



<http://www.vtspc.org>

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The Vermont Suicide Prevention Center

<http://www.vtspc.org>

Mission:

To create health promoting communities in which schools, Institutions of Higher Education, public and private agencies and people of all ages have the knowledge, attitudes, skills and resources to reduce the risk for suicide.

Purpose:

To support state-wide suicide prevention efforts and help local communities implement the recommendations of the Vermont Suicide Prevention Platform using data-driven evidence-based practices.



<http://www.vtspc.org>



The University of Vermont
LARNER COLLEGE OF MEDICINE

Vermont Suicide Prevention Coalition Members & Organizations

American Foundation for Suicide Prevention, Vermont Chapter
Brattleboro Retreat
Brattleboro Union High School
Burlington College
Burlington Housing Authority
Cathedral Square- Support And Services at Home (SASH)
Center for Health and Learning
Clara Martin Center
Joanna Cole, Advocate and former Vermont Representative
Copeland Center for Wellness and Recovery
Counseling Service of Addison County, Inc.
Department of Vermont Health Access
Good Neighbor Health Clinic
Gun SenseVT
Hardwick Area Community Justice Center
Hartford High School
Health Care & Rehabilitation Services
Howard Center
Hundred Acre Homestead
Johnson State College
Lamoille County Mental Health Services
LISTEN Community Services
National Alliance on Mental Illness- VT
National Center for Campus Public Safety
New England Culinary Institute
Northeast Kingdom Human Services
Northern New England Poison Center
Northwestern Counseling & Support Services
Norwich University
Outright VT
Pathways Vermont
Pathways Vermont Support Line
Rutland Mental Health Services
Spring Lake Ranch
Vermont Military, Family, and Community Network

Vermont Suicide Prevention Center
Vermont Veteran's Outreach
Washington County Mental Health
Youth in Transition
Survivors of Suicide Loss
The Vermont Center for the Prevention and Treatment of Sexual Abuse
Twinfield Union School
Union Institute & University
United Counseling Services
University of Vermont
University of Vermont, Center for Health and Well Being
University of Vermont, College of Medicine
University of Vermont, Department of Pediatrics
University of Vermont Medical Center
US Department of Veterans Affairs, WRJ
Vermont 2-1-1, United Way
Vermont Agency of Education
Vermont Agency of Human Services
Vermont Army National Guard
Vermont Association for Mental Health and Addiction Recovery
VAMH-Friends of Recovery VT
Vermont Association of Business Industry and Rehabilitation
Vermont Blueprint for Health
Vermont Care Partners
Vermont Child Health Improvement Program
Vermont Council of Developmental and Mental Health Services
Vermont Department of Children and Families
Vermont Department of Corrections
Vermont Department of Disabilities, Aging and Independent Living
Vermont Department of Health
VDH Division of Alcohol and Drug Abuse Programs
VDH Division of Maternal and Child Health
Vermont Department of Mental Health
Vermont Federation of Families for Children's Mental Health
Vermont National Guard Military Family Services
Vermont Psychiatric Association



