

# RESOURCES FOR SUICIDE PREVENTION AND INTERVENTION

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## A GUIDE FOR SCHOOLS



**This guide includes a variety of resources that address suicide prevention and intervention for youth. It is a compilation of information and not an endorsement of any specific program or services. Programs reviewed by and listed with the Substance Abuse and Mental Health Services Administration (NREPP) and/or the Suicide Prevention Resource Center (SPRC-EBPP) have been noted.**

**April 2010**

*The Colorado School Safety Resource Center (CSSRC) does not endorse any program or services contained in this guide. This guide provides information resources for further investigation by a district and/or school before implementation in their community. Any program should be considered with adequate staff training and available school and community intervention resources.*

*This information was compiled April 2010 and may be subject to change.*

**Programs reviewed by and listed with the Substance Abuse and Mental Health Services Administration (NREPP) and/or the Suicide Prevention Resource Center (SPRC-EBPP) have been noted.**

**NREPP = National Registry of Evidenced Based Programs, Substance Abuse and Mental Health Services Administration (SAMSHA)**

**SPRC-EBPP = Suicide Prevention Resource Center – Evidenced Based Prevention Programs. Rated as follows:**

- ✓ **Section I: Evidence-Based Programs** - This section contains interventions that have undergone rigorous evaluation and have demonstrated positive outcomes.
- ✓ **Section II: Expert and Consensus Statements** - This section lists statements that summarize the current knowledge in the field and provide "best practice" recommendations to guide program and policy development.
- ✓ **Section III: Adherence to Standards** - These programs address specific objectives of the *National Strategy for Suicide Prevention* and their content has been reviewed for accuracy, likelihood of meeting objectives, and adherence to program design standards but does not mean the program has been deemed effective through evaluation.



# Table of Contents

<b>1. CAMPAIGNS</b> .....	<b>4</b>
National Suicide Prevention Campaign for Teens – We Can Help Us.....	4
<b>2. SCHOOL SUICIDE PREVENTION ACCREDITATION</b> .....	<b>4</b>
American Association of Suicidology .....	4
<b>3. SUICIDE PREVENTION PROGRAMS</b> .....	<b>4</b>
American Indian Life Skills Development/Zuni Life Skills Development .....	4
CARE (Care, Assess, Respond, Empower) .....	5
CAST (Coping and Support Training) .....	5
Columbia University TeenScreen .....	6
H.E.L.P. Helping Every Living Person.....	6
Lifelines.....	7
Look Listen Link.....	7
Living Works programs.....	7
SuicideTALK .....	7
SafeTALK.....	7
WorkingTogether.....	8
ASIST (Applied Suicide Intervention Skills Training) .....	8
ASSIST Training for Trainers.....	8
Suicide Tune Up.....	8
SuicideCare: Aiding Life Alliances .....	8
National Suicide Prevention Lifeline .....	9
QPR: Question, Persuade and Refer .....	9
QPR Gatekeeper Training .....	9
Advanced QPR .....	9
QPR Gatekeeper Instructor Train the Trainer Program .....	10
Reconnecting Youth (RY).....	10
Safe:Teen .....	10
Signs of Suicide- SOS .....	11
The Trevor Project .....	11
Yellow Ribbon.....	12
Youth Suicide Prevention School-based Guide Checklist.....	12
<b>4. THERAPEUTIC RESOURCES</b> .....	<b>12</b>
Colorado Department of Human Services/Office of Behavioral Health & Housing/Division of Mental Health.....	12
The Second Wind Fund, Inc. ....	13
<b>5. CRISIS LINES</b> .....	<b>13</b>
National Hopeline Network.....	13
National Suicide Prevention Lifeline.....	13
The Trevor Project.....	13



## 1. CAMPAIGNS

### **National Suicide Prevention Campaign for Teens – We Can Help Us- SAMHSA, Ad Council and Inspire USA Foundation**

<http://us.reachout.com>

In an effort to provide support for teens who may be contemplating suicide, SAMHSA and Ad Council launched the Teen Suicide Prevention campaign. Created by DDB New York through the Ad Council, the *We Can Help Us* effort includes television, radio, print and interactive PSAs, as well as in-school and mall posters, directed at 13-17 year-olds. The ads were based on the understanding that teens face a myriad of problems and many are seeking effective ways to cope with them.

