

Building Suicide Prevention Infrastructure in Your State

October 30, 3pm Eastern Time

- ✓ Our meeting will at 3pm Eastern/2pm Central/1pm Mountain/12pm Pacific!
- ✓ Audio will begin 2 minutes prior to the webinar start.
- ✓ Audio will be provided over your computer speakers.
- ✓ While you wait please type where you are calling in from in the chat on the left.

Building State Suicide Prevention Infrastructure in Your State

October 30, 2019

Julie Ebin, EdM

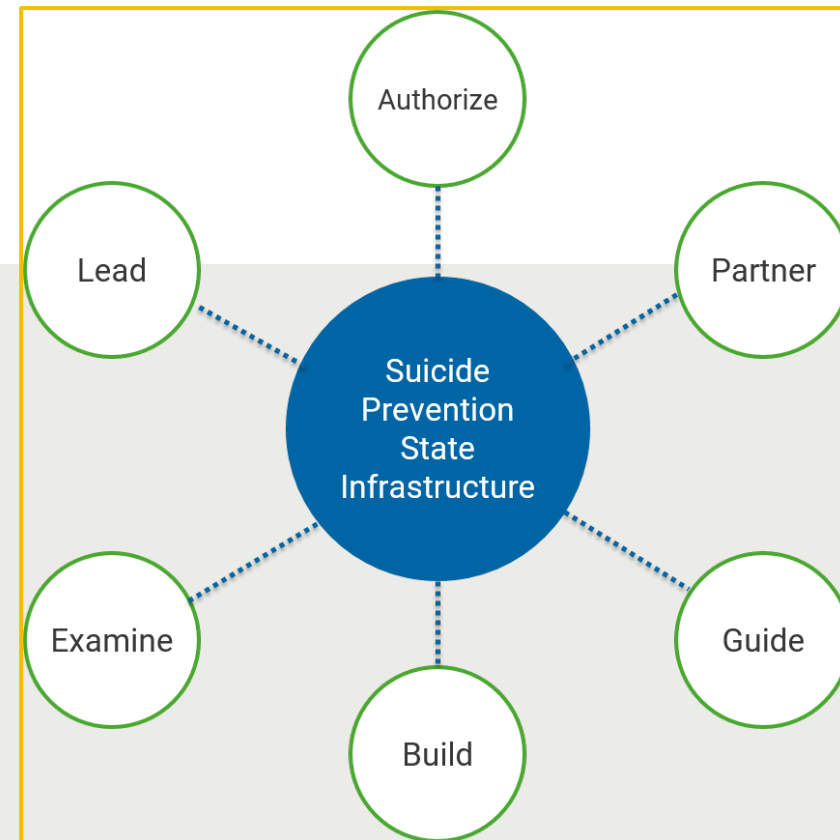
Suicide Prevention Resource Center

Ken Norton, LICSW



NAMI NH -The National Alliance On Mental Illness

Nicole Gibson, MSW

American Foundation for Suicide Prevention



Technical Tips

- ✓ Technical problems? Please type them into the chat box on the left of the screen.
- ✓ Audio is being provided over your speakers.
- ✓ Issues with audio? Dial 877-259-3257. Lines will be muted for the duration of the webinar.
- ✓ Please type any questions or comments into the chat box on the left.
- ✓ Click  on the upper right to make the presentation **larger**.
- ✓ Click  again to return to **normal** view.

Suicide Prevention Resource Center Hosts



Julie Ebin

Manager, Special
Initiatives



Kerri Nickerson

Director of Grantee
and State Initiatives



Chelsea Pepi

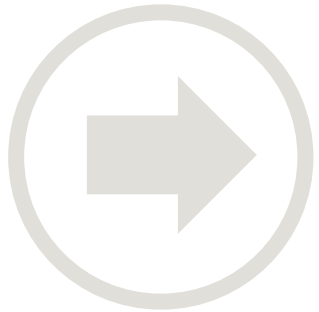
Webinar and
Technology
Coordinator



Keri Lemoine

Project Coordinator

What We'll Cover



- Why state suicide prevention infrastructure is important
- What the State Suicide Prevention Infrastructure Recommendations are
- What infrastructure looks like in practice
- What you can do to build suicide prevention infrastructure in your state

Funding and Disclaimer



The Suicide Prevention Resource Center at EDC is supported by a grant from the U.S. Department of Health and Human Services (HHS), Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS), under Grant No. 5U79SM062297.

The views, opinions, and content expressed in this product do not necessarily reflect the views, opinions, or policies of CMHS, SAMHSA, or HHS.



