



# Statewide Suicide Prevention Council

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House Health and Social  
Services Committee

February 2020

# Behavioral Health Advisory Boards and Councils

- Alaska Mental Health Board
- Advisory Board on Alcoholism and Drug Abuse
- Statewide Suicide Prevention Council





# Statewide Suicide Prevention Council Meeting

Wasilla, AK- October 2019

The Statewide Suicide Prevention Council (SSPC) is authorized by AS 44.29.350 to serve in an advisory capacity to the legislature and governor regarding suicide awareness and prevention.

The Council includes 17 council members total with 13 voting members, 2 non-voting members representing the Alaska House of Representatives and 2 representing the Alaska Senate.

# Presentation Agenda

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- Suicide Statistics
- Suicide Awareness, Prevention and Postvention Grant Program
- SSPC 2020 Activities

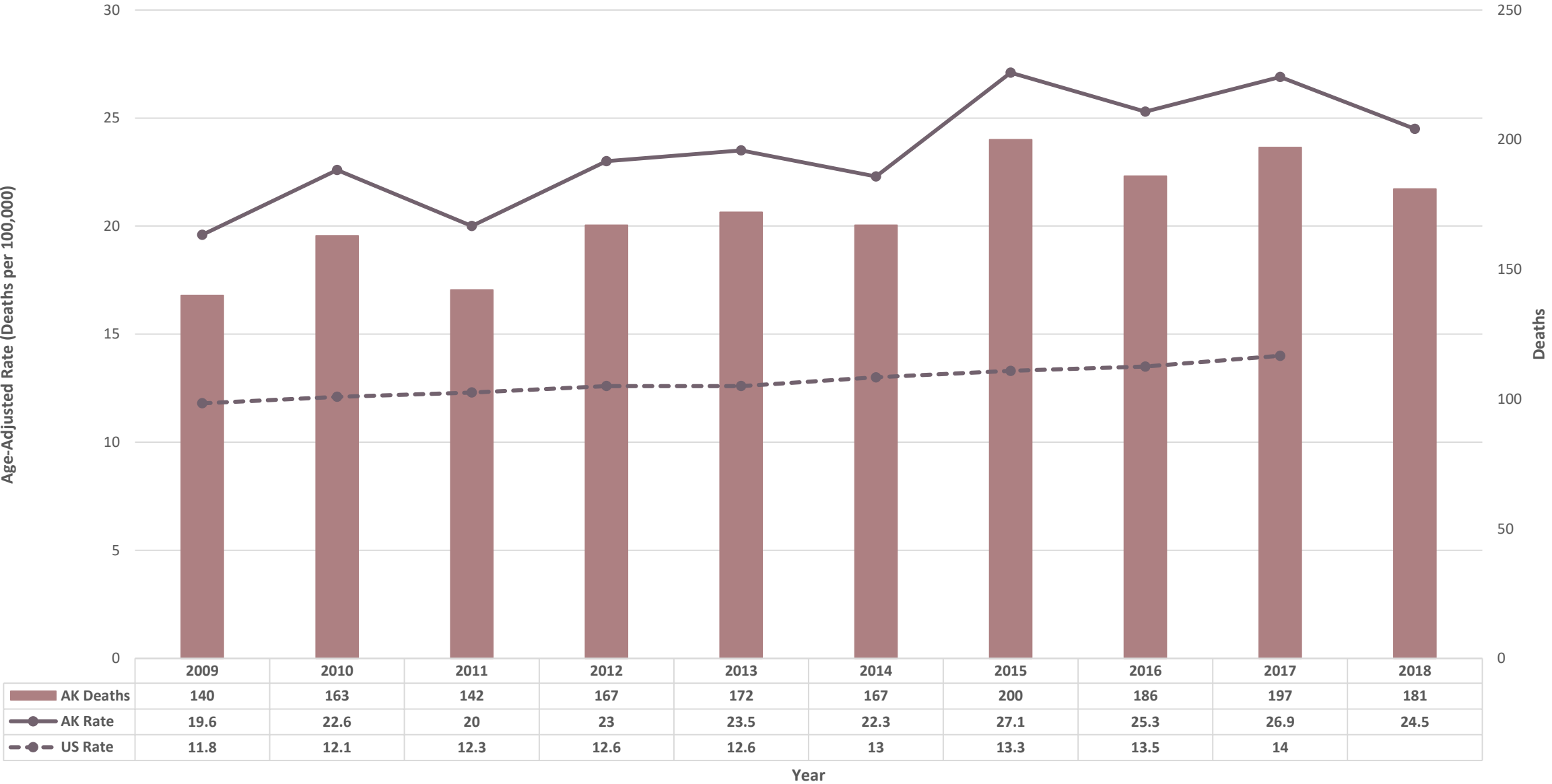


# Suicide Statistics in Alaska

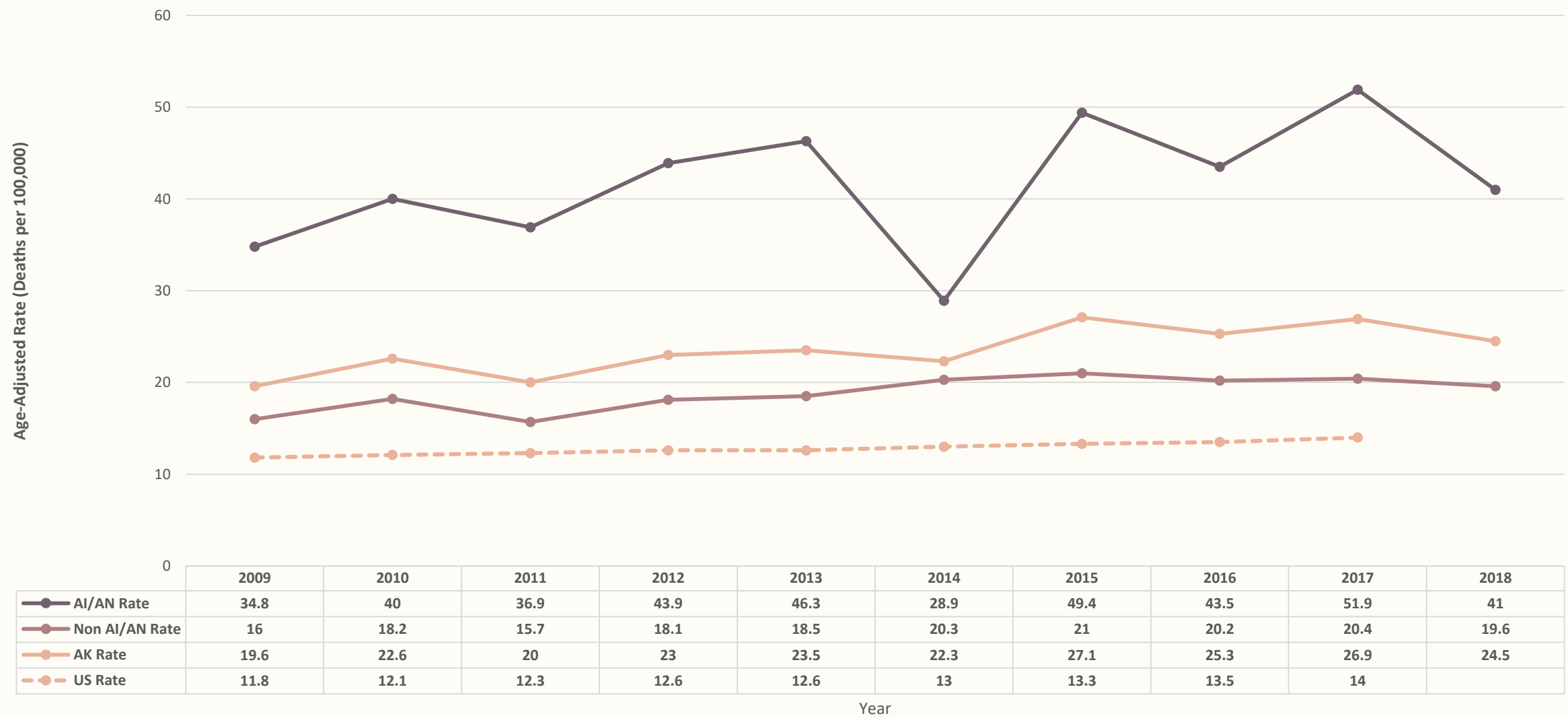
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Intentional Self-Harm (Suicide) Mortality by Year  
Alaska Residents and United States (2009-2018)

