



General Resources for Mental Health Promotion & Suicide Prevention

You are not alone!



[This is a working list of resources, and is by no means exhaustive, but provides a snapshot of those working to "pass life forward" in our State. For questions about this resource list, contact the Hawai'i's Caring Communities Initiative (HCCI) for Youth Suicide Prevention at HCCI-Contact@dop.hawaii.edu.]

FOR MENTAL HEALTH EMERGENCIES/CRISIS

If you or someone you know is suicidal, don't hesitate!

For ANYONE in Crisis:

National Suicide Prevention Lifeline (NSPL)

National 24/7 crisis line (phone or chat)

1-800-273-TALK (8255)

TTY: 1-800-799-4TTY (4889)

<http://www.suicidepreventionlifeline.org/>

**For Youth
& Young Adults:**
1-800-273-TALK
(8255)



<http://www.youmatter.suicidepreventionlifeline.org/>

For Veterans:

1-800-273-TALK (8255)

Press "1" to reach the
Veterans Crisis Line
or Text to 838255



Also, confidential chat at
<http://www.veteranscrisisline.net/>

CRISIS TEXT LINE |

Crisis Text Line

A free, 24/7 support for those in crisis (the organization also trains volunteers to support people in crisis)

- Text ALOHA to 741-741
- <http://www.crisistextline.org/>

Trevor Helpline

*National 24/7 hotline
for LGBTQ youth*

- 1-866-4U-TREVOR (488-7386)
- Text the word "Trevor" to 1-202-304-1200
- Chat at <http://www.thetrevorproject.org/>

Military One Source

*24/7 counseling/coaching hotline,
provided by the Department of
Defense, at no cost to service
members and their families*

- Stateside: 1-800-342-9647
- TTY/TDD: 866-607-6794
- <http://www.militaryonesource.mil/>
for confidential chat, and also to
view international calling

Crisis Line of Hawai'i
Hawai'i's 24/7 crisis line

- O'ahu: 832-3100
- Neighbor Islands Toll Free:
1-800-753-6879



Hawai'i Poison Hotline
*Resource for management of poison
exposure, assistance with
identification of unknown
medications, and severe overdoses.*

- instructions

LOCAL ORGANIZATIONS AND COLLABORATIONS

Statewide Prevent Suicide Hawai'i Taskforce (PSHTF)

The Prevent Suicide Hawai'i Taskforce (PSHTF) is the state's major public-private collaborative specifically focusing on suicide prevention and mental health issues. PSHTF members provide leadership, set goals and objectives, develop strategies, coordinate activities, and monitor the progress of suicide prevention efforts in Hawai'i. In addition, an email list is maintained for the PSHTF. Examples of information that is shared through the email listserv are: agendas of upcoming meetings; minutes of past meetings; notices of future meetings and conferences; and local and national information shared by PSHTF members and the Department of Health Suicide Prevention Coordinator.

- Main contacts:
 - Nancy Deeley, Suicide Prevention Coordinator, Department of Health EMS and Injury Prevention System Branch, nancy.deeley@doh.hawaii.gov
 - Jeanelle Sugimoto-Matsuda (University of Hawai'i, Department of Psychiatry), Current Chair (2017-2018) and Co-Chair-Elect (2019-2020), sugimotoj@dop.hawaii.edu
 - Brent Oto (US Army), Co-Chair-Elect (2019-2020), brent.k.oto.civ@mail.mil
- The PSHTF was tasked by the Hawai'i State Legislature to craft a Strategic Plan for Suicide Prevention in Hawai'i. The final plan and report can be found here (bound copies also available by request): https://www.capitol.hawaii.gov/measure_indiv.aspx?billtype=DC&billnumber=175.

Prevent Suicide Hawai'i Taskforce (PSHTF) – Island Taskforces

In addition to the statewide PSHTF, there are county taskforces that address island/community-specific issues.

- Kaua'i – Chair Madeleine Hiraga-Nuccio (madeleine.hiraga-nuccio@doh.hawaii.gov), www.preventsuicidekauai.org
- Hawai'i Island – Chair Yolisa Duley (hduley@hawaii.edu), Co-Chair Pansy Lindomou (lindomou@gmail.com)
- Maui – Chair Aris Banaag (arisb@hawaii.edu)
- O'ahu – Chair Pua Kaninau-Santos (pkshawaii@gmail.com), <http://www.oahupshawaiiitaskforce.org/>

DOD/Military Partnerships

Collaboration with our military partners has grown exponentially over the past few years. There is also active collaboration/workgroups which facilitate cross-branch communication and collaboration. Below are points of contact for suicide prevention activities/services in the various branches:

