

A landscape photograph featuring a large, dark tree in the middle ground, standing in a field of tall grass. The background shows a dense line of trees under a sky filled with large, dramatic clouds, some of which are illuminated from below, suggesting a sunset or sunrise. The overall mood is serene and contemplative.

Comprehensive Community Approaches To Suicide Prevention

Vermont Suicide Prevention Center

CENTER FOR HEALTH AND LEARNING

The Ecological & Upstream Approach to Suicide Prevention



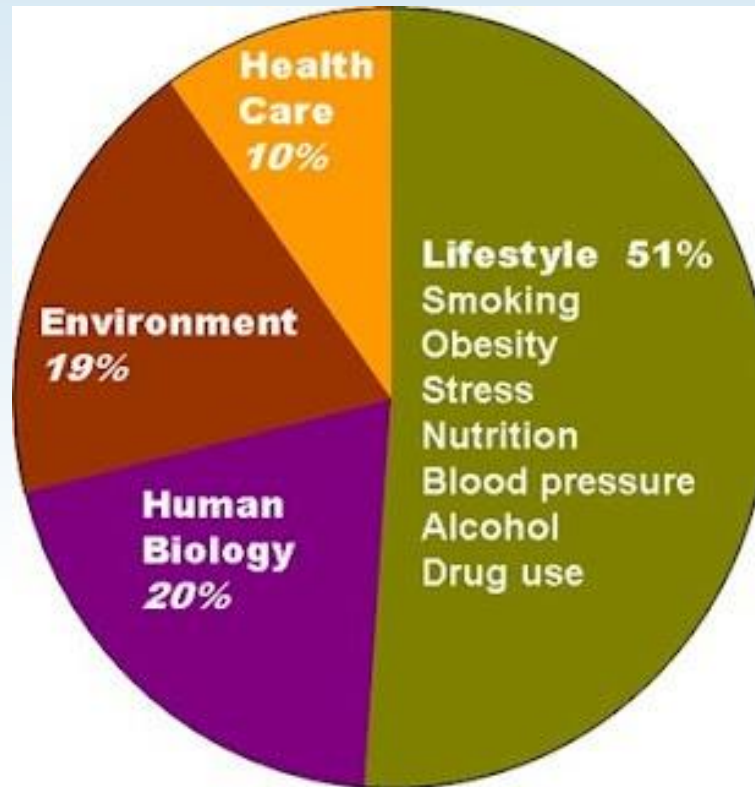
Health is the balance between the mental, emotional, social, physical, spiritual and environmental factors of one's life.



Mental Health is the ability to experience, manage, regulate and express complex emotions.



Determinates of Health



Compassion literally means
“to suffer together.”

Deep awareness of the suffering of
another accompanied by the wish to
relieve it.



Self-compassion entails three core components:

