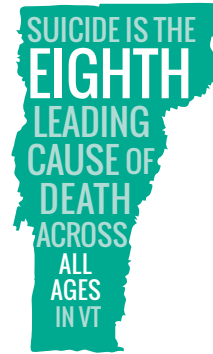
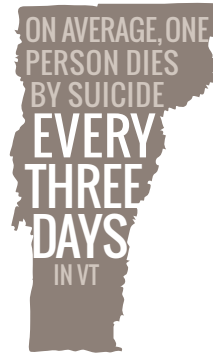


The Vermont Suicide Prevention Center (VTSPC) is a public-private partnership with Agency of Human Services, foundations, individuals and organizations. Created by the Center for Health and Learning, the mission of the VTSPC is to create health promoting communities, in which people have the knowledge, attitudes, skills and resources to reduce the risk of suicide in Vermont.

Data Calls Us to Action: *



* Based on 2016 data from the Center for Disease Control and Prevention.

1,149 PEOPLE were trained in Suicide Prevention by Vermont Suicide Prevention Center in 2018.



Creating Prevention Prepared Schools and Communities

Umatter: You may need help. You may provide help.

Umatter Trainings:

Umatter for Schools and Communities 5 EVENTS 121 PARTICIPANTS	Umatter Youth and Young Adults (YYA) 5 EVENTS 138 PARTICIPANTS	Umatter Training of Trainers 1 EVENT 28 PARTICIPANTS	Other Community Trainings 3 EVENTS 79 PARTICIPANTS
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Youth Initiated Community Action Projects developed by *Umatter* YYA groups:

- Community Dialogue Night
- Mental Health Mondays
- Health and Wellness Days
- Self-Care 'Zine for queer and trans youth
- *Umatter* Reach Out Day
- Creation of short film *Grasp*

What people are saying about *Umatter*:

"Umatter is a welcome addition to wellness promotion and prevention in our school. The program increases knowledge to support health promotion and skills for self-care and caring for others which prevent critical health problems like substance abuse and suicide. The curriculum is well constructed and easy to use."

– *Umatter* training attendee

Zero Suicide: Creating Suicide Safe Pathways to Care

2018 Zero Suicide Trainings: **8 EVENTS** **248 PARTICIPANTS**

Leadership and Clinical training for **24 Healthcare Organizations** including: Blue Cross Blue Shield of Vermont, One Care Vermont, Vermont Blueprint for Health, UVM Medical Center & Vermont Independent Providers

Leadership training for **13 Vermont Designated Mental Health Agencies**

Zero Suicide Pilot Sites:

95 CLINICIANS trained in Collaborative Assessment and Management of Suicidality (CAMS)

83 CLINICIANS trained in Counseling on Access to Lethal Means (CALM)

Averaged Percent of Total Scores for OSA Domains

The Pilot Sites conducted Organizational Self-Assessments (OSA) and Workforce Development Surveys, established priority areas and outcome measures. In the third year of implementation of Zero Suicide initiatives within their organizations, the Pilot Sites, on average, are showing progress in 5 of the 7 domains of implementation as shown to the right. Work continues in all domains to achieve a comprehensive Zero Suicide model.

OSA Domain	1	2	3
Create a leadership-driven, safety oriented culture	[Progress bar]		↑
Develop a competent, confident, and caring workforce	[Progress bar]		↑
Systemically identify and assess suicide risk	[Progress bar]		↑
Ensure every person has a suicide care management plan (pathway to care)/ Collaborative safety planning/ restriction of access to lethal means	[Progress bar]		↔
Use effective, evidence-based treatments that directly target suicidal thoughts and behaviors	[Progress bar]		↑
Provide continuous contact and support	[Progress bar]		↔
Apply a data-driven quality improvement approach	[Progress bar]		↑

Suicide Prevention Infrastructure in Vermont

Statewide Training Events:

Vermont Suicide Coalition Meetings
3 EVENTS **82 PARTICIPANTS**

Suicide Prevention Day at Vermont State House
100 PARTICIPANTS

Vermont Suicide Prevention Symposium
182 PARTICIPANTS

"The symposium had great evidence based practice information. There is so much to learn from other organizations and groups who deal with individuals suffering from suicide. The assessment scales and new information on substance use were very informative. Great job!" – Symposium attendee

Under funding from VT Department of Mental Health and VT Department of Health and in partnership with University of Vermont.

Public Information and Outreach:



VTSPC Website
19,364 PAGE VIEWS
7,598 USERS
88.2% NEW VISITORS



Vermont Crisis Text Line Website
4,995 PAGE VIEWS
3,657 USERS
92.2% NEW VISITORS
151% INCREASE FROM 2017



VTSPC Facebook Page
669 "LIKES"

VTSPC staff contribute to, serve on, and advise committees and groups including: Suicide Prevention Data and Surveillance Work Group; AHS Suicide Prevention Leadership Team; VT Youth Services Advisory Council; Youth Voice Community of Practice; VT Youth Advisory Council; Quechee Bridge Mitigation Advisory Group; Governor's Opioid Coordination Council; and Mental Health Advocacy Day