

Healthy North Carolina 2020

EVIDENCE BASED STRATEGIES

FOCUS AREA	Mental Health
OBJECTIVE	1. Reduce the suicide rate

EBS PROGRAM DESCRIPTION	<p><u>Applied Suicide Intervention Skills Training (ASIST)</u> Two-day training to teach suicide early intervention. <i>ASIST</i> is a standardized and customizable two-day, two-trainer workshop designed for members of all care giving groups. The emphasis is on teaching suicide first-aid to help a person at risk stay safe and seek further help as needed. Participants learn to use a suicide intervention model to identify persons with thoughts of suicide, seek a shared understanding of reasons for dying and living, develop a safe plan based upon a review of risk, be prepared to do follow-up, and become involved in suicide-safer community networks. The learning process is based on adult learning principles and involves highly participatory workgroups. Graduated skills development is achieved through mini-lectures, facilitated discussions, group simulations, and role play. Health care workers often encounter suicide in their treatment and therapy work, but often are not trained in suicide first-aid. Other caregivers often are the first to talk with a person at risk, but have little or no training. Workshop content was prepared to accommodate a wide mix of caregiver participants. Workshop instructors take a five-day training for the trainer course and agree to be part of a quality control program that supports them in their trainer roles and encourages them to provide feedback to the developers of <i>ASIST</i>. www.sprc.org/bpr/section-III/applied-suicide-intervention-skills-training-asist</p>
--------------------------------	---

EBS LEVEL <i>CDC Ranking</i>	Leading
REFERENCE/CITATION <i>Data Supporting Level/Ranking</i>	www.sprc.org/bpr/section-i-evidence-based-programs www.nosp.ie/asist_11.pdf ; www.scotland.gov.uk/Publications/2008/05/21112543/0 ;

PROGRAM ATTRIBUTES	
Influence Level	Multi-Level
Target Population	Youth serving staff of organizations and institutions.
Intervention Setting	Youth serving organizations site such as High school, college, juvenile justice sites.
Key Measures	After training, ASIST participants should be able to: <ol style="list-style-type: none"> 1. Recognize that caregivers and persons at risk are affected by personal and societal attitudes about suicide. 2. Discuss suicide in a direct manner with someone at risk. 3. Identify risk alerts and develop related safeplans. 4. Demonstrate the skills required to intervene with a person at risk of suicide. 5. List the types of resources available to a person at risk, including themselves. 6. Make a commitment to improving community resources. 7. Recognize that suicide prevention is broader than suicide first-aid and includes life promotion and self-care for caregivers.
Cost	Approximately \$2,500 for 16 participants plus facility and food costs. ASIST is conducted by teams of at least two trainers. Hourly costs vary by individual qualified trainer. Plus training materials at \$40/participant. Plus facility costs and on-site lunch per course requirements.

Time to Implement	<u>Organization</u> – two days for the course plus prep time to coordinate training space and recruit participants. <u>Patient/Client</u> – two days
Difficulty to Implement <i>Resource Intensity</i>	Low – local health departments don't need to develop trainer capacity, trainers are available throughout the state. Securing funding and space for the training is necessary.
ROI <i>if known</i>	

PROGRAM CONTACT INFORMATION	
Organization	Injury and Violence Prevention Branch
Contact Person	Jane Ann Miller
Email / Telephone	Jane.miller@dhhs.nc.gov 919-707-5430
Web Site	www.livingworks.net itsok2ask.com www.injuryfreenc.ncdhhs.gov/preventionResources/Suicide.htm www.injuryfreenc.ncdhhs.gov/About/YouthSuicideTaskForce.htm

CURRENT NC-DPH SUPPORT	
T.A. – Yes/No Specific group? Other limitations?	Yes High schools, community colleges, universities, juvenile justice system facilities, local management entity and managed-care organizations for mental health services.
T.A. Contact	Jane Miller Jane.miller@dhhs.nc.gov 919-707-5430
Funding – Yes/No Specific group? Other limitations?	Yes High school, college, juvenile justice system facilities Funding is available for targeted populations per DPH grant funding.
Funding Contact	Jane Miller Jane.miller@dhhs.nc.gov 919-707-5430

