



# 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.*

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# Creating a Legacy

## Session 3

Suicide Prevention Resource Center's Workshop Series for  
2<sup>nd</sup> Year GLS Grantees

August 5, 2014

# SPRC Facilitators

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**Julie Ebin**  
Senior Prevention  
Specialist



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Senior Tribal  
Prevention Specialist

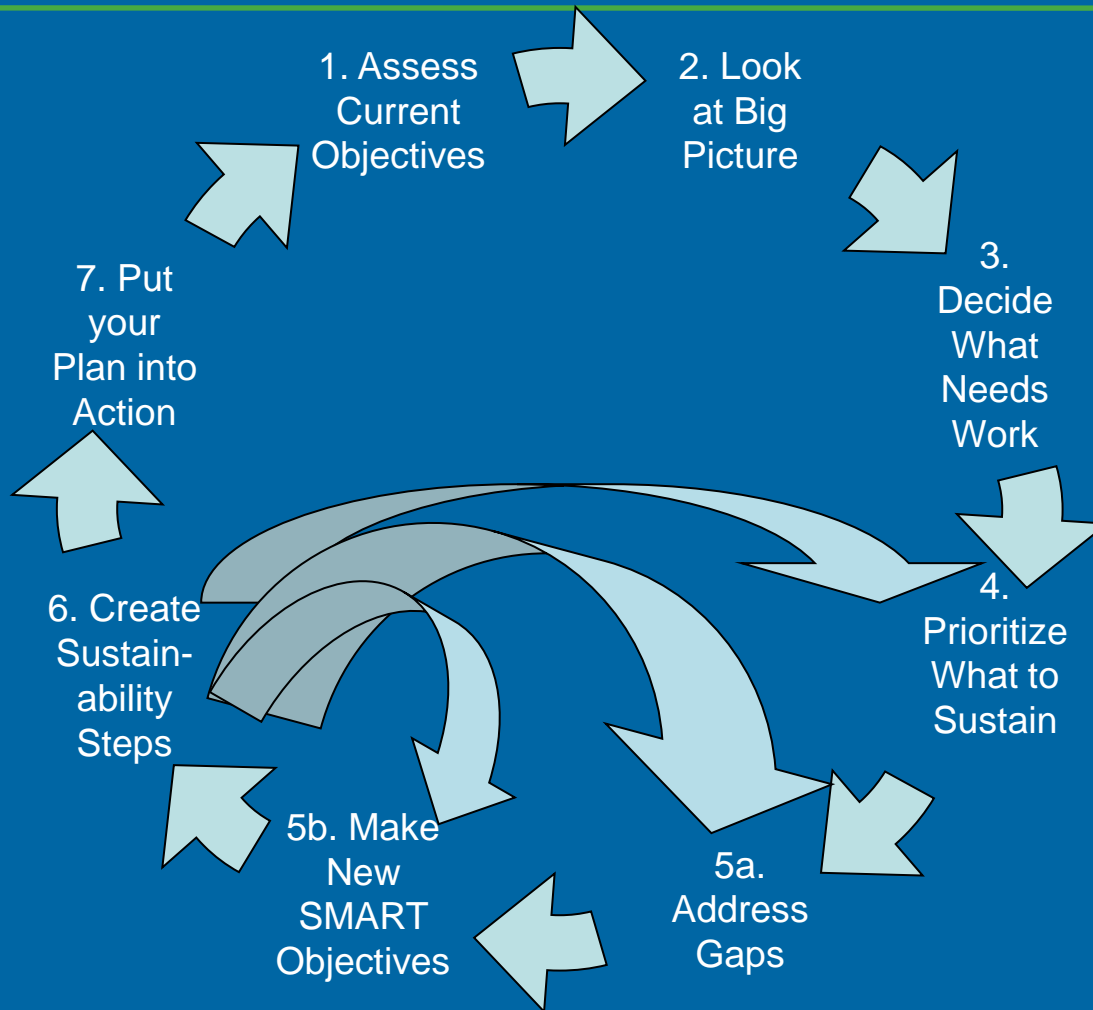
# Today's Session

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- ✓ Homework worksheet & partner meeting debrief
- ✓ Sustainability Strategy: Infrastructure
- ✓ Addressing Gaps
- ✓ Action Plans



