



## Alaska Division of Behavioral Health Report to SSPC

By James Gallanos, DBH Program Coordinator

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*Below is a summary of suicide prevention projects, programs and services that the DBH, Prevention and Early Intervention Services is coordinating throughout the state.*

### Comprehensive Behavioral Health Prevention Grants

See below list of summary of recent strategies and activities. A year-end grantee outcomes report will be submitted to DBH on January 30<sup>th</sup> and will be available upon request.

<b>"Juneau Suicide Prevention Task Force", Juneau Youth Services</b>	Suicide Funds \$ 286,512 Total Grant Award \$286,512
<ul style="list-style-type: none"> <li>• Public awareness and trainings continue on a regular basis from community group requests and invitations in the Juneau community.</li> <li>• Websites have received increased traffic based on media outreach: <a href="http://www.juneausuicideprevention.org">www.juneausuicideprevention.org</a> and <a href="http://www.juneamentalhealth.org">www.juneamentalhealth.org</a>.</li> <li>• Implements Signs of Suicide (SOS) and depression/suicide ideation screenings in high schools/alternative school and booster curriculum for 10<sup>th</sup>-12<sup>th</sup> graders. Sources of Strength curriculum in high and middle schools.</li> <li>• Provides behavioral health support/counseling to at-risk students in all middle and high schools.</li> <li>• Community-wide postvention outreach and support with new brochures and survivor packet.</li> <li>• A Connect postvention training occurred among Juneau School District counseling staff was well received.</li> </ul>	
<b>Youth Advisory Group. Asa'carsarmiut Tribal Council, City of Mountain Village</b>	Suicide Funds \$ 65,000 Total Grant Award \$65,000
<ul style="list-style-type: none"> <li>• Grant project continues to have significant challenges with implementing prevention plan. Tribe has struggled to retain healthy staff that are able to fulfill the duties assigned.</li> <li>• Recent airplane crash in St. Marys and the deaths of several community members has added to the difficulty to provide needed prevention supports and services.</li> <li>• Plan is to work with school to help facilitate gatherings that meet the Qasgic model as a community based wellness approach.</li> </ul>	
<b>"Nulato Life Project" City of Nulato</b>	Suicide Funds \$ 33,158 Total Grant Award \$ 55,263
<ul style="list-style-type: none"> <li>• City works with the tribe to conduct youth activities that are connected to cultural tradition.</li> <li>• More recent activities included fall moose hunts with some of the older teens and other subsistence activities.</li> </ul>	
<b>Petersburg Mental Health Services, Petersburg</b>	Suicide Funds \$ 36,505 Total Grant Award \$73,01
<ul style="list-style-type: none"> <li>• Recently partnered with school district to implement the Signs of Suicide prevention education and early screening and referral program.</li> <li>• Implemented Prime for Life, a drug and alcohol prevention education program for middle school students and parents.</li> <li>• Provided Connect postvention training and resources for both survivors of suicide loss and the community as a whole.</li> </ul>	

<i>We Are All in this Together</i> , Tanana Chiefs Conference, Fairbanks	Suicide Funds \$ 37,500 Total Grant Award \$150,000
<ul style="list-style-type: none"> <li>Summer was focused on digital storytelling training for TCC staff and village wellness teams preparing for fall student based trainings. Will implement digital storytelling with youth among 11 villages in two sub-regions.</li> <li>Based on digital stories content, will develop youth led media/awareness campaign “Hope, Help and Strength” during the school year.</li> <li>Wellness team training include new Alaska Gatekeeper QPR Approach, MHFA, SafeTALK and ASIST</li> </ul>	

<i>“Alaska Careline”</i> , Interior Center for Non-Violent Living	FY14 Suicide Funds \$ 144, 057 Postvention Funds \$ 100,000 Treatment Funds \$ 55,943 GLS Text funds \$50,000 Total Award \$350,000
<ul style="list-style-type: none"> <li>Working on 2013 Careline’s year-end outcomes report that will include data on call/text volume and other characteristics that include age, nature of calls, number of first time callers versus return callers and the number of those who had accepted follow back calls and was connected to services. Careline has also developed an indicator to show reduced suicidality among callers.</li> </ul>	



### **Garrett Lee Smith, Alaska Youth Suicide Prevention Project SAMHSA grant**

We are entering our second year of the Garrett Lee Smith (GLS), Alaska Youth Suicide Prevention Project FY2013-FY2015. Our annual report to SAMHSA is available upon request [james.gallanos@alaska.gov](mailto:james.gallanos@alaska.gov).