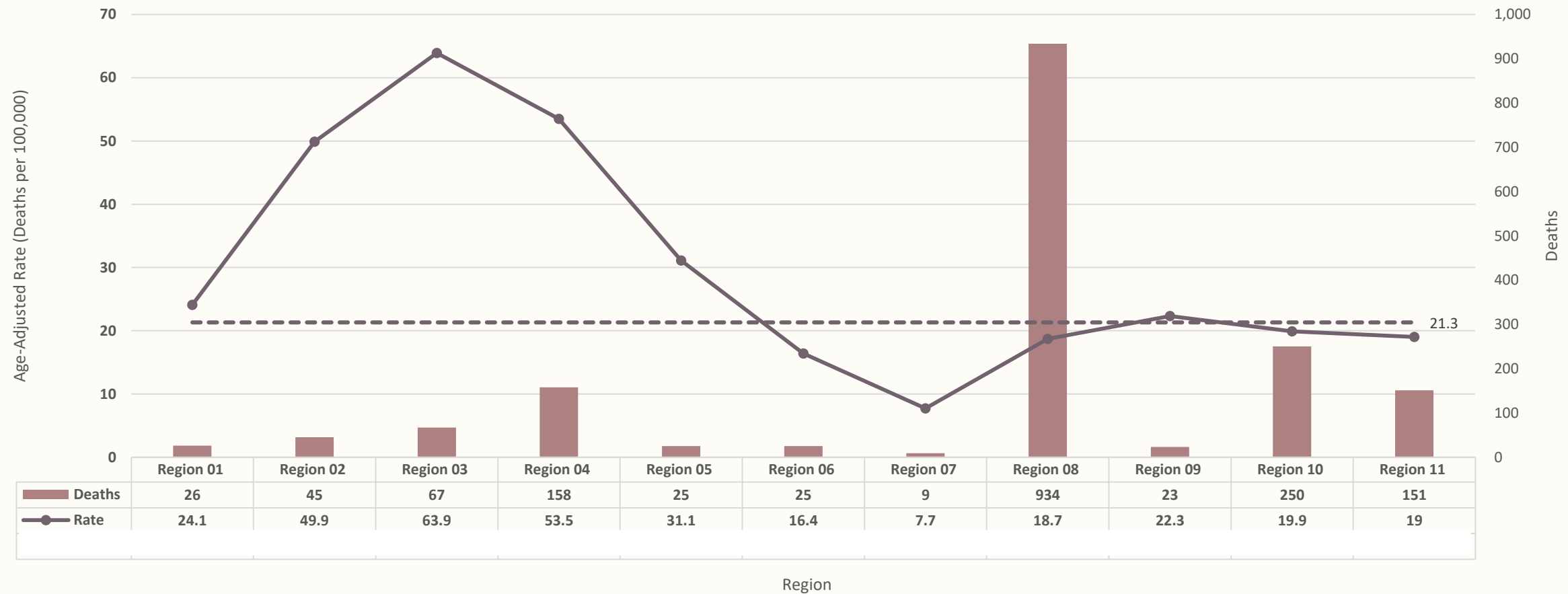


Intentional Self-Harm (Suicide) Mortality by Year and Race  
Alaska Residents and United States (2009-2018)



Intentional Self-Harm (Suicide) Mortality by Region  
Alaska Residents (2009-2018)