- *Self-kindness*
- *Common humanity*
- *Mindfulness*



Special Populations are at Higher Risk

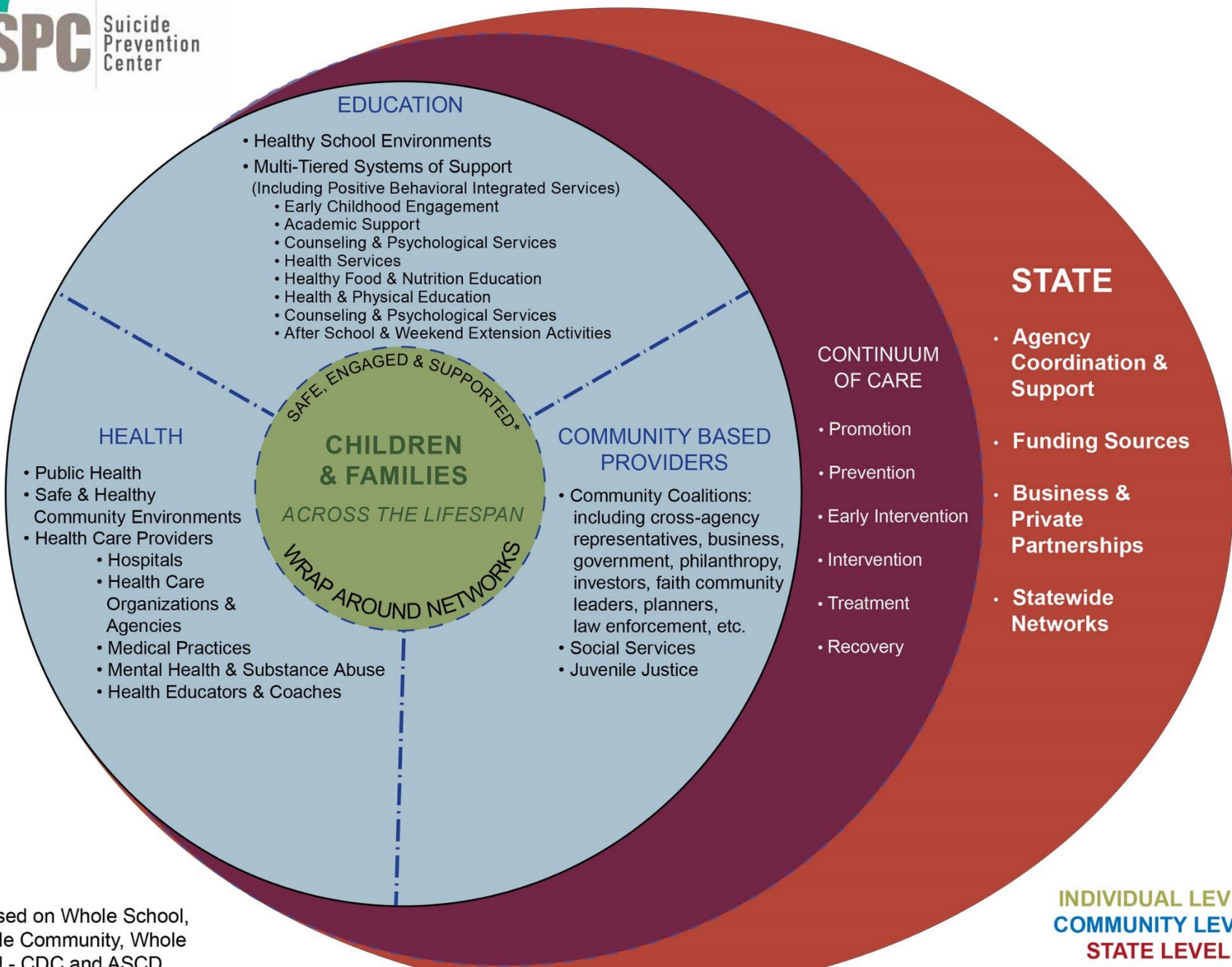
Who might these include?

- Run-aways & Homeless Youth
- Youth in Foster Care
- Disenfranchised youth
- LGBTQI-TS youth
- Youth involved in high risk substance abuse
- Youth with co-occurring mental health disorders.
- Native and indigenous





