Suicide Prevention Resources for Youth

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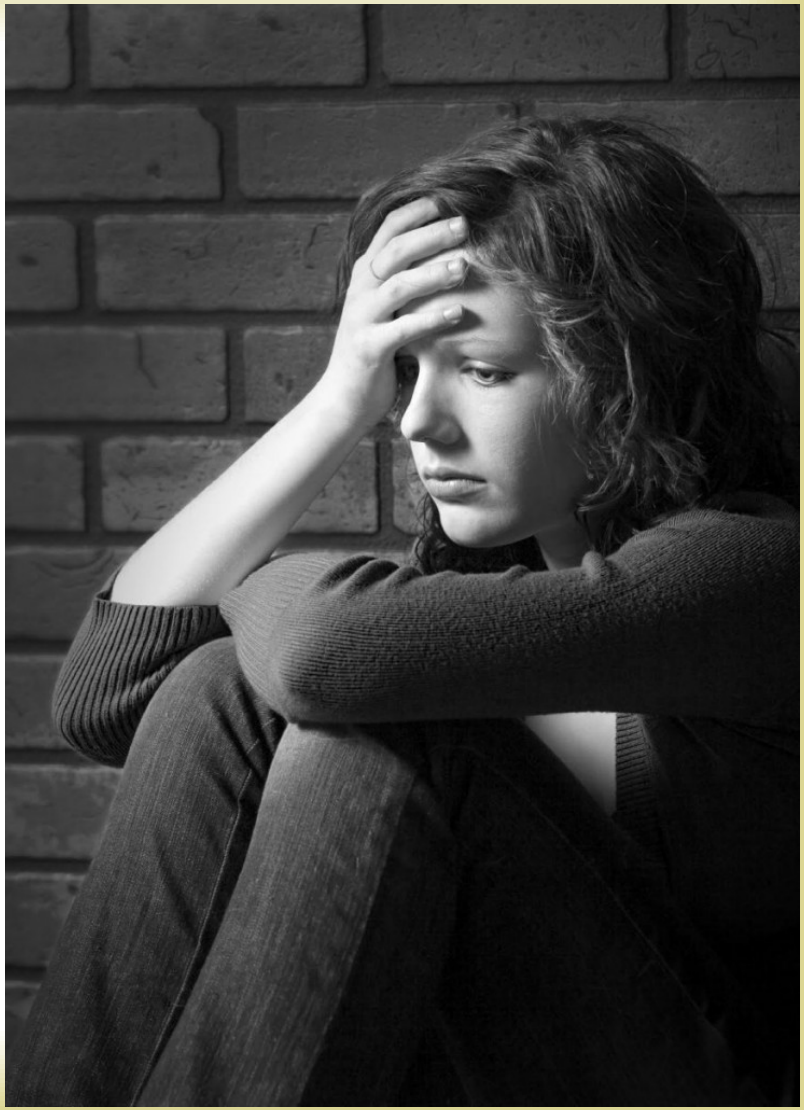
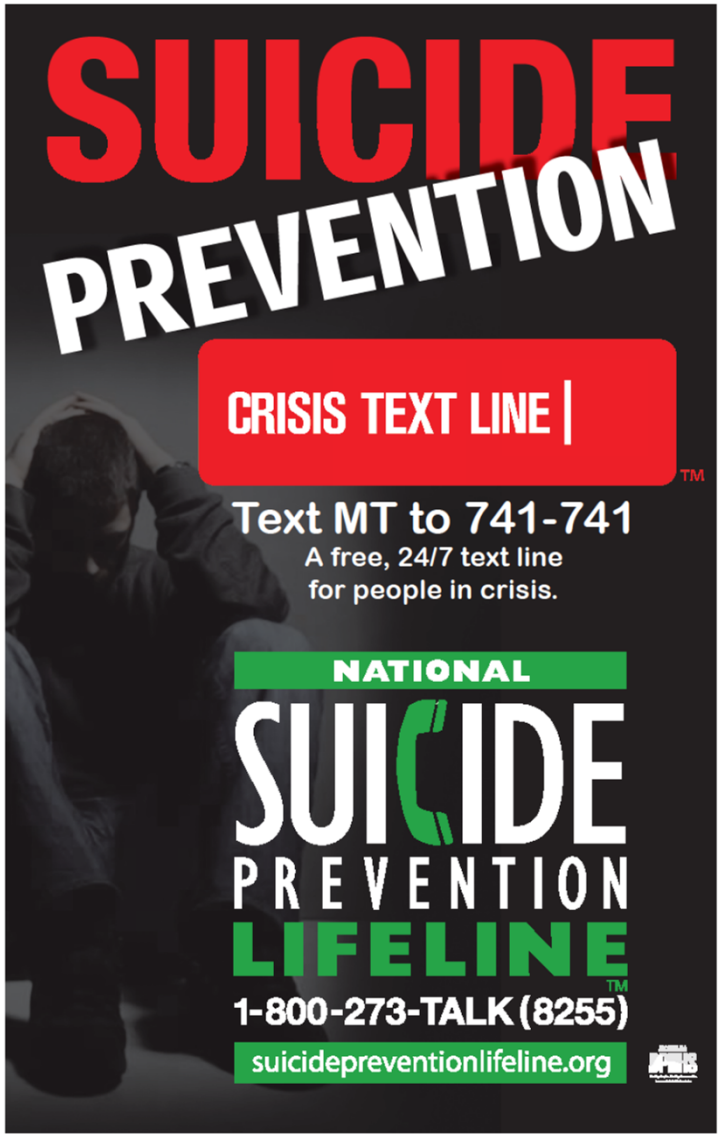