Statewide Deaths: 1,715  
Statewide Rate: 21.3



Region 1: North Slope Borough  
Region 2: Northwest Arctic Borough  
Region 3: Nome

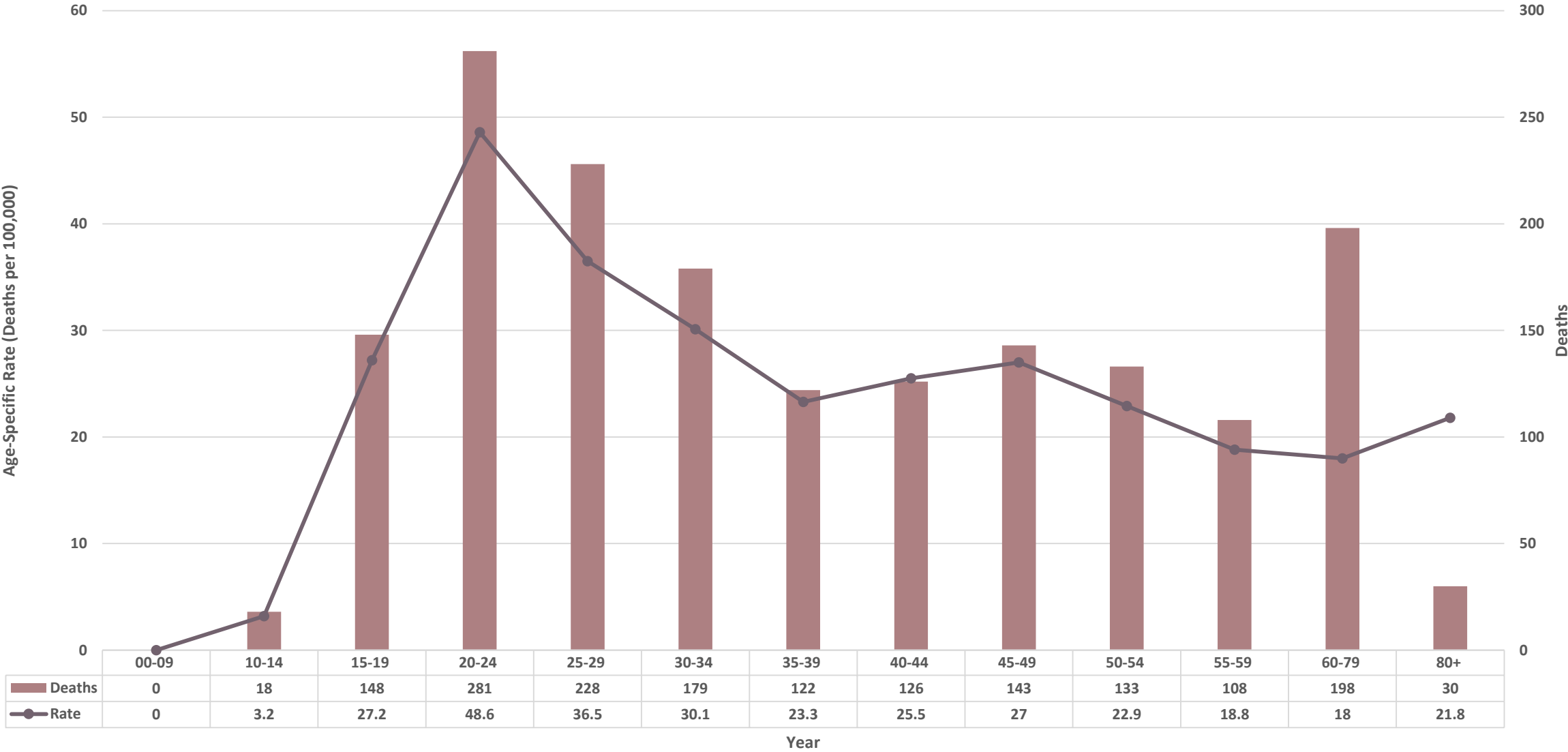
Region 4: Wade Hampton, Bethel  
Region 5: Dillingham, Bristol Bay Borough  
Region 6: Kodiak Island Borough

