

# Suicide Prevention/Intervention/Postvention Resource Sheet

## SBHC Coordinator's Meeting

### Oregon Health Authority Resources:

- [Suicide Mapping Tool](#): Provides data on suicide deaths in Oregon by age groups and county suicide rates.
- [Violent Death Data Dashboard](#): Provides Oregon data on suicide, firearms, and homicides. Some data available by county.
- OHA [2016-2020 Youth Suicide Intervention and Prevention Plan](#) and [2016 Youth Suicide Annual Report](#)
- Youth Suicide Prevention Network listserv: YSPNetwork is an electronic discussion list for professionals and survivors who are working to prevent youth suicide in the Pacific Northwest. This listserv is meant to provide members a means to easily collaborate with one another, ask questions, share information, experience, and resources to enhance our knowledge and perspectives in youth suicide prevention. Subscribe at <http://listsmart.osl.state.or.us/mailman/listinfo/yspnetwork>.
- OHA Suicide Prevention Contacts:

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### National and Oregon Crisis Resources:

- National Suicide Prevention Lifeline: Call 1-800-273-TALK (8255) or [chat](#) through the NSPL website



1-800-273-TALK



Español: 1-888-628-9454



1-800-273-8255

- [Oregon YouthLine](#): Teens are available to help daily from 4-10pm Pacific Time (adults are available by phone at all other times). YouthLine is a free, confidential teen-to-teen crisis and help line. Contact us with anything that is bothering you. No problem is too big or too small for the YouthLine! [www.oregonyouthline.org](http://www.oregonyouthline.org)



- [The Trevor Project](#): A national organization providing crisis intervention and suicide prevention services to LGBTQ young people ages 13-24. Available by phone, text or chat.

## Trainings:

- [ASIST \(Applied Suicide Intervention Skills Training\)](#): A two-day workshop that teaches people how to recognize anyone who may be at potential suicide risk, intervene with them and refer them to professional help. Each school should have at least 2 ASIST trained staff who are known as a resource to teachers, staff, students and parents. Contact Meghan Crane for an Oregon ASIST Trainer Roster.
- [Kognito At Risk in Primary Care: Adolescents](#): Online, interactive course where participants learn how to: 1) identify risk factors and warning signs for mental health disorders; 2) screen patients for mental health disorders; 3) discuss treatment options; 4) Engage in collaborative decision making about treatment plans; 5) build intrinsic motivation in patients to adhere to a suggested treatment plan. Available to all Oregon SBHC clinicians at [www.oregon.kognito.com](http://www.oregon.kognito.com). See attached flier.
- [Columbia Suicide Severity Rate Scale \(CSSR-S\)](#): Evidence-based suicide risk assessment for clinicians, communities and schools. Free access to the screening, guidelines, and online trainings for free. OHA will be hosting a free training webinar with CSSR-S staff on use of the tool on November 15, 2017 at 8am. Webinar access information will be shared soon.
- [Counseling on Access to Lethal Means \(CALM\)](#): Free, online training designed to help providers implement counseling strategies to help clients at risk for suicide and their families reduce access to lethal means, particularly (but not exclusively) firearms. Some capacity in Oregon to provide in person training. Contact Meghan Crane for more information.

## Suicide Prevention Resource Center (SPRC) Resources

- [The Role of High School Mental Health Providers in Preventing Suicide](#): The page contains information on recognizing and responding to warning signs, resource materials about suicide prevention as well as other suicide prevention information relevant to school health providers.
- School Based Health Center Suicide Prevention/Intervention/Postvention Rubric (Maine): Rubric that can help guide the work of SBHCs when developing/enhancing suicide prevention protocols. Rubrics can also be used for evaluation purposes. See attached. For more information, contact Sheila Nelson, [Sheila.Nelson@maine.gov](mailto:Sheila.Nelson@maine.gov).
- School Based Health Center Suicide Intervention Protocols (Maine): See attached. For more information, contact Sheila Nelson, [Sheila.Nelson@maine.gov](mailto:Sheila.Nelson@maine.gov).