



# Suicide Prevention Resource Center

Promoting a public health approach to suicide prevention



The nation's only federally supported resource center devoted to advancing the *National Strategy for Suicide Prevention*.

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# Creating a Legacy

## Session 1

Suicide Prevention Resource Center's Workshop Series for  
2<sup>nd</sup> Year GLS Grantees

June 24, 2014

# SPRC Facilitators

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**Julie Ebin**  
Senior Prevention  
Specialist



**Sheila Krishnan**  
Campus Prevention  
Specialist

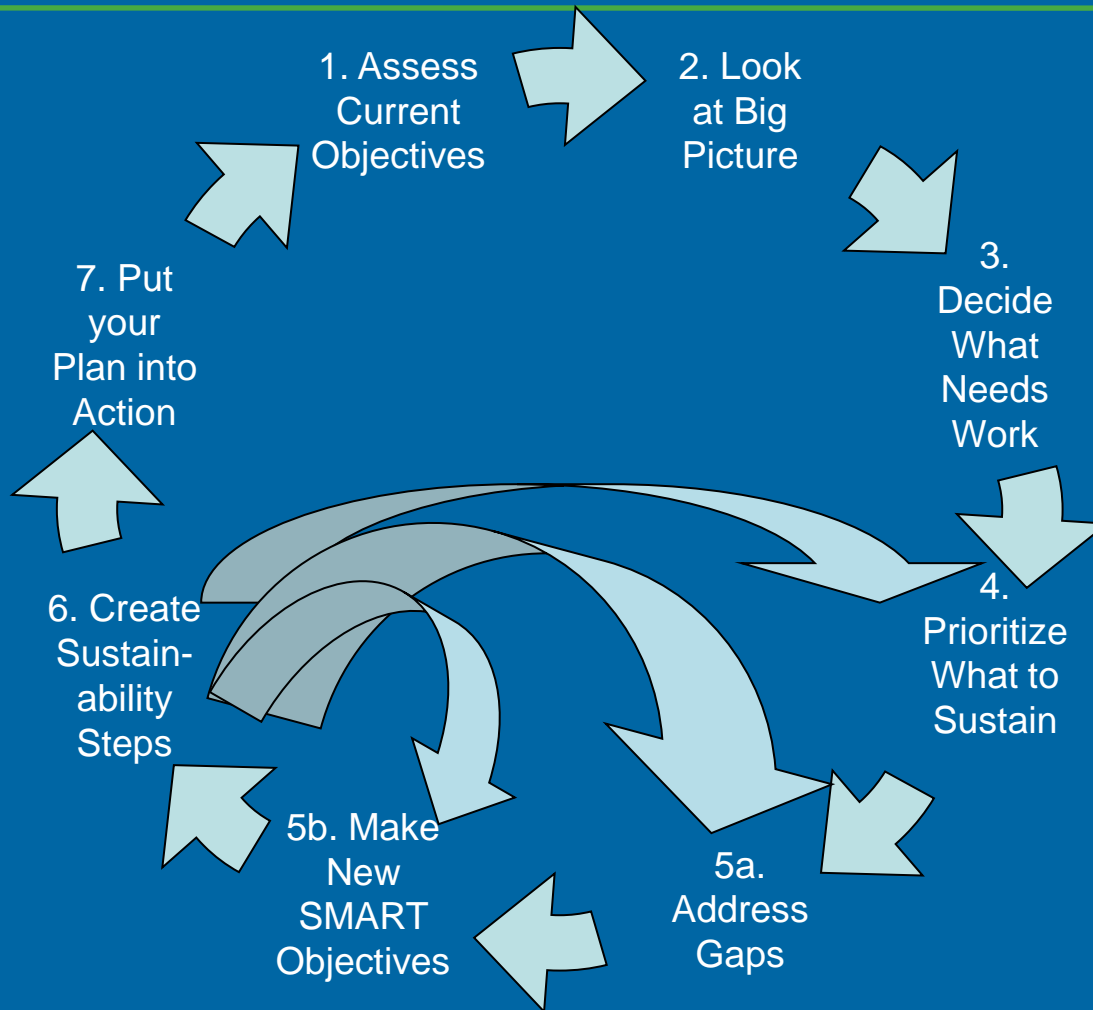
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Poll Question:

Where are you at in  
planning for sustainability?



