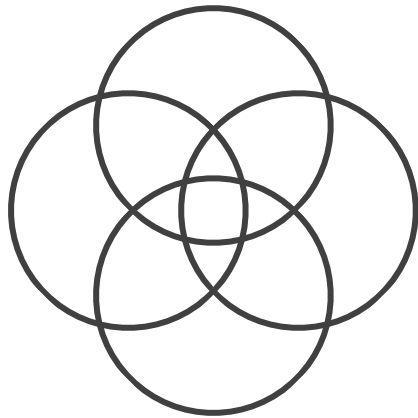


Volume 1 Edition 1  
February 5, 2024



# CSRP

Center for Suicide Research and Prevention

## Newsletter

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# CSRP

Center for  
Suicide Research  
and Prevention



**HARVARD**  
UNIVERSITY

# Welcome to the CSRP

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The **Center for Suicide Research and Prevention** (CSRP) is the newest of seven nationally-funded P50 research centers that focus on creating practice-ready interventions for use worldwide. We hope to make available various tools and implementation to the broader research and clinician community.

This newsletter will showcase the activities of the CSRP, as well as highlight new developments in the field of suicide prevention research. You'll find interviews with scientists, clinicians, and community partners all working to fulfill the mission of the Center.

We hope you enjoy this first issue of our biannual newsletter!

“What’s exciting about this opportunity is the chance to finally make big change.”

Matthew Nock, PhD, Co-Director of the CSRP

Source: *The Harvard Gazette*

# Word from the Directors

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Welcome to the inaugural newsletter of the Center for Suicide Research and Prevention. We are excited about the work that the CSRP will do in the coming years and grateful to the extraordinary group of colleagues, scientists, researchers, staff, and community partners who have made the Center a reality. In this issue, we highlight news about the Center and new research findings, begin our community spotlight series, and much more. We hope you enjoy the newsletter and look forward to updating you on our progress.

- Jordan Smoller & Matthew Nock

# News from the Center

## “Seizing the chance to stop a suicide”

The CSRP’s directors spoke to *The Harvard Gazette* explaining the story behind our new center. They discuss pertinent issues regarding suicide prevention and research on this important topic.

[Read more here!](#)

## External Advisory Board Named

We are thrilled to introduce our External Advisory Board of leaders in the field of suicide research, implementation science, and more. The EAB will play a central role in advising the Center and ensuring its success. Our board members are:

- Rinad Beidas, PhD, Northwestern University Feinberg School of Medicine
- Tami D. Benton, MD, Children’s Hospital of Philadelphia
- David A. Brent, MD, University of Pittsburgh Medical Center
- Sara J. Landes, PhD, Veteran’s Health Association
- Mitchell J. Prinstein, PhD, American Psychological Association
- Arielle Sheftall, PhD, University of Rochester Medical Center
- Gregory E. Simon, MD, MPH, Kaiser Permanente
- Colin G. Walsh, MD, MA, FACMI, FAMIA, FIAHSI, Vanderbilt University

## Dr. Matthew Nock on National Public Radio (NPR)

Dr. Nock recently contributed to NPR’s story on the Golden Gate Bridge supporting its new suicide prevention safety nets, noting that this step is “ethical, reasonable, and clinically wise.”

[Read more here!](#)

# Community Spotlight

In each issue, we will highlight a group that works with local communities. In this issue, we spotlight Samaritans, Inc.: a Massachusetts-based organization celebrating its 50th anniversary.



# samaritans

***PLEASE INTRODUCE YOURSELF AND HOW YOU GOT INVOLVED WITH THE ORGANIZATION!***

**Kathy:** My name is Kathy Marchi, and I am the CEO & President of Samaritans, Inc. in Boston. I joined the organization in December 2019 but had worked with Samaritans grief support and education programs in 2014 when 3 teens died by suicide in the community where I was living and working.



**Kacy:** I am Kacy Maitland, the Chief Clinical Officer at Samaritans and oversee all our mental health support and suicide prevention programs. I first connected with Samaritans as a Helpline volunteer many years ago and began this role about three years ago. I've been working in the mental health field for more than 16 years as both a trainer and clinician, working with those struggling with severe and persistent mental illness.



**CAN YOU TELL US MORE ABOUT SAMARITANS OF BOSTON?**

**Kathy:** Samaritans is a suicide prevention organization that provides free, lifesaving services throughout Massachusetts. We offer an ear to the struggling, a community for those grieving a loss to suicide, and education so anyone can be part of our mission to prevent suicide and support those affected by it. Samaritans is a community partner of the Center for Suicide Research and Prevention. In that role, we will provide compassionate, one-on-one support to high-risk patients following discharge from the hospital. Through this work, we aim to provide hope and empathetic connection during what can be a very difficult time for many people.