- Army – Brent Oto, Suicide Prevention Program Manager (brent.k.oto.civ@mail.mil)
 - Mr. Oto also coordinates the cross-branch/service suicide prevention taskforce.
- Army National Guard – Melody Bell, Suicide Prevention Program Manager (melody.r.bell.ctr@mail.mil); <https://hawaiiguardohana.org/suicide-prevention-program.php>
- Army Reserves – <http://www.usar.army.mil/Commands/Support/9th-MSD/>
- Air Force – Elizabeth Perryman, Capt, USAF, BSC (elizabeth.t.perryman.mil@mail.mil)
- Air National Guard – Lt Col Sangman Shin, SOCPAC Command Chaplain and Suicide Prevention Program Manager (sangman.shin@socom.mil)
- Coast Guard – Rhonda Kaalund, MA, CEAP, LPC, LCAS, CLYT (rhonda.kaalund@uscg.mil)
- Marine Corp – Mary Stephens, LPC, LMFT (mary.stephens@usmc.mil)
- Navy – Robert Torrison, LCSW-C, Suicide Prevention Program Manager (robert.l.torrison@navy.mil)
- Department of Veteran Affairs, Pacific Islands Healthcare System – Tiara Peterkin, LCSW, Suicide Prevention Program Coordinator & Reach Vet Coordinator (tiara.peterkin@va.gov); <http://www.hawaii.va.gov/services/mentalhealth.asp>

American Foundation for Suicide Prevention (AFSP) – Hawai'i Chapter

Main contacts:

- <https://afsp.org/chapter/afsp-hawaii/>
- Eric Tash, MPH, Board Chair, macnut@hawaii.rr.com
- Kimberly Gallant, LCSW, Chapter President, gallantk@hawaii.edu
- Pua Kaninau-Santos, MSW, Community Liaison, pkshawaii@gmail.com

AFSP is the nation's leading organization bringing together people across communities and backgrounds to understand and prevent suicide, and to help heal the pain it causes. A small group of board members and volunteers have established a formal Chapter in Hawai'i. AFSP's major activities include the Out of the Darkness Community Walks, International Survivors of Suicide Loss events, "Party for Prevention," and other trainings and awareness activities to increase community knowledge and capacity around suicide prevention.

Hawai'i State Department of Health (DOH)

DOH is the state-designated "lead agency" for suicide prevention activities. The following sections of DOH relate to mental health and/or suicide prevention:

- Emergency Medical Services and Injury Prevention System Branch – main resource for suicide prevention trainings & information, including poison prevention – <http://health.hawaii.gov/injuryprevention/>
- Adult Mental Health Division – <http://health.hawaii.gov/amhd/>
- Child & Adolescent Mental Health Division – <http://health.hawaii.gov/camhd/>

"A Place in the Middle" – a strength-based approach to gender diversity and inclusion

Directed and produced by Emmy Award-winners Dean Hamer and Joe Wilson, "A Place in the Middle" brings an enlightened Hawaiian perspective to efforts to create welcoming and inclusive schools and communities for children of all ages. This 25-minute film, adapted from the PBS Independent Lens feature documentary "Kumu Hina," approaches diversity and cultural preservation in a youth-friendly way by

telling the story through the youth's own point of view. Organizations and educators are welcome to incorporate the film into trainings/ curricula, and/or contact Dean and Joe directly for technical assistance.

- <http://aplaceinthemiddle.org/>

Hawai'i State Department of Education (DOE)

- <http://www.hawaiipublicschools.org/Pages/Home.aspx>
 - Comprehensive Student Support Services Section: <http://www.hawaiipublicschools.org/TeachingAndLearning/StudentLearning/PersonalizedLearning/Pages/home.aspx>
 - The DOE was also recently awarded two federal grants to address mental health (now known as Project HI-AWARE – advancing wellness and resilience in education) and school climate ([http://www.hawaiipublicschools.org/ConnectWithUs/MediaRoom/PressReleases/Pages/DOE-awarded-\\$12.7-million-to-enhance-safety-mental-health-initiatives.aspx](http://www.hawaiipublicschools.org/ConnectWithUs/MediaRoom/PressReleases/Pages/DOE-awarded-$12.7-million-to-enhance-safety-mental-health-initiatives.aspx)).
- Specific information on bullying and safe schools can be found at: <http://www.hawaiipublicschools.org/BeyondTheClassroom/SafeSchools/Pages/home.aspx>

Hawai'i Youth Services Directory

A service of the Office of Youth Services (OYS; under the State Department of Human Services), this searchable directory includes a variety of social service organizations and activities for youth and young adults. Organizations can create a free log-in to add their organization's information to the directory.

- <http://808youth.com/>

Lili'uokalani Trust (formerly Queen Lili'uokalani Children's Center)

Lili'uokalani Trust is a social service agency committed to the orphaned and destitute children in the State of Hawai'i, with preference given to those of Hawaiian ancestry. Pua Kaninau-Santos oversees a number of suicide prevention efforts including training and support for suicide survivors.

