

Recognize, Connect!

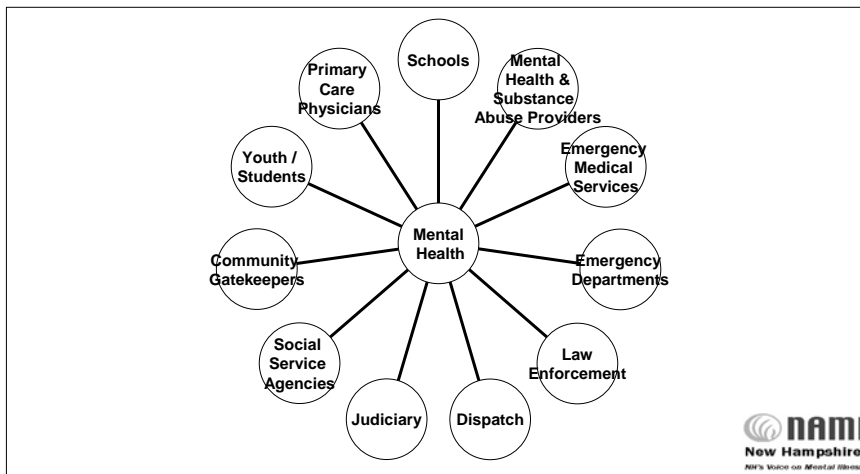
Helping Youth at Risk of Suicide *A Frameworks Training for Gatekeepers*

11/06

*A collaboration between NAMI NH, Suicide
Prevention Partnership, SAMHSA, Endowment
for Health, NH Charitable Foundation,
the Geoffrey E. Clark and Martha Fuller Clark
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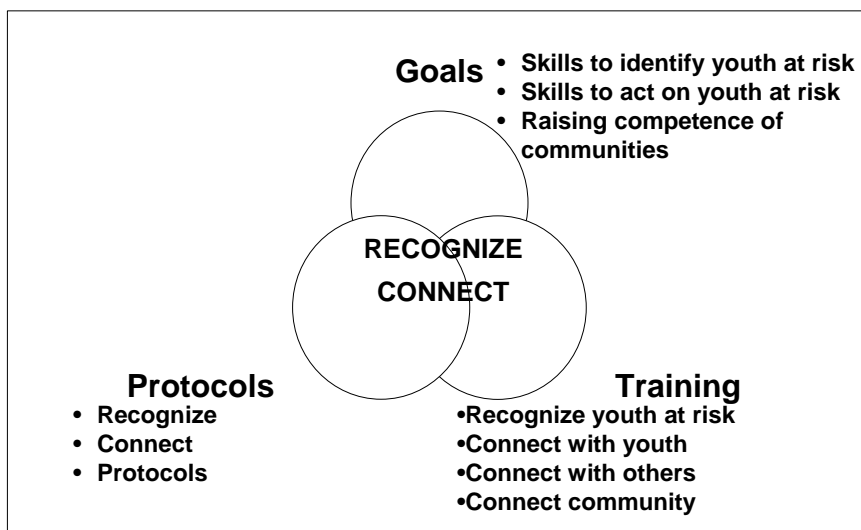
Gatekeeper Platform/Public Health Approach



Underlying Assumptions

- Suicide is a public health problem.
- Suicide is generally preventable.
- Everyone has a responsibility in preventing youth suicide.
- This community has identified youth suicide prevention as a priority.
- Suicide prevention extends far beyond youth, into the entire lifespan.
- This Project seeks to recognize youth at risk for a variety of behaviors, not just suicide.
- Cultural factors are important in suicide prevention.
- Education and linkage between individuals and systems will help to reduce the risk of youth suicide in a community.
- **Recognize, Connect!** are two key actions in prevention.

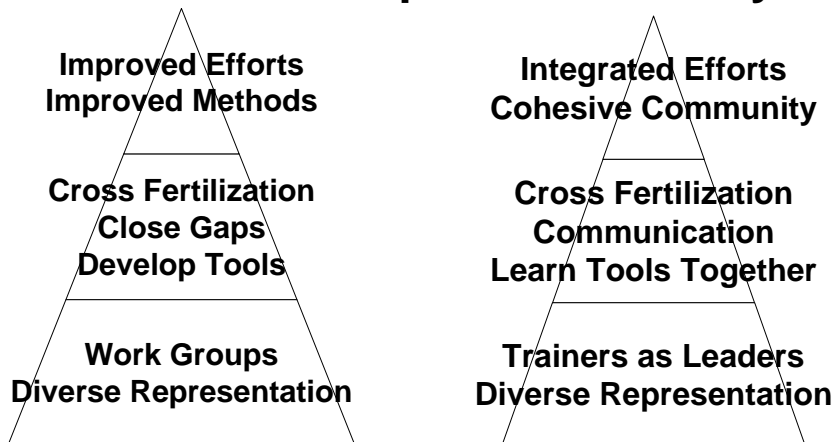
Logic Model



Theoretical Approach: An Ecological Model

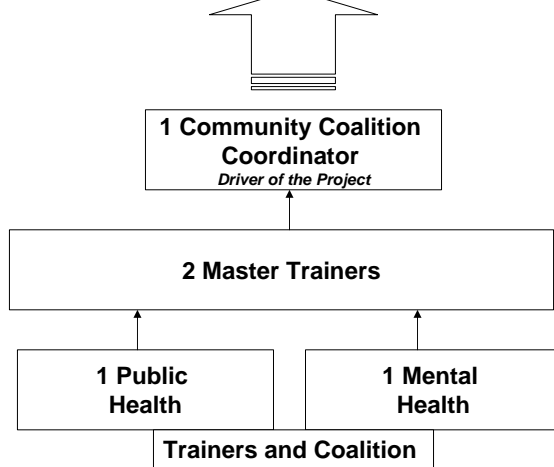
- Establish common language and values through Gatekeeper Training
- Involve diverse groups of the community
- Foster networking and communication
- Identify community risk and protective factors
- Engage community in addressing these
- Promote the ability to individually and collectively make changes
- Systemic change through community health governance and investment

Parallel Process: From Work Group To Community



Train Trainer Model

Master Gatekeeper Trainers and Trainers for Discipline Specific Modules



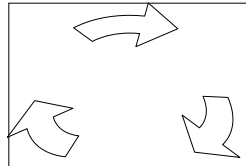
Trainers as Leaders

Role Model
& Influence Process

Problem Solve
& Fill Gaps

Project Sustainability








- Protocols are integrated into existing procedures and emergency plans
- New trainers continue to be identified
- Coalition: continuous learning and networking
- Coalition leaders are anchors and clearing house for future initiatives
- Coalition provides frame for related activities



Lessons Learned

- A functioning coalition will expedite progress
- When implementing, consider the culture and history of the community
- Ensure that the coalition understands and accepts the values and theoretical approach
- Suicide prevention need not be a stand alone effort
- Prepare for the implications; provide technical support and resources for trainers and participants
- Meet the gatekeepers where they are at
- “Gatekeepers are where it’s at!!!”

Gatekeepers As Role Models Self-Care & Help Seeking Behaviors

- Ask for help 
- Talk to others 
- Get plenty of rest 
- Drink plenty of water, avoid caffeine 
- Do not use alcohol and other substances 
- Exercise 
- Use relaxation skills 

MAKE A DIFFERENCE: Be Part of the Solution