# Creating a Legacy: Series Overview



# Creating a Legacy: Series Overview

- ✓ 4 Meetings
  - Communications: June 24
  - Partnerships: July 8
  - Infrastructure: August 5
  - Supporting Trainers: August 19

- ✓ Workshop format
- ✓ Homework
- ✓ Partner input

 SPRC - Suicide Prevention Resource Center  
| Creating a Legacy Workshop Series Homework Guide

**Due June 24 (prior to first meeting):**

- 1) Read Executive Summary (pp. 4-6) + Ideas for Action (pp. 29-30) of the [Legacy Report](http://www.sprc.org/sites/sprc.org/files/legacy/Leavon%20%20Legacy_Final2.pdf): [http://www.sprc.org/sites/sprc.org/files/legacy/Leavon%20%20Legacy\\_Final2.pdf](http://www.sprc.org/sites/sprc.org/files/legacy/Leavon%20%20Legacy_Final2.pdf)
- 2) Read pp. 1-4 of the [SPRC Sustainability Guide](http://www.sprc.org/sites/sprc.org/files/SPRC%20Sustainability%20Planning%20Guide%20FINAL%2013-2.pdf): <http://www.sprc.org/sites/sprc.org/files/SPRC%20Sustainability%20Planning%20Guide%20FINAL%2013-2.pdf>
- 3) Locate your existing program activities' data/success stories/impact measures and bring them to the session, if possible. You will also need these to complete your homework for Session 2.
- 4) Download the handout for session 1: The Big Picture Worksheet on pg. 2 of the [Grantee Sustainability Planning Workbook \(Word Version\)](http://www.sprc.org/sites/sprc.org/private_pages/grantee_resources/): [http://www.sprc.org/sites/sprc.org/private\\_pages/grantee\\_resources/](http://www.sprc.org/sites/sprc.org/private_pages/grantee_resources/) (under "Sustainability Resources for GLS Grantees")
- 5) \*Enter one of your grant objectives into the first box of The Big Picture Worksheet before the meeting and print it out and bring it or have it open during the session. Have your remaining objectives handy for reference during the meeting.

**Due July 8:**

- 1) \*\*Complete Big Picture Worksheet on pg. 2 of the [Grantee Sustainability Planning Workbook \(Word Version\)](http://www.sprc.org/private_pages/grantee_resources/) ([http://www.sprc.org/private\\_pages/grantee\\_resources/](http://www.sprc.org/private_pages/grantee_resources/))
- 2) Refer to grantee sustainability examples on the [SPRC Private Pages](http://www.sprc.org/private_pages/grantee_resources/) for ideas and guidance: [http://www.sprc.org/private\\_pages/grantee\\_resources/](http://www.sprc.org/private_pages/grantee_resources/)
- 3) \*\*Exchange the completed Big Picture worksheet with your buddy for feedback.
- 4) Read steps 3&4, "See What is Already Sustained and Decide What Needs More Work" and "Prioritize What Else to Sustain" on pp. 5-6 of the [SPRC Sustainability Guide](http://www.sprc.org/sites/sprc.org/files/SPRC%20Sustainability%20Planning%20Guide%20FINAL%2013-2.pdf): <http://www.sprc.org/sites/sprc.org/files/SPRC%20Sustainability%20Planning%20Guide%20FINAL%2013-2.pdf>
- 5) \*\*Invite your grant partners to come together between July 8 and August 5 to prioritize which activities to continue after the grant.

**Due August 5:**

- 1) \*\*Complete "Addressing High Priority Outcome Gaps" Worksheet #4a (and optionally "Logic Model Template" Worksheet #4b) in the [Grantee Sustainability Planning Workbook](http://www.sprc.org/private_pages/grantee_resources/): ([http://www.sprc.org/private\\_pages/grantee\\_resources/](http://www.sprc.org/private_pages/grantee_resources/)) Exchange with buddy (and/or SPRC Prevention Specialist) for feedback.
- 2) \*\*Complete "Sustainability Action Plan Parts 1 & 2" Worksheets 5a & 5b in the [Grantee Sustainability Planning Workbook](http://www.sprc.org/private_pages/grantee_resources/): ([http://www.sprc.org/private\\_pages/grantee\\_resources/](http://www.sprc.org/private_pages/grantee_resources/)) Exchange with a buddy for feedback, email to Sheila (skrishnan@edc.org) and bring to last session.
- 3) Read "A Cyclic Process," and "Celebrate!!" on pg. 10 of the [SPRC Sustainability Guide](http://www.sprc.org/sites/sprc.org/files/SPRC%20Sustainability%20Planning%20Guide%20FINAL%2013-2.pdf): <http://www.sprc.org/sites/sprc.org/files/SPRC%20Sustainability%20Planning%20Guide%20FINAL%2013-2.pdf>

\*If multiple people from your grant team are participating, please agree on an objective you'll all use.  
\*\*If multiple people from your grant team are participating, please do this as a team.

