

Goal 1

Suicide Is Recognized As Everyone's Business *Develop and Implement Local Youth Suicide Prevention Programs*

Area of Action

Organizational Practices

Objective

Increase the number of local youth-focused groups who adopt programs that address suicide prevention and intervention.

Strategy	Our agency's policies and procedures show suicide prevention is important.
Resources	Our youth suicide prevention program provides information on youth suicide in Washington. Our listserv can help with questions, ideas and opportunities. Other communication tools, including media, newsletters, Internet, and community calendars, can support and promote our suicide prevention work. The Youth Suicide Prevention Program (YSPP) and other organizations might have policies and procedures that can be adapted for our use.
Activities	<ul style="list-style-type: none"> ■ Review our organization's guidelines/policies/procedures for responding to youth in crisis. ■ Ask youth involved in our program how staff and peers can better support them when they are under stress or depressed. ■ Share our data and information about suicide prevention to build awareness of the issue in our community's youth and with our staff. ■ Meet with our organization's leadership, management and board of directors to engage support for prevention and intervention policies. ■ Create and/or revise policies which spell out how staff should respond to youth in crisis; to bullying and other incidents of harassment; documentation and debriefing of incidents, etc. ■ Develop agreements with community responders. This includes mental health, medical providers and police. ■ Provide suicide risk assessment training and refreshers for staff. ■ Identify key staff who will be staff mentors/crisis team. ■ Develop new or revised policies to support these practices.
Partners	Survivors, youth who use our services, community responders, families/caregivers of the youth we serve
Measuring Your Work	<ul style="list-style-type: none"> ■ Guidelines are in place and followed. ■ Incidents and debriefs are documented. ■ Staff expresses improved confidence in their crisis response skills. ■ Youth feedback shows higher feeling of support and safety.
Responsible Persons	
Timeline	

Goal 2

Youth Ask For And Get Help When They Need It

*Promote Help-Seeking for Those in Need and
Reduce the Stigma of Mental Health Treatment*

Area of Action

Policy

Objective

Increase the number of high schools, middle schools and colleges that teach about coping with stress, and that have policies for connecting students to mental health services.

Strategy 1	Promote the use of HELP curriculum in high schools, and Look, Listen, Link curriculum in middle schools.
Strategy 2	Insure schools in our community have policies for identifying and referring youth at risk of suicide to needed resources.
Resources Strategy 1	Youth Suicide Prevention Program (YSPP), Office of the Superintendent of Public Instruction (OSPI), Best Practices Registry at the Suicide Prevention Resource Center (SPRC), Healthy Youth Survey data about self-reported depression and suicide in your student population
Resources Strategy 2	OSPI, policies and procedures from other schools that can be adapted for our use, Youth Suicide Prevention Program
Activities Strategy 1	<ul style="list-style-type: none"> ■ Work with YSPP to establish a plan to address suicide prevention curriculum gaps in our community. ■ Survey all middle and high schools in our community: <i>Do our schools have a curriculum addressing stress, depression and suicide prevention for youth? Is it a best practice? Does it include information for school faculty and staff, parents, and resources in the community?</i> ■ Review survey results and Healthy Youth Survey data with school principals, district leadership and school board members. ■ Make recommendations to add HELP and/or Look, Listen, Link curricula to area schools.
Activities Strategy 2	<ul style="list-style-type: none"> ■ Survey all schools in our community: <i>Is your staff trained and comfortable with reaching out to youth at risk of suicide? Do you have a policy, plan and/or procedure for identifying and referring suicidal youth to needed resources?</i> ■ Research examples of policies, plans and procedures that can be used in our school district. ■ Share survey results and model policies, plans, and procedures with district leadership.
Partners Strategy 1	Survivors, schools who already use HELP or Look, Listen, Link, families of high school and middle school youth, local suicide prevention coalition
Partners Strategy 2	Parents, survivors, mental health providers, school district leaders and/or schools that have policies, plans and/or procedures in place

Measuring Your Work Strategy 1	<ul style="list-style-type: none"> ■ More middle and high schools are trained and use HELP and Look, Listen, Link curricula. ■ Healthy Youth Survey data shows schools using these curricula have higher rates of students who know where to turn for help.
Measuring Your Work Strategy 2	<ul style="list-style-type: none"> ■ Policies and procedures are developed or reviewed/ revised. ■ Policies are put in place and shared with staff, parents, and youth.
Responsible Persons	
Timelines	