Suicide Prevention Resource Center

The national **Suicide Prevention Resource Center (SPRC)** is your one-stop source for suicide prevention. We help you develop, deliver, and evaluate evidence-informed suicide prevention programs.

What we offer

- Best practice models
- Toolkits
- Online trainings
- Research summaries and more!

Who we serve

- Organizations
- Communities
- Agencies
- Systems

CONNECT WITH US



www.sprc.org



@SuicidePrevention
ResourceCenter



@SPRCTweets

SPRC's Recommendations for State Suicide Prevention Infrastructure

Julie Ebin, EdM

Manager, Special Initiatives
Suicide Prevention Resource Center



Definition

State Suicide Prevention Infrastructure:

A state's **concrete, practical foundation or framework** that supports suicide prevention-related systems, organizations, and efforts including the fundamental parts and organization of parts that are **necessary for planning, implementation, evaluation, and sustainability.**



What I'll Cover



Why Were the Recommendations Developed?

Who Developed Them & How?


What Are They?

What Can You Do?

We remember those who we've lost; we recognize friends, neighbors, colleagues who've lost a loved one; and we honor those who have survived and who continue to survive.

Why Develop Infrastructure Recommendations?

- Infrastructure is needed for sustainability
- Current infrastructure in many states has significant limitations
- Lacking a consolidated resource that suicide prevention leaders, policy makers, and advocates can point to



The absence of [a strong state] infrastructure almost certainly compromises suicide reduction efforts to a significant degree.

➤ National Strategy for Suicide Prevention
Implementation Assessment Report (2017)
SAMHSA

The “*Who* and *How*” of the Recommendations

- **Who are they for?** Decision-makers and key influencers – including you!
- **How were they created?** Robust process
- **But we already have guidance!** The Recommendations provide a practical backbone for existing guidance



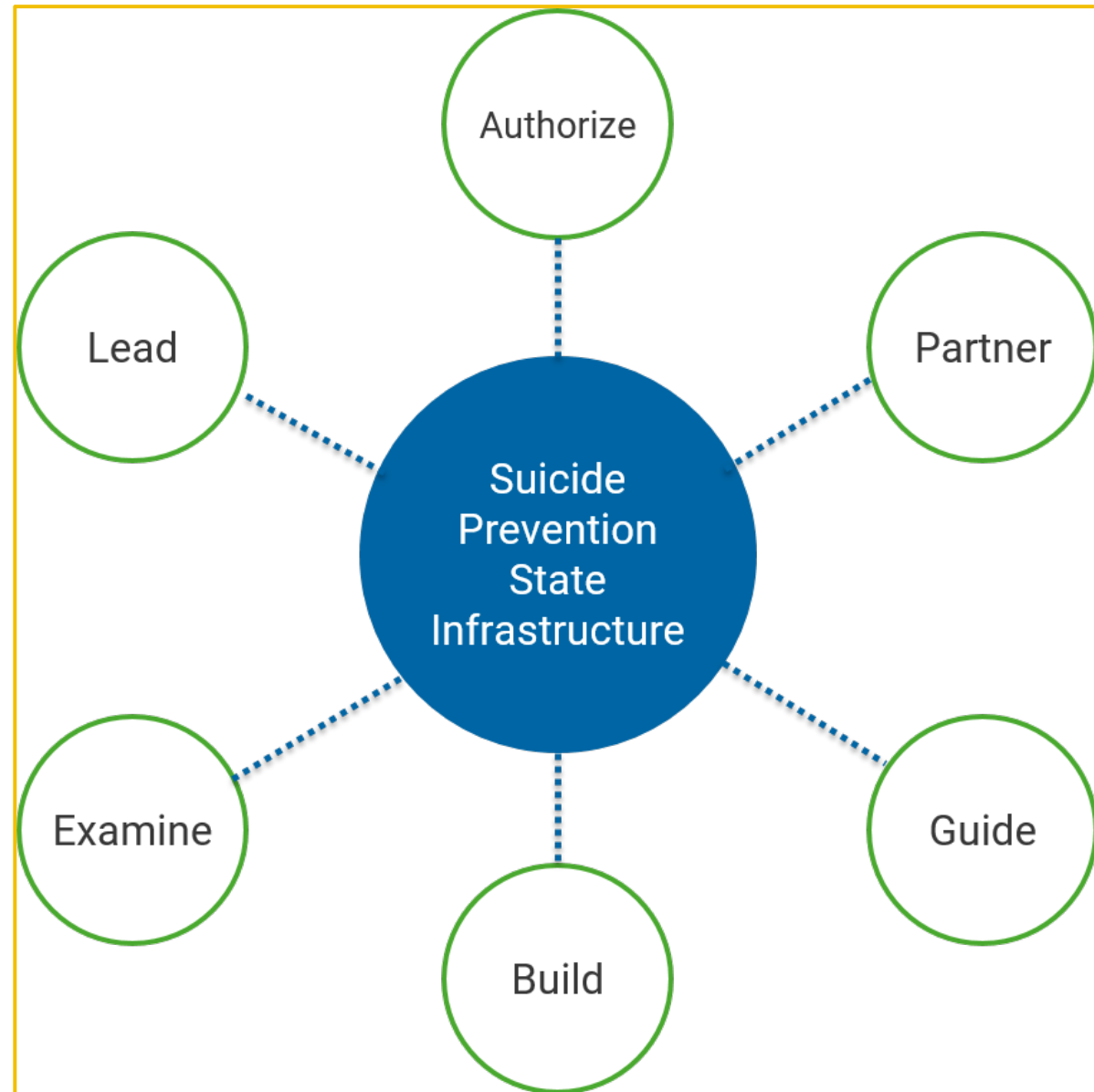
To access State Infrastructure Recommendations:

<http://www.sprc.org/state-infrastructure>

The screenshot shows the website header with the SPRC logo and navigation links: About Suicide, Effective Prevention, Resources & Programs, Training, News & Highlights, and Organizations. On the right, there is a search bar and links for ABOUT SPRC, CONTACT US, and LOGI. Below the header is a dark navigation bar with four main categories: Comprehensive Approach, Strategic Planning, Keys To Success, and State Infrastructure. The 'State Infrastructure' category is circled in yellow. A yellow arrow points from the 'Effective Prevention' link in the top navigation to the 'State Infrastructure' category in the dark bar. The 'State Infrastructure' dropdown menu includes the following items: About the Recommendations, Authorize, Lead, Partner, Examine, Build, Guide, and State Infrastructure Tools.

What Do the Recommendations Include?

6 “Essential Elements”





Recommendations

Designate a lead division or organization

Identify and secure resources needed for all six essential functions

Maintain a state suicide prevention plan that is updated every 3-5 years

To further strengthen your infrastructure

Authorize the lead agency to develop, carry out, and update the state suicide prevention plan

Require an annual progress and needs report to the governor

Maintain a state suicide prevention plan that is updated every 3-5 years

As originally called for in the *National Strategy for Suicide Prevention*, each state should maintain a regularly updated and comprehensive plan that guides and coordinates suicide prevention activities, including measurable outcomes. As described in [Build](#), the plan should use a multifaceted, lifespan approach across the state. Development of the plan should be guided by input from a broad range of stakeholders, including partner groups (see [Partner](#)).

The plan should help focus and coordinate suicide prevention efforts in the state and guide the implementation of activities in collaboration with national and local partners. To promote continuity the plan should be integrated with the state crisis plan. To ensure that the plan continues to meet the needs of the state's population and also reflects national priorities, it should be reviewed and revised every three to five years.

Real-life Examples:

Recommendation Examples

Real-life Examples:

Maintain a state suicide prevention plan that is updated every 3-5 years

New Hampshire

When **New Hampshire's public-private suicide prevention council** was created in 2006, it asked all originating members to sign a memorandum of understanding (MOU). This MOU delineated partners' roles and functions in the council and confirmed their commitment to advancing the state's suicide prevention plan.

Learn more about **New Hampshire's suicide prevention efforts**

North Carolina

Developing and maintaining the plan should involve statewide partners.

In 2015, over 150 stakeholders, including a youth advisory board, came together to collaboratively develop the **North Carolina state plan**.

Learn more about **North Carolina's suicide prevention efforts**

Essential Element #1: Authorize



1. Designate a lead division or organization
2. Identify and secure resources required to carry out all six essential elements
3. Maintain a state suicide prevention plan that is updated every 3-5 years
4. Authorize the designated suicide prevention agency to develop, carry out, and evaluate the suicide prevention plan
5. Require an annual report to the legislature or governor on the state of suicide and prevention efforts, the extent and effectiveness of any statute or rule related to suicide, and emerging needs

Essential Element #2: Lead

1. Maintain a dedicated leadership position
2. Identify and fund core staff positions, training, and technology needed to carry out all six essential functions
3. Develop capacity to respond to information requests from officials, communities, the media, and the general public
4. Where interests intersect, establish a formal connection between the relevant government divisions or offices
5. Build staff capacity to effectively communicate across multiple audiences and formats
6. Develop division/agency commitment to spur cross-discipline collaboration and integrate programs across funding sources

