



Making a Difference



[www.VTSPC.org](http://www.VTSPC.org)

VT Suicide Prevention Center

IMPACT REPORT



ZERO SUICIDE

## VT Suicide Prevention Center (VTSPC) A Public-Private Partnership

### *Mission Statement*

*To create health-promoting communities,  
in which people have the knowledge,  
attitudes, skills and resources to  
reduce the risk of suicide in Vermont.*



# Zero Suicide

*VTSPC designed and facilitates zero suicide pilot projects in Chittenden, Franklin and the Grand Isle counties in partnership with Howard Center and Northwestern Counseling and Support Services*

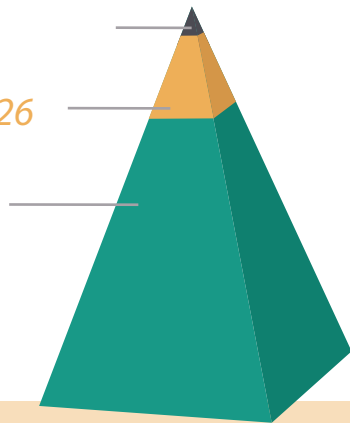
- 1. Clinicians' practice improvement- Increased comfort and competence. Increased focus on drivers of suicidal thinking and more direct intervention and treatment of these.*
- 2. Organizational leadership focus on supporting the implementation of specific components of Zero Suicide.*
- 3. Focus on safe and timely client handoffs between clinicians and programs.*

*Number of Suicides, Hospitalizations and Emergency Department Visits for Suicide Attempts in 2014*

● *Deaths: 114*

● *Hospitalizations: 326*

● *ED Visits: 1,183*



IN 2014, THERE WERE  
**1,509 HOSPITALIZATIONS OR ED VISITS**  
AMONG VT RESIDENTS AT VT HOSPITALS  
FOR SUICIDE ATTEMPTS

## Lethal Means Restriction in VT

### Quechee Bridge Mitigation Project

*VTSPC provided expert advice on the Quechee Bridge Mitigation Project in collaboration with the Agency of Transportation for a report to the legislature.*

*The project is in the process of installing crisis assistance signs and call boxes to the bridge.*



Number of Suicides at the Quechee Bridge  
Since 2003 – by Age

# Gun Shop Project

The VT Gun Shop Project (VT GSP) is a statewide awareness and prevention partnership between the **VT Department of Mental Health (DMH)**, the **VT Suicide Prevention Center (VTSPC)**, and leading organizations in the firearm owners' community, the **Vermont Federation of Sportsmen's Club Inc. (VFSC)** and **Gun Owners of Vermont (GOV)**.

**90%** OF VERMONT GUN DEATHS ARE DUE TO SUICIDE

## Over 250 posters & packets

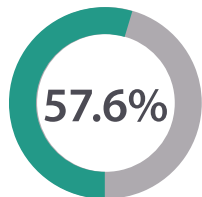
of material were distributed by volunteer members of the gun-owning community to ranges, gun shops, and individuals with Federal Firearms License to buy and sell firearms.

**15** Gun-Owners were trained as Gatekeepers to recognize signs, know what to say and how to get help.

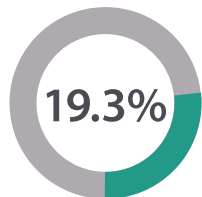


# Lethal Means in VT

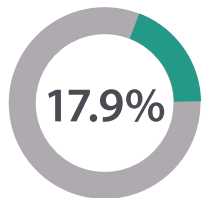
# VT Crisis Text Line



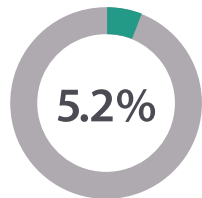
FIREARMS



POISONING



SUFFOCATION



OTHER

All ages: Distribution of leading means of suicide 2010–2013

*VTSPC Assisted VT Department of Mental Health to Launch the VT Crisis Text Line*



*The Top Areas Vermonters are Using the Crisis Text Line for Support:*

- Bullying
- Health Concerns
- Friend Issues
- Isolation

# Vermont Suicide Prevention Coalition

*A public-private partnership consisting of representatives from public health, education, health services, state agencies, non-profits, youth leadership, mental health services and survivors throughout the state.*

**65 Organizations** actively engage in the VT Suicide Prevention Coalition and meet on a quarterly basis to give input on statewide initiatives and receive professional development.

