



## Alaska Division of Behavioral Health Report to SSPC

By James Gallanos, DBH Program Coordinator

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**April 28, 2014**

*Below is a summary of suicide prevention projects, programs and services that the DBH, Prevention and Early Intervention Services is coordinating throughout the state. Year-end summary of results are listed for 2013.*

### Comprehensive Behavioral Health Prevention Grants

See below list of summary of recent strategies and activities.

<p><i>"Juneau Suicide Prevention Task Force", Juneau Youth Services</i></p> <p style="text-align: right;">Suicide Funds \$ 286,512 Total Grant Award \$286,512</p>	
<p><u>Strategies</u></p> <ul style="list-style-type: none"> <li>• Public awareness/training "Understanding Suicide" and other public awareness activities in the Juneau community.</li> <li>• Maintains websites, <a href="http://www.juneausuicideprevention.org">www.juneausuicideprevention.org</a> and <a href="http://www.juneaumentalhealth.org">www.juneaumentalhealth.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.</li> <li>• 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.</li> </ul>	<p><u>Outcomes</u></p> <ol style="list-style-type: none"> <li>1. Increase the ability of students to identify their self-harm risk and seek services to reduce the risk of suicide.</li> <li>2. Increase the ability of school personnel to meet the personal safety needs of middle and high school students.</li> <li>3. Increase the awareness of the general community and targeted audiences regarding suicide prevention and intervention services.</li> <li>4. Increase the ability to respond to families and community members impacted by a suicide</li> </ol>
<p><u>Summary of Results:</u> (Jan-June 2013)</p> <ul style="list-style-type: none"> <li>• Of the <b>69 Sources of Strength</b> Peer Leaders, <b>94%</b> agreed or strongly agreed that "group of peer leaders can change things for the better".</li> <li>• <b>88% of high school students</b> and <b>77% of middle school students</b> reported that it is a good idea to ask someone if they are suicidal if you are worried that they might be. This is a <b>15% and 7% increase</b> respectively as a result of the Signs of Suicide program. This also shows that the gains are sustained across ninth grade students who participate.</li> <li>• <b>1,594 "unique page hits"</b> of individuals accessing <a href="http://juneausuicideprevention.org">juneausuicideprevention.org</a> and <b>2,663 "unique page hits"</b> of individuals accessing <a href="http://juneaumentalhealth.org">juneaumentalhealth.org</a>. This is an <b>13% and 16% increase</b> respectively since January showing improvement of the awareness of the general community.</li> </ul>	
<p><i>Youth Advisory Group. Asa'carsarmiut Tribal Council, City of Mountain Village</i></p> <p style="text-align: right;">Suicide Funds \$ 65,000 Total Grant Award \$65,000</p>	
<p><u>Strategies</u></p> <ul style="list-style-type: none"> <li>• Building capacity grant to identify suicide prevention needs, resources, capacity and community prevention plan.</li> <li>• Separate multi-community men's and women's groups fostering inter-generational, cultural connection, and</li> </ul>	<p><u>Outcomes</u></p> <p>Community prevention plan has been drafted and is in various stages of implementation. Evaluation plan is in progress.</p>

