

History of the Suicide Prevention Center

Los Angeles Suicide Prevention Summit
September 7, 2011

Lyn Morris, MFT
Division Director of the Suicide Prevention
Center
Didi Hirsch Mental Health Services

1-877-727-4747
Suicide Prevention Crisis Line

Didi Hirsch Mental Health Services

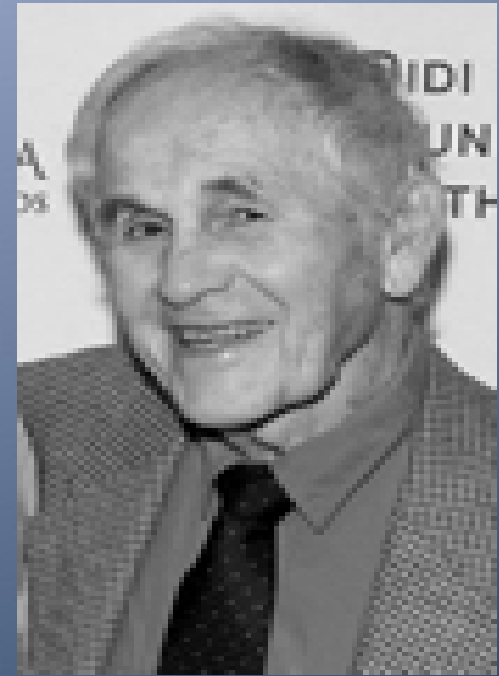
The Founding Fathers of the Suicide Prevention Center



Dr. Norman Farberow



Dr. Edwin Shneidman

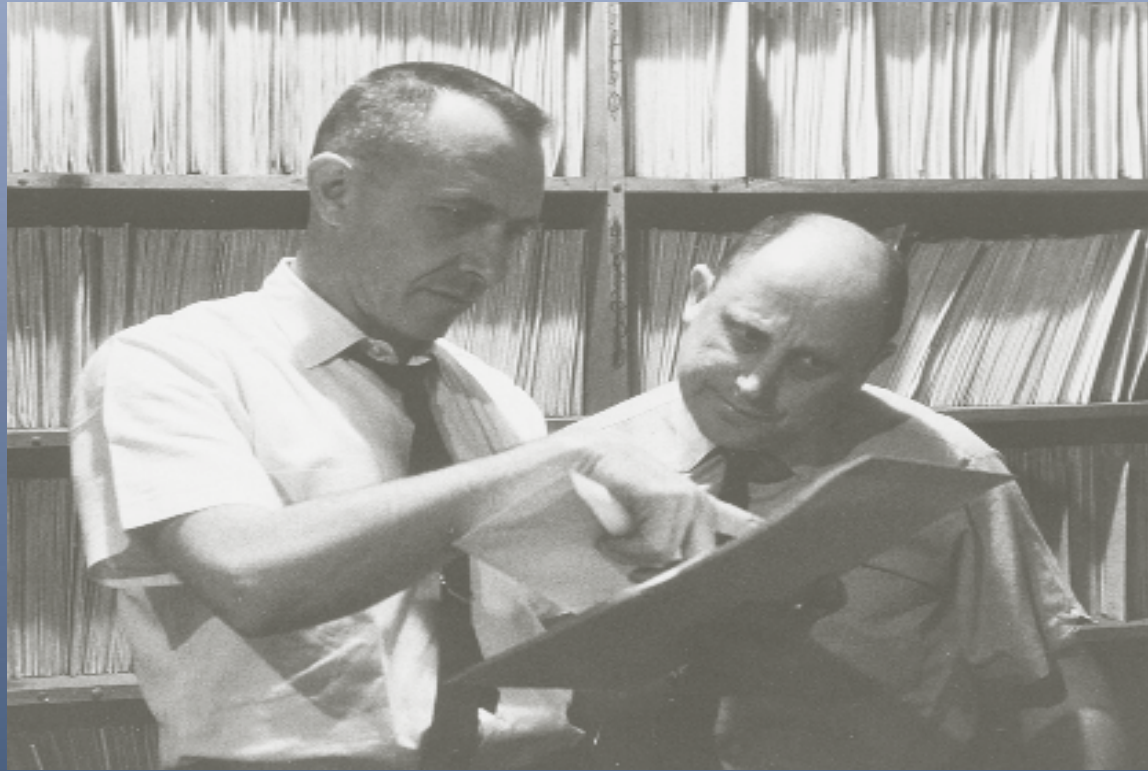


Dr. Robert Litman

Didi Hirsch Mental Health Services
Didi Hirsch Mental Health Services

1953

The Beginning



Drs. Farberow and Shneidman study cases of known suicide.

