

## Final Report Outline for NN/LM Pacific NW Region Subcontracts and Outreach Awards

Please save as a Word document and submit as an email attachment to the appropriate NN/LM PNR staff contact.

### COVER SHEET

Title of the Project:	"Saving Tomorrow's Today" Suicide Prevention Education Project
Name of Institution:	Flathead City-County Health Department
Project Leader's Name:	Boni Stout, Community Health Director Joan Schmidt, Youth Suicide project Coordinator
Project Leader's Mailing Address:	Flathead City-County Health Department 1035 1 <sup>st</sup> . Ave. West Kalispell, MT 59901
Project Leader's Email:	bstout@flathead.mt.gov
Project Leader's Phone:	406-751-8115
Time Period Covered:	September 2007-September 2008
Date Submitted:	June 9, 2008

NARRATIVE DESCRIPTION

1. Executive Summary: Summarize the project's major accomplishments.  
Only one teen suicide (age 19) in 2007 in Flathead County, down from previous years. Montana had the highest teen suicide rate in the nation and Flathead County was higher than Montana. The Flathead Suicide Prevention Coalition saturated the county with educational support targeting the reduction of the stigma of mental illness and depression as part of their on-going effort to reduce the rate of suicide in Flathead County. Over 500 high school students, college students, teachers, counselors and administrators were trained in QPR (Question, Persuade, Refer), suicide prevention tool, developed to reduce suicide, reduce the stigma of mental illness and is similar to CPR.

Training entitled "Breaking the Silence" was held April 18, 2008, attended by 40 health educators, social service providers, case managers, counselors and administrators from all local high schools and middle schools in the valley. This training provided school-based suicide awareness program curriculums, content emphasized help-seeking skills, and identification of signs of depression and suicidal behavior, plus reducing the stigma of mental illness. Tools and training were promoted on the internet and on My Space as a friend to the county library teen site. Additional coverage was on the internet, local media and through the membership of the Flathead Suicide Prevention Coalition, Youth Service Network and the Flathead City-County Health Department.

Our original plan called for the selection of persons interested in forming a task force to develop a curriculum that would be available to all county schools. These persons would be selected from the workshop participants with Heidi Adams, KRMC librarian to serve as the facilitator. Prior to our workshop on April 18, 2008, the Montana State Suicide Coordinator announced that it would provide SOS, for free to interested schools, so need to develop local curriculum was negated. SOS (Signs of Suicide) is an evidence-based suicide prevention program for secondary school students. Our role, instead, will be to establish working relationships with area health educators, school counselors, case managers, and librarians to support ongoing implementation of this suicide prevention program.

2. Geographic region/number of counties: List the geographic regions or all the counties that were impacted by the project.

Flathead County, communities of Somers, Bigfork, Lakeside, Evergreen, Kalispell, Columbia Falls, Whitefish and Swan River. Two attended from Billings in Yellowstone County.

3. Collaborations/Partnerships: Include names and types of organizations with which there was

collaboration at any time during the project. Provide the current status of the partnerships, challenges encountered, and lessons learned.

Positive Partnerships enhanced the project. Kalispell Regional Hospital Library, Youth Service Network (YSN), Flathead City-County Health Department (FCCHD), STOP Underage Drinking in the Flathead Coalition remains involved and active in the Project. The Flathead County Youth Suicide Prevention Coalition will take the lead on all continuing suicide prevention projects.

4. Training: \*NOTE: If you haven't already done so, please complete a record of Training/Demonstration Sessions using the form at <http://nnlm.gov/evaluation/datacollection/ActivityInfo.pdf> and fax to your PNR staff contact at (206)543-2469. In this final report, provide a summary of the training events and participants:

Total # of sessions for the Project:	<u>1</u>
Total # of sessions in which half or more of participants were from minority populations:	<u>0</u>
Total # of participants for the Project:	<u>40</u>

**Breakdown of the count of participants by:**

Health care or service provider, with a subtotal for public health personnel	<u>36</u>
Health sciences library staff member	<u>          </u>
Public/other library staff member	<u>1</u>
Member of the general public	<u>5</u>

5. Training sites: Provide a brief description of training sites.  
Training sites occurred at area public schools and local community college. Major Training held in April was held at the Flathead City-County Health Department Conference Room.

6. Exhibits: List all the exhibits connected with the projects (if applicable). Include the meeting name, dates, location, estimated number of contacts made, demonstrations given and general impressions of success. \*NOTE: If you haven't already done so for all exhibits, please complete an exhibit report found at <http://nnlm.gov/pnr/funding/ExhibitReportOutline09-12-02.doc> and submit with this report.

Information exhibits included information/ handouts on the Youth Suicide Prevention Coalition, Youth Service Network, and S.O.L.A.C.E

7. Resource materials: Provide a brief description of any materials that were developed for training or for promotion/marketing (include newspaper announcements, brochures, etc.). Include copies of materials developed. If web-based resources were developed, please provide the URL for the site

where the materials are located. URLs for all web-based training materials should also be sent the National Training Center and Clearinghouse (NTCC) for inclusion in the Educational Clearinghouse (<http://nntlm.gov/train/>). Provide verification that this has been done or provide a date by which it is expected that URLs of web-based training materials will be sent to the NTCC's Educational Clearinghouse.

Provided Workshop packet (attached). A copy of an enhanced curriculum from one of the presenters was made available for four area high schools. Information was distributed through Youth Service Network by monthly e-mail distribution list.

8. Web sites: Detail the current status of web sites created as part of the project. Include URL, plans for future maintenance, and impact.

