

Evidenced-Based Suicide Prevention Programs

- **ASIST** - A two-day workshop designed to provide participants with gatekeeping knowledge and skills. Gatekeepers are taught to recognize the warning signs and to intervene with appropriate assistance.
- **SOS: Signs of Suicide** - School-based program which combines a curriculum that aims to raise awareness of suicide and reduce stigma of depression. There is also a brief screening for depression and other factors associated with suicidal behavior.
- **QPR (Question, Persuade, Refer)** – A brief, crisis intervention that can be done by anybody. QPR is not intended to be a form of counseling or treatment. It is intended to offer hope through positive action.
- **Parents as Partners** – A 9 page booklet that helps parents recognize the symptoms of depression and the warning signs of suicide in their children and how to intervene.
- **Crisis Intervention Training** - CIT came out of the Memphis Police Dept. and is a training for law enforcement officers to help them manage mental health issues when they respond to a call.

Other Potential Resources

(go to www.prc.mt.gov/suicideprevention to download these programs or obtain additional information)

- **Suicide Prevention Toolkit for Rural Primary Care Physicians** – Assessment and intervention material for physicians in rural communities.
- **Suicide Prevention Toolkit for Senior Living Communities** – Assessment and intervention material for assisted living programs and nursing home.
- **Good Behavior Game** -The classroom management strategy is designed to improve aggressive/disruptive classroom behavior. It is implemented when children are in 1st or 2nd grade in order to provide students with the skills they need to respond to later, possibly negative, life experiences and societal influences. Studies have suggested that implementing the “Good Behavior Game” may delay or prevent onset of suicidal ideations and attempts in

early adulthood. (Wilcox, H.C, Sheppard, K., Hendricks, B., Jeanne, M, Poduska, N.S., Ialongo, W.W., Anthony, J.C. (June, 2008). The impact of two universal randomized first- and second-grade classroom interventions on young adult suicide ideation and attempts. *Drug and Alcohol Dependence*, 95(1), S60-S73.)

For additional information about these programs or other evidenced-based practices, go to

http://www.sprc.org/featured_resources/bpr//ebpp.asp or
<http://www.nrepp.samhsa.gov/index.htm>

Suicide Prevention Resources

Montana Suicide Prevention Website at
www.prc.mt.gov/suicideprevention

Montana Statewide Suicide Hotline - 1-800-273-TALK, TTY: 1-800-799-4TTY (4889). *National number then routed regionally to either Voices of Hope or the Help Center depending on prefix of phone number.*

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