EBS PROGRAM IMPLEMENTED BY / NC EXAMPLES	
#1 – Organization Name / Contact Information	Contact Injury and Violence Prevention Branch for facilities in your area that have implemented the program.
#2 – Organization Name / Contact Information	
#3 – Organization Name / Contact Information	

OTHER COMMENTS / NOTES
Training has been conducted at numerous schools

Healthy North Carolina 2020

EVIDENCE BASED STRATEGIES

FOCUS AREA	Mental Health
OBJECTIVE	1. Reduce the suicide rate

EBS PROGRAM DESCRIPTION	<p><u>SafeTALK</u> <i>SafeTALK</i> is a half-day training program that teaches participants to recognize and engage persons who might be having thoughts of suicide and to connect them with community resources trained in suicide intervention. SafeTALK stresses safety while challenging taboos that inhibit open talk about suicide. The program recommends that an ASIST-trained resource or other community support resource be at all trainings. The ‘safe’ of <i>SafeTALK</i> stands for ‘suicide alertness for everyone’. The ‘TALK’ letters stand for the practice actions that one does to help those with thoughts of suicide: Tell, Ask, Listen, and Keep Safe.</p> <p>The <i>SafeTALK</i> learning process is highly structured, providing graduated exposure to practice actions. The program is designed to help participants monitor the effect of false societal beliefs that can cause otherwise caring and helpful people to miss, dismiss, or avoid suicide alerts and to practice the TALK step actions to move past these barriers. Six 60-90 second video scenarios, each with non-alert and alert clips, are selected from a library of scenarios and strategically used through the training to provide experiential referents for the participants. www.sprc.org/bpr/section-III/suicide-alertness-everyone-safetalk</p>
--------------------------------	---

EBS LEVEL <i>CDC Ranking</i>	Leading
REFERENCE/CITATION <i>Data Supporting Level/Ranking</i>	www.sprc.org/bpr/section-III/suicide-alertness-everyone-safetalk

PROGRAM ATTRIBUTES	
Influence Level	Individual
Target Population	Youth-serving staff of organizations and institutions.
Intervention Setting	Youth-serving organizations site such as high school, college, juvenile justice sites.
Key Measures	<p>After training, participants in the SafeTALK program should be able to:</p> <ol style="list-style-type: none"> 1. Challenge attitudes that inhibit open talk about suicide. 2. Recognize a person who might be having thoughts of suicide. 3. Engage them in direct and open talk about suicide. 4. Listen to the person’s feelings about suicide to show that they are taken seriously. 5. Move quickly to connect them with someone trained in suicide intervention.
Cost	<p>SafeTALK Training for the Trainer (2-day) Instructor \$820 Materials \$210 Travel/Incidentals (varies)</p> <p>SafeTALK training (1/2 day) Trainer \$300 Materials (depends on volume) \$6.50 to \$7.50 Travel/Overhead (varies)</p>
Time to Implement	<p><u>Organization</u> - ½ day for the course plus prep time to recruit participants and secure training site.</p> <p><u>Patient/Client</u> - ½ day</p>

Difficulty to Implement <i>Resource Intensity</i>	Low – trainers are available statewide, host organization’s role is to secure funding and host the course.
ROI <i>if known</i>	

PROGRAM CONTACT INFORMATION	
Organization	Injury and Violence Prevention Branch
Contact Person	Jane Ann Miller
Email / Telephone	Jane.miller@dhhs.nc.gov 919-707-5430
Web Site	www.livingworks.net itsok2ask.com www.injuryfreenc.ncdhhs.gov/preventionResources/Suicide.htm www.injuryfreenc.ncdhhs.gov/About/YouthSuicideTaskForce.htm

