

Comprehensive Community based Suicide Prevention Plan

Universal Interventions

1. Build Coalition

- a. Ensure all parties are at the table: survivors, coroner, mental health, public health, victims assistants, secondary and higher education, clergy and faith community, corrections, human services, older adult services, media, youth and parents.
- b. Develop plan for coalition leadership, meeting rules/by-laws and succession planning
- c. Develop plan for cross system referrals.
- d. Secure funding (e.g., foundations) and employ at least one PT staff.

2. Public Awareness

- a. Do presentations to the community through Town Hall meetings or parent presentations on how to talk to your kids about substances, suicide, etc.
- b. Disseminate information like posters, brochures, bookmarks to community groups like civic groups, parent groups, faith communities, making the community aware of help seeking strategies like hot lines and need for bystander intervention as well as community resources.
- c. Disseminate information via public service announcements on radio and/or TV (e.g., AFSP's teen campaign and NIMH's Real Men Real Depression), press releases, billboards.
- d. Train the media on responsible reporting using the Media Guidelines for Reporting.
- e. Advocate with policy makers for suicide prevention policies and funding.

3. Community Gatekeeper Training

Definition: training members of a community to recognize a person at risk of suicide and to connect them to help.

- a. Select a training model focused on raising the awareness and skills of an entire community to improve identification, safekeeping and referral of at-risk community members. Train as many members of a community as possible in the model. Several models exist in Colorado including Yellow Ribbon International Suicide Prevention Program, Suicide Awareness for Everyone--SAFE:TEEN or Raising Awareness of Personal Power—RAPP. Yellow Ribbon has been implemented in communities including schools and tribes. SAFE:TEEN and RAPP have been implemented in schools.
- b. Sustain gatekeeper training in schools through health classes and clubs such as Yellow Ribbon.
- c. Select an interventionist model focused on training a selected group of individuals to intervene with at risk individuals and to avert the immediate risk of suicide. Applied Suicide Intervention Skills Training (ASIST) is the most widely used interventionist model in Colorado.
- d. With higher education communities, ensure that information on how to access services is available on school website or through JED Lifeline.
- e. Ensure that all schools have suicide-specific crisis and Postvention plans.

Selected Interventions

1. Postvention

- a. Offer outreach to survivors (e.g., Traumatic Loss group or Grief Coordinator); develop referral protocols to outreach coordinator.
- b. Offer a grief support group for adult survivors (e.g., Heartbeat, Parents Surviving Suicide, Compassionate Friends, Hospice Grief Support Group); develop referral protocols to the support group.
- c. Offer a grief support group for adolescent and child survivors (e.g., Heartbeat, Hospice Grief Support Groups for children); develop referral protocols to the support group.

2. Community Gatekeeper Training

Definition: training members of a community to recognize a person at risk of suicide and to connect them to help. Communities at heightened risk might include: GLBTQ youth and adults, youth corrections, adult corrections, community corrections, child protection/foster care, detoxification, elder communities, etc.

- a. Select a training model focused on raising the awareness and skills of an entire community to improve identification, safekeeping and referral of at-risk community members. Train as many members of a community as possible in the model. Yellow Ribbon International Suicide Prevention Program has been implemented with populations at heightened risk for suicide like homeless youth and youth corrections.
- b. Select an interventionist model focused on training a selected group of individuals to intervene with at risk individuals and to avert the immediate risk of suicide. Applied Suicide Intervention Skills Training (ASIST) is the most widely used interventionist model in Colorado.
- c. Train Primary Care Physicians in depression screening and referral to mental health and other resources.
- d. In Elder communities such as Assisted Living/Nursing Home, provide gatekeeper training to all staff and residents regarding referral protocols and resources (mental health, ER, Family, Elder Brochures).

3. Referral to Mental Health Services

- a. Develop a list of community resources
- b. Develop funding for mental health resources for under/uninsured youth and adults (e.g., Second Wind Fund)
- c. Build mental health skills in youth/adults who are at high risk of attempting through mental health skill building groups focused on skills like problem solving, coping skills; develop referral protocols to skills building.

4. Provide support groups to individuals at heightened risk for suicide.

- a. Offer support groups for individuals with mood disorders/attempters; develop referral protocols to group.
- b. Offer support groups/classes/materials for family/friends of individuals with mood disorders/attempters; develop referral protocols to group.

Indicated Interventions

Target individuals who have attempted suicide

- c. Offer support groups for attempters; develop referral protocols to support group.
- d. Offer support groups/classes/materials for family/friends of individuals of attempters; develop referral protocols to support group.
- e. Train ER staff in means restriction and referral to mental health services. Ensure that ER staff have materials for families such as the “Suicide Prevention Resources for your Family” booklet or the NAMI booklet for family members of attempters.
- f. Build mental health skills in youth/adults who have attempted through mental health skill building groups focused on skills like problem solving, coping skills; develop referral protocols to skills building group.