**Save the date:** June 9-11<sup>th</sup> is the next GLS grantee meeting in Washington D.C. A SSPC member is invited to attend paid with DBH funds from this grant. They are encouraging stronger youth representation at this year’s meeting.

We are on track with our goals that includes training coordination of the revised Alaska Gatekeeper QPR Training Model. Updates below:

- Next QPR certified training of trainers (TOT) to be held in Anchorage, January 23-24<sup>th</sup>.
- Division of Juvenile Justice finalizing training plan for 90 community probation officers throughout the state. Plan includes protocols for early identification referral, and follow up for adolescents determined to be at risk of suicide.
- Pilot of Careline promotional materials, Text “**4help to 839863**”, continues to be distributed. Evaluation of text service, tracking of youth connected to supports and services and effectiveness of promotional materials underway.



### **List of the QPR certified trainers**

Name	Organization	City
Katherine Morgan	Tanana Chiefs (TCC)	Nenana
Sarah Welsh	TCC	Fairbanks
Michelle D. Joseph	TCC	Fairbanks
Yvonne Howard	TCC	Eagle
Jessica Goff	TCC	Nulato
Robun K. George	TCC	Nulato
Trisha Madros	TCC	Nenana
Valerie Bergman	TCC	Allakaket
Shawna D. Hildebrand	TCC	Fairbanks
Katrina L. Gibson	TCC	Minto
Doreen David	TCC	Huslia
Tanya Korta	TCC	Galena
Clarice Essex	TCC	Galena
Karlene Huhn	TCC	Galena
Dollie Johnathan	TCC	Tok
Mary Rauch	TCC	Tok
Marianne Young	TCC	Tok
Addy Peters (Master)	AK Child and Family	Wasilla
Keri Knight	AYFN	Anchorage
Lynnette Boyer	MBSAK	Anchorage
Jon Hunt	Frontier Safety/Supply	Anchorage
Rusty Best	AYFN	Anchorage
Corbin Ford	YKHC	Bethel
Sarah McConnell	TTC	Fairbanks
Jill Ramsey	TTC	Anchorage
Eliza Jamison	AYFN	Anchorage
Nancy Sellers	CoDi	Palmer
Sara Clark	DBH	Anchorage
Trish Smith	VOA	Anchorage
Nichel Saceda-Hurt	DJJ	Juneau
Christopher Evans	DJJ	Bethel
Duncan Brooks	AK Child and Family	Anchorage
Nick Gonzales	AKEELA	Anchorage
John Martin SR	Retired	Juneau
Carla Mahoskey	SEARHC	Sitka
Dinah Aceveda	SEARHC	
Rob Sanderson JR		Ketchikan
Joanne Elsie Spud	SEARHC	Kake

Cynthia Petersen	SEARHC	Yakutat
Russell Drew Cameron	SEARHC	Juneau
Cyndi Reeves	SEARHC	POW
Bill Martin	Council	Juneau
Lindsey Kato	JYS	Juneau
Rena Wallace	SEARHC	Sitka
Steven Frank	SEARHC	Angoon
Eric D. Boyer	Master Trainer	UAA
James Gallanos	Master Trainer	DBH
Michael Covone		UAA

*\*\*DJJ has 17 more trainers not listed on this form*

## Alaska Postvention Project



### Summary of Activities:

- ***Survivors of Suicide Loss Ad Hoc Group: Report to be presented to SSPC 1/8/13.***
- ***Connect Postvention Training:*** Recent training occurred in Juneau. No new training of certified Connect trainers scheduled until May/June 2014.
- ***Postvention DVD:*** Solstice Advertising was selected to produce, direct and film media based materials to address suicide *postvention* in Alaska. The 30 minute DVD will include postvention resources tailored for specific audiences, both rural and urban. To be released in late April/early May.
- ***The Alaska Postvention Resource Guide, Helping Our Communities Heal:*** The Alaska Postvention Toolkit which includes the guide and suicide survivor resource packet are now complete. Working on a communications plan to disseminate resources with all groups who are interested.
- ***Doorway to a Sacred Place :*** Contract is in place the Division of Behavioral Health and the Alaska Native Tribal Health Consortium. (ANTHC) to pilot Doorway to a Sacred Place in three pilot rural communities. These communities have already been identified and are building support for implementation of the model. The Native American Center for Excellence, Services to Science Initiative has begun to develop an evaluation of the model. Project is a three year contract for \$125,000.