



## Alaska Division of Behavioral Health Report to SSPC

By James Gallanos, DBH Program Coordinator

[James.gallanos@alaska.gov](mailto:James.gallanos@alaska.gov)

(907) 465-8536 ,

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*Below is a summary of suicide prevention projects, programs and services that the DBH, Prevention and Early Intervention Services are coordinating throughout the state.*

### **Comprehensive Behavioral Health Prevention Grants**

We just completed our three year grant cycle for the Comprehensive Behavioral Health Prevention & Early Intervention Services grant program on June 30<sup>th</sup>, 2014. Several of the grants were focused on suicide prevention and had made some significant progress. We are currently gathering their year-end reports and will be putting together a prevention outcomes report in preparation for our next grantee meeting September 23-25<sup>th</sup> in Anchorage.

In addition to wrapping up last year’s grant program, we are happy to announce the next round of grantees. We have made some significant changes to our program that includes a more robust planning process. Considering that prevention “programs” largely serve communities at the individual level, we are moving the needle to encourage a broader effort to think and plan strategies that affect not only individuals, but communities as a whole. Therefore we are focusing on,

*“A coalition led, data driven process to achieve desired results!”*

Other significant differences in this grant cycle include:

- A four-year grant cycle (FY 2015-FY 2018) to allow more time to develop sustainable coalition led strategies.
- Coalitions to include partner agencies that will share funding and decision-making.
- Adherence to the Strategic Prevention Framework (i.e. tools, methods and practices) shown to be most effective in reaching community level outcomes.
- Assessment of needs, readiness and resources as it addresses all behavioral health conditions in the community BEFORE implementing strategies.
- Collecting and monitoring local data to and support local decision making.
- Implement at least one environmental strategy (i.e. influencing community norms, regulations, policies, practices that decrease risk or incidence of harm).

The list of newly awarded grantees and funding amounts:

Nome Regional Wellness Forum	\$ 150,000
North Slope Substance Abuse Prevention & Intervention Coalition	\$ 134,942
Fairbanks Wellness Coalition	\$ 260,000

Nulato Wellness Coalition	\$ 95,848
Hooper Bay Community Planning Group	\$ 150,000
McGrath Community Prevention Coalition	\$ 69,904
Alaska Alternative Schools Coalition	\$ 350,000
Bethel Healthy Families Coalition	\$ 150,000
Thrive Mat-Su	\$ 260,960
Anchorage Communities Mobilizing for Change on Alcohol	\$ 264,458
Spirit of Youth Coalition	\$ 257,092
Anchorage Youth Development Coalition	\$ 342,473
Kenai Prevention Coalition	\$ 150,680
Seward Prevention Coalition	\$ 150,000
Chenega Bay & Tatitlek Community Coalition	\$ 149,853
Juneau Suicide Prevention Coalition	\$ 284,000
Ketchikan Wellness Coalition	\$ 150,000
Prince of Wales Behavioral Health Coalition	\$ 224,802
Petersburg Prevention Coalition	\$ 123,480
Wrangell Early Prevention Coalition	\$ 95,582

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***“Alaska Careline”, Interior Center for Non-Violent Living***

- Efforts to launch a new website that is a collaboration between Careline, ANTHC, and the DHSS Public Information Team.
- Still Working on 2013 Careline’s calendar year-end outcomes report that will include data on call/text volume and other characteristics that include age, nature of calls, number of first time callers versus return callers and the number of those who had accepted follow back calls and was connected to services.




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**Garrett Lee Smith, Alaska Youth Suicide Prevention Project SAMHSA grant**

We are entering our second year of the Garrett Lee Smith (GLS), Alaska Youth Suicide Prevention Project FY2013-FY2015. Our annual report to SAMHSA is available upon request [james.gallanos@alaska.gov](mailto:james.gallanos@alaska.gov).

Team attended the GLS grantee meeting in Washington D.C. June 9-11<sup>th</sup>. Bill Martin, SSPC chair attended as well and participated in Tribal portions of the meeting. New data suggested that

nationally, gatekeeper trainings are beginning to show a decrease in suicide mortality rates of 1 person per 100,000. A strong focus on attempt survivors receiving follow up care, creating “suicide safe” settings and implementing stronger protocols for screening, assessment and trauma related care is being advocated at the national level due to rising suicide rates among middle aged men ages 25-64. National funding is being directed to these efforts.

We are on track with our goals that includes training coordination of the revised Alaska Gatekeeper QPR (Question, Persuade, Refer) Training Model. Updates below:

- Training technical assistance plan with trainers for follow up and support.
  - Developed Gatekeeper Trainers member site and implemented trainer survey (10). The survey needs to be reviewed by the team to determine any additional supports needed by individual trainers or host agencies.
  - Development of *Alaska Gatekeeper Trainer Registry* to be uploaded to public websites.
  - Preparing for webinar series to support trainers with ongoing materials, resources and information.
- Established MOA for increasing agency partnerships.
  - Division of Juvenile Justice (DJJ)
- Other agency partnerships in development
  - Northstar Behavioral Health
  - Alaska Troopers (VPSO)
  - AVTEC (Seward)
  - Department of Education and Early Development (DEED)
  - Central Peninsula Hospital.
  - Eastern Aleutians Tribes
- Division of Juvenile Justice completed training for over 90 community probation officers throughout the state. Plan includes protocols for early identification referral, and follow up for adolescents determined to be at risk of suicide.
- Pilot of Careline promotional materials, Text “*4help to 839863*”, continues to be distributed. Evaluation of text service, tracking of youth connected to supports and services and effectiveness of promotional materials underway.



## Alaska Postvention Project



### Summary of Activities:

- **Survivors of Suicide Loss Ad Hoc Group:** Next meeting on August 27<sup>th</sup> at 2pm to 3pm. 1-800-315-6338 code 85361#. Working on a plan to disseminate electronic resources packet with all groups who are interested.

- ***Sudden Loss and Attempt Survivor Brochures:*** Our public information team at DHSS is working with Francine Harbour at NAMI, Anchorage and others to create an attempt survivor brochure as well as a sudden loss brochure to help identify resources for individuals, families and communities. These resources will be available in both electronic and printed hardcopy.
- ***Connect Postvention Training:*** Need to plan and coordinate a regional Connect training of trainers during FY15. Will be soliciting a letter of interest from our communities to host the training to certify 8 individuals in the postvention training model.
- ***Postvention DVD:*** Solstice Advertising help a focus group to screen the rough cut of the DVD, Preparing to Heal: Suicide Postvention in Alaska. The DVD was initially expected to be released in late April/early May but has been delayed to allow time for review and a final edit of the DVD content, quality, tone including the overall look and feel. A dissemination plan will also be generated to better market the resource to a variety of groups and communities
- ***The Alaska Postvention Resource Guide, Helping Our Communities Heal:*** Recently ordered another 200 guides for distribution.
- ***Doorway to a Sacred Place :*** Waiting on a summary evaluation of the Alaska Native Tribal Health Consortium. (ANTHC) Doorway to a Sacred Place in three pilot rural communities that occurred in FY 2104. These communities have already been implementing the model. This project has been selected for the Native American Center for Excellence, Services to Science Initiative. For this coming fiscal year, the model is being planned for broader implementation and further evaluation. Project is a three year contract for \$125,000.