



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*.

Technical Tips

- ✓ Technical problems? Call:
 - Adobe Connect at 1-800-422-3623
- ✓ Please type any questions or comments into the chat text box.
- ✓ Click the the “Full Screen” button on the upper right to make the presentation larger. Click “Full Screen” again to return to normal view.

Keeping Youth Safe: Reducing Access to Lethal Means

Oct. 24, 2013

Overview

- ✓ Learn more about the connection between suicide prevention and means restriction
- ✓ Find out how two campuses have implemented means restriction strategies
- ✓ Discuss opportunities for next steps to address means restriction in your community

Today's Speakers



Jim Gouveia, LCSW-ACSW
Oregon State University



Chris Brownson, PhD
UT-Austin



Sheila Krishnan, MPH
SPRC



Rebekah Hunt, MPA
SPRC

What is “Means Restriction?”

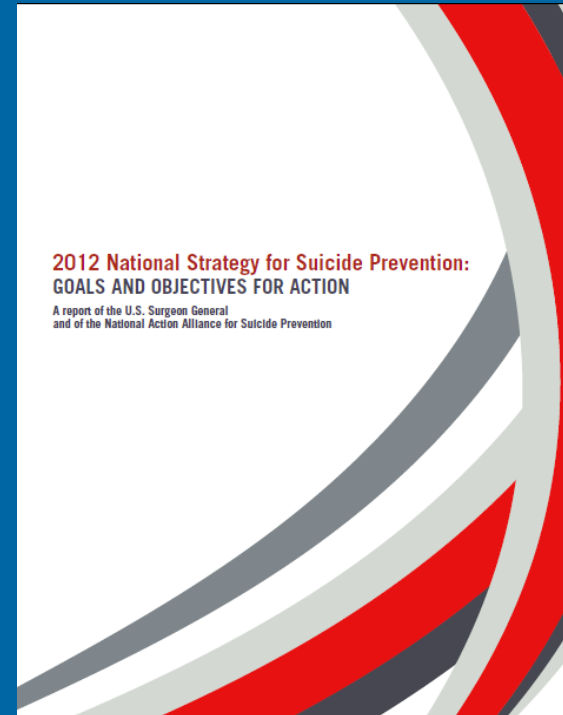
“Reducing a suicidal person’s access
to highly lethal means”

Poll

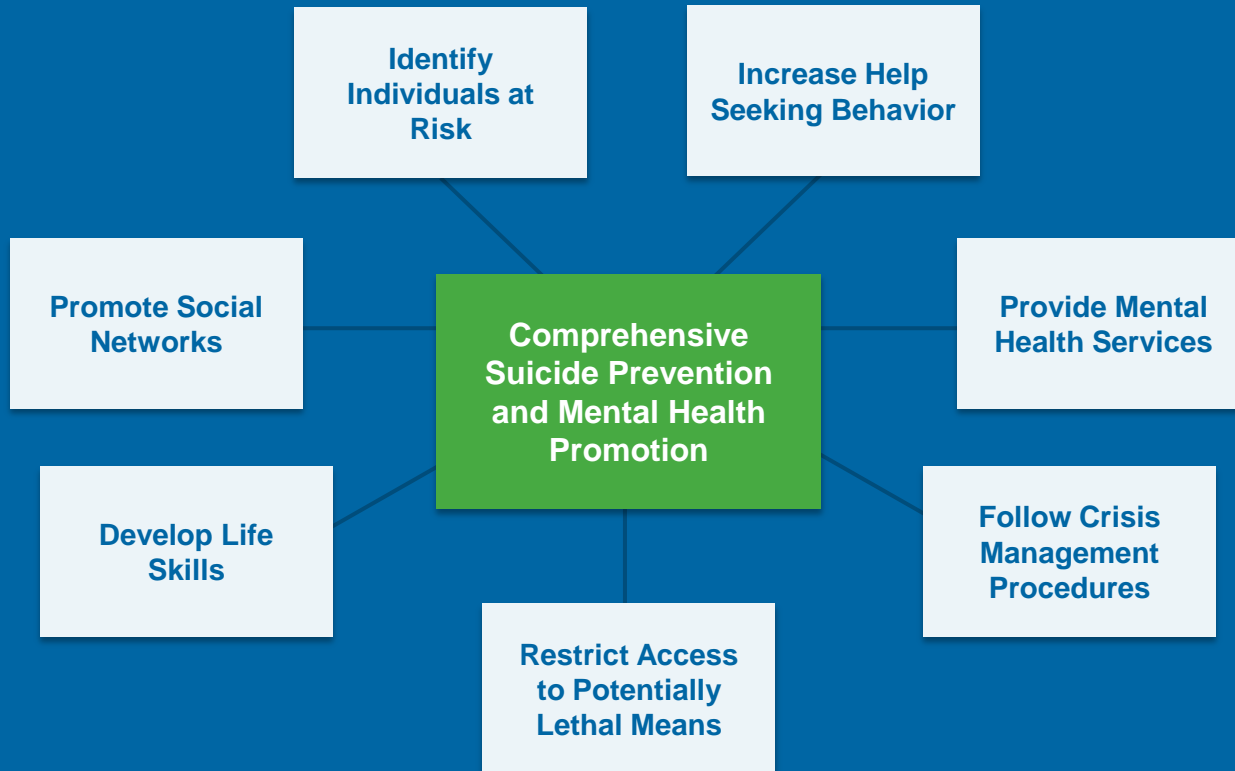
- ✓ Have you worked on means restriction?
- ✓ What means have you worked on restricting?