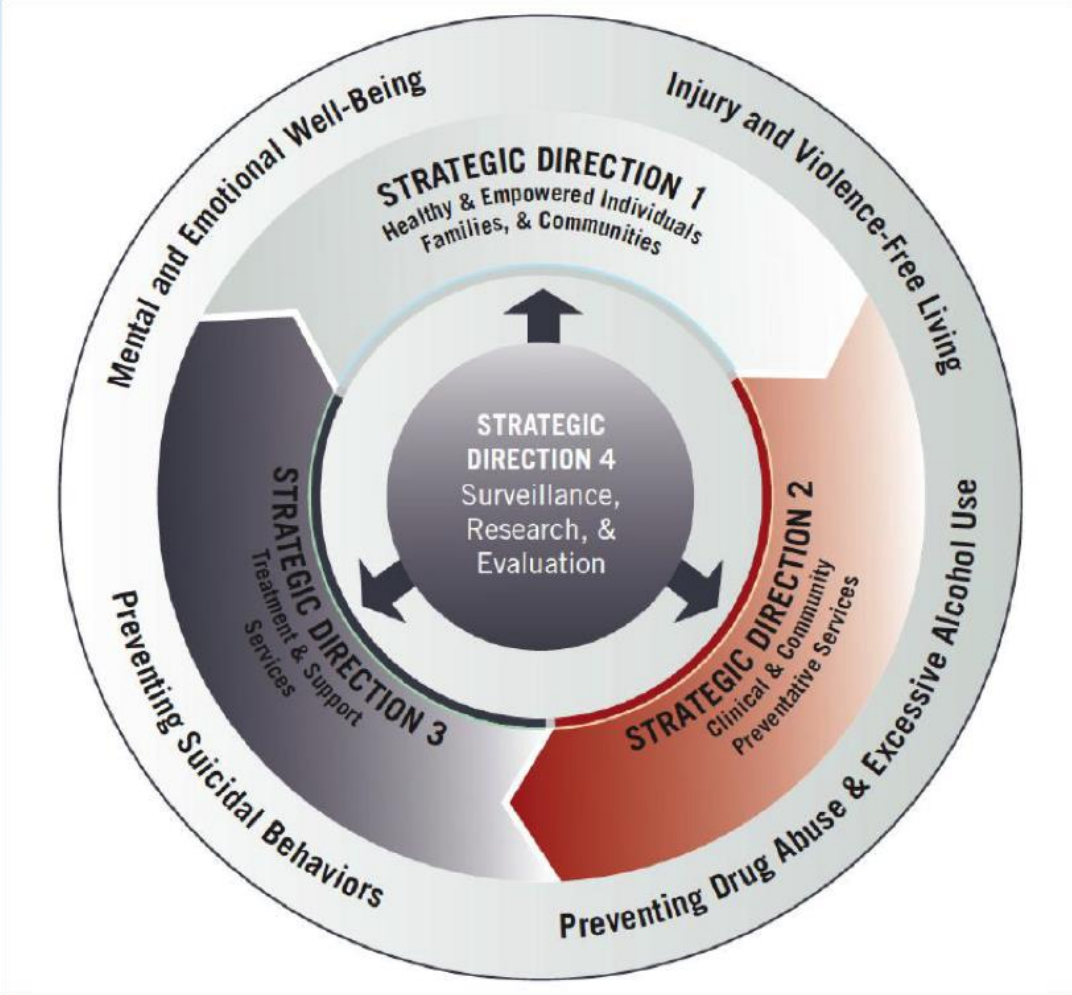
ECOLOGICAL MODEL FOR SUICIDE PREVENTION™