**HOW DID THIS ORGANIZATION START OUT?**

**Kathy:** Samaritans was founded 50 years ago – April 4, 1974 – in the basement of Boston’s Arlington Street Church[...] Samaritans has grown tremendously while continuing to help people find hope in human connections. We still operate a 24/7 Helpline – part of the national 988 Suicide & Crisis Lifeline – and in the last 50 years we’ve answered more than 3 million calls and trained thousands of volunteers to help those who are struggling.



## HOW DOES THIS GROUP IMPACT THE COMMUNITY?

**Kathy:** Humanity thrives when we work together to nurture better mental health. Samaritans does this through education, crisis services, and compassionate grief support following a suicide loss. Each year, we connect with more than 100,000 individuals across our free programs:

- 24/7 Helpline - As part of the 988 National Crisis and Suicide Lifeline, we provide around-the-clock support to people in crisis and those seeking a caring listener.
- Hey Sam - A peer-to-peer mental health support textline for young people. Youth can text Hey Sam at 439-726.
- Suicide Grief Support - These in-person and virtual programs provide suicide loss survivors with support from peers who understand their grief journey.
- Community Education and Outreach - Our free workshops help schools and communities recognize warning signs of suicide and support better mental health.

**Kacy:** We also know that suicide prevention does not look the same for every community, nor should it. At Samaritans, we work with community organizations to tailor our programs to meet the unique needs of communities that are at higher risk for suicide - people of color, LGBTQ+ youth, and those in certain professions, to name a few. Through this work, we hope to build authentic connections that enable us to reach more people and offer support in the most accessible ways that we can.

**HOW DID THIS GROUP GET INVOLVED WITH THE CSRP AND/OR THE GRANT WRITING PROCESS?**



**Kacy:** Volunteers are the heart of our work. Each year, hundreds of volunteers respond to thousands of calls to our 24/7 Helpline. It was through one of these volunteers that we got involved with the CSRP.

We soon discovered that Samaritans could fill a much-needed role to offer enhanced outreach for individuals at high risk for suicide following discharge from inpatient hospitalization or an ER visit for suicidal ideation or attempt[...] When we know that folks are going through a difficult time, proactive outreach like a simple text message or phone call can make a big difference. Samaritans will be that connection and help folks work through evidence-based interventions[...] We are honored to work alongside everyone at the CSRP on this initiative.

**ARE THERE ANY INITIATIVES YOU HOPE TO CONTINUE/KICKSTART IN 2024?**

**Kathy:** Our project with the CSRP will kickstart[...] We will also celebrate our 50th anniversary as an organization in the spring of 2024. Delving into this project to offer support in a new and innovative way feels like a natural progression of our work and an exciting milestone to reach during our 50th anniversary year.



# Research Round-Up

*\*Bolded authors hold  
CSRP affiliation*

## Intervening on High-Risk Responses During Ecological Momentary Assessment of Suicidal Thoughts

*Kate H. Bentley, Alexander J. Millner, Adam Bear, Lia Follet, Rebecca G. Fortgang, Kelly L. Zuromski, **Evan M. Kleiman**, Daniel D. Coppersmith, Francheska Castro-Ramirez, Yael Millgram, Adam Haim, **Suzanne A. Bird**, **Matthew K. Nock***

Researchers address repercussions of intervening for participants at high risk for suicide during EMA research.

[READ MORE HERE!](#)

## Estimated Average Treatment Effect of Psychiatric Hospitalization in Patients With Suicidal Behaviors

*Eric L. Ross, Robert M. Bossarte, Steven K. Dobscha, Sarah M. Gildea, Irving Hwang, **Chris J. Kennedy**, Howard Liu, Alex Luedtke, Brian P. Marx, **Matthew K. Nock**, Maria V. Petukhova, Nancy A. Sampson, Nur Hani Zainal, Erik Sverdrup, Stefan Wager, **Ronald C. Kessler***

Recent research discusses the impact of psychiatric hospitalization for patients in the immediate aftermath of a suicide attempt compared to prior suicide attempts or suicidal ideation alone.

[READ MORE HERE!](#)

## Predicting Adolescent Suicidal Behavior Following Inpatient Discharge Using Structured and Unstructured Data

***Nicholas J. Carson**, Xinyu Yang, Brian Mullin, Elizabeth Stettenbauer, Marin Waddington, Alice Zhang, **Peyton Williams**, Gabriel E. Rios Perez, **Benjamin Lê Cook***

Recent work investigates the performance of an algorithm predicting suicide-related ICD codes.

