



**RethinkEd**

**Together We Power Potential**

# Shades of Suicide: How Student Risk Profiles Inform Best Practices

September 15, 2022

J.J. Ferrito, Psy.D.  
DrJJPerrito@gmail.com



# Agenda

- Understanding Risk
- Student Risk Profiles and MTSS
- Best Practice Resources
- Q&A

# Understanding Risk

- “I realized that everything in my life that I’d thought was unfixable was totally fixable, except for having just jumped”
  - Ken Baldwin, Golden Gate Bridge jump survivor



Always ask questions 1 and 2.	Past Month	
1) Have you wished you were dead or wished you could go to sleep and not wake up?		
2) Have you actually had any thoughts about killing yourself?		
If YES to 2, ask questions 3, 4, 5 and 6. If NO to 2, skip to question 6.		
3) Have you been thinking about how you might do this?		
4) Have you had these thoughts and had some intention of acting on them?	High Risk	
5) Have you started to work out or worked out the details of how to kill yourself? Did you intend to carry out this plan?	High Risk	
Always Ask Question 6	Life-time	Past 3 Months
6) Have you done anything, started to do anything, or prepared to do anything to end your life? <i>Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.</i>		High Risk

## Columbia Suicide Severity Rating Scale

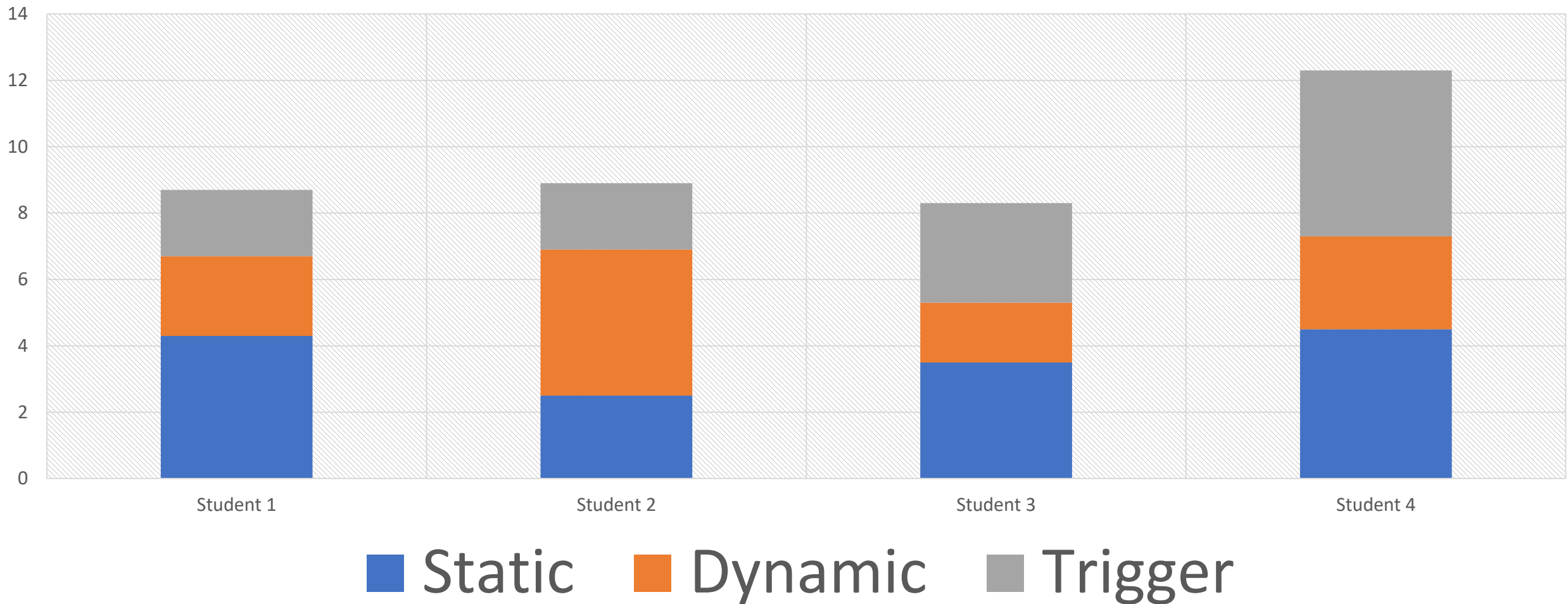
- Intent vs. Thought
- Means: Access and Understanding
- Preparation, Approximation, and Risk Taking

# Understanding Risk



Static Risk Factors	Dynamic Risk Factors and Triggers	Warning Signs
<p>Age</p> <p>Gender</p> <p>Gender Identity</p> <p>Race</p> <p>Culture</p> <p>Family History</p> <p>Medical</p> <p>History of Abuse/Neglect</p> <p><b>Exposure to Suicide</b></p> <p>Historical Trauma</p> <p>History of Discrimination</p> <p>History of Bullying</p> <p>Mental Health History</p> <p>Substance Use History</p>	<p>Access to Means</p> <p>Mental Health</p> <p><b>Substance Use</b></p> <p>School Performance</p> <p>Social Connections</p> <p>Loss</p> <p>Loss of Relationship</p> <p>Impending Transition/Change</p> <p>Disciplinary/legal involvement</p> <p>Bullying</p> <p>Discrimination/Racism</p> <p>Abuse/Neglect</p> <p>Homelessness</p>	<p>Talking about or planning suicide</p> <p>Investigating access to means</p> <p>Researching suicide/death</p> <p>Expressing hopelessness for the future</p> <p>Lack of Purpose</p> <p>Displaying overwhelm/emotional distress</p> <p>Feeling trapped</p> <p>Sudden changes in functioning (e.g., social/sleep/eating)</p> <p>Anger/Hostility out of character/context</p> <p>Increased agitation/irritability</p> <p>Experiences of loss/change/getting in trouble/personal humiliation</p> <p>Burdensomeness/"beyond help"</p> <p>"I won't be a problem much longer"</p> <p>Sudden clearing of depression</p> <p>Giving away personal items</p>

