



Iowa's Youth Suicide Prevention Grant Update – October 2015

Approximately two years in to the project (of a three-year project), much work has been done with good success so far. Project focal points have included:

- Ensure suicide prevention best practices are integrated into Iowa's youth and young adult serving programs.
- Mental health screening at nineteen 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 17,000 Iowans have been screened through July 2015, although data were only collected on about 1,800 clients due to a delay in implementing the consent protocol and in clients not granting consent.
- 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 October 1, 2015, more than 2,300 trainings had been initiated by Iowa educators, with almost 1,900 being completed. Promotional materials distributed through e-mails, via DOE listservs and newsletters, and at education-related conferences. A promotional push by the Project Coordinator occurred at the beginning of the 2015-2016 School Year, resulting in about 600 more trainings completed.
- 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. These trainings included: Iowa Prevention Conferences, Iowa Governor's Conferences on Substance Abuse, the 2015 Midwest Regional Suicide Prevention Conference, Risky Business, Iowa Veterinary Medical Association, and presentation to local groups and coalitions across Iowa.
- 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. Promotional materials for both Your Life Iowa and the National Suicide Prevention Lifeline have been distributed at more than 20 conferences, directly to interested schools and community organizations, and at community events.
- The Iowa Suicide Prevention Planning Group released the Iowa Suicide Prevention Plan 2015-2018 in October 2015. This group is forming workgroups to dig deeper into the Plan to operationalize the goals and objectives and to identify ways in which progress may be tracked. Anyone interested in assisting with this process should contact Pat McGovern at the contact information found below.
- Partnerships and collaboration have been fostered with other youth-focused initiatives, including mentoring, youth substance abuse prevention, and Youth Mental Health First Aid.

For more information, please visit <https://idph.iowa.gov/substance-abuse/youth-suicide-prevention> or contact Patrick McGovern at 515-281-5444 or pat.mcgovern@idph.iowa.gov