Region 7: Aleutians  
Region 8: Mat-Su, Anchorage, Kenai Peninsula  
Region 9: Valdez-Cordova

Region 10: Yukon-Koyukuk, Fairbanks, Denali  
Region 11: Southeast

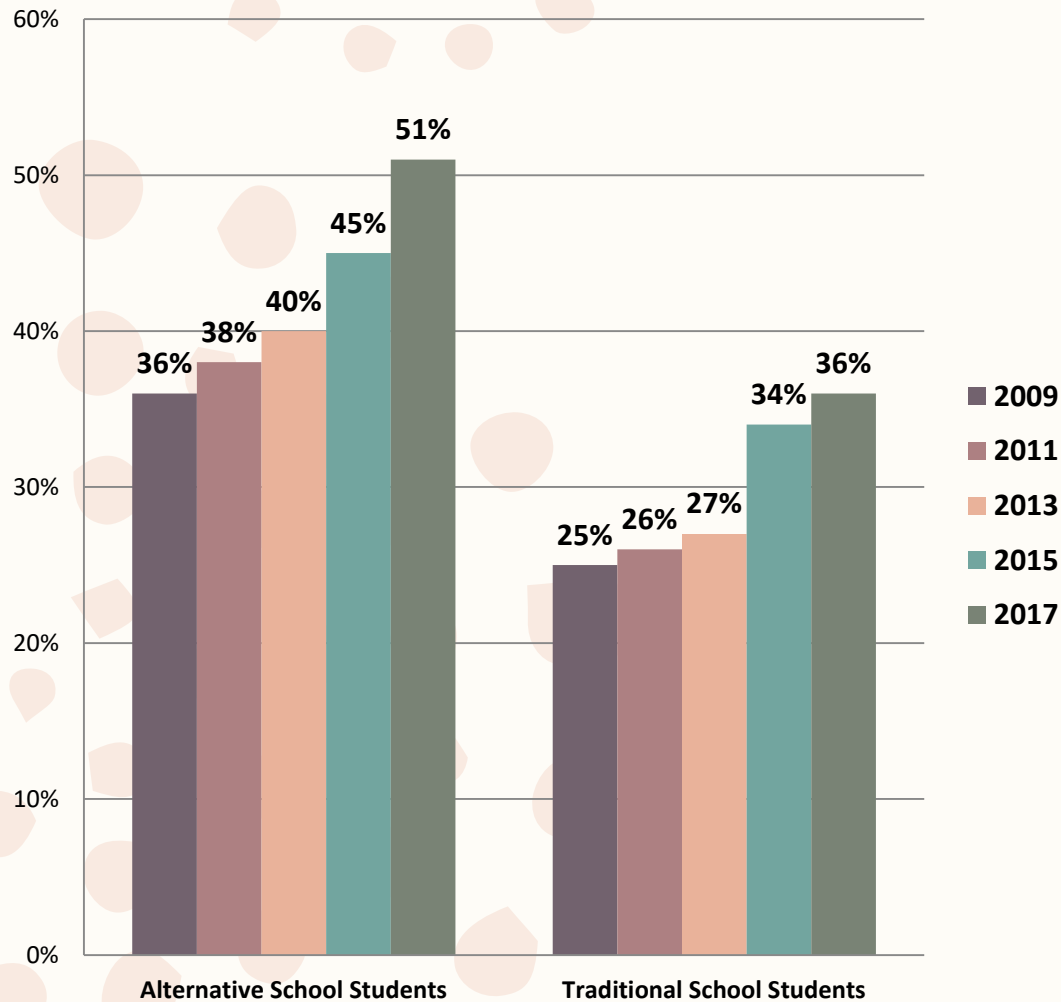


Intentional Self-Harm (Suicide) Mortality by Age Group  
Alaska Residents (2009-2018)