MONTANA DPHHS
Healthy People. Healthy Communities.
Department of Public Health & Human Services

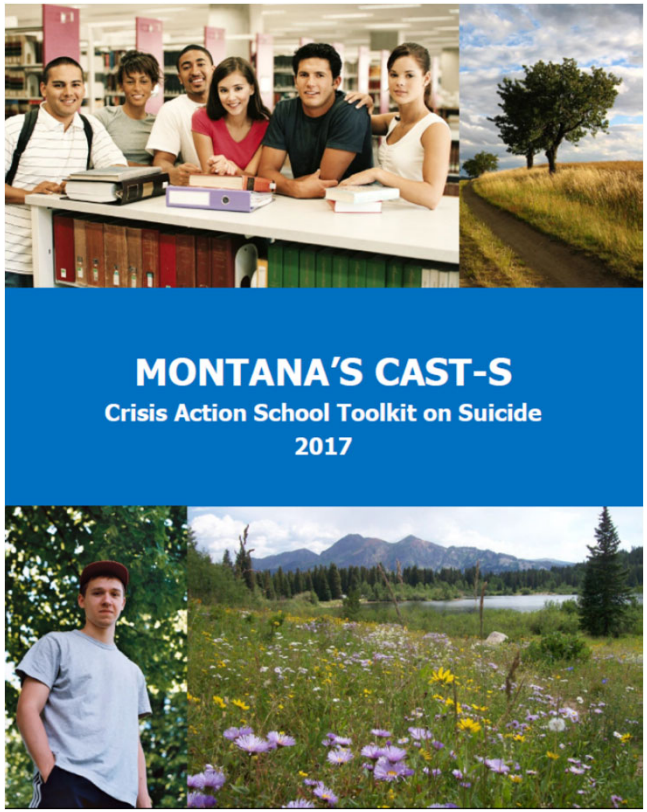
Depression is Treatable
Suicide is Preventable

If you are in crisis
and want help,
call the
Montana Suicide Prevention Lifeline,
24/7, at
1-800-273-TALK
(1-800-273-8255)
Or text **"mt"** to **741 741**

www.dphhs.mt.gov/suicideprevention



Other Suicide Prevention Resources for Schools



- Assists high schools and school districts in designing and implementing strategies to prevent and respond to suicides and promote behavioral health. Includes tools to implement a multi-faceted suicide prevention program that responds to the needs and cultures of students and postvention guidelines.
- Available free at www.dphhs.mt.gov/suicideprevention

Other Evidenced-Based Suicide Prevention Programs

SOS: Signs of Suicide

School-based program which aims to raise awareness of suicide and reduce stigma of depression There is also a brief screening for depression and other factors associated with suicidal behavior.