- <http://onipaa.org/>, Pua Kaninau-Santos – pkshawaii@gmail.com or kkaninausantos@onipaa.org
- *Lili'uokalani Trust also hosts support/grief groups specific for survivors of suicide loss.*

Mental Health America of Hawai'i (MHAH)

MHAH provides trainings, presentations, and resources for adults and youth. The organization also supports individuals and families around mental health issues, and participates in advocacy activities.

- <http://mentalhealthhawaii.org/>, (808) 521-1846
 - *MHAH offers one of the most comprehensive and updated social service directories:* <http://mentalhealthhawaii.org/wp-content/uploads/Updated-2018-Finding-Help-Directory.pdf>
 - MHAH recently launched a *smartphone app called "Kokua Life,"* which provides information around suicide prevention, mental wellness, and local resources. The app also features a searchable version of MHAH's social service directory. Information and download instructions can be found here: <https://kokualife.org/>
 - Also available on MHAH's website is a *"Finding Help Consumer Guide,"* which describes different types of mental illnesses, treatments, medications, providers, and programs. <http://mentalhealthhawaii.org/wp-content/uploads/2017/02/findingHelpConsumerGuide.pdf>
- MHAH coordinates a Bullying Prevention Taskforce, and houses an online toolkit for bullying prevention (<http://bullypreventiontoolkit.weebly.com/>). They also coordinate the "Rainbow Youth Coalition," a collaboration of organizations with expertise in LGBTQ issues/supports.

National Alliance on Mental Illness (NAMI) Hawai'i

Offers education, advocacy, and support for persons with mental illness and their families. One of NAMI Hawaii's primary focus areas is the support of families and caregivers of those living with mental illness. They offer a "Family-to-Family (F4F) Education" course for caregivers, as well as Family Support Groups. A variety of peer support groups are also offered in various locations.

- www.namihawaii.org, (808) 591-1297

University of Hawai'i at Mānoa, Department of Psychiatry

Hawaii's leader in research, service, and training on mental/behavioral health in Hawai'i and the Pacific Region. The Department also houses the "Hawai'i's Caring Communities Initiative (HCCI) for Youth Suicide Prevention."

- Department of Psychiatry – <http://blog.hawaii.edu/dop>
- HCCI – <http://blog.hawaii.edu/hcci> or HCCI-contact@dop.hawaii.edu
- A comprehensive description of the Department's suicide prevention work can be found here: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5694974/pdf/hjmph7611_0310.pdf.

Youth Leadership Council for Suicide Prevention

Main contacts:

- Mara Pike, Community Outreach Manager at Mental Health America of Hawai'i (mara@mentalhealthhawaii.org)

Mental Health America of Hawai'i and the University of Hawai'i's Department of Psychiatry facilitate the Youth Leadership Council. Approximately 50 youth from across the state are now part of the Council, serving as advocates for suicide prevention in their respective communities. Interested youth/organizations can contact MHAH for information on the process for becoming involved in the Council (includes an application/interview process to ensure youth's readiness for serving as a youth leader).

Other Organizations and Agencies

There are many groups, formal and informal, that are currently working in suicide prevention. The following list provides just a snapshot of these groups – and thankfully, the list continues to grow!





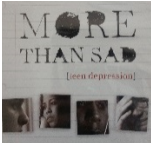
- Action With Aloha
- Alu Like
- American Foundation for Suicide Prevention, Hawai'i Chapter
- BRAVEHEART
- CARE Hawai'i
- Castle Medical Center
- Catholic Charities of Hawai'i
- Chaminade University
- Department of Defense (Army, Army National Guard, Marines, Navy, Veteran's Administration)
- Enterprise Honolulu
- Family Court
- Gebco Hawai'i
- GLSEN Hawai'i
- Hale Ho'ola Hamakua
- Hale Kipa
- Hawai'i Pacific University
- Hawai'i Primary Care Association
- Hawai'i S.P.E.A.R. Foundation of America
- Hawai'i State Department of Education
- Hawai'i State Department of Health (Adult Mental Health Division, Child & Adolescent Mental Health Division, Alcohol & Substance Abuse Division, Emergency Medical Services & Injury Prevention System Branch, Maternal & Child Health Branch, Tobacco Settlement Fund Management)
- Hawai'i State Department of Human Services (Office of Youth Services)
- Hawai'i State Legislature
- Helping Hands Hawai'i
- Hilo Medical Center
- Honolulu Community College
- Hope Services Hawai'i
- Judiciary – First Circuit
- Kahuku Medical Center
- Kahuku United Methodist Church
- Kapi'olani Community College
- Kapi'olani Medical Center for Women and Children
- Ka'u Hospital
- Kaua'i Veteran's Memorial Hospital
- Kids Hurt Too
- Ko'olaupua Community Health and Wellness Center
- Lana'i Community Hospital
- Life's Bridges Kaua'i
- Maui Community College
- Maui Economic Opportunity
- Maui Memorial Medical Center
- Mental Health America of Hawai'i
- Moloka'i Community Health Center
- Moloka'i General Hospital
- Office for Social Ministry, Catholic Diocese
- Police Departments (all counties)
- Queen Lili'uokalani Children's Center
- Queen's Medical Center
- Tripler Medical Center
- University of Hawai'i Hilo
- University of Hawai'i at Mānoa (John A. Burns School of Medicine, Office of Public Health Studies, School of Social Work, Counseling and Student Development Center)
- University of Hawai'i at West O'ahu
- Wahiawa General Hospital
- Wai'anae Coast Comprehensive Health Center
- Wilcox Memorial Hospital

