



## Zero Suicide Resources for Healthcare 2020

The Vermont Suicide Prevention Center (VTSPC) is working with the Department of Mental Health to promote, cultivate, and support the implementation of Zero Suicide, an evidence-based set of principles and practices for preventing suicide within health and mental health systems. For more information contact: JoEllen Tarallo E: [joellen@healthandlearning.org](mailto:joellen@healthandlearning.org)

<b>Gatekeeper Training:</b> For more information and to register go to <a href="http://vtspc.org">vtspc.org</a>	
Mental Health First Aid	Community members and professionals learn about the continuum of mental health and how to recognize risk factors and warning signs of mental health problems. <u>For more information contact:</u> Lance Metayer E: <a href="mailto:Lance.metayer@ncssinc.org">Lance.metayer@ncssinc.org</a>
Umatter Gatekeeper Training for Healthcare	Healthcare professionals gain the skills to recognize risk factors and warning signs of people in distress and at risk of suicide, know what to say and do in response, and connect people with resources. <u>For more information contact:</u> Melissa Farr E: <a href="mailto:melissa@healthandlearning.org">melissa@healthandlearning.org</a>
Umatter Training of Trainers	Staff and community members gain the skills to train others in suicide prevention awareness. <u>For more information contact:</u> Melissa Farr E: <a href="mailto:melissa@healthandlearning.org">melissa@healthandlearning.org</a>
QPR	QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. QPR is a Gatekeeper training that can be used for any audience. In Vermont, contact: Ruth Marquette E: <a href="mailto:RMarquette@nkhs.net">RMarquette@nkhs.net</a>
<b>Workforce Development:</b> For more information contact <a href="mailto:info@healthandlearning.org">info@healthandlearning.org</a>	
Grand Rounds	Presentations for medical professionals to learn about the principles of Zero Suicide. Power point slides and technical assistance available upon request. <u>To access slides contact:</u> <a href="mailto:joellen@healthandlearning.org">joellen@healthandlearning.org</a>
Zero Suicide	Resources to guide implementation found here: <a href="https://vtspc.org/zero-suicide-page/zero-suicide-resources/">https://vtspc.org/zero-suicide-page/zero-suicide-resources/</a>
Zero Suicide Webinar Series	A 6-week series for teams of individuals from organizations interested in implementing Zero Suicide was held January – February 2019. To access webinar recordings: <a href="http://vtspc.org/zero-suicide-webinar-series">vtspc.org/zero-suicide-webinar-series</a> <ol style="list-style-type: none"> <li>1. Umatter Gatekeeper Training</li> <li>2. Zero Suicide Overview</li> <li>3. Using the Organizational Self Assessment</li> <li>4. Implementing the Workforce Development Survey</li> <li>5. Identification, Assessment, and Treatment of Suicidality</li> <li>6. Follow Up and Care Coordination</li> </ol>
VT Suicide Prevention Symposium	A Suicide Prevention Symposium is set for August 18, 2020 at Champlain College. Planning is in process (CEUs available) For more information: <a href="mailto:info@healthandlearning.org">info@healthandlearning.org</a>
<b>Information:</b> Access on our website <a href="http://vtspc.org">vtspc.org</a> or contact us at <a href="mailto:info@healthandlearning.org">info@healthandlearning.org</a>	
Zero Suicide Brochure	An overview of Zero Suicide for health care professionals provided by VTSPC and DMH. Download at <a href="http://vtspc.org/zero-suicide-page">vtspc.org/zero-suicide-page</a>
VTSPC website	Suicide Prevention information for community members, loss and attempt survivors, and professionals. <a href="http://www.vtspc.org">www.vtspc.org</a>
VTSPC Newsletter	Join our email list. <a href="http://bit.ly/CHL-VTSPC-news">http://bit.ly/CHL-VTSPC-news</a>
VTSPC Coalition	Representatives from public health, education, state agencies, advocacy groups, youth leadership, mental health services, and survivors – register to attend quarterly meetings held in March, June, September, December <a href="http://www.healthandlearning.org/events">www.healthandlearning.org/events</a>