## Risk Categories Compound: Static, Dynamic, and Acute Triggers

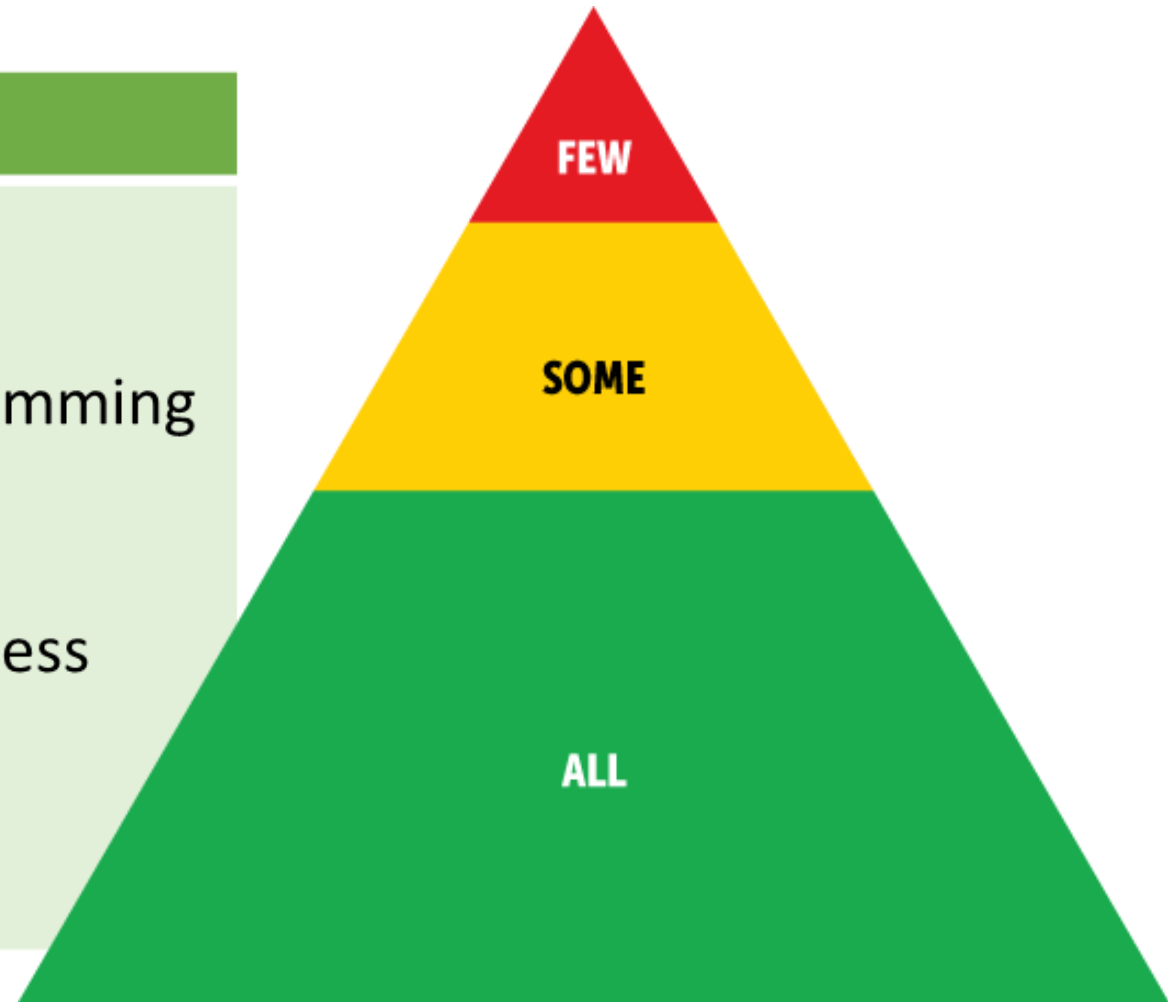




# MTSS: Tier 1

## Tier 1: Universal

- District Policy
- Professional Development
- Youth Suicide Prevention Programming
- SEL and Mental Health Literacy Programs
- School Climate and Connectedness
- Referral Procedures
- Universal Screening





# Understanding Risk

	Static	Dynamic
Tyreek	10 Year Old 5 <sup>th</sup> Grade African American Asthma	High Achieving Lacking Social Relationships Hyperactive/Impulsive Behavior
Kavita	16 11 <sup>th</sup> Grade Multiracial History of Sexual Abuse History of Bullying History of Running Away	Academic failure Substance Use School Engagement/Connectedness Changes in romantic partner Socially active