SAMPLE

Goal 3

People Know What To Look For And How To Help *Increase Awareness of and Competency in Suicide Prevention and Intervention*

Area of Action

Coalitions and Networks

Objective

Increase the number of local coalitions with community education programs

Strategy	Work with other youth serving and mental health coalitions to incorporate suicide prevention and intervention into their education programs.
Resources	Youth Suicide Prevention Program (YSPP), local organizations and coalitions focused on youth well-being.
Activities	<ul style="list-style-type: none"> ■ Identify existing local coalitions, task forces and councils with a youth focus such as mental health, injury prevention, access to medical care, etc. ■ Identify those with community education programs. ■ Gather examples of suicide prevention messages incorporated into related education programs. ■ Propose shared training to coalitions with education programs – highlight benefits to all. ■ Offer our resources (training skills, presentation logistics, etc.)
Partners	Survivors, other youth serving organizations and coalitions
Measuring Your Work	<ul style="list-style-type: none"> ■ More community coalitions include suicide prevention and intervention in their community education programs. ■ Audience feedback indicates understanding that suicide prevention is related to life stressors –addressing one issue affects the others.
Responsible Persons	
Timeline	

Goal 4

Care Is Available For Those Who Seek It Increase Access to Preventive Care and Intervention Services

Area of Action

Professional Education

Objective

Increase the number of health professionals who are skilled at recognizing and talking with youth about suicidal thinking and behavior.

Strategy	Incorporate focused screening and referral of youth at risk into naturally occurring settings in our community – e.g. primary care provider offices, community health centers, hospital emergency rooms, etc.
Resources	Youth Suicide Prevention Program (YSPP), Suicide Prevention Resource Center – Best Practices Registry
Activities	<ul style="list-style-type: none"> ■ Identify screening tools proven effective in health care settings. ■ Look at current efforts and gaps in screening youth for suicide risk in health care settings. ■ Identify available services for youth in crisis and enlist those agencies' support for improved screening. ■ Using information, gather interest from health care providers – demonstrate how screening could work in their practice. ■ Provide training and materials for screener/referrers. ■ Check in with health care providers support screening efforts often and monitor its benefit for youth.
Partners	Survivors, health providers who already use mental health screening tools with patients, mental health services, local health associations and groups
Measuring Your Work	<ul style="list-style-type: none"> ■ Health providers demonstrate increased awareness of the value of early identification and referral. ■ Health providers request training and materials. ■ Health providers indicate more comfort and skill when talking with patients about their suicidal thinking and behavior. ■ More health care providers use screening tools to identify and refer youth at risk.
Responsible Persons	
Timeline	

Goal 5

Suicide Is Seen As A Preventable Public Health *Build a Statewide Structure to Support and Sustain Suicide Prevention and Intervention*

Area of Action

Community Education

Objective

Increase the number of youth-serving programs that are aware of Washington State's Plan for Youth Suicide Prevention and incorporate goals and objectives from the plan into their work.

Strategy	Publicize Washington State's Plan for Youth Suicide Prevention in our community and promote ideas and discussion of how to apply it.
Resources	Washington State Dept of Health (DOH) – Injury and Violence Prevention program, local groups or coalitions, civic leaders
Activities	<ul style="list-style-type: none"> ■ Forward the plan's URL to colleagues and other community members concerned about youth suicide. ■ Find opportunities for discussion within youth serving organizations, advocacy groups and coalitions about awareness and prevention of suicide for their youth. ■ Use the plan as a guide to build understanding and motivate people to get involved or care about the issue. Use staff meetings, community forums, newsletter articles, etc. ■ Focus on a limited number of plan objectives that address issues identified as priorities in previous discussions. ■ Build and carry out action plans for objectives selected.
Partners	United Way, Boys & Girls Clubs, YMCA/YWCA, Girl Scouts, Camp Fire, Boy Scouts, 4-H, sports teams, drug -free community organizations, community mobilization organizations
Measuring Your Work	<ul style="list-style-type: none"> ■ Number of local organizations that promote suicide prevention to their membership. ■ Number of programs and community organizations that name suicide prevention as a priority.
Responsible Persons	
Timeline	