

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



Center Updates



## 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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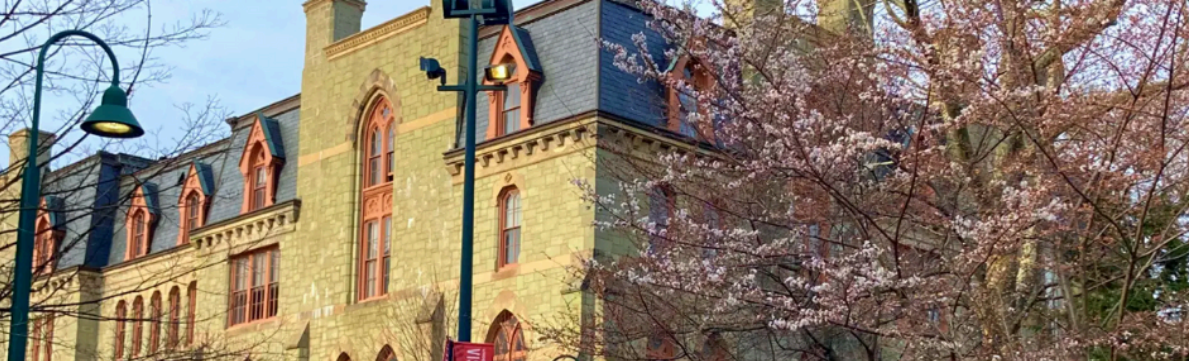
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Learn more about the  
INSPIRE Center at:

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



## Research Highlights

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

In the past few months, the Signature Project has continued to expand the Suicide Prevention Consultation Center (SPCC) services to Chester County emergency department and will soon go live at Lancaster General emergency department. 5 EDs are currently referring to the SPCC with 3 more to launch by the end of the year. The SPCC has also extended its operations to evening hours and hired two new therapists.

With the help of Dr. Danielle Mowery, PhD and her team, the simple electronic medical records (EMR) viewer is now live and coding of the first batch of data will begin soon.

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

42 clinicians from 10 local community mental health agencies in Philadelphia were randomized to receive either an exposure-based implementation strategy (EBIS) or implementation as usual (IAU). All clinicians participated in safety-planning training and bi-weekly consultation groups, but those randomized to EBIS were provided additional content to support managing clinician anxiety related to suicide prevention work.

32 participants have completed all study-related activities, and the study team is now analyzing the data collected to inform future publications and formulate next steps.



## Research Highlights

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

Data collection for participants in the study has been completed and the team is now in the process of finalizing data analysis. The preliminary findings, including utilization of the safety plan, utilization of the app, peer mentor and participant feedback, and suicidal ideation outcomes, all look very encouraging. More results to come soon!

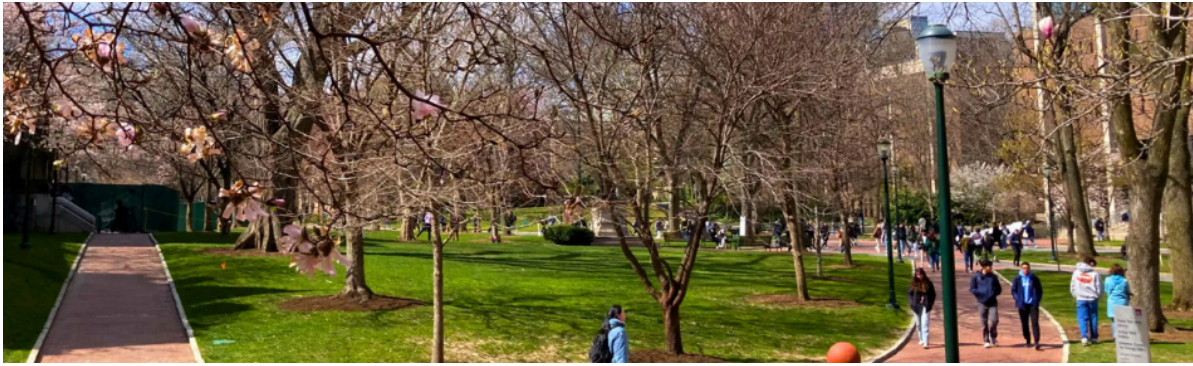
### Pathways to Care: Navigating Initiation of Mental Health Treatment for Black Youth with Suicidal Risk

Randomized control trial (RCT) recruitment for the adapted patient navigation intervention was completed in mid-June. 26 youth and 29 caregivers, representing 33 dyads, received study interventions until September of this year.

In June, the study team presented a poster entitled, “Illustrated example of advisory board in suicide intervention research with Black adolescents” at the Leadership Education in Neurodevelopmental Disability Fellow Program’s 24th Annual Research/Community Symposia & Poster Day held at the Children’s Hospital of Philadelphia.

Also in June, Dr. Rhonda Boyd, PhD presented “Black youth suicide risk and assessment” for the GoodTherapy Virtual Continuing Education series.





## Impact Spotlight

### Collaboration

"INSPIRE has allowed for me to collaborate with experts on topics that stretch my knowledge base and experiences. For instance, Exploratory Project 1 allowed for me to collaborate with Dr. José Bauermeister, an international expert in supporting adolescent mental health, for the first time. Our collaboration resulted in an invitation to present in an NIH-sponsored workshop on peer mentorship in suicide prevention, which was an outstanding professional development opportunity."

-Lily Brown, Ph.D



### Diversity

"As an interdisciplinary psychologist of color, I value the diversity of the INSPIRE Center, including both professional and cultural backgrounds. Being part of this community has enabled me to approach suicide research and interventions from various perspectives, foster cultural sensitivity, and develop more creative and innovative solutions."

-Hayoung Donnelly, Ph.D



### Community

"I've watched Penn investigators learn so much from community members about what it will take to take evidence-based interventions to scale, and the realities of working in underfunded systems that provide care to those most in need. I've watched partnerships form and strengthen in response to a shared commitment to prevent suicide among our most vulnerable citizens."

-David Mandell, Sc.D







## In the Loop

### My Brother's Keeper Cares (MBKCares) ♦

Ihsan Hines, founder and president of MBKCares and member of the INSPIRE Center's Stakeholders Committee, led MBKCares' 3rd annual "Discovering Mental Wealth" event last month. This unique arts and healing experience featured poetry and spoken word performances, a mental health panel discussion, and various activities promoting mental wellness.

INSPIRE investigator Dr. Lily Brown, PhD and postdoctoral fellow Dr. Marin Kautz, PhD were in attendance. Dr. Brown participated as a panelist in the discussion "What Is Mental Wealth To Me?".

MBKCares is a nonprofit organization based in Philadelphia, PA that aims to promote mental health awareness, suicide awareness, and suicide prevention through faith-based initiatives, community & business collaborations, art therapy, mentorship & educational outreach, fitness programs, and counseling resources.



For more information about MBKCares or details about future events, please visit: <https://www.mbkcares.com>