## 2. ACCREDITATION

### **American Association of Suicidology**

[www.suicidology.org](http://www.suicidology.org)

<b>Description:</b>	School Suicide Prevention Accreditation Program
<b>Target:</b>	School psychologists, social workers, counselors, nurses and others supporting the reduction of suicide and suicidal behaviors.
<b>Cost:</b>	\$350 for school-based professionals and \$250 for current graduate students; \$200 for renewal every four years with proof of 9 hours of continuing education
<b>Steps:</b>	Application process and payment of fee Receive school suicide guide; recommended reading list; sample test questions; and information to access the on-line exam Access to on-line support system

## 3. SUICIDE PREVENTION PROGRAMS

**Programs reviewed by and listed with Substance Abuse and Mental Health Services Administration (NREPP) and/or the Suicide Prevention Resource Center (SPRC-EBPP) have been noted.**

### **American Indian Life Skills Development/Zuni Life Skills Development**

[www.ihs.gov/NonMedicalPrograms/nspn/index.cfm](http://www.ihs.gov/NonMedicalPrograms/nspn/index.cfm)

<b>Listing:</b>	On both the NREPP and SPRC-EBPP (Section I) list of programs.
<b>Description:</b>	A school-based suicide course for high school students and some middle school students that is designed to drastically reduce suicidal thinking and behavior. Created in collaboration with students and community members from the Zuni Pueblo and the Cherokee Nation of Oklahoma, this curriculum addresses key issues in Native American Indian adolescents lives and teaches such life skills as communication, problem solving, depression and stress management, anger regulation, and goal setting
<b>Target:</b>	Adolescents aged 13 to 17 and has been replicated with middle school students
<b>Cost:</b>	Manual is available for \$30. Training for school staff about \$3,000 for a 3-day training.



## CARE (Care, Assess, Respond, Empower)

[www.nrepp.samhsa.gov/programfulldetails.asp?PROGRAM\\_ID=225](http://www.nrepp.samhsa.gov/programfulldetails.asp?PROGRAM_ID=225)

<b>Listing:</b>	On NREPP program list.
<b>Description:</b>	Formerly the Counselors CARE and Measure of Adolescent Potential for Suicide. CARE assesses the adolescent's needs, provides immediate support, and then serves as the adolescent's crucial communication bridge with school personnel and the parent or guardian of choice. The CARE program is typically delivered by school or advanced-practice nurses, counselors, psychologists, or social workers who have completed the CARE implementation training program and certification process.
<b>Target:</b>	High risk high-school youth Although CARE was originally developed to target high-risk youth in high school--particularly those at risk of school dropout or abusing substances--its scope has been expanded to include young adults (ages 20 to 24) in settings outside of schools, such as health care clinics.
<b>Content:</b>	2-hour, one-on-one computer assisted suicide assessment interview followed by 2-hour motivation counseling and social support intervention Connects each high-risk student to a school-based caseworker or favorite teacher and establishes contact with a parent or guardian chosen by the youth. Also includes a follow-up reassessment of broad suicide risk and protective factors and a booster motivational counseling session 9 weeks after the initial counseling session.
<b>Cost:</b>	Required online training in CARE implementation is being developed for interventionists, program coordinators and administrators. Costs include (1) the training registration fee, (2) the purchase of a license for the use of the computer-assisted CARE program, and (3) follow-up training and certification process fees. Length of training may vary depending on individuals' competency levels and the time required for them to achieve and maintain a level of "distinguished" implementation performance. Evaluation tools are sold separately with prices as follows: \$6.50 each for the High School Questionnaire: Profile of Experiences--long version (for pre- and posttest measurements); \$5.00 each for the High School Questionnaire: Profile of Experiences--short version (for midpoint measures during the intervention); and \$5.00 per student/client for the CARE Process Evaluation package, which includes all process tools. Other costs are subject to change. Contact agency

## CAST (Coping and Support Training)

[www.reconnectingyouth.com/cast/what\\_main.html](http://www.reconnectingyouth.com/cast/what_main.html)