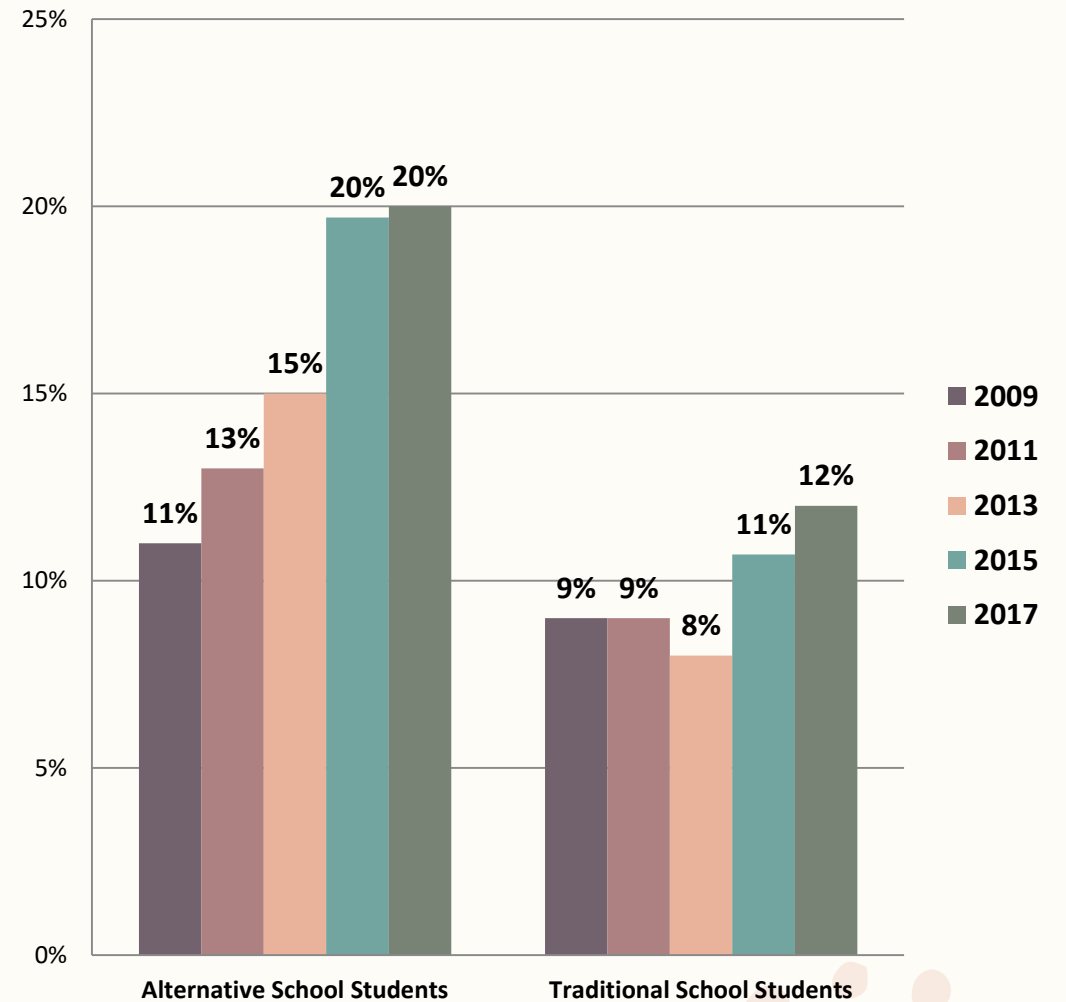


# Youth Risk Behavior Survey (YRBS)

## Depressed



## Attempted Suicide



# Suicide Awareness Prevention & Postvention Program

Department of Education and Early  
Development (DEED)