CURRENT NC-DPH SUPPORT	
T.A. – Yes/No Specific group? Other limitations?	Yes High schools, community colleges, universities, juvenile justice system facilities, local management entity and managed-care organizations for mental health services.
T.A. Contact	Jane Miller Jane.miller@dhhs.nc.gov 919-707-5430
Funding – Yes/No Specific group? Other limitations?	Yes High school, college, juvenile justice system facilities Funding is available for targeted populations per DPH grant funding.
Funding Contact	Jane Miller Jane.miller@dhhs.nc.gov 919-707-5430

EBS PROGRAM IMPLEMENTED BY / NC EXAMPLES	
#1 – Organization Name / Contact Information	Contact Injury and Violence Prevention Branch for facilities in your area that have implemented the program.
#2 – Organization Name / Contact Information	
#3 – Organization Name / Contact Information	

OTHER COMMENTS / NOTES
Training has been conducted at numerous schools

Healthy North Carolina 2020
EVIDENCE BASED STRATEGIES

FOCUS AREA	Mental Health
OBJECTIVE	1. Reduce the suicide rate

EBS PROGRAM DESCRIPTION	<p><u>Lifelines Intervention: Helping Students At Risk for Suicide</u> Four-session curriculum taught to school health educators and PE teachers in North Carolina. Lifelines is a comprehensive, school-wide suicide prevention program for middle and high school students. The goal of Lifelines is to promote a caring, competent school community in which help seeking is encouraged and modeled and suicidal behavior is recognized as an issue that cannot be kept secret. Lifelines seeks to increase the likelihood that school staff and students will know how to identify at-risk youth when they encounter them, provide an appropriate initial response, and obtain help, as well as be inclined to take such action.</p> <p>Lifelines includes a set of components to be implemented sequentially: a review of resources and establishment of administrative guidelines and procedures for responding to a student at risk; training for school faculty and staff to enhance suicide awareness and an understanding of the role they can play in identifying and responding to a student with suicidal behavior; a workshop and informational materials for parents; and implementation of a curriculum for students, the Lifelines Curriculum, to inform students about suicidal behavior and discuss their role in suicide prevention.</p>
--------------------------------	--

EBS LEVEL <i>CDC Ranking</i>	Best/Proven
REFERENCE/CITATION <i>Data Supporting Level/Ranking</i>	www.nrepp.samhsa.gov/ViewIntervention.aspx?id=37

PROGRAM ATTRIBUTES	
Influence Level	Individual
Target Population	School Health Educators and Physical Education Teachers of ages 13-17.
Intervention Setting	School
Key Measures	<ol style="list-style-type: none"> 1. Knowledge about suicide 2. Attitudes about suicide and suicide intervention 3. Attitudes about seeking adult help 4. Attitudes about keeping a friend's suicide thoughts a secret
Cost	\$225 per participant
Time to Implement	<u>Organization</u> – one day for the course plus prep time. <u>Patient/Client</u> – one day
Difficulty to Implement <i>Resource Intensity</i>	Low – trainers are available statewide, host organization's role is to secure funding and host the course.
ROI <i>if known</i>	

PROGRAM CONTACT INFORMATION	
Organization	Injury and Violence Prevention Branch
Contact Person	Jane Ann Miller
Email / Telephone	Jane.miller@dhhs.nc.gov 919-707-5430
Web Site	www.hazelden.org/OA_HTML/hazCCtpSctDspRte.jsp?site=10020:22372:USitsok2ask.com www.injuryfreenc.ncdhhs.gov/preventionResources/Suicide.htm www.injuryfreenc.ncdhhs.gov/About/YouthSuicideTaskForce.htm

CURRENT NC-DPH SUPPORT	
T.A. – Yes/No Specific group? Other limitations?	Yes Middle School and High School Funding is available for targeted populations per DPH grant funding.
T.A. Contact	Jane Miller Jane.miller@dhhs.nc.gov 919-707-5430
Funding – Yes/No Specific group? Other limitations?	Yes High school, college, juvenile justice system facilities Funding is available for targeted populations per DPH grant funding.
Funding Contact	Jane Miller Jane.miller@dhhs.nc.gov 919-707-5430

