



Protecting the Vulnerable: SafeUT & SafeUTNG



Who are we?



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- **Will Leavitt** – Project Facilitator, SafeUTNG, University Neuropsychiatric Institute Community Crisis and Diversion Services
- **Capt. Juliann Jeppsen, PhD** – Director of Behavioral Health, Utah National Guard & Crisis Social Worker, University Neuropsychiatric Institute Community Crisis and Diversion Services
- **Major David Wood, PhD** – Assistant Professor, Brigham Young University (Social Work Program,) Clinical Psychologist, Utah National Guard, Program Evaluator for SafeUTNG



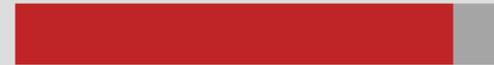
What is SafeUT?

- Crisis Chat and School Safety Tip Line developed for Utah students, parents, and educators Kindergarten through Higher Ed
- Confidentially available 24/7 at no-cost to the user and always staffed by a team of master's level clinicians
- While a major focus of the app is crisis intervention, SafeUT also works with individuals in crisis prevention

SAFEUT ENROLLMENT



87.8% TOTAL STUDENT REACH



What is the History of SafeUT?

- Suicide is the leading cause of death for Utahns age 10 – 24. SafeUT was created to reach young people through their preferred method of communication, text messaging.
- Through collaboration with University Neuropsychiatric Institute (UNI), Senator Thatcher, Representative Eliason, and the Attorney General's Office, SB175 (2015) was passed.
- This allowed for the creation of the SafeUT Commission which governs research, development, and implementation of the app statewide.



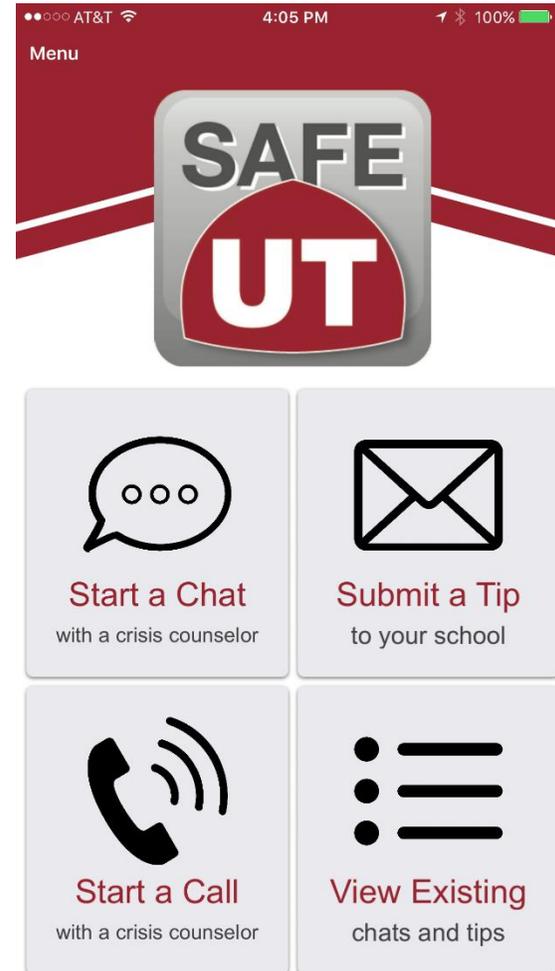
utah department of
human services



Services Provided

Users can submit:

- **Chat** - Therapeutic dialogue through texting with a SafeUT Licensed Crisis Worker
- **Tip** - Concerns (weapons, drugs, self-harm, suicide etc.) that are immediately sent to both SafeUT staff and Schools/National Guard to evaluate
- **Call** - Therapeutic dialogue through a phone conversation with a SafeUT Licensed Crisis Worker



How has SafeUT Impacted Utah?

