

2011-2015 Nebraska State Suicide Prevention Goals

Nebraska's State Suicide Prevention Goals are drawn from multiple sources including a statewide summit and a strategic planning process led by the Nebraska State Suicide Prevention Coalition (NSSPC). The NSSPC is an all-volunteer coalition with an open membership policy that is recognized as the group with primary responsibility for development of recommendations related to suicide prevention for the Nebraska Department of Health and Human Services. The NSSPC works throughout the year to promote suicide prevention activities statewide via local coalitions and other grassroots initiatives. More information about the NSSPC can be found on its website at <http://www.suicideprevention.nebraska.edu>.

Vision

The Nebraska public behavioral health system promotes wellness, recovery, resilience and self determination in a coordinated, accessible consumer and family-driven system

Decreasing the rates of suicide in Nebraska will signal success for the state's suicide prevention efforts

Three goals are identified for suicide prevention in Nebraska during 2011-2015:

Goal 1:

Nebraskans will view suicide as a preventable public health problem

Goal 2:

Empirically supported suicide prevention programs are implemented across Nebraska.

Goal 3:

Data is collected and reported across systems to evaluate effectiveness and cost efficiency of suicide prevention efforts in Nebraska.

These goals are augmented by specific objectives for the period of 2011-2012. The objectives are intended to guide and inform NSSPC activities; youth suicide prevention work associated with implementation of a federal youth suicide prevention grant award directed by the Division of Behavioral Health (<http://www.youthsuicideprevention.nebraska.edu>); and surveillance activities directed by the Division of Public Health. The objectives are reviewed and updated annually or as they are achieved.

Goal 1:***Nebraskans will view suicide as a preventable public health problem***

Objective	Outcome Measure
By 2012 Public health districts will incorporate suicide awareness benchmarks in regular reports	# Health Depts reporting awareness measures
By 2012 Suicide awareness materials will be distributed to all primary care settings in Nebraska	# and location of material distribution
By 2012 Means Restriction information will be available in all Emergency Departments in Nebraska	# Emergency Rooms incorporating material
By 2012 a public awareness campaign will be completed	# materials distributed; market estimates for media outlets; website statistics

Goal 2:***Empirically supported suicide prevention programs are implemented across Nebraska.***

Objective	Outcome Measure
By 2012 25% of Licensed Behavioral Health Clinicians will receive training in assessment and management of suicide	# of Clinicians trained
By 2012 25% of schools in Nebraska will include some form of empirically supported suicide prevention activity	# schools and type of program
By 2012 600 gatekeepers will receive empirically supported gatekeeper training	# Gatekeepers trained
By 2012 3 LOSS postvention programs will be functioning in Nebraska	# and location of LOSS programs

Goal 3:***Data is used to evaluate effectiveness of suicide prevention in Nebraska.***

Objective	Outcome Measure
By 2011 a group will be convened to identify cross system measures related to suicide prevention	Slate of measures
By 2012 a report on suicide prevention measures will be issued by the Department of Health and Human Services	Report issued

Nebraska State Suicide Prevention Coalition Activity Plan 2011-2012

The Statewide Suicide Prevention Coalition is a group of interested citizens, government and private representatives who work together to promote suicide prevention in Nebraska. The Statewide Coalition will work together to implement these activities and build a work plan to support each one. More information about the Coalition and its activities is available on its website: <http://www.suicideprevention.nebraska.edu/index.htm>. A list of abbreviations and acronyms is available at the end of this document.

