

| <b>Strategic Areas and Resources for Communities and Campuses</b>           |  |
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| <b>Strategic Areas</b>  | <b>Helpful Resources on Evidence-based Approaches</b><br><i>(underlined font is a hyperlink to the web)</i>  |
| 1) Increase ability to recognize and respond to individuals at risk.        | <ul style="list-style-type: none"> <li>• <a href="#">SPRC Best Practice Registry</a> for gatekeeper training and screening resources.</li> <li>• Example: QPR (Question, Persuade, Refer) Gatekeeper Training.</li> </ul>  |
| 2) Increase help-seeking behavior of individuals and gatekeepers.           | <ul style="list-style-type: none"> <li>• CT Suicide Prevention Campaign: “1 Word, 1 Voice, 1 Life: Be the 1 to start the conversation.” <a href="http://www.preventsuicide.org">www.preventsuicide.org</a></li> <li>• <a href="#">SPRC Best Practice Registry</a> for outreach programs.</li> <li>• Example: Signs of Suicide (SOS).</li> </ul>  |
| 3) Identify, promote/advertise and provide behavioral health services.      | <ul style="list-style-type: none"> <li>• <a href="#">Student Mental Health and the Law: As Resource For Institutions of Higher Education</a></li> <li>• <a href="#">Brief Psychological Intervention after Deliberate Self Poisoning</a></li> <li>• <a href="#">After an Attempt: A Guide for Taking Care of Your Family Member After Treatment in the Emergency Department</a></li> <li>• <a href="#">After an Attempt: A Guide for Taking Care of Yourself After Your Treatment in the Emergency Department</a></li> </ul> |
| 4) Develop and follow crisis management procedures.                         | <ul style="list-style-type: none"> <li>• <a href="#">Framework for Developing Institutional Protocols for the Acutely Distressed or Suicidal College Student</a></li> <li>• <a href="#">After a Suicide: A Toolkit for Schools</a></li> <li>• Example: Connect Postvention Training (Planning for When Traumatic Death Occurs)</li> </ul>  |
| 5) Restrict access to potentially lethal means (prescription drugs & guns). | <ul style="list-style-type: none"> <li>• <a href="#">Means Matter</a></li> <li>• <a href="#">Prescription Drug Tool Kit</a></li> <li>• Example: Take Back Programs</li> </ul>  |
| 6) Develop life skills that enhance protective factors.                     | <ul style="list-style-type: none"> <li>• <a href="#">SAMHSA’s National Registry of Evidence-based Programs and Practices (NREPP)</a></li> <li>• Example: Reconnecting Youth or First Year Experience.</li> </ul>   |
| 7) Promote social networks.   | <ul style="list-style-type: none"> <li>• Connecting with and/or developing student organizations related to mental health and priority populations.</li> <li>• Example: <a href="#">Active Minds</a></li> </ul>  |
| Other   | <ul style="list-style-type: none"> <li>• <a href="#">Preventing Suicide: A Toolkit for High Schools</a></li> <li>• <a href="#">Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Living Communities</a></li> <li>• Working with the media and safe reporting: <a href="#">Reporting on Suicide</a>, <a href="#">AFSP</a>, and <a href="#">Annenberg Center for Public Policy Media Recommendations</a></li> </ul>  |

Adapted by the CT Department of Mental Health and Addiction Services from the [Jed Foundation/ SPRC Comprehensive Suicide Prevention and Mental Health Promotion](#) . (spring 2013)