

**APPENDIX A
SUICIDE PREVENTION STRATEGIC PLAN**

**TRAINING< PREVENTION and INTERVENTION CORE PROPOSALS
2012-2015**

Program	Brief Description	Target Audience/ Target Population/Presentation Group Size	Age Groups	Outcomes	Annual Costs	Agency to provide oversight	Inkind/Cash and Noncash	Priority #1/#2/#3
QPR Community Gatekeeper	<i>QPR</i> stands for <i>Question, Persuade and Refer</i> , an emergency mental health gatekeeper training intervention that teaches lay and professional gatekeepers to recognize and respond positively to someone exhibiting suicide warning signs and behaviors. <i>QPR</i> uses a “chain of survival” approach in which the gatekeeper learns to recognize early suicide warning signs, <i>Question</i> their meaning to determine suicide intent or desire, <i>Persuade</i> the person to accept or seek help, and <i>Refer</i> the person to appropriate resources.	All ages and sectors of county including youth (schools, coaches, Columbia college campus and forms, 4-H, Boy/Girl Scouts, Youth Athletic groups, Community Services, Health care reps,) adults (businesses) all ages, faith based community	All ages	Conduct 60 community-wide trainings over a 2-year period.		CNVC /Community Based Organizations	\$6,000 of volunteer inkind time to provide presentations @ 25 hours per volunteer year x 12 volunteers x \$20/hour	
QPR Triage Training (modified or equivalent)	A training for first responders that covers risk factors for suicide, current status of suicide risk assessment; how to determine immediate risk for suicide; how to document a basic suicide risk assessment; how to Question, Persuade and Refer suicidal people to accept help and resources.	Paramedics and police	All ages	First responders will be trained a certified trainer to provide up to 8 hours of training.	\$495.00 to train another instructor. \$200 for materials cost	Tuolumne County Health Department/ Sonora Regional Medical Center		

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ASIST	ASIST (Applied Suicide Intervention Skills Training) provides practical skills training to prevent the immediate risk of suicide – Content: Teaches suicide first aid – helping a person at risk to stay safe and to seek further help, and Teaches to identify persons with thoughts of suicide, seek a shared understanding of reasons for dying and for living, review current risk, develop a safe plan and follow up and become involved in suicide-safer community networks.	Target personnel who come in contact with people at risk for suicide.	All ages	Currently 4 trainers available to train personnel from 10 to 30 participants at each training. 2 classes per year Need to train 2 more trainers	\$6,000 to train 2 more trainers	TBD		
SAFE Talk	Prepares anyone over age 15 to identify persons with thoughts of suicide and connect them to suicide first aide resources. The participants will be able to 1) move beyond common tendencies to miss, dismiss, or avoid suicide, 2) identify people who have thoughts of suicide, and 3) apply TALK steps to connect a person with suicide thoughts to suicide first aide, intervention caregivers.	Persons over 15 who have been trained in ASIST.	All ages	Train 4 current ASIST trainers and all other trainers who become ASIST trained to: 1) challenge the attitudes that inhibit open talk about suicide; 2) to recognize a person who may be having thoughts of suicide; 3) to engage them in a direct and open dialogue about suicide; 4) to listen to their feelings about suicide and demonstrate that they are taken seriously; 5) to move quickly and connect those with someone trained in suicide prevention	\$75.00 for 10 Resource Kits, Costs for trainings vary by location. CalMSHA in California is currently funding trainings at no cost. Travel cost for 10 trainers (over 3 years) approximately \$1,000.	TBD		

