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CODAC FIRST TO OFFER SUICIDE-SPECIFIC TREATMENT

Tucson, Arizona (November 12, 2014) – CODAC Behavioral Health Services will begin offering the first intensive outpatient program in Arizona specifically designed for people who are suicidal. Now, hospitals have a resource to discharge patients to following a suicide attempt or acute suicidal thoughts.

Suicide specific treatment has generally not been part of the core business of mental health providers because there has not been training on how to treat the suicidality itself. Instead, people who have survived a suicide attempt are often referred to therapy groups specifically for the underlying cause – depression, anxiety, etc. – among people who are not suicidal. In addition to being alienating, this type of treatment is not effective because it uses “talk” therapy when the acutely suicidal person’s brain struggles to process with words.

CODAC’s Dark Thought Suicide Treatment Program is the first of its kind in Arizona to use somatosensory interventions (like drumming, meditation, and experiential exercises) for the suicidal person which access uncommunicable – and sometimes unconscious – traumatic experiences stored in the deep right brain. This helps people to break out of the fight/flight/freeze cycle that is common in this population. Eventually, each person will be able to access the left side of the brain more effectively – cognitive/word-based – again and continue processing verbally.

“Clients involved in mental health services are six to 12 times more likely to die by suicide than the general population,” says CODAC President and CEO Dennis Regnier, MA. “We are pleased to be the first in what we hope will become a movement to provide this groundbreaking treatment.”

CODAC Medical Director Steven Bupp, MD adds, “At the deepest levels of mental illness, in most cases, trauma has occurred. Understanding the unique neurobiological impact of trauma, we know that addressing these underlying issues is critical before we begin any talk-therapy.”

“Suicide is preventable,” says Inge Detweiler, CODAC VP of Clinical Services. “At CODAC, we have the resources and capabilities to address the physical, emotional and psychological issues that lead to a person becoming suicidal. Our job is to prevent unnecessary suffering due to mental illness.”

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Suicide is a hot topic across the nation, for good reason. In 2014, there have been almost 40,000 suicides across the United States alone. For every suicide there are 30 failed attempts. Every completed and attempted suicide creates profound trauma for those closest to the suicidal person; it is estimated that at least 6 people are immediately impacted. This means that a conservative estimate of over seven million people are impacted by suicide each year.

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Founded in 1970, CODAC Behavioral Health Services is one of Arizona's oldest and most respected specialty providers of family development and integrated health care services. Through 11 service locations and more than 425 staff, CODAC services more than 12,000 individuals and families annually. For more information, visit www.CODAC.org.