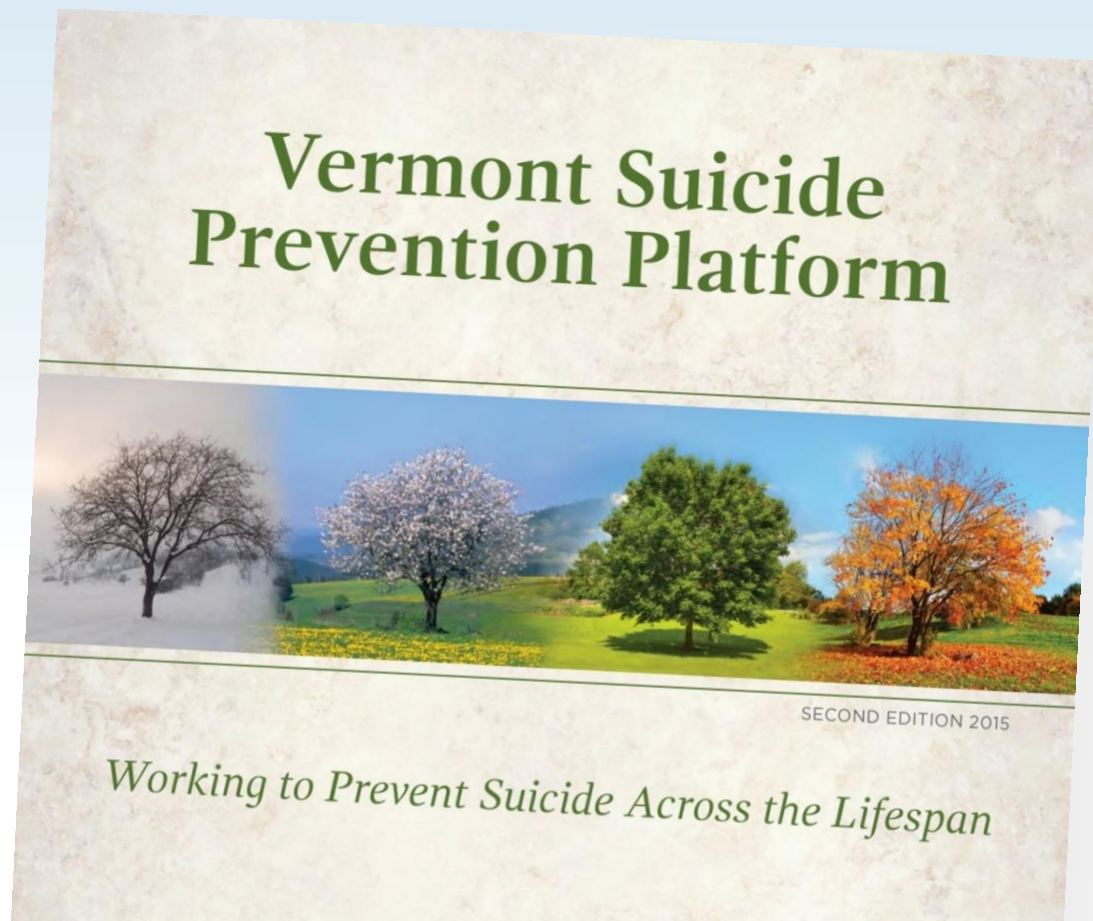
*Based on Whole School, Whole Community, Whole Child - CDC and ASCD

INDIVIDUAL LEVEL
COMMUNITY LEVEL
STATE LEVEL

National Strategy for Suicide Prevention



Platform can be found at:
www.vtspc.org>VermontSuicidePrevention



Faces of Vermont Lost to Suicide



Vermont Suicide Prevention Center

Creates health-promoting communities in which schools, institutions, public and private organizations and people of all ages have the knowledge, attitudes, skills and resources to reduce the risk for suicide.

Please visit: www.vtspc.org

The Vermont Suicide Prevention Center is dedicated to ensuring that people of all ages have the knowledge, attitudes, skills and resources to reduce the risk of suicide.

VT SPC Suicide Prevention Center

Hotlines & Screening Tools

Vermont Suicide Prevention

School, Community & Professional Resources

Introducing vtspc.org

Sign up for email notices Like

VT-SPC Comprehensive Approach

- Trainings and technical assistance for school districts and communities
- Project development and management for federal, state and local health initiatives
- Online programs, student learning modules and curricula
- Professional licensure, CEU and graduate-level credits
- Educational conferences and workshops on health and education topics
- Strategic partnerships with state agencies, non-profit organizations and school systems
- Research, Publications, and Evaluation