Essential Element #3: Partner



1. Form a statewide coalition with representation from broad public and private sectors
2. Adopt a shared vision and language across partners
3. Build partner capacity to integrate suicide prevention efforts into their structures, policies, and activities
4. Develop written agreements with partners detailing each party's commitment

Essential Element #4: Examine



1. Ensure that sufficient funding and personnel are allocated to support high quality, consistent, privacy-protected suicide morbidity and mortality data collection and analysis
2. Identify, connect with, and strengthen existing data sources
3. Ensure that high-risk and underserved populations are represented in data collection
4. Develop the skills and a plan for regularly analyzing and using data to inform action at the state and local levels
5. Link data from different systems while protecting privacy

Essential Element #5: Build

1. Build a multi-faceted, lifespan approach to suicide prevention across the state, in concert with the state plan:

- Understand, develop, and enforce expert-informed policies and regulations that support suicide prevention
- Strengthen the crisis system and policies, including mobile response and hotlines
- Establish policies & model practices in preparation for post-suicide response, including in the event of a suicide cluster
- Promote “upstream” strategies that proactively prevent suicide risk and enhance protective factors

2. Designate sufficient funding to carry out or support a multi-faceted approach

3. Cultivate the ability to evaluate and share results

4. Embed expectations for suicide prevention within relevant state-funded contracts

Essential Element #6: Guide



1. Ensure the ability to plan, provide, and evaluate consultation and capacity-building training for state, county, and local efforts
2. Identify and allocate resources needed to support consultation and capacity-building training for state, county, and local efforts
3. Identify and maintain an updated list of available trainings that meet relevant state requirements or recommendations

What Can You Do?

If Your State Has *Little* Infrastructure

- **Partner Element**
 - Encourage formation of a state coalition or join existing one
 - Coalition: assess state's current infrastructure
- **Examine Element**
 - Use your data to make the case to decision-makers
- **Authorize Element**
 - Encourage stakeholders to designate a lead organization

If Your State Has *Some* Infrastructure

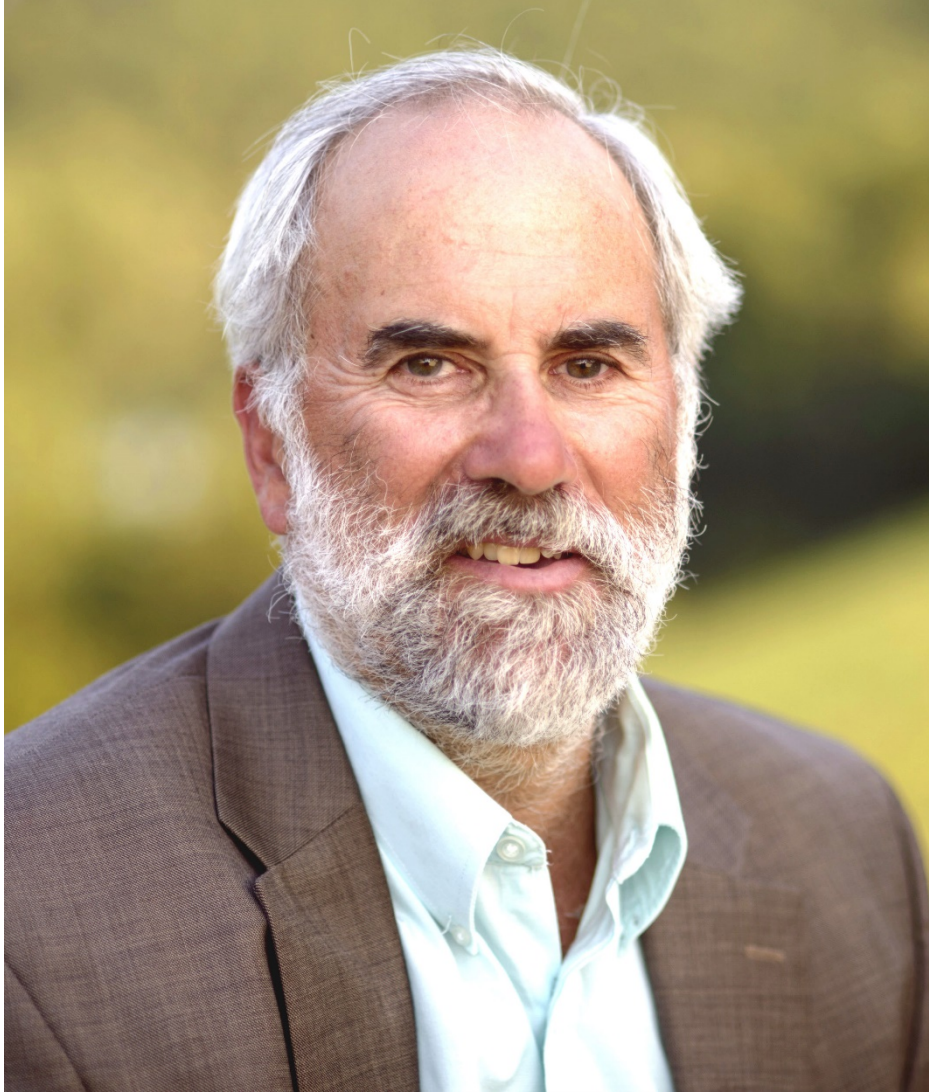
- **Authorize Element**
 - Work with coalition, state coordinator, and data to update state plan
- **Lead Element**
 - Encourage decision-makers to designate enough staff
- **Build Element**
 - Use your data to ask decision-makers to fund state plan activities