# Sustainability Planning Model



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**Question: Were You Able to Bring  
Your Partners Together?**

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# Sustainability Strategy of the Day: Infrastructure

Small Group Discussion

# Addressing Gaps

## Prioritizing Your Work

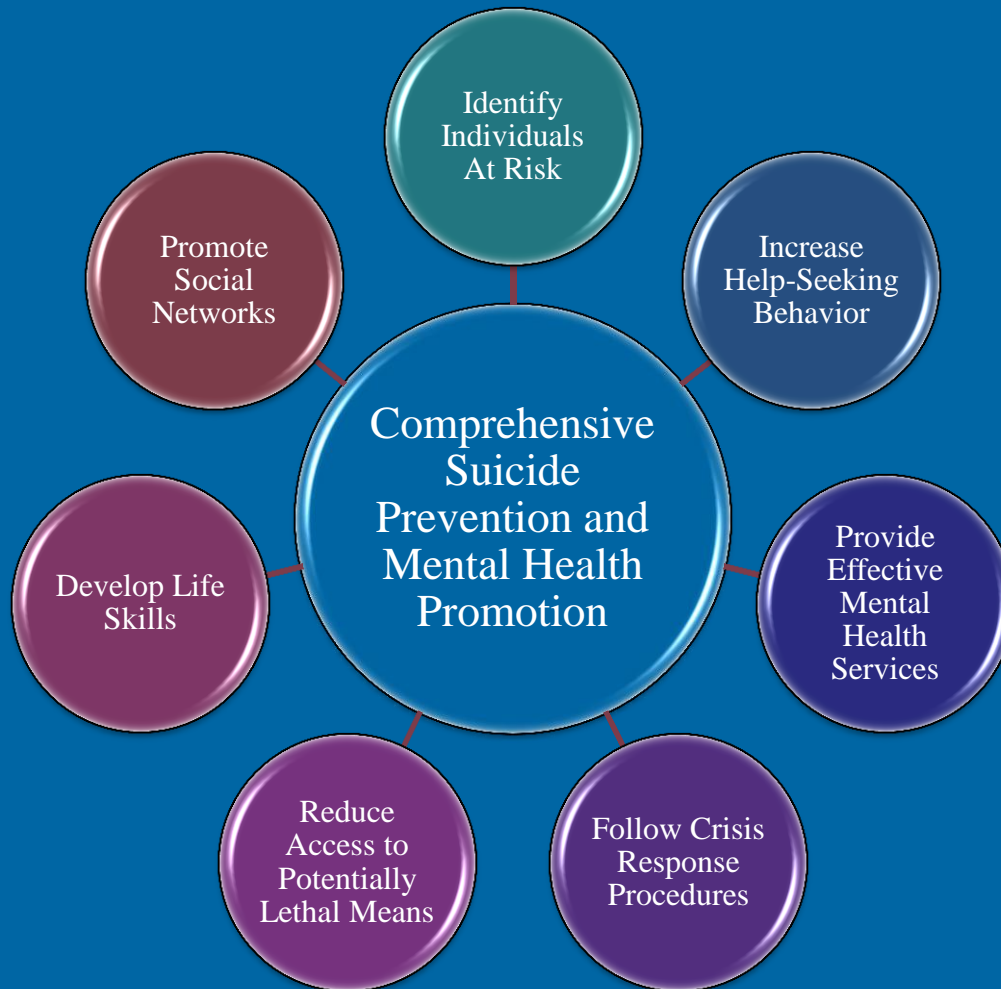
Objective	What big picture, long-term outcome are you trying to change with each objective below? <i>(From Big Picture worksheet, last column)</i>	Is this objective a high or low priority to continue in order to accomplish the related long-term outcome?  Why?	If this a low priority objective, are you addressing the outcome sufficiently in other ways? If no, put the outcome onto the "Addressing High Priority Outcome Gaps" sheet to create a new objective.
Objective 1: Train 350 MH Providers across the county in ABC clinical training	Provide effective MH treatment	Low. Not a lot of people have been taking it & the training will be too expensive.	No.