<b>Listing:</b>	On both the NREPP and SPRC-EBPP (Section I) program lists.
<b>Description:</b>	High school-based suicide prevention program for students who evidence multiple risk factors and few protective factors for suicide and depression. CAST is a small group skills training intervention designed to enhance personal competencies and social support resources. The CAST program goals are to decrease: suicide risk and emotional distress, drug involvement, and school problems.
<b>Target:</b>	Adolescents aged 14-18 in grades 9-12. (Currently being tested with middle school aged students)
<b>Content:</b>	12, 55-minute group sessions administered over 6 weeks by trained high school teachers, counselors, or nurses with considerable school-based experience
<b>Cost:</b>	\$700 curriculum; \$200 student notebook; \$400/person to train leaders; and \$800 fidelity training.



## Columbia University Teen Screen©

[www.teenscreen.org](http://www.teenscreen.org)

<b>Listing:</b>	On both the NREPP and SPRC-EBPP (Section I) program lists.
<b>Description:</b>	Designed to identify teens in need of mental health services due to risk for suicide and undetected mental illness.
<b>Target:</b>	Middle and high school-aged youth
<b>Content:</b>	<p>Before any screening is conducted, parents' active written consent is required for school-based screening sites and strongly recommended for non-school-based sites</p> <p>Teens must also agree to the screening.</p> <p>Both the teens and their parents receive information about the process of the screening, confidentiality rights, and the teens' rights to refuse to answer any questions they do not want to answer.</p> <p>Each teen completes a 10-minute paper-and-pencil or computerized questionnaire covering anxiety, depression, substance and alcohol abuse, and suicidal thoughts and behavior.</p> <p>Teens whose responses indicate risk for suicide or other mental health needs participate in a brief clinical interview with an on-site mental health professional. If the clinician determines the symptoms warrant a referral for an in-depth mental health evaluation, parents are notified and offered assistance with finding appropriate services in the community. Teens whose responses do not indicate need for clinical services receive an individualized debriefing. The debriefing reduces the stigma associated with scores indicating risk and provides an opportunity for the youth to express any concerns not reflected in their questionnaire responses.</p>
<b>Cost:</b>	Implementing TeenScreen includes staffing (screener, clinician, case manager), supplies and equipment (computers, headphones, printers, photocopies), and mailing. Costs will vary by site. The program manual includes a budget planning exercise. The developers of TeenScreen offer free consultation, training, and technical assistance to qualifying communities that wish to implement their own screening programs using the TeenScreen model.

## H.E.L.P. Helping Every Living Person

[www.yspp.org/schools/HELP\\_curriculum.htm](http://www.yspp.org/schools/HELP_curriculum.htm)

<b>Listing:</b>	SPRC-EBPP (Section III) program lists.
<b>Description:</b>	<p>Developed by the Youth Suicide Prevention Program (YSPP in Washington State) based on the American Association of Suicidology (AAS) guidelines. Containing 4, 45-minute lessons (best used <i>in addition</i> to a school-wide approach) Topics include stress and healthy coping skills, depression and its impact on teen's lives, the causes and warning signs of suicide, and skills to intervene with a possibly suicidal friend.</p> <p>High school-based suicide prevention program for students who evidence multiple risk factors and few protective factors for suicide and depression. CAST is a small group skills training intervention designed to enhance personal competencies and social support resources. The CAST program goals are to decrease: suicide risk and emotional distress, drug involvement, and school problems.</p>
<b>Target:</b>	9 <sup>th</sup> -12 <sup>th</sup> grades (See Look Listen Link below for middle school)
<b>Content:</b>	Activities call for discussion and problem solving and involve issues that students are currently dealing with, such as keeping confidences.
<b>Cost:</b>	\$250 per curriculum (outside of Washington State)



## Lifelines

[www.hazelden.org/web/public/lifelines.page](http://www.hazelden.org/web/public/lifelines.page)

<b>Listing:</b>	On both the NREPP and SPRC-EBPP (Section I) program lists.
<b>Description:</b>	This comprehensive suicide prevention program is a whole-school program. Lifelines educates students on the facts about suicide and students' role in suicide prevention. It provides information on where to find suicide prevention resources in the school and community. Training materials are included for faculty and staff that provide accurate and practical information on identifying and referring students who might be at risk for suicide. Lifelines also includes a presentation for parents that answer questions about youth suicide and prevention, and it involves them in the school's suicide prevention activities. Hazelden Publishing, 2009
<b>Target:</b>	Grades: 8 to 12
<b>Content:</b>	Training for students, administrators, faculty, support staff & parents. Student curriculum 4, 45-minute lessons
<b>Cost:</b>	Teacher's manual, 2 DVDs and CD Rom = \$225

