The nation’s only federally supported resource center devoted to advancing the *National Strategy for Suicide Prevention.*
Creating a Legacy
Session 1

Suicide Prevention Resource Center’s Workshop Series for 2nd Year GLS Grantees

June 24, 2014
SPRC Facilitators

Julie Ebin
Senior Prevention Specialist

Sheila Krishnan
Campus Prevention Specialist
Poll Question:
Where are you at in planning for sustainability?
Creating a Legacy: Series Overview

1. Assess Current Objectives
2. Look at Big Picture
3. Decide What Needs Work
4. Prioritize What to Sustain
5a. Address Gaps
5b. Make New SMART Objectives
6. Create Sustainability Steps
7. Put your Plan into Action
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
Today’s Session

✓ Topic overview
✓ Strategy of the Day: Communications
✓ The Big Picture worksheet
What is Sustainability?
Your Vision

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.
Lessons Learned from Alumni Grantees

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

✓ 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 designed to increase awareness of mental health concerns, reduce the stigma around mental health issues, and empower the college community to work together to address issues in mental health awareness.

We will be offering this training on two separate days and times:
- Wednesday April 5th from 5pm - 7pm
- Thursday April 6th from 3:30pm - 5:30pm

Adams State College, Student Union Building, Room 103

To sign up for the training or for additional information please contact Laurel Carter at Lauralee@adams.edu.

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

- Mental Health First Aid Training

A 12 hour certification course designed to help community 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 participants learn about mental illnesses, tools and strategies for increasing understanding and reducing stigma, and skills to help a person in their community understand and manage their mental health problems.

Specifically, participants learn:
- The potential risk factors and warning signs for mental health issues and the different types of mental health conditions.
- An understanding of the prevalence of various mental health disorders in the U.S. and the need for increased dialogue in our communities.
- A 5-step action plan incorporating the skills, knowledge, and understanding gained in the course, to help the participant manage and support their mental health.
- The evidence-based professional, peer, mental, and self-help resources available to help someone with a mental health problem.

Who should become a Mental Health First Aider?

Suits anyone for whom helping others is important. Includes lay professionals, such as educators and other who work with children, as well as parents and other family members. Other key participants include faith communities, employers, healthcare providers, law enforcement, and others.

Mental Health First Aid in your Community

Mental Health First Aid courses are available through the National Alliance on Mental Illness (NAMI). Visit nami.org to find a course in your area.

Focus: Awareness of the Upcoming Trainings:

- April 5th from 5pm - 7pm
- April 6th from 3:30pm - 5:30pm

To sign up for the training or for additional information please contact Laurel Carter at Lauralee@adams.edu.
OF SOUND MIND

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

“Of course there is a 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 mental health services are not accessing the help they need.
Communicating for Sustainability

✓ Who were they trying to reach?

✓ What were their communication goals?
Creating Your Plan

### Sustaining Suicide Prevention Work: The Big Picture

<table>
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<tr>
<th>Objective</th>
<th>Key Area or Sub-Objective (If Applicable)</th>
<th>Was the objective successful? How do you know? What impact did it have? What do your data or other impact measures tell you?</th>
<th>What challenges changed the objective or prevented its success? Did you modify your approach? Did you make any progress on your modified approach?</th>
<th>Which parts of this objective’s work have momentum? What has helped it move forward? Whose support has been key?</th>
<th>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.”)</th>
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**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.

**Outcome:** Collaboration of various community entities that work together toward suicide prevention.
Your Turn!
Questions?
Wrap Up

✓ 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