## Addressing High Priority Outcome Gaps

	Place the outcome in this column	Why focus on this outcome? Is it a priority?	New SMART Objective(s) to address this outcome
Outcome that needs more effective objectives	Provide effective MH treatment		
Additional outcomes that are not being adequately addressed that your group has the capacity to work on			



# Comprehensive Suicide Prevention



# Addressing Gaps

Addressing High Priority Outcome Gaps			
	Place the outcome in this column	Why focus on this outcome? Is it a priority?	New SMART Objective(s) to address this outcome
<b>Outcome that needs more effective objectives</b>	Provide effective MH treatment	Yes, people are attempting multiple times, or coming back to campus before they're ready.	By January 2015 try to get buy-in from the local community MH center that we refer to most often and the local hospital to train their relevant staff.
<b>Additional outcomes that are not being adequately addressed that your group has the capacity to work on</b>			

# Logic Model

<i>Process Components</i>			<i>Outcome Components</i>			
<b>INPUTS</b>	<b>STRATEGIES/ ACTIVITIES</b>	<b>OUTPUTS</b>	<b>SHORT-TERM OUTCOMES</b>	<b>INTERMEDIATE OUTCOMES</b>	<b>LONG-TERM OUTCOMES</b>	
<p>1. Wellness Center staff time</p> <p>2. Life skills Curriculum from XYZ university</p>	<p>Offer life skills class at Counseling center for students 4 times a year</p>	<p>40 students/year take class</p>	<p>40 students/year will report increases in knowledge and confidence in dealing with life crisis</p>	<p>40 students/year will apply what they have learned to their lives</p>	<p>40 students/year will better be able to prevent life crises or deal with them when they arise</p>	
		<p>Data Sources to document accomplishments:</p> <p>Attendance record</p>	<p>Data Sources to document accomplishments:</p> <p>Post-class evaluation</p>	<p>Data Sources to document accomplishments:</p> <p>6-month follow up survey monkey</p>	<p>Data Sources to document accomplishments:</p> <p>Counseling Center urgent appt. log</p>	

Adapted from Logic Model Basics Evaluation Brief, Dec 2008, available at: <http://www.cdc.gov/HealthyYouth/evaluation/pdf/brief2.pdf>

# Addressing Gaps

Addressing High Priority Outcome Gaps			
	Place the outcome in this column	Why focus on this outcome? Is it a priority?	New SMART Objective(s) to address this outcome
Outcome that needs more effective objectives			
Additional outcomes that are not being adequately addressed that your group has the capacity to work on	Develop Life Skills	If we can move further upstream, we can reduce the need for MH appointments and have less of a wait time to get one.	Offer life skills class 4 times a year through campus wellness center, starting in the Spring of 2015, based on the curriculum from XYZ campus.

# Sustainability Action Planning

## Prioritizing Your Work Worksheet

Objective	What big picture, long-term outcome are you trying to change with each objective below? ( <i>From Big Picture worksheet, last column</i> )	Is this objective a high or low priority to continue in order to accomplish the related long-term outcome? Why?	If this a low priority objective, are you addressing the outcome sufficiently in other ways? If no, put the outcome onto the "Addressing High Priority Outcome Gaps" sheet to create a new objective.
Objective 1: Train 50 youth in ABC Training		High Priority Because...	
Objective 2:			

## Sustainability Action Plan, Part 1 Worksheet

Word version

### [Site Name]'s Sustainability Action Plan, Part 1

Part 1: High priority objectives to set up for sustainability (*From Prioritizing worksheet*)

Objective 1: Train 50 youth in ABC Training

# Sustainability Action Planning

## Addressing High Priority Outcome Gaps

Decide what outcome gaps exist in your area and if and how to address them. To do this, refer to your planning documents, such as a state plan, tribal or organizational vision document, or campus division goals (e.g., Student Affairs goals).