The background of the slide is a dense, overlapping collage of small, rectangular sticky notes. Each note is a different color, including shades of light blue, pale green, and off-white. Every note features a large, dark brown question mark in the center. The notes are scattered across the entire frame, creating a textured, busy appearance. A solid blue horizontal band runs across the middle of the slide, partially overlapping the sticky notes.

Questions?

References

- Centers for Disease Control and Prevention (June 2018). Vital Signs/Suicide rising across the US: More than a Mental Health Concern. U.S. Department of Health & Human Services:
<https://www.cdc.gov/vitalsigns/suicide/infographic.html#graphic1>
- Godoy Garraza, L., Kuiper, N., Goldston, D., McKeon, R., & Walrath, C. (2019). Long-term impact of the Garrett Lee Smith Youth Suicide Prevention Program on youth suicide mortality, 2006–2015. *Journal of child psychology and psychiatry*.
- Hedegaard H, Curtin SC, Warner M. Suicide mortality in the United States, 1999–2017. NCHS Data Brief, no 330. Hyattsville, MD: National Center for Health Statistics. 2018.
- ICF International (2018). Garrett Lee Smith Youth Suicide Early Intervention and Prevention Strategies national outcomes evaluation: Report to Congress, fiscal year 2017. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration.
- Stene-Larsen, K., & Reneflot, A. (2017). Contact with primary and mental health care prior to suicide: A systematic review of the literature from 2000 to 2017. *Scandinavian Journal of Public Health*, 1–9.
- Substance Abuse and Mental Health Services Administration (2017). National Strategy for Suicide Prevention Implementation Assessment Report. HHS Publication No. SMA17–5051. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration.
- Walrath, C., Godoy Garraza, L., Reid, H., Goldston, D. B., & McKeon, R. (2015). Impact of the Garrett Lee Smith Youth Suicide Prevention Program on suicide mortality. *American Journal of Public Health*, 105(5), 986–993.



Ken Norton, LICSW

Executive Director

NAMI NH -The National
Alliance On Mental Illness

New Hampshire's Infrastructure for Suicide Prevention



Training Professionals & Communities in
Suicide Prevention & Response®



Early Efforts

- 1992 Legislative Study Committee to address youth suicide
- Recommendation to establish a permanent committee (no funding)
- Youth Suicide Prevention Assembly (YSPA)
- Dartmouth Injury Prevention and DHHS Public Health key leaders
- Youth to age 18
- 2003 Expanded to age 24



Connect Suicide Prevention Program

- Initiative of Youth Suicide Prevention Assembly
- Small grant from NH Family Foundation
- Host organization became NAMI NH 2003
- Best practice protocols and trainings across disciplines in prevention, intervention and postvention
- Community based socio ecological model
- Training of Trainers – Adults and Youth
- Survivor Voices – Sharing the Story of Suicide Loss



NH Suicide Prevention Plan

- 2004 First State plan – driven by Injury Prevention, Public Health, others
 - Based largely on National Strategy for Suicide Prevention
 - Endorsed by Commissioner of Health and Human Services
- Subsequent plans every 3-4 years
- Current plan 2017
- <https://www.sprc.org/sites/default/files/NH%202016-suicide-prevention-plan.pdf>



NH Suicide Prevention Council (SPC)

