Suicide Prevention from a Faith Community Nurse perspective
Cari Moodie, RN
Coordinator, Faith Community Nursing
Saint Alphonsus Regional Medical Center
Suicide Program development

- Faith Community Nurse identified & confirmed through local community health needs assessment that Suicide is high in Idaho (8th highest in nation, national 2nd leading cause of death in youth) from CDC
- Gathered group of health professionals interested in suicide prevention & awareness
- Researched evidenced-based suicide prevention programs, identified SOS program as national leader
- Applied for a grant from the Saint Alphonsus Foundation
- Proceeded with developing a suicide prevention program within schools of faith communities
Suicide Prevention & Awareness

Signs of Suicide
Prevention Program

Screening for Mental Health
A SERVICE OF RIVERSIDE COMMUNITY CARE
SOS Signs of Suicide Prevention Program

* SOS is the only universal school-based suicide prevention program for which a reduction in self-reported suicide attempts has been documented. Students who receive SOS report:

* Greater knowledge and more adaptive attitudes about depression and suicide

* 64% fewer suicide attempts among intervention youths relative to untreated controls

* Decrease in suicide planning for “high risk participants” (those who reported a lifetime history of suicide attempt)
SOS Signs of Suicide Prevention Program

- **SOS Goal: Prevent Youth Suicide**
  * Increase knowledge and adaptive attitudes about depression
  * Encourage individual help-seeking and help-seeking on behalf of a friend
  * Reduce stigma: mental illness, like physical illness, requires treatment
  * Engage parents and school staff as partners in prevention
    Encourage schools to develop community-based partnerships
SOS Signs of Suicide Prevention Program

3 Tiered Training Approach:

1: **Staff**: Gatekeeper training for all staff
2: **Parents**: Gatekeeper training for parents
3: **Students**: Age appropriate training for all students
   - Middle school Curriculum
   - High School Curriculum
ACT To Help a Student In Need

**Acknowledge** that you are seeing signs of depression or suicide in a student and that it is serious

**Care:** Let the student know you care about them and you can help

**Tell:** Follow your school protocol and tell your mental health contact
SOS Sign of Suicide Prevention Program

More information:

www.mentalhealthscreening.org

- Questions?
- Thank You!