Recognize, Connect!

Helping Youth at Risk of Suicide
A Frameworks Training for Gatekeepers

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Gatekeeper Platform/Public Health Approach
Underlying Assumptions

- Suicide is a public health problem.
- Suicide is generally preventable.
- Everyone has a responsibility in preventing youth suicide.
- This community has identified youth suicide prevention as a priority.
- Suicide prevention extends far beyond youth, into the entire lifespan.
- This Project seeks to recognize youth at risk for a variety of behaviors, not just suicide.
- Cultural factors are important in suicide prevention.
- Education and linkage between individuals and systems will help to reduce the risk of youth suicide in a community.
- **Recognize, Connect!** are two key actions in prevention.

Logic Model

- **Goals**
  - Skills to identify youth at risk
  - Skills to act on youth at risk
  - Raising competence of communities

- **RECOGNIZE**
- **CONNECT**

- **Protocols**
  - Recognize
  - Connect
  - Protocols

- **Training**
  - Recognize youth at risk
  - Connect with youth
  - Connect with others
  - Connect community
Theoretical Approach:
An Ecological Model

- Establish common language and values through Gatekeeper Training
- Involve diverse groups of the community
- Foster networking and communication
- Identify community risk and protective factors
- Engage community in addressing these
- Promote the ability to individually and collectively make changes
- Systemic change through community health governance and investment

Parallel Process:
From Work Group To Community

- Improved Efforts
- Improved Methods

- Cross Fertilization
- Close Gaps
- Develop Tools

- Work Groups
- Diverse Representation

- Integrated Efforts
- Cohesive Community

- Cross Fertilization
- Communication
- Learn Tools Together

- Trainers as Leaders
- Diverse Representation
Train Trainer Model

Master Gatekeeper Trainers and Trainers for Discipline Specific Modules

1 Community Coalition Coordinator
   Driver of the Project

2 Master Trainers

1 Public Health
1 Mental Health

Trainers and Coalition

Trainers as Leaders

Role Model & Influence Process

Problem Solve & Fill Gaps
Project Sustainability

- Protocols are integrated into existing procedures and emergency plans
- New trainers continue to be identified
- Coalition: continuous learning and networking
- Coalition leaders are anchors and clearing house for future initiatives
- Coalition provides frame for related activities

Lessons Learned

- A functioning coalition will expedite progress
- When implementing, consider the culture and history of the community
- Ensure that the coalition understands and accepts the values and theoretical approach
- Suicide prevention need not be a stand alone effort
- Prepare for the implications; provide technical support and resources for trainers and participants
- Meet the gatekeepers where they are at
- “Gatekeepers are where it’s at!!!”
Gatekeepers As Role Models
Self-Care & Help Seeking Behaviors

- Ask for help
- Talk to others
- Get plenty of rest
- Drink plenty of water, avoid caffeine
- Do not use alcohol and other drugs
- Exercise
- Use relaxation skills

MAKE A DIFFERENCE:
Be Part of the Solution