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U. S. Air Force Suicide Prevention Program	<p>U.S .Air Force Suicide Prevention Program is a comprehensive, workplace intervention that focuses on enhancing protective factors and decreasing risk factors for suicide,</p> <p>Major goals of the program include:</p> <ul style="list-style-type: none"> • Promoting awareness of the range of risk factors related to suicide • Educating the community regarding available mental health support services and • Reducing the stigma related to help-seeking behavior <p>These goals are achieved by targeting the program's 11 initiatives that strengthen social support, promote development of effective coping skills, and change policy and norms in workplace so as to encourage effective help-seeking behaviors.</p>	Tuolumne County Businesses	Young adults, adults, older adults	Train up to 15 community business leaders annually in program (2 hour training) to provide training in their work environments	Up to \$1,000 to cover cost of consultant/trainer and clinician, in addition to minimal costs of recruitment/outreach, and training materials	Tuolumne County Behavioral Health		
Means Réduction Program (Modified QPR)	The goal of this prevention program is to educate the community by limiting access to lethal means of suicide, specifically guns.	Gun Club Members	All ages	<p>X number of gun clubs members trained in the prevention of suicide by means of gun by July 2013.</p> <p>Partner with gun owners to identify risky behaviors that may lead to suicide.</p> <p>Train gun owners to intervene in situations where risky behaviors are observed and work out a safety plan and refer.</p>			\$1,60 of volunteer in-kind time to provide presentations @ 1-2 hours per volunteer 4 times a year@ \$20/hour	

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Native American	Boys' Council and Girls' Circle: The Council is a strengths-based group approach to promote boys' and girls' safe and healthy passage through pre-teen and adolescent years. The Council meets core developmental needs in youth from age nine through eightenn, for strong, positive relationships. The Council aims to promote youths natural strengths in today's world.	Native American youth	Youth	Train up to 4 native youth counsleors/teachers in the first year. Up to 40 Native youth participating in the curriculum will demonstrate healthy behaviors through development of natural strengths.	\$1,480 to train 4 trainers.	Me-Wuk Social Services (Lisa Ames)		
Suicide Prevention Toolkit for Rural Primary Care Practices	Provides primary care providers, and their office staffs, with tools for a process to seamlessly integrate suicide prevention into their practice.	Health Practitioners/Nurses/Office Staff	All age groups	Identification of patients displaying signs and symptoms placing them at risk of suicide and strengthening knowledge of coordination of suicide prevention services across the community.	\$3,000	Tuolumne County Public Health department/ Sonora Regional Medical Center/ Tuolumne County Medical Society	In-kind hours of Tuolumne County Medical Society, SMRC, Tuolumne County Public Health Department	
Mobile Health Services	Tuolumne County Student Health Vans provide health services. Services include crisis mental health services and referral in coordination with a Clinical Case Manager from the Behavioral Health Department.	Tuolumne County youth, family members, and the elderly. Services primarily target residents with limited access to health care, but for crisis care there are no economic eligibility requirements.	People living in Tuolumne County, including all age groups, as well as the elderly.	1) Increased registration in public health insurance programs like FPACT and MediCal 2) Increased access to Behavioral Health Services 3) Staff training in suicide prevention skills (two primary providers) 4) Increased access to health care for elderly.		Tuolumne County Health Department	Estimated \$180,000 of cash match in year one provided through Tuolumne County Health Department and Sonora Area Foundation	

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IMPACT	1) Research Project w/USFS: Case Management, Problem Solving Therapy that addresses depression in Older Adults. The Impact model focuses on client input based on their perceived needs. Clients who have serious mental or physical limitations are ineligible for this research project.	Tuolumne County older adults and caregivers; primary care physicians and their office staff, and case manager/social worker trained in program– no economic eligibility requirements for participants receiving services	Older adults	Intervention seeks to provide suicide prevention interventions for 50 older adults each year with depression and or signs of suicidal risk. The intervention components are: (1) education of community members about depression and suicide ideation in older adults, (2) client intervention based on input from case manager, client, and therapist, to develop a plan that addresses the depression and/or suicidal ideation.	\$221,000 over 4 years	Catholic Charities		
Outreach and Engagement	Trained volunteers provide friendly visitors to older adults who are at risk for multiple factors, including depressions.	Older Adults	Older Adults	Program goal is to keep elders independent, safe, and connected.	TBD	Catholic Charities		
Sources of Strength Project/Strength Finder	Strength-based peer leadership model to address causes of and prevention of suicide, depression, isolation and substance abuse. The program blends youth and trusted adults, to build protective factors and reduce risk of suicide and substance abuse.	Target all Tuolumne County Public Schools	Youth	1) Up to four schools participating with Sources of Strength program by end of year one 2) Up to 80 community youth and adults documented participating in program and providing as well as receiving support and resources in year one	\$31,000	Amador-Tuolumne Community Action Agency Friday Night Program		

