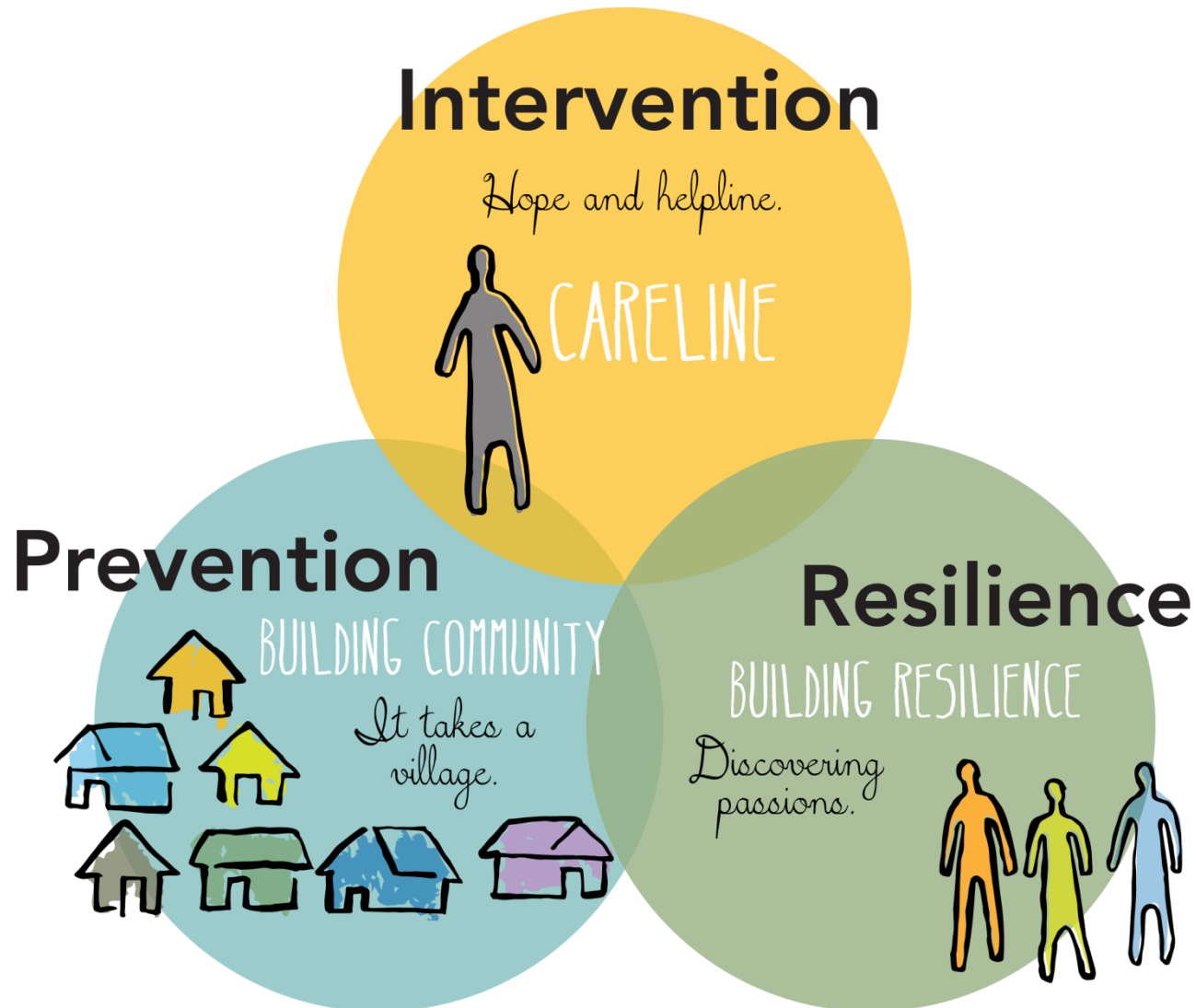
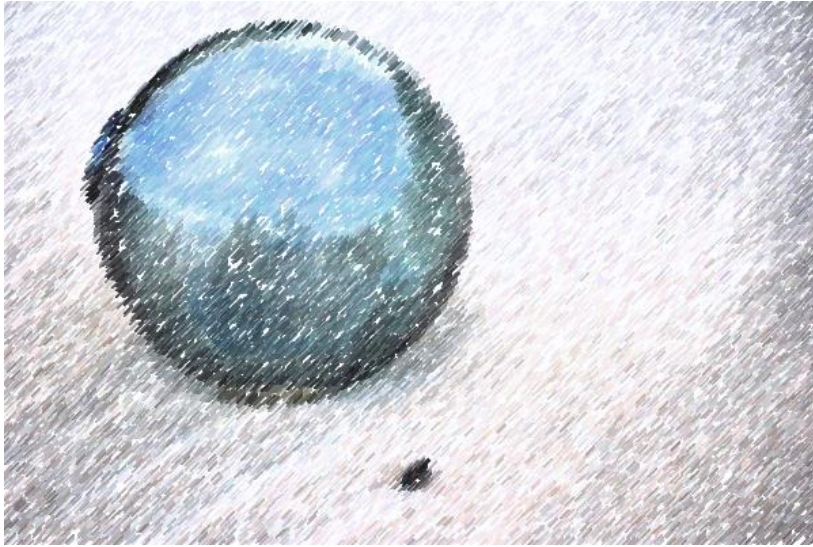


