

CARE Study – Phase 1

Caring Texts: A Strength-based, Suicide Prevention Study in 4 Native Communities

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Why we are here...

Today, we will:

- Describe a suicide prevention intervention called **Caring Contacts**
- Tell you about a **new study** of Caring Contacts
- Ask for **your input** on how to do this study in a way that is appropriate for American Indian people with suicide risk in this health system

What is the Caring Contacts intervention?

- Caring messages sent to people with suicide risk over the course of one year
- Provides care and support, asks for nothing in return
- “Magic ingredient” is social connection
- Letters, Phone, Emails , Texts



Dear _____,

It has been some time since you were here at the hospital, and we hope things are going well for you. If you wish to drop us a note we would be glad to hear from you.

Sincerely,



Death



Attempts



Thoughts



An example of a Caring Contacts study

- Military Continuity Study
- Began in 2013
- Military Service Members with recent suicide attempt and/or thoughts of suicide can participate.
- Participants get either:

Usual Care Alone

Whatever care they would normally get (nothing extra)

OR

Usual Care + Caring Contacts

Whatever care they would normally get AND 11 text messages



Sample text messages

- David – Good to meet you yesterday. Check out our website: www.care.org. Hope the resources are helpful. – Kate
- Hey David – It's Kate from the Care Study. Hope you've had a good week. www.care.org
- Hi there David - Hope life is going well. – Kate www.care.org
- Happy Birthday, David! Hope you have a wonderful day and a positive year ahead. – Kate www.care.org

A New Study of Caring Contacts: Caring Texts in 4 Native Communities

- **Goal: To culturally-tailor and test Caring Contacts for use with AN/AI people**
- Began in June 2016, ends in May 2021
- 1,200 participants in Phase 2 (clinical trial);
- Partnership between Fort Peck Tribes, SCF, Pine Ridge, Cherokee Nation and researchers at WSU and UW
- Funded by National Institutes of Health
- Approved by Northeastern State University and IRBs at each partner site location.

Eligibility: Who can participate?

- ❑ To participate, individuals must be:
 - Alaska Native and/or American Indian
 - 18-34 years old
 - At risk for suicide
 - Able and willing to receive texts messages

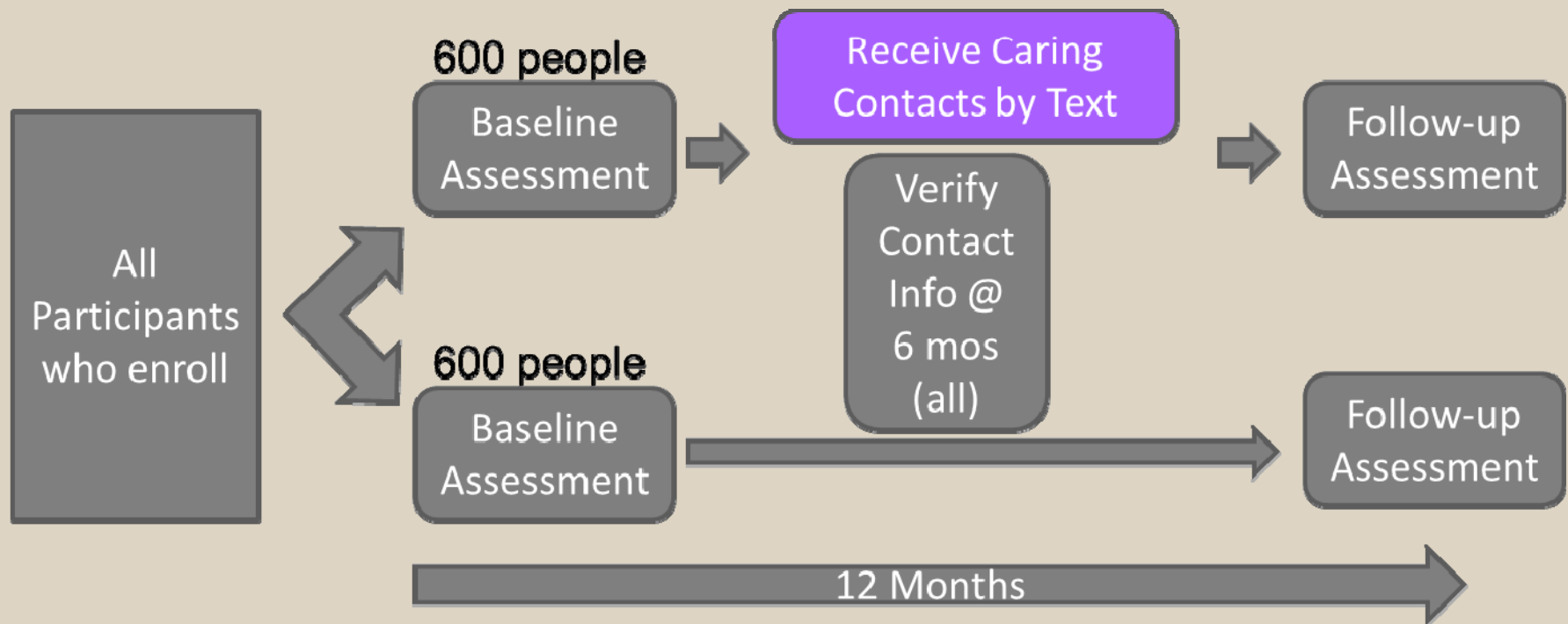
Recruitment: How will people join the study?