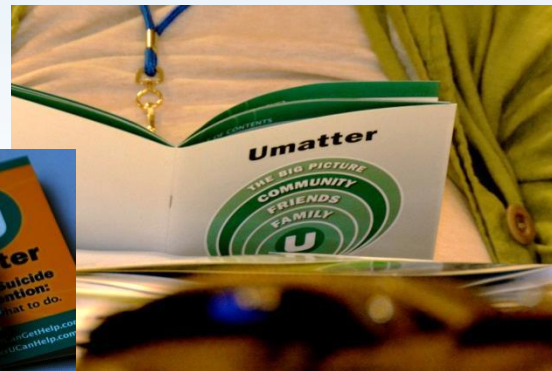


Umatter

A comprehensive school and community approach to suicide prevention

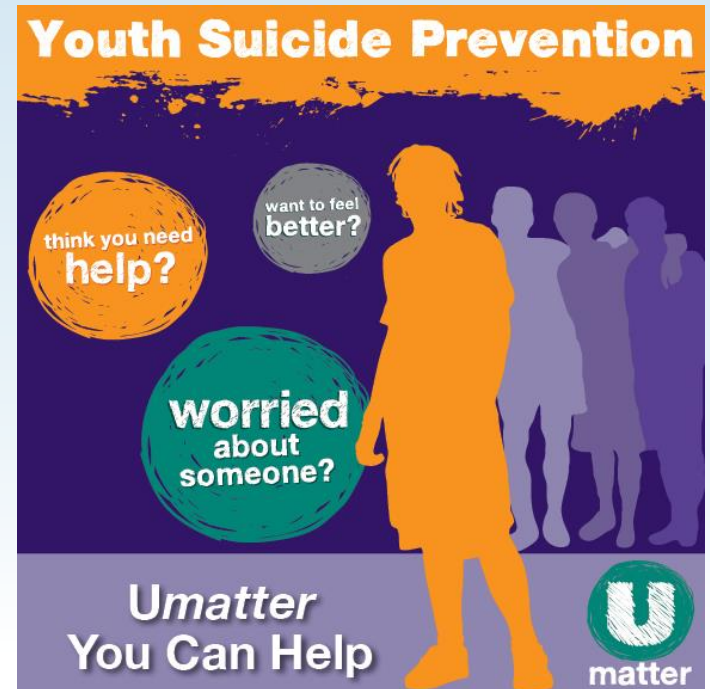


- *Umatter for Schools*
- *Umatter for Communities*
- *Umatter for Youth and Young Adults*
- *Umatter Public Information*



A Gatekeeper Agenda

- ✓ Basic information about suicide
- ✓ Social and cultural considerations
- ✓ Risk factors and warning signs
- ✓ Intervention and response to suicide
- ✓ Protocols for community professionals



Gatekeeper Prevention Skills

- ✓ Know basic information about suicide
- ✓ Understand that suicide can be prevented
- ✓ Learn basic suicide intervention skills
- ✓ Have the confidence to respond

Postvention:

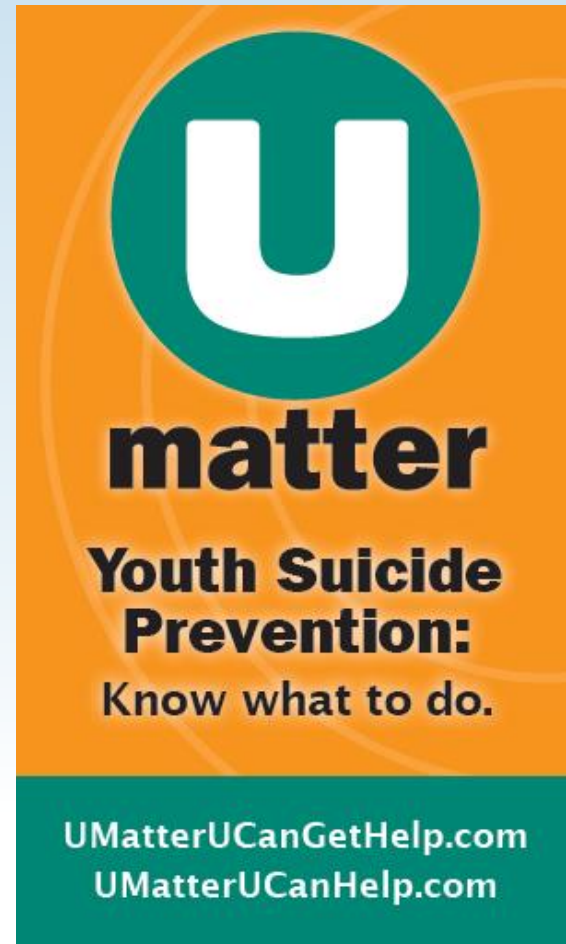
- ✓ Can assist in the aftermath of a suicide

How To Help

1. LISTEN: Show You Care
2. ASK: About Suicidal Intent
3. GET HELP: Call someone trained to help.

OFFER HOPE: Remind them that they matter to you and others.