The following activities have been identified by the Nebraska State Suicide Prevention Coalition in support of the State Suicide Prevention Plan (2011-2012):

Nebraskans will view suicide as a preventable public health problem

	Activities	Resources
Public Awareness	Disseminate suicide prevention information and resources to faith based groups; service clubs; non-profit groups; and corporations	Website NSSPC Brochure LOSS Conference NSSPC speakers
	Suicide awareness materials will be distributed to all primary care settings in Nebraska	Primary care toolkit SPRC
	Disseminate educational materials on suicide risk, depression and suicide prevention to Nebraskans in the 55+ age range via groups that serve them	Website Educational material Local Coalitions
	Promote suicide prevention during suicide prevention month	PSA's Press Releases Brochure distribution
	Promote Regional programs and community events related to suicide prevention	Website Email lists Newsletter
	Engage youth by having at least one youth organization present at each NSSPC meeting	Website Email lists NSSPC members
	Promote access to treatment resources statewide	Website Partner websites Depression screening Primary care brochure
	Promote awareness of military efforts to prevent suicide	Website Partner websites Military rep on NSSPC
	Engage post secondary education representatives in NSPCC activities	Partner with GLS grant Brochure
	Distribute Public Ad Council's campaign on suicide prevention during mental illness awareness week, suicide prevention month and mental health month	PSA's
	Support the Law Enforcement Training Academy, CIT training and BETA (Behavioral Health Threat Assessment) by providing resources pertinent to suicide prevention and law enforcement	Brochures Educational material Means Restriction material
	Provide means restriction material to emergency rooms for distribution to networks of support for people with self inflicted injuries	Means Restriction material Partner Websites Website

Empirically supported suicide prevention programs are implemented across Nebraska.

**Nebraska State Suicide Prevention Coalition
Activity Plan 2011-2012**

	Activities	Resources
Intervention	Promote QPR to local coalitions as a gatekeeper training model	Partner with GLS grant QPR trainers
	Promote 1-800-273-TALK hotline	Website & Brochures
	Partner with national groups to incorporate empirically supported means restriction activities in protocols promoted by emergency response entities across the state	Website Means Restriction material SPRC resources National Org material
	Encourage schools to adopt empirically supported suicide prevention practices (e.g., SOS, school prevention specialist training, etc)	SPRC website AAS website Kim Foundation GLS grant
	Enhance clinical competencies through promotion of AMSR training (assessing and managing suicide risk) or similar empirically supported education (primary care training)	GLS grant SPRC material AAS & AFSP material AMSR trainers
	Provide resources to the LOSS development group to assist in establishing 2 additional LOSS teams in Nebraska (total of 3)	LOSS website GLS grant LOSS conference & training
	Encourage AAS certification of crisis centers in Nebraska	AAS material Partner with BH Regions & DHHS
	Promote depression screening in primary care settings with an emphasis on youth and veterans	Screening tools Website Partner with medical community
	Convene a group to explore development of a suicide specialist certification	National certifications SPRC AAS & AFSP DHHS University partners

Data is used to evaluate effectiveness of suicide prevention in Nebraska.

	Activities	Resources
Methodology	Convene a group to identify cross system measures related to suicide prevention	Coalition partners DHHS Strategic Plans
	Support data collection and evaluation of QPR training	GLS grant QPR trainers Local coalitions
	Support data collection and evaluation of AMSR training	GLS grant AMSR trainers DHHS partners
	Track the number of schools in Nebraska that include some form of empirically supported suicide prevention activity	Dept of Ed partner GLS grant
	Collect evaluation data from grantees funded via the NSSPC	Grantees Kim Foundation University Partners Website
	Promote evaluation of promising practices such as the YRTC Greenline program	University Partners GLS grant Kim Foundation SPRC

**Nebraska State Suicide Prevention Coalition
Activity Plan 2011-2012**

Abbreviations and Acronyms used in this Document	
AAS	American Association of Suicidology
AFSP	American Foundation for Suicide Prevention
AMSR	Assessing and Managing Suicide Risk (Training tool from SPRC)
BH	Behavioral Health
DHHS	Department of Health and Human Services
GLS	Garrett Lee Smith (Grant Act Title)
LOSS	Local Outreach to Suicide Survivors (Outreach Teams)
NSSPC	Nebraska State Suicide Prevention Coalition
PSA	Public Service Announcement
QPR	Question, Persuade, Refer (Suicide Prevention Training Tool)
SPRC	Suicide Prevention Resource Center (National)
YRTC	Youth Rehabilitation and Treatment Center (Kearney, NE)