

# The CARE Team

Community, **A**ssessment, **R**esponse and **E**ducation.



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NORCAL  
FIRE RECOVERY  
FUND at NVCF

"Every young person needs to realize how much they matter."

- Kyla, Butte County Youth Ambassador, age 17

530-783-CARE (2273)

## THRIVE

A healing initiative of NVCF

When those who are suffering can easily get the support and compassion they need, our community will heal and THRIVE.



76%  
of local high school youth  
know someone who is struggling.

(Youth focus groups, Butte Co. 2021)



Butte County has the  
highest Adverse Childhood  
Experiences (ACE) scores  
in the state of California.  
ACEs scores are  
correlated with  
higher suicide  
rates.

(Center for Youth Wellness Report, 2013)

Suicide is the

2<sup>nd</sup>

leading cause of death in  
people ages 10-24.

(Center for Disease Control and Prevention, 2019)



\*If you or someone you love is experiencing an emergency mental health crisis, call 911.

# YOU DON'T HAVE TO FACE THIS JOURNEY ALONE.



“ A suicidal teen may not talk directly about suicidal plans or wishes. It is OK to ask: “Are you thinking of killing yourself?” It is a myth that talking about suicide to a distressed individual can lead to suicide. ●●● ”

## Do's and Don'ts of Suicide Intervention

**DO** inform the parents or guardian of the teen's suicidal crisis.

**DO** ensure follow-up occurs by appropriate person.

**DO** assess for suicidal risk.

If the risk appears grave, take the youth to a hospital emergency room for professional assessment. If a teen is a danger to themselves or others, and refuses help, they can be put on a 5150 hold and kept in the hospital for safe, professional observation for 72 hours.

**DON'T** sound shocked

**DON'T** engage in philosophical debates on the moral aspects of suicide.

You may not only lose the debate, but also the suicidal teenager.

**DON'T** say that the suicide would be an embarrassment to the teen's family.

**DON'T** wait to access help.

If you suspect a youth is considering suicide, start the conversation. If you feel they are a danger to themselves, call 911.

**The CARE Team is a group of highly trained, caring, and compassionate community healers who provide the needed support in these critical situations.**

**530-783-CARE (2273)**

**This is not a crisis line. If you need immediate assistance for a crisis situation please call 911.**

## WHEN TO ACTIVATE

The CARE Team responds in three types of situations:

**When a young person ...**

- is experiencing suicidal ideation.
- has attempted suicide.
- has taken their life by suicide.

## WHO CAN ACTIVATE

**Anyone! There is no wrong referral - no wrong activation source.**

- Parents, Siblings, Grandparents, Caregivers
- Teachers, Administrators, School Counselors, Coaches
- Youth-Serving Organization Staff
- First Responders: Fire, Police/Law Enforcement, EMT
- Doctors, Nurses, ER, Medical Social Workers, Clinicians
- Self-Referral, Friends, Community Members

## WHAT TO EXPECT

The CARE Team can be activated by calling the team access line **(530.783.CARE)**. You will be asked to leave your name, contact information, and the name of the individual you are calling on behalf of (even if it's yourself). You will be contacted within 24-48 hours by the CARE Team. They will meet with you to better understand the situation, develop a care plan, and help navigate community resources available for ongoing support if necessary.

**\*If you or someone you love is experiencing an emergency mental health crisis, call 911.**



Remember, people communicate sadness in different ways. We might hear things or see things that can show us warning signs. Here are a few potential warning signs.

## WHAT TO LOOK FOR

- Social media posts hinting at suicide or self-harm
- Withdrawing from friends, not responding to texts
- Lack of interest in things the person used to enjoy
- Hopelessness - saying things like "nothing will ever change," "it doesn't matter anyway" or "everyone would just be better off without me"
- They start using or increase their use of drugs or alcohol
- They talk about depression or anxiety symptoms
- They aren't sleeping/eating

And sometimes you might not notice any of these signs ... or they might just say they're fine. So never hesitate to ask how they are doing.

If there is a youth or friend in your life who needs support, here are four simple things you can say to help that will provide invaluable support.

## WHAT TO SAY

- I hate to see you in pain, but I am so glad you are talking about how you are feeling.
- What is the best way I can support you right now?
- I am so sorry this is happening to you, you are not alone.
- Are there any adults you trust enough to talk about this with? Can we tell them together?

Avoid using phrases like, "everything happens for a reason" or ignoring it, hoping things will get better.



530-783-CARE (2273)



When Butte County young people were asked "What is one thing you want adults to know about youth who are struggling with stress, anxiety, depression or feelings of suicide?" they said:



Provide a safe space for us to share our feelings.

**Don't try to fix us.**

**Don't pressure us.**

**Really listen, without judgement.**

**Don't tell us we shouldn't feel this way, or that we should be grateful for what we have.**

**Be open and understanding.**

**Show compassion, love, and support.**

38%  
of 11th-graders

17%  
of 9th-graders

30%  
of 7th-graders

reported they had seriously considered attempting suicide.

(2019/2020 California Healthy Kids Survey for Butte County)

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## CREATING A SAFETY PLAN

**A safety plan is a written set of instructions that one can create with a trusted individual (a best friend, close family member, CARE Team coach, a doctor or therapist) as a contingency plan should they begin to actively experience thoughts about harming themselves.**

### HOW AND WHEN TO CREATE A SAFETY PLAN

- This plan should be curated by the individual alongside someone they trust — a best friend, a close family member, CARE Team coach, or a doctor or therapist. It is important to involve those with whom the individual or youth feels safe reaching out to when they need to execute their safety plan.
- It is best to create this plan when the individual is feeling well and thinking clearly, rather than waiting until they are actively suicidal.
- Put the suicide safety plan in the youth's own writing, and have them keep it somewhere easily and readily accessible.

### WHAT INFORMATION TO INCLUDE

Step 1 – List of warning signs (when individual is stressed, they notice...)

Step 2 – List of coping strategies (what the individual recognizes as helpful)

Step 3 – List of people and social settings that provide a healthy distraction

Step 4 – List of people whom the individual trusts to ask for help

Step 5 – List of elements which create a safe environment for the individual

Step 6 – Signature by individual or youth signifying a promise to maintain honest, open communication with their trusted safety planning partner

## RESOURCES FOR SUPPORT

### **National Suicide Prevention Lifeline**

Free, 24/7 confidential support

English: 1-800-273-8255

Spanish: 1-833-628-9454

### **Crisis Text Line**

Emotional crisis support. Free,

24/7, and confidential

Text HELLO to 741741

### **Butte County Behavioral Health Crisis Line**

24/7 support and assessment

Call 800-334-6622 or

530-891-2810

### **California Youth Crisis Line**

Call or text, available 24/7

800-843-5200

### **Teen Crisis Line**

Toll-free national call / text line

Call 800-852-8336

or text TEEN to 839863

### **Thrive, North Valley Community Foundation**

[nvcf.org/thrive](https://nvcf.org/thrive) or

[nvcf.org/careteam](https://nvcf.org/careteam)



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