PAH ED and PAH CRC
- We have begun to operationalize SPCC and EUC activities in order to run cost evaluations for both conditions



## Supporting Transitions to Adulthood and Reducing Suicide (STARS)

LGBTQ+ emerging adults are at increased risk for dying by suicide, yet there are few targeted interventions specifically for this group to reduce suicide risk. STARS is designed to improve social support, coping, and positive affect in LGBTQ+ youth.

### Aims

- To develop STARS through a systematic adaptation of an existing online intervention (iREACH).
- To examine the preliminary efficacy (suicidal ideation and behaviors) and mechanisms of action of STARS, relative to our control condition.
- To examine STARS' implementation outcomes when compared to the control arm.

### Highlights

- We recruited and enrolled 64 participants.
- We completed all peer mentoring sessions among intervention participants at the 6 month follow-up.
- Retention in peer mentorship sessions was high, with 81% of participants completing all 6 peer mentorship sessions.
- These findings were recently presented at NIMH as part of an invited session focused on peer mentoring modalities to address suicide risks.

### Increasing Capacity

- Students working in our study had the opportunity to actively contribute to discussions regarding:
  - Instrument development
  - Adaptation of the mHealth intervention's content and design
  - Large scale survey implementation
- Peer mentors received extensive training, including:
  - 12 hours of training (e.g. didactic, modeling, roleplays)
  - Weekly group supervision
  - Skills training
  - Bi-monthly booster training
- Recruitment staff received training in screening and suicide risk assessment



## Clinician Anxiety Labeling and Management through Exposure Research (Project CALMER)

Suicide is difficult to talk about, even for clinicians. Clinicians often experience anxiety and low self-efficacy in detecting and intervening with those at risk.

### Aims

- Develop an exposure-based implementation strategy (EBIS) to reduce clinician anxiety to deliver suicide screening, assessment, and interventions (SSAI).
- Iteratively refine the EBIS in pilot field-testing using rapid cycle prototyping.
- Test acceptability, feasibility, and preliminary effectiveness of the EBIS compared to Implementation as usual (IAU) to target SSAI implementation mechanisms and outcomes in a pilot trial.

### Highlights

- We have pilot tested the intervention with 20 community clinicians
- We recruited 36 clinicians from five local community mental health agencies in Philadelphia to conduct a randomized trial
- Clinicians completed a 4-hour safety planning workshop and bi-weekly consultation groups
  - EBIS group learned specialized content about clinician anxiety in response to SSAI
  - 33 clinicians finished T3 study assessments
- Data collected is expected to conclude July 2024

### Increasing Capacity

- Qualitative Interview Training:
  - Provided research staff qualitative interviewing skills
- Professional Development for Trainees:
  - Postdoctoral fellows (Eric Crosby, PhD and Jesslyn Jamison, PhD) contributed to the training and led consultation activities
- Professional Development for Therapists:
  - Therapists in Aims 2 and 3 activities are trained in the C-SSRS and SPI
  - Some clinicians received continuing education units for study participation



## Pathways to Care: Navigating Initiation of Mental Health Treatment for Black Youth with Suicidal Risk

Barriers to Black youth starting mental health treatment include lack of perceived need, stigma, mistrust of providers and treatment, difficulties in physically accessing available services, and providers' lack of cultural competence.

### Aims

- Conduct a systematic adaptation of Suicidal Teens Accessing Treatment (STAT-ED) for suicidal Black youth presenting in the emergency department (ED).
- Examine implementation outcomes of a patient navigation intervention (acceptability, feasibility, & fidelity).
- Examine preliminary efficacy of the intervention on primary and secondary outcomes, and on a potential mediator.

### Highlights

- In preparation for the randomized control trial (RCT), we updated and developed research materials
  - Research protocol, consent forms, recruitment material, etc.
- Adaptations to STAT-ED were finalized, a control condition was determined, and a manual including intervention strategies for subgroups was developed
- A fidelity checklist was finalized for the first session of the adapted STAT-ED
- 26 youth and 23 parents were enrolled in the RCT
  - 29 dyads with 26 dyads completing the baseline assessment

### Increasing Capacity

- A patient navigator was trained using a variety of methods
- Study staff conducted two trainings with ED academic associates about the need for this study and were provided a study overview
- Study coordinator completed trainings on electronic documentation, statistics, and ableist language
- Dr. Rhonda Boyd presented "Career journey as a child clinical psychologist to a suicide prevention researcher" in an undergraduate research training initiative at Rowan University



## Signature Project

- Brown, G. K., Wolk, C. B., Green, K. L., Nezir, F., Mowery, D. L., Gallop, R., Reilly, M. E., Stanley, B., Mandell, D. S., Oquendo, M. A., & Jager-Hyman, S. (2024). Safety planning intervention and follow-up: A telehealth service model for suicidal individuals in emergency department settings: Study design and protocol. *Contemporary Clinical Trials*, 140, 107492. <https://doi.org/10.1016/j.cct.2024.107492>. PMID: PMC11071175.