TRAININGS ON SUICIDE PREVENTION, MENTAL HEALTH, AND ASSOCIATED TOPICS

– PRIMARY SUICIDE PREVENTION TRAININGS –

| Curriculum | Description | Appropriate For | Approximate Length | Main Contact(s) |
|--|---|--|--------------------|--|
| “Suicide Prevention 101” | A very basic presentation to introduce audiences to foundational information around suicide prevention – i.e., core principles, local data, warning signs, and resources. | All audiences | 1 hour | Jeanelle Sugimoto-Matsuda, sugimotoj@dop.hawaii.edu Nancy Deeley, nancy.deeley@doh.hawaii.gov |
| “Connect” Training Program (parent organization = National Alliance on Mental Illness, New Hampshire) <div data-bbox="82 764 245 863" data-label="Image"> </div> | The “Connect” training was brought to Hawai‘i via the Hawai‘i’s Caring Communities Initiative (HCCI) on Youth Suicide Prevention (see “Grant Activities”). Developed by the National Alliance on Mental Illness (NAMI) of New Hampshire, “Connect” is a comprehensive, ecological, community-based approach to train professionals and communities in suicide prevention and response. Training topics include suicide as a public health issue, risk and protective factors, warning signs, how to connect with someone who may be at-risk for suicide, safe messaging around the issue of suicide, and protocol/systems development within and among agencies. | All audiences – foundational training (adaptable to specific groups, including youth) | 3-4 hours | Jeanelle Sugimoto-Matsuda, UH Department of Psychiatry, sugimotoj@dop.hawaii.edu Deborah Goebert UH Department of Psychiatry, goebertd@dop.hawaii.edu http://www.theconnectprogram.org/ |
| SafeTALK (parent organization = Living Works) <div data-bbox="103 1037 224 1152" data-label="Image"> </div> | “SafeTALK” (TALK = tell, ask, listen, keep safe) was brought to Hawai‘i via the “Hawai‘i Gatekeeper Training Initiative” (see “Grant Activities”). It is a three-hour gatekeeper training intended for everyone in the community. It is an evidence-based training program which teaches individuals to be “alert helpers.” Participants learn to recognize warning signs for suicide, approach someone at-risk and ask if they are thinking about suicide, and then connect them to a caregiver or professional that can then work with the individual to keep safe. | All audiences – step-by-step process of connecting with someone who may be thinking about suicide | 3-4 hours | Jeanelle Sugimoto-Matsuda, UH Department of Psychiatry, sugimotoj@dop.hawaii.edu Nancy Deeley, Hawai‘i State Department of Health, nancy.deeley@doh.hawaii.gov https://www.livingworks.net/programs/safetalk/ |
| ASIST (Applied Suicide Intervention Skills Training; parent organization = Living Works) <div data-bbox="99 1528 228 1625" data-label="Image"> </div> | ASIST was the first gatekeeper training brought to Hawai‘i. The Prevent Suicide Hawai‘i Taskforce (PSHTF; see section on “Collaborations and Partnerships”), founded in 2001, prioritized training as its primary priority and selected ASIST since there were already certified trainers in the State. ASIST is a two-day training intended for those in the community who are willing and able to be a caregiver that can provide “suicide first aid” for someone who is having thoughts of suicide. ASIST-trained individuals are able to assess an individual’s level of risk, discuss risk and protective factors, and develop a safety plan. Anyone in the community, not only mental health professionals, can become ASIST-trained. SafeTALK participants are taught to seek out those trained in ASIST when they are looking to keep someone safe. | Individuals (community members and professionals) willing to and/or tasked with conducting full suicide interventions (including risk assessments and safety planning) <i>It is recommended that trainees attend Connect and/or SafeTALK prior to ASIST</i> | 2 full days | Jeanelle Sugimoto-Matsuda, UH Department of Psychiatry, sugimotoj@dop.hawaii.edu Nancy Deeley, Hawai‘i State Department of Health, nancy.deeley@doh.hawaii.gov https://www.livingworks.net/programs/asist/ |

