

Evaluation of Suicide Prevention Programs

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*For a complete listing of projects, see our
website: <http://bhirs.uaa.alaska.edu>*



*Our continued efforts to reduce suicide in Alaska will only be effective if these efforts are **EVALUATED, SHARED** with others, and **MODIFIED** to meet the different and changing needs of each community here in the state.*



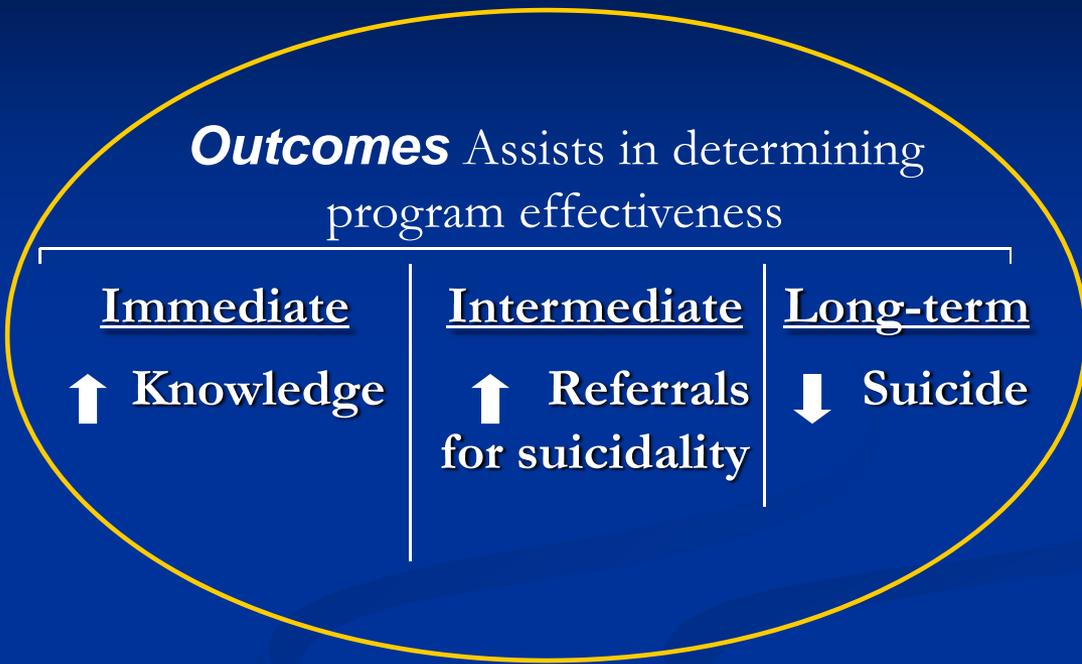
The Basics....Why Evaluate?

- Determine the achievement of program goals
- Identify “strengths” and “weaknesses” of the program to make necessary improvements
- Understand if the program been implemented as planned
- Justify the use of resources
- Add to the existing knowledge in the field about what does and does not work



S.O.S – Signs of Suicide Evaluation

National Example



Outcomes from SOS (NREPP-listed)

- Suicide attempts**
- Knowledge about depression and suicide
- Attitudes regarding depression and suicide

Program Evaluation Answers Questions Like.....

- Does it work?
- How well does it work?
- Does it do what we want it to?
- Does it work for the reasons we think it does?
- Is it cost effective?
- Are there unintended consequences?



Six Steps to Evaluation (Summary)

- 1) Engage stakeholders
- 2) Describe the program
- 3) Focus the evaluation design
- 4) Gather credible evidence
- 5) Justify conclusions
- 6) Ensure use and share lessons learned





