



Examples of Evidence-Based Programs & Activities for Mini-Grant Proposals

Below are possible mini-grant activities. Each category of youth serving organizations has a separate table. To date, the following tables have been created: Schools (secondary), Colleges & Universities, Juvenile Justice, and Mental Health professionals. This is a working document and will be added updated on a regular basis. Contact Colleen Carpenter if you aren't seeing what you need below or have additional questions: carpentc@ipfw.edu, 260-481-0533.

Schools (Secondary)

CURRICULUM FOR STUDENTS				
Name	Description	More info	Contact	Cost
Lifelines (for middle and high schools)	This program targets information and attitudes about suicide, help seeking, and school resources; discussion of warning signs and role-playing; and two videos that depict appropriate and inappropriate responses to a suicidal peer. This program also includes a training for staff on helping youth at risk, and guidance on policy and protocols regarding suicide prevention, intervention, and postvention.	http://www.sprc.org/featured_resources/bpr/ebp_PDF/lifelines.pdf	To purchase: smanganiello@hazelden.org Program questions: Maureen Underwood: maureenunderwood@aol.com	\$149
Response (high school only)	RESPONSE is designed to increase awareness, heighten sensitivity to depression and suicidal ideation, change attitudes, and offer response procedures to refer a student at risk for suicide. Also includes a 2-hour staff training.	www.ColumbiaCare.org http://www.sprc.org/featured_resources/bpr/PDF/RESPONSE_FactSheet.pdf	jhollingworth@columbiaicare.org	\$375
SOS (middle and high school)	The program focuses on educating youth how to identify warning signs and symptoms of depression, self-injury, and suicidality and to respond effectively by seeking help from a trusted adult. SOS teaches youth how to ACT (Acknowledge, Care and Tell) in the face of a mental health emergency.	Info on High School program: http://www.mentalhealthscreening.org/highschool/index.aspx Info on Middle School program: http://www.mentalhealthscreening.org/middleschool/index.aspx http://www.nrepp.samhsa.gov/programfulldetails.asp?PROGRAM_ID=66	sosinfo@mentalhealthscreening.org 781-239-0071	\$300



Yellow Ribbon	The Yellow Ribbon Program educates students on the warning signs for suicide and how to ask for help, Yellow Ribbon cards are distributed for students to carry as a tool to use to ask for help when feelings of suicide arise. Yellow Ribbon also has Be-A-Link!® Suicide Prevention Gatekeeper Training for Adults; Parent and Community Seminars and Workshops; and Ask4Help!® Lifeskills	http://www.yellowribbon.org/	Ask4help@yellowribbon.org 303-429-3530	Contact organization
TRAINING FOR STAFF				
Name	Description	More info	Contact	Cost
safeTALK (for all non-student service staff)	safeTALK is a 3-hour interactive training program for staff that teaches participants to recognize the risk of suicide and refer those at risk to help. Six video scenarios and practice are included. To become a safeTALK Trainer, you must attend an 8-hour training and have attended an ASIST training in the past. ASIST, a 2-day suicide intervention training (see below).	http://www.livingworks.net/ST.php	Program info: info@livingworks.net Scheduling: bhfsi@ipfw.edu	Per person: \$35 For a group: \$200 + \$7/person for materials + travel costs To become a Trainer: \$270 + travel/lodging
QPR Question, Persuade, and Refer (for all non-student service staff)	QPR is 2-hour training program for school staff and parents, however the training can be adapted to teach students to be able to recognize other students at risk and how to get them help. Information on suicide in Indiana is also included. Also available on-line. To become a QPR Trainer, you must attend a 8-hour training.	http://www.qprinstitute.com	Program info: qprinstitute@qwest.com Scheduling: bhfsi@ipfw.edu	Per person: Approx \$15 For a group: \$100 + \$5/person for materials + travel costs To become a Trainer: \$395/person + travel/lodging



ASIST Applied Suicide Intervention Skills Training <u>(for all student service staff)</u>	ASIST is a 2-day course designed to help individuals learn how to intervene with actively suicidal individuals. ASIST is highly recommended for staff that are likely to deal with high risk youth or for those that youth turn to in crisis such as Guidance Counselors, Social Workers, Nurses, and School Psychologists. To become an ASIST Trainer, you must attend a 5-day training held outside of Indiana.	http://www.livingworks.net/AS.php	Program info: info@livingworks.net Scheduling: bhfsi@ipfw.edu	Per person: Approx-\$150 per person For a group: \$1000 + \$35/ person for materials + travel/lodging To become a Trainer: \$2600 + travel/lodging
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PEER LEADER PROGRAMS FOR STUDENTS

Name	Description	More info	Contact	Cost
Natural Helpers® program	Based on the premise that students turn to each other before talking to an adult, Natural Helpers® identifies the [middle and high school] students that others go to for help, and gives these "Natural Helpers" the skills to help their friends and to know when to report to an adult. Peer helpers have on-going support from guidance counselors and each other.	http://teacherstore.discovery.com/stores/servlet/ProductDisplay?catalogId=10003&storeId=10003&productId=61213&langId=-1&search=Y&searchKey=0	See left	\$495.00 for a Natural Helpers® Kit
Sources of Strength	Sources of Strength is based on building resiliency. A diverse group of peer leaders are trained along with adult mentors to spread positive social norms. The main goals are to change teen norms around help seeking and encouraging teens to connect with supportive adults when they are in distress.	Contact person at right for an information sheet	Email: marklomurray@gmail.com	Contact person at left

POLICIES AND PROTOCOL DEVELOPMENT

Name	Description	More info	Contact	Cost
Maine Youth Suicide Prevention	A national model for school prevention, intervention,	http://www.sprc.org/featured_resource	Cheryl DiCara:	free



Intervention and Postvention Guidelines	and postvention guidelines.	s/bpr/PDF/Maine_BPR_FactSheet.pdf Entire document: http://www.maine.gov/suicide/docs/guidelines.pdf	Cheryl.M.DiCara@maine.gov	
Youth Suicide Prevention School-based Guide	The Guide provides a framework for schools to assess their existing or proposed suicide prevention efforts (through a series of checklists) and provides resources and information that school administrators can use to enhance or add to their existing program.	Entire document: http://theguide.fmhi.usf.edu/ Overview: http://theguide.fmhi.usf.edu/pdf/Overview.pdf	Steve Roggenbaum: roggenbaum@fmhi.usf.edu	free
Managing Sudden Traumatic Loss in the Schools	How a suicide death is handled may determine whether additional or 'copy cat' suicides occur. This document is a model for school postvention policy and protocol. Workshops using the book are available.	http://www.psybc.com/pdfs/Loss_article.pdf	University of Medicine or Dentistry of New Jersey, University Behavioral Health Care, Office of Prevention Services and Research, Piscataway, New Jersey. 732-235-9260 OR Karen Dunne Maxim: maximkd@comcast.net	Contact University Behavioral Health Care (left)
RESILIENCY/SKILL BUILDING PROGRAMS				
Reconnecting Youth	RY is a semester-long class for at-risk high school youth geared toward decreasing drug use, anger, depression, and suicidal behavior. Goals include increasing school performance, decreasing drug involvement, and decreasing suicide risk.	http://www.reconnectingyouth.com/	merridy@reconnectingyouth.com	Approx \$1600 (see website)
CAST (Coping and Support	CAST is a 12-session, small group prevention program	http://www.reconnectingyouth.com/CA	merridy@reconnect	Approx



<p>Training)</p>	<p>designed to decrease suicide and related risk factors and enhance personal and social life skills. It is for at-risk students. The program goals include decreasing: suicide risk and emotional distress, drug involvement, and school problems.</p>	<p>ST/</p>	<p>tingyouth.com</p>	<p>\$2000 (see website)</p>
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Colleges and Universities

RESILIENCY/SKILL BUILDING PROGRAMS				
Name	Description	More info	Contact	Cost
ULifeline.ORG	ULifeline is an online resource for college students to acquire information about suicide prevention and mental health resources with anonymity and supports needed to prevent suicide.	http://www.ulifeline.org/main/page/203/SuicidePrevention	www.Ulifeline.org	See website
The Jed Foundation	A leading organization that works to prevent suicide and improve the mental health of university students and is supervised by a board of mental health professionals.	www.jedfoundation.org/libraryNews_colleges_prevention.php http://www.sprc.org/featured_resources/bpr/PDF/JedFoundation_factsheet.pdf	http://www.jedfoundation.org	See website
TRAINING FOR STAFF				
Screening for Mental Health: CollegeResponse[®]	CollegeResponse [®] offers programs to promote suicide prevention, early detection and treatment of under-diagnosed and treatable mental health disorders and alcohol problems that affect the lives of college students.	Colleges/universities may register for one or all of the screening programs available through CollegeResponse [®] .	college@mentalhealthscreening.org	Program Info: 781-239-0071
Assessing & Managing Suicide Risk Core Competencies for Mental Health Professionals	This SPRC one-day evidenced-based training for clinical mental health professionals, university based professionals, and employee assistance professionals focuses on 15 core competencies that are core to assessing and managing suicide risk. This training is a collaboration of the American Association of Suicidology and Suicide Prevention Resource Center.	http://www.sprc.org/traininginstitute/amsc/clincomp.asp mmathis@edc.org	202-572-3789 mmathis@edc.org	Approx. \$30.00 to \$150.00
Recognizing and Responding to Suicide Risk: Essential Skills for	Recognizing and Responding to Suicide Risk: Essential Skills for Clinicians (RRSR) is a two-day advanced,	www.suicidolgy.org/trainingRRSR	prothenberg@suicidology.org	\$4225 per event plus



Clinicians	interactive training based on established 25 <u>core competencies</u> that mental health professionals need in order to effectively assess and manage suicide risk.			participant fee \$60 per individual.
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Juvenile Justice Organizations

CURRICULUM FOR YOUTH				
Name	Description	More info	Contact	Cost
Lifelines	This program targets information and attitudes about suicide and help seeking; discussion of warning signs and role-playing; and two videos that depict appropriate and inappropriate responses to a suicidal peer. This program also includes a training for staff on helping youth at risk. Originally created for schools, it can be adapted for other settings.	http://www.sprc.org/featured_resources/bpr/ebpp_PDF/lifelines.pdf	To purchase: smanganiello@hazelden.org Program questions: Maureen Underwood: maureenunderwood@aol.com	\$149
Reconnecting Youth	RY is a semester-long class for at-risk high school youth geared toward decreasing drug use, anger, depression, and suicidal behavior. Goals include increasing school performance, decreasing drug involvement, and decreasing suicide risk.	http://www.reconnectingyouth.com/	merridy@reconnectingyouth.com	Approx \$1600 (see website)
CAST (Coping and Support Training)	CAST is a 12-session, small group prevention program designed to decrease suicide and related risk factors and enhance personal and social life skills. It is for at-risk students. The program goals include decreasing: suicide risk and emotional distress, drug involvement, and school problems.	http://www.reconnectingyouth.com/CAST/	merridy@reconnectingyouth.com	Approx \$1400 (see website)
TRAINING FOR STAFF				
Name	Description	More info	Contact	Cost
safeTALK (For all direct care staff)	safeTALK is a 3-hour interactive training program for staff that teaches participants to recognize the risk of suicide and refer those at risk to help. Six video scenarios and practice are included. To become a safeTALK Trainer, you must attend an 8-hour training and have attended an ASIST training in the past. ASIST, a 2-day suicide	http://www.livingworks.net/ST.php	Program info: info@livingworks.net Scheduling: bhfsi@ipfw.edu	Per person: \$35 For a group: \$200 + \$7/person for materials + travel costs



	intervention training (see below).			To become a Trainer: \$270 + travel/lodging
QPR Question, Persuade, and Refer (For all direct care staff)	QPR is 2-hour training program for staff, however the training can be adapted to teens to be able to recognize other students at risk and how to get them help. Information on suicide in Indiana is also included. Also available on-line.	http://www.qprinstitute.com	Program info: qprinstitute@qwest.com Scheduling: bhfsi@ipfw.edu	Per person: Approx \$15 For a group: \$100 + \$5/person for materials + travel costs To become a Trainer: \$395/person + travel/lodging
ASIST Applied Suicide Intervention Skills Training (for group leaders, case workers, mental health professionals)	ASIST is a 2-day course designed to help individuals learn how to intervene with actively suicidal individuals. ASIST is highly recommended for staff that is likely to have daily contact with at-risk youth, including mental health professionals. To become an ASIST Trainer, you must attend a 5-day training held outside of Indiana.	http://www.livingworks.net/AS.php	Program info: info@livingworks.net Scheduling: bhfsi@ipfw.edu	Per person: Approx-\$150 per person For a group: \$1000 + \$35/person for materials + travel/lodging To become a Trainer: \$2600 + travel/lodging