STAY CLOSE: Remain with them until help arrives.



Postvention

Goal:

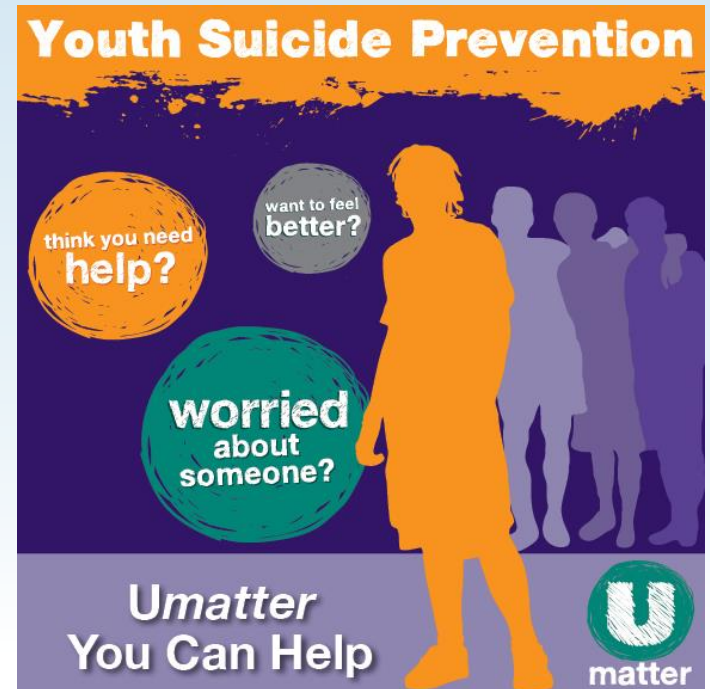
To equip a community of professionals with the ability to respond collaboratively after a suicide based on best-practice recommendations.

Objectives:

- To describe professional responsibility in postvention.
- To review and modify postvention protocols for various professions.
- To write an action plan for future collaboration with community professionals.

After a death by suicide

- ✓ Best-practice actions depend on your profession.
- ✓ Identify individuals at risk
- ✓ Restrict access to lethal means.
- ✓ Youth are especially vulnerable.
- ✓ Electronic media may complicate prevention.



Postvention Protocols



- Read your section and discuss:
- What is the unique role of your profession in postvention?
- How can other professionals contribute to your postvention work?
- Which professionals can you assist in *their* postvention work?
 - Prepare a 5 minute presentation

Flagship Programs



Umatter for Schools

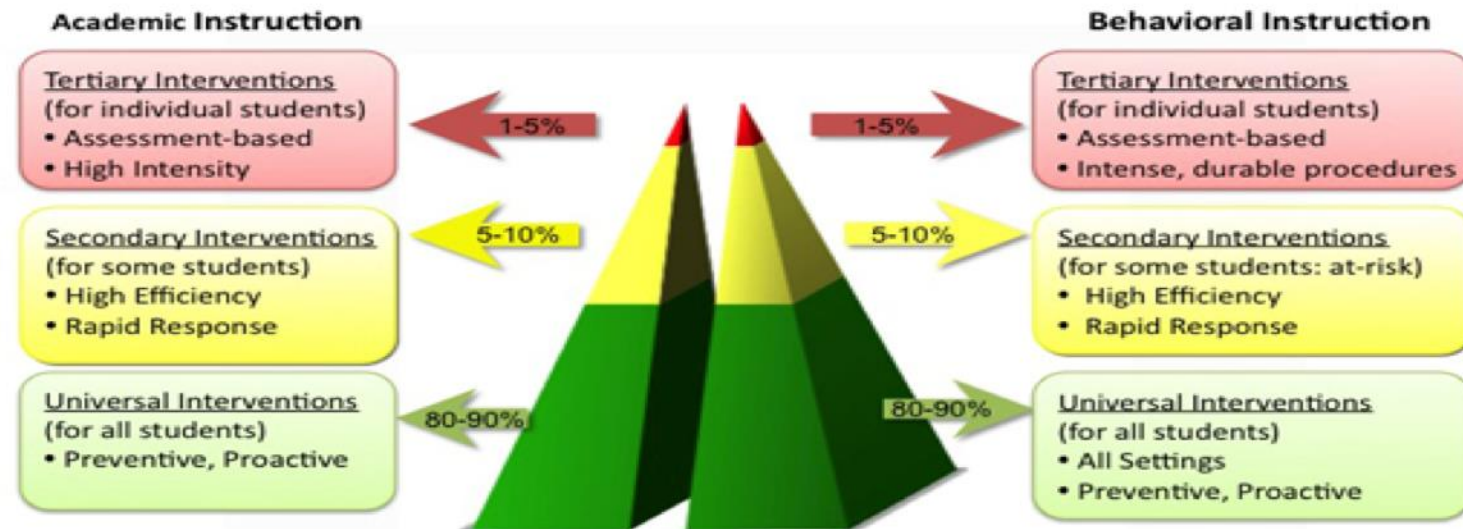
A two-day training program for middle and high school personnel that promotes a team and asset-based, comprehensive, approach to youth suicide prevention.