Resource Center

[Grantee Sustainability Planning Workbook](http://www.sprc.org/private_pages/grantee_resources/):  
([http://www.sprc.org/private\\_pages/grantee\\_resources/](http://www.sprc.org/private_pages/grantee_resources/))

our Work" Worksheet #5 in the [Grantee Sustainability Planning Workbook](http://www.sprc.org/private_pages/grantee_resources/):  
([http://www.sprc.org/private\\_pages/grantee\\_resources/](http://www.sprc.org/private_pages/grantee_resources/))

to Address" and "Identify What You'll Need to Sustain":  
<http://www.sprc.org/sites/sprc.org/files/SPRC%20Sustainability%20Planning%20Guide%20FINAL%2013-2.pdf>

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# Today's Session

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- ✓ Topic overview
- ✓ Strategy of the Day:  
Communications
- ✓ The Big Picture worksheet



# What is Sustainability?

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# Your Vision

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## **Dedication**

*To those who have lost their lives by suicide,*

*To those who struggle with thoughts of suicide,*

*To those who have made an attempt on their lives,*

*To those caring for someone who struggles,*

*To those left behind after a death by suicide,*

*To those in recovery, and*

*To all those who work tirelessly to prevent suicide and suicide attempts in our nation.*

*We believe that we can and we will make a difference.*

*2012 National Strategy for Suicide Prevention*

# Leaving a Legacy Report



Suicide Prevention Resource Center  
Promoting a public health approach to suicide prevention

## Leaving a Legacy



Recommendations for  
sustaining suicide  
prevention programs

[http://www.sprc.org/library\\_resources/items/leaving-legacy-recommendations-sustaining-suicide-prevention-programs](http://www.sprc.org/library_resources/items/leaving-legacy-recommendations-sustaining-suicide-prevention-programs)

# Lessons Learned from Alumni Grantees

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- ✓ Adopt a Sustainability Mindset
- ✓ Build Momentum
- ✓ Foster Leadership
- ✓ Cultivate Partnerships
- ✓ Secure Resources

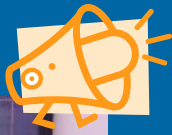


# Communicating for Sustainability

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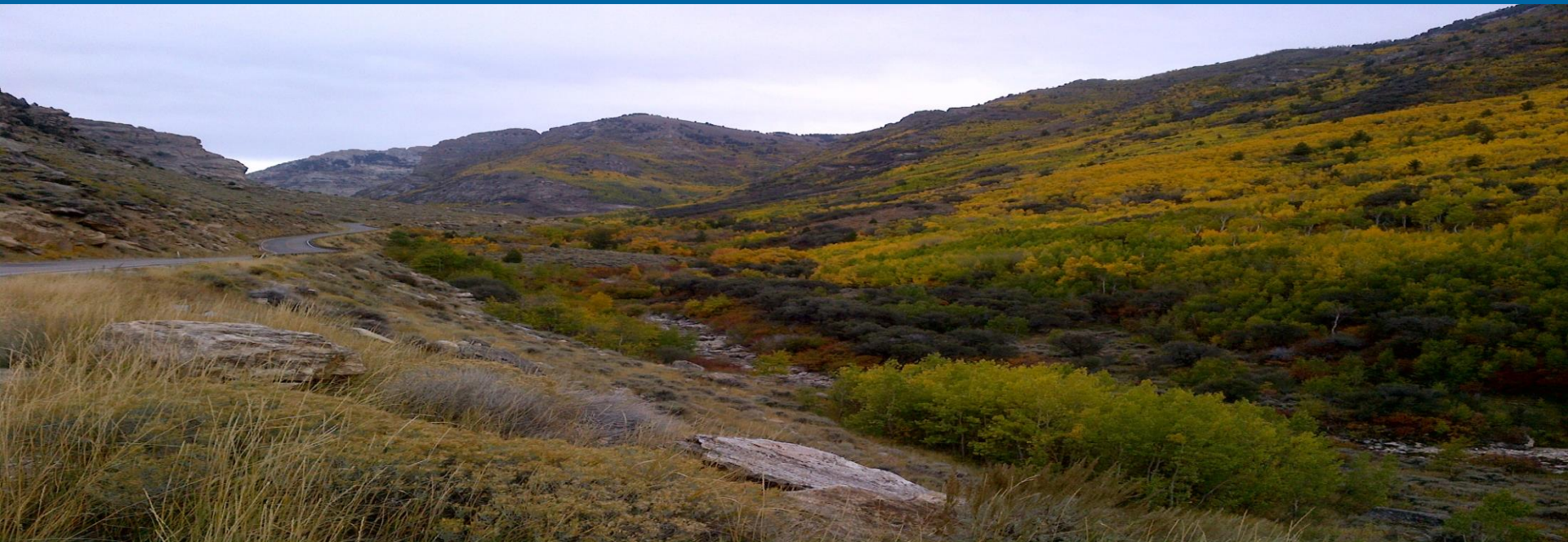
- ✓ Who are they trying to reach?
- ✓ What are their communication goals?