– TRAININGS OFFERED BY PSHTF PARTNERS –

| Curriculum | Description | Appropriate For | Approximate Length | Main Contact(s) |
|---|---|--|--------------------|---|
| “Youth Suicide and Bullying Prevention” (YSBP) Training   | Mental Health America of Hawai‘i’s YSBP training offers strategies to recognize and intervene in suicide and bullying. In the workshops, participants learn to: 1) define bullying and understand the roles we play in bullying; 2) identify symptoms of depression and recognize signs of suicide; and 3) listen, ask, support, and empower the youth to get help. | All audiences – foundational training, versions for youth and adults available | 2-3 hours | Mental Health America of Hawai‘i amanda.martinez@mentalhealthhawaii.org (808) 521-1846 http://mentalhealthhawaii.org/ |
| “Grow a Rainbow” Training  | Mental Health America of Hawai‘i’s “Grow a Rainbow” training offers resources and strategies for supporting Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) youth and families. The training helps organizations create “safe spaces” for LGBTQ youth (e.g., programs that are welcoming and empowering to these youth). | Adult audiences | 2-3 hours | Mental Health America of Hawai‘i amanda.martinez@mentalhealthhawaii.org (808) 521-1846 http://mentalhealthhawaii.org/ |
| Youth Mental Health First Aid  | Youth Mental Health First Aid is a full-day education program which introduces participants to unique risk factors and warnings signs of mental health issues in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent who may be in crisis or experiencing a mental health challenge. These trainings are currently coordinated and sponsored through a federal grant awarded to the Hawai‘i State Department of Education. | Adult audiences – those who regularly interact with youth | 1 full day | Cynthia “CJ” Rice crice@hawaiiidoek12.hi.us (808) 305-9798 www.mentalhealthfirstaid.org |
| “More than Sad”  | Developed by the American Foundation for Suicide Prevention, “More Than Sad” helps participants to recognize signs of depression in themselves and others, challenges the stigma surrounding depression, and demystifies the treatment process. It can be conducted in the school setting, for high school youth and educators, and also in the community for adults/parents/families. | All audiences | 1-2 hours | Pua Kaninau-Santos pkshawaii@gmail.com https://afsp.org/our-work/education/more-than-sad/ |

MAJOR AWARENESS ACTIVITIES

Statewide Prevent Suicide Hawai'i Conference

Main contacts:

- Nancy Deeley, Suicide Prevention Coordinator, Department of Health, nancy.deeley@doh.hawaii.gov

The “Healing After” conference was originally conceived of by Pua Kaninau-Santos, who lost her son to suicide in 2003 and ever since has been one of Hawai'i's champions of suicide prevention. The aim of the conference is to bring together a community of survivors, advocates, educators, policymakers, and health professionals around the issue of suicide. The conferences aim to increase awareness of suicide, skills to respond to those at risk, and abilities help those who have survived the loss of a loved one. The most recent conferences were held on 11/20/13 (O'ahu) and 4/20/15 (Hawai'i Island).

- *The next conference has been set for April 10th -12th, 2019, at the Ala Moana Hotel.*

“Out of the Darkness” Community and Campus Walks

Main contact:

- American Foundation for Suicide Prevention, www.afsp.org/hawaii for information and registration (all events)

One of the major activities of the American Foundation for Suicide Prevention's (AFSP's) Hawai'i Chapter (see “Collaborations and Partnerships”) is the organization of “Out of the Darkness” Community and Campus Walks. The purpose of the Walks is to promote awareness around suicide prevention, as well as to raise funds that will benefit local activities and research. Upcoming walks include:

- 9/15/18 – O'ahu, Ala Moana Beach Park
- 10/6/18 – Hawai'i Island, Waimea Elementary School, Kamuela
- 10/6/18 – Kaua'i, Waimea Canyon Softball Field, Waimea

International Survivors of Suicide Mini-Conferences

Main contact:

- American Foundation for Suicide Prevention, www.afsp.org/hawaii for information and registration (all events)

Another major activity of AFSP is the organization of gatherings/mini-conferences which coincide with International Survivors of Suicide Loss Day. The event welcomes survivors of suicide loss, and provides a safe and healing space where everyone can comfortably participate in a way that is meaningful to them. 2017-2018 events include:

- 11/17/18 – O'ahu, Alohilani Resort
- 11/17/18 – Wailuku, Maui

GRANT ACTIVITIES

On October 21, 2004, the Garrett Lee Smith (GLS) Memorial Act was signed into law by President Bush at a White House ceremony. The Garrett Lee Smith Memorial Act was introduced by Senator Gordon Smith (R-OR) in memory of his son who had recently died by suicide. This legislation provides a funding mechanism for state agencies, college campuses, and tribal nations to implement suicide prevention, intervention, and awareness programs.

GLS State Grantee – University of Hawai'i at Mānoa, John A. Burns School of Medicine, Department of Psychiatry (funding period 2011-2014)

“Hawai'i's Caring Communities Initiative (HCCI) for Youth Suicide Prevention”

- Deborah Goebert, DrPH, UH Department of Psychiatry, goebertd@dop.hawaii.edu
- Jeanelle Sugimoto-Matsuda, DrPH, UH Department of Psychiatry, sugimotoj@dop.hawaii.edu

The overall goal of the Hawai'i's Caring Communities Initiative (HCCI) is to prevent youth suicide and increase early intervention. This was accomplished by increasing public awareness, increasing community-based support for youth suicide prevention, and expanding gatekeeper training in at-risk communities. Furthermore, HCCI promotes clinical practices and parent education to reach youth who have attempted suicide. With the goal of preventing youth suicide and increasing early intervention, these projects have positively impacted at-risk communities and the statewide suicide crisis infrastructure in Hawai'i. This Initiative aligns with the State's strategic goals for suicide prevention, and builds upon previous efforts of the Hawai'i Gatekeeper Training Initiative. HCCI implemented two strategic projects entitled Mobilizing Communities At-Risk (MCAR) and Enhancing the Statewide Trauma Network (ESTN), using the rubric of the Communities that Care (CTC) system.

GLS Campus Grantee – Chaminade University of Hawai'i (funding period 2012-2015)

“E Ho'opili No Na Haumana”

- Dale Fryxell, PhD, Chaminade Department of Psychology, dfryxell@chaminade.edu

The E Ho'opili No Na Haumana Project at Chaminade University of Honolulu has been thoughtfully and collaboratively developed to prevent suicide attempts and completions, and to enhance services for students with mental and behavioral health problems such as depression and substance use/abuse that put them at-risk for suicide and suicide attempts. In collaboration with a Native Hawaiian clinical psychologist who lost his son to suicide, the project adapted the QPR (question, persuade, refer) Gatekeeper Training to be more relevant to Asian American and Pacific Islander (AAPI) individuals. The project also created a campus resource center that houses a wide array of resources, available to students and staff, that are specific to the cultures of the diverse peoples of Hawai'i.

GLS Campus Grantee – University of Hawai‘i at Hilo (funding period 2012-2015)

- Yolisa Duley, PhD, Student Health & Wellness Programs, hduley@hawaii.edu

The goal of the project is to prevent suicide and improve the mental health of UH Hilo students through a peer-to-peer health education and support network, and through improved communication networks and knowledge among key staff and gatekeepers who come in contact with students needing mental health interventions. The project’s objectives are as follows: (1) develop high-quality, culturally relevant training materials for student peers and seminar materials for gatekeepers; (2) develop seminar materials for family members of high-risk students to be presented at semester Orientation Programs; (3) recruit students from targeted at-risk populations to attend the semester-long workshops as part of their student employment; (4) recruit volunteer students for introductory two-hour training workshops from other student populations; (5) reduce the stigma of seeking mental health assistance; (6) increase early intervention in student mental health issues by referrals from peers; (7) increase overall utilization of campus mental health services and the National Suicide Prevention Lifeline; and (8) increase utilization of campus mental health services in the targeted high risk student populations.

GLS State Grantee – Hawai‘i State Department of Health (funding period 2008-2011)

- Therese Argoud, MPH, Program Manager, Department of Health, therese.argoud@doh.hawaii.gov
- Nancy Deeley, MPH, Suicide Prevention Coordinator, Department of Health, nancy.deeley@doh.hawaii.gov

The Hawai‘i Gatekeeper Training Initiative (HGTI) was implemented by the Emergency Medical Services and Injury Prevention System Branch (EMSIPSB) of the Hawai‘i State Department of Health (DOH). The aim was to reduce suicide deaths and attempts among youth ages 10-24 in our State. HGTI used three evidence-based training curricula: Applied Suicide Intervention Skills Training (ASIST), safeTALK, and Signs of Suicide (SOS). EMSIPSB leveraged grant resources by incorporating gatekeeper training into three systems that already impact significant numbers of youth in both the school and community settings. These agencies included: Department of Education (Peer Education Program, and School-Based Behavioral Health), the Department of Health Alcohol and Drug Abuse Division (agencies contracted to provide treatment services in their Adolescent Substance Abuse Outpatient School-Based Treatment Program, and prevention services in their Youth Substance Abuse Prevention Partnerships Initiative), and the Honolulu Police Department (Emergency Psychological Services/Jail Diversion Program).