Five Basic Guidelines for Suicide Intervention

1. **NEVER** leave student alone
2. **Listen** without censor
3. **Do NOT** promise confidentiality
4. **Go** with them to see someone who
can help
5. **Contact** parents/ guardian

Designing Schoolwide Systems for Student Success





Umatter for Communities

A training program for professionals in best-practice, profession-specific protocols for prevention and postvention to reduce incidence of suicide.

Educators-Law Enforcement-First Responders-Social Services-
Faith Leaders, Clinicians





Umatter for Youth and Young Adults

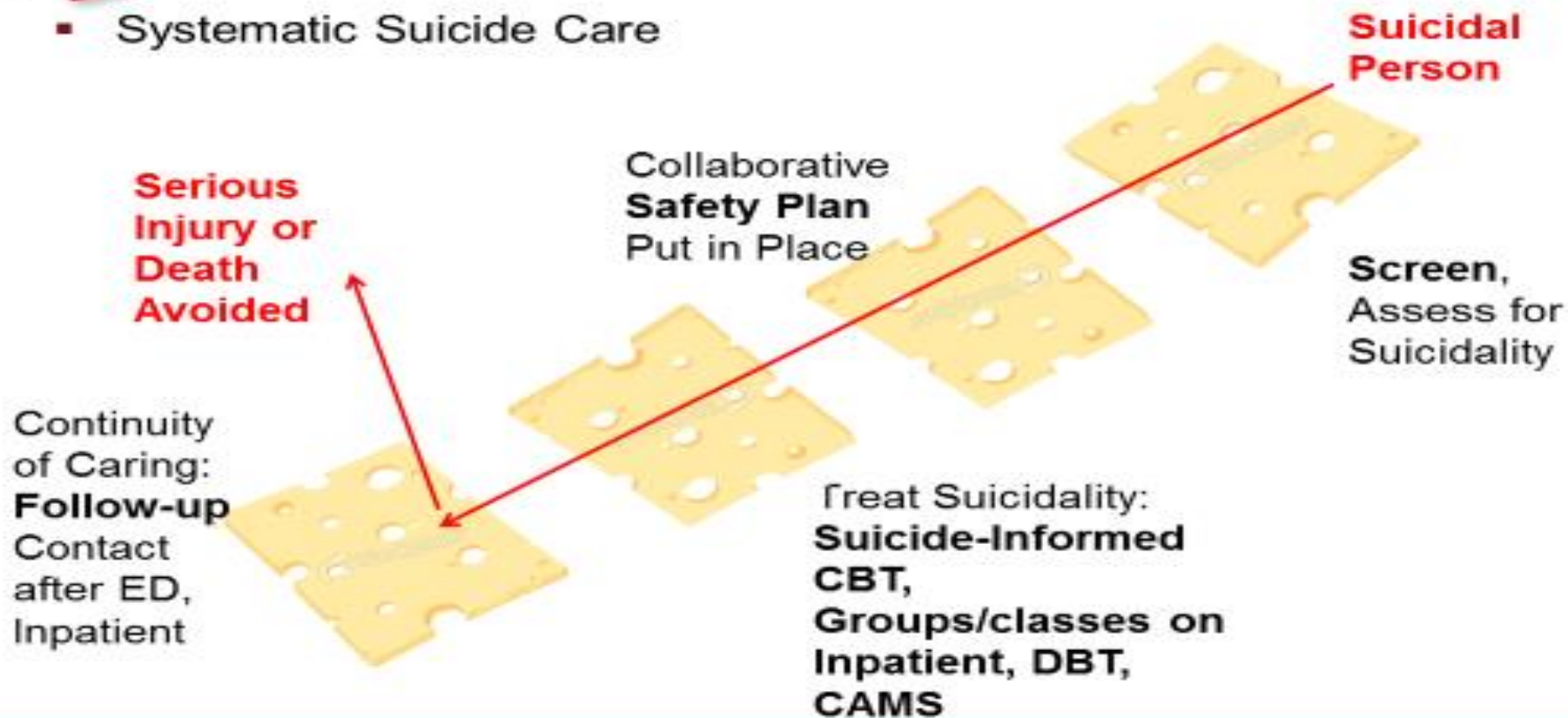
A youth leadership and engagement initiative that promotes mental health wellness: healthy coping mechanisms among youth and young adults, as well as the ability to recognize when a peer needs help and know how to provide it