# Alaska Suicide Prevention





Casting the Net Upstream:  
Promoting Wellness to Prevent Suicide

# **ALASKA STATEWIDE SUICIDE PREVENTION PLAN 2012-2017**

**“Every life matters. Your life matters. And you are not alone. Together, we can prevent suicide and save lives.”**



**Statewide Suicide Prevention Council**

## **2014 Annual Implementation Report**

[http://dhss.alaska.gov/SuicidePrevention/Documents/pdfs\\_sspc/CTN2014-Implementation.pdf](http://dhss.alaska.gov/SuicidePrevention/Documents/pdfs_sspc/CTN2014-Implementation.pdf)

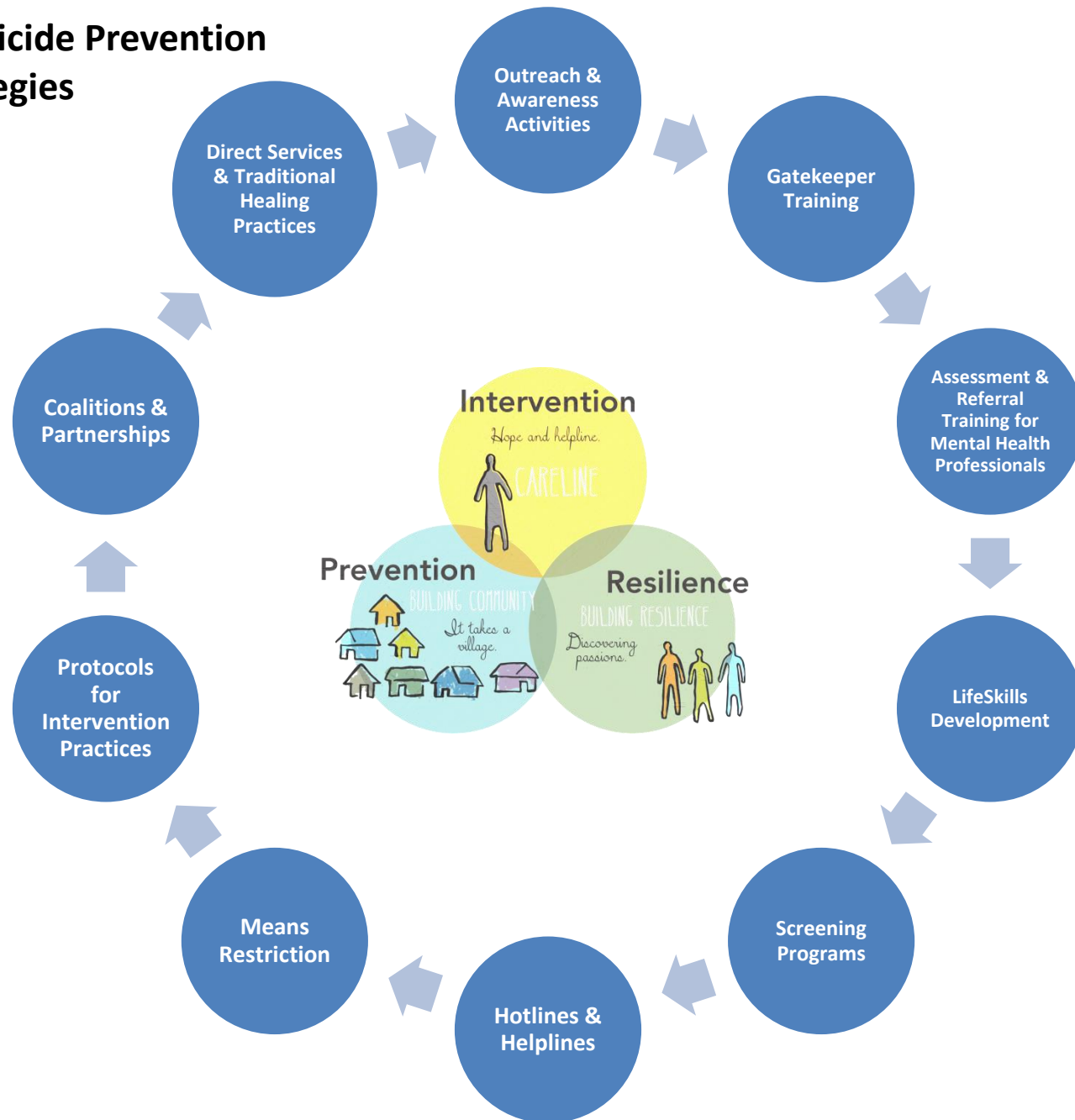


# SAMHSA Garrett Lee Smith Youth Suicide Prevention in Alaska

- The Alaska Department of Health and Social Services
- Alaska Village Council Presidents
- Bristol Bay Area Health Corporation
- Southcentral Foundation
- Tanana Chiefs Conference
- Other: MSPI\* in 16 Tribal Communities

\* Methamphetamine Suicide Prevention Initiative

# Alaska Suicide Prevention GLS Strategies





# Key Partners in Suicide Prevention

- Statewide Suicide Prevention Council
- Department of Education and Early Development
- Division of Juvenile Justice
- Alaska Rotary / GCI
- Northstar Behavioral Health
- Forget Me Not Coalition (Service Members, Veterans and Families)
- Alaska Police and Fire Chaplains Ministries
- Alaska Medical Examiners Office
- Alaska Department of Public Health
- University of Alaska Anchorage
- Alaska State Troopers
- Alaska Native Health Consortium



## The Division of Behavioral Health Prevention & Early Intervention Grantees 2015-2018

- Nome Regional Wellness Forum
- North Slope Substance Abuse Prevention & Intervention Coalition
- Fairbanks Wellness Coalition
- Nulato Wellness Coalition
- Hooper Bay Community Planning Group
- McGrath Community Prevention Coalition
- Alaska Alternative Schools Coalition
- Bethel Healthy Families Coalition
- Thrive Mat-Su
- Anchorage Communities Mobilizing for Change on Alcohol
- Spirit of Youth Coalition
- Anchorage Youth Development Coalition
- Kenai Prevention Coalition
- Seward Prevention Coalition
- Chenega Bay & Tatitlek Community Coalition
- Juneau Suicide Prevention Coalition
- Ketchikan Wellness Coalition
- Prince of Wales Behavioral Health Coalition
- Petersburg Prevention Coalition
- Wrangell Early Prevention Coalition

