

## **Materials and Considerations for Suicide Prevention**

### Description of Community Need

Suicide prevention increases public awareness of the signs of suicide risk and knowledge about using appropriate actions to prevent suicide. The goal of suicide prevention activities should include improving early identification, early intervention and referral for at-risk suicidal behavior. Suicide prevention is challenging because of the range of risk factors, its wide scope (involving all age groups and priority populations), and the variety of settings in which suicide prevention can be implemented and supported.

Suicide prevention strategies, in combination with other PEI priority population strategies, are designed to be comprehensive in both breadth (coverage across the county) and depth (intensity in priority populations). Counties may choose to implement specific programs and approaches for suicide prevention as well as embed suicide prevention in other PEI programs for specific priority populations. Many of the characteristics of the PEI Priority Populations (trauma exposed, stressed families, school failure etc.) are associated with greater suicide risk, and strategies in these other areas will inherently address suicide prevention.

Suicide prevention also will be addressed a state-administered project. Counties are encouraged to assess their local population and current suicide prevention resources to identify the priority populations to target in their community. In those counties with existing local suicide prevention activities, counties may choose to coordinate their efforts locally and with identified state-administered suicide prevention projects.

### Potential Funding and Resource Partners

Potential funding and resource partners for this priority population include the following groups:

- Department of Education
- Ad Council
- Cultural and ethnic organizations
- Schools (K-12)
- Higher education
- Faith-based organizations
- Probation/law enforcement
- Primary health care
- County Mental Health
- Foundations
- Older adult agencies/organizations
- Native American health centers/rancherias
- County Offices of Education
- State-Administered Suicide Prevention Projects

## Resource Materials for Suicide Prevention

### EXAMPLES OF STRATEGIES:

1. Prevention of Mental Health Problems			
<i>EXAMPLES OF STRATEGIES</i>	<i>DESCRIPTION</i>	<i>SETTINGS</i>	<i>AGE GROUP</i>
Applied Suicide Intervention Skills Training (ASIST) by Livingworks	Two-day intensive, interactive and practice-dominated course designed to help individuals recognize and review risk, and intervene to prevent the immediate risk of suicide.	Various	<input type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://www.livingworks.net/">http://www.livingworks.net/</a>			
Applied Suicide Intervention Skills Training (ASIST) Training for Trainers (T4T)	Minimum five-day course that prepares local resource persons to be trainers of the ASIST workshop.	Various	<input type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://www.livingworks.net/">http://www.livingworks.net/</a>			
Frameworks Youth Suicide Prevention Program	This program is a comprehensive, community-based approach to suicide prevention. Using a public health model, the program trains community members to play a critical role in suicide prevention. The program strives to strengthen the development of a community coalition of serve providers, parents, and youth. The coalition is developed, trained, and supported to recognize youth at risk and connect those youth in an integrated, systematic and comprehensive way with help.	Various	<input type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website: <a href="http://www.sprc.org/featured_resources/bpr/PDF/NAMINH_Frameworks_factsheet.pdf">http://www.sprc.org/featured_resources/bpr/PDF/NAMINH_Frameworks_factsheet.pdf</a>			

## Resource Materials for Suicide Prevention

1. Prevention of Mental Health Problems			
<i>EXAMPLES OF STRATEGIES</i>	<i>DESCRIPTION</i>	<i>SETTINGS</i>	<i>AGE GROUP</i>
Peer-to-Peer	Peer-to-Peer is a nine week—two hour per week—experiential educational course on recovery for any person with mental illness who is interested in establishing and maintaining wellness. The course uses a combination of lecture, interactive exercise and structural group processes. The diversity of experience among course participants affords for a lively dynamic that moves the course along.	National Alliance for the Mentally Ill (NAMI) satellite and affiliate organizations	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://www.nami.org/Content/NavigationMenu/Find_Support/Education_and_Training/Education_Training_and_Peer_Support_Center/Peer-to-Peer/P2P_Brochure.pdf">http://www.nami.org/Content/NavigationMenu/Find_Support/Education_and_Training/Education_Training_and_Peer_Support_Center/Peer-to-Peer/P2P_Brochure.pdf</a>			
Question, Persuade, Refer (QPR) Gatekeeper Training	This 60 to 90 minute training is for the general public and teaches participants the warning signs for suicide and the three-step QPR method. It is available in classroom settings, online and via interactive CD.	Various	<input type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://www.livingworks.net/">http://www.livingworks.net/</a>			
Reach Out!	Reach Out! combines evidence-based mental health content, sophisticated youth involvement, and savvy communications to create an Internet-based service that supports young people struggling with mental health difficulties. Founded in Australia in 1998, Reach Out! has become the leading online mental health resource for Australian young people: 5.5M users have accessed the service since its launch, and youth suicide rates have declined by 46% since its inception.	Various	<input type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website: <a href="http://www.reachout.com.au">www.reachout.com.au</a>			
Teen Screen	Voluntary school screening to identify youth who are at-risk for suicide and potentially suffering from mental illness.	Schools, but can be adapted to other settings	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input type="checkbox"/> Adults <input type="checkbox"/> Older Adults

