



Relias Spotlight Series

September 2020

Greetings Providers,

Welcome to the September issue of Optum Idaho **Relias Spotlight Series**— a series devoted to providing you with access to **free, easily accessible, and CEU-eligible** online education about topics that are of most importance to behavioral health providers across our state!

September is Suicide Awareness Month



Suicide is a critical public health issue in Idaho for adults, youth, and our military veterans. Suicide brings tragic loss to families, friends, schools and entire communities across the state each year.

In 2016 alone, 350 people died from suicide in Idaho, and Idaho continually ranks among the top 10 states with the highest number of suicide deaths per capita.

Extensive research also shows that one common factor that characterizes those who complete suicide is that they feel they do not belong and are not connected to others; in fact, they believe themselves to be a burden to those around them.

Prevention is Possible. Fortunately, there is more evidence today than ever before about what can be done to prevent suicide. Research has shown that children who feel a sense of belonging or connectedness and who feel capable are more resilient and at lower risk for all types of risky behavior, including suicide.



We can help! We have the ability to help our clients to develop and maintain a sense of connectedness. Whether working with youth, adults, or military veterans, our work and the work of all health care professionals in the prevention of suicide is critical.

Below is a list of courses that will assist you in identifying the needs of individuals at risk for suicide, as well as recommendations for provider- and member-centric interventions to increase positive outcomes and better manage risk in your practice.

Courses

- [Community-Based Suicide Prevention](#)
- [Identification, Prevention, and Treatment of Suicidal Behavior for Service Members and Veterans](#)
- [Interventions for Suicide Risk and Postvention for Suicide Loss Survivors](#)
- [Overview of Adolescent Suicide](#)
- [Suicide and Depression in Older Adults](#)
- [Suicide in Adolescents and Transition Age Youth](#)
- [Suicide Risk Factors, Screening, and Assessment](#)
- [Veterans Suicide Prevention and Intervention](#)

We encourage you to take the time to explore these free of cost courses and allow them to empower and encourage you to continue to make a difference in the lives of your clients, as you so valiantly do every day.

Thank you on behalf of the team at Optum Idaho for all you do for our members.

Autumn is here! May this autumn month bring you joy and happiness,
The Optum Idaho Education and Training Team