You may want to use the logic model template on the next page to decide how to address these. Your Prevention Specialist can help.

	Place the outcome in this column	Why focus on this outcome? Is it a priority?	New SMART Objective(s) to address this outcome (Optional: See logic model template on the next page to help create objective(s).)
Outcome that needs more effective objectives	Provide effective MH treatment	Yes, people are attempting multiple	By January 2015 try to get buy-in from the local community MH center that we refer to most often and the local hospital to train their relevant staff.
Additional outcomes that are not being adequately addressed that your group has the capacity to work on		times, or coming back to campus before they're ready.	

## Sustainability Action Plan, Part 2 Worksheet

Word version

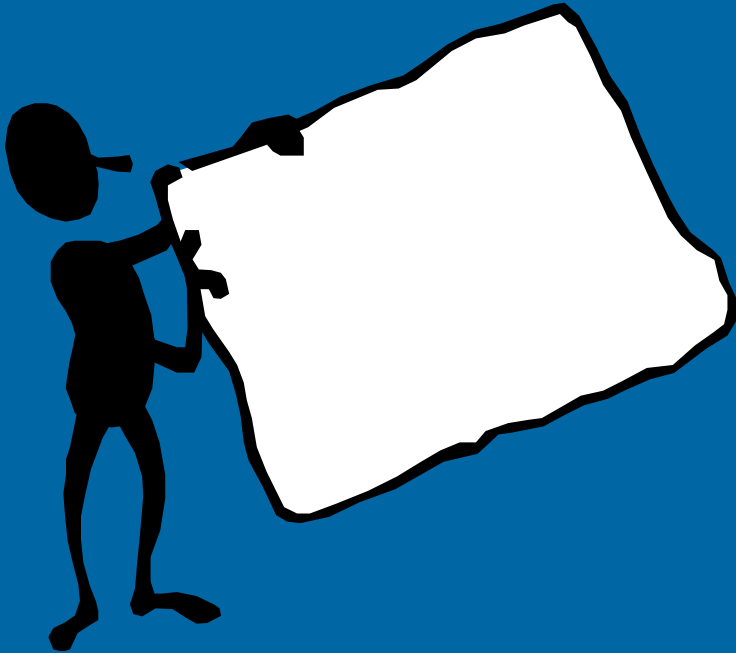
### [Site Name]'s Sustainability Action Plan, Part 2

Part 1: High priority objectives to set up for sustainability (From Addressing Gaps worksheet)

Objective 1: By January 2015 try to get buy-in from the local community MH center that we refer to most often and the local hospital to train their relevant staff.

# Creating Your Action Plan

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- ✓ What is needed for sustainability?
- ✓ What strategies will you use?
- ✓ What assumptions are you making about the strategy?
- ✓ How will you put the strategy into action?

# Creating Your Action Plan

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Action Steps to Set Up Objective [#] for Sustainability	Lead/ Responsibility	Team Members/ Others Involved	Timeline (Begin By, Complete By)	Notes