- ❑ Flyers posted in public places
 - People call us to find out about the study
- ❑ Ads in media
 - People call us to find out about the study
- ❑ Healthcare providers in primary care or behavioral health clinics
 - Providers provide information about the study and then:
 - Providers contact us
 - People contact us through a private drop-box

Enrollment: What happens when a person joins the study?

Each participant is randomly assigned for 1 year to:

1. Usual care alone OR
2. Usual care + Caring Texts



Participation: What will participants be asked to do?

Both study groups:

- Agree to do 2 interviews:
 - When joining the study and 1 year later
 - Each interview 1-2 hours long
 - Participants receive \$50 per interview
- Give researchers permission to see medical records to understand what services have been used
- Get usual medical and behavioral health care that they choose

Caring Contacts Group ONLY:

- Receive 11 text messages over 1 year

Interviews: What will participants be asked?

- The researcher will go through a series of questionnaires with each participant, with questions about:
 1. Demographic information (employment, marital status, etc.)
 2. Personal health history
 3. Family health history
 4. Spiritual and religious practices
 5. Any legal issues
 6. Symptoms of depression
 7. Past and current substance use
 8. Past and current experiences with suicide risk
 - Frequency of attempts/thoughts
 9. Social connectedness and belonging

Suicide Attempt Self Injury Count Lifetime (SASI)

“What I’d like to do now is go through different types of self-injury and have you tell me how many times you have harmed yourself using various methods. Stop me if I get to one that you’ve done and I will ask you additional questions about your experience; otherwise I will keep going down the list.

Suggestions? Questions?

Suicide Attempt Self Injury Count Lifetime (SASI)

5. Cut yourself on purpose?
6. Intentionally overdosed on drugs?
7. Burned yourself on purpose?
8. Attempted to strangle or hang yourself?
9. Jumped from a high place to cause self-injury?
10. Shot yourself with a gun?
11. Swallowed poisons/caustic sub. on purpose?
12. Asphyxiated or smothered yourself?
13. Tried to drown yourself?
14. Stabbed/punctured yourself on purpose?
15. Banged your head, hit yourself, hitting things?

Suggestions? Questions?

