**Tribal Based Mental Health Services**

**Youth Suicide Prevention, Intervention, and Postvention**

**Plan & Budget: January 1, 2022 – December 31, 2022**

(Please email to: jill.baker@dhsoha.state.or.us, shanda.hochstetler@dhsoha.state.or.us and AMHContract.Administrator@dhsoha.state.or.us)

Date submitted: Tribe:

Submitted by: Contact email:

This Youth Suicide Prevention, Intervention, and Postvention Plan and Budget should reflect activities that support care for and prevention of suicidal behaviors in your tribal community. We encourage creative ideas to increase protective factors and/or mitigate risk factors for youth in your tribal community. The options below are possibilities, but you are not limited to them.

You may remember the Big River *(previously referred to as the Big 6)* suicide prevention programs OHA launched in early 2020. The current Big River programs can be found [here](https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le3548.pdf). Many of the trainings are available virtually or in-person. For most of the Big River programs, OHA covers costs for local people to become trainers in these programs, but do not cover the cost of hosting trainings themselves (room, food, stipends for trainers, course materials). All these trainings have a statewide coordinator available who can help explain the program, how it might fit with the work already being done, and who in your community might already be trained. The link above contains links to the contacts for each program.

Please indicate your plan on the following two pages **by checking as many activities as are applicable to your plan**. You do not need to have activities in each section. Just indicate what activities will be part of your plan.

**Support & Resources are available to you.** Shanda Hochstetler and Jill Baker at OHA are available for help with your plan, for help connecting to available resources, and for other support you might need around youth suicide prevention. The work of suicide prevention is challenging and can feel isolating. We want to be good connectors in this work.

**For questions about completing this Plan or about suicide prevention efforts and resources statewide, you are invited** (but not obligated) **to OHA open office hours** [**December 13, 12p-2p**](https://www.zoomgov.com/j/1602193004?pwd=T2MrdGp5VWZQNVZOMHpBNnBDbFhaUT09) **&** [**December 14, 8a-10a**](https://www.zoomgov.com/j/1610989618?pwd=d25uMjVIeWhMWkxkV2c5dUI1ZTR1UT09)**.** No need to RSVP or make an appointment. The dates are linked to the Zoom room.

Ongoing throughout the work of this contract, you can reach us at:

Shanda.Hochstetler@dhsoha.state.or.us 503-890-3575

Jill.Baker@dhsoha.state.or.us 503-339-6264

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Important links:

**OHA open office hours Zoom room links:** [**December 13, 12p-2p**](https://www.zoomgov.com/j/1602193004?pwd=T2MrdGp5VWZQNVZOMHpBNnBDbFhaUT09) **&** [**December 14, 8a-10a**](https://www.zoomgov.com/j/1610989618?pwd=d25uMjVIeWhMWkxkV2c5dUI1ZTR1UT09)**.**

[**Big River suicide prevention programs**](https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le3548.pdf)

**Suicide Prevention, Intervention, and Postvention Plan & Budget**

**We plan to use the suicide prevention funding for the following activities:**

*(You will not be able to cover all these services as this is a very limited amount of funding.)*

Youth Suicide **Prevention** Services include activities for young people ages 0-24 and their families that increase protective factors and decrease risk for suicidal behavior.

* Fold Youth Suicide Prevention Services efforts into the existing prevention system so communities can identify early indications of suicidal behaviors and increase wellness and connectedness
* Implement [Sources of Strength](https://matchstickpdx.com/sources-of-strength-oregon) programming (a peer-led upstream prevention program that focuses on help, hope, and strength) in youth groups, schools, youth leadership councils, or other youth-connected settings. Support for Sources of Strength is available through OHA.
* Supplement or support a Tribal Suicide Prevention Coordinator position
* Host a Youth Mental Health Summit or other similar event
* Support the Tribal Youth Suicide Prevention Camp highlighting mental wellness, resiliency and coping strategies
* Support for Gathering Of Native Americans (GONA) event(s) or training for GONA facilitators
* Allow staff time to collaborate with Counties and/or Local Mental Health Authorities to educate and coordinate work around historical trauma and/or culturally responsive approaches to working with tribal youth
* Conduct a needs assessment of suicide risk and protective factors
* Other activities that intentionally work toward youth growing increased connectedness and wellness. *Please briefly describe those activities here:*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Youth Suicide **Intervention** Services include activities for young people ages 0-24 and their families that provide support and care when a young person is struggling to cope, is showing warning signs of decreasing mental wellness, or is having suicidal thoughts or feelings.

* Supplement and support current Tribal Mental Health Investments work – including Tribal Based Practices
* Support and invest in the development of a sustainable pool of trainers and widely available access to trainings for suicide intervention trainings such as: *(Check all that apply.)*
	+ [Mental Health First Aid](http://www.mhfaoregon.org/)
	+ [Applied Suicide Intervention Skills Training (ASIST)](http://www.aocmhp.org/asist-and-safetalk/)
	+ [Youth Suicide Assessments in Virtual Environments (YouthSAVE)](https://oregonpediatricsociety.org/youth-save/)
	+ [Question, Persuade, Refer (QPR)](https://www.linesforlife.org/training/qpr/) or Hope Squad (A student-led version)
	+ Oregon [Counseling on Access to Lethal Means (CALM)](http://www.aocmhp.org/initiatives/additional-initiatives/)
* Provide training for behavioral health staff in therapeutic intervention for suicidality. Some advanced trainings available at no cost through the [Association of Oregon Community Mental Health Programs](http://www.aocmhp.org/initiatives/additional-initiatives/)
* Develop plans and support for early and often screening for youth suicide
* Other activities that intentionally work toward youth having access to help with suicidal thoughts and behaviors from equipped, caring adults. *Please briefly describe those activities here:*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Youth Suicide **Postvention** Services include activities for young people ages 0-24, their families, and their communities that provide care following a suicide death.

* + - Training for behavioral health staff in therapeutic suicide postvention models
		- Support and invest in a community training and planning event for suicide postvention through the program Connect: Postvention
* Other activities that intentionally work toward supporting youth, families, and the community in the aftermath of a suicide death. *Please briefly describe those activities here:*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

From Plan selected above, please include budget and calendar of services and activities below:

|  |  |  |  |
| --- | --- | --- | --- |
| **Services/Activity** | **Date(s) Planned** | **Budgeted Amount****(Total = $22,500 for Jan to Dec 2022)** | **Notes** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |