

# Suicide Prevention

National and Region VIII Resources  
Region VIII (2019)

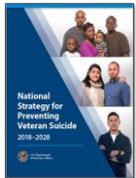
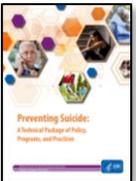


- ✧ In 2017, nearly 47,173 suicide deaths (approximately one death every 12 minutes); 9.8 million adults seriously thought about suicide; 2.8 million made a plan; and 1.3 million attempted suicide (CDC, 2017).
- ✧ Suicide is the 10th leading cause of death for adults; the 2<sup>nd</sup> leading cause of death for youth (CDC, 2017).
- ✧ Suicide rates increased from 29,199 deaths in 1996 to 47,173 deaths in 2017 (CDC, 2017).

## SAMHSA Suicide Prevention and Intervention

SAMHSA’s goal is to provide individuals, families, professionals, and organizations with information and resources to seek help, provide assistance, and implement effective suicide prevention programs in their communities.

- **National Suicide Prevention Lifeline (1-800-273-TALK (8255))** - a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Lifeline has more than 160 centers and is connected to the Veterans Lifeline
- **National Strategy for Suicide Prevention (2012)** <http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/full-report.pdf>
- **National Action Alliance for Suicide Prevention** – a public/private partnership that advances the *National Strategy for Suicide Prevention* through the work of nearly 200 organizations.
- **Preventing Suicide: A Technical Package of Policy, Programs, and Practices (CDC, 2018)** - Features community and state strategies to prevent suicide, decrease suicide risk factors, increase protective factors, and inform a comprehensive, multi-level and multi-sectoral approaches to suicide prevention within communities and states.
- **National Strategy for Preventing Veteran Suicide (VA, 2018)** - Purpose is to provide a framework for identifying priorities, organizing efforts, and contributing to a national focus on Veteran suicide prevention.
- **National Governor’s Association, State Strategies for Averting Early Deaths: Innovations and Best Practices for Preventing Suicide (2019)** – Intermountain rural state and tribal approaches to reduce suicide



## SAMHSA Technical Assistance Centers

- SAMHSA Suicide Prevention Resource Center (SPRC): [www.sprc.org](http://www.sprc.org)
- SAMHSA Service Member Veteran and their Families Technical Assistance Center (SMVF TAC): [www.samhsa.gov/smvf-ta-center](http://www.samhsa.gov/smvf-ta-center)
- SAMHSA Technology Transfer Centers (TTC): [www.samhsa.gov/technology-transfer-centers-ttc](http://www.samhsa.gov/technology-transfer-centers-ttc)
  - Region VIII: Mountain Plains Mental Health Technology Transfer Center (University of North Dakota)
- SAMHSA Tribal Technical Assistance Center (TTAC): [www.samhsa.gov/tribal-ttac](http://www.samhsa.gov/tribal-ttac)
- SAMHSA GAINS Center for Behavioral Health and Justice: [www.samhsa.gov/gains-center](http://www.samhsa.gov/gains-center)



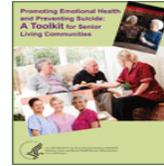
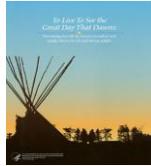
## SAMHSA Funding ([www.samhsa.gov](http://www.samhsa.gov))

- ✧ *Garrett Lee Smith (GLS) Suicide Prevention/Tribal Youth Suicide Prevention Grant*
- ✧ *GLS - Campus Suicide Prevention Program*
- ✧ *Cooperative Agreements to Implement Zero Suicide in Health Systems (Zero Suicide)*
- ✧ *SAMHSA/VA: Mayor’s Challenge to Prevent Suicide*
- ✧ *SAMHSA/VA: Governor’s Challenge to Prevent Suicide*
- ✧ *Mental Health Awareness Training Grants*
- ✧ *Project AWARE (mental health and school violence)*
- ✧ *Tribal/Native Connections Grant*

