Plan

- The public health approach
- What is a technical package?
- Strategies within the suicide prevention technical package
- Questions and Comments
The Public Health Approach to Prevention

1. Define and monitor the problem
2. Identify risk and protective factors
3. Develop and test prevention strategies
4. Disseminate successful strategies widely
What is a Technical Package?

...a select group of strategies based on the best available evidence to help communities and states sharpen their focus on priorities with the greatest potential to reduce suicide.
Technical packages are one of the six key components for effective public health program implementation

- Sharpen and focus what otherwise might be vague commitments to "action"
- Avoid a scattershot approach of a large number of interventions, many of which have only a small impact
- Achieve substantial and synergistic improvement in outcomes

CDC’s Technical Packages

- Child Abuse and Neglect (2016)
- Sexual Violence (2016)
- Youth Violence (2016)
- Intimate Partner Violence (2017)
- Suicide Prevention (2017)

http://www.cdc.gov/violenceprevention/pub/technical-packages.html
Technical Package has three components:

- **Strategies** – direction or actions to achieve the goal of preventing suicide
- **Approaches** – specific ways to advance the strategy
  - Example programs, policies, or practices
- **Evidence** – quality of data for each of the approaches in preventing suicide or its associated risk factors
Considerations for Inclusion

- Example programs, policies, & practices selected based on the best available evidence:
  - Meta-analyses, systematic reviews, or rigorous evaluation studies showing impacts on suicide, suicide attempts, or risk/protective factors
  - Beneficial effects on multiple forms of violence
  - Similar outcomes with different settings/populations
  - Feasibility of implementation in U.S. if evaluated in another country
  - No evidence of harmful effects on specific outcomes or with subgroups
## Preventing Suicidal behavior Technical Package

<table>
<thead>
<tr>
<th>Strategy</th>
<th>Approach</th>
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<tr>
<td>1. Strengthen economic supports</td>
<td>• Strengthen household financial security</td>
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<td>• Housing stabilization policies</td>
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<td>2. Strengthen access and delivery of suicide care</td>
<td>• Coverage of mental health conditions in health insurance policies</td>
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<td>• Reduce provider shortages in underserved areas</td>
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<td>• Safer suicide care through systems change</td>
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<td>3. Create protective environments</td>
<td>• Reduce access to lethal means among persons at-risk of suicide</td>
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<td>• Organizational policies and culture</td>
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<td>4. Promote connectedness</td>
<td>• Peer norm programs</td>
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<td>• Community engagement activities</td>
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<td>5. Teach coping and problem-solving skills</td>
<td>• Social-emotional learning programs</td>
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<td>• Parenting skill and family relationship approaches</td>
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<td>6. Identify and support people at risk</td>
<td>• Gatekeeper training</td>
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<td>• Crisis intervention</td>
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<td>• Treatment for people at-risk of suicide</td>
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<td>• Treatment to prevent re-attempts</td>
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<td>7. Lessen harms and prevent future risk</td>
<td>• Postvention (i.e., activities which reduce risk and promote healing after a suicide death)</td>
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<td>• Safe reporting and messaging about suicide</td>
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Strengthen Economic Supports

- **Strengthen household financial security**
  - Provide individuals with the financial means to lessen the stress and hardship associated with job loss or other unanticipated financial problems.

- **Housing stabilization policies**
  - Aim to keep people in their homes and provide housing options during times of financial insecurity.
Strengthen access to care

- Coverage of mental health conditions in health insurance policies
  
  Ensures that mental health services are covered on par with other health concerns.
Create Protective Environments

- **Reduce access to lethal means among persons at-risk of suicide**
  - Increases the time interval between the thought of suicide and an attempt.

- **Organizational policies and culture**
  - Promotes prosocial behavior, skill building, norms change, and access to helping services to positively impact organizational climate and morale.

- **Community-based policies to reduce excessive alcohol use**
  - Reduces a risk factor shown to be highly associated with suicides and suicide attempts.
Promote Connectedness

- **Peer norm approaches**
  - Normalize protective factors for suicide such as help-seeking and reaching out to trusted adults, and promote peer connectedness.

