



## **Iowa's Youth Suicide Prevention Grant Fact Sheet – December 2014**

### **Background:**

Iowa Department of Public Health (IDPH) received a three-year Garrett Lee Smith State Youth Suicide Prevention Grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) that began October 2013. The project includes specific steps to reduce suicides, suicidal behavior, and suicide risk among youth and young adults aged 10 to 24 years by: (1) implementing evidence-based screening for suicide risk at all IDPH substance abuse treatment programs (Patient Health Questionnaire-9) (2) Implement an evidence-based gatekeeper training program for middle and high school educators in all Iowa's middle/junior high and high schools and (3) reaching youth using social media. It builds on the foundation of Iowa's prior efforts to implement statewide suicide prevention and early intervention strategies. The project collaborates with numerous public and private partners including the SAMHSA-funded SAT-ED Adolescent Grant (Families in FOCUS) and Access to Recovery programs, the Department of Education, SAMHSA project officers and support staff, Iowa school districts, substance abuse treatment providers, local suicide prevention coalitions, and the three current Garrett Lee Smith campus grantees.

### **Grant Update:**

Approximately fifteen months in to the project, much work has been done with good success so far. Project focal points include:

- Ensure suicide prevention best practices are integrated into Iowa's youth and young adult serving programs.
- Mental health screening at twenty state-supported substance abuse treatment centers is ongoing. The PHQ-9 is being utilized with all 10-24 year-old clients, with many centers utilizing it with all clients. Roughly 13,500 Iowans were screened from project inception through September at these centers. Full data collection processes are still under development to accommodate the need for active parental consent from the funder versus the need for privacy when seeking treatment.
- Implement an evidence-based gatekeeper program for middle and high school educators in all Iowa's middle/junior high and high schools; using Kognito Gatekeeper Trainings for Educators (<http://iowa.kognito.com/>). Through December 1, 2014, almost 900 trainings had been initiated by Iowa educators, with over 630 being completed. Promotional materials distributed through e-mails, via DOE listservs and newsletters, and at education-related conferences.
- The Project Coordinator has presented to a variety of state and local groups to discuss suicide prevention resources and efforts. In addition, he has coordinated trainings by pairing various suicide prevention experts with interested groups across the state. Upcoming trainings include the 2014 Iowa Prevention Conference and the 2015 Iowa Veterinary Medical Association Conference.

- Promotion of Your Life Iowa (<http://www.yourlifeiowa.org/>) continues. This is a resource where youth, parents and school personnel can get immediate help and information about bullying and youth suicide. Services are offered via the website, a toll free telephone hotline, and texting. More than 4,300 print promotional materials have been distributed across the state in addition to paid advertising via radio, newsprint, and social media.
- The Iowa Suicide Prevention Planning Group has been formed to revise the Iowa Suicide Prevention Plan 2011-2014. This group will also provide recommendations for implementing the Plan and review it regularly; and provide guidance and direction to suicide prevention efforts in Iowa. This group has approximately twenty members and began meeting in August 2014.

**For more information, please visit [http://www.idph.state.ia.us/bh/suicide\\_prevention.asp](http://www.idph.state.ia.us/bh/suicide_prevention.asp) or contact Patrick McGovern at 515-281-5444 or [pat.mcgovern@idph.iowa.gov](mailto:pat.mcgovern@idph.iowa.gov)**