**Because Suicide Prevention is Everybody's Business**

The Society for the Prevention of Teen Suicide ([www.sptsusa.org](https://mobile.wa.gov/owa/redir.aspx?C=HrAINPQsOk-eWZlQTjyO3mtshHWNWNIIe5PfpUG1kg8puZPneNuPxdTD4J1hfWKkuR5BzbriIpI.&URL=http%3a%2f%2fr20.rs6.net%2ftn.jsp%3ff%3d001YrakUESup4r3MyZHVFa757R0WFmCrh9HkCE681ucVwunRxnyV1y0OTXmu9pkCvAc_dWKiuBGGA_neXyHyztyfCGR8NZ4tkQXr1xaeM4nusR0y7kJAxC9JLkoTqoKLV1YZP41_De4k78QLAj2z7_-uwAEbl6Bcbcs5YWmAP6lJjA%3d%26c%3dWx-eBcYvF1iAyML1Z_lMVpEKpnphUPbQazwtx49tv7L4uvsOXntLww%3d%3d%26ch%3dcD3XakZ7y_7ng5h2iikzBPsu4oytsFisi0FpPgFO43w5jLR5eED7gg%3d%3d)) would like to suggest some of our on-line and in-person best practice (BPR) and evidence-based (NREPP) resources for youth, parents, teachers and schools. Below we provide a list of our key programs and resources which meet the objectives of the National Strategy for Suicide Prevention. We welcome the opportunity to speak with you to provide additional information about each of the programs listed below or about partnering to tailor the resources below to meet your state's needs.

The mission of the Society for the Prevention of Teen Suicide is to reduce the number of youth suicides and attempted suicides by encouraging public awareness through the development and promotion of educational training programs.  The NJ based non-profit was founded in 2005 by two dads who both lost their teenage children to suicide.  SPTS was instrumental in NJ becoming the first state in the nation to require educators receive suicide prevention training and offers a FREE online training to satisfy this.  SPTS provides training and consultation across the United States and has many resources available on its website: [www.sptsusa.org](https://mobile.wa.gov/owa/redir.aspx?C=HrAINPQsOk-eWZlQTjyO3mtshHWNWNIIe5PfpUG1kg8puZPneNuPxdTD4J1hfWKkuR5BzbriIpI.&URL=http%3a%2f%2fr20.rs6.net%2ftn.jsp%3ff%3d001YrakUESup4r3MyZHVFa757R0WFmCrh9HkCE681ucVwunRxnyV1y0OTXmu9pkCvAc_dWKiuBGGA_neXyHyztyfCGR8NZ4tkQXr1xaeM4nusR0y7kJAxC9JLkoTqoKLV1YZP41_De4k78QLAj2z7_-uwAEbl6Bcbcs5YWmAP6lJjA%3d%26c%3dWx-eBcYvF1iAyML1Z_lMVpEKpnphUPbQazwtx49tv7L4uvsOXntLww%3d%3d%26ch%3dcD3XakZ7y_7ng5h2iikzBPsu4oytsFisi0FpPgFO43w5jLR5eED7gg%3d%3d).

***Lifelines*Suicide Prevention Program (NREPP/BPR)**

Designed for implementation in middle and high schools, *Lifelines* targets the whole school community by providing suicide awareness resources for administrators, faculty and staff, parents and students. Includes policy/protocol development, teacher and parent training, youth curriculum, and intervention education for school resource staff.

* Prevention - National Registry of Evidence-based Programs and Practices (SAMHSA) and Best Practices Registry (SPRC)
* Intervention - Best Practices Registry (SPRC)
* Postvention - Best Practices Registry (SPRC)

[View Lifelines Testimonial Video presented at this year's AAS meeting by Delaware GLS project team after implementing Lifelines in schools statewide.](https://mobile.wa.gov/owa/redir.aspx?C=HrAINPQsOk-eWZlQTjyO3mtshHWNWNIIe5PfpUG1kg8puZPneNuPxdTD4J1hfWKkuR5BzbriIpI.&URL=http%3a%2f%2fr20.rs6.net%2ftn.jsp%3ff%3d001YrakUESup4r3MyZHVFa757R0WFmCrh9HkCE681ucVwunRxnyV1y0OSO3HenX961gqEas8_8LQDXcd8uscCxlc4srUDXJgBvpHkdYQ0-BHbQUcROzXPu6kxgKsmd5ijuhxfC2vRe6is_sbpubFHk6wnZxNg5vlqUCkxYXhZTWlWSC1537rheAb7JvFtdWeA5uUN71JwRJsra2ewFStWWrmeauWQv4oXttwv9-02nYCJQ%3d%26c%3dWx-eBcYvF1iAyML1Z_lMVpEKpnphUPbQazwtx49tv7L4uvsOXntLww%3d%3d%26ch%3dcD3XakZ7y_7ng5h2iikzBPsu4oytsFisi0FpPgFO43w5jLR5eED7gg%3d%3d)

**Making Educators Partners in Youth Suicide Prevention: Act on FACTS**

Act on FACTS is an updated version of the best practice school-based suicide awareness program "Making Educators Partners in Suicide Prevention". Like its predecessor, ACT on FACTS is a two hour online interactive training program, designed in a series of modules. It addresses the critical but limited responsibilities of educators in the process of identification and referral of potentially suicidal youth. It focuses on the practical realities and challenges inherent in the school setting through a variety of training formats that include lecture, question and answer with content experts , interactive exercises and role plays. In addition to its other content, the program highlights four categories of youth who may be at elevated risk for suicide: youth involved in bullying, LGBTQ youth, gifted youth, and students being reintegrated back into school after a suicide attempt. The training also includes optional content that addresses suicide in elementary and middle schools. There is also a additional  module that includes the stories of individual survivors of suicide loss as well as a high school that experienced an episode of contagion. The focus in telling these stories is to highlight the importance of emphasizing resilience and protective factors after a loss event.