- NH Awarded GLS Grant 2005 (NAMI NH)
- SPC Formed in 2006 as deliverable in GLS grant
- Prevention focus across the lifespan
- Public & private (non governmental orgs)
- Sanctioned by DHHS Commissioner
- Memos of understanding (MOU's) for participating organizations



Memorandum of Understanding

- Work collaboratively toward the implementation of the goals and objectives of the State Suicide Prevention Plan.
- Act as liaison between the Council and their organization/stakeholder group including informing organization leadership of work of the Council
- Be an active participant in the Suicide Prevention Council by:
 - Attending meetings
 - Serving on a Sub Committee
 - Advocating for resources for suicide prevention
 - Promoting State Plan activities, and
 - Collaborating with efforts related to implementation of the State Suicide Prevention Plan



Collaborating Organizations

PUBLIC

- NH Dept. of Health and Human Services
 - Public health/mental health/DCYF/Elder Svcs
- NH Dept of Corrections
- NH Dept of Justice
- NH Dept of Education
- NH Dept of Safety
- State Hospital
- County Corrections
- Legislators
- National Guard
- VA

PRIVATE

- Dartmouth Injury Prevention Center
- NAMI NH
- Community Mental Health Centers
- Federally Qualified Health Centers
- Coalition Against Domestic Violence
- AFSP
- New Futures
- Local hospitals
- Survivors of Suicide Loss



SPC Legislatively Established

- Legislation introduced and passed in 2008
- Decision to legislatively establish was controversial
- 24 stakeholders legislated as members
- No funding appropriated with the legislation
- <https://www.gencourt.state.nh.us/rsa/html/x/126-r/126-r-mrg.htm>



