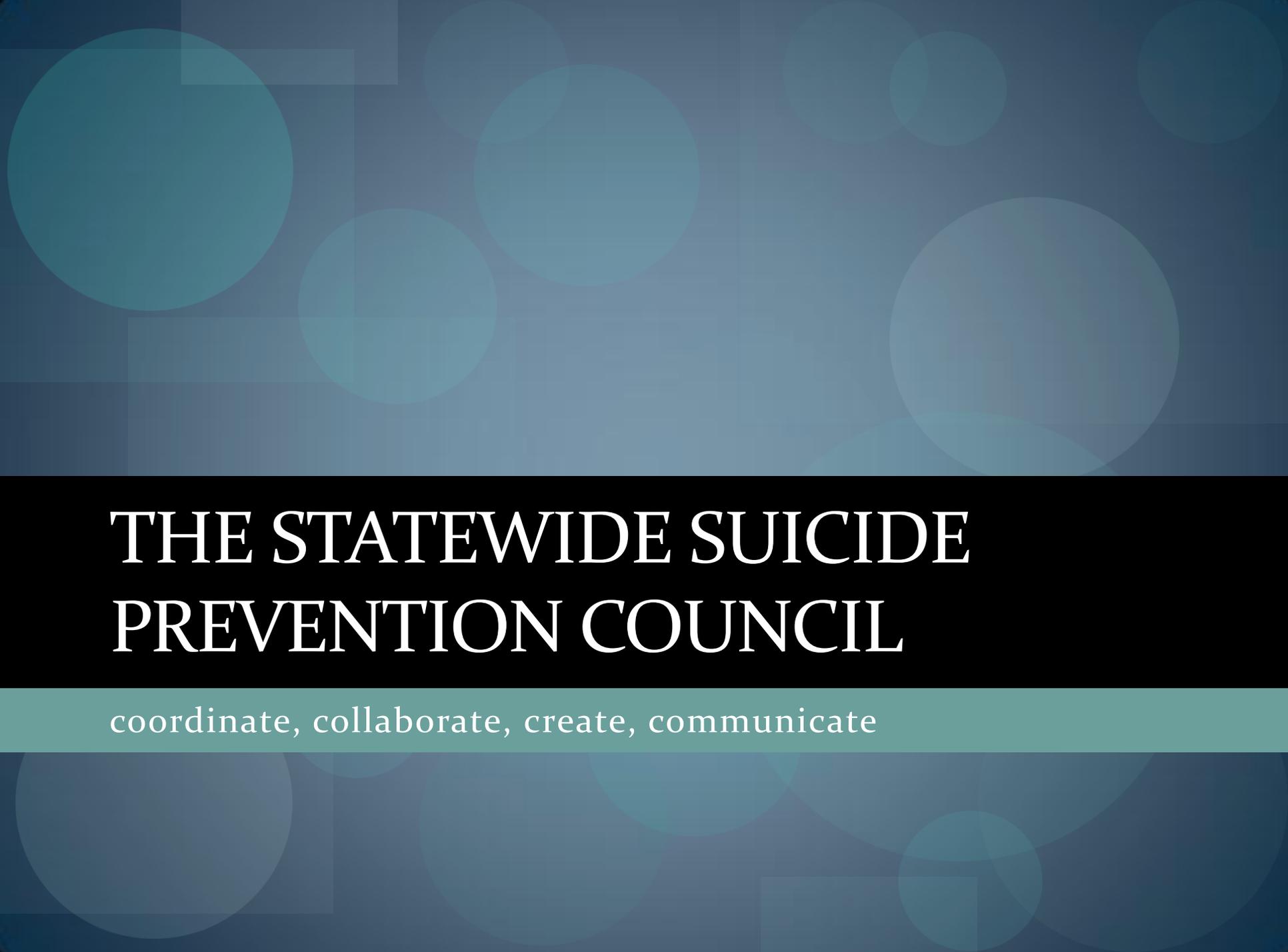


# HOPE, HEART, HEALING:

Alaska's Suicide Prevention System

The background of the slide features a dark teal gradient with several overlapping circles and squares in lighter shades of teal, creating a modern, abstract pattern.

