The Vermont Suicide Prevention Center (VTSPC) is a public-private partnership with Agency of Human Services, foundations, individuals and organizations. Created by the Center for Health and Learning, the mission of the VTSPC is to create health promoting communities, in which people have the knowledge, attitudes, skills and resources to reduce the risk of suicide in Vermont.

Data Calls Us to Action:

* Based on 2016 data from the Center for Disease Control and Prevention.

1,149 PEOPLE were trained in Suicide Prevention by Vermont Suicide Prevention Center in 2018.

Creating Prevention Prepared Schools and Communities

Umatter: You may need help. You may provide help.

Umatter Trainings:

Umatter for Schools and Communities:
- 5 EVENTS
- 121 PARTICIPANTS

Umatter for Young Adults (YYA):
- 5 EVENTS
- 138 PARTICIPANTS

Umatter Training of Trainers:
- 1 EVENT
- 28 PARTICIPANTS

Other Community Trainings:
- 3 EVENTS
- 79 PARTICIPANTS

Youth Initiated Community Action Projects developed by Umatter YYA groups:
- Community Dialogue Night
- Mental Health Mondays
- Health and Wellness Days
- Self-Care ‘Zine for queer and trans youth
- Umatter Reach Out Day
- Creation of short film Grasp

What people are saying about Umatter:

“Umatter is a welcome addition to wellness promotion and prevention in our school. The program increases knowledge to support health promotion and skills for self-care and caring for others which prevent critical health problems like substance abuse and suicide. The curriculum is well constructed and easy to use.”

– Umatter training attendee

For more information contact info@healthandlearning.org
vtspc.org | vtcrisistextline.org | UmatterUcanGetHelp.org
Zero Suicide: Creating Suicide Safe Pathways to Care

2018 Zero Suicide Trainings: **8 EVENTS 248 PARTICIPANTS**

Leadership and Clinical training for **24 Healthcare Organizations** including: Blue Cross Blue Shield of Vermont, One Care Vermont, Vermont Blueprint for Health, UVM Medical Center & Vermont Independent Providers

Leadership training for **13 Vermont Designated Mental Health Agencies**

Zero Suicide Pilot Sites:

- **95 CLINICIANS** trained in Collaborative Assessment and Management of Suicidality (CAMS)
- **83 CLINICIANS** trained in Counseling on Access to Lethal Means (CALM)

The Pilot Sites conducted Organizational Self-Assessments (OSA) and Workforce Development Surveys, established priority areas and outcome measures. In the third year of implementation of Zero Suicide initiatives within their organizations, the Pilot Sites, on average, are showing progress in 5 of the 7 domains of implementation as shown to the right. Work continues in all domains to achieve a comprehensive Zero Suicide model.

<table>
<thead>
<tr>
<th>OSA Domain</th>
<th>1</th>
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<th>3</th>
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<tbody>
<tr>
<td>Create a leadership-driven, safety oriented culture</td>
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<td>Develop a competent, confident, and caring workforce</td>
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<td>Systemically identify and assess suicide risk</td>
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<td>Ensure every person has a suicide care management plan (pathway to care)/ Collaborative safety planning/ restriction of access to lethal means</td>
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<td>Use effective, evidence-based treatments that directly target suicidal thoughts and behaviors</td>
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<td>Provide continuous contact and support</td>
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<td>Apply a data-driven quality improvement approach</td>
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Suicide Prevention Infrastructure in Vermont

**Statewide Training Events:**
- Vermont Suicide Coalition Meetings: **3 EVENTS 82 PARTICIPANTS**
- Suicide Prevention Day at Vermont State House: **100 PARTICIPANTS**
- Vermont Suicide Prevention Symposium: **182 PARTICIPANTS**

“*The symposium had great evidence based practice information. There is so much to learn from other organizations and groups who deal with individuals suffering from suicide. The assessment scales and new information on substance use were very informative. Great job!*” – Symposium attendee

Under funding from VT Department of Mental Health and VT Department of Health and in partnership with University of Vermont.

**Public Information and Outreach:**

- **VTSPC Website**
  - 19,364 PAGE VIEWS
  - 7,598 USERS
  - 88.2% NEW VISITORS

- **Vermont Crisis Text Line Website**
  - 4,995 PAGE VIEWS
  - 3,657 USERS
  - 92.2% NEW VISITORS
  - **151% INCREASE FROM 2017**

- **VTSPC Facebook Page**
  - 669 “LIKES”

VTSPC staff contribute to, serve on, and advise committees and groups including: Suicide Prevention Data and Surveillance Work Group; AHS Suicide Prevention Leadership Team; VT Youth Services Advisory Council; Youth Voice Community of Practice; VT Youth Advisory Council; Quechee Bridge Mitigation Advisory Group; Governor’s Opioid Coordination Council; and Mental Health Advocacy Day