

IMPACT REPORT 2021



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

Events



Vermont Suicide Prevention
Symposium • August 4, 2021
**CONNECTING
COMMUNITIES**
TO SUPPORT & SUSTAIN
SUICIDE PREVENTION

VTSPC SYMPOSIUM 2021

Adapted to online format!

More than **220** participants

3 keynote speakers

26 workshop presenters

2 pre-symposium webinars:

- *Suicide Deaths in Vermont, The Intersection of Mental Health Challenges, Lethal Means, and Biological Sex*
- *Sustaining Yourself at Work*

View recordings of the event at

vermontsuicidepreventionsymposium.org

SUICIDE PREVENTION IN VERMONT FOR STATE LEGISLATORS: STAKEHOLDER VOICES

40 participants from across
the state

Testimony from a variety of stakeholders was organized and offered to both the **House Committee on Health Care** and **Senate Health and Welfare Committee**

VTSPC COALITION MEETINGS

148 participants over
3 meetings

Stakeholders represented:

- **Government**
- **Academic**
- **Social services**
- **Public health**
- **Medicine**

Public Information & Outreach



VTSPC FACEBOOK

Page likes: **1,111**
People reached:
5,486



VTSPC WEBSITE

Page views: **39,763**
Users: **22,555**
New visitors: **90%**

VT **CRISIS TEXT LINE**
In A Crisis? Text VT to 741741

VERMONT CRISIS TEXT LINE WEBSITE

Page views: **6,351**
Users: **3,506**
New visitors: **79%**

Zero Suicide

COMMUNITY SUICIDE PREVENTION PARTNERSHIPS

- **Connecting Rural Communities Project** *(under funding from UVM Medical Center Community Investment Fund):* CHL/the VTSPC partnered with Abenaki leadership from the Abenaki Nation of Missisquoi's Title VI Indian Education Parent Advisory Committee (PAC) and Northwestern Counseling and Support Services to implement Connecting Rural Communities (CRC). CRC's goal is to improve suicide prevention efforts in the Grand Isle County region, with a focus on providing culturally competent services to members of the Abenaki Nation of Missisquoi.
- **Umatter® Mental Health partnership** with Bellows Falls Union High School *(under funding from the Fanny Holt Ames and Edna Louise Holt Fund).* CHL/the VTSPC partnership with Bellows Falls Union High School (BFUHS) provides training and education to school staff, youth empowerment programming, and introduces family engagement protocols. In 2021, the CHL/the VTSPC received additional funding to expand work with BFUHS and extend it to K-8 schools in the Windham Northeast Supervisory Union. The goal of the project is to create a school community prepared to address the social, emotional, and mental health needs of students.
- **Rutland Suicide Safer Pathways** *(under funding from the Bouse Health Trust).* CHL/the VTSPC provided project management and technical assistance to project partners to help develop internal Zero Suicide systems and communication across organizations in order to improve care coordination for people struggling with suicidal thoughts and behaviors. The grant supported partner participation in *Umatter®* Gatekeeper, Introduction to Zero Suicide, CAMS (Collaborative Assessment of Suicidality), CALM (Counseling on Access to Lethal Means), CSSRS (Columbia Suicide Severity Risk Scale), and ASQ (Ask Suicide Questions) trainings. The project is an example of the success that can come when partners across the health care system work together to reduce barriers to suicide safe care.

Suicide Safe Pathways to Care: Funding under the Vermont Department of Mental Health supports evidenced-based clinical practices and procedures to prevent suicide deaths for those under care in health and behavioral health settings.

VERMONT ZERO SUICIDE PROJECT 2021–2022
19 participants

SUICIDE SAFE PATHWAYS TO CARE: INTRODUCTION TO ZERO SUICIDE IN VERMONT
4 webinars
89 participants from
54 organizations

ZERO SUICIDE PROJECT: DEVELOPING INFRASTRUCTURE FOR SUICIDE SAFER PATHWAYS TO CARE

Mini-grants were issued in winter 2021 to 17 Blueprint primary care practices (PCPs). Seven designated mental health agencies (DAs), listed below, yielded positive outcomes. DA and PCP participants reported increased communication regarding suicide prevention and care between partners, which led to better suicide safe pathways for screenings, referrals, treatment and follow up care. Several DAs continue to meet regularly with PCP partners, paving the way for ongoing improvements for suicide prevention in these systems of care.

7 DESIGNATED AGENCIES

- Howard Center
- Northwestern Counseling and Support Services (NCSS)
- Lamoille County Mental Health Services (LCMHS)
- Washington County Mental Health Services (WCMHS)
- Northeast Kingdom Human Services, Inc. (NKHS)
- Community Care Network/Rutland Mental Health (CCN/RMH)
- Healthcare Rehabilitation Services (HCRS)

Terri Lavery at Northeast Kingdom Human Services said: "The Mini-grant Project allowed NKHS to support coordinated pathways for care with five primary care providers through training and record review. This group continues to meet regularly."

COLLABORATIVE ASSESSMENT AND MANAGEMENT OF SUICIDALITY (CAMS)

157 Clinicians trained

CSSRS: COLUMBIA SUICIDE SEVERITY RATINGS SCALE

2 webinars
55 participants





Umatter® is a best practice training program and public information campaign that engages youth, schools, and communities to reduce the incidence of suicide. Umatter® teaches participants to recognize and address depression and risk factors while building strengths through self-care, caring for others, help-seeking and community action.



Umatter®
**FOR SCHOOLS ONLINE
COURSE**
52 participants
representing
17 Schools, Supervisory
Unions, and Organizations

Umatter®
**AWARENESS OVERVIEW
& GATEKEEPER**
8 webinars
163 participants from
68 organizations

Umatter® **AWARENESS**
for TJX Corporation
71 participants

Umatter®
TRAINING OF TRAINERS
43 participants

POSTVENTION IS PREVENTION

VTSPC is often a point of contact on immediate response during postvention, connecting people to mental health agencies, support and other resources.

“So I think of myself as knowledgeable about suicide trainings and I must say, this training was extraordinary.

It was well balanced between facts and process and presenters checked in with the participants often. The trainers were well prepared and demonstrated a command of facts and process. I cannot say enough about the quality of this training.”

—Umatter® training participant



This is how we conducted our meetings and trainings in 2021!