



The Vermont Suicide Prevention Center
A Program of The Center for Health and Learning
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Comprehensive Community Approaches to Suicide Prevention

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

Facilitated by:

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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

10:45-1200 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