



Tips for Preventing Youth Suicide

To support quality care, we are providing information to providers and members to encourage discussions on health topics. Watch for more on health care quality in our [Wellness Can't Wait: Delivering Quality Care page](#).

Did you know the suicide rate in Texas has increased for young people? Discuss the importance of mental health with your patients and encourage them to ask questions. Below we provide resources to help support quality care.

Why it matters

National statistics show that one out of four children will have a mental illness during childhood.¹ According to the CDC, in Texas 18.9% of high school students contemplated suicide, 15% planned their suicide and 10% attempted suicide. The Texas Health and Human Services Commission states that children diagnosed and treated are more likely to succeed at home and in the community.²

Closing care gaps

Follow-up after Hospitalization for Mental Health (FUH) is recognized as a quality measure by the [National Committee for Quality Assurance \(NCQA\)](#).³ The NCQA recommends follow-up for mental health hospitalization at seven and 30 days. Patients hospitalized for mental health issues are vulnerable after discharge and follow-up care by trained mental health clinicians is critical for their health and well-being.³

Best practices

Review the [BCBSTX Preventive Care Guidelines \(PCGs\)](#), [Clinical Practice Guidelines \(CPGs\)](#), the Magellan [Behavioral Health Toolkit](#), [THSteps for Medical Providers](#) and [ImmTrac2](#) to help support quality of care.

Best practices:

- Eliminate or mitigate known risk factors
- Ensure the family has the number for the National Suicide Prevention Hotline: 1-800-273-TALK (8255)
- Help the family make a safety plan, including not leaving their child alone and removing accessible weapons
- Encourage abstaining from alcohol and other drugs
- Consider referring the patient to a behavioral health professional

Need help?

Magellan Behavioral Healthcare manages services related to mental and behavioral health care for BCBSTX Medicaid. Medicaid providers can call 1-800-327-7390.

¹ Texas Health and Human Services Commission. (no date) *Children's Mental Health*. Accessed April 26, 2021 at <https://hhs.texas.gov/services/mental-health-substance-use/childrens-mental-health>

² Texas Health and Human Services Commission. (no date). *Youth suicides in Texas*. Accessed January 5, 2021 at <http://healthdata.dshs.texas.gov/dashboard/births-and-deaths/youth-suicides>

³ NCQA (no date) *Follow-up After Hospitalization for Mental Health (FUH)*. Accessed April 27, 2021 at <https://www.ncqa.org/hedis/measures/follow-up-after-hospitalization-for-mental-illness/>

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