**FY15-16 Iowa Partnerships for Success Suicide Prevention Services**

Instructions: IPFS funded counties are required to provide suicide prevention services during each year of the project. Below are service expectations for FY15-16. These services should all be provided on a reoccurring basis throughout FY15-16. If there are questions regarding suicide prevention services, contact Pat McGovern at 515-281-5444 or pat.mcgovern@idph.iowa.gov.

**Services**

* Identify suicide prevention, mental health, or related groups in your county
  + Attend at least one of their meetings
  + Meet with their chairperson
  + Provide an overview of the PFS and your efforts to the group or chairperson;
  + Report back to Julie or Pat
    - If you are unable to find a group, please contact
      * Your county public health department to see if they know of any
      * [NAMI Iowa website](http://www.namiiowa.com/about-us-2/affiliates-and-support-groups/) to see if there is a group in or near your area.
* Meet with the Substance Abuse Prevention and Treatment Block Grant funded substance abuse treatment agency in your county. Discuss how the agency is addressing suicide prevention and any opportunities for collaboration.
  + A [map of Block Grant funded treatment agencies](https://idph.iowa.gov/Portals/1/userfiles/11/SA%20Treatment/Iowa%20Map%20Substance%20Abuse%20Treatment%20Service%20Areas%20and%20Providers%20July%202015.pdf) is available at
* Promote Your Life Iowa and the National Suicide Prevention Lifeline to the general population in your county including distribution of materials
  + National Suicide Prevention Lifeline materials:
  + [Wallet Cards](http://store.samhsa.gov/product/National-Suicide-Prevention-Lifeline-Wallet-Card-Suicide-Prevention-Learn-the-Warning-Signs/SVP13-0126)
  + [Magnets](http://store.samhsa.gov/product/National-Suicide-Prevention-Lifeline-magnet/SVP05-0125http:/store.samhsa.gov/product/National-Suicide-Prevention-Lifeline-magnet/SVP05-0125)
  + Your Life Iowa materials (rack cards, stickers, flyers, and posters) – contact Pat or look at [Your Life Iowa Downloadable Materials](http://www.yourlifeiowa.org/resources)
* Complete one of the [Kognito Gatekeeper trainings](http://iowa.kognito.com/)
  + Then promote Kognito trainings to school administrators and educators
  + If others outside of school educators are interested or you wish to share with them, please contact Pat (if an individual it is OK to register as “Other” but if a group or the individual may lead to a group, Pat would rather create them as a group in the list for evaluation and reporting purposes)
  + [Promotional materials](http://resources.kognito.com/iowa/k12_resources.pdf) available at (Promotional Flyers are very handy).
  + Report back to Julie or Pat
* Promote local Out of the Darkness Walks, Mental Health First Aid (youth and adult) trainings, and other suicide prevention efforts in your community
* Utilize and share with local media the “[Recommendations for Reporting on Suicide](https://idph.iowa.gov/Portals/1/Files/SubstanceAbuse/recommendations_reporting.pdf)”

**Resources**

[IDPH Suicide Prevention Page](https://idph.iowa.gov/substance-abuse/youth-suicide-prevention):

* Tip sheets for foster parents, faith community leaders, law enforcement, and managers (found under “Additional Resources” on IDPH Suicide Prevention page

[Iowa Suicide Prevention Plan 2015-2018](https://idph.iowa.gov/Portals/1/userfiles/133/Iowa%20Suicide%20Prevention%20Plan%202015-2018.pdf): Released in early October 2015

[National Suicide Prevention Lifeline](http://www.suicidepreventionlifeline.org/): Online and toll-free at 1-800-273-8255

[Your Life Iowa](http://www.yourlifeiowa.org/): Resource for suicide prevention and anti-bullying. Online, toll-free at 855-581-8111, or text 855-895-8398 (standard message and data rates may apply)

**Additional Resources**

Suicide Bereavement Support Groups (Adult and Adolescent): IDPH Suicide Prevention Page listed under ‘Related Links – State”

[Action Alliance for Suicide Prevention](http://actionallianceforsuicideprevention.org/)

[American Association of Suicidology](http://www.suicidology.org/)

[American Foundation for Suicide Prevention](http://www.afsp.org/)

[Framework for Successful Messaging](http://suicidepreventionmessaging.actionallianceforsuicideprevention.org/)

[Know the Signs: Suicide is Preventable](http://www.suicideispreventable.org/)

[Responding to Grief, Trauma, and Distress After a Suicide: U.S. National Guidelines](http://actionallianceforsuicideprevention.org/sites/actionallianceforsuicideprevention.org/files/NationalGuidelines.pdf)

[Suicide Prevention Resource Center](http://www.sprc.org/)