A Call to Prevent
YOUTH SUICIDE IN OREGON

NEEDS
1. Collaboration
2. Public Awareness
3. Education & Training
4. Screening & Treatment
5. Reduce Lethal Means
6. Crisis Services
7. Help After an Attempt
8. Zero suicide
9. Data, Research & Evaluation
10. Upstream Prevention: Safe & Nurturing Environments

Plan Strategies
1. Public/Private Collaboration
   Develop public and private partnerships to coordinate suicide prevention at the state, tribal, county, and local levels
   Integrate suicide prevention into all business and human services sectors, in settings that serve youth, young adults, families, military, tribes, and minority communities

2. Public Awareness
   Reduce oppression of individuals who suffer mental illness
   Increase awareness that suicide is preventable and treatments for mental illness are effective
   Increase awareness of the signs of depression, suicide, and suicide warning signs
   nmha.org/conditions/national-depression-screening-day
timeanddate.com/holidays/un/world-suicide-prevention-day

3. Education & Training
   Provide intervention skills training for youth, parents, teachers, counselors, doctors, nurses, and human service workers
   Links: www.qprinstitute.com
   www.livingworks.net/
   www.mentalhealthfirstaid.org/cs/
   www.kognito.com/
   www.sprc.org/training-institute/amr
columbiacare.org/Page.asp?NavID=99

4. Screening & Interventions
   Screen for depression & suicide ideation in primary care, emergency departments, and behavioral health
   Ensure appropriate assessment, referral & follow-up that support the continuity of care

5. Lethal Means Reduction
   Train providers to counsel suicidal patients and family members to reduce access to lethal means
   hsp.harvard.edu/means-matter

Resources
2012 National Strategy for Suicide Prevention: Goals and Objectives for Action samhsa.gov/nssp
Suicide Prevention Resource Center sprc.org
American Foundation for Suicide Prevention afsp.org
Oregon Youth Suicide Prevention public.health.oregon.gov/PreventionWellness/SafeLiving/SuicidePrevention/Pages/index.aspx
Service Member & Family Support Oregon National Guard orngvet.org
Oregon Addictions & Mental Health Services oregon.gov/OHA/amh/pages/index.aspx
Data: Oregon Injury & Violence Prevention Program public.health.oregon.gov/DiseasesConditions/InjuryFatalityData/Pages/nvdrs.aspx

Find this document at:
public.health.oregon.gov/DiseasesConditions/InjuryFatalityData/Pages/reports.aspx

NEEDS
1. Collaboration
2. Public Awareness
3. Education & Training
4. Screening & Treatment
5. Reduce Lethal Means
6. Crisis Services
7. Help After an Attempt
8. Zero suicide
9. Data, Research & Evaluation
10. Upstream Prevention: Safe & Nurturing Environments

Plan Strategies
1. Public/Private Collaboration
   Develop public and private partnerships to coordinate suicide prevention at the state, tribal, county, and local levels
   Integrate suicide prevention into all business and human services sectors, in settings that serve youth, young adults, families, military, tribes, and minority communities

2. Public Awareness
   Reduce oppression of individuals who suffer mental illness
   Increase awareness that suicide is preventable and treatments for mental illness are effective
   Increase awareness of the signs of depression, suicide, and suicide warning signs
   nmha.org/conditions/national-depression-screening-day
timeanddate.com/holidays/un/world-suicide-prevention-day

3. Education & Training
   Provide intervention skills training for youth, parents, teachers, counselors, doctors, nurses, and human service workers
   Links: www.qprinstitute.com
   www.livingworks.net/
   www.mentalhealthfirstaid.org/cs/
   www.kognito.com/
   www.sprc.org/training-institute/amr
columbiacare.org/Page.asp?NavID=99

4. Screening & Interventions
   Screen for depression & suicide ideation in primary care, emergency departments, and behavioral health
   Ensure appropriate assessment, referral & follow-up that support the continuity of care

5. Lethal Means Reduction
   Train providers to counsel suicidal patients and family members to reduce access to lethal means
   hsp.harvard.edu/means-matter
6. Crisis Services

Ensure effective crisis services are available 24/7

Promote the 1-800-273-TALK Lifeline

suicidepreventionlifeline.org

7. Help After a Suicide

Provide services for attempt survivors

Provide bereavement services for those who have lost a loved one

www.sbsnw.org

Educate the media about safe reporting & provide Recommendations for Reporting on Suicide

http://reportingonsuicide.org/

8. Zero Suicide

Adopt Zero Suicide aspirational goals in health and behavioral health systems

Establish protocols and linkages among systems to improve care, outcomes, and continuity of care for patients

zerosuicide.actionallianceforsuicideprevention.org/

9. Data, Research and Evaluation

Collect, analyze, and disseminate data

Implement evidence-based and research-informed practices

Evaluate effectiveness of programs and products

Suicide Prevention References

1. 2012 National Strategy for Suicide Prevention: Goals and Objectives for Action samhsa.gov/nssp


10. Upstream Prevention:

Safe & Nurturing Environments*

Minimize toxic conditions

Teach, promote, and richly reinforce prosociality

Monitor and limit opportunities for problem behavior

Promote mindful psychological flexibility


Upstream Resources

Lead Poisoning Prevention public.health.oregon.gov/HealthyEnvironments/HealthyNeighborhoods/LeadPoisoning/Pages/index.aspx

Nurse Home Visiting public.health.oregon.gov/HealthyPeopleFamilies/Babies/HomeVisiting/Pages/index.aspx

Positive Parenting Program triplep.net/glo-en/home

Good Behavior Game interventioncentral.org/behavioral-interventions/schoolwide-classroommgmt/good-behavior-game

Inward Bound Mindfulness Education http://ibme.info/