# Fast Facts: Static Risk

- Leading cause of death among those aged 10-24
  - Now Ages 10-14: Accidents, Intentional Self-harm, Cancer
  - More teenagers die by suicide than die from cancer, AIDS, birth defects, stroke, pneumonia, influenza and chronic lung disease combined
- 1 in 5 adolescents consider suicide
- 1 in 15 HS students report 1 or more attempt
  - Of those who attempt, over 90% show Warning signs and have a mental health diagnosis, substance use, or both

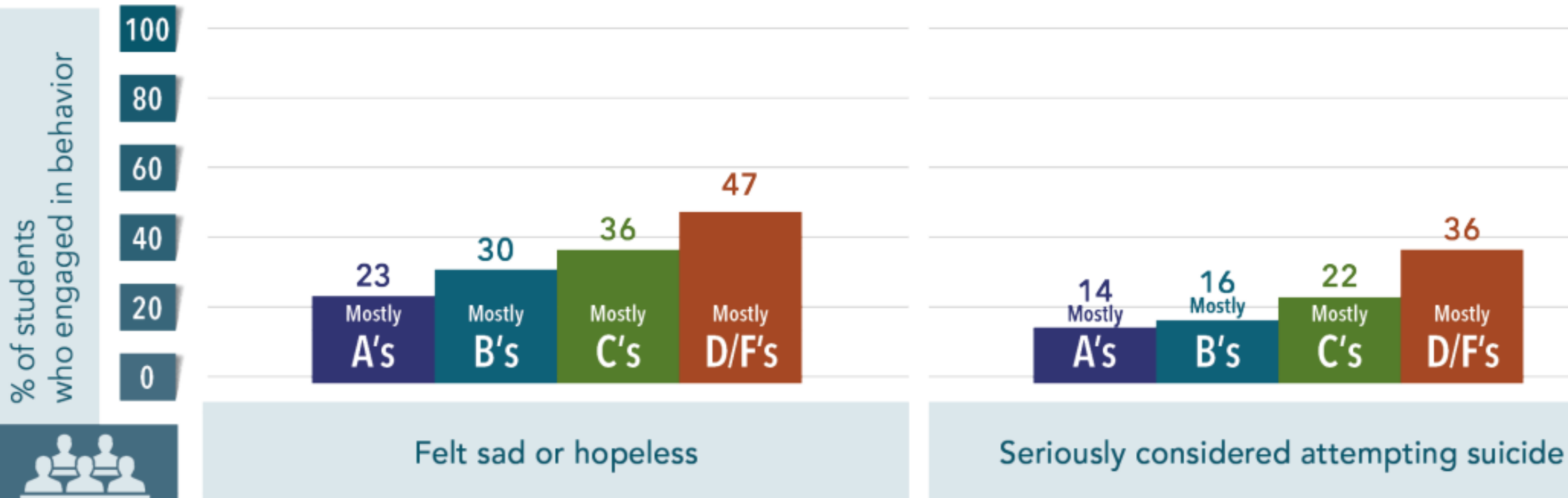
# Fast Facts: Static Risk

- Group Trends
  - Males 4x more likely to die when attempting suicide
  - Females more likely to attempt/self-harm
  - LGBTQ youth
  - American Indian/Alaska Natives
  - African American males under 12
  - Child Welfare
  - Juvenile Justice
  - Military Families

FIGURE  
1A

# Suicide-Related Behaviors, by type of academic grades earned

- United States, Youth Risk Behavior Survey, 2015



## Summary

23% of US high school students with mostly A's reported that they **felt sad or hopeless** almost every day for 2 or more weeks in a row during the 12 months before the survey, compared to **47%** of students with mostly D/F's.

14% of US high school students with mostly A's **seriously considered attempting suicide** during the 12 months before the survey, compared to **36%** of students with mostly D/F's.

TYREEK	Static	Dynamic
<i>Known</i>	10 Year Old 5 <sup>th</sup> Grade African American Asthma	High Achieving Lacking Social Relationships Hyperactive/Impulsive Behavior Recently More Withdrawn
<i>Unknown</i>	Gender Identity Exposure to Suicide Culture Family History Medical Hx of Abuse/Neglect Historical Trauma Hx of Discrimination Hx of Bullying Mental Health History Substance Use History	Access to Means Mental Health <b>Substance Use</b> School Performance Social Connections Loss Loss of Relationship Impending Transition/Change Disciplinary/legal involvement Bullying Discrimination/Racism Abuse/Neglect Homelessness

Always ask questions 1 and 2.	Past Month	
1) Have you wished you were dead or wished you could go to sleep and not wake up?		
2) Have you actually had any thoughts about killing yourself?		
If <b>YES</b> to 2, ask questions 3, 4, 5 and 6. If <b>NO</b> to 2, skip to question 6.		
3) Have you been thinking about how you might do this?		
4) Have you had these thoughts and had some intention of acting on them?	High Risk	
5) Have you started to work out or worked out the details of how to kill yourself? Did you intend to carry out this plan?	High Risk	
Always Ask Question 6	Life-time	Past 3 Months
6) Have you done anything, started to do anything, or prepared to do anything to end your life? <i>Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.</i>		High Risk

