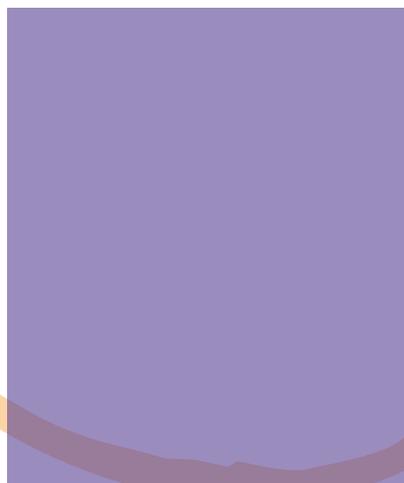
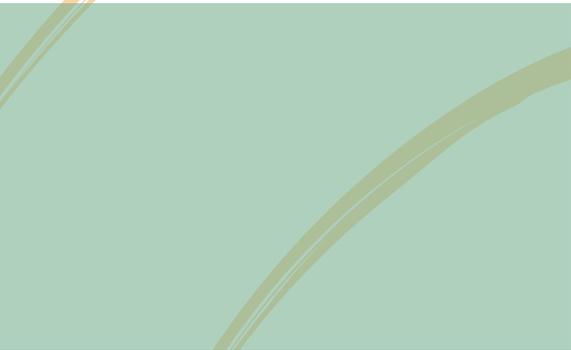




# Umatter™

## Suicide Prevention

### Overview of Programs



## Why “Umatter™”?

Everyone has a place in the Big Picture. Everyone has a contribution to make, something important to do, and a purpose waiting to be fulfilled. We want to give people the message that feeling down or depressed is a common experience. Reaching out for help is a healthy response and, when trauma hits, help is especially important.

**Asking for help does not mean that they are helpless or that they cannot do things on their own. It is an act of courage, not a sign of weakness.**

We want people to know that they can go to a trusted peer or adult for help and they will be able to respond or connect them to professionals who can help. We want to offer hope by helping people connect to their family, their friends, their community, and helping professionals. We must learn to make these connections for each person individually by focusing more on their assets than on their liabilities, building on their strengths, and offering support.



You matter  
because you may  
need help.



You matter  
because you may  
be able to help.

## Umatter for Schools™

**Umatter for Schools™ Suicide Prevention is a two-day training program that provides school teams, which include an administrative liaison, teachers, administrators, counselors, nurses and other staff, with the knowledge and skills to develop a comprehensive, asset-based approach to suicide prevention at their school.** Teams are encouraged to bring a mental health professional from the community that they work with. This training program has been designated a Best Practices program by the SPRC/AFSP Best Practices Registry. Emphasis is on developing a school-wide strategy to create a “prevention-prepared community” that builds critical connections between schools, families, and regional support services.



The program includes:

- cultural factors that contribute to creating a help seeking culture
- gatekeeper training to recognize risk factors and warning signs for youth in distress, know what to say and do, and connect a youth to resources
- school suicide prevention protocol review and development for prevention, intervention and postvention, including roles and responsibilities in responding to suicidal behavior
- use of the *Lifelines* student curriculum (published by Hazledon)
- action planning to implement suicide prevention strategies in the school community

## *Umatter for Communities/Professionals™*



When a suicide occurs it affects an entire community. This program educates the professionals that work within our communities to be effective in suicide prevention efforts. **With the goal of strengthening the mental health and wellness of our communities and averting crisis, these trainings are designed for community professionals who work in the areas of law enforcement, fire and rescue, emergency care, social services,**

**mental health, faith services, health care, youth services, counseling, and funeral services.** Involving professional groups in suicide prevention efforts creates “prevention-prepared” communities, ready to prevent suicide and/or respond should such a tragedy happen.

In this two-day training, professionals learn to employ best-practice, profession-specific protocols for prevention and postvention to reduce incidence of suicide. Attendees will learn:

- how to respond to suicidality by identifying signs and symptoms of suicide, risk and protective factors, profession-specific roles, responsibilities, and protocols
- when and how to refer an individual for more help
- profession-specific prevention and postvention protocols for local adaptation.

## *Umatter for Youth and Young Adults™*

*Umatter for Youth and Young Adults™* is a youth leadership and engagement initiative. The goal is to promote mental health wellness: healthy coping mechanisms among youth and young adults, and the ability to recognize when a peer needs help and how to provide it. **The aim is to foster healthy community cultures for youth and young adults that promote mental health and resiliency, and which address issues such as bullying and substance abuse prevention within a continuum from prevention through recovery.**



The program can be implemented in a one day event or in multiple sessions comprised of workshops for youth and young adults to learn about promoting positive mental health. Youth and young adults then utilize the information they learn and share it with others through the development of a local community action project. Currently, the program is being developed for implementation in local settings over multiple sessions, with a peer development model and workbook for individualized learning.

## Umatter™ Public Information

Umatter™ also includes a public information campaign. The central message of this campaign is that you matter because you may need help, and you matter because you may be in a position to help.



The resources include:

- Youth and Professionals Brochures and Posters
- Wallet Cards
- Radio Spots and Videos
- Websites:

UmatterUCanGetHelp (award winning website for youth) .....[www.UmatterUCanGetHelp.org](http://www.UmatterUCanGetHelp.org)

UmatterUCanHelp (for adults and professionals) ..... [www.UmatterUCanHelp.org](http://www.UmatterUCanHelp.org)

Vermont Suicide Prevention Center..... [www.vtspc.org](http://www.vtspc.org)

## About Umatter™ Suicide Prevention

Umatter™ was developed based upon a review of other suicide prevention programs to determine key concepts. Research from the American Association of Suicidology and the academic literature regarding suicide were applied. Once program goals and objectives were developed, experiential learning activities were designed to reach all learning preferences and styles of participants to ensure the maximum transfer of knowledge, skills, and attitudes. Umatter™ is a program of the Center for Health and Learning. CHL seeks to disseminate Umatter™ nationally and work with partners to continue to refine and develop the program. Please give us your feedback and contact us for more information.



For more information, contact:



802-254-6590  
[info@healthandlearning.org](mailto:info@healthandlearning.org)