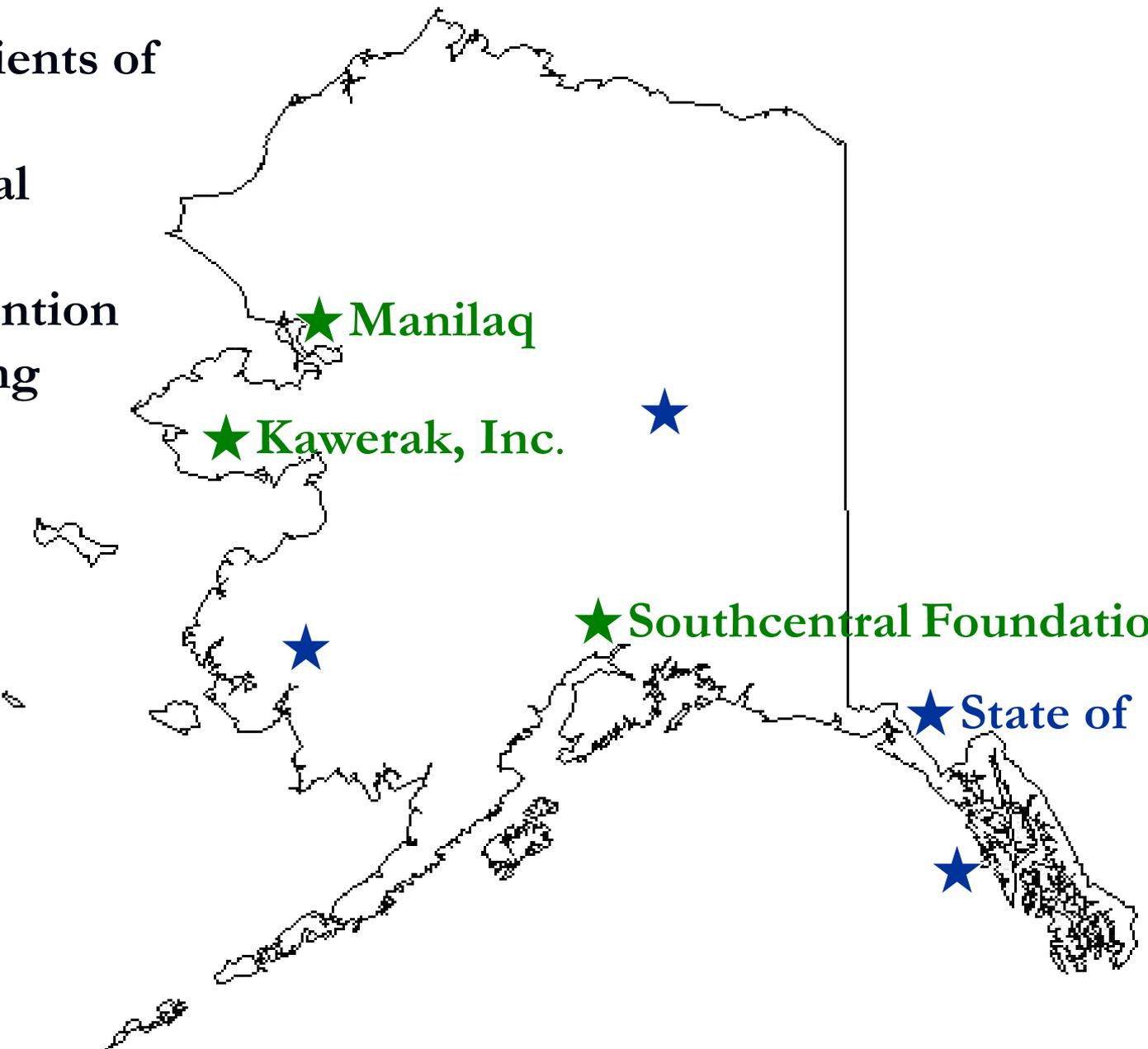
SAHMSA's Garrett Lee Smith Memorial Act Funding

