

# Take Home Messages

- You can do this!
- Planning and preparation are critical
- A well designed program that incorporates feasible (low cost) evaluation along the way.
- “Lack of evaluation research is the single biggest obstacle to improving current efforts to prevent suicide (MMWR, 1994; SPAN, 2001)

# Massachusetts Regional Activity Plan

## Grant Activities by Objective : *(insert your region here)*

	Grant year 1 (8/12-7/13)	Grant year 2 (8/13-7/14)	Grant year 3 (8/14-7/15)
<b>Goal 1: Implement sustainable, replicable, and evidence-based training programs in recognizing, referring and treating suicidal behavior</b>			
<b>Objective 1:</b> 1000 staff (200 yr 1, 400 yr 2, 400 yr 3) at the following locations will be trained and report increased knowledge and skills in early identification and referral of youth at risk for suicide. Target populations for this objective include:	*****	*****	*****
<b>1.1a.</b> 6 school based health centers (2 per yr) in the cities of Holyoke (with a high population of Latina youth) and Springfield (with a high population of minority youth) and the 6 schools connected with those centers and their schools in Springfield and Holyoke will report increased knowledge and proficiency in early identification and referral of youth at risk	DPH with coordinator TBD	DPH with coordinator TBD	DPH with coordinator TBD
<b>1.1b</b> 9 youth serving organizations in Springfield and Holyoke (3 per yr) including Girls' Inc, Boys and Girls Club, YWCA, and AWAKE, Inc. will report increased knowledge and proficiency in early identification and referral of youth at risk	DPH with coordinator TBD	DPH with coordinator TBD	DPH with coordinator TBD

# Alaska SEARHC Suicide Prevention Plan

Document is a Living Document per the "1 is 2 Many!" Task force Team's changes. 10/11/11



Behavioral Health Division  
Behavioral Health Prevention

## Southeast Alaska Regional Task Force "1 is 2 Many" on Suicide Prevention

**Mission:** To save Lives

**Vision:** "1 is 2 Many"

### "SE Regional Task Force Members"



The SE Alaska Regional Suicide Prevention Task force understands that Suicide disproportionately affects Alaskans and Alaska Natives and has dramatic riveting affects in our rural communities. We are all painfully aware that even one suicide reverberates through the entire community and some would even argue with the closeness of our communities and clan ties it reverberates through the entire region of Southeast Alaska. Our communities are often left feeling like there is no recourses or places to turn to when a tragedy like this happens, they are left feeling the guilt, dealing with the pain of loss and at times hopelessness that survivors feel when left behind.

### Creation and Development of a Regional Suicide Prevention Team (RSPT)

The following news release was sent out to media groups in SE Alaska: "A new Southeast Alaska Suicide Prevention Task Force met for the first time on Thursday and Friday, April 29-30, at the Sheet'ká Kwáan Naa Kahidi in Sitka. The task force will develop a regional suicide prevention plan that can be taken back to each of the communities for implementation. The task force is hosted by the SouthEast Alaska Regional Health Consortium (SEARHC) Behavioral Health Division as part of the Alaska Youth Suicide Prevention Project. In addition to representatives from the SEARHC Behavioral Health Division,



# Fairbanks Suicide Prevention Strategic Plan



Fairbanks Counseling &  
Adoption

912 Barnette Street  
Fairbanks, AK 99709

907 456-4729

907 456-4623

6/27/2011

Fairbanks Region Suicide  
Prevention Task Force:

Coordinated by:

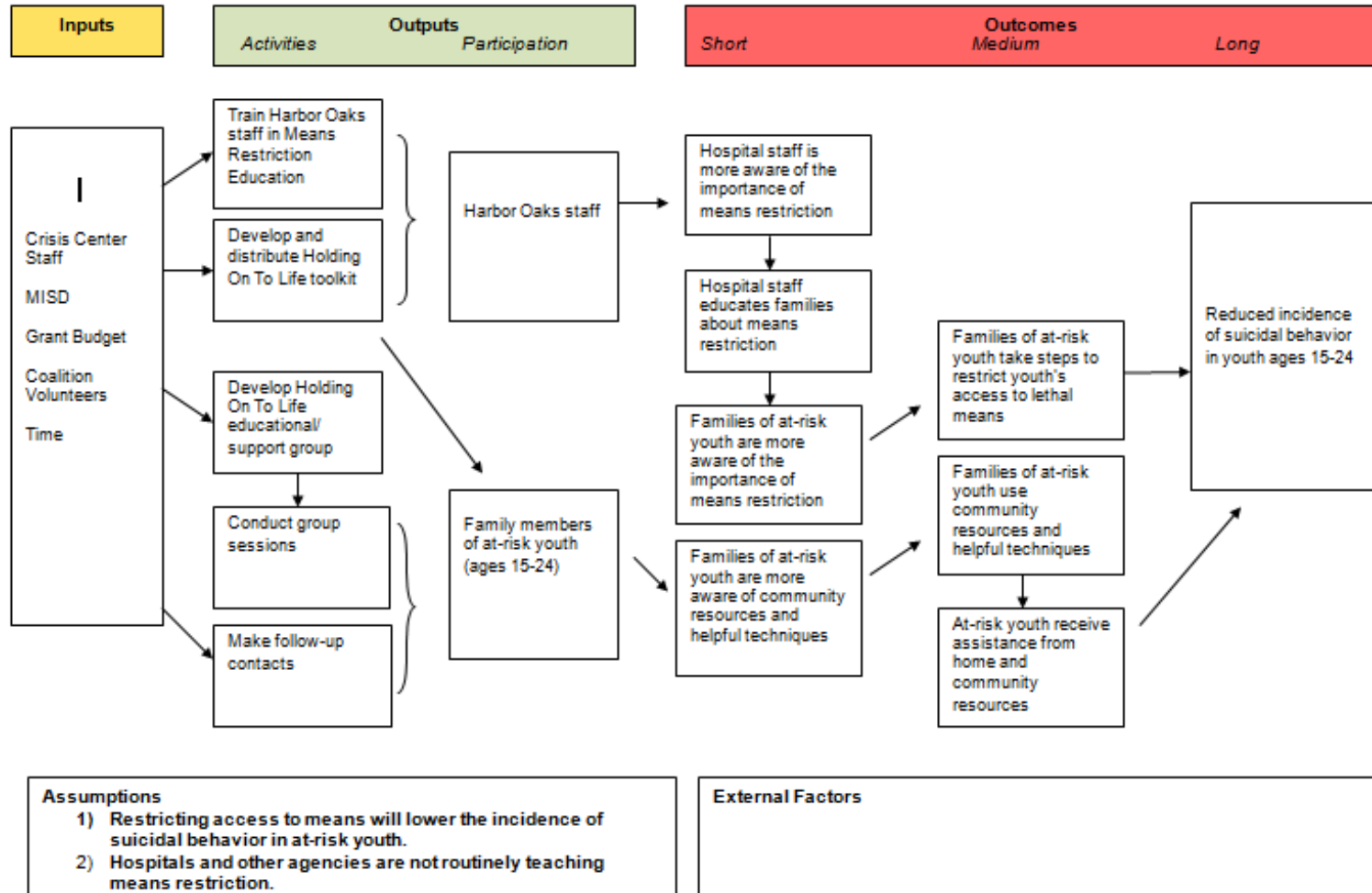
Fairbanks Behavioral Health  
Community Action Planning  
Committee and

Fairbanks Counseling &  
Adoption

The only truly effective way to prevent youth suicide is for  
people from every walk of life, every faith, every ethnic  
background, every culture and every age to work together.

# Macomb County Sub-grantee Logic Model

Program:     Holding On To Life     Logic Model



# Macomb County Sub-grantee Evaluation Plan

## Holding On To Life Evaluation Plan

Program Component	Measurements		Positive Change Measured
	Measurement Tool / Method	Information Collected <b>Before &amp; After</b>	
1. Toolkit	a. Materials utilized	• What information was is being distributed to families	Behavior
	b. Follow-up calls: 1, 3, and 6 months (?) and Survey Monkey?	After Only: • Did you receive/read the information? • Did you find it helpful? • Did you remove means? • What have you done differently? (etc.)	Behavior
	c. Telephone survey of chosen police department	• How many requests to store firearms?	Behavior
2. Training	a. Observation	• Suicide risk assessment instruments utilized • How often is means restriction discussed? (etc.)	Behavior
	b. Training Exit Survey	After Only: • Programs reached and degree of satisfaction <u>with training.</u>	N/A
	c. Pre/post Test	• Pertinent program knowledge	Knowledge, Attitudes
	d. Materials utilized	• Intake and SP Screening/Assessment Forms and procedures used	Behavior
3. Follow-up	a. Hospital records	• How many people were offered follow-up service vs. how <u>many</u> people agreed?	Behavior
	b. Telephone follow-up logs	• How many follow-up calls were placed?	Behavior
4. Family Groups	a. Hospital records	• How many people were offered family support group vs. how <u>many</u> people agreed?	Behavior
	b. Pre/post Test	• What pertinent knowledge is known?	Knowledge, Attitudes
	c. Survey Monkey	After Only: • Was the group helpful? • What was learned? • What have you done differently? (etc.)	Knowledge, Attitudes, Behaviors
5. Data Surveillance	ME Stats; death certificates, hospital data	• Suicide statistics w/ age, gender, race, place, means, date of death, etc.	Human & Community Health
6. Overall Project	YSPC Log of Lessons Learned	• What barriers inhibited implementation; how such barriers were resolved; and what should be done differently in the <u>future</u> to effect improvements?	Knowledge, Attitudes, Behaviors



# Middle Kuskokwim Healing & Wellness Journey

## Know the Signs

### IS PATH WARM?

I	Ideation
S	Substance Abuse
P	Purposelessness
A	Anxiety
T	Trapped
H	Hopelessness
W	Withdrawal
A	Anger
R	Restlessness
M	Mood Change

For emergencies, please go to the Emergency Room.