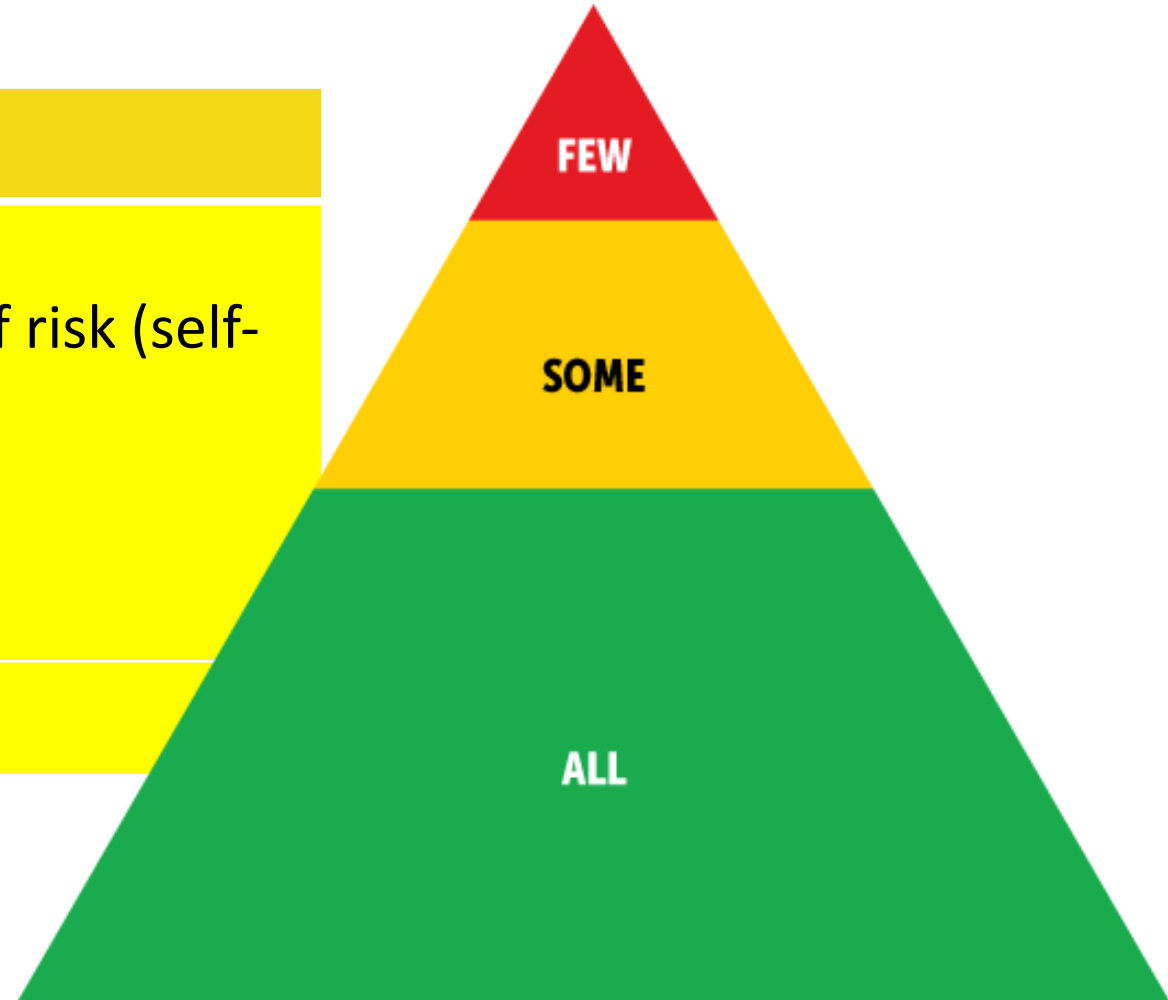
## CSSR with Tyreek:

- Intent vs. Thought
- Means: Access and Understanding
- Preparation, Approximation, and Risk Taking

# MTSS: Tier 2

## Tier 2: Targeted Programming and Supports

- Protocols for helping students at-risk
- Access to evidence-based services for areas of risk (self-injury, substance-use, bullying, loss)
- Data tracking and risk monitoring





KAVITA	Static	Dynamic
<i>Known</i>	16 11 <sup>th</sup> Grade Multiracial History of Sexual Abuse History of Bullying History of Running Away	Academic failure Substance Use School Engagement/Connectedness Changes in romantic partner Socially active Fluctuations in Mood
<i>Unknown</i>	Gender Identity Culture Family History Medical Exposure to Suicide Historical Trauma History of Discrimination Mental Health History Substance Use History	Access to Means Mental Health Loss Impending Transition/Change Disciplinary/legal involvement Bullying Discrimination/Racism Abuse/Neglect Homelessness

Always ask questions 1 and 2.	Past Month	
1) Have you wished you were dead or wished you could go to sleep and not wake up?		
2) Have you actually had any thoughts about killing yourself?		
If YES to 2, ask questions 3, 4, 5 and 6. If NO to 2, skip to question 6.		
3) Have you been thinking about how you might do this?		
4) Have you had these thoughts and had some intention of acting on them?	High Risk	
5) Have you started to work out or worked out the details of how to kill yourself? Did you intend to carry out this plan?	High Risk	
Always Ask Question 6	Life-time	Past 3 Months
6) Have you done anything, started to do anything, or prepared to do anything to end your life? <i>Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.</i>		High Risk

## CSSR with Kavita:

- Intent vs. Thought
- Means: Access and Understanding
- Preparation, Approximation, and Risk Taking

# Tier 3: Individual Intervention

- Screening, assessment, and triage procedures
- Safety planning interventions
- Parent notification, involvement and consent procedures

- Return to school planning
- Protocols for responding to suicide in the school community

