

SPAN: SUICIDE PREVENTION ALLIANCE OF NORTHERN VIRGINIA



**Presentation to
Northern Virginia Regional Commission
By Jane Woods and Laura Yager
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SEPTEMBER IS SUICIDE PREVENTION MONTH!



Opportunity to:

- Raise awareness about prevention of suicide.
- Share information about efforts over past year to galvanize stakeholders around this issue.
- Broaden involvement of community members around prevention efforts.
- Improve the overall health of community as well as outcomes for individuals experiencing psychological distress.

This evening:

- Provide information of efforts over past 12 months.
- Preview what's coming for the next 12 months.

Overarching GOAL:

To provide an array of resources and supports to increase help-seeking, reduce stigma, and prevent suicide.

BACKGROUND



- Suicide has impacted our entire planning district.
- Preventing suicide is a key community concern and there is heightened awareness.
- Regional Suicide Prevention Plan developed (www.fairfaxcounty.gov/csb/prevent-suicide/)
- In mid-2014, Fairfax-Falls Church CSB submitted a proposal, on behalf of PD8, to Virginia Department of Behavioral Health and Developmental Services (DBHDS) and received funding for the entire region totaling \$165 (\$40K planning/\$125K implementation). Managed collaboratively by CSBs throughout region.
- An additional \$125K award for additional suicide prevention strategies through 9/30/2016.

WHAT HAS FUNDING PROVIDED...



Established Suicide Prevention Alliance of Northern Virginia (SPAN)

- Year 1 – Primary involvement from CSBs across region with planning and implementation of grant deliverables.
- Year 2 – Expanding SPAN to include key stakeholders throughout regions.
 - Planning to host expanded group launch in October.
 - Would you like to be involved?

WHAT HAVE WE DONE WITH FUNDS: REGIONAL TEXTING AND HOTLINE SERVICES



Need to talk?
If you or a friend are in crisis,
text "CONNECT" to
855-11
any time, 24/7
Confidential. Safe.
Non-judgmental.



GET HELP NOW
It will make a difference.

CRISIS TEXT HOTLINE (24 hours)
Text "CONNECT" to 85511
Standard text rates based on your service provider will apply.

CRISIS HOTLINES (24 hours)
CrisisLink Hotline 703-527-4077
National Suicide Prevention Lifeline 1-800-273-TALK (8255)

These services are provided as a free community resource through funding from the Virginia Department of Behavioral Health & Developmental Services and a partnership between PRS CrisisLink, City of Alexandria Community Services Board, Arlington County Community Services Board, Fairfax - Falls Church Community Services Board, Loudoun County Community Services Board and Prince William Community Services.

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Text "connect" to 855-11

Print posters from:

[www.fairfaxcounty.gov/csb/
publications/
suicide-text-line.htm](http://www.fairfaxcounty.gov/csb/publications/suicide-text-line.htm)

or contact your CSB to get posters.

REGIONAL SUICIDE PREVENTION WEBSITE LAUNCH (IN NEXT FEW WEEKS)



www.suicidepreventionnva.org

“REACH OUT. FIND HOPE.” CAMPAIGN



- SPAN will invite our region to respond to this call to action.
- To individuals who are at risk...confidential support is available anytime. Call, text, or go online. Take that first step.
- To friends, relatives, neighbors...recognize the signs, ask the question. Concerned about someone? Reach out!
- To our supporters...together, our community can make a difference. We need you.

YOUTH-LED SUICIDE PREVENTION EFFORTS



Focus on fighting stigma by youth for youth.



Each of the five regions sponsored training, awareness events, campaigns or funded very successful mini-grants to promote health and wellness and prevent suicide.

TRAINING AND EDUCATION ACROSS JURISDICTIONS



Each jurisdiction received \$5K for evidence-based mental health promotion and suicide prevention education efforts including:

- Mental Health First Aid (<http://www.mentalhealthfirstaid.org>)
- Signs of Suicide Training (<https://mentalhealthscreening.org/programs>)
- QPR Training: question, persuade, refer (<https://www.qprinstitute.com/>)
- Kognito online training (www.kognito.com/nova)

Tailored to the needs identified by each jurisdiction.

OTHER FUNDS USED FOR...



- Textline posters
- Translation of materials “There’s Hope. There’s Help.” promotional materials for suicide prevention events across region.



There's hope.  There's help.

www.suicidepreventionnva.org

WHERE ARE WE GOING?



Expansion of SPAN over next 12 months with broader stakeholder involvement to support and grow current strategies and to support sustainability for future. Current funding earmarks:

- Increased funds for youth-led anti-stigma prevention initiative.
- Ongoing funds for textline and web maintenance.
- Inclusion of diverse community members in our efforts.
 - Focus on cultural and linguistic competence
- Additional community and professional suicide prevention training.
- Online mental health screening availability across region.
- Other needs as identified.

WHAT HAVE WE LEARNED?



- Proving “we made something not happen” can be a challenge.
 - Variety of outcomes
- Our communities are broad and diverse...so are our stakeholders.
- Stigma is a stubborn problem. Normalizing the conversation around suicide is key.
- We have made progress but there’s more to do.
- Suicide prevention is everyone’s business every day.

FOR MORE INFO OR TO GET INVOLVED:

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