The YSN website was enhanced with Suicide Prevention resources and information, as well as Network News, a monthly publication which contains updated information on suicide prevention and activities of the FSPC. A link to flathead County Teen Librarians site and a "friend" was created with a link to the state of Montana site on teen suicide prevention. YSN site is monitored monthly.

<http://www.youthservicenetwork.org/suicide/suicide.htm>

9. Document delivery and reference services: If document delivery services and reference services were provided, please provide appropriate statistics.

N/A

10. Approaches and interventions used: Describe the specific steps or activities used in the following areas: identifying and scheduling sessions; promotion/marketing; training; personnel/staffing; web site development.

Program Coordinator scheduled Educational Outreach Committee Meetings to address project, and training.

- Speakers were discussed, reviewed existing curriculum and research on teen suicide.
- Met with local health educators providing suicide prevention in their health classes when they presented a unit on mental health.
- Worked with one local educator to present the curriculum she developed and presented.
- Contacted school psychologist responsible for implementation of suicide prevention program in Billings's school district. He has had a successful community response.
- Worked with teen librarian at county library to gain information and insight

into reaching teens. One committee member agreed to create a MySpace link as a friend of the library which gave information on depression, QPR, local resources and link to state suicide prevention site.

- Extensive time was spent in developing outreach to each high school and middle or junior high school in the area, working with school counselors and health educators to support prevention work in health classes. During the fall and winter presented QPR to students at college, two high schools, teachers and interested school personnel.
- Monthly articles were written for the Network News (YSN) containing information on depression, teen suicide and at-risk behavior of the youth of the flathead. Newsletter is on YSN Website.
- Four articles were in local papers regarding suicide in the county and raising awareness of mental health and stigma, as well as local resources.
- In early January, the State of Montana DPHHS hired a state coordinator for suicide prevention. He was involved in the development of the April Training “Breaking the Silence”, giving an over view of state activities, resources.
- Our plan was to form a Task Force out of those attending the training to choose a curriculum for all of the schools in the valley. The state purchased SOS, Signs of Suicide, A Suicide Prevention Program for High School.
- Refocused our efforts to, instead, establish working relationships with area health educators, school counselors, case managers, and librarians to support ongoing implementation of this suicide prevention program provided free by the state program to any school willing to implement the SOS program.

11. Evaluation: How was the project evaluated? What results were achieved based on the objectives of the project?

Survey was given at the “Breaking the Silence “Training. 40 surveys were completed. All were in excellent and good range except for one complaint about the coolness of the room.

12. Problems or barriers encountered: Provide details on problems encountered in the areas of promotion/marketing; training; equipment/telecommunications; personnel/staffing; and web site development.

Creating a MySpace site was challenging, as no funds were identified to pay for its creation. State purchase of SOS curriculum and no awareness of technical aspects/development and

cost of creating links and monitoring access to site, especially for teens. We had no advance awareness that the State Suicide Prevention Program was even considering this program but once it happened, we decided that we will do whatever is necessary to aid in the implementation of this program. We will still achieve our initial goal of creating sustainability for suicide prevention education in the school setting.

13. Continuation plans: Report on how you plan to continue the project. Will all or some of the project's activities continue? Who will provide the funding and staffing to do so?

The Coalition had hoped to seek additional grant funding activities to bring in National speaker for Community Forum on teen suicide and prevention with intent to raise awareness of teen depression and risk behavior, This would be at the same time as the Out of the Darkness Community Walk, a national campaign to promote suicide awareness, support survivors and educate the public about local resources and activities. FSPC would like to link Walk and family oriented activity "Out of the Darkness into the Light", to honor those positive memories of family and friends with an afternoon of celebration with youth activities, music and food. There would be educational and resource material available with exhibits.

If grant funding is unavailable, then the coalition will brain storm for other fund raising activities. The project funding from the state is projected to continue and it will provide enhanced efforts for the implementation of the new SOS suicide prevention program.

14. Impact: Include information on the perceived and actual impact of the project on the library, institution, or consortium. This can include the effect of the project on the library's image, increased utilization of the library, etc.

N/A

15. Recommendations for improvement: Include suggestions for alternative methods, training materials, promotional materials, etc.

Hold training for Coalition and librarians on how to create access and utilize web-internet for raising awareness on depression, risk behavior, education on depression and stigma and provide resources and opportunity to link to assistance....

### FOLLOW-UP QUESTIONS

If answers to the follow-up questions are contained elsewhere in your report, indicate where they are located.

1. Were your original project goals and objectives met? If not, why not?

Yes, although not through the method as set forth in our proposal. The outcome will

<p>be the same with the sustainability of suicide prevention education in the schools.</p>
<p>2. What significant lessons were learned which would be of interest or use to others conducting outreach projects? Which strategies were the most effective in implementing the project?  Communication at all levels of involvement so that each party knows the expectations of the other.</p>
<p>3. If you were to start all over again, what, if anything, would you change about your goals, project plans, etc.?  No, we were very pleased with the wide variety of participants and the networking that occurred over lunch was just as important as the presentations.</p>
<p>4. What advice or recommendations would you give to anyone considering a similar outreach effort?  See the answer to number 2!</p>
<p>5. Please describe plans for disseminating lessons learned and other information about the project, such as through a conference presentation or publication. In accordance with the NIH Public Access Policy (<a href="http://publicaccess.nih.gov">http://publicaccess.nih.gov</a>), project directors are asked to submit voluntarily to the NIH manuscript submission (NIHMS) system (<a href="http://www.nihms.nih.gov">http://www.nihms.nih.gov</a>) at PubMed Central (PMC) final manuscripts upon acceptance for publication.  No current plans for any presentations other than community presentations as we continue to take the message of suicide prevention activities to the community and students.</p>