# Tier 2: Targeted Programming and Supports

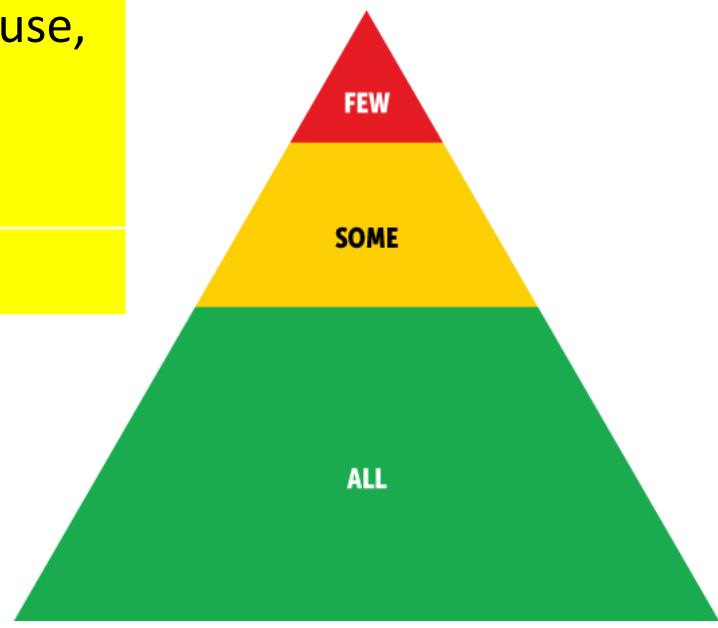
- Protocols for helping students at-risk
- Data tracking and risk monitoring

- Access to evidence-based services for areas of risk (self-injury, substance-use, bullying, loss)

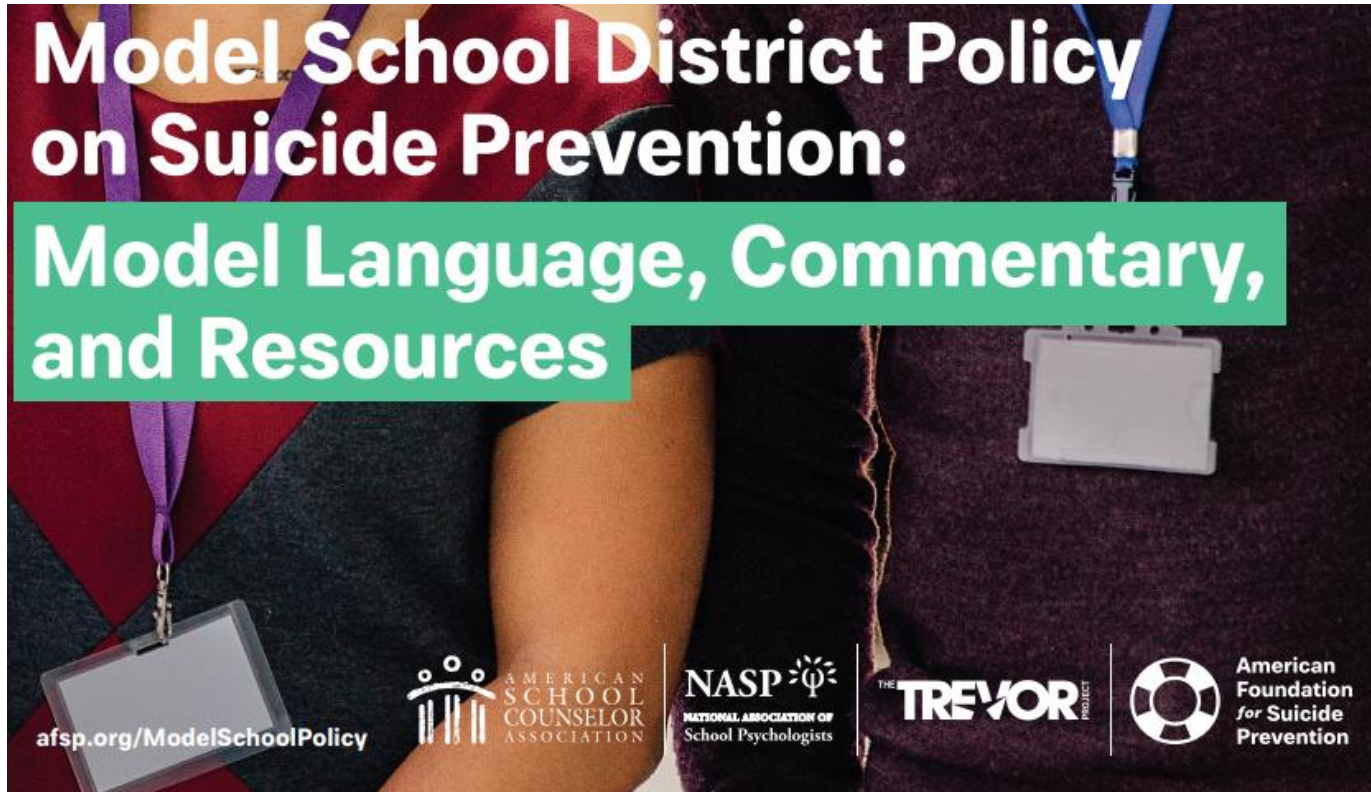
# Tier 1: Universal

- District Policy
- Professional Development
- Youth Suicide Prevention Programming
- Universal Screening