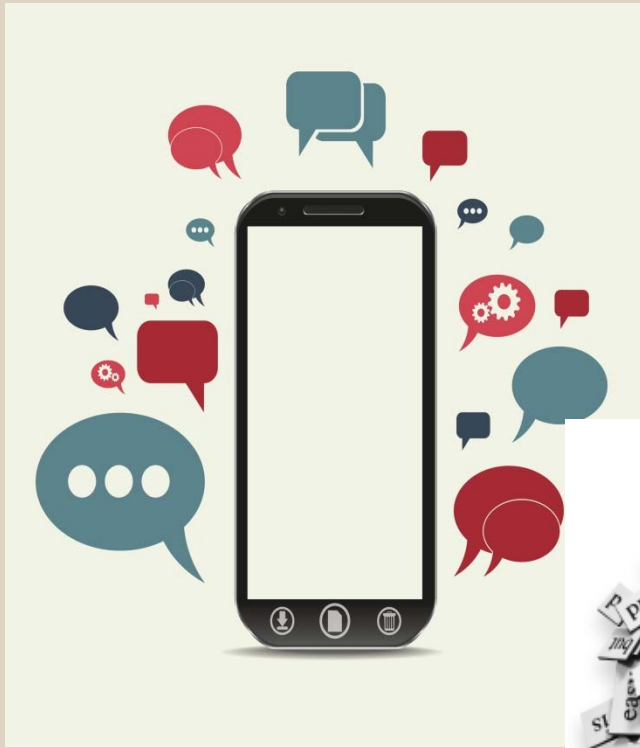
Timing: When do the messages arrive?

11 messages arrive over 1-year:

- One day after joining study
- One week after joining study
- One month after
- 2, 3, 4, 6, 8, 10 and 12 months after
- Participant's birthday



Content: What will the messages say?



Text	Delivery day	Example Text*
1	One day after enrollment	John – Good to meet you yesterday. Check out our website: www.careteam.org . Hope the resources are helpful. – Kate
2	One week after enrollment	Hey John – It's Kate from the CARE team. Hope you've had a good week.
3	One month after enrollment	Hi John, Hope all's well and you're taking good care of yourself. – Kate careteam.org
4	Two months after enrollment	Hi there John, Hope you're having a good day today. – Kate careteam.org
5	Three months after enrollment	Hey John, Hope things are going well and you're having a good week. – Kate careteam.org
6	Four months after enrollment	Hi John, Hope life is treating you well. – Kate careteam.org
7	Six months after enrollment	Hey John – Just wanted to say hello. Hope things are going OK. – Kate careteam.org
8	Eight months after enrollment	John - Hope everything's going well. – Kate careteam.org
9	Ten months after enrollment	Hello again, John! Hope things are good.– Kate careteam.org
10	One year after enrollment	Hi John, Hope you're having a good day today. – Kate careteam.org
11	Participant birthday	Hey John! It's your birthday! Hope you have a great one and the next year brings you good things! – Kate careteam.org

Questions for you: Message content

- What should the caring text messages say?
- How should we tailor the content of the messages to local events, holidays, seasons, or activities (fishing, pow wows)?
- What else should we think about regarding the content of the text messages?



What happens after the text messages end?

Follow-up interviews:

- 12 months after enrolling
 - Same as enrollment interview to see if suicide risk has decreased and wellness has increased
- 18 months after enrolling (6 months after intervention ends)
 - Same as above PLUS open-ended questions about what participants liked (or didn't like) about the study
 - Some participants – how many??

Our next steps

- Complete focus groups/interviews in all 4 communities
- Compile feedback from all 4 communities
- Use feedback to make changes to study design, interviews, text messages (timing and content)
- Present updated study to Community Advisory Board
- Use feedback to make more changes
- Meet with you again to get your feedback on the culturally tailored study

Till next time . . . Thank you!

- What questions do you have for us?
- What other suggestions do you have for making this study useful and successful in your community?



*Thank-you Waewaenen Tleko Yaw`ko
Gracias Yakoke t'ig'icid Miigwech Ahó
Néá'eshe Mahalo Wado Welalin
Gunalcheesh Niawenh T'ooyaksiy niin
há?n?? cn Gilakas'la Huy tseep q'u*