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1. Prevention of Mental Health Problems			
<i>EXAMPLES OF STRATEGIES</i>	<i>DESCRIPTION</i>	<i>SETTINGS</i>	<i>AGE GROUP</i>
Website: <a href="http://www.teenscreen.org">www.teenscreen.org</a> or <a href="http://www.sprc.org/featured_resources/bpr/ebpp_PDF/columbia-teenscreen.pdf">http://www.sprc.org/featured_resources/bpr/ebpp_PDF/columbia-teenscreen.pdf</a>			
Signs of Suicide (SOS)	Curriculum that aims to raise awareness of suicide and its related issues with a brief screening for depression and other risk factors associated with suicidal behavior.	School	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website: <a href="http://www.mentalhealthscreening.org">www.mentalhealthscreening.org</a> or <a href="http://www.sprc.org/featured_resources/bpr/ebpp_PDF/sos.pdf">http://www.sprc.org/featured_resources/bpr/ebpp_PDF/sos.pdf</a> or <a href="http://modelprograms.samhsa.gov/pdfs/promising/sos-signs-of-suicide.pdf">http://modelprograms.samhsa.gov/pdfs/promising/sos-signs-of-suicide.pdf</a>			
Lifelines	Curriculum includes information and attitudes about suicide, help seeking, and school resources and discussion of warning signs of suicide.	School	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website: <a href="http://www.sprc.org/featured_resources/bpr/ebpp_PDF/lifelines.pdf">http://www.sprc.org/featured_resources/bpr/ebpp_PDF/lifelines.pdf</a>			

## Resource Materials for Suicide Prevention

### 2. Early Intervention for Mental Health Problems and Concerns

<i>EXAMPLES OF STRATEGIES</i>	<i>DESCRIPTION</i>	<i>SETTINGS</i>	<i>AGE</i>
American Indian Life Skills Development	School-based, culturally tailored, suicide-prevention curriculum for American Indian adolescents. The curriculum is designed to build self-esteem; identify emotions and stress; increase communication and problem-solving skills; and recognize and eliminate self-destructive behavior, including substance abuse.	High School	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website:			
Impact	Impact is an evidence based depression care program. Researchers tested the IMPACT model in a variety of settings including HMO, fee-for-service, inner-city county hospital and Veterans Administration clinics. IMPACT was equally effective with African American, Latino and White patients.	Various	<input type="checkbox"/> C/Y <input type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://impact-uw.org/">http://impact-uw.org/</a>			
Reconnecting Youth	Curriculum teaches skills to build resiliency with respect to risk factors and to moderate early signs of substance abuse, and depression/aggression. The program incorporates social support and life skills training.	High School	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website: <a href="http://www.sprc.org/featured_resources/bpr/ebpp_PDF/reconnecting_youth.pdf">http://www.sprc.org/featured_resources/bpr/ebpp_PDF/reconnecting_youth.pdf</a>			
Teen Screen	Voluntary school screening to identify youth who are at-risk for suicide and potentially suffering from mental illness. Students who receive a “positive” screen are interviewed by a clinician to determine need for further evaluation and referral.	Schools, but can be adapted to other settings	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website: <a href="http://www.teenscreen.org">www.teenscreen.org</a> or <a href="http://www.sprc.org/featured_resources/bpr/ebpp_PDF/columbia-teenscreen.pdf">http://www.sprc.org/featured_resources/bpr/ebpp_PDF/columbia-teenscreen.pdf</a>			