## Look Listen Link

[www.yspp.org/schools/look\\_listen\\_link.htm](http://www.yspp.org/schools/look_listen_link.htm)

<b>Listing:</b>	SPRC-EBPP (Section III) program lists.
<b>Description:</b>	Developed by the Youth Suicide Prevention Program (YSPP in Washington State) based on the American Association of Suicidology (AAS) guidelines
<b>Target:</b>	6 <sup>th</sup> -8 <sup>th</sup> grades
<b>Content:</b>	4, 45-minute lessons (best used in addition to a school-wide approach, compliments H.E.L.P.)
<b>Cost:</b>	\$250 per curriculum (outside of Washington State)

## LivingWorks programs

[www.livingworks.net](http://www.livingworks.net)

### 1. SuicideTALK

<b>Listing:</b>	Not on either list
<b>Description:</b>	A 90-minute to half-day session that invites interested community members to become more aware of suicide prevention opportunities in their community
<b>Target:</b>	Interested community members
<b>Content:</b>	Questions and handouts to stimulate discussion designed to help adults understand how personal and community beliefs about suicide affect suicide stigma and safety; appreciate how the steps taught in safeTALK can be used to help prevent suicide; choose among ways to help protect, preserve and promote life in a suicide-safer community.
<b>Cost:</b>	General retail: \$350 CAD Graduates of the two-day ASIST workshop: \$300 CAD ; LivingWorks trainers: \$250 CAD

### 2. safeTALK

<b>Listing:</b>	On SPRC-EBPP (Section III) list
<b>Description:</b>	A training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. 3 hour workshop
<b>Target:</b>	Anyone over age 15 to educate them to assist persons with suicidal ideation to obtain suicide first aide resources (Tell, Ask, Listen, Keepsafe)
<b>Content:</b>	Video clips illustrate alert and non-alert responses; discussion; and practice.



### 3. WorkingTogether

<b>Listing:</b>	Not on either list.
<b>Description:</b>	A one-day learning experience for community helpers. It is designed to help community helpers bridge gaps in supporting persons at risk of suicidal behaviors.
<b>Target:</b>	Community helpers
<b>Content:</b>	Innovative, experiential exercises to uncover barriers and develop lifelinks among community resources
<b>Cost:</b>	Conducted by special arrangements. No costs listed.

### 4. ASIST (Applied Suicide Intervention Skills Training)

<b>Listing:</b>	On SPRC-EBPP (Section III) program list
<b>Description:</b>	A 2-day (required) skill building workshop that prepares caregivers of all types to provide suicide first aid interventions. As an ASIST-trained first aid intervention caregiver, you will be better able to: identify people who have thoughts of suicide; understand how your beliefs and attitudes can affect suicide interventions; seek a shared understanding of the reasons for thoughts of suicide and the reasons for living; review current risks and develop a plan to increase safety from suicidal behavior for an agreed amount of time; and follow up on all safety commitments, accessing further help as needed.
<b>Target:</b>	Adults, professionals, volunteers and informal community helpers
<b>Content:</b>	Small group discussions, skill practice and video demonstrations
<b>Cost:</b>	Depends upon the organization hosting.

### 5. ASIST Training for Trainers

<b>Listing:</b>	Not on either list.
<b>Description:</b>	A five-day (minimum) course that prepares local resource persons to be trainers of the ASIST workshop.
<b>Target:</b>	Local resource persons to be trainers of the ASIST workshop.
<b>Content:</b>	Coaching, independent study, group presentations, lectures and Seminars
<b>Cost:</b>	\$275 CAD/person and up, depending upon hosting

### 6. ASIST Tune-up

<b>Listing:</b>	Not on either list.
<b>Description:</b>	Half-day training refresher
<b>Target:</b>	Previously trained in ASIST. ASIST training (edition X or later) or an earlier edition plus an ASIST X Familiarizer.
<b>Content:</b>	Review of ASIST training.
<b>Cost:</b>	Depends upon the hosting agency.