EBS PROGRAM IMPLEMENTED BY / NC EXAMPLES	
#1 – Organization Name / Contact Information	Contact Injury and Violence Prevention Branch for facilities in your area who have implemented the program.
#2 – Organization Name / Contact Information	
#3 – Organization Name / Contact Information	

OTHER COMMENTS / NOTES
Training has been conducted at numerous schools

Healthy North Carolina 2020
EVIDENCE BASED STRATEGIES

FOCUS AREA	Mental Health
OBJECTIVE	1. Reduce the suicide rate

EBS PROGRAM DESCRIPTION	<p><u>Lifelines Postvention</u> Training to address the aftermath of suicide or sudden death that impacts the school environment. <i>Lifelines Postvention: Responding to Suicide and Other Traumatic Death</i> is a one-day training based on a manual with accompanying CD that provides a template for creating a school-based response to the death of a member of the school community by suicide or other traumatic means. The manual emphasizes the critical, but limited, role of the school in managing the effects of the death with a response that uses school resources, augmented by community support when necessary.</p> <p><i>Lifelines Postvention</i> is based on the principles of crisis intervention and grief theory. It translates mental health concepts and research into practical action steps consistent with the culture and resources inherent in the school setting.</p>
--------------------------------	---

EBS LEVEL <i>CDC Ranking</i>	Leading
REFERENCE/CITATION <i>Data Supporting Level/Ranking</i>	www.sprc.org/bpr/section-III/lifelines-postvention-responding-suicide-and-other-traumatic-death

PROGRAM ATTRIBUTES	
Influence Level	Multi Level
Target Population	School staff with a role in crisis response and crisis policy and procedure at middle and high schools.
Intervention Setting	Middle & High Schools
Key Measures	Participants will have the knowledge to: <ol style="list-style-type: none"> 1. Develop policies and procedures related to student suicide risk and responding to a suicide death. 2. Identify and train a school crisis team. 3. Develop connections with appropriate community resources. 4. Respond immediately if there is a death in the school community.
Cost	The <i>Lifelines Postvention: Responding to Suicide and Other Traumatic Death</i> is available from the Hazelden Publishing bookstore website, www.hazelden.org/OA_HTML/hazCCtpSctDspRte.jsp?sitex=10020:22372:US for \$99.
Time to Implement	<u>Organization</u> - One day plus prep time <u>Patient/Client</u> - One day
Difficulty to Implement <i>Resource Intensity</i>	Low
ROI <i>if known</i>	

PROGRAM CONTACT INFORMATION	
Organization	Injury and Violence Prevention Branch
Contact Person	Jane Ann Miller
Email / Telephone	Jane.miller@dhhs.nc.gov 919-707-5430
Web Site	www.hazelden.org/OA_HTML/hazCCtpSctDspRte.jsp?sitex=10020:22372:US

CURRENT NC-DPH SUPPORT	
T.A. – Yes/No Specific group? Other limitations?	Yes Middle School and High School Funding is available for targeted populations per DPH grant funding.
T.A. Contact	Jane Miller Jane.miller@dhhs.nc.gov 919-707-5430
Funding – Yes/No Specific group? Other limitations?	Yes High school, college, juvenile justice system facilities Funding is available for targeted populations per DPH grant funding.
Funding Contact	Jane Miller Jane.miller@dhhs.nc.gov 919-707-5430

EBS PROGRAM IMPLEMENTED BY / NC EXAMPLES	
#1 – Organization Name / Contact Information	Contact Injury and Violence Prevention Branch for facilities in your area that have implemented the program.
#2 – Organization Name / Contact Information	
#3 – Organization Name / Contact Information	

