1. Sustainable infrastructure in Vermont for suicide prevention, intervention and postvention linked to substance abuse prevention

2. Public awareness of suicide as a public health problem

3. Implementation of effective evidence-based suicide prevention and early intervention programs and strategies in schools and communities and Institutions of Higher Education
10% ↑
Suicide Deaths by Age Groups

Suicide Death Rates per 100,000, By Age
U.S. and Vermont*, 2011

- 15-24: 18.9 (Vermont*) vs. 11 (U.S.)
- 25-44: 21.2 (Vermont*) vs. 15.4 (U.S.)
- 45-64: 23.7 (Vermont*) vs. 18.6 (U.S.)
- 65+: 25.5 (Vermont*) vs. 15.3 (U.S.)
Distribution of Lethal Means of Suicide, Overall Vermont Residents, 2007-2011

- Firearms: 57%
- Poisoning: 19%
- Suffocation: 4%
- Other*: 21%

*includes drowning, cut/pierce, motor vehicles, unspecified, and other specific causes of suicide.
Vermont Youth

Figure 3: Percent of high school students reporting suicide measures by year, Vermont Youth Risk Behavior Survey

- Made a suicide plan, past year
- Attempted suicide, past year

Data points:
- 2003: Made a suicide plan (14%), Attempted suicide (7%)
- 2005: Made a suicide plan (11%), Attempted suicide (6%)
- 2007: Made a suicide plan (9%), Attempted suicide (5%)
- 2009: Made a suicide plan (9%), Attempted suicide (4%)
- 2011: Made a suicide plan (9%), Attempted suicide (4%)
- 2013: Made a suicide plan (11%), Attempted suicide (5%)
400 Visits
2012 National Strategy for Suicide Prevention:
GOALS AND OBJECTIVES FOR ACTION
A report of the U.S. Surgeon General
and of the National Action Alliance for Suicide Prevention

GOAL 8: Promote suicide prevention as a core component of health care services.

GOAL 9: Promote and implement effective clinical and professional practices for assessing and treating those at risk for suicidal behaviors.
Systematic Suicide Care Plugs the Holes in Health Care

- Systematic Suicide Care

  Serious Injury or Death Avoided

  Collaborative Safety Plan Put in Place

  Screen, Assess for Suicidality

  Treat Suicidality: Suicide-Informed CBT, Groups/classes on Inpatient, DBT, CAMS

Continuity of Caring: Follow-up Contact after ED, Inpatient
What is Umatter?

Umatter for Schools

Umatter for Youth and Young Adults

Umatter for Communities

Umatter Public Information
U matter for schools

2008-2014
107 Schools
467 staff

Umatter Trained Schools
First Call Trained Schools
LGBTQ youth
Community Partners
Windham County- Brattleboro retreat
Stowe and Morristown- Lamoille Prevention Campaign
Manchester- The Collaborative
Rutland- Boys and Girls Club
St. Johnsbury- Northeast Kingdom Youth Services
Vergennes- The Boys and Girls Club
Wilmington- Deerfield Valley Prevention Partnership

matter for communities
Words can hurt or heal.
Language

- Died by suicide
- Took her/his own life
- Killed him/herself
- Suicide attempt
- Non-fatal attempt
- Suicide survivor

Please Avoid:
- Committed suicide
- Successful suicide
- Completed suicide
- Failed attempt
Risk Factors & Warning Signs

- Protective Factors: Internal and external factors that promote resilience
- Risk Factors: Internal and external factors that produce stress
- Warning Signs: Changes in behavior that indicate severe stress – Take Action!
Risk Factors

- Poverty
- Violence at home, school, or work
- Verbal, emotional or sexual abuse
- Family history of suicide
- Easy access to a firearm
- Harsh or inconsistent discipline styles
- Poor health mentally or physically
- Lack of life skills
- One or more prior suicide attempts
- Unrealistic expectations of oneself or inability to accept failure
- Divorce of parents/partner
- Rejection by peers
- Harassment due to race, ethnicity, sexual orientation, or gender identity
- Bullying or being bullied at school or work
- Suicide cluster in the community
- Loss of a loved one or a significant relationship
- Homelessness
- Unemployment
- Incarceration
- Moving to a new community
- Natural disaster
- Lack of support services
- Academic failure
Warning Signs