# Reducing Youth Suicide- SAPP Grantees

## FY20 SAPP Grantees

- Juneau
  - Yaakoosge Daakahidi
- ASD
  - Avail, Benson, SAVE, Crossroads,
  - New Path, McLaughlin
- MSBSD
  - Districtwide
  - Valley Pathways & Burchell
- Kenai
  - District wide
  - Kenai Alternative, Homer Flex
- Petersburg
- Fairbanks
- North Slope
- Bering Straits

## School Programs

- Positive Behavioral Interventions and Supports (PBIS)
- Fourth R for Healthy Relationships
- Sources of Strength
- Reconnecting Youth
- Restorative Justice

## Student Programs

- Youth Leaders
- Signs of Suicide
- Sources of Strength
- You Are Not Alone (YANA) Question Persuade Refer (QPR)
- Positive Behavioral Interventions and Supports (PBIS)


## Staff Programs

- eLearning Modules
- Applied Suicide Intervention Skills Training (ASIST)
- safeTALK
- Question Persuade Refer (QPR)



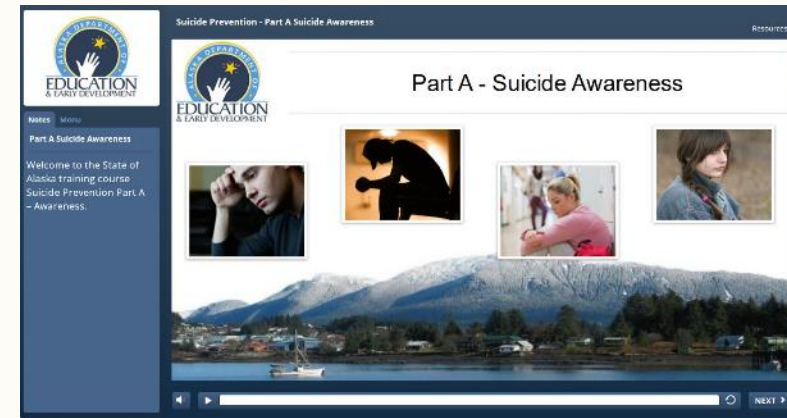
# Statewide Crisis Response- SAPP Program

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- In addition to the more traditional suicide programming DEED administers through district grants and training, DEED is often able to respond to unforeseeable district crisis with this funding. DEED can authorize grant funds to be allocated for crisis counseling and even provide funding for external counseling support to a school in crisis.

- Example in the last two weeks DEED position has responded to:
  - Katovik School fire
  - Plane crash which resulted in the death of a student and staff
  - Death of a student in Unalaska
  - Coronaviris

# DEED eLearning Suicide Resources (Statewide)



## Staff Trainings

- Part A: Suicide Awareness
- Part B: Suicide Prevention
- Part C: Suicide Intervention
- Part D: Responding to Suicide-Postvention