Youth Suicide Early Intervention and Prevention Grants

<http://www.sprc.org/>



**Alaska Recipients of
SAMHSA's
GLS Memorial
Youth
Suicide Prevention
3-year Funding**



★ **Manilaq**

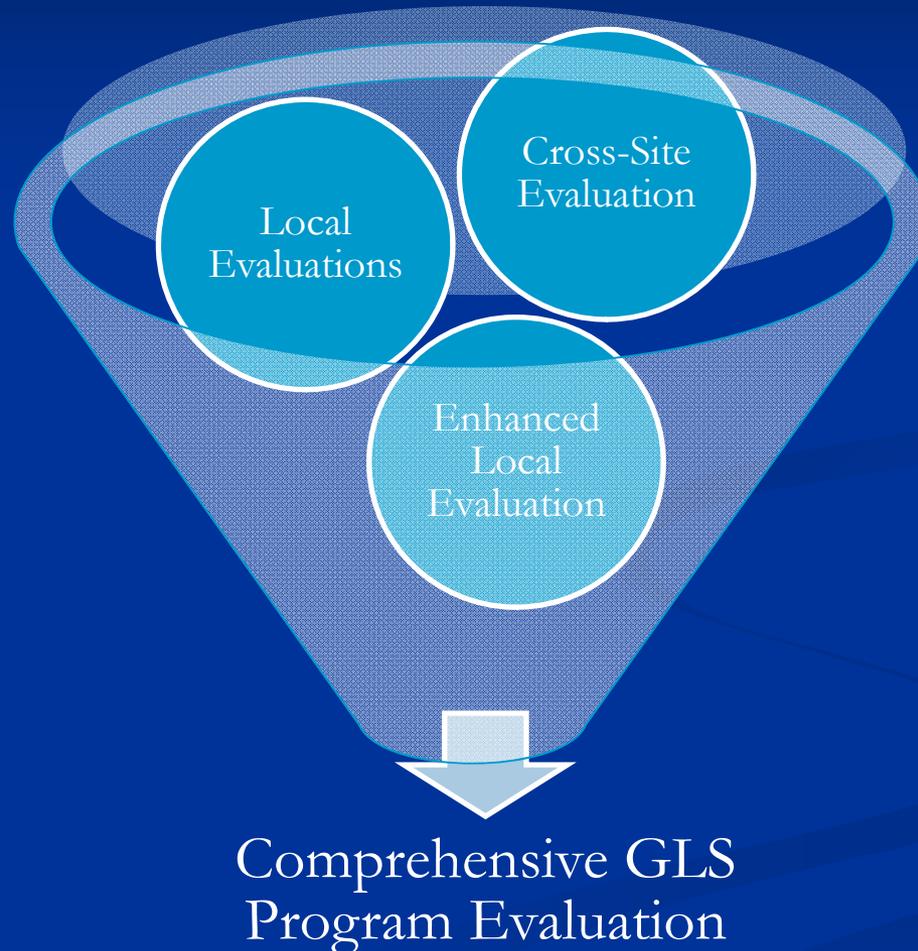
★ **Kawerak, Inc.**

★ **Southcentral Foundation**

★ **State of Alaska**

SAMHSA

GLS Youth Suicide Prevention Programs Evaluation Approach



Cross-site Evaluation Components

- Existing Database Inventory (**EDI**)
- Referral Network Survey (**RNS**)
- Early Identification and Referral Form (**EIRF**)
- Training Exit Survey (**TES**)
- Product and Services Inventory (**PSI**)



State of Alaska GLS Youth Suicide Prevention Program – Summary

- **3 Regional Suicide Prevention Teams (RSPT)**
 - ✓ Adhere to the **Strategic Prevention Framework (SPF)** community planning model
 - ✓ Develop a **Strategic Regional Suicide Prevention Plan** a) early prevention, b) intervention, c) post-vention, d) emergency response plan
 - ✓ Incorporate **Alaska Gatekeeper Suicide Prevention Training** model into their community-based strategies

GLS Local Evaluation Strategies

Process Evaluation

Outcome Evaluation

■ Questionnaires & Surveys

- Collect information about changes in knowledge, attitudes, and behaviors following trainings or activities

■ Key-Informant Interviews

- Collect information from different members of the intervention community by asking them questions about their knowledge and experiences