belonging. • Alternative, meaningful and cultural activities that support Alaska Native values. • Traditional healing groups.	
<p><u>Summary of Results: (Jan-June 2013)</u></p> <p><b>NOTE:</b> UAF Center for Alaska Native Health Research is the new grantee administering the Mountain Village suicide prevention grant utilizing the Qasgiq model, Qungasvik (Toolbox) to engage cultural practices as vehicle to teach Yup'ik values and promote protective factors that foster reasons for life and well being with youth and their families.</p>	
<p><i>"Nulato Life Project"</i> City of Nulato <span style="float: right;">Suicide Funds \$ 33,158 Total Grant Award \$ 55,263</span></p>	
<p><u>Strategies</u></p> <ul style="list-style-type: none"> <li>• Youth mentoring.</li> <li>• Teen center activities.</li> <li>• Traditional Athabaskan cultural activities</li> <li>• Subsistence life skills.</li> <li>• Outdoor and other recreational activities.</li> </ul>	<p><u>Outcomes</u></p> <ol style="list-style-type: none"> <li>1. Increase healthy lifestyle choices for youth</li> <li>2. Prevent self-destructive behaviors including suicide.</li> <li>3. Reduce teen substance abuse by engaging them in alternative activities.</li> <li>4. Increase cultural retention through skills development.</li> </ol>
<p><u>Summary of Results: (Jan-June 2013)</u></p> <p><b>NOTE:</b> Nulato has been without a community project coordinator for the past year until recently they hired someone to coordinate and monitor activities. Activities were being organized by the tribe, however were not consistent and were based on available people and resources. New efforts are underway to get the program on track.</p>	
<p><i>Petersburg Mental Health Services, Petersburg</i> <span style="float: right;">Suicide Funds \$ 36,505 Total Grant Award \$73,01</span></p>	
<p><u>Strategies</u></p> <ul style="list-style-type: none"> <li>• Organized suicide prevention coalition</li> <li>• Implements Prime for Life, a drug and alcohol prevention education program for middle school students and parents.</li> <li>• Suicide awareness activities, media/radio.</li> <li>• Alaska Gatekeeper Training and will conduct screening, identification and referral for suicide.</li> <li>• Participates in Community Action Planning team to provide postvention resources for both survivors of suicide loss and the community as a whole.</li> </ul>	<p><u>Outcomes</u></p> <ol style="list-style-type: none"> <li>1. Increase community's knowledge of signs and symptoms of suicidal individuals.</li> <li>2. Increase awareness of social attitudes and beliefs that encourage high risk substance use community wide.</li> </ol>
<p><u>Summary of Results: (Jan-June 2013)</u></p> <ul style="list-style-type: none"> <li>• <b>52% of those trained</b> in the "Understanding Suicide" curriculum report an increase their knowledge of signs and symptoms of suicidal individuals including asking the person, "Are you thinking of killing yourself" as the most appropriate response to a suicidal person.</li> <li>• As a result of the "Prime for Life" curriculum, participants reported a <b>77% increase</b> in knowledge about high risk substance use behavior.</li> <li>• Coalition member trained in the <i>Alaska Gatekeeper Training: A QPR Approach</i>.</li> <li>• Monitoring court and District Attorney enforcement drug and alcohol laws and ordinances including tracking adults sentenced to restricted access to bars and restraints serving alcohol.</li> </ul>	
<p><i>We Are All in this Together, Tanana Chiefs Conference, Fairbanks</i> <span style="float: right;">Suicide Funds \$ 37,500 Total Grant Award \$150,000</span></p>	

<u>Strategies</u>	<u>Outcomes</u>
<ul style="list-style-type: none"> <li>• Develop wellness teams with the region’s Alaska Native villages.</li> <li>• Will be implementing suicide prevention and postvention protocols, provide training among key leaders, health aids and in schools to include adult advisors and peer leaders.</li> <li>• Will implement digital storytelling with youth.</li> <li>• Develop and implement peer led media/awareness campaign “Hope, Help and Strength”.</li> <li>• Wellness team training in new Alaska Gatekeeper QPR Approach, MHFA, SafeTALK and ASIST</li> </ul>	<ol style="list-style-type: none"> <li>1. Increase knowledge of suicide prevention and how to help at-risk peers.</li> <li>2. Decrease “codes of silence” that may inhibit help-seeking behavior.</li> <li>3. Increase connectedness between at-risk youths and caring adults.</li> </ol>
<p><u>Summary of Results:</u> (Jan-June 2013)</p>	
<ul style="list-style-type: none"> <li>• There are now <b>11 communities</b> that have a Sources of Strength (SoS) Peer Leader (PL) teams.</li> <li>• Peer leaders showed a <b>14% decrease</b> in understanding that people who are suicidal can’t be stopped. However, <b>12% and 29 %</b> increases were found in students who disagreed that people should keep feelings of depression to themselves or that suicide is a possible solution to ones’ problems,</li> <li>• Peer leaders responses indicated a <b>decrease of 36%</b> saying they turned to a <b>trusted adult</b> about a problem in the past 3 months. However, they indicated a <b>20% increase</b> in connecting a friend to an adult who may be suicidal and also a <b>42% increase</b> in their ability to identify an adult who could help.</li> </ul>	

<p><i>“Juneau Suicide Prevention Task Force”, Juneau Youth Services</i></p>	<p>Suicide Funds \$ 286,512 Total Grant Award \$286,512</p>
<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.juneaumentalhealth.org">www.juneaumentalhealth.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>	
<p><i>Youth Advisory Group. Asa’carsarmiut Tribal Council, City of Mountain Village</i></p>	<p>Suicide Funds \$ 65,000 Total Grant Award \$65,000</p>
<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>	
<p><i>“Nulato Life Project” City of Nulato</i></p>	<p>Suicide Funds \$ 33,158 Total Grant Award \$ 55,263</p>
<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>	
<p><i>Petersburg Mental Health Services, Petersburg</i></p>	<p>Suicide Funds \$ 36,505 Total Grant Award \$73,01</p>
<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</li> </ul>	

whole.	
<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.