- SEL and Mental Health Literacy Programs
- School Climate and Connectedness
- Referral Procedures




# Best Practices





**Model School District Policy  
on Suicide Prevention:**


**Model Language, Commentary,  
and Resources**

[afsp.org/ModelSchoolPolicy](https://afsp.org/ModelSchoolPolicy)

 AMERICAN  
SCHOOL  
COUNSELOR  
ASSOCIATION

 NASP  
NATIONAL ASSOCIATION OF  
School Psychologists

 THE TREVOR  
PROJECT

 American  
Foundation  
for Suicide  
Prevention

Program	Grades	Curricula
Lifelines Intervention: Helping Students at Risk for Suicide <a href="#">↗</a>	Middle and high school	Education on how to respond to signs of suicide Four 45-minute sessions
Helping Every Living Person (HELP): <a href="#">↗</a> Depression and Suicide Prevention Curriculum	9–11	Addresses stress and depression, risk factors and warning signs, intervention skills and problem-solving skills Four 45-minute sessions
SOS (Signs of Suicide) <a href="#">↗</a>	Middle and high school	Teaches students to identify signs of depression and suicide; assesses depression with a screening tool 20-minute videos with supplemental lesson plans
Linking Education and Awareness for Depression and Suicide (LEADS) for Youth <a href="#">↗</a>	High school	Increases knowledge of depression and suicide, recognition of risk and protective factors, and ability to identify resources and seek help Three-hour curriculum
Sources of Strength <a href="#">↗</a>	Middle and high school (elementary curriculum available)	Focuses on suicide prevention by training peer leaders Adult advisor training: 3-6 hours Peer leader training: 5-6 hours
teen Mental Health First Aid (tMHFA) <a href="#">↗</a>	10–12 (Ages 15–18)	Covers signs and symptoms of mental health and substance use challenges, crisis and suicide, how to talk with peers about these topics, and seeking help from an adult Three 90-minute sessions or six 45-minute sessions

- State Department of Education Websites
  - NJ Comprehensive School-Based Mental Health Resource Guide
  - Georgia – Review of Evidence-Based Suicide Prevention Programs for School Systems
  - NY – A Guide for Suicide Prevention in New York Schools

# Resources and Organizations

- Substance Abuse and Mental Health Services (SAMHSA)
  - Preventing Suicide: A Toolkit for High Schools
- National Alliance of Mental Health (NAMI)
- Centers for Disease Control (CDC)
- Suicide Prevention Resource Center (SPRC)
  - Preventing Suicide: The Role of High School Teachers
- The U.S. Surgeon General Advisory
  - Protecting Youth Mental Health
- National Association of School Psychologists
  - Preventing Suicide: Guidelines for Administrators and Crisis Teams
- American School Counselor Association (ASCA)
- National Institute of Mental Health (NIMH)
  - School-based Suicide Prevention
- American Foundation for Suicide Prevention
- Los Angeles County Youth Suicide Prevention Project



Resource and Program Type

Select | ▾

Display only Programs with Evidence of Effectiveness ☑

Populations

Select | ▾

Settings

Schools | ▾

About Suicide

Select | ▾

Planning and Implementing

Select | ▾

Strategies

Select | ▾

State

# Suicide Prevention Resource Center

## SPRC.org



# Q & A

# Additional Resources Focusing on Grief, Loss, and Talking to Kids About Death and Dying

These resources slides include:

- Key organizations with many free resources and trainings (some highlighted on the slides as a starting point)
  - Please explore the resource sections on these sites. You can even search for keywords on most of the sites. There is a ton!
- Counseling activities for grief in the form of packets and small books available online or to order
- Recommendations for books on grief including sites where you can find short descriptions of the books and who it might be appropriate for
- Suicide information, prevention, and general resources for school communities

# Resources from the National Child Traumatic Stress Network (NCTSN)

- You can search in the NCTSN Resources section. Some of the resource titles include:
  - Traumatic Grief and Evidence Based Information
  - What is childhood trauma? Information on types and the how of trauma
  - Childhood Traumatic Grief: Youth Information Sheet
  - Helping Children with Traumatic Separation or Traumatic Grief Related to COVID
  - Rebuilding Connection Between an Estranged Mother and Daughter After a Father's Traumatic Death
  - Childhood Traumatic Grief: Information for Mental Health Providers
  - Childhood Traumatic Grief: Information for Military Parents or Caregivers
  - Childhood Traumatic Grief: Information for Parents and Caregivers
  - Childhood Traumatic Grief: Information for School Personnel
  - Rosie Recuerda a Mama: Siempre en su corazon video
  - Listo Para Recordar: El Viaje de Esperanza Y recuperacion de Jaime Video
  - Helping Youth After Community Trauma: Tips for Educators

- Resource from NCTSN
- Helping School-Aged Children with Traumatic Grief: Tips for Caregivers
- Many practical resources like this for caregivers, educators, helping professionals, military families, and kids