■ Ethnographic Analysis

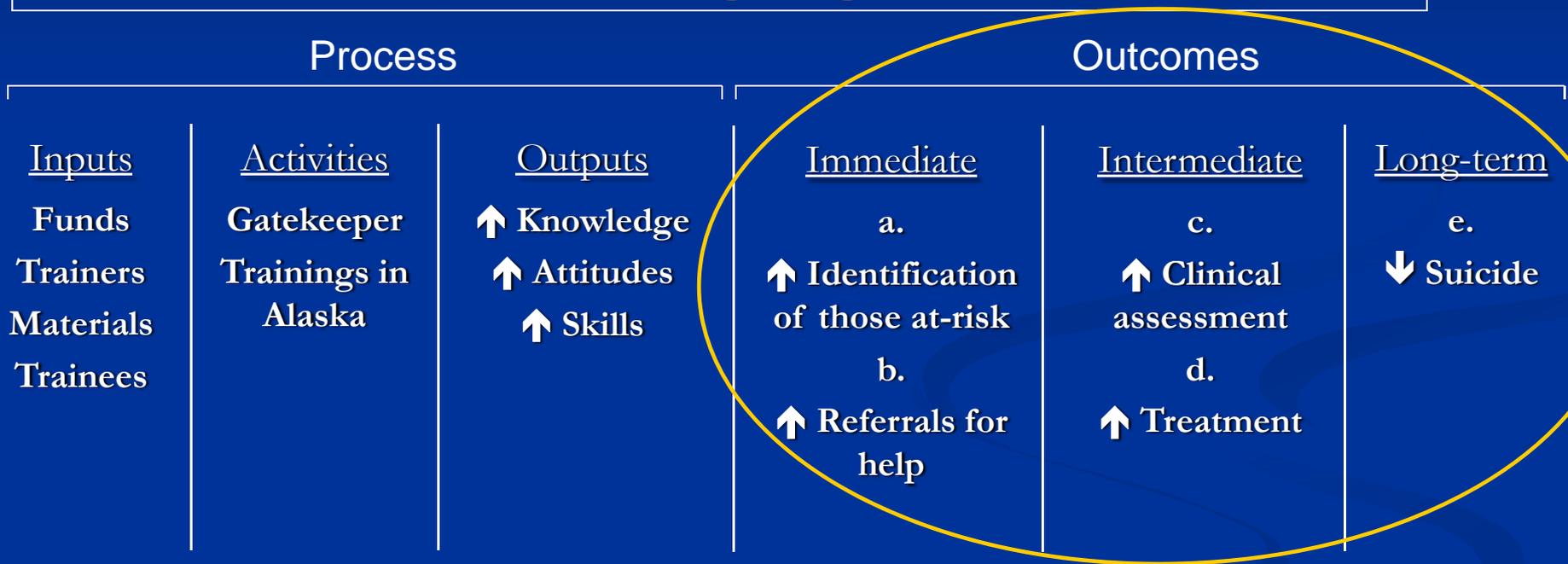
- Detailed account and timeline of each regional team over the entire funding period

■ External Data Sources

- YRBS, AKVDRS,

Local Evaluation Example

Alaska Gatekeeper Training Logic Model



Thus far, data is lacking on whether immediate outcomes have taken place after a training

4 Month Follow-up Survey

Identification, Referral, & Follow-up

- looked for signs and risk factors that may indicate an individual is at risk for suicide
- screened youth/adults for suicide behaviors
- identified youth/adults who might be at risk for suicide
- referred youth/adults at risk to mental health services
- followed up after a referral to be sure help and services were received
- facilitated a change in suicide prevention policies or procedures in your community

Also important.....**How many? (estimate)**

4 Month Online Follow-up Survey

Training & Awareness

- trained other staff or professionals about suicide prevention
- trained parents/ community members about suicide prevention
- trained youth about suicide prevention
- facilitated awareness through newsletters, campaigns, posters
- facilitated awareness through talks, meetings, or verbal communication

4 Month Online Follow-up Survey

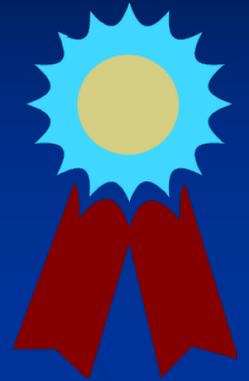
System Challenges

- What challenges have you encountered in *SCREENING* individuals for mental health services?
- What challenges have you encountered in *REFERRING* individuals for mental health services?
- What challenges have you encountered in *FOLLOWING-UP* with individuals that you have referred for mental health services?
- What are the *GAPS* in services that make your job as a gatekeeper most difficult?

“Individual evaluation studies, and the accumulation of knowledge from many such studies, can make vital contributions to informed social actions aimed at improving the human condition.”

Rossi, Lipsey, and Freeman, 2004

Evaluation & Suicide Prevention Effectiveness Resources



American Evaluation Association

<http://www.eval.org/>

SAMHSA's Best Practices Registry for Suicide Prevention

http://www.sprc.org/featured_resources/bpr/index.asp

Youth Suicide Prevention Programs: A Resource Guide

<http://wonder.cdc.gov/wonder/prevguid/p0000024/p0000024.asp>