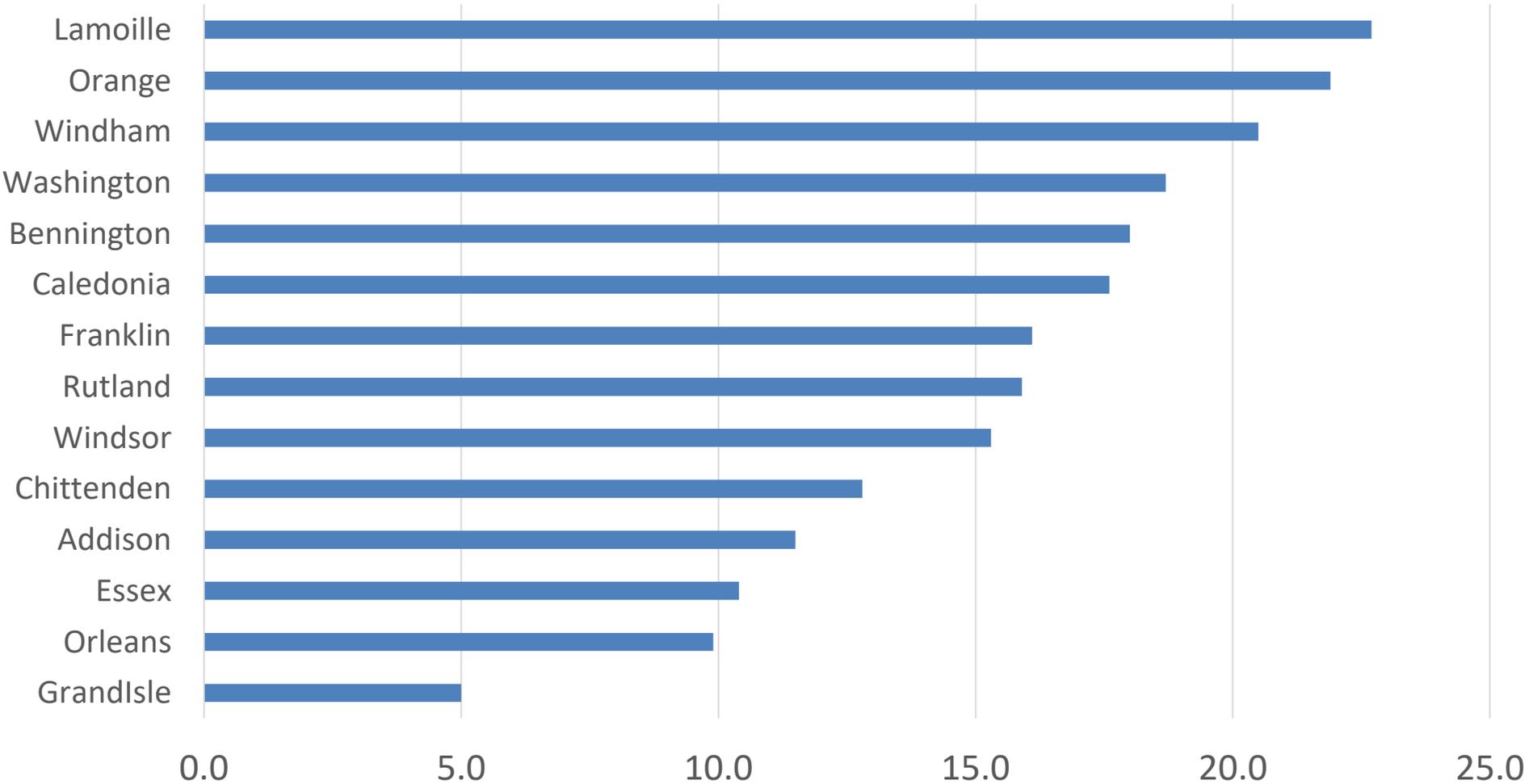
Populations at Higher Risk



- People with economic insecurity
- Run-away, Homeless, Disenfranchised
- High risk substance use
- Co-occurring mental health disorders
- Prior suicide exposure in family
- LGBTQ
- Disabilities
- Veterans
- Native, indigenous, and refugee populations
- Domestic Violence

