



2016 - 2020

# Florida Suicide Prevention *Action Steps*

Statewide Office for Suicide Prevention

## GOAL 1: INTEGRATE AND COORDINATE SUICIDE PREVENTION ACTIVITIES ACROSS MULTIPLE SECTORS AND SETTINGS

**State and Local Governments:** Promote and implement comprehensive suicide prevention efforts at the state level. Visit <http://www.myflfamilies.com/service-programs/mental-health/suicide-prevention/meetings> to read the 2015 Annual Report of the Suicide Prevention Coordinating Council.

Coordinate efforts through the Office of Substance Abuse and Mental Health. Contact the office at 850-487-2920 or email [samh@myflfamilies.com](mailto:samh@myflfamilies.com).

The Suicide Prevention Resource Center lists suicide prevention efforts by settings that include juvenile justice, primary care, schools, and the workplace. To learn more visit [http://www.sprc.org/library\\_resources/sprc](http://www.sprc.org/library_resources/sprc).

**Businesses and Employers:** Implement organizational changes to promote the mental and emotional health of employees, as well as individuals with behavioral health conditions, across multiple sectors and settings. Examples of organizational change include Zero Suicide, a specific set of strategies and tools to promote suicide prevention. To learn more visit <http://zerosuicide.sprc.org/>.

First responders/law enforcement/firefighter agencies are urged to contact the In Harm's Way initiative. Training-of-Trainers, Critical Incident Peer Support, the Tool Kit and other resource materials are available at <http://policiesuicide.spcollege.edu/>.

**Nonprofit, Community, and Faith-Based Organizations:** Implement programs and policies to build social connectedness and promote positive mental and emotional health of individuals, families, and communities. Visit <http://www.sprc.org/bpr/section-i-evidence-based-programs> for a list of evidence-based programs.

**Health System, Insurers, and Clinicians:** Adopt a No Suicide Tolerance program to improve care and outcomes for individuals at risk of suicide in health care systems by implementing the Zero Suicide Toolkit, available at <http://zerosuicide.sprc.org/toolkit>.

**Individuals and Families:** Online training/webinar to learn suicide warning signs and how to support family and friends who might be at risk for suicide. Visit <http://training.sprc.org/> for a list of online trainings.

Contact and join a local community suicide prevention task force for opportunities to become involved with suicide prevention efforts. Visit the Florida Suicide Prevention Coalition at: <http://www.floridasuicideprevention.org/>.



## GOAL 2: INCREASE PUBLIC KNOWLEDGE OF THE FACTORS THAT OFFER PROTECTION FROM SUICIDAL BEHAVIORS AND PROMOTE WELLNESS AND RECOVERY

**State and Local Governments:** Identify strategies that promote wellness and resiliency. For information about suicide attempt survivors, visit <http://www.myflfamilies.com/service-programs/mental-health/suicide-prevention/suicide-attempt-survivors>.

Encourage law enforcement, firefighters, and other first responders to attend a tuition-free 8-hour training titled Law Enforcement Suicide Prevention Training of Trainers, which has been designated as a best practice by the National Action Alliance for Suicide Prevention, to learn facts, statistics, truths and myths about suicide, organizational leadership, signs and signals, intervention strategies, and more. For more information email [heisler.laura@spcollege.edu](mailto:heisler.laura@spcollege.edu) or call 727-341-4437.

Encourage law enforcement, firefighters, and other first responders to visit <http://policesuicide.spcollege.edu/> to learn more about trainings and the Law Enforcement Suicide Prevention Tool Kit designed to help them present suicide prevention training within their departments and reduce the stigma associated with seeking help.

Become familiar with and implement the Suicide Prevention Protocols for Youth in Contact with the Juvenile Justice System, a resource from the National Action Alliance for Suicide Prevention's efforts: <http://actionallianceforsuicideprevention.org/task-force/juvenilejustice>.

**Businesses:** Have managers and coworkers visit <http://www.sprc.org/> for-professionals for information on the roles of the workplace in suicide prevention.

**Health System, Insurers, and Clinicians:** Provide ongoing training, coaching, and supervision in evidence-based practices/ programs for clinical staff. Visit <http://store.samhsa.gov/product/Quick-Guide-for-Clinicians-Based-on-TIP-50/SMA13-4793> for a free copy of SAMHSA's Quick Guide for Clinicians Based on TIP 50.



Visit <http://www.suicidology.org/training-accreditation/rrsr-pc> for a training on Recognizing & Responding to Suicide Risk: Essential Skills in Primary Care.

**Schools, Colleges, and Universities:** Attend and support the Annual Suicide Prevention Day at the Capitol. Contact Judy Broward [gatorjudy2@gmail.com](mailto:gatorjudy2@gmail.com) for information.

Download The Role of High School Teachers in Prevention Suicide by visiting <http://www.sprc.org/basics/roles-suicide-prevention>.

Educators, parents, and students can take the More than Sad training by visiting <http://www.morethansad.org>.

High schools can download Preventing Suicide: A Toolkit for High Schools by visiting <http://store.samhsa.gov/product/SMA12-4669>.

Download Youth Suicide Prevention School-based Guide at <http://theguide.fmhi.usf.edu/>.

**Nonprofit, Community, and Faith-Based Organizations:** Plan, promote, and attend the Suicide Prevention Day at the Capitol. Contact Judy Broward [gatorjudy2@gmail.com](mailto:gatorjudy2@gmail.com) for information.

Plan and promote Out of the Darkness walks. For more information visit <http://afsp.donordrive.com/>.