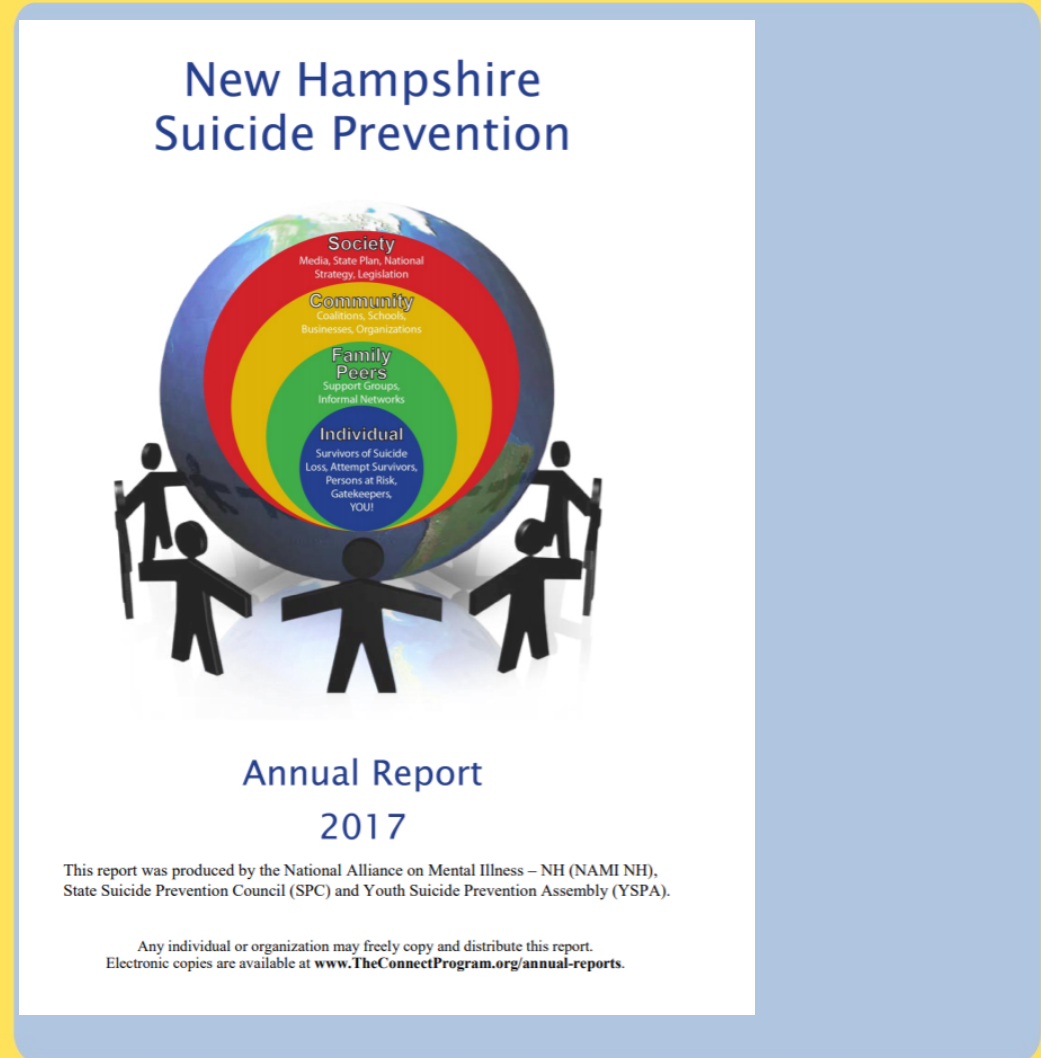
SPC Committees

- Public policy
- Communication and media
- Data committee
- Added Committees
 - Survivors of Suicide Loss
 - Veterans and Military
 - Law Enforcement and First Responders
 - Suicide Fatality Review Committee
 - Conference Committee (Ad hoc)
- Inactive
 - Professional practice
 - GLS advisory committee
 - Education and Training



Data Collection

- Annual Report
 - Collaborative effort led by SPC Data Committee
- NVDRS 2016 (?)
 - Participate in suicide prevention council
 - SPC Data Committee





Annual Suicide Prevention Conf

- 16th Annual
- November 7th 2019
 - Sold out!
- Collaborative effort
 - Advocates
 - Providers
 - SOSL
 - Attempt Survivors
- Diverse audience





Military and Veteran

- Early Engagement with NH National Guard
 - Model for DoD and National Guard Bureau
- National Guard and VA actively participate in SP Council
- Collaborative Training Initiatives with Suicide Prevention Council
- 2018 Mayor's Challenge (Manchester)
- 2018 Governor's Challenge



Suicide Fatality Review Comm.

- Legislatively established 2010
- Meets quarterly
- Reviews suicide, accidental or undetermined deaths
- Multi disciplinary members
- Reports to Suicide Prevention Council
- <https://www.gencourt.state.nh.us/rsa/html/x/126-r/126-r-4.htm>



Medical Examiner/DHHS Link

- Designated person from NH DHHS Bureau of Mental Health Services has daily contact re: suicides
- Alerts to anticipated high profile deaths
- Collects data
- Coordinates loss survivor packets
 - Sent to Next of Kin ~ 2 weeks after death
- Identify potential cases for review



Mental Health Licensing

- Bill requires the completion of continuing education units on suicide prevention for the renewal of a license issued by the board of mental health practice.
- 3 credits required every 2 years – may be in suicide prevention, intervention, postvention
- (Licensed) Social Workers, Marriage and Family Therapists, Clinical Mental Health Counselors, Pastoral Counselors
- <http://www.gencourt.state.nh.us/legislation/2015/SB0033.html>



SP Education in Schools

- Multiple attempts to legislate over past 20 years
- Legislation passed in 2019 requiring schools to develop *plans* for training in suicide prevention (and postvention)
 - Teachers, Administrators, Staff, Students, Volunteers
- No funding \$
- http://www.gencourt.state.nh.us/bill_status/billText.aspx?sy=2019&id=1073&txtFormat=html



Additional Infrastructure

- GLS grants 2005, 2009, 2013
- Gun Shop Project, Gun Shop Project II
- Media/Journalism Student Training
- Annual Suicide Prevention Week Press conferences
- Zero Suicide Academy 2017
- Headrest – NSPL
- 2019 Training for Suicide Attempt Survivors
 - Activating Hope and Growing Through
 - <https://www.humannovations.net/growingthrough>
 - Eduardo Vega evegamentalwealth@gmail.com



Moving Forward 2019

- Increase in suicide prevention funding (state coordinator?)
- Funding for suicide prevention hotline
- Mobile Crisis Response expanded
- Crisis Treatment Unit
- Increased bed capacity to address ED Boarding

New Hampshire 10-Year Mental Health Plan



January 2019



Contact info

- NH Suicide Prevention Council
- <https://www.dhhs.nh.gov/dpchs/bchs/spc/index.htm>

Ken Norton

NAMI NH

603.225.5359

knorton@naminh.org

The background of the slide is a dense, overlapping collage of small, rectangular sticky notes. Each note is a different color, including shades of light blue, pale green, and off-white. Every note has a large, dark brown question mark printed on it. The notes are scattered across the entire frame, creating a textured, busy appearance. A solid blue horizontal band runs across the middle of the slide, partially overlapping the sticky notes.

Questions?