# Grantee Story: Misty Vaughan Allen

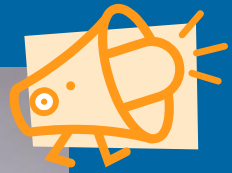
Suicide Prevention Coordinator  
Nevada Department of Health and Human Services





# Grantee Story: Gregg Elliot

Director, Counseling & Career Services  
Adams State University, (CO)



## Mental Health Awareness Week

April 2nd -6th

Mental Health Awareness Week will be recognized on the ASC campus April 2nd-6th and will include a variety of events. The week is developed with intentional effort to **increase awareness** of mental health concerns on ASC's campus, **reduce the stigma** around mental health issues, and **empower the college community** to seek the help that is necessary and available to respond to mental health issues.



safeTALK, about three hours in duration, is a training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. As a safeTALK-trained suicide alert helper, you will be better able to:

- move beyond common tendencies to mis, dismiss or avoid suicide.
- identify people who have thoughts of suicide.
- and apply the TALK steps (Tell, Ask, Listen and **Keep Safe**) to connect a person with suicide thought to suicide first aid, intervention caregivers.]

We will be offering this training on two separate days and times

- Wednesday April 4<sup>th</sup> from 5pm-8pm
- Thursday April 5<sup>th</sup> from 8:30am-11:30am

Adams State College, Student Union Building, Banquet Rooms

To sign up for the training or for additional information please contact: Laurel Carter at [laurelcarter@adams.edu](mailto:laurelcarter@adams.edu), 719-587-7746

### Adams State Mental Health Awareness Week

April 2-6

#### -Mental Health First Aid Training-

A 12 hour certification course designed to help communities better understand and respond to a person with a mental illness

Mental Health First Aid is a 12 hour interactive course. Mental Health First Aid introduces participants to risk factors and warning signs of mental health problems, build a understanding of their impact and overviews common treatments.

Specifically, participants learn:

- **The potential risk factors and warning signs** for a range of mental health problems, including: depression, anxiety, trauma, psychosis and psychotic disorders, eating disorders, substance use disorders, and self-injury.
- **An understanding of the prevalence of various mental health disorders** in the U.S. and the need for reduced stigma in their communities.
- **A 5-step action plan** encompassing the skills, resources and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care.
- **The evidence-based professional, peer, social, and self-help resources** available to help someone with a mental health problem.

#### Who should become a Mental Health First Aider?

Specific audiences for each training vary, but include key professions, such as law enforcement and other first responders, nursing home staff, and school administration. Other participating entities include faith communities, employers and chambers of commerce, state policy makers, mental health advocacy organizations and families and the general public.

#### Mental Health First Aid in your Community

MHFA-USA envisions that Mental Health First Aid will become as common as CPR and First Aid training during the next decade. MHFA-USA certifies community providers to implement Mental Health First Aid in communities throughout the United States.

#### Dates & Location of the Upcoming Training

April and April 3<sup>rd</sup>, 8:30am-3:30pm each day  
Adams State College, Student Union Building, Banquet Room A126

To sign up for the training or for additional information please contact:  
Laurel Carter at [laurelcarter@adams.edu](mailto:laurelcarter@adams.edu), 719-587-7746

The cost of the training (including book) is \$35.00.  
Please make our checks to: Adams State College

A collaborative partnership between Adams State College and the SLV Community Mental Health Center

#### Did you Know ...

One in three students report having experienced prolonged periods of depression.

One in four students reports having suicidal thoughts or feelings.

The average age of onset for many mental health conditions is in the typical college age range of 18 to 24 years old.

According to the National Institute of Mental Health, 75 percent of all individuals with an anxiety disorder will experience symptoms before age 22.

