

## Prevention Programs and Strategies for Mental Health Promotion and Suicide Prevention

### Mental Health Promotion

#### Evidence-Based and Research-Based Programs

- Big Brothers Big Sisters: Community-based\*<sup>1</sup>
- Blues Program\*
- Coping and Support Training (CAST)
- Coping Power Program\*
  - ❖ **Approved Version:** Selective
- Family Checkup: Toddler
- Family Foundations
- Fostering Healthy Futures for Preteens (FHF-P)
- Good Behavior Game (GBG)\*
  - ❖ **Approved Versions:** American Institutes for Research (AIR) GBG; PAXIS institute (PAX) GBG
- Guiding Good Choices\*
- Incredible Years\*
  - ❖ **Approved Versions<sup>2</sup>:** Parent BASICS – (Toddler, Preschool, and/or School Age); Teacher Classroom Management
- KiVa Antibullying Program
- LifeSkills Training\* (LST)
  - ❖ **Approved version:** Botvin Middle School: Grades 6, 7, and 8
- New Beginnings for Children of Divorce
- Nurse Family Partnership (NFP)\*
- ParentCorps
- Parenting Through Change (PTC) by GenerationPMTO, *formerly Parent Management training – The Oregon Model (PMTO)\**
- Positive Action\*
- Positive Family Support\*
- Raising Healthy Children, *formerly Seattle Social Development Project\**
- Strengthening Families Program: For parents and youth 10-14 (SFP 10-14, Iowa Version)\*
- Strong African American Families\*
- Strong African American Families – Teen\*
- Triple P

#### Promising Programs

- Families and Schools Together (FAST)
- Second Step

### Suicide Prevention

#### Evidence-Based and Research-Based Programs

- Coping and Support Training (CAST)
- Good Behavior Game (GBG)\*
  - **Approved Versions:** American Institutes for Research (AIR) GBG; PAXIS institute (PAX) GBG

#### Promising Programs

- Sources of Strength
- Question, Persuade, Refer (QPR)<sup>3</sup>

<sup>1</sup> *All* mentoring programs: applicants must complete a MENTOR WA [program survey](#).

<sup>2</sup> Each listed Incredible Years version may be implemented as a stand-alone program: more than one version is not required.

<sup>3</sup> QPR showed results in previous review, is currently under review by Washington State Institute for Public Policy and is being implemented by multiple communities with positive indications, therefore it will remain on the list as promising while it is under review.

## Notes

(\*) Programs that have identified dual outcomes for mental health promotion and either general substance abuse prevention outcomes or marijuana-specific prevention outcomes.

Grantees electing to implement innovative Suicide Prevention programs not on the approved list must still select an evidence-informed strategy with direct or indirect links to mental health outcomes.

## Criteria and Resources used in determining this program list:

**Mental Health Promotion:** Programs must have direct or indirect links to mental health outcomes<sup>4</sup> and be rated:

- Evidenced-Based/Research-Based:
  - Blueprints rating of Promising OR
  - WSIPP rating of Evidence-based or Research-based OR
  - CrimeSolutions rating of Effective OR
  - CEBC Rating of 1 – Well Supported or 2 - Supported
- Promising:
  - WSIPP rating of Promising OR
  - CrimeSolutions rating of Promising OR
  - CEBC Rating of 3 - Promising Research Evidence

**Suicide Prevention:** Programs must have direct or indirect links to suicide outcomes and be rated:

- Evidenced-Based/Research-Based:
  - Blueprints rating of Promising-OR
  - WSIPP rating of Evidence-based or Research-based OR
  - CrimeSolutions rating of Effective OR
  - CEBC Rating of 1 – Well Supported or 2 - Supported
- Promising:
  - WSIPP rating of Promising OR
  - CrimeSolutions rating of Promising OR
  - CEBC Rating of 3 - Promising Research Evidence

## Additional Resources

- Blueprints For Healthy Youth Development <https://www.blueprintsprograms.org/>
- California Evidence Based Clearinghouse (CEBC) <https://www.cebc4cw.org/>
- National Institute of Justice CrimeSolutions <https://crimesolutions.ojp.gov/rated-programs>
- Washington State Institute for Public Policy (WSIPP), Updated Inventory of Evidence-Based, Research-Based, and Promising Practices: For Prevention and Intervention Services for Children and Juveniles in the Child Welfare, Juvenile Justice, and Mental Health Systems September 2020 report  
[http://www.wsipp.wa.gov/ReportFile/1727/Wsipp\\_Updated-Inventory-of-Evidence-Based-Research-Based-and-Promising-Practices-For-Prevention-and-Intervention-Services-for-Children-and-Juveniles-in-the-Child-Welfare-Juvenile-Justice-and-Mental-Health-Systems\\_Report.pdf](http://www.wsipp.wa.gov/ReportFile/1727/Wsipp_Updated-Inventory-of-Evidence-Based-Research-Based-and-Promising-Practices-For-Prevention-and-Intervention-Services-for-Children-and-Juveniles-in-the-Child-Welfare-Juvenile-Justice-and-Mental-Health-Systems_Report.pdf)
- Washington State Institute for Public Policy (WSIPP), Updated Inventory of Evidence-Based and Research-Based Practices: Washington’s K-12 Learning Assistance Program June 2020 report  
[http://www.wsipp.wa.gov/ReportFile/1724/Wsipp\\_Updated-Inventory-of-Evidence-Based-and-Research-Based-Practices-Washington-s-K-12-Learning-Assistance-Program\\_Report.pdf](http://www.wsipp.wa.gov/ReportFile/1724/Wsipp_Updated-Inventory-of-Evidence-Based-and-Research-Based-Practices-Washington-s-K-12-Learning-Assistance-Program_Report.pdf)
- Youth.Gov Risk and Protective Factors for Youth Mental Health <https://youth.gov/youth-topics/youth-mental-health/risk-and-protective-factors-youth>

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<sup>4</sup> We reviewed programs with mental health outcomes specific to anxiety, depression, and internalizing behaviors.