Mental Health Providers

CURRICULUM FOR YOUTH				
Reconnecting Youth	RY is a semester-long class for at-risk high school youth geared toward decreasing drug use, anger, depression, and suicidal behavior. Goals include increasing school performance, decreasing drug involvement, and decreasing suicide risk.	http://www.reconnectingyouth.com/	merridy@reconnectingyouth.com	Approx \$1600 (see website)
CAST (Coping and Support Training)	CAST is a 12-session, small group prevention program designed to decrease suicide and related risk factors and enhance personal and social life skills. It is for at-risk students. The program goals include decreasing: suicide risk and emotional distress, drug involvement, and school problems.	http://www.reconnectingyouth.com/CAST/	merridy@reconnectingyouth.com	Approx \$1400 (see website)
TRAINING FOR <u>CLINICAL STAFF</u>				
Name	Description	More info	Contact	Cost
QPRT (Question, Persuade, and Refer Treat) Suicide Risk Assessment and Management Training Workshop	This basis training course introduces mental health professionals to suicide risk detection; risk assessment and risk management from a medical, psychological, and legal perspective. At the conclusion of the course participants should be able to conduct a risk assessment, complete the QPRT Suicide Risk Management Inventory, and engage in at-risk-clients and /or family in a shared risk management plan based on informed consent.	www.kyspt.com	Program info: Scheduling: www.kyspt.com Trainer: Michael McFarland, LMFT, M.S., MFT Mcfarland.m@insightbb.com	\$ 45.00 materials fee + overall trainer fee (contact Trainer for more info).
Assessing & Managing Suicide Risk Core Competencies for Mental Health Professionals	This SPRC one-day evidenced-based training for clinical mental health professionals, university based professionals, and employee assistance professionals focuses on 15 core competencies that are core to	http://www.sprc.org/traininginstitute/amsr/clincomp.asp mmathis@edc.org	202-572-3789 mmathis@edc.org	Approx. \$150.00 per person



	assessing and managing suicide risk. This training is a collaboration of the American Association of Suicidology and Suicide Prevention Resource Center.			
Recognizing and Responding to Suicide Risk: Essential Skills for Clinicians	Recognizing and Responding to Suicide Risk: Essential Skills for Clinicians (RRSR) is a two-day advanced, interactive training based on established 25 <u>core competencies</u> that mental health professionals need in order to effectively assess and manage suicide risk.	www.suicidolgy.org/trainingRRSR	prothenberg@suicidology.org	\$4225 per event plus participant fee \$60 per individual.
CALM (Counsel on Access to Lethal Means)	Restricting access to lethal means for those who are suicidal is an evidence-based strategy. This training is for mental health and health care workers to counsel parents and caregivers to remove lethal means from the home of suicidal youth.	http://www.hsph.harvard.edu/means-matter/examples-of-means-restriction-programs/index.html	Lori Lovett: llovett@iupui.edu	Free until Oct 1, 2011
TRAINING FOR NON-CLINICAL STAFF				
safeTALK (for reception, supervisory staff)	safeTALK is a 3-hour interactive training program for staff that teaches participants to recognize the risk of suicide and refer those at risk to help. Six video scenarios and practice are included. To become a safeTALK Trainer, you must attend an 8-hour training and have attended an ASIST training in the past. ASIST, a 2-day suicide intervention training (see below).	http://www.livingworks.net/ST.php	Program info: info@livingworks.net Scheduling: bhfsi@ipfw.edu	Per person: \$35 For a group: \$200 + \$7/person for materials + travel costs To become a Trainer: \$270 + travel/lodging
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				materials + travel costs To become a Trainer: \$395/person + travel/lodging
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Please see the Suicide Prevention Resource Center's Best Practice Registry for more information on these and other programs: http://www.sprc.org/featured_resources/bpr/ebpp.asp and SAMHSA National Evidence Based Practices Registry for other programs: <http://www.nrepp.samhsa.gov/>. For other questions, contact Colleen Carpenter, 260-481-0533.

UPDATE 11/6/09