I WANT YOU TO KNOW THAT:	YOU CAN HELP ME WHEN YOU:
1. My feelings about the death are confusing. Sometimes I feel okay, and other times I feel sad, scared, or just empty or numb. It's really hard to make the scary and sad feelings go away.	1. Talk about your feelings and encourage me to talk about mine as long as I feel comfortable.
2. Sometimes my upset feelings come out as bad behavior.	2. Help me do things to feel calm, get back to my routine, and have fun again. Are patient until I feel O.K.
3. I have trouble concentrating, paying attention, and sleeping sometimes, because what happened is on my mind.	3. Understand that thoughts about what happened get stuck in my mind. Help me relax at bedtime by reading stories or listening to music and reminding me that you keep me safe.
4. I might have physical reactions like stomach aches, headaches, feeling my heart pounding, and breathing too fast.	4. Help me do things that make me feel calm, take my mind off things, or slow down my breathing.
5. Sometimes I wonder if the death was my fault.	5. Reassure me that it was not my fault.
6. I sometimes think the same thing will happen to me or other people I love.	6. Remind me about the things we do to stay safe and take care of ourselves. Help me remember all the people who take care of me.
7. I keep thinking about what happened over and over in my head.	7. Listen to what is on my mind. Tell me honestly what happened, using words I can understand. Do not let me see it on TV or other media if the story is in the news.
8. Sometimes I don't like to think or talk about the person who died, because it's too hard. I may not tell you everything because I don't want to upset you.	8. Don't make me talk about what happened. Don't get mad if I don't want to talk it or about the person.
9. I don't like to go to some places or do some things that remind me of the person who died, or of how my life has changed since the person died, because I get upset.	9. Don't make me go places if it still makes me too upset or scared.
10. I have trouble remembering good things about the person because I remember other things that make me too mad, sad, or scared, and they get in the way.	10. Understand that I am still too scared and sad to think about the happy times right now. Help me to feel better.

# Dougy Center

- The Dougy Center has a ton to offer.
- Filtered searches in the Dougy.org resources section are really helpful to find what you need

## How to Use This Page

Grief is hard, but knowing you are not alone can help. Use the filters below to find articles and activities just for you.

Topic or Type of Death:

All

The Person Who Died:

All

Filter by Type:

All Types

Filter by Age:

0 - 5



### Aldo's Adventures in Grief

Join Aldo the llama and explore thoughts and feelings around grief.

[DOWNLOAD →](#)



### What are you grateful for?

[LEARN MORE →](#)



### Create a Family Playlist

[LEARN MORE →](#)



### Younger Kids- ages 0-5

Tell adults how you are feeling



### Older Kids- ages 6-12

Express your grief with our help



### Activities

Click here for activities to express your grief



# DOUGY CENTER RESOURCES

- Some of the available resources...
  - Supporting Students After a Death: Tips for Teachers and School Personnel
  - Covid-19 and Grief
  - Tips for Supporting Children who are Grieving
  - Supporting Children and Teens when Someone Dies from Substance Use
  - When Death Impacts Your School
  - Finding the Words: When Someone in Your Community has Died of COVID19
  - Back to School with Grief and COVID-19
  - Now What? Tips for Grieving Teens
  - Developmental Grief Responses
  - Supporting Children & Teens When a Family Member is Dying in a Hospital
  - Happy Holidays? Navigating the Winter Holidays with Grief and COVID19



# National Alliance for Grieving Children

- Quick snapshot of the resources tab on their website

Home About Us Find Support Resources Join Us Awareness Grants Education Donate Member Login search...

Home Resources Covid-19 Resources

## COVID-19

Free Webinars

Downloadable Toolkit

Membership Calls

For many that offer grief support to children, teens and those that care for them there are many challenges as a result of the social distancing that is necessary in light of the global pandemic. We are creating a series of free resources, educational opportunities and connection calls to facilitate those who work with grieving families accommodating to the current reality. Please share these broadly so that we can support the widest audience. Together we can succeed in continuing to provide a safe space for children and teens to process their grief. We will Grieve Alone but Together.

## FREE DOWNLOADABLE RESOURCES

The National Alliance for Grieving Children (with the support of Alex Cares for Grieving Youth®) has released the booklet "*Coping with Change and Loss*" (Spanish version: "*Respondiendo al Cambio Y Pérdida*") to be shared freely with families.

About Childhood Grief

GriefTalk Resource Guides

Frequently Asked Questions from Parents/Caregivers

NAGC Holiday Toolkit

Be a Hero to Grieving Children-Toolkit

"When Someone Dies" NAGC's Activity Book

10 Ways to Help a Grieving Child

NAGC Videos

Covid-19 Resources



# NAGC

- More of what's available from the National Alliance for Grieving Children...
  - Talking to Children About Death and Dying
  - About Childhood Grief
  - Talking About End of Life Memorials and rituals
  - Talking About Grieving as a Family
  - Frequently Asked Questions from Caregivers Raising Bereaved Children
  - NAGC Holiday Toolkit: Supporting Grieving Children...
  - Responding to Change and Loss



The Coalition to Support Grieving Students is a collaboration of national organizations representing the full range of school professionals. Convened by the NCSCB and New York Life Foundation, the Coalition has created a set of industry-endorsed resources to empower school communities across America in the ongoing support of their grieving students.