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<i>EXAMPLES OF STRATEGIES</i>	<i>DESCRIPTION</i>	<i>SETTINGS</i>	<i>AGE</i>
Zuni Life Skills Development Curriculum	Curriculum to develop competency in a range of life skills. Tailored to Zuni culture, but the process of cultural adaptation incorporated in the program is transferable to other populations	High School	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website: <a href="http://www.sprc.org/featured_resources/bpr/ebpp_PDF/zuni_life_skills.pdf">http://www.sprc.org/featured_resources/bpr/ebpp_PDF/zuni_life_skills.pdf</a>			
<ul style="list-style-type: none"> <li>• Beck Depression Inventory</li> <li>• PRIME-MD</li> <li>• Goldberg Depression Questionnaire</li> </ul>	To identify depression in the general population: <ul style="list-style-type: none"> <li>• Voluntary Screening</li> <li>• Early intervention, if appropriate</li> <li>• Behavioral health assessment and referral, if necessary</li> </ul>	CCHC, FQHC, NA Health Center, Rural Health Centers.	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Websites: PRIME-MD: <a href="http://bipolar.stanford.edu/pdf/questionnaire.doc">http://bipolar.stanford.edu/pdf/questionnaire.doc</a> Goldberg Depression: <a href="http://counsellingresource.com/quizzes/goldberg-depression/index.html">http://counsellingresource.com/quizzes/goldberg-depression/index.html</a>			
<ul style="list-style-type: none"> <li>• PHQ-9</li> <li>• Cornell Scale for Depression in Dementia</li> <li>• Geriatric Depression Scale</li> </ul>	<ul style="list-style-type: none"> <li>• Screening and assessment for first onset of depression in older adults</li> <li>• Early intervention, if appropriate</li> <li>• Behavioral health assessment and referral, if necessary</li> </ul>	CCHC, FQHC, NA Health Center, Rural Health Centers.	<input type="checkbox"/> C/Y <input type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Websites: PHQ-9: <a href="http://www.pfizer.com/pfizer/download/do/phq-9.pdf">http://www.pfizer.com/pfizer/download/do/phq-9.pdf</a> Cornell: <a href="http://www.medqic.org/dcs/ContentServer?cid=1116947564848&amp;pagename=Medqic/MQTools/ToolTemplate&amp;c=MQTools">www.medqic.org/dcs/ContentServer?cid=1116947564848&amp;pagename=Medqic/MQTools/ToolTemplate&amp;c=MQTools</a> Geriatric Depression Scale: <a href="http://www.stanford.edu/~yesavage/GDS.html">http://www.stanford.edu/~yesavage/GDS.html</a>			

## Resource Materials for Suicide Prevention

3. Linkage and Support in Navigating Service Systems and Other Providers as Needed			
<i>EXAMPLES OF STRATEGIES</i>	<i>DESCRIPTION</i>	<i>SETTINGS</i>	<i>AGE</i>
Counselor Care (C-Care) and Coping and Support Training (CAST)	Intervention for students at risk for suicide. It combines one-on-one counseling with a series of small-group training sessions.	School	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website: <a href="http://www.sprc.org/featured_resources/bpr/ebpp_PDF/ccare_cast.pdf">http://www.sprc.org/featured_resources/bpr/ebpp_PDF/ccare_cast.pdf</a>			
Prevention of Suicide in Primary Care Elderly: Collaborative Trial (PROSPECT)	A specially trained master-level clinician works in close collaboration with a depressed patient's PCP to implement a comprehensive disease management program.	Primary Care	<input type="checkbox"/> C/Y <input type="checkbox"/> TAY <input type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://www.sprc.org/featured_resources/bpr/ebpp_PDF/prospect.pdf">http://www.sprc.org/featured_resources/bpr/ebpp_PDF/prospect.pdf</a>			
Specialized ER Intervention for Suicidal Adolescent Females	Provides specialized emergency room care for female adolescent suicide attempters and their mothers. Involves ER staff training, information regarding outpatient treatment and a session with a crisis therapist.	Primary Care—ER	<input type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website: <a href="http://www.sprc.org/featured_resources/bpr/ebpp_PDF/spec_emergency_rm.pdf">http://www.sprc.org/featured_resources/bpr/ebpp_PDF/spec_emergency_rm.pdf</a>			
Post-suicide attempt: ER follow-up and support	Providing support for suicide attempters and their families after a suicide attempt.	Primary Care—ER	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website: None			

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<i>EXAMPLES OF STRATEGIES</i>	<i>DESCRIPTION</i>	<i>SETTINGS</i>	<i>AGE</i>
Emergency Department Means Restriction Education	Educates parents of youth at high risk for suicide about limiting access to lethal means for suicide (firearms, medications, alcohol etc). Education takes place in emergency departments.	Primary Care – ER	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website: <a href="http://www.sprc.org/featured_resources/bpr/ebpp_PDF/emer_dept.pdf">http://www.sprc.org/featured_resources/bpr/ebpp_PDF/emer_dept.pdf</a>			
Brief Psychological Intervention After Deliberate Self-Poisoning	Provides four psychotherapy sessions for adults who deliberately poisoned themselves. During each session, therapists assess the risk of suicide and communicate the assessment with the patient's general practitioner. This 60 to 90 minute training is for the general public and teaches participants the warning signs for suicide and the three-step QPR method. It is available in classroom settings, online and via interactive CD.	Primary Care Home-based	<input type="checkbox"/> C/Y <input type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://www.sprc.org/featured_resources/bpr/ebpp_PDF/psy_intervention.pdf">http://www.sprc.org/featured_resources/bpr/ebpp_PDF/psy_intervention.pdf</a>			
ULifeline	ULifeline is an anonymous, confidential, online resource center, where college students can be comfortable searching for the information they need and want regarding mental health and suicide prevention. ULifeline is available where college students seek information the most - at their fingertips on the Internet.	Colleges and Universities	<input type="checkbox"/> C/Y <input type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://www.ulifeline.org/main/page/75/AboutULifeline">http://www.ulifeline.org/main/page/75/AboutULifeline</a>			

