

Sustaining State Suicide Prevention Initiatives Arizona's Approach

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Leadership for a Healthy Arizona



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What is sustainability?

Maintaining and continuing suicide prevention services after the funding period is over and ensuring that the suicide prevention activities are a permanent part of community resources

Key elements of sustainability in Arizona

- Planning
- Capacity building
- Partnerships
- Leveraging and bartering
- Nurture enthusiasm

Planning

1. *Assess population needs (where and how should resources be invested?)*
2. *Build capacity at state, tribal, and community levels to address needs*
3. *Include all partners in planning.
Everyone has a role*
4. *Use multiple approaches*

Capacity Building

- Training for trainers
- Conferences
- Various training events
- Training in evidence based models of suicide prevention
- Support peer learning
- Build capacity among people and organizations not funded by the grant
- Target capacity building in key communities and populations
- Use SPRC resources
- Provide tangible needed resources
- Develop policies to improve the way existing resources are used to prevent suicide (ie protocols, policies)

Building Partnerships

- Included everyone who cares regardless of whether or not they receive funds
- Focused on common interests and concerns
- Frequent communication with partners
- Involvement ourselves in state coalition
- Required provider involvement in the state coalition
- Shared information and data
- Formed a statewide network of ASIST and safeTalk trainers
- Facilitate and support partnerships between others (meeting space, conference calls, etc...)
- Required everyone who worked in the same community to work together

Leveraging and Bartering

- Use multiple fund sources
- Trade curricula for evaluation
- Trade inclusion in T4T for trainings
- Promote cross-collaboration between trainers in different geographic areas
- Integrate suicide prevention into other programs
- Share costs
- Mini grants
- Collect fees for some costs

Nurture Enthusiasm

- Share outcomes and successes with partners
- Share information about current projects
- Involve survivors
- Encourage healthy and productive competition
- Recognize accomplishments

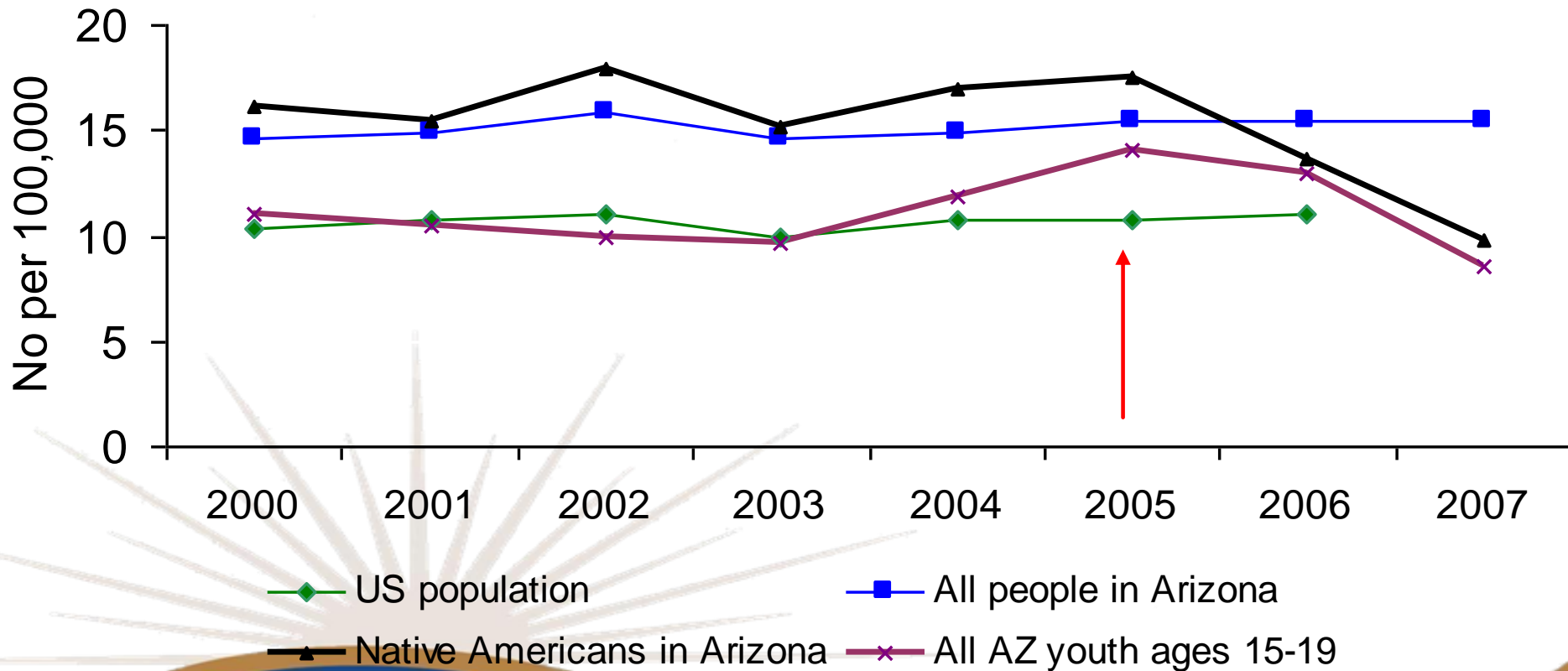
Challenges, mistakes, and unsustainable pieces

- **Unable to engage all of the other AZ GLS grantees**
- **Statewide conference was not sustained**
- **Most TeenScreen sites did not continue**
- **Unable to extend youth leadership component to all project partners**

Successful Sustainability

- **40+ Arizona ASIST Trainers**
- **2 tribal partners received GLS grants**
- **New policy- process for suicide risk assessment**
- **Incorporation of suicide prevention into half of AZ substance abuse prevention programs**
- **State funds used to sustain activities**
- **Suicide prevention strategies incorporated across the state**
- **ASIST being used in older adult programs**
- **MBrace Life established w/o GLS funds and continued**
- **N. AZ NA suicide prevention coalition formed w/o GLS funds**

Our Outcomes



Leadership for a Healthy Arizona

Thank You!



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