VT Suicide Prevention Center (VTSPC)
A Public-Private Partnership

Mission Statement
To create health-promoting communities, in which people have the knowledge, attitudes, skills and resources to reduce the risk of suicide in Vermont.
VTSPC designed and facilitates zero suicide pilot projects in Chittenden, Franklin and the Grand Isle counties in partnership with Howard Center and Northwestern Counseling and Support Services.

1. Clinicians’ practice improvement- Increased comfort and competence. Increased focus on drivers of suicidal thinking and more direct intervention and treatment of these.

2. Organizational leadership focus on supporting the implementation of specific components of Zero Suicide.

3. Focus on safe and timely client handoffs between clinicians and programs.

Number of Suicides, Hospitalizations and Emergency Department Visits for Suicide Attempts in 2014:

- Deaths: 114
- Hospitalizations: 326
- ED Visits: 1,183

In 2014, there were 1,509 hospitalizations or ED visits among VT residents at VT hospitals for suicide attempts.
Quechee Bridge Mitigation Project

VTSPC provided expert advice on the Quechee Bridge Mitigation Project in collaboration with the Agency of Transportation for a report to the legislature.

The project is in the process of installing crisis assistance signs and call boxes to the bridge.
Gun Shop Project

The VT Gun Shop Project (VT GSP) is a statewide awareness and prevention partnership between the VT Department of Mental Health (DMH), the VT Suicide Prevention Center (VTSPC), and leading organizations in the firearm owners’ community, the Vermont Federation of Sportsmen’s Club Inc. (VFSC) and Gun Owners of Vermont (GOV).

90% OF VERMONT GUN DEATHS ARE DUE TO SUICIDE

Over 250 posters & packets of material were distributed by volunteer members of the gun-owning community to ranges, gun shops, and individuals with Federal Firearms License to buy and sell firearms.

15 Gun-Owners were trained as Gatekeepers to recognize signs, know what to say and how to get help.
VTSPC Assisted VT Department of Mental Health to Launch the VT Crisis Text Line

The Top Areas Vermonters are Using the Crisis Text Line for Support:

- Bullying
- Health Concerns
- Friend Issues
- Isolation

Lethal Means in VT

FIREARMS: 57.6%
POISONING: 19.3%
SUFFOCATION: 17.9%
OTHER: 5.2%

All ages: Distribution of leading means of suicide 2010–2013
Vermont Suicide Prevention Coalition

A public–private partnership consisting of representatives from public health, education, health services, state agencies, non-profits, youth leadership, mental health services and survivors throughout the state.

65 Organizations actively engage in the VT Suicide Prevention Coalition and meet on a quarterly basis to give input on statewide initiatives and receive professional development.

“...leading the way in coordinating efforts, educating the public, caregivers & gatekeepers. They are raising awareness about one of the most pressing public health crises in VT. Their work is literally saving lives!”

– Jaskanwar S. Batra, M.D., Former Medical Director, VT Department of Mental Health

ONLY 19-20% OF THOSE WHO DIED BY SUICIDE IN 2014 WERE CLIENTS IN THE VT PUBLIC MENTAL HEALTH SYSTEM
**Umatter Youth & Young Adults**

**Mental Health Wellness Promotion & Community Action**

Umatter YYA is a youth leadership and engagement initiative that promotes mental health wellness: healthy coping mechanisms among youth and the ability to recognize when they or a peer needs help, and how to get it.

The youth and young adults will undergo training, short courses, and conduct a youth directed community action project.

12% of VT high school students have made a suicide plan in the last year (2015 YRBS)

125 schools

112 public and 13 private schools received training from 2010-2016
Suicide is a public health issue that affects individuals and families of all ages, socio-economic groups, and of all cultural and ethnic backgrounds. Social attitudes about suicide influence the ability of people to get the help they need and often make it difficult to offer support after an attempt or death.

*American Association of Suicidology, 2015*
Diversified Funding Sources

2016 SUICIDE PREVENTION REVENUE SOURCES

The Annual Cross-Agency Statewide Symposium brings together professionals, suicide attempt and loss survivors, and concerned citizens across all sectors for a day of learning from national experts on critical topics and skills in suicide prevention.

202 Attendees Participated in building knowledge and community collaboration from 10 national and local experts on the effects of suicide in the community through the lens of lived experiences, substance abuse, domestic violence, cultural competency, mindfulness, transgender lives, and a developmental perspective.
Public Awareness

722 Professionals Trained in Suicide Prevention in 2016 in VT.

Suicide prevention awareness information was shared with 855 people through materials and displays.

After attending a Umatter Awareness Training of Trainers, attendees had a **20% increase** in answering questions about suicide correctly across all knowledge items.

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**Umatter Training of Trainers**

How much do you agree or disagree with the following statements?

<table>
<thead>
<tr>
<th>Statement</th>
<th>Pre</th>
<th>Post</th>
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<tr>
<td>I am confident in my ability to successfully assess suicidal patients</td>
<td>56%</td>
<td>80%</td>
</tr>
<tr>
<td>I am confident in my ability to successfully treat suicidal patients</td>
<td>39%</td>
<td>73%</td>
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Research suggests that For Each Death By Suicide 147 People Are Exposed (6.5 million annually). Among those More Than 6 Experience A Major Life Disruption. (Cerel, 2015)

The Vermont Suicide Prevention Center, American Foundation of Suicide Prevention, Vermont Department of Health and Department of Mental Health collaborated and created a Survivors of Suicide VT Resource Packet which includes local and national resources.
Please Help VTSPC!

TO MAKE A DONATION
VISIT www.VTSPC.org
OR CALL 802.254.6590

For more information contact:
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