



## Alaska Division of Behavioral Health Report to SSPC

By James Gallanos, DBH Program Coordinator

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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 are nearing the completion of our first year of a four year grant cycle for the Comprehensive Behavioral Health Prevention & Early Intervention Services grant program. As announced in previous reports, we made 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!”*

A brief summary of those changes include a longer grant cycle, coalition driven efforts that include: 1) shared funding and decision-making, 2) stronger adherence to the Strategic Prevention Framework (SPF), 3) collecting and monitoring local data and 4) implementing strategies that affect policy, systems and environments, and 5) thorough assessment of needs, resources, and the community’s readiness to address the behavioral health challenges to include substance abuse, mental health and suicide.\*

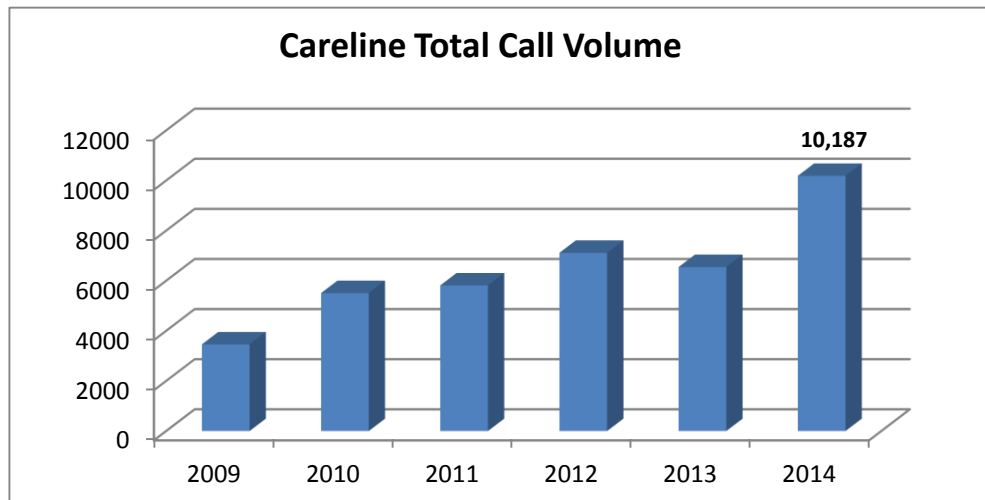
- Nome Regional Wellness Forum
- North Slope Substance Abuse Prevention & Intervention Coalition
- Fairbanks Wellness Coalition
- Nulato Wellness Coalition
- Hooper Bay Community Planning Group
- McGrath Community Prevention Coalition
- Alaska Alternative Schools Coalition
- Bethel Healthy Families Coalition
- Thrive Mat-Su Anchorage Communities Mobilizing for Change on Alcohol
- Spirit of Youth Coalition
- Anchorage Youth Development Coalition
- Kenai Prevention Coalition
- Seward Prevention Coalition
- Chenega Bay & Tatitlek Community Coalition
- Juneau Suicide Prevention Coalition
- Ketchikan Wellness Coalition
- Prince of Wales Behavioral Health Coalition
- Petersburg Prevention Coalition
- Wrangell Early Prevention Coalition

*\*Total funding awarded by DBH to Comprehensive Behavioral Health Prevention Grantees in FY2015 equals \$3,586,300. List of individual grantee funding amounts and coalition contact information available upon request.*

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

- New website has been launched that is a collaboration between Careline, ANTHC, and the DHSS Public Information Team: <http://carelinealaska.com>.
- As reported in the Council’s 2014 Implementation Report, Alaska Careline received over 10,000 contacts. As the bar chart shows, call volume has tripled since 2009 and continues to grow. This is good news but also a concern for Careline staff as they are reaching their capacity and in some cases have to rely on a backup call center out of state to handle call volume.



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

We are nearing the end of our third year of the Garrett Lee Smith (GLS), Alaska Youth Suicide Prevention Project FY2013-FY2015. New SAMHSA RFA for youth suicide prevention recently released and due on June 2<sup>nd</sup>, 2015. DBH received approval to apply.

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



QPR	Trainings	Trained
General	83	1,550
High Schools	11	647
UAA	12	103
<b>Total</b>	<b>106</b>	<b>2,300</b>

- Training technical assistance plan with trainers for follow up and support.

- Established MOAs for increasing agency partnerships. Agreements also include tracking suicidal youth with protocols for early identification, referral and follow up.
  - Division of Juvenile Justice (DJJ)
  - Northstar Behavioral Health
  
- Other agency partnerships in development
  - Alaska Rotary / GCI
  - Forget Me Not Coalition (Service Members, Veterans and Families)
  - Alaska Police and Fire Chaplains Ministries
  - Alaska Medical Examiners Office
  - Alaska Department of Public Health
  - University of Alaska Anchorage
  - Alaska State Troopers
  - Alaska Native Health Consortium

## Alaska Postvention Project



### Summary of Activities:

***Survivors of Suicide Loss Advisory Group:*** April meetings scheduled to explore the idea to hold another postvention and healing conference. The last one was in 2011 and we have learned a lot since then, have developed new resources in the form of trainings, printed materials, guides, a new DVD and the formation of new postvention response teams, groups, coalitions, and survivors of suicide loss support groups, traditional healing practices and more.

***Connect Postvention Training Academy:*** A request for applications was released and awarded to Kodiak Area Native Association (KANA) to host a two-day training & planning academy scheduled for May 27-28<sup>th</sup>. Training and planning is also being offered for rural villages on the island.

***Alaska Postvention DVD:*** Final proof approved and ready for dissemination. A plan is currently being developed with the DHSS Public Information Team. More to be announced this summer.

***The Alaska Postvention Resource Guide, Helping Our Communities Heal:*** Recently ordered another 200 guides for distribution.

***Sudden Loss and Coping with Suicide Loss Brochures:*** These resources will be available in both electronic and printed hardcopy.

***Doorway to a Sacred Place :*** Alaska Native Tribal Health Consortium. (ANTHC) Doorway to a Sacred Place is being planned for broader implementation and further evaluation. Project is in the

second year of a three year contract for \$125,000. This project has been selected for the Native American Center for Excellence, Services to Science Initiative.