....are more concerning and need to be noticed, reported and investigated.
- Increased alcohol or other drug use
- Abandonment of activities once considered enjoyable
- Impulsiveness and unnecessary risk-taking
- Unexpected anger or wish for revenge
- Persistent feelings of failure
- Persistent physical complaints
- Neglect of personal appearance
- Preoccupation with death (through music, poetry, drawings, video games, movies)
- Difficulty concentrating
- Severe mood swings
Threatening suicide or expressing a strong wish to die
• Making a plan- how, when, where
• Seeking access to lethal means- guns, medication, poisons, rope, alcohol, cars
• Talking, writing, drawing or texting about death, dying or suicide
• Giving away prized possessions, putting life in order
• Showing abrupt improvement after a period of sadness or withdrawal
• Feeling “beyond help”
Assets

Family Support
Positive Family Communication
Other Adult Relationships
Caring Neighborhood
Caring School Climate
Parent Involvement in Schooling
Community Values Youth
Youth as Resources
Service to Others
Safety
Family Boundaries
School Boundaries
Neighborhood Boundaries
Adult Role Models
Positive Peer Influence
High Expectations
Creative Activities
Youth Programs
Religious Community
Time at Home

Achievement Motivation
School Engagement
Homework
Bonding to School
Reading For Pleasure
Caring
Equality and Social Justice
Integrity
Honesty
Responsibility
Restraint
Planning and Decision Making
Interpersonal Competence
Cultural Competence
Resistance Skills
Peaceful Conflict Resolution
Personal Power
Self-Esteem
Sense of Purpose
Positive View of Personal Future
Come and Join Your Friends to promote a Healthy, Happy Lifestyle!

Come together with your friends for Umatter for Youth and Young Adults — a FREE 1-day, fun-filled event — with activities and workshops where you’ll:  • LEARN how to help yourself and your friends in promoting positive mental health  • CREATE a customized community action project, where each region could receive up to $1,000!

There’ll also be raffles, prizes, and a GREAT BAND performing at the end of the event!

Don’t miss out!

Date: November 14, 2014  Location: Lake Mary Resort, Fairfax, VT  Time: Breakfast and registration — 9:30am  Event: 9:30am — 4:00pm

Register at http://www.umatterlearning.org/events or through your School Coordinator/ YIT Coordinator

For more information, contact Nicole Miller at 802-254-5590 x107
nicole.miller@umatterlearning.org
The Vermont Suicide Prevention Center is dedicated to ensuring that people of all ages have the knowledge, attitudes, skills and resources to reduce the risk of suicide.
Everybody needs help sometimes. Help comes from friends, family, people nearby and even from yourself. If you are having suicidal thoughts or are worried about someone else, don’t keep it to yourself. Don’t wait for a crisis to ask for help. You Matter. You can get help.

One person can help
While walking down the halls of school to my classes, I would constantly hear people saying rude things about me, like I was a ‘cut’ or that I dressed weird. For years and years, this...

READ MORE...

think you need help?

using the “S” word

you are not alone

want to feel better?

worried about someone?

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You can offer hope.
Show them they have a place in the big picture.

Umatter: You Can Help

This website was created to increase your awareness and understanding of suicidal behavior in youth and enhance your ability to respond. This website is intended as a resource to help you learn the warning signs, to promote help seeking and effective response to suicidal behavior. You can learn effective tools that promote positive messages, and a three step process that encourage youth to seek help. We hope you will take a few moments and browse through our site.

U matter!

Do you think you need help? If you are worried that you or someone you know is suicidal, remember you are not alone. Help is nearby.

- In an emergency dial 911
- Go to the nearest emergency room
- Talk to someone who can help, dial your local crisis hotline
- Or call the National Suicide Prevention Lifeline
  (800) 273-8255 (TTY: (800) 799-4889

www.UmatterUCanHelp.com
Dear Representative/ Senator ______,

My name is ___ and I live in the town/city of ____. I wanted to congratulate you on your election. I am writing because it is my belief that Suicide Prevention is a public health issue and would like to discuss this with you at your earliest convenience.

In Vermont each year, we lose more people to suicide than to motor vehicle crashes. Last year alone, we lost more than 108 Vermonters to suicide. (Motor vehicle fatalities were 62.)

Suicide Prevention is personally important to me because ____. I hope we can count on your support in the upcoming year. Please contact me at ____ if you would like to discuss this further.

Thank you, ______
What are your thoughts about ways that the VDH District offices can support, utilize and provide referrals to these suicide prevention resources?
For more information contact:

Center for Health and Learning
JoEllen Tarallo-Falk, VT-SPC Director, joellen@healthandlearning.org

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Vermont Department of Mental Health
Charlie Biss, Child and Adolescent Programs, charlie.biss@state.vt.us

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