Systematic Suicide Care Plugs the Holes in Health Care

- Systematic Suicide Care



Risk Factors for Suicide

- Mental health condition
- Previous suicide attempt
- Access to lethal means
- Family history of suicide
- Loss of loved one

Joiner's Theory

- Genetics
- Loss of belonging
- Feelings of being a burden
- Overcoming self-preservation

Risk Factors for Suicide (cont.)

- Rejection by peers
- Being bullied or harassed
- Violence at home or school
- Divorce of parents
- Serious illness

Joiner's Theory

- Genetics
- Loss of belonging
- Feelings of being a burden
- Overcoming self-preservation

Warning Signs for Suicide

- Threatening suicide or expressing a strong wish to die
- Seeking access to lethal means--guns, medications, poisons
- Talking, writing, or drawing about death, dying, or suicide
- Having a plan



Do Not Leave the Person Alone

Additional Warning Signs for Suicide

- Giving away prized possessions
- Showing abrupt improvement
- Abandonment of activities once considered enjoyable
- Increasing alcohol or drug use
- Hopelessness
- Rage, anger, desire for revenge



Eliminate any access to
lethal means

Who to call

Resources for Referral

Call 9-1-1 in a crisis

Dial 2-1-1 for a referral to a
mental health counselor

National Suicide
Prevention Lifeline
1-800-273-8255 (TALK)

www.UmatterUCanGetHelp.com





Public Information Campaigns

Brochures, posters, wallet cards, radio spots, videos and websites promoting the campaign's message that you matter because you may need help and you also matter because you may be in a position to help.





matter

abuse bounce

hope

loss suicidal why?

warning sign

help warning

isolation burden

anger worry

relationships

happine: recovery

kindness

stress

the facts

search...

how to talk to someone who may be suicidal

when you're not sure

how worried should I be? quiz



you are not alone

videos

Everybody needs help sometimes. Help comes from friends, family, people nearby and even from yourself. If you are having suicidal thoughts or are worried about someone else, don't keep it to yourself. Don't wait for a crisis to ask for help. You Matter. You can get help.



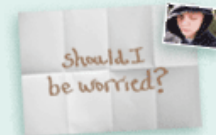
One person can help

While walking down the halls of school to my classes, I would constantly hear people saying rude things about me, like I was a 'cutter' or that I dressed weird. For years and years, this...

[READ MORE...](#)



Cotton



using the "S" word



For More Information Contact:

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www.UmatterUCanGetHelp.org

www.UmatterUCanHelp.org

www.vtspc.org



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HEALTHY LIVING MATTERS

