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Stepping Out-Stepping Up is a monthly, community-oriented newsletter of the Department of Psychiatry published by the Office of Mental Health Promotion.

### **Suicide Prevention in the Digital Era**

By: Megan Lytle, PhD

The Trevor Project provides national suicide prevention and crisis intervention to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth between 13 and 24 years of age. In addition to their Trevor Lifeline, The Trevor Project also provides TrevorChat and TrevorText support, they host an online community for LGBTQ youth (TrevorSpace), and their website is full of resources for LGBTQ youth, allies, parents, and teachers.

This January, Abbe Land (the Executive Director and CEO of The Trevor Project) braved the Rochester cold and was the guest speaker for the Department of

## **RPD Receives Training from Inpatients**

Our psychiatric inpatient units at Strong Behavioral Health is partnering with the Monroe County Office of Mental Health to provide additional training for the Roch

Person Response Team (EDPRT). EDPRT started in 2004 with 50 volunteer officers and more have joined in a 40 hour training program to learn the best way to manage encounters with individuals having psychiatric symptoms.

The two in service days were held in January. Officers came in plain clothes on the units one at a time. They had a chance to talk with patients about the positives and negatives of past mental health arrests to learn how to improve future interactions.