**ONLY 19-20%**  
OF THOSE WHO DIED BY SUICIDE IN 2014 WERE  
CLIENTS IN THE VT PUBLIC MENTAL HEALTH SYSTEM

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*“The Vermont Suicide Prevention Center is leading the way in coordinating efforts, educating the public, caregivers & gatekeepers. They are raising awareness about one of the most pressing public health crises in VT. Their work is literally saving lives!”*

*– Jaskanwar S. Batra, M.D.,  
Former Medical Director, VT Department of Mental Health*

## Umatter Youth & Young Adults Mental Health Wellness Promotion & Community Action

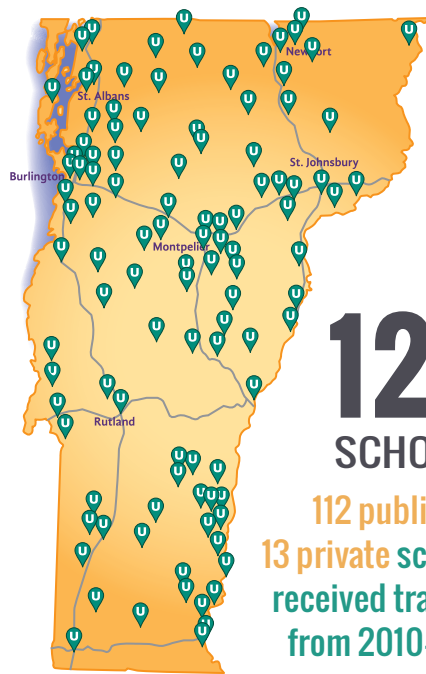
*Umatter YYA is a youth leadership and engagement initiative that promotes mental health wellness: healthy coping mechanisms among youth and the ability to recognize when they or a peer needs help, and how to get it.*

*The youth and young adults will undergo training, short courses, and conduct a youth directed community action project.*

# 12%

OF VT HIGH SCHOOL STUDENTS  
HAVE MADE A SUICIDE PLAN IN  
THE LAST YEAR (2015 YRBS)

Umatter FOR SCHOOLS



# 125

SCHOOLS

112 public and  
13 private schools  
received training  
from 2010-2016



# The **NEW** VTSPC.org

Visit Us &  
Like Us!

The screenshot shows the VTSPC.org website homepage. At the top left is the logo for the Vermont Suicide Prevention Center (VTSPC). To the right of the logo is a search bar and a yellow 'DONATE' button. Below the logo is a navigation menu with links for 'ABOUT VTSPC', 'RESOURCES', 'VT SUICIDE PREVENTION PLATFORM', 'INFO HUB', 'DONATE', and 'TRAINING & EVENTS'. The main heading reads 'We Work to Eliminate Suicide in VT'. Below this is a section titled 'OUR MISSION' with a collage of photos showing people in various settings. The mission statement is: 'To create health-promoting communities, in which people have the knowledge, attitudes, skills, and resources to reduce the risk of suicide in VT'. There are two call-to-action boxes: one for 'TAKE ACTION' (We are actively seeking donations to help us carry out our work. Help make a difference. Your support is...) and another for 'What We Know about Suicide Nationally and in Vermont' (Suicide is a public health issue that affects individuals and families of all ages, socio-). A red 'Find Help' button with a play icon is also visible.

