

IMPACT REPORT 2022



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 • September 2022

FROM HOPE
TO PREVENTION
TO CONNECTION

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

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.

VTSPC COALITION MEETINGS

138 participants over **3**
meetings representing:

- **Government**
- **Academia**
- **Social services**
- **Public health**
- **Medicine**
- **People with Lived Experience**

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:

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

- 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

Umatter®



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 Hoepfner,
Training Participant, Founder of Project
HOEPfner.

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

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



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



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

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

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

Need Confidential Help for Mental Health?

- 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

In Crisis?
Text VT to 741741
CRISIS TEXT LINE
Free, 24/7, Confidential

988 SUICIDE & CRISIS
LIFELINE

THE
TREVOR
PROJECT
For Young LGBTQ Lives
CALL 1-866-488-7386

Veterans
Crisis Line
DIAL 988 then PRESS 1