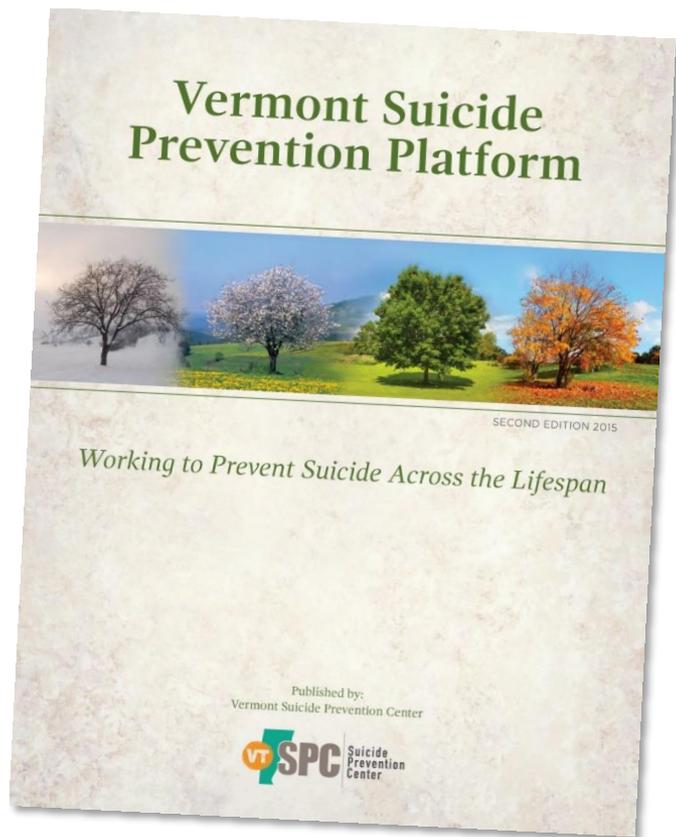
Vermont Suicide Deaths Vary with Geography and Demographics

2012 - 2014 Death Rates per 100,000 residents, by VT County



AHS Recommendations

- SUPPORT for PUBLIC EDUCATION & INFORMATION
- BUILD SUICIDE PREVENTION INFRASTRUCTURE & POLICY
- ADVANCE EVIDENCE-BASED AND BEST PRACTICES FOR SUICIDE PREVENTION THROUGH WORKFORCE DEVELOPMENT
- PROMOTE SOCIAL & EMOTIONAL WELLNESS



Eleven Goals

Goal #7

Promote suicide prevention, screening, intervention, and treatment as core components of health care services with effective clinical and professional practices.

www.vtspc.org>VermontSuicidePrevention

No. 34. An act relating to evaluation of suicide profiles. (H.184) 2018

- It is hereby enacted by the General Assembly of the State of Vermont:
Evaluation of Suicide Profiles
- On or before January 15, 2020 report to the legislature...the Agency's recommendations and action plans

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Essential Element #1: Authorize



1. Designate a lead division or organization

2. Identify and secure resources required to carry out all six essential elements

3. Maintain a state suicide prevention plan that is updated every 3-5 years

4. Authorize the designated suicide prevention agency to develop, carry out, and evaluate the suicide prevention plan

5. Require an annual report to the legislature or governor on the state of suicide and prevention efforts, the extent and effectiveness of any statute or rule related to suicide, and emerging needs

Green represents foundational infrastructure and yellow represents advanced infrastructure.

Essential Element #2: Lead



1. Maintain a dedicated leadership position

2. Identify and fund core staff positions, training, and technology needed to carry out all six essential functions

3. Develop capacity to respond to information requests from officials, communities, the media, and the general public

4. Where interests intersect, establish a formal connection between the relevant government divisions or offices

5. Build staff capacity to effectively communicate across multiple audiences and formats

6. Develop division/agency commitment to spur cross-discipline collaboration and integrate programs across funding sources