Become familiar with and implement the Faith.Hope.Life. campaign, a resource from the National Action Alliance for Suicide Prevention: <http://actionallianceforsuicideprevention.org/task-force/faith-communities/YLM-home>.

Facilitate understanding of risk and resiliency factors in specific cultural groups (e.g., race, ethnicity, faith, sexual orientation, socio-economic status, profession or trade) and utilize data to target suicide prevention and intervention efforts in specific populations. The data is included in the Annual Report of the Suicide Prevention Coordinating Council. For current data on suicide, visit <http://www.myflfamilies.com/service-programs/mental-health/suicide-prevention/meetings>.

Develop and implement communication strategies that convey culturally competent messages of help, hope, and resiliency. Visit <http://actionallianceforsuicideprevention.org/sites/actionallianceforsuicideprevention.org/files/>. The-Way-Forward-



Final-2014-07-01.pdf to download *The Way Forward: Pathways to hope, recovery, and wellness with insights from lived experience* prepared by the Suicide Attempt Survivors Task Force of the National Action Alliance for Suicide Prevention.

**Individuals and Families:** Learn the warning signs for suicide risk. Visit <http://www.myflfamilies.com/service-programs/mental-health/suicide-prevention/about-suicide>.

Learn the steps necessary to prevent/stop bullying. Visit <http://www.stopbullying.gov/what-you-can-do/teens/index.html>.

Learn the youth suicide warning signs. Visit <http://www.youthsuicidewarningsigns.org/>.

### GOAL 3: DEVELOP, IMPLEMENT, AND MONITOR EFFECTIVE EVIDENCE-BASED PROGRAMS TO PROMOTE WELLNESS AND PREVENT SUICIDE-RELATED BEHAVIORS

**Health System, Insurers, and Clinicians:** Implement evidence-based practices/programs for customers. To find a list of evidence-based programs visit <http://www.sprc.org/bpr/section-i-evidence-based-programs>.

Screen for mental health needs, including suicidal thoughts and behaviors, and make referrals to treatment and community resources, as needed. Visit [http://www.sprc.org/library\\_resources/items/suicide-screening-and-assessment](http://www.sprc.org/library_resources/items/suicide-screening-and-assessment) for suicide screening and assessment.

**Schools, Colleges, and Universities:** Develop a postvention action plan. Visit [http://www.sprc.org/library\\_resources/items/suicide-postvention-strategies-school-personnel](http://www.sprc.org/library_resources/items/suicide-postvention-strategies-school-personnel) for postvention strategies for school personnel.

Increase school-based and community-based access to mental health and counseling services for individuals at risk of suicide, and encourage the use of those services. Download *The Role of High School Mental Health Providers in Prevention Suicide* by going to <http://www.sprc.org/basics/roles-suicide-prevention>.

**Nonprofit, Community, and Faith-Based Organizations:** Increase awareness of community resources for suicide prevention by providing resources on organization websites.

Order free materials from <http://store.samhsa.gov/>

## GOAL 4: PROVIDE TRAINING ON THE PREVENTION OF SUICIDE AND RELATED BEHAVIORS TO COMMUNITY AND CLINICAL SERVICE PROVIDERS

**Nonprofit, Community, and Faith-Based Organizations:** Provide suicide prevention trainings to organizations in the health system, insurers, clinicians, police departments, first responders, and schools. For information on webinars and trainings, visit <http://www.sprc.org/training-institute>.

**Schools, Colleges, and Universities:** Educate staff on appropriate available services. Encourage staff to refer those at risk for suicide to these services. To learn about college and university suicide prevention, visit <http://www.sprc.org/collegesanduniversities>.

Train relevant school and organization staff to recognize students and employees at potential risk of suicide. For more information visit <http://www.mentalhealthfirstaid.org/cs/take-a-course/course-types/youth/>.

## GOAL 5: PROMOTE SUICIDE PREVENTION AS A CORE COMPONENT OF HEALTH CARE SERVICES

**Businesses:** Promote the availability of online and phone support services. Visit <http://www.suicidepreventionlifeline.org/> or share the National Suicide Prevention Lifeline number: 1-800-273-TALK (8255).

Order free materials by visiting <http://www.suicidepreventionlifeline.org/getinvolved/materials.aspx>.

**Nonprofit, Community, and Faith-Based Organizations:** Coordinate the services of community-based programs by requesting support from local mental health and substance abuse providers.

**Individuals and Families:** Find information to help individuals who are struggling at the following website <http://www.thencsp.org/#!SUPPORT%20A%20FRIEND/c8xp>.



## GOAL 6: PROMOTE AND IMPLEMENT EFFECTIVE CLINICAL AND PROFESSIONAL PRACTICES FOR ASSESSING AND TREATING THOSE IDENTIFIED AS BEING AT RISK FOR SUICIDAL BEHAVIORS

**Health System, Insurers, and Clinicians:** Educate family members and significant others about appropriate steps to support individuals at suicide risk during treatment and/or after discharge from an Emergency Department or inpatient unit. Visit [http://www.sprc.org/library\\_resources/items/suicide-risk-guide-evaluation-and-triage](http://www.sprc.org/library_resources/items/suicide-risk-guide-evaluation-and-triage) to download *Suicide risk: A guide for evaluation and triage*.

## GOAL 7: INCREASE THE USEFULNESS OF NATIONAL AND STATE LEVEL SURVEILLANCE DATA TO INFORM SUICIDE PREVENTION EFFORTS

**State and Local Governments:** Find the Suicide Prevention Coordinating Council's state level surveillance data at <http://www.myflfamilies.com/service-programs/mental-health/suicide-prevention/meetings>.



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