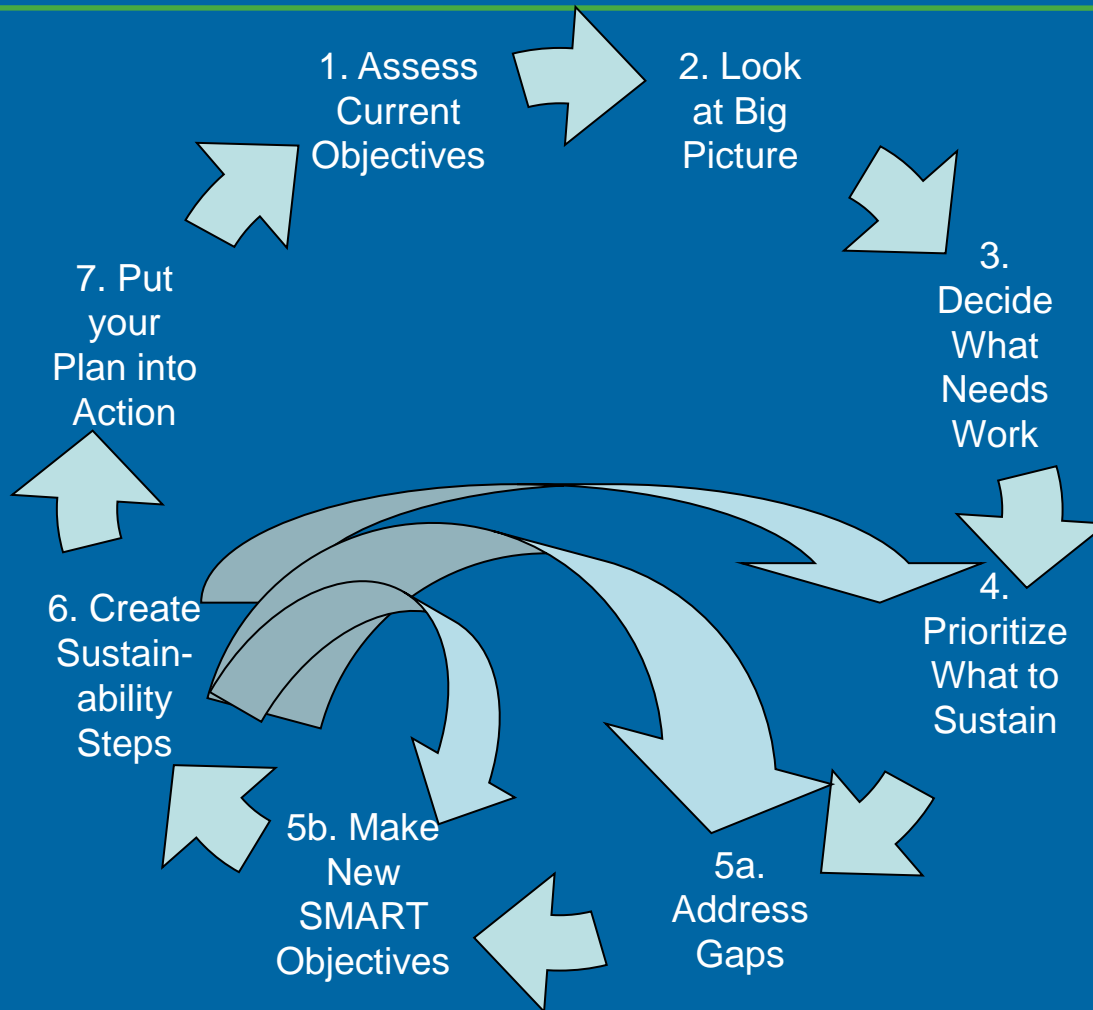
# Tips on the Sustainability Action Plan

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- ✓ Lead/Responsibility should be someone on the team
- ✓ Make this a living document – you can come back and revise
- ✓ Useful to share with grant staff, Project Officer and Prevention Specialist