*Suicide is a public health issue that affects individuals and families of all ages, socio-economic groups, and of all cultural and ethnic backgrounds. Social attitudes about suicide influence the ability of people to get the help they need and often make it difficult to offer support after an attempt or death.*

**103** VERMONTERS  
DIED BY SUICIDE  
IN 2015\*

VT IS  
**#19**  
OUT OF  
50 STATES  
IN THE RATE OF  
SUICIDES (2015)\*

VTSPC Website Analytics January 1 - December 31, 2016



8,232 Sessions  
6,559 Users  
15,066 Page Views  
79.3% New Visitors

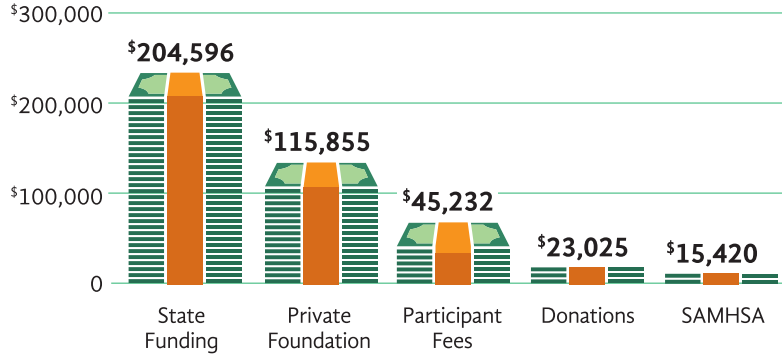


VTSPC Facebook  
Currently  
491 Likes

*\*(American Association of Suicidology, 2015)*

# Diversified Funding Sources

## 2016 SUICIDE PREVENTION REVENUE SOURCES



**The Annual Cross-Agency Statewide Symposium** brings together professionals, suicide attempt and loss survivors, and concerned citizens across all sectors for a day of learning from national experts on critical topics and skills in suicide prevention.

**202 Attendees Participated** in building knowledge and community collaboration from 10 national and local experts on the effects of suicide in the community through the lens of lived experiences, substance abuse, domestic violence, cultural competency, mindfulness, transgender lives, and a developmental perspective.

# Public Awareness

## 722 Professionals Trained in Suicide Prevention in 2016 in VT.

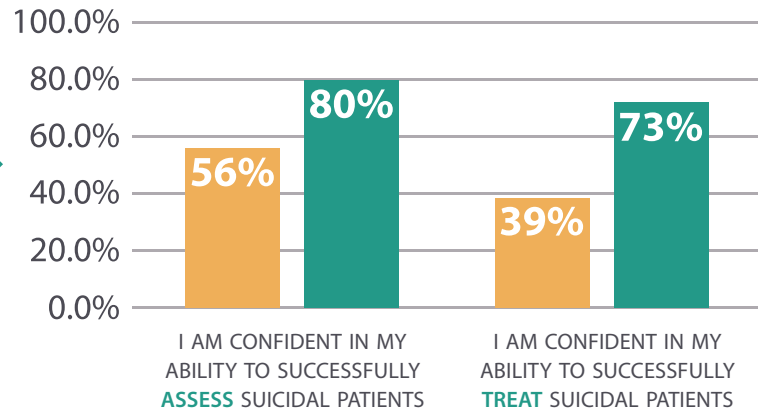
Suicide prevention awareness information was shared with 855 people through materials and displays.

After attending a Umatter Awareness Training of Trainers, attendees had a **20% increase** in answering questions about suicide correctly across all knowledge items.

# Umatter Training of Trainers

How much do you agree or disagree with the following statements?

● Pre  
● Post



# *Survivors of Suicide*

*The Vermont Suicide Prevention Center,  
American Foundation of Suicide Prevention,  
Vermont Department of Health and Department  
of Mental Health collaborated and created a*

## **Survivors of Suicide VT Resource Packet**

*which includes local and national resources.*

*Research suggests that*

**For Each Death By Suicide  
147 People Are Exposed**

*(6.5 million annually). Among those*

**More Than 6 Experience  
A Major Life Disruption.**

*(Cerel, 2015)*

# Please Help VTSPC!



Donate Now

## TO MAKE A DONATION

VISIT [WWW.VTSPC.ORG](http://WWW.VTSPC.ORG)

or CALL 802.254.6590

*VT Suicide Prevention Center is a public-private partnership.*



AMERICAN FOUNDATION FOR  
Suicide Prevention



AGENCY OF EDUCATION  
AGENCY OF HUMAN SERVICES  
DEPARTMENT OF HEALTH  
DEPARTMENT OF MENTAL HEALTH



C|H|L  
CENTER FOR HEALTH  
AND LEARNING  
HEALTHY LIVING MATTERS



**For more information contact:**

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