2012 National Strategy for Suicide Prevention

- ✓ Goal 6: Promote efforts to reduce access to lethal means of suicide among individuals with identified suicide risk



Public Health Approach



SPRC/Jed Foundation Model

Why Means Restriction?

- ✓ Many suicide attempts occur in a short-term crisis with little planning
- ✓ Intent isn't all that determines whether an attempter lives or dies
- ✓ 90% of attempters who survive do not go on to die by suicide
- ✓ Access to lethal means is a risk factor for suicide completion
- ✓ Many people who attempt are ambivalent
- ✓ People do not typically substitute means

Means Matter Campaign, 2013

Why Means Restriction?

- ✓ Increase the time interval between suicide impulse and behavior
- ✓ Increase the effort required to act on an impulse
- ✓ Make highly lethal means less accessible
- ✓ Increase the opportunity for rescue

Means Matter Campaign, 2013

Success in Means Restriction

- ✓ Coal Gas in the United Kingdom: 1955-1974
- ✓ Pesticides in Sri Lanka: 1996-2005
- ✓ Paracetamol Blister Packs in the United Kingdom: 1998

Gunnell , et al. (2007), Kreitman (1976), Gunnell , et al. (2010)

Q&A



Take-Aways

- ✓ Gather information
- ✓ Identify partners
- ✓ Change policies and practices
- ✓ Work with the media

SPRC Resources

- ✓ SPRC Private Pages
- ✓ SPRC Online Library
- ✓ Best Practices Registry

The screenshot shows the SPRC website interface. At the top, there is a navigation bar with links for 'About SPRC', 'Contact Us', and 'FAQ', along with a search bar and 'My Account' and 'Logout' buttons. The SPRC logo and name are prominently displayed, along with the tagline 'Promoting a public health approach to suicide prevention' and the national suicide prevention hotline number '1-800-273-TALK (8255)'. Below this is a horizontal menu with tabs for 'Suicide Prevention Basics', 'News & Events', 'Training Institute', 'Best Practices Registry', 'Library & Resources', and 'Who We Serve'. The main content area features a welcome message for 'Garrett Lee Smith Memorial Act suicide prevention grantees!' with social media sharing options. A left sidebar contains a 'Welcome/Materials List' with links to 'Grantee Events Calendar', 'How to Use the Private Pages', 'Search Private Pages', 'Submit Materials', 'Communities of Practice', and 'Grantee Resources'. Below this is a 'Your Recently Viewed Items' section listing items like 'Texas Christian University: Suicide Prevention Poster Contest'. The main content area includes a filter section with dropdown menus for 'Grantee Type', 'Grantee', 'Material Type', 'Populations', 'Settings', and 'Programmatic Issues', followed by an 'Apply' button. At the bottom, a table displays search results with columns for 'Title', 'Material Type', 'Materials', and 'Post date'. The table shows one entry: 'New Hampshire -' with 'Multimedia' as the material type and a post date of '09-27-13'. To the right of the filter section is an 'Upcoming Events' section listing several events with dates and times.

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

1-800-273-TALK (8255)
suicidepreventionlifeline.org

Search this site

About SPRC | Contact Us | FAQ

My Account | Logout

Suicide Prevention Basics | News & Events | Training Institute | Best Practices Registry | Library & Resources | Who We Serve

Welcome, Garrett Lee Smith Memorial Act suicide prevention grantees!

Share

Home » Grantees » Private Pages

These web pages are here specifically for you as state, tribal, or campus grantees to share information and materials developed throughout each of your programs. We hope you will take advantage of this resource and use it as a way to connect with other grantees working in suicide prevention.

Grantee Type
<Any>

Grantee
<Any>

Material Type
<Any>

Populations
<Any>

Settings
<Any>

Programmatic Issues
<Any>

Apply

Title	Material Type	Materials	Post date
New Hampshire -	Multimedia		09-27-13

Upcoming Events

- Introduction to Suicide Prevention
Wed, 10/23/2013 - 2:00pm
- Strengthening the Safety Net
Developing a Comprehensive
Suicide Prevention Program
Wed, 10/30/2013 - 2:00pm
- New Campus Grantee Webinar: A
Comprehensive Approach to
Suicide Prevention and Mental
Health Promotion
Wed, 11/06/2013 - 3:30pm
- Second Rural Suicide Prevention
Communities of Practice Meeting
Thu, 11/07/2013 - 2:00pm
- Third Rural Suicide Prevention
Communities of Practice Meeting
Thu, 12/05/2013 - 2:00pm
- New Campus Grantee Webinar:
Planning for Success: Creating a
Strategic Plan for your Grant and
Beyond
Fri, 12/06/2013 - 2:00pm
- Fourth Rural Suicide Prevention

Contact Us



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