## Resource Materials for Suicide Prevention

4. System Structure and Enhancements to Improve, Coordinate and Sustain Mental Health Programs and Interventions			
<i>EXAMPLES OF STRATEGIES</i>	<i>DESCRIPTION</i>	<i>SETTINGS</i>	<i>AGE GROUP</i>
Question, Persuade, Refer (QPR) Gatekeeper Training	Warning signs for suicide and the three-step QPR method. It is available in classroom settings, online and via interactive CD.	Various	<input type="checkbox"/> C/Y <input type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://www.qprinstitute.com/">http://www.qprinstitute.com/</a>			
Applied Suicide Intervention Skills Training (ASIST) by Livingworks	Two-day intensive, interactive and practice-dominated course designed to help individuals recognize and review risk, and intervene to prevent the immediate risk of suicide.	Various	<input type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://www.livingworks.net/">http://www.livingworks.net/</a>			
Applied Suicide Intervention Skills Training (ASIST) Training for Trainers (T4T)	Minimum five-day course that prepares local resource persons to be trainers of the ASIST workshop.	Various	<input type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://www.livingworks.net/">http://www.livingworks.net/</a>			
Family-to-Family	The NAMI Family-to-Family Education Program is a free, 12-week course for family caregivers of individuals with severe mental illnesses. The course is taught by trained family members.		<input type="checkbox"/> C/Y <input type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://www.nami.org/Template.cfm?Section=Family-to-Family">http://www.nami.org/Template.cfm?Section=Family-to-Family</a>			

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4. System Structure and Enhancements to Improve, Coordinate and Sustain Mental Health Programs and Interventions			
<i>EXAMPLES OF STRATEGIES</i>	<i>DESCRIPTION</i>	<i>SETTINGS</i>	<i>AGE GROUP</i>
Professional Development	Capacity building for staff to identify and address potential mental health needs.	Various	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website: None			

## Resource Materials for Suicide Prevention

5. General Resources			
EXAMPLES OF STRATEGIES	DESCRIPTION	SETTINGS	AGE GROUP
Active Minds	Active Minds is a nonprofit organization headquartered in Washington, DC that develops and supports student-run mental health awareness, education, and advocacy chapters on college campuses across the country. Each student group's mission is to: Increase awareness of mental health issues; provide information and resources regarding mental health and mental illness; encourage students to seek help as soon as it is needed; and to serve as liaison between students and the mental health community	Colleges and Universities	<input type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website: <a href="http://www.activemindsoncampus.org/">http://www.activemindsoncampus.org/</a>			
Parents and Teachers as Allies	NAMI created <i>Parents and Teachers as Allies</i> to help families and school professionals identify the key warning signs of early-onset mental illnesses in children and adolescents in our schools. It focuses on the specific, age-related symptoms of mental illnesses in youngsters. The publication is intended to provide an educational tool for advancing mutual understanding and communication between families and school professionals.		<input type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website: <a href="http://www.nami.org/Template.cfm?Section=Schools_and_Education&amp;template=/ContentManagement/ContentDisplay.cfm&amp;ContentID=38215">http://www.nami.org/Template.cfm?Section=Schools_and_Education&amp;template=/ContentManagement/ContentDisplay.cfm&amp;ContentID=38215</a>			

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5. General Resources			
<i>EXAMPLES OF STRATEGIES</i>	<i>DESCRIPTION</i>	<i>SETTINGS</i>	<i>AGE GROUP</i>
SAFE-T Protocol	The SAFE-T guides clinicians through five steps which address the patient's level of suicide risk and suggest appropriate interventions. It is intended to provide an accessible and portable resource to the professional whose clinical practice includes the suicide assessment.		<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="https://mentalhealthscreening.org/safet/overview.aspx">https://mentalhealthscreening.org/safet/overview.aspx</a>			
The JED Foundation	The Jed Foundation is the nation's leading organization working to prevent suicide and promote mental health among college students. JED Foundations board works to identify the underlying causes of suicide and produce effective prevention, awareness and intervention programs.		<input type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website: <a href="http://www.jedfoundation.org/index.php">http://www.jedfoundation.org/index.php</a>			
The Road to Resilience	This brochure is intended to help readers with taking their own road to resilience. The information within describes resilience and some factors that affect how people deal with hardship. Much of the brochure focuses on developing and using a personal strategy for enhancing resilience.		<input type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://www.apahelpcenter.org/featuredtopics/feature.php?id=6&amp;ch=0">http://www.apahelpcenter.org/featuredtopics/feature.php?id=6&amp;ch=0</a>			