- **Community engagement**
  - Provides opportunities for residents to become more involved in the community and to connect with each other, organizations, and resources.
Teaching Coping & Problem-Solving Skills

- **Social-emotional learning**
  - *Provide children and youth with skills to resolve problems in relationships, school, and with peers, and help youth to address other negative influences associated with suicide.*

- **Parenting skills and family relationships**
  - *Enhance positive parent-child interactions, and improve children’s behavioral and emotional skills and abilities.*
Identify and Support People At Risk

▪ **Gatekeeper training**
  - Supports the identification of, and effective response to, people who may be at risk of suicide.

▪ **Crisis intervention**
  - Provides support and referral services to a person in crisis to lessen risk of suicide.

▪ **Treatment for people at-risk**
  - Provides therapeutic support for individuals with mental health problems and other risk factors of suicide.

▪ **Treatment to prevent re-attempts**
  - Engages people with recent suicide attempts using diverse modalities to protect them from reattempting suicide.
Intervene to Lessen Harms and Prevent Future Risk

- **Postvention**
  - Engages survivors of suicide to reduce their own risk of suicide.

- **Safe messaging**
  - Prevents suicide risk through promotion of responsible reporting by the media and others.
Sector Involvement

- Public health
- Education
- Government (local, state, federal)
- Social services
- Business and labor
- Other non-governmental organizations
- Health services
- Justice
- Housing
- Media
Monitoring and Evaluation

- Timely and reliable data
  - Monitor extent of problem & evaluate impact of prevention efforts
  - Program planning, implementation and assessment
Implementing the Technical Package

☐ Already engaged in suicide prevention
  ▪ Do your current efforts align with information included in the technical package?
  ▪ Are there ways the technical package can advance your work?

☐ Not yet engaged in suicide prevention
  ▪ Can you use the package to plan and prioritize your efforts?
VetoViolence.cdc.gov

Violence Prevention in Practice
addresses several forms of violence

Child Abuse and Neglect
Intimate Partner Violence
Sexual Violence
Suicide
Youth Violence
7 phases in comprehensive violence prevention

- Planning
- Partnerships
- Policy Efforts
- Strategies and Approaches
- Adaptation
- Implementation
- Evaluation
Strategies & Approaches

Selecting a mix where you can make a difference

- Consider the Evidence
- Select a Mix of Strategies
- Identify a Set of Approaches
- Choose the Policies, Practices and Programs

Violence Prevention in PRACTICE
Violence Prevention in Practice

Stories

Policy Stories

Connecticut
Policy approaches can shape the social environments in which children grow up in ways conducive to better health and well-being. In 2015, Connecticut passed a provision in the state budget establishing what it calls a “two-generational” school readiness and workforce development pilot program to foster family economic self-sufficiency in low-income families. The program delivers early education and workforce services concurrently across generations (i.e., parent and child or caregiver). To oversee the program, the legislation established an interagency workgroup comprised of commissioners of the departments of public health, social services, early childhood, education, housing, transportation, labor, and corrections, as well as the chief court administrator, nonprofit and philanthropic organizations, and other business and academic professionals.

Source: ASTHO, Essential for Childhood Policy Guide. (pg. 5) http://www.astho.org/Prevention/Essentials-for-Childhood-Policy-Guide

Florida
Policy comes in many different forms including organizational policies. State and local health departments can help
Suicidal behavior is an important public health problem
There are successful ways to prevent it
Prevention requires a wide range of partners and a broad perspective
Opportunities exist to start efforts that work
The technical package is a tool to help states and communities take action
For more information

Division of Violence Prevention
National Center for Injury Prevention and Control
Centers for Disease Control and Prevention

1-800-CDC-INFO

Visit CDC’s page on the technical packages
https://www.cdc.gov/violenceprevention/pub/technical-packages.html

and other violence prevention pages
www.cdc.gov/violenceprevention
Thank You Being a Suicide Prevention Champion!
Extra slides
Technical Package Development

- Review of literature
- Written draft
- Identification of strategies & approaches
- Review by partners
- Editing and formatting of final product