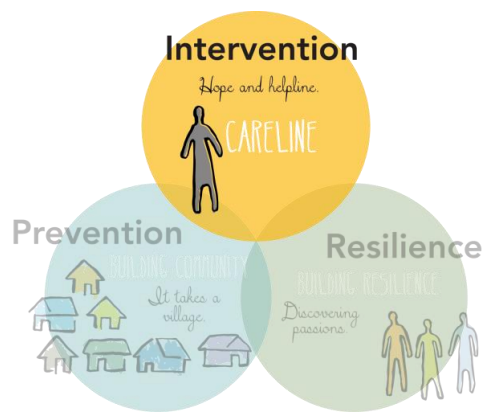


# Alaska Suicide Prevention and Someone to Talk to Line



**CARELINE**  
**877-266-HELP**  
or text *4help* to 839863





# Alaska Suicide Prevention and Someone to Talk to Line

Careline Total Call Volume





## Alaska Gatekeeper QPR Training



### OVERVIEW OF SUICIDE PREVENTION TRAININGS

61 TRAININGS



1269 PEOPLE TRAINED



Training Type

Garrett Lee Smith Suicide Prevention National Outcomes Evaluation

## ALASKA DEPARTMENT OF HEALTH & SOCIAL SERVICES

How are trainees **utilizing the information** and skills learned during trainings?

**70%**

Report using their training to have **informal conversations about suicide and suicide prevention** with youth and others

**52%**

Report using their training to **identify youth who might be at risk for suicide**

**38%**

Report using their training to **make referrals to mental health services** for at-risk youth

Grantee n=81 trainees  
Data Source: TUP-S

*We now have over 140 certified trainers in the Alaska Gatekeeper/QPR training model statewide!*

## Intervention

Hope and helpline.



# Alaska Postvention Resources

## Prevention



## Resilience

BUILDING RESILIENCE  
Discovering passions.