The online training can be accessed at [www.sptsuniversity.org.](https://mobile.wa.gov/owa/redir.aspx?C=HrAINPQsOk-eWZlQTjyO3mtshHWNWNIIe5PfpUG1kg8puZPneNuPxdTD4J1hfWKkuR5BzbriIpI.&URL=http%3a%2f%2fr20.rs6.net%2ftn.jsp%3ff%3d001YrakUESup4r3MyZHVFa757R0WFmCrh9HkCE681ucVwunRxnyV1y0OSO3HenX961gEx1IXnvlwglGgBPK8hJDtJ78ZoP6qheUNnf9hHe_KfKGwdUjppRQiO-oEa-m1-2QINRMimas8URO-wg0EqXV_RvxWxYIenoONbBbvYpVKP-gk78Rle-unw%3d%3d%26c%3dWx-eBcYvF1iAyML1Z_lMVpEKpnphUPbQazwtx49tv7L4uvsOXntLww%3d%3d%26ch%3dcD3XakZ7y_7ng5h2iikzBPsu4oytsFisi0FpPgFO43w5jLR5eED7gg%3d%3d) Please contact SPTS if you are interested in monthly reporting ($2,500 per year) or a customized course including statistics and resources for your state (as low as $5,000 per year).  In-person or webinar Train the Trainer versions are also available.

**Not My Kid: What Every Parent Should Know (BPR)**

17 minute awareness raising for parents (can be tailored for various populations)

* Increase parental awareness about the extent of youth suicide.
* Answer commonly asked parental questions about youth suicide.
* Clarify misinformation about youth suicide.
* Demonstrate to parents how to talk to mental health professionals about youth suicide.

**GOALs - Growing On After Loss**

Targeted selective psychosocial group intervention for youth who have had a traumatic loss. Manualized curriculum available for elementary, middle and high school aged populations. These groups have been recognized as a public mental health service delivery protocol for group interventions for disaster preparedness and response for children and families by the American Group Psychotherapy Association.

**Creating Suicide Safety in School (BPR)**

The 6 hour workshop is for school planning teams. Often several schools in a district or an area come together to host the training and each sends a planning team. What that planning team looks like varies greatly from school to school.

This workshop is designed to help school personnel:

* Assess existing suicide prevention and response readiness
* Receive guidance in current best practice in school based suicide prevention
* Develop a customized implementation plan
* Access free and low cost resources

**ASIST - Applied Suicide Intervention Skills Training (BPR)**

Applied Suicide Intervention Skills Training (ASIST) is for everyone 16 or older-regardless of prior experience-who wants to be able to provide suicide first aid. Shown by major studies to significantly reduce suicidality, the ASIST model teaches effective intervention skills while helping to build suicide prevention networks in the community.  Developed in 1983 and regularly updated to reflect improvements in knowledge and practice, ASIST is the world's leading suicide intervention workshop. During the two-day interactive session, participants learn to intervene and help prevent the immediate risk of suicide. Studies have proven that the ASIST method helps reduce suicidal feelings for those at risk.

**SafeTALK (BPR)**

Pat Breux, SPTS Program Director is a Certified Master SafeTalk Trainer.  SafeTALK is a half-day alertness workshop that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.

**Assessing and Managing Suicide Risk (BPR)**

Maureen Underwood, MSW, Clinical Director for SPTS is a Certified Master AMSR Trainer. Outpatient behavioral health providers play a crucial role in preventing suicides.  Studies have shown that a substantial proportion of people who died by suicide had either been in treatment or had some recent contact with a mental health professional. Yet many providers report that they feel inadequately trained to assess, treat, and manage suicidal patients or clients.

Assessing & Managing Suicide Risk: Core Competencies for Mental Health Professionals meets providers' need for research-informed, skills-based training. AMSR is a one-day training for mental health professionals, including:

* Social workers
* Licensed counselors
* Psychologists
* Psychiatrists

6.5 continuing education credits are available from NASW, NBCC, APA and Continuing Medical Education Credits (CME).

**Please contact us with any questions regarding our programs: (732)410-7900 or** [**dawn@sptsusa.org**](https://mobile.wa.gov/owa/redir.aspx?C=HrAINPQsOk-eWZlQTjyO3mtshHWNWNIIe5PfpUG1kg8puZPneNuPxdTD4J1hfWKkuR5BzbriIpI.&URL=mailto%3adawn%40sptsusa.org)**.   We look forward to hearing from you!**