# Sustainability Planning Model



# Example Action Plan: Nevada

Nevada Office of Suicide Prevention's (OSP's) Sustainability Action Plan, Part 1				
Part 1: High priority objectives to set up for sustainability (From Prioritizing worksheet)				
Objective 3:	Provide training and technical assistance on screening and TA on finding funding to support school-based screenings in Washoe County and 2 rural counties.			
What is needed for sustainability (resources, tools, partners)?	Training, Ongoing communication with Children's Cabinet and Healthy Communities. Continued OSP staff availability. Funding for new OSP staff. New screening tool to replace TeenScreen. Help identifying funding sources.			
	How to Gain/ Maintain Resources and Tools	How to Leverage Existing Partners / Which New Ones to Approach	Who to Keep Informed, How	Other (e.g. Potential Barriers, Anticipated Outcomes)
What strategies will you use?	Other state funding sources have been attained to support curriculum/screening tools.	OSP will train and support Children's Cabinet and Healthy Communities staff in screening protocol so that they can go into the schools on their own.		
Action Steps to Set Up Objective for Sustainability		Team Members / Others Involved	Timeline (Start by, Complete by)	Notes
Train Children's Cabinet and Healthy Communities Staff	Misty Allen			
Offer technical assistance with screening events, including logistics (on-site with Children's Cabinet) on an in-kind basis	Misty Allen	Janett Massolo, Rick Egan, Brandi McConnell	Ongoing	Will offer approximately 4 instances of on-site technical assistance with screening events before June 30, 2013 and ongoing as needed after that.
Continue to offer parent training events in Washoe County as they are requested	Misty Allen	Janett Massolo, Rick Egan, Brandi McConnell	Ongoing	Will conduct approximately 4 trainings before June 30, 2013 and ongoing after that.

# Example Action Plan: West Virginia

West Virginia Department of Behavioral Health and Health Facilities' Sustainability Action Plan, Part 1				
Part 1: High priority objectives to set up for sustainability (From Prioritizing worksheet)				
<b>Objective 2:</b>	Increase the number of personnel certified and committed to continued gatekeeper training beyond the period of the grant utilizing QPR; Safe TALK and ASPEN's locally developed gatekeeper training- RECOGNIZE; RESPOND; REACT.			
<b>What is needed for sustainability (resources, tools, partners)?</b>	At least 50 trainers, training of trainers, create local RECOGNIZE, RESPOND, REACT Gatekeeper training curriculum incorporating WV cultural needs.			
	<b>How to Gain/ Maintain Resources and Tools</b>	<b>How to Leverage Existing Partners / Which New Ones to Approach</b>	<b>Who to Keep Informed, How</b>	<b>Other (e.g. Potential Barriers, Anticipated Outcomes)</b>
<b>What strategies will you use?</b>	Continue to disseminate the trainer guidelines for consistency of the trainings. Create locally-tailored training by incorporating core elements from various best practice trainings.	Continue to work with identified agencies. Seek new partners from a wide array of professionals, including those in: education; mental health; faith-based organizations; primary care; and additional agencies interacting with at-risk youth. Identified org.s are BHHF, WVDE, and Violence and Injury Prevention (VIP). Connect people who are trained with local Comprehensive MH Centers and 211 as resources.	Agencies who already are on board to train ASIST trainers; QPR trainers; West Virginia Office of Safe and Healthy Schools	
<b>Action Steps to Set Up Objective for Sustainability</b>	<b>Lead / Responsibility</b>	<b>Team Members / Others Involved</b>	<b>Timeline (Begin By, Complete By)</b>	<b>Notes</b>
Determine potential training audiences	Principal Investigator	Project Director	Oct-12	
Work with WVDE Office of Safe and Health Schools to coordinate a train the trainer event for all Wellness Coordinators serving all regions of the state	Project Director		Dec-12	
Work with existing state agencies to identify individuals in a position to complete requested trainings in all regions	Regional Director	Project Director	Aug-13	
Research existing best-practice gatekeeper training and incorporate core standards into a locally produced training.	Project Director		Nov-12	Use SPRC's Best Practices Registry for guidance.
Identify local resources as points of referral for those individuals trained.			Dec-12	

# Questions?

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# Strategies and Roadblocks Discussion

# Wrap Up

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- ✓ Next Meeting (Last one!): August 19, same time
- ✓ Homework:
  - Addressing Gaps Worksheet
  - Sustainability Action Plan Pts. 1 & 2 worksheets
  - **By Aug. 14: Send us your Action Plans!**
  - Read Guide p.10: “A Cyclic Process,” and “Celebrate!”
- ✓ Evaluation