The Adolescent Suicide Prevention Program is a primary, secondary, and tertiary prevention program for our adolescent member population based on the following factors:

- The American Psychiatric Association reported that many teenagers who are depressed; overwhelmed by the uncertainties of adolescence which may lead them to begin “self-medicating” their pain by abusing drugs or alcohol; and/or express their rage and frustration by engaging in acts of violence; are too often troubled teens who opt to take their own lives.

- The American Association of Child and Adolescent Psychiatry reported that suicides among young people continue to be a serious problem. Each year in the U.S., thousands of teenagers commit suicide. Suicide is the third leading cause of death for 15-to-24-year-olds.

- According to the American Psychiatric Association:
  - Over half of all kids who suffer from depression will eventually attempt suicide at least once, and more than seven percent will die as a result.
  - Four times as many men commit suicide than women, but young women attempt suicide three times more frequently than young men.
  - Fifty-three percent of young people who commit suicide abuse substances.
  - Firearms are used in a little more than half of all youth suicides.

- Teen suicide is a growing health concern. It is the third-leading cause of death for young people ages 15 to 24, surpassed only by homicide and accidents, according to the U.S. Center for Disease Control and Prevention.

- A report published in September 2007 by the National Center for Injury Prevention and Control noted that suicide affects all youth, but some groups are at higher risk than others. Boys are more likely than girls to die from suicide. Of the reported suicides in the 10 to 24 age group, 82% of the deaths were males and 18% were females. Girls, however, are more likely to report attempting suicide than boys. Cultural variations in suicide rates also exist, with Native American/Alaskan Native youth having the highest rates of suicide-related fatalities.

- Based on the 2013 Member Demographic Report, Mood Disorders are one of the top four diagnoses among adolescents 12 – 20 across all lines of business and levels of care.

The Adolescent Suicide Prevention Program provides educational information to decrease, and minimize the potential for at risk teens to commit suicide. The materials included in the program are contained on the Psychcare website and available in hard copy upon request, they include the Teen Suicide Fact Sheet printed in English and Spanish, the Adolescent Suicide Prevention Program Community Resource Guide, and links to community resources and support groups for suicidal and/or depressed teens and the parents of teens.

The program was designed based on feedback from our clients, network practitioners, network providers, and members. The educational materials used for the program were endorsed by community organizations including First Call for Help of Broward County and Switchboard of Miami. The educational information was adapted from the American Psychiatric Association, the American Academy of Child and Adolescent Psychiatry, and the American Psychological Association.
As primary and secondary prevention, Psychcare encourages member participation as follows:

- Quarterly, the Member Website Notification encourages teen members over the age of 18, and parents of teen members to access the program contained on the Psychcare website, www.psychcare.com, including the Adolescent Suicide Prevention Program Community Resource Guide, and the Teen Suicide Fact Sheet, along with local and national community resources. The notification includes the contact information to request a hard copy of the materials.

- Quarterly, Psychcare distributes the Network Practitioner/Provider Website Notification, and the Member Website Notification to newly credentialed and existing network practitioners and providers. The notification is to inform them of access to the program located on the Psychcare website, www.psychcare.com, and encourage their distribution and review of the Adolescent Suicide Prevention Program Community Resource Guide, the Teen Suicide Fact Sheet, and local and national community resources with their teen patients, and/or parents of their patients. In addition, we distribute information on how to access the Psychcare Major Depression Clinical Management Guideline as a clinical resource and request their completion of the Adolescent Suicide Prevention Stakeholder Comment Form. The notification includes the contact information to request a hard copy of the materials.

- Upon initial credentialing, newly credentialed practitioners and providers, and annually existing practitioners and providers are sent the Psychcare Participating Provider Manual. The manual includes information about the Adolescent Suicide Prevention Program, how to access the educational materials, the clinical resources, and the Adolescent Suicide Prevention Program Stakeholder Comment Form located on the website, www.psychcare.com. The information also includes the contact information to request a hard copy of the member educational materials or clinical resources.

- Annually, Psychcare distributes the Client Primary Physician (‘PCP’) Manual to clients, and requests that the client distribute the manual to their PCP network. The Client PCP Manual contains a summary of the Adolescent Suicide Prevention Program member educational materials, the clinical resources, and the Adolescent Suicide Prevention Program Stakeholder Comment Form on the website, www.psychcare.com. The information also includes the contact information to request a hard copy of the member educational materials or clinical resources.

- Annually, Psychcare conducts targeted outreach through electronic mailings to acute care facilities that treat adolescents with mental health and substance abuse disorders. Psychcare encourages the network providers’ clinical staff to review the information with their teen patients and parents of teens admitted to the inpatient unit with a diagnosis of a Mood Disorder, Substance Abuse and/or Conduct Disorder. The targeted mailings include a description of the program and the available member educational materials, clinical resources, and the Adolescent Suicide Prevention Stakeholder Comment Form located on the Psychcare website, www.psychcare.com. The targeted mailing also includes the contact information to request a hard copy of the member educational materials or clinical resources.