Drs. Farberow and Shneidman study suicide notes in the Los Angeles County Coroner's basement.

1955

Working with suicidal individuals



Dr. Shneidman, Dr. Farberow and Dr. Litman interview a woman who attempted suicide .

1958

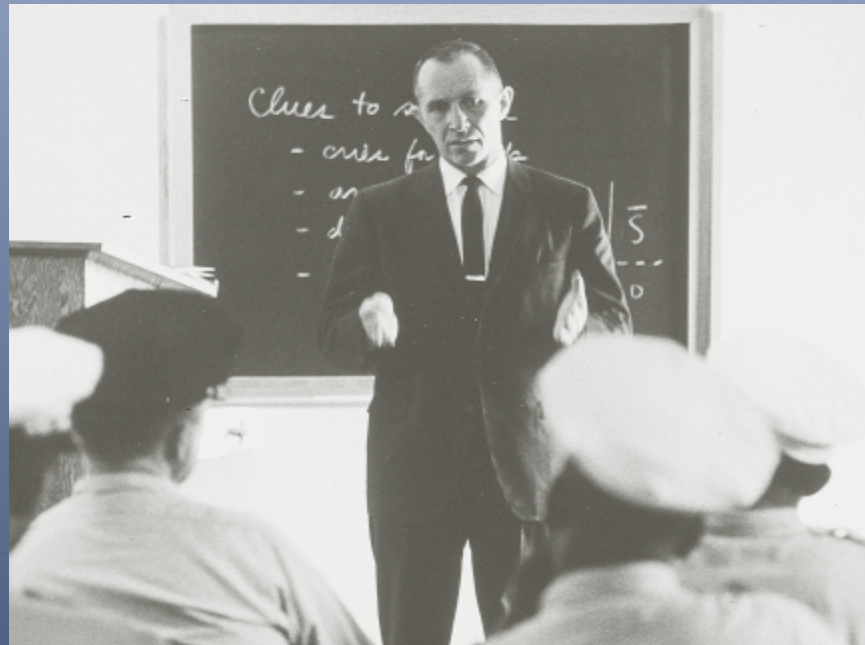
The Suicide Prevention Center is born

- Began with a grant from the National Institute of Mental Health
- Nation's first scientifically and clinically-based program to study and prevent suicide.
- Became the prototype for centers in the U.S. and abroad.
- Included research, training and suicide prevention services.

1959

Training in Suicide Prevention

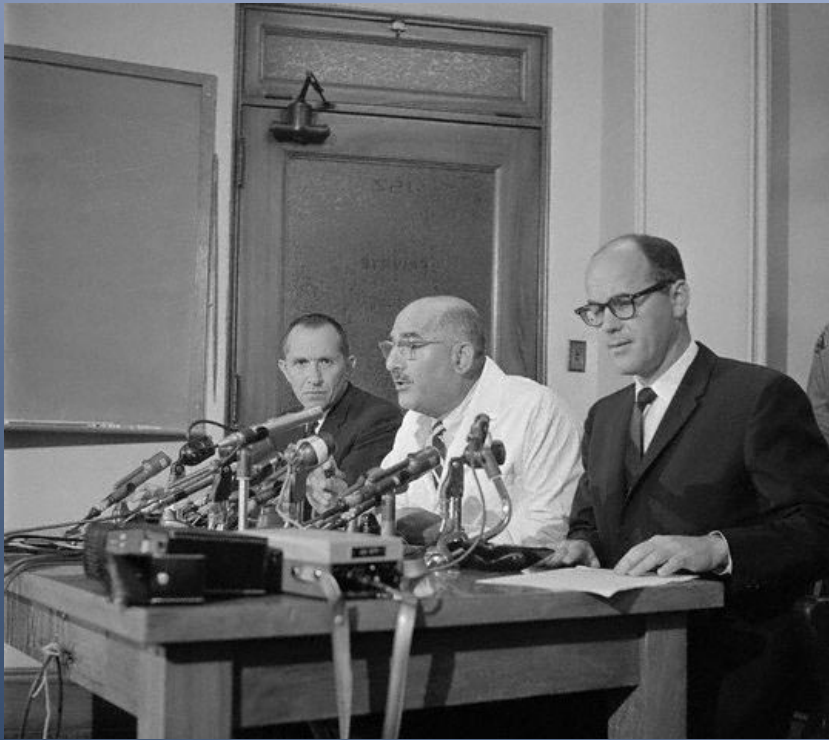
SPC offers extensive training in suicide prevention to local professionals.