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Girls' Circle	Girls' Circle is a structured support group that addresses the specialized needs of girls ages 9–18 by implementing relational–cultural theory (RCT), resiliency practices, and skills training to counteract social forces that impede girls' growth and development. The Girls' Circle model aims to increase protective factors for resiliency.	Girls age 9 to 18	Youth	1) Training for two facilitators to provide three 10 week (90 to 120 minute sessions each) curriculum support groups in one year period for up to 25 girls of similar age and development	Total of \$12,000 which includes: 1) Cost of social worker /clinician's time leading the support groups 2) Cost to train two facilitators (two day training) 3) Cost of materials	Probation Department/ Child Protective Services/Community Based Organizations that provide services to youth	Estimated \$10,000 of cash match from agency providing oversight and supervision of social worker/clinician/ and community service sponsor (i.e. Soroptomist)	
Boys' Council	The Council is a strengths-based group approach to promote boys' and young men's safe and healthy passage through pre-teen and adolescent years. The Council meets core developmental needs of boys, from age nine through eighteen, for strong, positive relationships. The Council aims to promote boys' natural strengths, and to increase their option about being males in today's world.	Boys age 9 to 18	Youth	Train a minimum of 36 community members who commit to facilitate Boys' Council groups reaching at least 200 boys and young men in the first year.	Total of \$11,000 which includes: 1) Cost to train 36 community members, 2) cost of facility, 3) cost of food and supplies during training	Probation Department/Community Based Organization that provide services to youth		
Depression Education	A nine week educational program using the whole person approach providing attendees with working knowledge of the causes of depression and strategies for improving their mental health.	All ages	All Ages	SMRC will offer a minimum of 2 classes per year of depression education.		Sonora Regional Medical Center	\$720 Volunteers time of 18 hours times 2 classes per year @ \$20.	
Peer Support	Provides on-going opportunities for staying connected and encouraging healthy behaviors through a variety of peer support programs	Varying populations, which include: Homeless persons, adults, older adults, and youth.	All ages	Individuals at risk for suicide will receive on-going support.	TBD MHSA Funded	Tuolumne County Behavioral Health		

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Linked to Kids	This program would establish an elementary school counseling program to provide mental health services with dedicated services to Native American students enrolled at the target sites residing on tribal land.	Youth at the target sites of Summerville Elementary, Jamestown Elementary, and Curtis Creek Elementary	Youth	To improve academic performance as evies on State mandated testing and to improve social-emotional status as evidenced on the Healthy Kids Survey	\$400,000 per year for 3 years	Tuolumne County Superintendent of Schools		
Regional K-12 Student Mental Health Services Initiative	The goals of the program are to: Identify and establish a cross-system leadership consortium, identify and share a continuum of school based preventive services that link systems and provide relevant strategies to support student mental health, build the infrastructure to provide technical assistance and training.	Schools and a wide range of community partners	Youth in grades K-8	1) 100% of all districts will have access to the "infrastructure of individuals", and 2) there will be a 10% increase in access to student mental health services.	\$20,000	Tuolumne County Superintendent of Schools		
Columbia College Mental Wellness (CCMW)	A comprehensive program which collaborates in part with local county agencies that includes establishing a college behavioral crisis and response intervention team, training faculty, staff and select students in mental wellness and suicide prevention, offer monthly college wide mental wellness activities, and develop peer support networks, which will include a special focus on veteran's and LGBTQ populations. We will use QPR, ASIST, and Mental Health First Aid as part of the trainings. This grant also includes implementing the National College Health Assessment survey from the American College Health Association.	Columbia College students - ~ 5,000 Columbia College faculty and staff - ~ 250 One special focus is peer support of Veteran's and LGBTQ	All ages	1) 40 college employees to be trained in Kognito on line suicide prevention program 2) Creation of the Campus Assessment and Response Team 3) 28 CARE members and Peer Students to complete QPR training and be offered ASIST training 4) 8 staff to complete ASIST or other in-depth suicide prevention training 10 monthly mental wellness activities over yearly x 2 years.	\$52,500 yearly for two years to be covered by grant funds	Columbia College	N/A	