GLS Campus Grantee – University of Hawai‘i at Mānoa, Counseling and Student Development Center (funding period 2009-2012)

- Kathrine Fast, PhD, UH Mānoa Counseling and Student Development Center, kathrine@hawaii.edu

The project addressed seven goals focusing on infrastructure development needs: 1) assess system-wide and campus specific needs; 2) develop policies and procedures for responding to critical mental health events; 3) identify system-wide and community-based resources; 4) establish campus-specific resource networks; 5) increase awareness and knowledge of risk and protective factors for suicide attempts among gatekeepers; 6) increase awareness and knowledge of risk and protective factors for suicide attempts among students; and 7) develop informational, educational, and training materials regarding risk and protective factors for suicide attempts and mental health adjustment.

PERTINENT POLICIES, PLANS, AND SYSTEMS-BUILDING INITIATIVES

Hawai‘i Suicide Prevention Strategic Plan

During the 2016 Hawai‘i Legislative Session, HCR 66 was passed, which called upon the Prevent Suicide Hawai‘i Taskforce (PSHTF) to form a temporary sub-committee to craft a statewide strategic plan to reduce suicide deaths and attempts in Hawai‘i at least 25% by the year 2025. The PSHTF convened this sub-committee (8/2016-12/2017), and the final plan was presented back to the Legislature in December 2017 during an informational briefing. Contact Nancy Deeley (nancy.deeley@doh.hawaii.gov) for more information.

- Link to full plan and report – https://www.capitol.hawaii.gov/measure_indiv.aspx?billtype=DC&billnumber=175 (bound copies also available by request).
- Link to **House Concurrent Resolution (HCR) 66 of 2016** – http://www.capitol.hawaii.gov/measure_indiv.aspx?billtype=HCR&billnumber=66&year=2016.

General Appropriations Act of 2007 (Act 213)

Act 213 requires the Department of Health to establish and implement a suicide early intervention and prevention program and prepare and submit a detailed report to include expenditures and all activities performed. As a result, \$100,000 is appropriated to the Department of Health annually, which funds a permanent “Suicide Prevention Coordinator” position within the Injury Prevention and Control Section, as well as ongoing trainings (e.g., safeTALK, ASIST, Connect), speaking engagements, project support, and conferences.

Hawai‘i Injury Prevention Plan (HIPP)

Available for download at: http://health.hawaii.gov/injuryprevention/files/2013/09/Hawaii_Injury_Prevention_Plan_2012_to_2017_4mb.pdf

The Hawai‘i Injury Prevention Plan (HIPP) is a collaborative effort of the Injury Prevention Advisory Committee (IPAC) and the Emergency Medical Services and Injury Prevention System Branch (EMSIPSB) of the Department of Health. The HIPP’s goals are to: 1) provide an overall plan for reducing injuries statewide; 2) provide direction and focus to IPCP’s efforts in the next five years; 3) provide guidance to other organizations and agencies involved in injury prevention; and 4) serve as a catalyst for organizations and agencies to collaborate on reducing/preventing injuries. The latest iteration of the HIPP (2012-2017) includes a section focused on suicide prevention, with goals including: 1) develop and implement prevention training for “gatekeepers”; 2) launch a public awareness campaign; and 3) develop and promote effective clinical & professional practices & policies.

MAJOR NATIONAL/INTERNATIONAL AGENCIES AND RESOURCES

National Suicide Prevention Lifeline (NSPL)

The NSPL is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. The NSPL website also offers live chats and various resources.

- 1-800-273-TALK (8255)
- www.suicidepreventionlifeline.org
 - Sub-sections of the website include:
 - “With help comes hope” – support for persons living with suicidal thoughts and suicide attempts.
 - Resource page for youth (or those supporting youth) to find information and help on suicide, as well as other concerns such as addiction, depression, anxiety, self-harm, sexuality and gender identity, etc.
 - Resource page for disaster survivors.
 - ***The NSPL is now connected with several social media sites, including Facebook, Twitter, YouTube, and Tumblr.*** Instructions can be found here – <http://suicidepreventionlifeline.org/help-someone-else/> – on how to report suicidal content. Reports will generate referrals to a counselor with the NSPL, who will attempt to make contact with the user.

Crisis Text Line

A free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained counselor. The Text Line also trains volunteers to support people in crisis.

- <http://www.crisistextline.org/>
- Text ALOHA to 741-741

Substance Abuse & Mental Health Services Administration (SAMHSA)

SAMHSA is the major government-funded agency that specifically focuses on mental health and suicide prevention. The agency’s core competencies include releasing and managing block grants and special programmatic funding and providing states, providers, communities and the public with the best and most up-to-date information about behavioral health issues and prevention/treatment approaches.