GrievingStudents.org is a practitioner-oriented website providing practical, accessible, free information, handouts and reference materials, and includes over 20 video training modules featuring expert commentary, school professionals sharing their observations and advice, and bereaved children and family members offering their own perspective on living with loss. Through its founding and supporting organizational members, the Coalition's aim is to provide bereavement and related resources to those who support grieving students

- The Coalition to Support Grieving Students has a number of resources and Children's Hospital Los Angeles overall has many mental health related resources on crisis, trauma, bereavement. Here are a few of the themes of their resources not mentioned on the previous slide.
  - Talking to children, What not to say, support over time, peer support
  - Developmental and Cultural considerations for concept of death, connecting with families and cultural sensitivity
  - Practical considerations for funeral attendance, secondary losses, coordinating services, social media
  - Reactions and Triggers
  - Professional Prep and Self-care
  - Crisis and special circumstances including suicide, commemoration/memorialization
  - Coping with the Death of a student or Staff Member

# Resources from Other Organizations

- Child Development Institute
  - How to Talk to Kids About Death
- Child Mind Institute (great resource for many mental health topics)
  - Helping Children Deal with Grief
- Worldmaker International
  - Feeling Our Way: Supporting the Emotional Needs of our School communities – Free webinar featuring the director of the National Center for School Crisis and Bereavement and the developer of the THRIVE mode of resilience

# Resources

- National Institute of Health
  - Coping with Grief
  - Grief, Bereavement and Coping with Loss
  - Mourning the Death of a Spouse
  - End of life Topics
- Whole Child Counseling
  - Helping Children and Teens Cope with Grief & Loss
  - Support Art inspired by the Invisible String
- The Children's Grief Center
  - Anticipatory Grief

# Resources

- Clinical Grief Activities Booklet from School Counselors Connect

## Grief Activities Based on the Safe Crossing Program Model for Supporting Bereaved Children and Families

### 1. Processing the circumstances or event within the context of the child's developmental ability.

- Creating a safe environment
- All About Me
- All About My Loved One (Anticipatory or Bereavement)
- Anagram
- Timeline

### 2. Understanding the concepts of grief and loss.

- "Way – No Way" Game
- "Grief" Activity
- Books helpful in talking about grief

### 3. Identifying and understanding feelings and behaviors associated with normal grief response.

- Feelings Worksheet
- Emotional Behavioral Cards
- Feelings Body
- Inside/Outside Feelings
- Feeling Concentration Game

The name of the person who died is...

This person was my...

My loved one died from...

My favorite thing to do with them was...

My favorite memory of my loved one is...

My loved one really liked...

# Resources: Activities

- When Someone Dies: A Child-Caregiver Activity Book (Free)
  - National Alliance of Grieving Children
- Clinical Grief Activities Booklet (Free)
  - School Counselor Connect
- Liana Lowenstein – Creative Interventions for Bereaved Children



# Resources: Books

- A Terrible Thing Happened
- The Invisible String (and workbook)
- Rabbityness
- Tear Soup
- When Someone Very Special Dies
- When Dinosaurs Die
- Lifetimes (more of a gentle introduction to the topic of death)
- I Found a Dead Bird (more for the very curious about the physical)
- Death is Stupid
- The Goodbye Book
- The Heart and the Bottle
- For More with brief descriptions:  
<https://www.cbc.ca/life/wellness/books-to-help-children-cope-with-loss-and-grief-1.5436343>
  - GrievingLighthouse.org – also has many book recs with short descriptions

# Suicide Prevention Resource Center & The American Association of Suicidology

- [Suicidology.org](https://www.suicidology.org)
  - Preventing Suicide
    - A toolkit for high schools
    - The Role of high School Teachers
    - The Role of High School Mental Health Providers
  - After a Suicide: A Toolkit for Educators
- [SPRC.org/Resources-programs](https://www.sprc.org/resources-programs)
  - Can search for resources and programs in custom search sorting by what type of resource or program you need, the populations and setting, etc.
  - For example, If you filter for guidelines, youth & schools results include:
    - A model school policy on school prevention
    - Recommendations for school-based Suicide Prevention Screening
    - Youth Suicide prevention, intervention, and postvention guidelines

# Resources: Suicide Info & Prevention

- American Academy of Child and Adolescent Psychiatry
  - [https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Teen-Suicide-010.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Teen-Suicide-010.aspx)
- American Foundation for Suicide Prevention
  - <https://afsp.org/suicide-statistics/>
- Center for Disease Control
  - <https://www.cdc.gov/ViolencePrevention/suicide/index.html>
- National Institute of Mental Health
  - <https://www.nimh.nih.gov/health/publications/suicide-faq/index.shtml>
- Substance Abuse and Mental Health Services Administration
  - <https://www.samhsa.gov/find-help/suicide-prevention>
- [Youth.Gov](#)
  - <https://youth.gov/youth-topics/youth-suicide-prevention>

# School Community & Suicide

- Guidelines for School Responding to a Death By Suicide
  - GrievingStudents.org
  - National Center for School Crisis and Bereavement
- **National Association of School Psychologists**
  - Comprehensive School Suicide Prevention in a Time of Distance Learning
  - Preventing Suicide: Guidelines for Administrators and Crisis Teams
  - Suicide Clusters and Contagion
  - Save a Friend: Tips for Teens to Prevent Suicide

## Suicide and Self-Harm – Child Mind Institute

- Supporting Children After the Suicide of a Classmate
- When Death Impacts Your School (for Admin)
  - Dougy.org
- Suicide in Schools: A Practitioner's Guide to Multi-level Prevention, Assessment, Intervention, and Postvention (book)

# Additional Supports

- Good Grief – Peer Support Programs, Parent support, more
- Imagine NJ – Free grief Support
- Programs in NY from the National Alliance for Grieving Children
- Grief Care Counseling – Telehealth Support, Parent Consult
- Please keep in mind many of the major organizations have links in resources sections dedicated to finding local service providers and supports.