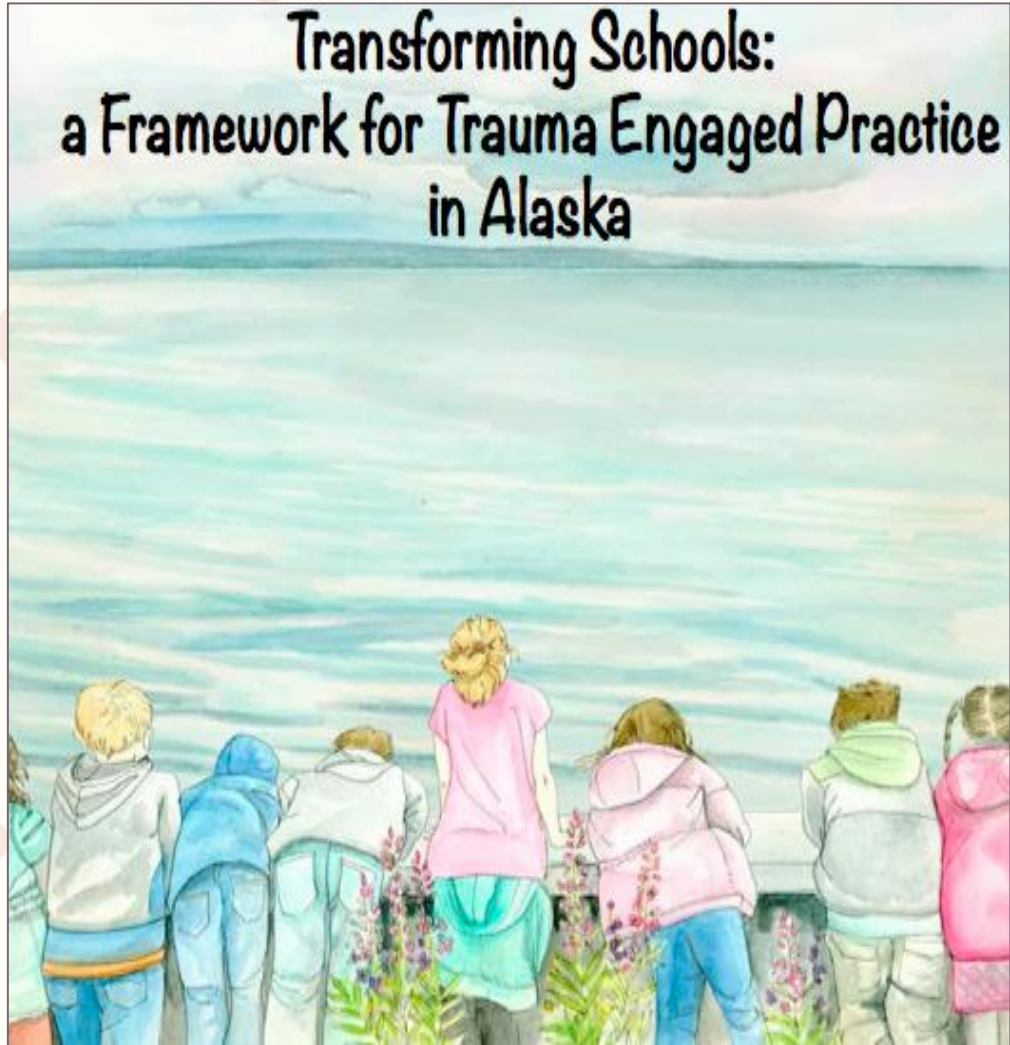
<https://education.alaska.gov/eLearning/>

## Student Lessons: Navigating Transitions: Promoting Wellness to Prevent Suicide

### Grades 5-12

- All lessons align with the Alaska State Suicide Prevention Plan
- Each course contains printable instruction sheets for the teacher/instructor
- Age-appropriate objectives aimed at promoting resilience and preventing suicide.





Transforming Schools Trauma Engaged Implementation Toolkit coming soon.....

# DEED eLearning Trauma Resources



## Overcoming ACEs in Alaska's Schools

### Trauma-Sensitive Schools

### Trauma Engaged & Practicing Schools

### Trauma Engaged

### Educator Tools & Techniques Micro-Modules Hands-on activities for:

- Classroom practice
- Self-regulation
- Mind body connection
- Emotional intelligence

## Five new courses coming Winter/Spring 2020!

- Childhood traumatic grief for school personnel (Live)
- a Guide to Family Partnerships (Live)
- Self Care for Educators
- Birth to 5 Trauma Engaged Practices

<https://education.alaska.gov/eLearning/>

# Other Statewide Suicide Prevention Council Efforts

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# Statewide Suicide Prevention Council- 2020 Activities

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- Reducing Lethal Means Campaign
- Careline Promotion
- “Recasting the Net- Promoting Wellness to Prevent Suicide in Alaska”- Statewide planning, data collection and assessment
- Statewide Suicide Prevention Collaboration
  - Division of Behavioral Health
  - Division of Public Health
  - Office of Substance Misuse and Prevention
  - Department of Education and Early Development
  - Alaska Mental Health Trust
- Ongoing partnerships and collaboration with local suicide prevention groups, partners and programs



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# Questions/Comments?