



Suicide Prevention from a Faith Community Nurse perspective

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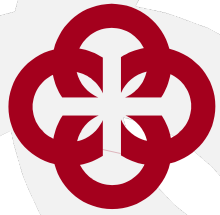
Saint Alphonsus Regional Medical Center



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 Alphonse Foundation
- Proceeded with developing a suicide prevention program within schools of faith communities





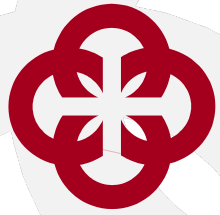
Suicide Prevention & Awareness

Signs of Suicide Prevention Program

Screening for Mental Health

A SERVICE OF RIVERSIDE COMMUNITY CARE

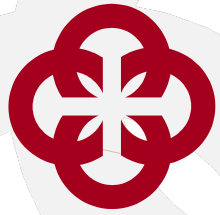




SOS Signs of Suicide Prevention Program

- * 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

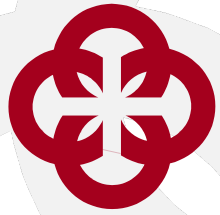




SOS Signs of Suicide Prevention Program

- 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





SOS Sign of Suicide Prevention Program

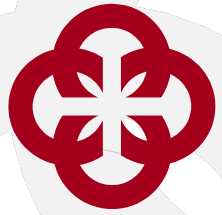
ACT To Help a Student In Need

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!