**YNHC patient care system**  
(907) 543-6000 or [www.ykhc.org](http://www.ykhc.org)

**Alaska State Troopers:**  
(907) 543-5955

**Alaska Careline, suicide crisis hotline:**  
1-877-266-HELP (4357)

**Alachak Project Coordinator:**  
Lillian M. Alexis - Hw. 825-4671 Cell. 825-2230  
Moses Frederick - 825-4001

**Kwethluk Coordinator:**  
Liz Dillon - 757-2079  
Elena Alexis - 757-6627

**Alaik Coordinator:**  
Dimita Jones - 765-2079  
Dorothy Andrews - 765-7125

**Tuluksak Coordinator:**  
Moses K. Peter - 695-6426  
Martha Napaka - 695-6991

### Kwethluk

Kwethluk's community care team has identified that Kuigluumit tequtait (Elders) and volunteers are the key individuals who must lead the suicide prevention efforts in the village. The school is also included as a central partner in meeting with children and youth to talk about grief, loss, relationships, sex education, suicide, as well as cultural programs that support traditional values, language and Native arts, crafts and subsistence practices. Activities include:

- Have Elders meet with youth and encourage school assemblies on the grief process
- Talk to our youth/ children often in Yupik if possible preserve their language
- Identify and work with agencies/service providers in our own community/Bethel
- Present classes, council boys on tribal laws/ tribal customs
- YNHC/ Health aides present sex education programs
- Have Elders/volunteers teach cultural classes at the school
- Continue general assemblies with the school with elders doing the bilingual presentations
- Identify who in the region can train community members on how to become gatekeepers for their villages
- Hold monthly meetings at school with suicide prevention teams doing presentations
- Hold monthly meetings not directly addressing suicide prevention

### Alachak

Alachak's plan is to break the silence of suicide. For too long suicide has been allowed to plague the region. New efforts are needed to talk openly about suicide, promote awareness and increase opportunities for youth to seek help for themselves or their friends if they know they are in crisis. In order for this to happen, the community must learn about the issue of suicide and what they can do to prevent it. Activities planned include:

- Open conversation on suicide prevention. Support and promote awareness to reduce suicide stigma and suicide attempts
- Promote positive message that help is available, where to go or who to contact. Also Alaska Careline 1-877-266-HELP. Also use radio, posters, LHM.
- Organize emergency response/community care team
- Identify agencies to help with youth in community with support from regional and state levels.
- Gatekeepers trainings
- Support youth in activities
- Conference gathering with youth and elders
- Teen dances and motivational speakers to talk to youth
- Talking circles
- Youth singergations/ohurch rallies

### Alaik

Alaik's had their first gathering to address suicide in the early summer of 2010. A suicide tragedy had occurred just 10 days earlier that had left the community raw and shaken. Despite this tragedy, the community decided to step forward to address suicide knowing very well if left unaddressed, suicides will no doubt continue unless something is done about it. Since that time, healing circles have begun and several key leaders, clergy and school representatives are eager to work with our youth to combat the problem. Activities planned include:

- Continue talking circles, traditional healing and grief support groups.
- School based projects involving Elders.
- Seek out grant for including Elders and local leaders to help support children, parents and community.
- After-school activities at the Local Hut (Boys and Girls Club)
- Out-of-school community activities, sewing, reading, socializing and play games.
- Alliance with Office on Violence against Women (OYW).

### Tuluksak

Tuluksak leaders understand that in order to prevent suicide, that community members including parents and youth need to be involved. Youth, parents and Elders must gather to talk about their family roots, traditional ways and how to care for themselves and others. If youth need help, it is important to ask them if they need to talk to someone, a trusted friend, family member or counselor. It is also important to teach youth about the land and to live a subsistence way of life. Showing respect for yourself and others will allow everyone in the village to feel connected and to live a full and purposeful life. Some of the activities planned include:

- Community family involved in traditional grieving process by providing emotional and spiritual support. Have church Elders, lay pastor and church members talk to youth and community members
- Cultural crafts and art such as Qaspaq making, knitting, beading, ulu making, fish traps, fish cutting, hunting and net mending
- Bringing youth to Elder homes to help with household chores
- Encouraging parents to talk to their children in Yupik at home
- Youth council & youth court
- Talking to grade school kids helping them out with problems if they have any
- Teen counseling
- Gathering elders and youth meetings
- Form a Yupik dance group
- Cultural camps
- Elders/ youth conference