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.
Creating a Legacy
Session 2

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

July 8, 2014
SPRC Facilitators

Julie Ebin
Senior Prevention Specialist

Sheila Krishnan
Campus Prevention Specialist
Today's Session

- Lingering questions
- Simplifying your List
- Strategy of the Day: Partnerships
- Prioritizing
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
Reflections on The Big Picture
### What Needs More Work to Sustain?

<table>
<thead>
<tr>
<th>Objective</th>
<th>Key Area or Sub-Objective (If Applicable)</th>
<th>Is this objective embedded in ongoing non-GLS funded efforts, institutionalized, or otherwise sustained?</th>
<th>Is this objective:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Yes_____ No____</td>
<td>1. Achieved but still needs help/ work to sustain?</td>
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<tr>
<td></td>
<td></td>
<td>- If yes, explain how. No further work is needed from site. (Take off the list).</td>
<td>OR</td>
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<td></td>
<td></td>
<td>- If no, complete the next column.</td>
<td>2. Not yet achieved?</td>
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- Objective 1: 

- Objective 2: 

- Objective 3: 

Partnerships for Sustainability
Grantee Story: Elaine deMello
Supervisor, Training & Prevention Services
Connect Program, NAMI NH
New Hampshire MOUs

NH SUICIDE PREVENTION COUNCIL
Memo of Understanding
May 2007

INTRODUCTION:
New Hampshire has a long history with suicide prevention efforts starting with a data report showing a significant increase in youth suicide rates particularly firearm-related suicide deaths. This led to a legislative study committee and the formation in 1994 of the Youth Suicide Prevention Assembly (YPFA). YPSA has met on a monthly basis since that time.

New Hampshire has typically had a suicide rate that is slightly above the national average. Twice during the past ten years the rate has dipped below that national average. This includes 2004, the most recent year for which complete data is available. The rate in 2004 was 9.8 (per 100,000) which is below the national average of 10.9.

In 1999 then US Surgeon General issued a report identifying suicide as a major public health problem and one that is preventable. Following that report a national commission was established to identify the best methods of suicide prevention and to develop goals and objectives to promote prevention efforts. As a result, the National Strategy for Suicide Prevention (NSSP) was released in 2001.

STATE SUICIDE PREVENTION PLAN:
YPFA examined how to move prevention efforts in NH across the lifespan. A decision was made in 2003 to develop a comprehensive State Suicide Prevention Plan that would be based on the NSSP and would expand NH suicide prevention efforts to all ages. A workgroup was formed, and goals, objectives, and activities emerged into a plan. Department of Health and Human Services Commissioner John Stephen presented the plan to the public in November 2004.
Grantee Story: Jen Kennymore

Health Educator, Northwest Missouri State University – Maryville, Missouri
Your Turn!

What are you currently doing?

Who else do you need to bring in?
Getting Input from Partners
## Prioritizing Your Work

<table>
<thead>
<tr>
<th>Objective</th>
<th>What big picture, long-term outcome are you trying to change with each objective below? <em>(From Big Picture worksheet, last column)</em></th>
<th>Is this objective a high or low priority to continue in order to accomplish the related long-term outcome? Why?</th>
<th>If this a low priority objective, are you addressing the outcome sufficiently in other ways? If no, put the outcome onto the &quot;Addressing High Priority Outcome Gaps&quot; sheet to create a new objective.</th>
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<tbody>
<tr>
<td>Objective 1:</td>
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<td>Objective 2:</td>
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<td>Objective 3:</td>
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<td>Objective 4:</td>
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Comprehensive Suicide Prevention

- Identify Individuals At Risk
- Increase Help-Seeking Behavior
- Provide Effective Mental Health Services
- Follow Crisis Response Procedures
- Reduce Access to Potentially Lethal Means
- Develop Life Skills
- Promote Social Networks
Questions?
Wrap Up

Next Meeting: August 5, same time

Homework:

- Deciding Needs Worksheet
  - Examples on Private Pages
- Exchange with your buddy site
- Reading
- Plan to bring partners together in July before next meeting