1965: SPC begins training crisis responders. Dr. Farberow gives a lecture to Los Angeles Police Department officers .

1962

The Psychological Autopsy



Dr. Farberow, L.A. Coroner,
Thomas Curphey, and Dr. Litman

SPC gained international recognition after performing a psychological autopsy on Marilyn Monroe.

A handwritten medical report form. The top section is titled "ACUTE BARBITURATE POISONING" and "INGESTION OF OVERDOSE". Below this, there are several lines of text, some of which are handwritten. A large, bold, circled stamp in the center reads "Probable Suicide". To the right of this stamp, there is a handwritten signature "As Above". At the bottom of the form, there are several boxes with labels like "DATE OF OPERATION", "DATE OF DEATH", "PLACE OF DEATH", and "CITY/TOWN OF DEATH". The date "8-1-62" is handwritten in the center. The name "H. H. H." is handwritten at the bottom right.

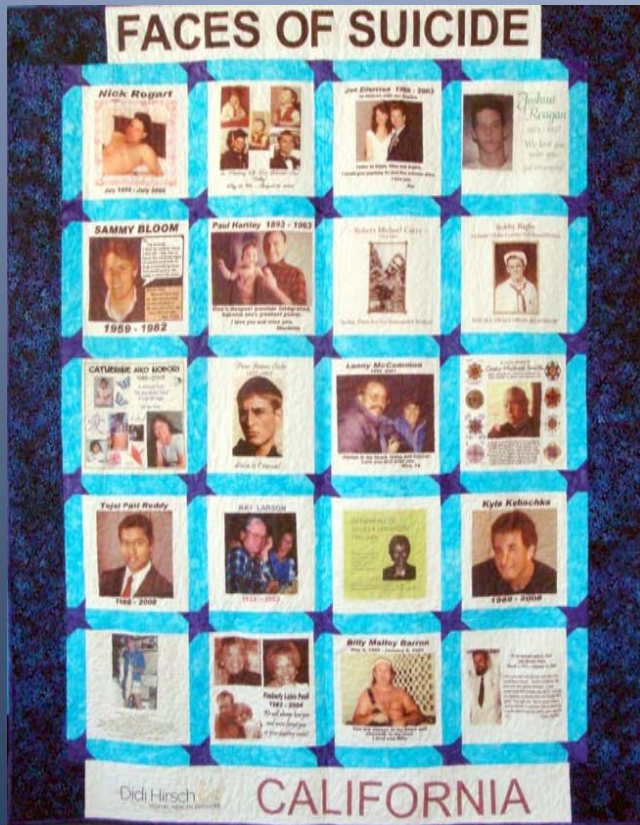
1963

Suicide hotline expands to 24-hour coverage

- Pioneered an approach in which trained nonprofessionals took crisis calls.
- Developed the idea that most people who became acute suicidal were in that state for a relatively brief time and emphasized the need for active intervention.
- “Where do you hurt” and “How can I help?”

1981

Survivors after Suicide (SAS)



Survivor Quilt

Provides bereavement support to those who have lost someone to suicide.

Groups are 8 weeks, led by a therapist and co-facilitated by a survivor.

Offered in 5 locations in Los Angeles.

Since 2011, SAS groups are now offered in Orange County.

The Suicide Prevention Center Today

Since 1997, SPC has become an integral program of
Didi Hirsch Mental Health Services



Member of the
National Suicide Prevention Lifeline
1-800-273-TALK (8255)