### 7. suicideCare: Aiding Life Alliances

<b>Listing:</b>	Not on either list.
<b>Description:</b>	Introduces frontline caregivers and professionals to advanced clinical practices beyond suicide first aid care. A structured clinical risk assessment underlies the matching of an appropriate helping strategy with the needs of the person at risk. 1 day seminar
<b>Target:</b>	Frontline caregivers and professionals introducing them to advanced clinical practices beyond suicide first aid that have been previously trained in ASIST.
<b>Content:</b>	This seminar focuses upon suicide-specific tools that are rarely provided in formal training including comprehensive risk assessment, negotiation of appropriate helping strategy with the person at-risk; appreciation of how beliefs' attitudes and practices can shape an effective helping relationship.
<b>Cost:</b>	Conducted by special arrangements. No costs listed.





## National Suicide Prevention Lifeline

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**Description:** The National Suicide Prevention Lifeline is a national, federally funded network of local crisis centers providing suicide prevention and intervention services. This site provides free materials to spread the word about the Lifeline, such as posters, helpline cards and other promotional material. These materials can easily be customized with your organization's logo and contact information. The website also contains information and materials in Spanish.

*Please see CRISIS LINES section for more information*

## QPR: Question, Persuade and Refer

[www.qprinstitute.com](http://www.qprinstitute.com)

### 1. QPR Gatekeeper Training

**Listing:** On SPRC-EBPP (Section III) program list

**Description:** One hour online gatekeeper training covering the common causes of suicidal behavior; the warning signs of suicide; how to Question, Persuade and Refer someone who may be suicidal; and how to get help for someone in crisis.

**Target:** Adults learn to recognize the warning signs of suicide and to question, persuade and refer someone to help

**Content:** Online materials and quizzes with periodic follow-ups reminding participants to refresh their training online

**Cost:** \$30

### 2. Advanced QPR Trainings

**Listing:** Not on either list.

**Description:** Two levels of advanced training available both online and in classroom:

- i. **Suicide Risk Assessment and Management** - for professionals who evaluate and treat suicidal persons.
- ii. **Suicide Triage** - for anyone who may come into contact with people at potential risk for suicide.

**Target:**

- i. **Suicide Risk Assessment and Management** - for professionals who may evaluate, assist, counsel or treat potentially suicidal persons.
- ii. **Suicide Triage** - for professionals including emergency services professionals, healthcare professionals, school counselors and others needing competency-based training in suicide risk detection who may come into contact with potentially suicidal persons

**Content:**

- i. **Suicide Risk Assessment and Management** - 10 hours online to evaluate, assist, counsel or treat potentially suicidal persons - a tool that is uniquely designed to gather critical information about a person's status at intake and to establish a safety and intervention plan.
- ii. **Suicide Triage** - 10 hours online for "first responders" who come in contact with people at risk for suicide. Includes the scope of the problem; risk factors; how to question; determine risk; refer and document.

**Cost:**

- i. **Suicide Risk Assessment and Management** \$229
- ii. **Suicide Triage** - \$25



### 3. QPR Gatekeeper Instructor Train the Trainer Program

<b>Listing:</b>	Not on either list.
<b>Description:</b>	Certification Self-Study 12 hour course to Teach QPR. 12 hours for Suicide Prevention to their community
<b>Target:</b>	Community members who want to teach QPR
<b>Content:</b>	Participants are introduced to the history of suicide, suicide prevention and the spectrum of modern day public health suicide prevention education efforts. The history, background and research support for QPR are reviewed. Participants then learn to market QPR, target potential Gatekeepers, and how to teach the QPR curriculum. Participants also learn to deal with pent up audience demand to talk about suicide, survivor issues and how to make immediate interventions and referrals. Each participant has the opportunity for individual rehearsal and practice through role-plays.
<b>Cost:</b>	\$495 for 3 year certification plus cost of training materials which can be passed on to the participants.