Evidenced-Based Suicide Prevention Programs

QPR

- A two hour training that provides anybody the basic tools on how to intervene with a suicidal person

Mental Health Promotion in our high schools

Youth Aware of Mental Health (YAM)

YAM is an interactive program for adolescents promoting increased discussion and knowledge about mental health, suicide prevention, and the development of problem-solving skills and emotional intelligence.

Other Evidenced-Based Prevention Programs

Good Behavior Game

The classroom management strategy is designed to improve aggressive/disruptive classroom behavior. It is implemented when children are in 1st or 2nd grade in order to provide students with the skills they need to respond to later, possibly negative, life experiences and societal influences. Studies have suggested that implementing the "Good Behavior Game" may delay or prevent onset of suicidal ideations and attempts in early adulthood.

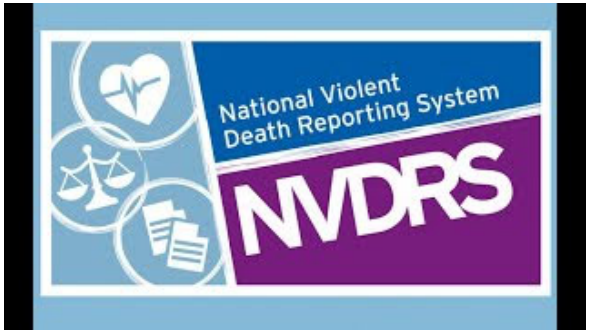
Other Resources

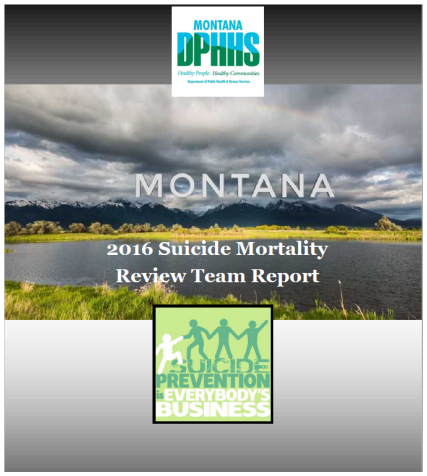
Suicide Prevention Toolkit for Primary Care Physicians

Suicide assessment and intervention kit designed for physicians practicing in rural communities.

Data Surveillance

- Montana is now part of the CDC's National Violent Death Reporting System, reviewing every suicide that occurs in the state to better understand the demographics and factors in order to better focus prevention efforts.
- Grief resources provided to the next of kin for every suicide.
- The Suicide Prevention Coordinator is part of the State FICMMR team reviewing youth suicides.





HB118 Grants concerning youth

Tamarack Grief Resource Center (Missoula, Browning, CSKT, NW Montana)

Rural Behavioral Health Institute (Park, Madison, Gallatin Counties)

RiverStone Health (RSH) (Billings)

ANY
QUESTIONS?

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DPHHS Budget for Suicide Prevention

- General Fund — $400,000
  - 988 (Lifeline Centers) — $ 200,000
  - Trainings, programs, media, etc. — $ 120,000
  - Suicide Prevention Position — $ 80,000

- HB 118 Grants (yearly) — $500,000

- 988 Implementation
  - Mental Health Block Grant — $225,000 (yearly)
  - Corona Virus Response & Rescue Act — $850,000 (Through 3/2023)
  - American Rescue Plan Act — $500,000 (Through 6/2025)