## Resources for Engaging Veterans

- VA Suicide Prevention Coordinator and Community Resource Locator: <http://www.veteranscrisisline.net/ResourceLocator>
- Community Health Providers Toolkit: [www.mentalhealth.va.gov/communityproviders/military\\_resources.asp](http://www.mentalhealth.va.gov/communityproviders/military_resources.asp)
- Veterans Crisis Line [www.veteranscrisisline.net](http://www.veteranscrisisline.net)
- Military Crisis Line <http://www.veteranscrisisline.net/ActiveDuty.asp>
- PsychArmor Institute <https://psycharmor.org/>

## SAMHSA Publications (<http://store.samhsa.gov/home>)



- SAMHSA Suicide Safe Mobile app
- *To Live to See the Great Day that Dawns: Preventing Suicide by American Indian/Alaska Native Youth & Young Adults*
- *TIP 50: Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment*
- *Stories of Hope and Recovery: A Video Guide for Suicide Attempt Survivors*
- *Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Living Communities*
- *Preventing Suicide: A Toolkit for High School*
- Behavioral Health Treatment Services Locator

## Additional Resources

- National Institute for Mental Health (NIMH) [www.nimh.gov](http://www.nimh.gov)
- Center for Disease Control and Prevention (CDC) [www.suicidology.org](http://www.suicidology.org)
- Indian Health Services [www.ihs.gov/behavioral/index.cfm?module=BH&option=Suicide](http://www.ihs.gov/behavioral/index.cfm?module=BH&option=Suicide)
- American Academy of Suicidology [www.aas.org](http://www.aas.org)
- American Foundation for Suicide Prevention <https://afsp.org/>
- National Alliance on Mental Illness (NAMI) <https://nami.org>
- American Academy of Pediatrics [www.aap.org/en-us/advocacy-and.../aap...death.../Suicide-Prevention.aspx](http://www.aap.org/en-us/advocacy-and.../aap...death.../Suicide-Prevention.aspx)
- WICHE - *Suicide Prevention Toolkit for Primary Care Practices* [www.wiche.edu](http://www.wiche.edu)
- Man Therapy: an interactive mental health campaign targeting working age men (25-54) [www.mantherapy.org](http://www.mantherapy.org)

## Region VIII Suicide Prevention Activities

### Prevention

- ✧ Community Coalitions (CO, MT, ND, SD, UT, WY)
- ✧ Gate-Keeper Training (K-12, Schools, MT-Supreme Court, MT Primary Care)
- ✧ MHFA/YMHFA (CO, MT, ND, SD, UT, WY)
- ✧ Suicide Awareness Training (MT-Fish and Wildlife; WY-Yellowstone Park Rangers; MT-Coroners, CO-Construction Workers; ND Pastors, Farmers/Ranchers)
- ✧ Gun Shop Project (CO, UT, MT)
- ✧ UT "Is Your Safety On?" Campaign: distributed 150K cable-style gun locks & suicide awareness training for conceal-carry gun instructors
- ✧ Zero Suicide Academies (CO, SD, UT, MT)

### Crisis Services

- ✧ Rocky Mountain Crisis Partners (CO)
- ✧ CO Crisis Center System/Co-responder models

- ✧ UT CrisisLine and Mobile Outreach Team
- ✧ ND FirstLink Crisis System
- ✧ MT - Great Falls and Bozeman Crisis Lines & Help Centers
- ✧ SD - Sioux Falls Crisis Line and Help Center
- ✧ Crisis Intervention Training for Law Enforcement (UT, CO)

### Clinical Practice

- ✧ Sources of Strength (schools, tribes, hospitals)
- ✧ Universal Screening for Suicide Prevention (ND)
- ✧ Columbia Suicide Rating Scale & Safety Plans (MT, CO, UT)
- ✧ Training Clinicians in Post-Ventio activities (ND, SD)
- ✧ High intensity transitional care (SD)

### Workforce

- ✧ UT (one of 7 states that requires bi-annual Suicide Prevention training for MH providers)
- ✧ Peer Navigators and Patient/Family Supports
- ✧ MT – Veteran Peer Support System-certification

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