*Knowledge is Power:  
Be Informed*

Adams State College  
Mental Health Awareness Week  
April 2nd-6th

Adams State College  
Student Union Building

[counseling@adams.edu](mailto:counseling@adams.edu)  
719-587-7746



# Laurel Carter



# School of the Art Institute of Chicago: Sharing Needs and Impact Data

THE BLOG | ARTS & CULTURE | PROFILES | MUSIC | NEWS | COMICS | SCHOOL | MULTIMEDIA | ONLINE GALLERY find articles

## f newsmagazine

SAIC   

### OF SOUND MIND

by Alejandra González Romo, Brandon Goei | March 31st, 2012  
[HEALTH](#) · [SAIC](#) · [SURVEY](#)

# OF SOUND MIND

SAIC investigates student mental health and what can be done to prevent an escalation of mental health related issues

Healthy Minds Study      SAIC

Anxiety Disorders      National Sample



Category	SAIC	National Sample
Any anxiety disorder	25%	13%
Generalized anxiety	15%	8%
Panic disorder	6%	2%

“To say ‘I need to see someone because something is wrong with my mind’ is scary. But then again, it’s also the use of the term ‘wrong with’ that causes these problems too. No one wants to be at a disadvantage and no one wants to know that there’s something wrong with the way they process the world,” said Jessica Mazza, a leader of the Active Minds student group at SAIC.

Mazza’s statement illustrates one of the many possible reasons why the majority of students in need of

#### RELATED ARTICLES

-  SAIC Fashion: The Walk 2014
-  BFA Students Prepare for FVNMA Festival
-  Money For Nothing
-  Back to The Block
-  The Spring 2014 BFA Show
-  The Rhetorical Run

# Communicating for Sustainability

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- ✓ Who were they trying to reach?
- ✓ What were their communication goals?



# Creating Your Plan

## Sustaining Suicide Prevention Work: The Big Picture

Your site: \_\_\_\_\_

Objective	Key Area or Sub-Objective (If Applicable)	Was the objective successful?  How do you know?  What impact did it have?  What do your data or other impact measures tell you?	What challenges changed the objective or prevented its success?  Did you modify your approach?  Did you make any progress on your modified approach?	Which parts of this objective's work have momentum?  What has helped it move forward?  Whose support has been key?	What big picture, long-term outcome are you trying to change with this objective?  <i>(For example, "Increasing X protective factor." Or "Decreasing Y risk factor.")</i>
Objective 1:					
Objective 2:					
Objective 3:					
Objective 4:					

Objective: Reaffirm and continue the Area Teen Suicide Prevention Task Force with key stakeholders to provide continued community assessment, re-evaluation and effectiveness of program and longevity of program activities.

Sustaining Suicide Prevention Work: The Big Picture			Your Site: Kiowa Tribe of Oklahoma, Kiowa Teen Suicide Prevention (KTSP)		
Objective	Key Area or Sub-Objective (If Applicable)	Was the objective successful? How do you know? What impact did it have? What do your data or other impact measures tell you?	What challenges changed the objective or prevented its success? Did you modify your approach? Did you make any progress on your modified approach?	Which parts of this objective's work have momentum? What has helped it move forward? Whose support has been key?	What big picture, long-term outcome are you trying to change with this objective? (For example, "Increasing X protective factor." Or "Decreasing Y risk factor.")
Objective 5: Reaffirm and continue the Area Teen Suicide Prevention Task Force with key stakeholders to provide continued community assessment, re-evaluation and effectiveness of programs and longevity of program activities.		There was success to a degree, but room to improve. objective has been met as far as monthly meetings being held and for networking. Impact on community as a whole minimal, but used for networking for task force members. Measured by meetings held and members present.	Would like to have seen more members present at meetings and more accomplished through the task force. We tried different meeting days, different meeting schedule etc. Yes, progress was made as far as establishing a core group of task force members.	Relationships were enhanced with agencies through the task force such as local IHS staff. Continued support of the core group helped to sustain the task force; their participation has been key those include: Riverside Counselors, IHS employees, Addo Nation employees, CASA, BLING etc.	Collaboration of various community entities that work together toward suicide prevention.

*Kiowa Tribal Grantee Example*

Outcome: Collaboration of various community entities that work together toward suicide prevention.

# Your Turn!

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# Questions?

# Wrap Up

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- ✓ Next Meeting: July 8, same time
- ✓ Homework:
  - The Big Picture Worksheet
    - Examples on Private Pages
  - Exchange with your buddy site
  - Reading
  - Plan to bring partners together in July