January 2019 – May 2020

POTENTIAL SCHOOL THREAT TIPS

402 VERIFIED TIPS

RESULTED IN

348 UNIQUE VERIFIED SCHOOL THREATS

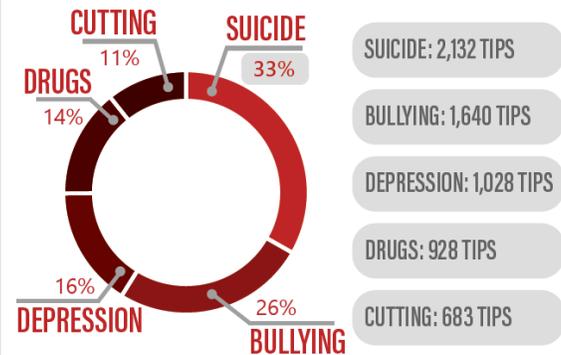
ACTIVE RESCUES

If a SafeUT user is actively attempting suicide or has plans to harm themselves in the immediate future, SafeUT clinicians will work in coordination with first responders/school personnel to initiate an active rescue (life saving intervention).

583 LIFE SAVING INTERVENTIONS INITIATED
FROM JAN 2019 TO MAY 2020

- **283 ACTIVE RESCUES**
FROM JAN 2020 TO MAY 2020
- **300 ACTIVE RESCUES**
FROM JAN 2019 TO DEC 2019

TOP 5 TIP TOPICS | JAN 2019 - DEC 2019



July 2017 – May 2020

Total Chats: 59,786

Total Tips: 28,646



What is the History of SafeUTNG?



- The impact of SafeUT for Utah students and families has drawn attention to the need for similar services in other vulnerable populations.
- In 2018, talks began between UNI and the Utah National Guard to create an app for National Guard service members, their families, and civilian personnel.
- On December 6, 2019 SafeUTNG was launched.



Program Evaluations and Outcomes

- The UTNG is preparing a survey to assess attitudes regarding SafeUTNG and service member willingness to use it.
- Evaluation information will be used to improve this resource.

National Survey of Veterans Findings

- During a crisis, many Veterans stated they would be open to reaching out to a licensed health care professional.
- Phone lines (e.g., help line) are often preferred at the same rate as seeking help from a relative or family member.



Marketing & Outreach

- Rollout to service members through PHA (Periodic Health Assessment)
- Individual consultations regarding app use
- Earned Media



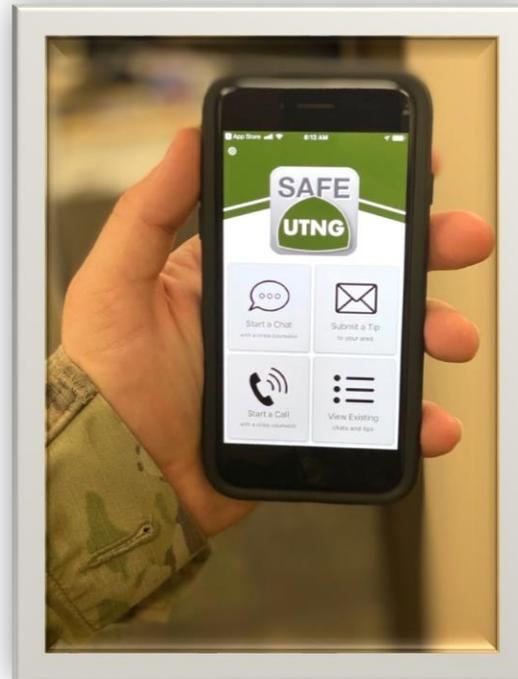
SafeUTNG Utilization Data

- December 6, 2019 (Launch Date) – May 31, 2020
- **Total Chats: 113**
 - Message Threads: 2,145
 - Average Message Threads per Chat: 19
- **Total Tips: 21**
 - Message Threads: 138
 - Average Message Threads per Tip: 7
- **Total Downloads: 1,064**
 - App Store (Apple): 726
 - Google Play (Android): 338
- *Utah National Guard estimates ~7,000 service members (excluding family members and civilian personnel).*



SafeUTNG Today

- **1,064** downloads to date out of 7,000 active duty service members and growing
- Continued military culture competency training for crisis workers
- Success story over chat
- Success story over phone



Questions?