[READ MORE HERE!](#)

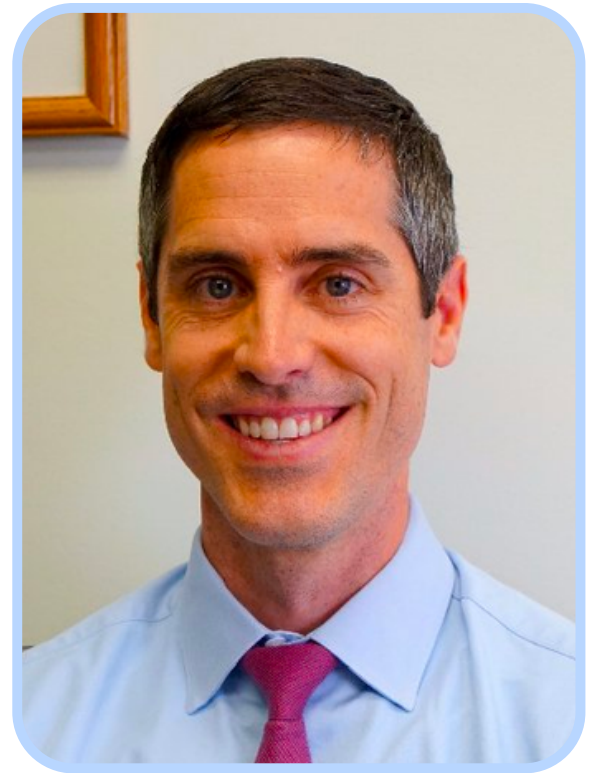
# Meet the Researcher

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## **Nicholas Carson, MD**

Division Chief of Child and Adolescent Psychiatry at Cambridge Health Alliance

Signature Project Site Investigator  
Exploratory Project 2 Co-Lead



### ***PLEASE INTRODUCE YOURSELF!***

My name is Nick Carson (he/him) and I am a child and adolescent psychiatrist at the Cambridge Health Alliance, my professional home since 2004. Currently I am the Division Chief for Child and Adolescent Psychiatry at CHA and a Research Scientist at our Health Equity Research Lab. I love playing music and skiing with my kids and I'm an aspiring gardener.

### ***WHAT DID YOUR ACADEMIC JOURNEY LOOK LIKE?***

I grew up on the rugged east coast of Canada in New Brunswick, studied English literature and Medicine at McGill in Montreal, adult psychiatry at UPenn in Philadelphia, and finally child psychiatry at CHA/HMS.

**WHAT GOT YOU INTO THE FIELD OF SUICIDE RESEARCH?**

I've always been a committed disparities researcher and approach suicide prevention with a focus on youth and families who are under-represented, under-served, or otherwise minoritized. I've been affected by suicide in my personal and professional life and I see it as a core enigma and priority for all of healthcare. As a mental health services researcher I've often used EHR and other "big" datasets. I'm excited to collaborate with data scientists to apply increasingly sophisticated technological tools to suicide prediction, prevention, and connection to services.

**HOW DID YOU GET INVOLVED WITH THE CSRP?**

I'm grateful to Dr. Phil Wang for introducing me and colleagues in our lab to Matt Nock, Jordan Smoller, Richard Liu, and the whole CSRP team[...] I appreciate their enthusiasm to involve a community health system like CHA. I think we have a great opportunity to do research that is more inclusive and more impactful for all families.

**WHAT TYPES OF RESEARCH DO YOU HOPE TO BE INVOLVED WITH IN THE FUTURE?**

I'm excited to collaborate on research that develops and implements predictive tools for real world clinical settings caring for diverse, under-served families. I think we'll be more effective if we build in collaboration with patients, schools, or other systems.

# Funding Opportunities

In alignment with the NIH's requirement for practice-based centers to provide opportunities for funded research and the CSRP's goal to support burgeoning research in suicide prediction and prevention, the CSRP is now accepting applications for grant funding.

The Center will support innovative early career and advanced investigators with an interest in suicide research and the development, deployment, and evaluation of practice-ready and clinically-focused interventions aimed at improving the identification and effective treatment of patients at risk of suicide.

**Deadline: February 15th, 2024 @ 5:00 PM EST.**

## SCHOLARS PROGRAM

Award Amount:  
Up to \$50,000 in salary support

## PILOT GRANT PROGRAM

Award Amount:  
\$50,000



READ MORE AND APPLY  
THROUGH OUR  
WEBSITE HERE!

# Contact Us

Thank you for reading through the **first CSRP newsletter!** We hope to bring you more content related to advancements and prominent figures in the field of suicide research in the future.

## **Interested in the work we do?**

Any questions, comments, or feedback can be directed to our email at [\*\*mghcsrp@mgb.org\*\*](mailto:mghcsrp@mgb.org).

Find us at our [website here](#) and stay tuned for our new website!

*Presented by:*

### **The Communications and Disseminations Committee**

*Andrea Foulkes*

*Sophia Kim*

*Sarah Knoll*

*Matthew Nock*

*Jordan Smoller*

*Christine Vogeli*

*John Weisz*



*Sponsored by:*