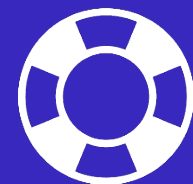


Nicole Gibson, MSW

Senior Director of State Policy
& Grassroots Advocacy

American Foundation for
Suicide Prevention

Using the SPRC State Infrastructure Recommendations



About AFSP

- **AFSP brings together people across communities and backgrounds to understand and prevent suicide, and to help heal the pain it causes**
- **Individuals, families, and communities who have been personally touched by suicide are the moving force behind everything we do.**



AFSP Chapters

- **75 volunteer-run chapters in all 50 states + DC**
- **Bring AFSP's mission – *to save lives and bring hope to those affected by suicide* – to local communities across the U.S. through:**
 - Research
 - Education
 - Support
 - Advocacy



Our Bold Goal:

Reduce the annual U.S. suicide rate

20% by 2025

in total saving 36,000 lives



Today I will cover...

- **How AFSP Chapter volunteers and other stakeholders can use the SPRC Recommendations**
- **What resources are available to help you “make your case” for robust implementation of the SPRC Recommendations**



How you can help

- **Bring Recommendations to the attention of state lawmakers and other public officials**
 - Schedule meeting(s) before end of year
- **Help decision-makers assess which of the 6 essential elements are being carried out in your state and where more advanced implementation is needed**



New AFSP resource

- **Releasing a NEW document to help guide you in:**
 - What prep-work to complete prior to requesting your meeting(s)
 - What talking points to use
 - What follow-up might be needed



Prepping for your meeting(s)

- **Might find it helpful to work with 1-2 other people**
- **Example “homework” activities:**
 - Read & print state suicide prevention plan (*sprc.org/states*)
 - Read & print state fact sheet (*afsp.org/statefacts*)
 - Connect with your AFSP Chapter
 - Connect with your State Suicide Prevention Coordinator



Prepping for your meeting(s)

- **Once you've done your "homework" you can take what you've learned and apply it to the SPRC Recommendations**
 - What is your state doing well?
 - What could your state be doing more of?



During your meeting(s)

- **Use the AFSP Talking Points as a guide [[LINK](#)]**
- **Print and bring with you:**
 - SPRC State Infrastructure Recommendations summary and full report
 - AFSP State Fact Sheet
 - State suicide prevention plan
 - Your contact information and information about your local AFSP Chapter



After your meeting(s)

- **Do your best to find answers to any outstanding questions**
- **Connect with your AFSP Chapter & AFSP public policy team as needed (*advocacy@afsp.org*)**
- **Schedule a follow-up meeting within 4-6 weeks to discuss next steps**



AFSP Resources

- **NEW resource** [[LINK](#)]
- **Local AFSP Chapters** (*afsp.org/chapters*)
- **State & national fact sheets** (*afsp.org/statefacts*)
- **State policy issue briefs & action center**
- **Speaking Out About Suicide** (*vimeo.com/132452113*)
- **Sign up to be a Field Advocate** (*afsp.org/advocate*)



Questions, comments?

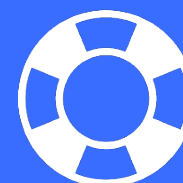
We look forward to our work together!





@afspnational

afsp.org



American
Foundation
for Suicide
Prevention



Questions?

<http://www.sprc.org/stateinfrastructure/tools>



Suicide Prevention Resource Center

[About Suicide](#) [Effective Prevention](#) [Resources & Programs](#) [Training](#) [News & Highlights](#) [Organizations](#)



8 2 5 5
1 (800) 273 TALK

Also in This Section

State Suicide Prevention Infrastructure

- [About the Recommendations](#)
- [Authorize](#)
- [Lead](#)
- [Partner](#)
- [Examine](#)
- [Build](#)
- [Guide](#)



State Infrastructure Tools

State Infrastructure Tools

» [State Infrastructure Mailing List](#)

Sign up to receive periodic email updates when new State Suicide Prevention Infrastructure content and tools are released.

» [Summary Recommendations for State Suicide Prevention Infrastructure](#)

The summary recommendations provide an overview of the essential elements for state infrastructure. This document also contains an editable section to provide your audience with information relevant to your state.

» [State Infrastructure Summary Checklist](#)

This checklist is an interactive version of the summary recommendations and provides users with an editable section to add notes.

» [Suicide State Fact Sheets](#) (from the American Foundation for Suicide Prevention)

These fact sheets contain state-specific information about existing suicide prevention leadership structure and legislation. They also include data to help you make the case for improving infrastructure in your state.

Thank you!

Julie Ebin, EdM
jebin@edc.org