

Prevention Programs and Practices for Mental Health Promotion and Suicide Prevention

Mental Health Promotion

Evidence-Based and Research-Based Programs

- Blues Program*
- Coping and Support Training (CAST)
- Good Behavior Game (GBG)*
- Guiding Good Choices*
- Incredible Years*
- New Beginnings
- Nurse Family Partnership (NFP)*
- ParentCorps
- Parent Management training – The Oregon Model (PMTO)*
- Positive Action*
- Second Step*
- Strengthening Families Program: For parents and youth 10-14 (Iowa Version)*

Promising Programs

- Big Brothers Big Sisters – Community*¹
- Big Brothers Big Sisters – School Based¹
- Coping Power Program*
- Families and Schools Together
- Family Checkup – Toddler
- Family Foundations
- KiVa Antibullying Program
- Lifeskills Training*
- Mentoring: School based by teachers or staff¹
- Positive Family Support*
- Seattle Social Development Project*
- Strong African American Families*
- Strong African American Families – Teen*
- Triple P

Suicide Prevention

Evidence-Based and Research-Based Programs

- Coping and Support Training (CAST)
- Good Behavior Game (GBG)*

Promising Programs

- Sources of Strength
- Question, Persuade, Refer (QPR)²

Notes:

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

¹ All mentoring programs- applicants must complete a MENTOR WA [program survey](#).

²QPR showed results in previous review, is currently under review by Washington State Institute for Public Policy, is being implemented by multiple communities with positive indications, therefore it will remain on the list as promising while it is under review.

Criteria and Resources used in determining this program list:

Mental Health Promotion: Programs must have mental health outcomes³ and be rated:

- Evidenced-Based/Research-Based:
 - Blueprints rating of Model Plus and Model OR
 - Washington State Institute for Public Policy (WSIPP) rating of evidence-based OR
 - Currently on DMA evidenced based/research-based list
- Promising:
 - Blueprints rating of promising OR
 - WSIPP rating of research-based OR
 - Crime Solutions rating of effective

Suicide Prevention Programs: Programs must have suicide outcomes and be rated:

- Evidenced-Based/Research-Based:
 - Blueprints rating of Model Plus and Model OR
 - WSIPP rating of evidence-based OR
 - Currently on DMA evidenced based/research-based list
- Promising:
 - Blueprints rating of promising OR
 - WSIPP rating of research-based OR
 - Crime Solutions rating of effective or promising

Resources:

Washington State Institute for Public Policy (WSIPP), Updated Inventory of Evidence-Based, research-Base, 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

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

Blueprints For Healthy Youth Development <https://www.blueprintsprograms.org/>

National Institute of Justice Crime Solutions <https://crimesolutions.ojp.gov/rated-programs>

³ For this list we reviewed programs with mental health outcomes specific to anxiety, depression, and internalizing behaviors.