Comprehensive Community Approaches to Suicide Prevention

Presented 8/20/15 at the Kentucky School of Alcohol and Other Drug Studies, Louisville, KY

Facilitated by:
Dr. JoEllen Tarallo-Falk, ED.D., MCHES, FASHA
Executive Director, Center for Health and Learning
Tel. 802.251.0488 direct line 802.254-6590 general
www.healthandlearning.org
www.vtspc.org
www.umatterucangethelp.com
www.umatterucanhelp.com

Description:
The goal of this session is to provide an overview of key elements and resources for a comprehensive community-wide approach to suicide prevention. The session is for those with a community prevention focus. Participants will be introduced to an ecological approach to promoting mental health wellness and preventing suicide, and receive a complete set of materials to carry out a 1.5 hour suicide prevention awareness session for community members and staff.

Objectives:

1) Describe the elements of a comprehensive approach for suicide prevention and postvention, considering the following issues:
   a. Suicide: how we think and talk about it
   b. Importance of language and media messaging
   c. Relationship between substance use, mental health and suicide prevention and role of connectedness and compassion in suicide prevention
   d. Consumer orientation to programming at the state and community level
   e. Ecological models that engage schools, health care and community provider systems and emphasize evidence-based practices
   f. Identification of challenges in the comprehensive approach and opportunities for closing the gap on these challenges
   g. Suicide Prevention and Postvention protocols

2) Identify and learn strategies for school engagement
   a. Resources from Umatter for Schools
   b. Umatter Staff and Parent Awareness Training of Trainers

3) Consider local comprehensive suicide prevention action planning using:
a. Samples of community engagement strategies from:
   ✓ *Umatter for Communities (professionals, worksites, faith settings)*
   ✓ *Umatter Mental Health Wellness for Youth and Young Adults*
   ✓ *Umatter* public information

b. Short and long term objectives

**AGENDA**

9–10:30 am  **Comprehensive approach**
- Suicide: how we think and talk about it
- Importance of language
- Media messaging
- Substance use, mental health and suicide prevention
- Role of connectedness and compassion in suicide prevention
- Consumer orientation to programming
- Ecological models that use a comprehensive community approach
- Challenges and opportunities

10:30-10:45 am  **BREAK**

10:45-12:00 pm  **Comprehensive approach**
- Suicide Prevention and Postvention protocols

12-1:15 pm  **LUNCH**

1:15 – 2:30 pm  **School engagement strategies**
- Resources from *Umatter for Schools*
- *Umatter Staff and Parent Awareness* Training of Trainers

2:30-2:45 pm  **BREAK**

2:45-4:15 pm  **Comprehensive suicide prevention action planning**
- Community engagement strategies
- Short and long-term objectives