OTHER COMMENTS / NOTES
Training has been conducted at numerous schools

Healthy North Carolina 2020
EVIDENCE BASED STRATEGIES

FOCUS AREA	Mental Health
OBJECTIVE	1. Reduce the suicide rate

EBS PROGRAM DESCRIPTION	<p><u>How to Be an Ally</u></p> <p>Training to increase school staff knowledge and understanding of LGBTQ students. Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) youth are at higher risk for suicide. A safe school environment has been identified as a protective factor for suicide risk for LGBTQ youth; therefore a need exists to create school staff that can provide non-judgmental, safe and supportive settings for LGBTQ youth in schools.</p> <p>LGBTQ youth are a protected class under the North Carolina Anti-Bullying Law enacted in 2009. This course provides professional development for school staff that provides education on the specific risk factors and associated needs of LGBTQ youth related to bullying and suicide prevention.</p> <p>The training DVD “Allies Matter” highlights gay and lesbian North Carolina high school students talking about their experiences with bullying and thoughts of suicide during high school. Their comments reinforced the research that says supportive teachers and a positive school environment contributed to LGBTQ student well-being.</p> <p><i>Allies Matter</i> was a powerful addition to the curriculum which allowed participants a first-hand glimpse at the struggles that North Carolina LGBTQ youth face in school. The DVD also sets the stage for the discussion of values clarification providing participants the opportunity to explore their personal feelings related to the LGBTQ lifestyle, the social and political implications of expressing their beliefs, and the need to separate a student’s sexual or gender orientation from their right to a supportive academic environment.</p>
--------------------------------	--

EBS LEVEL <i>CDC Ranking</i>	Emerging
REFERENCE/CITATION <i>Data Supporting Level/Ranking</i>	Under evaluation by the UNC Injury Prevention Research Center

PROGRAM ATTRIBUTES	
Influence Level	Individual
Target Population	Staff of Middle and High Schools
Intervention Setting	Middle School and High School
Key Measures	<p>Expected outcomes for participants that attend the training include:</p> <ul style="list-style-type: none"> • Improving attitudes towards suicide prevention and being an advocate for LGBTQ youth, • Increased self-efficacy to recognize suicide signs and symptoms overall, • Increased awareness of suicide risk and protective factors among LGBTQ youth, asking at-risk youth about suicide and being an advocate for LGBTQ youth, and recognizing the risks and rewards of being an advocate.
Cost	\$1,000 a team of two trainers. School provides the facility, no material costs.
Time to Implement	<p><u>Organization</u> – One day plus prep time</p> <p><u>Patient/Client</u> – One day</p>
Difficulty to Implement <i>Resource Intensity</i>	Low
ROI <i>if known</i>	

PROGRAM CONTACT INFORMATION	
Organization	Injury and Violence Prevention Branch
Contact Person	Jane Ann Miller
Email / Telephone	Jane.miller@dhhs.nc.gov 919-707-5430
Web Site	itsok2ask.com www.injuryfreenc.ncdhhs.gov/preventionResources/Suicide.htm www.injuryfreenc.ncdhhs.gov/About/YouthSuicideTaskForce.htm

CURRENT NC-DPH SUPPORT	
T.A. – Yes/No	Yes
Specific group?	Middle School and High School
Other limitations?	Funding is available for targeted populations per DPH grant funding.
T.A. Contact	Jane Miller Jane.miller@dhhs.nc.gov 919-707-5430
Funding – Yes/No	Yes
Specific group?	High school, college, juvenile justice system facilities
Other limitations?	Funding is available for targeted populations per DPH grant funding.
Funding Contact	Jane Miller Jane.miller@dhhs.nc.gov 919-707-5430

EBS PROGRAM IMPLEMENTED BY / NC EXAMPLES	
#1 – Organization Name / Contact Information	Contact Injury and Violence Prevention Branch for facilities in your area that have implemented the program.
#2 – Organization Name / Contact Information	
#3 – Organization Name / Contact Information	

OTHER COMMENTS / NOTES
Training has been conducted at numerous schools