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.

**VTSP SYMPOSIUM 2022**

- More than 230 participants
- 2 keynote speakers
- 12 workshop presenters
- 1 pre-symposium webinar and 1 post-symposium webinar

*View recordings of the event at vermontsuicidepreventionsymposium.org*

**VTSPC COALITION MEETINGS**

138 participants over 3 meetings representing:
- Government
- Academia
- Social services
- Public health
- Medicine
- People with Lived Experience

**SUICIDE PREVENTION IN VERMONT FOR STATE LEGISLATORS: STAKEHOLDER VOICES**

- 44 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.

**ZERO SUICIDE**

**SUICIDE SAFE PATHWAYS TO CARE: INTRODUCTION TO ZERO SUICIDE IN VERMONT**

Suicide Safe Pathways To Care: Introduction to Zero Suicide in Vermont supported 7 Designated Agencies in identifying, implementing, and measuring changes aimed at quality care that prevents suicide. Funding under the Vermont Department of Mental Health supported a learning community of 18 dedicated professionals who collaborated for the year to promote evidenced-based clinical practices and procedures to prevent suicide deaths for those under care in health and behavioral health settings.

7 Designated Agencies:
- Community Care Network / Rutland Mental Health
- Health Care and Rehabilitation Services
- Howard Center
- Lamoille County Mental Health
- Northeast Kingdom Human Services
- Northwestern Counseling Support Services
- Washington County Mental Health

**COLLABORATIVE ASSESSMENT AND MANAGEMENT OF SUICIDALITY (CAMS)**

- 110 Clinicians trained in Fall and Spring Cohorts

**CSSRS: COLUMBIA SUICIDE SEVERITY RATINGS SCALE**

- 6 webinars
- 235 participants

**VERMONT ZERO SUICIDE PROJECT 2021–2022**

- 3 Introduction to Zero Suicide webinars and 1 Follow Up/Care Coordination webinar
- 98 participants from 61 organizations
Umatter® is a 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® is a positive force in the complex space of mental health education and suicide prevention. Their trainers effectively navigate content, questions, and conversation to equip learners with tools and resources we can use—today.”

Sue Hoeppner, Training Participant, Founder of Project H0ePpnEr.

Umatter® FOR SCHOOLS ONLINE COURSE
38 participants representing 26 Schools Communities

Umatter® SUICIDE PREVENTION AWARENESS
16 Sessions 305 participants

Umatter® AWARENESS for TJX Corporation 91 participants

Umatter® TRAINING OF TRAINERS 47 participants

9-8-8 and What it Means
In July 2022, people experiencing a mental health crisis in the U.S. had a new way to reach out for help—to call or text the numbers 9-8-8. The new three-digit 9-8-8 Suicide and Crisis Lifeline is a memorable and quick number to connect people experiencing a suicide or mental health crisis to a trained mental health professional.

The VTSPC was part of a statewide group planning all aspects of the Vermont implementation of 9-8-8. The establishment of 9-8-8 represents a concerted national effort to address a crisis in mental health. 9-8-8 can effectively connect people in crisis to the services they need.

The VTSPC, the Vermont Department of Health, and FacingSuicide

In September 2020, the Vermont Department of Health received a five-year Comprehensive Suicide Prevention (CSP) grant from the Centers for Disease Control and Prevention (CDC). The Facing Suicide VT initiative raises awareness about suicide prevention as a public health issue and the available resources to all Vermonters. VDH and the VTSPC began working on this significant grant in 2022, including the provision of Umatter® trainings.

PUBLIC INFORMATION & OUTREACH

988 SUICIDE & CRISIS LIFELINE

In Crisis? Text VT to 741741

Call or text 988 for the Suicide and Crisis Lifeline
Call or text (833) VT-TALKS/(833)888-2557 for the Pathways Peer Support Warmline
Talk to someone you trust—a family member, friend, health care provider or faith leader
Call 211 for local mental health agencies and referrals
Resources for help can be found at: www.sprc.org and www.vtspc.org

FACEBOOK
Page likes: 1,035
Reach: 4,003

WEBSITE
Page views: 113,612
Users: 63,976
New visitors: 98%

VERMONT CRISIS TEXT LINE WEBSITE
Page views: 3,379
Users: 2,345
New visitors: 93%

In A Crisis? Text VT to 741741