- www.samhsa.gov
- SAMHSA also sponsors:
 - ***Suicide Prevention Resource Center (SPRC)*** – The nation’s only federally supported resource center devoted to advancing the National Strategy for Suicide Prevention. SPRC offers an extensive online library of free resources, reports, etc.
 - www.sprc.org
 - ***Disaster Distress Helpline and Resources*** – This service offers a 24/7 helpline, as well as a variety of online resources for anyone experiencing emotional distress related to natural or human-caused disasters.
 - <https://www.samhsa.gov/find-help/disaster-distress-helpline>
 - Call 1-800-985-5990 or Text TalkWithUs to 66746
- ***Many products and documents are available for free download and order (including shipping) via SAMHSA’s website:*** <http://store.samhsa.gov/facet/Issues-Conditions-Disorders/term/Suicide>. Popular items include:
 - Magnet – “National Suicide Prevention Lifeline, 1-800-273-TALK”
 - Wallet card – “Suicide warning signs: Get the facts and take action”
 - Wallet card – “Having trouble coping? With help comes hope. Suicide warning signs”
 - Wallet card – “Having trouble coping after a disaster? Talk with us.”
 - Wallet card – “Assessing suicide risk: Initial tips for counselors”
 - Wallet card – “Suicide assessment five-step evaluation and triage (SAFE-T): Pocket card for clinicians”
 - Brochure – “A guide for taking care of yourself after your treatment in the emergency department”
 - Brochure – “A guide for taking care of your family member after treatment in the emergency department”
 - Brochure – “A guide for medical providers in the emergency department taking care of suicide attempt survivors”
 - Fact sheet – “Recommendations for reporting on suicide”
 - Report – “Preventing suicide: A toolkit for schools”
 - Report – “National strategy for suicide prevention 2012: Goals and objectives for action”
 - Report/toolkit – “SAMHSA’s disaster kit”

Action Alliance for Suicide Prevention

The public-private partnership advancing the National Strategy for Suicide Prevention, which was authored by the US Department of Health & Human Services (DHHS). This report presents a national strategic prevention framework for action. It lists goals and objectives that serve as a roadmap for direction.

- www.actionallianceforsuicideprevention.org
- Report can be downloaded at <http://store.samhsa.gov/product/SMA01-3517>

American Association of Suicidology (AAS)

Advancing scientific/programmatic efforts in suicide prevention through research, education and training, the development of standards and resources, and survivor support services.

- www.suicidology.org

American Foundation for Suicide Prevention (AFSP)

Initiatives include research, new educational campaigns, innovative demonstration projects, and policy work.

- www.afsp.org

- **AFSP offers one of the most comprehensive set of resources to support individuals, families, and communities after a suicide loss**
– visit the “I’ve Lost Someone” section of their website at: <https://afsp.org/find-support/ive-lost-someone/>.

Friendship Line for Elders – crisis intervention hotline AND warmline for non-urgent calls

The Friendship Line provides round-the-clock crisis and wellness services, including active suicide intervention, providing emotional support, elder abuse prevention and counseling, giving wellbeing checks, grief support through assistance and reassurance, and information and referrals for isolated older adults and adults living with disabilities. The service is run by the Institute on Aging, a San Francisco, California-based non-profit dedicated to preserving the dignity, independence, and well-being of aging adults and people living with disabilities.

- (415) 750-4111 or (650) 424-1411
- <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

“Means Matter”

Harvard University’s “Means Matter” campaign is working to increase the proportion of suicide prevention groups who promote activities that reduce a suicidal person’s access to lethal means of suicide, and who develop active partnerships with gun owner groups to prevent suicide.

- <https://www.hsph.harvard.edu/means-matter/>

Mental Health America

Founded in 1909, Mental Health America is the nation’s leading community-based non-profit dedicated to addressing the needs of those living with illness, and promoting the overall mental health of all Americans.

- <http://www.mentalhealthamerica.net/>

National Alliance on Mental Illness (NAMI)

NAMI is the nation’s largest grassroots mental health organization. NAMI advocates for access to services, treatment, supports, and research and is steadfast in its commitment to raising awareness and building a community of hope.

- www.nami.org

National Institute of Mental Health (NIMH; under the National Institutes of Health)

NIMH is the lead federal agency for research on mental disorders. NIMH is one of 27 institutes and centers that make up the National Institutes of Health (NIH), the nation’s medical research agency.

- <https://www.nimh.nih.gov/about/index.shtml>

SAVE (Suicide Awareness Voices of Education)

SAVE’s work is based on the foundation and belief that suicide should no longer be considered a hidden or taboo topic, and that through raising awareness and educating the public, we can SAVE lives.

- www.save.org

The Connect Suicide Prevention Project

A project of NAMI New Hampshire, Connect is an evidence-based program offering training and resources in prevention/intervention and postvention.

- www.theconnectproject.org

The JED Foundation

JED is a national non-profit, aiming to protect emotional health and prevent suicide for the nation’s teens and young adults. The organization’s three major focus areas are: 1) work with schools to strengthen and evaluate their mental health, substance abuse, and suicide prevention programs; 2) develop resources and create partnerships; and 3) educate and equip students, families, and communities to know when and how to support others who are in distress or struggling with a mental health issue.

- <https://www.jedfoundation.org/>