### Reconnecting Youth (RY)

<http://reconnectingyouth.com>

<b>Listing:</b>	On both the NREPP and SPRC-EBPP (Section I) program lists
<b>Description:</b>	A science-based prevention program designed as a semester-long class for high-school youth who show signs of poor school achievement, potential for school dropout, and suicide risk. RY teens benefit by increasing school achievement, mood management and drug use control.
<b>Target:</b>	Adolescents in grades 9 to 12
<b>Content:</b>	Incorporates social support and life skills training.
<b>Cost:</b>	Administrator training - \$400/person; RY Curriculum materials - \$300; Leader training \$14,000 minimum for 4-day training for 14 to 16 staff; Getting Started - \$75; RY student workbooks - \$25/student or \$212 for set of 10 plus shipping and handling.

### Safe:Teen

[www.endsuicide.org/preventionprograms.html](http://www.endsuicide.org/preventionprograms.html)

<b>Listing:</b>	Not on either list.
<b>Description:</b>	Workshop format developed by Suicide Education and Support Services of Weld County Colorado (Diane Ryerson-Peake) times are adjustable from 50 minutes to half or full-day training. The objectives include reaching youth with the message that suicide is not the answer; what to look for; what to say; what to do and who to call. Taught by survivors
<b>Target:</b>	Middle and High schools (mostly 9 <sup>th</sup> graders)
<b>Content:</b>	In addition to lecture there are activities to help teach facts about depression and suicide and how to prevent it Current contact Patty Lloyd (970) 313-1095
<b>Cost:</b>	Conducted by special arrangements. No costs listed.



## Signs of Suicide© – S.O.S.

[www.mentalhealthscreening.org/schools/index.aspx](http://www.mentalhealthscreening.org/schools/index.aspx)

<b>Listing:</b>	On both NREFF and SPRC-EBPP (Section I) program lists.
<b>Description:</b>	Programs are depression awareness and suicide prevention programs that can be implemented in one or more classroom periods by existing school staff.
<b>Target:</b>	<u>High School</u> (9-12) & <u>Middle School</u> (6 to8). The SOS programs can also be used in alternative settings serving youth such as: social clubs, after school programs, and juvenile justice systems. Both high school and middle school programs are designed to educate students to respond to the signs of suicide as a mental health emergency, using the <b>ACT</b> <sup>®</sup> approach ( <b>A</b> cknowledge, <b>C</b> are, and <b>T</b> ell).
<b>Content:</b>	A two-day secondary school-based intervention that includes screening and education. Students are screened for depression and suicide risk and referred for professional help as indicated. Students also view a video that teaches them to recognize signs of depression and suicide in others. They are taught that the appropriate response to these signs is to acknowledge them, let the person know you care, and tell a responsible adult.
<b>Cost:</b>	High School Kits with DVD \$300 (for 300 students); Downloadable SOS high school renewal Kit \$75; and Downloadable SOS middle school renewal kit \$75

## The Trevor Project

[www.thetrevorproject.org](http://www.thetrevorproject.org)

<b>Listing:</b>	Not on either list.
<b>Description:</b>	The Trevor Project operates the only accredited, nationwide, around-the-clock crisis and suicide prevention helpline for LGBTQ youth. They also have free materials for schools and youth serving agencies.
<b>Target:</b>	All LGBTQ youth
<b>Content:</b>	Provides <b>FREE</b> materials to schools and other youth serving organizations including: <ul style="list-style-type: none"><li>• Trevor Workshop Guide</li><li>• Trevor Survival Kit</li><li>• Educator’s Workshop Guide</li><li>• School Workshop Evaluation Forms<ul style="list-style-type: none"><li>✓ Sponsor Evaluation</li><li>✓ Participant Evaluation</li></ul></li></ul>
<b>Cost:</b>	Free except for purchase - Academy Award winning short “Trevor”

*Please see CRISIS LINES section for more information*



## Yellow Ribbon

[www.yellowribbon.org](http://www.yellowribbon.org)

<b>Listing:</b>	SPRC-EBPP (Section III) program lists
<b>Description:</b>	Multiple prevention trainings: Training for adults - Be-A-Link© gatekeeper training and youth - Ask for Help© and Community Action Training
<b>Target:</b>	School staff trained to present to Kindergarten thru high school the Ask For Help© program. Community Action Training: <ul style="list-style-type: none"><li>• Step-by-step implementation strategies</li><li>• How to organize training</li><li>• How to talk to schools and overcome objections</li><li>• Finding funding for your program</li><li>• Media reporting guidelines</li></ul>
<b>Cost:</b>	\$295 adults and \$245 youth/seniors