SYSTEMATIC SUICIDE CARE

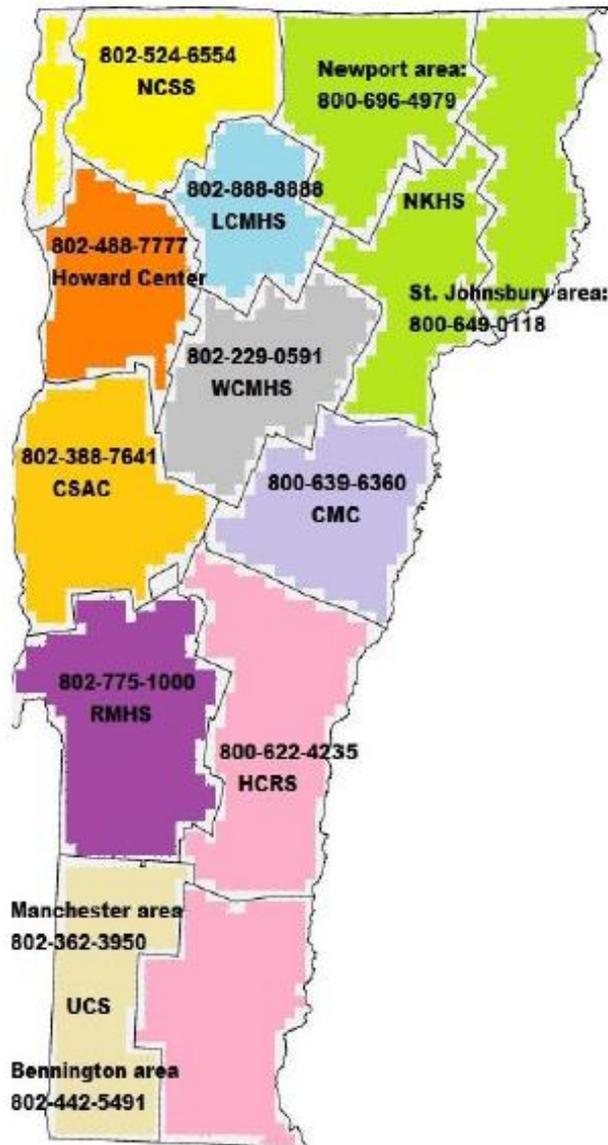
Bridging the Gaps

(Adapted from the *National Action Alliance for Suicide Prevention*, 2010)





**IF YOU OR A LOVED ONE IS EXPERIENCING A
MENTAL HEALTH CRISIS AND NEED
HELP, CALL YOUR LOCAL 24/7 CRISIS LINE:**



Vermont's Community Mental Health Centers

Clara Martin Center [CMC] claramartin.org

Counseling Service of Addison County
[CSAC] csac-vt.org

Healthcare and Rehabilitation Services
[HCRS] hcrs.org

Howard Center howardcenter.org

Lamoille County Mental Health Services
[LMCHS] Lamoille.org

Northeast Kingdom Human Services
[NKHS] nkhs.org

Rutland Mental Health Services [RMHS]
Rmhscn.org

Northwestern Counseling & Support
Services [NCSS] ncssinc.org

United Counseling Service of Bennington
County [UCS] ucsvt.org

Washington County Mental Health
[WCMHS] wcmhs.org

**Note: Websites here are for information
purposes and not intended as a resource or
means of contact during an acute crisis.**

Need help?

- ❖ Talk to a family member, friend, health care provider or faith leader
- ❖ Call your local mental health agency or crisis team
- ❖ Text the Vermont Crisis Text Line:
VT to 741741
- ❖ Call the National Suicide Prevention Lifeline: 800-273-TALK (8255)

Resources for help can be found at:

www.vtspc.org

In a Crisis?
Text VT to 741741
Crisis Text Line | Free - 24/7 - Confidential

THE **TREVOR** PROJECT
LGBTQ CRISIS HOTLINE
CALL 1-866-488-7386

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

 **Veterans
Crisis Line**
1-800-273-8255 **PRESS 1**

Vermont Suicide Prevention Center



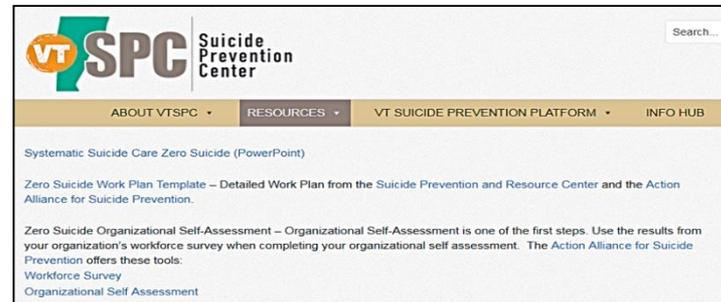
➤ www.vtspc.org > Zero Suicide



Scroll down to:

➤ Tools and Resources to Support Zero Suicide including:

- Zero Suicide Organizational Self-Assessment
- Zero Suicide Workforce Development Survey



Contact us!

info@healthandlearning.org

www.vtspc.org



CHL
CENTER FOR HEALTH
AND LEARNING
HEALTHY LIVING MATTERS

www.healthandlearning.org

Contact Us



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