Helping Our Communities Heal  
Alaska Suicide Postvention



Training Professionals & Communities in  
Suicide Prevention & Response®





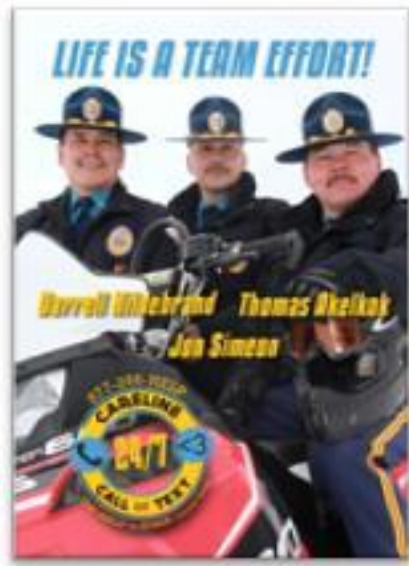
# Positive Messaging







# Life is a Team Effort



**iron dog 2015**

**LIFE IS A TEAM EFFORT!**

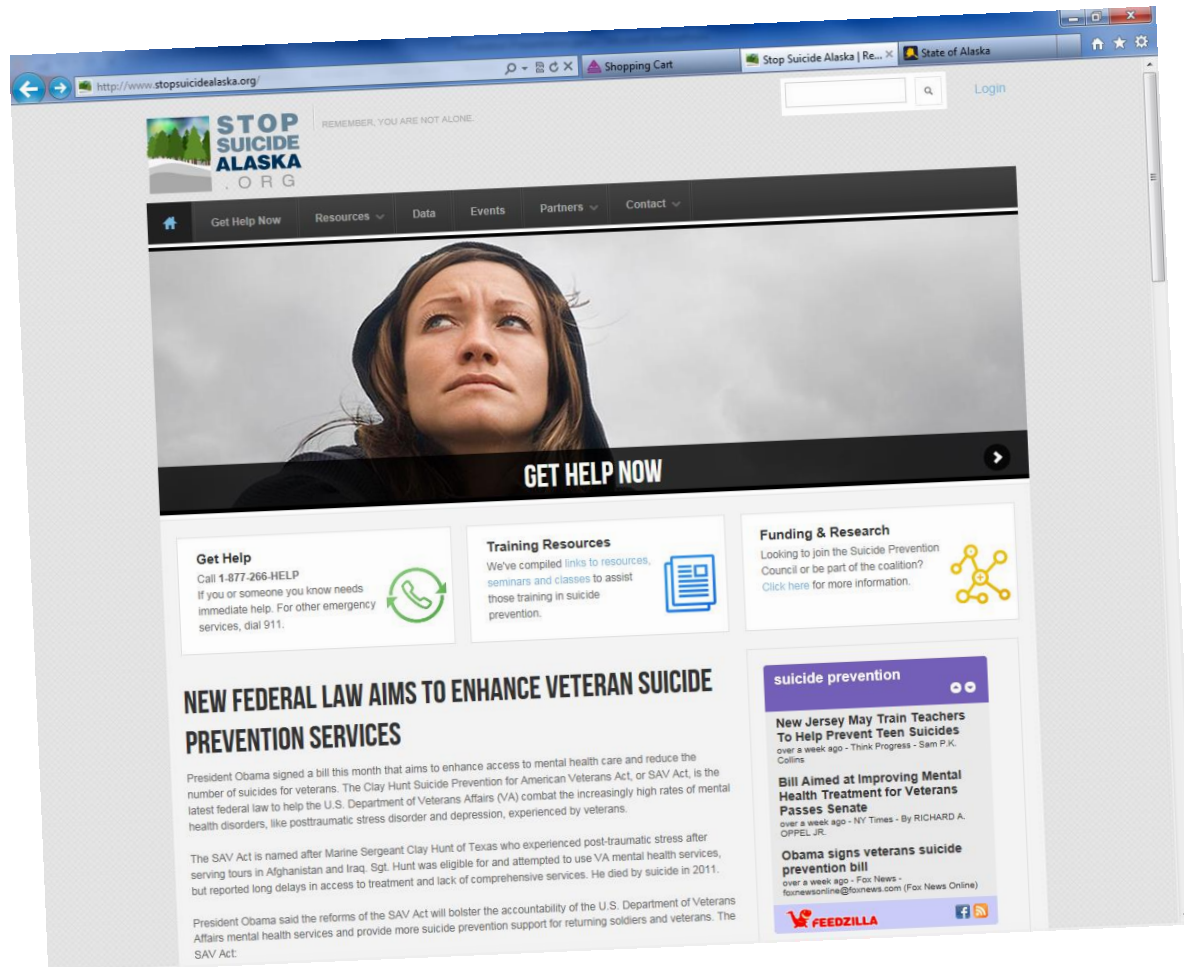
Team 12  
Robert Strick  
Steffen Strick Jr.

Need to talk? Call CARELINE, 24/7  
**877-266-HELP (4357)**  
or text 4help to 839863  
(limited hours)  
[www.carelinealaska.com](http://www.carelinealaska.com)



**STOP  
SUICIDE  
ALASKA**  
.ORG

# You Are Not Alone



# Contact

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## James Gallanos

- DHSS, Suicide Prevention Program Coordinator
- (907) 465-8536
- [james.gallanos@alaska.gov](mailto:james.gallanos@alaska.gov)

## Alaska Department of Health and Social Services

- Behavioral Health, Prevention and Early Intervention Services
- <http://hss.state.ak.us/dbh/prevention/default.htm>