

## Overview

The following goals, objectives, and strategies are designed to support a coordinated approach to reducing suicide in our state. A 2020-2021 action plan created with the input from nationally recognized experts in suicide prevention and key DPHHS stakeholders has guided the work to date and now this 2022-2023 updated plan will continue to track progress on the strategic activities of each of the five goals. DPHHS seeks to continue to build a strong suicide prevention infrastructure with key stakeholders and partners across the state and looks forward to sharing bi-annual updates.

## Alignment to DPHHS Strategic Goals

The following plan outlines key strategies to reduce the suicide rate in Montana and aligns with DPHHS's 2019-2024 strategic plan in improving and protecting the health, well-being and self-reliance of all Montanans. The Suicide Prevention Strategic Plan correlates directly to DPHHS's goals to promote health equity and improve population health; strengthen the economic and social well-being of Montanans across the lifespan; ensure all children and youth achieve their highest potential; effectively engage stakeholders; and ensure core business services are efficient, innovative and transparent.

## Goal 1

***Implement a suicide prevention program at the department based upon the best available evidence***

### **Objective 1.1**

Dedicate core staff positions to carry out essential functions of DPHHS's suicide prevention efforts

### **Objective 1.2**

Implement bi-annual suicide prevention action plan

### **Objective 1.3**

Coordinate and integrate DPHHS's suicide prevention activities through the Suicide Prevention Program, encouraging cross-department collaboration and integration of programs across funding sources within state government.

### **Objective 1.4**

Provide recommendations for changed or amended policies to DPHHS based on published data, best practices, and state-specific data analysis

## Goal 2

***Develop a comprehensive communication plan***

### **Objective 2.1**

Research effective suicide prevention messaging and explore resources to create and disseminate public awareness messaging

### **Objective 2.2**

Direct resources towards identifying and implementing evidence-based strategies to reduce access to lethal means through messaging for target groups

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## Goal 3

***Identify and use available resources needed to guide state, tribal, county, and local efforts, including crisis response efforts***

**Objective 3.1**

Oversee an overall suicide prevention training plan for prevention and intervention trainings within communities

**Objective 3.2**

Strengthen the crisis response system infrastructure in Montana

## Goal 4

***Build a multi-faceted, lifespan approach to suicide prevention***

**Objective 4.1**

Support efforts to ensure a systematic approach to provide suicide safer care by partnering with healthcare and behavioral health programs

**Objective 4.2**

Build capacity within the public health system to prevent suicide in Montana

**Objective 4.3**

Develop and support suicide prevention programs to address suicide prevention with at-risk groups in Montana<sup>17</sup>

**Objective 4.4**

Establish policies, model practices, and develop resources in preparation for post-suicide response (postvention), including in the event of a suicide cluster

**Objective 4.5**

Establish a Suicide Prevention Task Force at the state level and receive feedback on actions taken to-date and the Suicide Prevention Strategic Plan

## Goal 5

***Support high quality, privacy-protected suicide morbidity and mortality data collection and analysis***

**Objective 5.1**

Increase the use of data to understand the problem of suicide and effectively target interventions<sup>20</sup>

**Objective 5.2**

Establish a system for using and communicating data

## Addendum

***Per HB549, information specific to active duty members, reserve members, and guard members of the uniformed services and veterans. The plan includes:***

- An assessment of both risk and protective factors impacting the suicide rates of active duty members, reserve members, and guard members of the uniformed services and veterans in Montana
- specific activities to reduce suicide, including activities directed at active duty members, reserve members, and guard members of the uniformed services and veterans
- concrete targets and measurable outcomes for suicide reduction among various demographic populations, including but not limited to American Indians, active duty members, reserve members, and guard members of the uniformed services and veterans, and youth.