## Youth Suicide Prevention School-Based Guide Checklist

<http://theguide.fmhi.usf.edu>

<b>Listing:</b>	SPRC-EBPP (Section III) program list.
<b>Description:</b>	Created in 2003 by the Louis de la Parte Florida Mental Health Institute at the University of South Florida, funded by the Institute for Child Health Policy at NOVA Southeastern University through a Florida Drug Free Communities Program Award/ Provides a prevention framework tool for schools and administrators regarding building or supporting a suicide prevention systemic approach.
<b>Target:</b>	Middle, high schools and college campuses
<b>Cost:</b>	Free – all online or available in CD Rom.

## 4. THERAPEUTIC RESOURCES

### Colorado Department of Human Services/Office of Behavioral Health & Housing/Division of Mental Health

[www.cdhs.state.co.us/ohr/mhs/index.html](http://www.cdhs.state.co.us/ohr/mhs/index.html)

3824 West Princeton Circle, Denver, CO 80236-3111

Phone (303) 866-7400 or outside the metro area: 1-800- 811-7648

<b>Description:</b>	Provides mental health services to Coloradans of all ages who do not have mental health insurance coverage or who have Medicaid. Includes services provided by <ul style="list-style-type: none"><li>• Community Mental Health Centers</li><li>• Specialty Clinics</li><li>• State Mental Health Hospitals (Institutes)</li><li>• Individual Providers</li><li>• Residential Placements</li><li>• Is paid for with state fund dollars, federal grant dollars, state and federal Medicaid dollars, local government dollars, client fees, private insurance funds and private donations and grants.</li></ul> Is monitored by two state agencies: DEPARTMENT OF HUMAN SERVICES AND DEPARTMENT OF HEALTH CARE POLICY AND FINANCING
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## The Second Wind Fund, Inc.

[www.thesecondwindfund.org](http://www.thesecondwindfund.org)

PO BOX 260795, Lakewood, Colorado 80226-0795

Phone (303)988-5870

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**Mission:** The mission of the Second Wind Fund, Inc. (SWF) is to decrease the incidence of adolescent suicide by removing financial and social barriers to treatment for at-risk youth through its affiliates.

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**Description:** Through SWF's affiliates, mental health services are accessible to every youth 19 and under. Second Wind Fund of Metro Denver covers the Denver metro area (Adams, Arapahoe, Broomfield, Denver, Jefferson, and Park counties). Other Affiliates offer services in Douglas and Boulder counties.

New Affiliate Programs are forming in the La Plata, Montrose, El Paso, Teller, Weld, Garfield, Pitkin and Eagle county areas as well as the 10 county region of Northeastern Colorado.

Referrals are normally made through school counselors, whether at public, private, charter, or choice schools, although youth being home-schooled or no longer attending school are also eligible.

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## 5. CRISIS LINES

### National Hopeline Network

[www.hopeline.com](http://www.hopeline.com)

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**Description:** National Hopeline Network **1-800-SUICIDE (1-800-784-2433)**, if Spanish - speaking **1-800-SUICIDA (1-800-784-2432)**. The Network connects people who are depressed or suicidal - or those who are concerned about someone they love automatically to a CONTACT USA or AAS certified crisis center. The Network has a line for Spanish-speaking callers and for military personnel.

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### The National Suicide Prevention Lifeline

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

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**Description:** The National Suicide Prevention Lifeline is a 24-hour, toll-free suicide prevention service available to anyone in suicidal crisis. If you or someone you know needs help, please dial **1-800-273-TALK (8255)**. Calls are routed to more than 130 crisis centers across the country and to the Pueblo Call Center in Colorado. The mission is to provide immediate assistance to anyone seeking mental health services.

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### The Trevor Project

[www.thetrevorproject.org](http://www.thetrevorproject.org)

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**Description:** The Trevor Project operates the only nationwide, around-the-clock crisis and suicide prevention helpline for lesbian, gay, bisexual, transgender and questioning youth. This site has materials and resources to promote the crisis line and for helping youth. **1-866-4-U-TREVOR (1-866-488-7386)**.

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