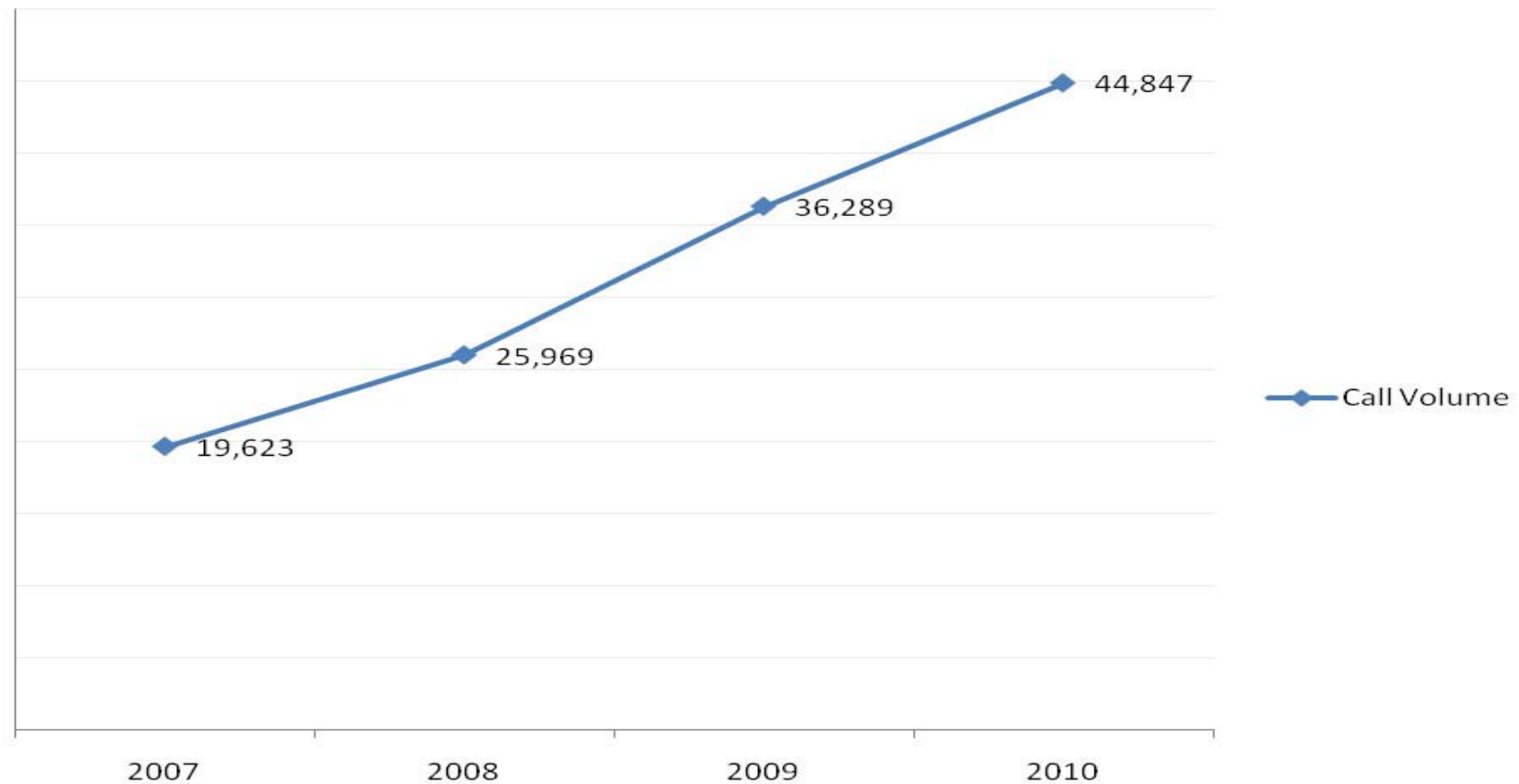
24/7 Spanish coverage

Over 175 trained volunteers and staff

SPC Call Volume

2007-2010

SPC Crisis Line Call Volume by Year



2004

The Suicide Response Team



SRT members Stan Lelewer and Ester Bryant

In collaboration with the Los Angeles City Mayor's Office, the Suicide Response Team provides support and comfort to families and friends at the scene of a suicide.

2010-2011

Community Outreach and Education

Provided 293 presentations educating
over 45,000 people on suicide prevention

Conducted over 60 media interviews since 2008

Offered Best Practices Training to over 300 people
Applied Suicide Intervention Skills Training (ASIST) and safeTALK Trainings

Trained over 100 first responders

Additional Services Offered by SPC

Working with Emergency Departments

Follow-up program for high-risk callers

Survivors of Suicide Attempts Support Groups

Expanding language capacity on Crisis Line

Alive and Running 5K Walk/Run for Suicide Prevention

September 25, 2011
www.aliveandrunning.org



Didi Hirsch with Hirsch Mental Health Services

2010 Alive and Running Walking for Kyle



Carrying on the Legacy

How you can help prevent suicide

Volunteer

Get involved in the L.A. Suicide Prevention Network

Talk about suicide and share your story

Support SPC's Alive and Running fundraiser

Call Didi Hirsch's Suicide Crisis Line

877-727-4747

Contact Information

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