## Project CALMER

- Becker-Haimes, E. M., Brady, M., Jamison, J., Jager-Hyman, S., Reilly, M. E., Patel, E., Brown, G. K., Mandell, D. S., & Oquendo, M. A. (2023). An exposure-based implementation strategy to decrease clinician anxiety about implementing suicide prevention evidence-based practices: Protocol for development and pilot testing (Project CALMER). *Implementation Science Communications*, 4(1), 148. PMID: PMC10675939.

## Pathways to Care

- Esposito, J., Davis, M., & Boyd, R. C. (2023). Suicide prevention in pediatric health care settings. *Pediatric Clinics of North America*, 70(6), 1115-24. <https://doi.org/10.1016/j.pcl.2023.06.008>.
- Boyd, R. (2023, December). Black youth suicide: Recent research and policy. Division of Adolescent Medicine Research Seminar, Children's Hospital of Philadelphia, Philadelphia, PA.
- Mautone, J., Boyd, R., & Chaiyachati, B. (2024, February). Behavioral health portfolio discussion on patient navigators and improving access to behavioral health care. Children's Hospital of Philadelphia PolicyLab, Philadelphia, PA.
- St. Paul, C., Lloyd, M., Boyd, S., Viegas de Mores Leme, L., Jones, J., Mowery, D., Esposito, J., Benton, T., & Boyd, R. (2023, May). Perspectives on mental health service use by Black youth at risk for suicide and their caregivers [Poster]. Leadership Education in Neurodevelopmental Disability Fellow Program 24th Annual Research/Community Symposia & Poster Day, Children's Hospital of Philadelphia, Philadelphia, PA.
- Lloyd, M., Benton, T., Esposito, J., Jones, J., & Boyd, R. (2024, April). Illustrative example of advisory board in suicide intervention research with Black adolescents in the ED [Poster]. Suicide Research Symposium, Virtual Conference.

## STARS

- Brown, L. A., Webster, J. L., Tran, J. T., Wolfe, J. R., Golinkoff, J., Patel, E., Arcomano, A. C., Ben Nathan, J., Azat O'Connor, A., Zhu, Y., Oquendo, M., Brown, G. K., Mandell, D., Mowery, D., & Bauermeister, J. A. (2023). A suicide prevention intervention for emerging adult sexual and gender minority groups: Protocol for a pilot hybrid effectiveness randomized controlled trial. *JMIR Research Protocols*, 12, e48177. <https://doi.org/10.2196/48177>. PMID: PMC10576233.
- Brown, L. A. (2023, November). Suicide risk reduction among people with HIV. Joint NIMH Center Seminar Series, Johns Hopkins University, Baltimore, MD.
- Brown, L. A., Webster, J., Tran, J., Burgese, T., Golinkoff, J., & Bauermeister, J., On behalf of the INSPIRE Research Center. (2023, November). Helping the helpers: Supporting peer navigators in suicide prevention work. In S. Sayers (Chair), *Suicide prevention by involving close supporters of individuals at risk for suicide* [Symposium]. Association for Behavioral and Cognitive Therapies, Seattle, WA.
- Brown, L. A., Tran, J., Webster, J., Ben-Nathan, J., & Bauermeister, J. (2024, February). Helping the helpers: Supporting peer navigators in suicide prevention work. *Advancing the Science on Peer Support and Suicide Prevention Workshop*, National Institute of Mental Health, Washington, DC.
- Brown, L. A., Tran, J., Webster, J., Ben-Nathan, J., & Bauermeister, J. (2024, February). Suicide prevention in Veterans: Building connection to care, community, and technological interventions. National Center for PTSD, Palo Alto, CA.
- Tran, J. T., Brown, L. A., Webster, J., Wolfe, J., Listerud, L., Ben Nathan, J., Arcomano, A., Patel, E., Deshpande, A., Pancoe, S., & Bauermeister, J. A. (2024, March). Adaptation of a digital health intervention to reducing suicide among LGBTQ+ youth [Poster]. 45th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA.
- Tran, J. T., Kautz, M., Brown, L. A., Webster, J., & Bauermeister, J. A. (2024, April). Testing a model for queer youth suicidality prevention among emerging adults in Philadelphia [Poster]. Suicide Research Symposium, Virtual Conference.
- Kautz, M., Tran, J. T., Webster, J., Bauermeister, J. A., & Brown, L. A. (2024, April). Association of social acceptance and rejection with the frequency childhood adversity in emerging adults at risk for suicide [Poster]. Suicide Research Symposium, Virtual Conference.
- Ben Nathan, J., Mayinja, L., Webster, J., Tran, J. T., Burgese, T., Calkins, M. E., Bauermeister, J., & Brown, L. A. (2024, April). Rates of self-reported psychotic experiences among LGBTQ+ emerging adults at risk for suicide [Poster]. Suicide Research Symposium, Virtual Conference.