



# DEPARTMENT OF MENTAL HEALTH

## SUICIDE PREVENTION

Chris Allen, Director of Suicide Prevention

Alison Krompf, Deputy Commissioner

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988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress, thoughts of suicide, mental health or substance use crisis, or any other kind of emotion distress.

People can call or text 988 or chat at [988lifeline.org](https://988lifeline.org) for themselves or if they are worried about a loved one.

# GOVERNOR'S CHALLENGE

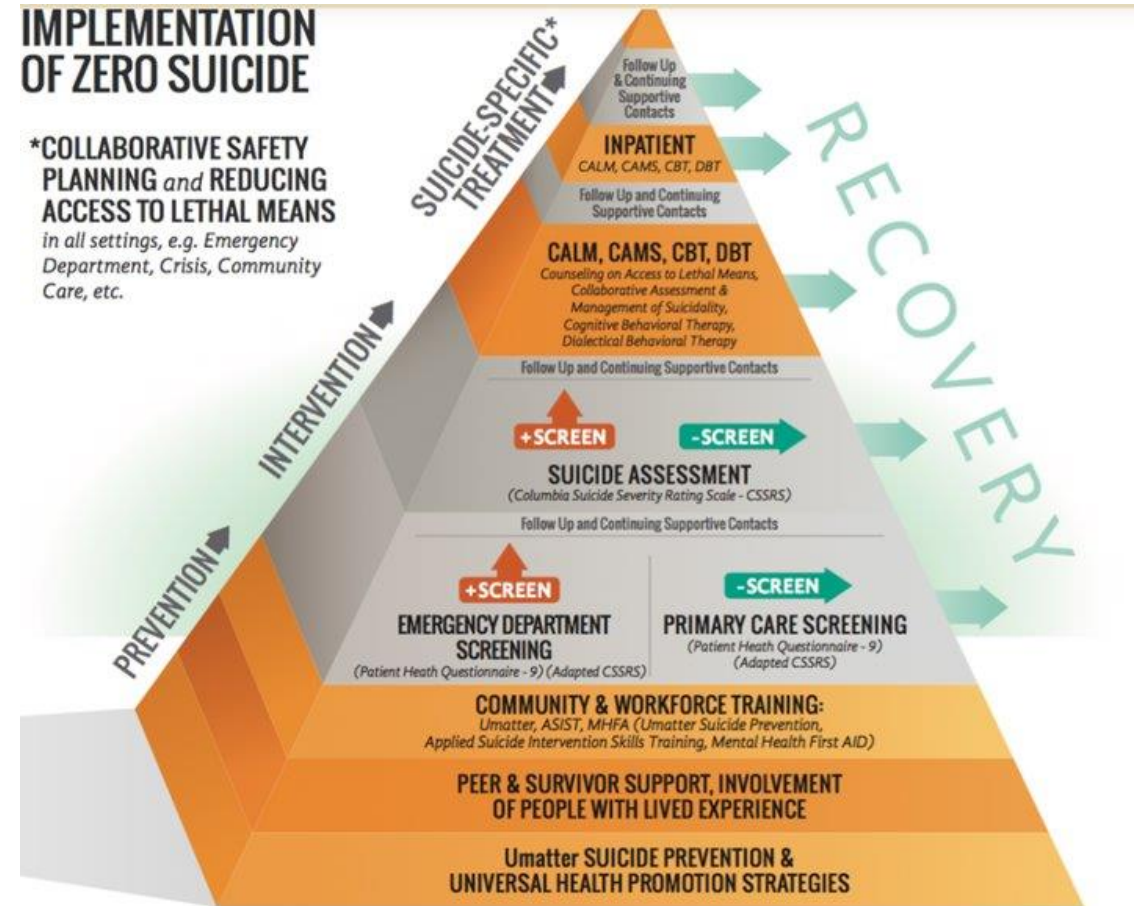
- Coordinated through the Governor's Office, Vermont Department of Mental Health and the National Guard
  - More than 25 representatives
- Focus is on Service Members, Veterans and their Families (SMVF) due to the increased risk of suicide
- Collaborate, plan, and implement suicide prevention best practices and policies for SMVF state-wide
- Three workgroups: identify SMVF and screen for suicide risk, promote connectedness and improve care transitions, and increase lethal means safety



# WHAT IS ZERO SUICIDE?

## Program Goals:

- 1.) Support Public Education and Information to improve awareness and access to suicide prevention support and services.
- 2.) Develop and Support Suicide Prevention Infrastructure, Policy, Stakeholder Engagement to improve suicide prevention planning and implementation.
- 3.) Advance Evidence-Based and Best Practices for Suicide Prevention through Workforce Development.
- 4.) Promote Social and Emotional Wellness to Prevent Suicides in Vermont.



# FINDINGS FROM THE ZERO SUICIDE 2023 PLANNING AND REPORTING SURVEY

The Zero Suicide 2022-2023 Planning and Reporting Survey was administered in December, 2022.

The survey had a response rate of 100%. Participating agencies include all ten Designated Agencies and two Specialized Service Agencies currently engaging in Zero Suicide.

This is part of a larger effort between CHL and BHII (Behavioral Health Improvement Institute) to increase evaluation of Zero Suicide efforts.