# THE STATEWIDE SUICIDE PREVENTION COUNCIL

coordinate, collaborate, create, communicate

The Statewide Suicide Prevention Council was established by the Legislature in 2001. There are 11 volunteer members appointed by the Governor.

The Council is an advisory group responsible with guiding the Governor, legislators, and communities in suicide prevention:

- Improve health and wellness throughout the state by reducing suicide and its effects on individuals, families and communities;
- Broaden Alaskans' awareness of suicide and the role of risk and protective factors in suicide;
- Enhance Alaska's suicide prevention services and programs;
- Develop healthy communities through comprehensive, collaborative, community-based and faith-based approaches implemented at the community level and supported by regional, state, and federal resources;
- Develop and implement a statewide suicide prevention plan; and
- Strengthen existing and build new partnerships between public and private entities that will advance suicide prevention efforts in the state.

A.S. 44.29.350

It's also important to consider the local impact of suicide. Between 2000 and 2009, there were 1,369 confirmed suicide deaths in Alaska, at least one suicide occurred in 176 Alaskan communities.<sup>10</sup>

**Suicide Data**

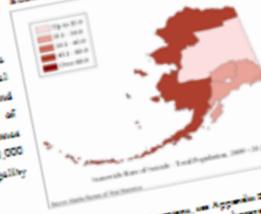
Over the ten ten years, the rate of suicide has remained consistently high. The state-wide age-adjusted rate has been 20/100,000 people or higher for eight of the ten years. Some regions have had age-adjusted rates much higher than that.

**Suicides By Region of Residence: Age-Adjusted Rate<sup>11</sup>**

	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
North Star Borough	202.0*	**	**	**	**	**	**	**	**	**
Northwest Arctic Borough	61.0*	62.2*	108.2*	**	61.7*	106.0*	61.0*	**	59.6*	64.9*
Denali	62.0*	**	36.7*	37.9*	96.2	66.2*	66.0*	31.0*	71.4*	33.9*
Barrow/White Plains	**	6.0	**	**	**	**	**	**	**	**
Chukotka/Barrow Bay Lake and Peavine Borough	**	6.0	**	**	**	**	**	**	**	**
Central and South	17.6	14.1	18.3	18.4	26.4	14.0	14.0	20.7	17.4	16.7
Alaska	**	**	**	**	**	**	**	**	**	**
Anchorage/Midway Borough/Kenai Peninsula	18.4	18.2*	17.0*	18.9*	18.7	13.9*	17.3*	21.3	13.7	12.9*
Valley Center	13.4*	13.2*	18.3*	7.9*	14.3*	15.8*	14.0*	15.0*	23.3*	27.4*
Nome	21.1	16.3	28.9	26.3	23.3	19.3	20.0	23.1	26.7	26.2
Unalaska	**	**	**	**	**	**	**	**	**	**
Total	**	**	**	**	**	**	**	**	**	**

<sup>10</sup> Data provided by Bureau of Vital Statistics. 2009 data is provisional.  
<sup>11</sup> Alaska based on fewer than 20 cases are not statistically reliable and should be used with caution.  
 \*\* State based on fewer than 6 cases are not reported.

The table shows age-adjusted rates (weighted averages). The crude rate (the simple number of suicide deaths divided by the population). This map shows the regional breakdown.<sup>12</sup> The Southwestern Region and the Northern Region had crude rates of 60/100,000 people or higher — three times the state-wide crude rate of 20.7/100,000 people. The Interior Region and Municipality



<sup>12</sup> Bureau of Alaska Department of Health and Social Services, see Appendix 2  
<sup>13</sup> Bureau of Alaska Department of Labor and Workforce Development's economic regions, see Appendix 2  
<sup>14</sup> Bureau of Alaska Department of Labor and Workforce Development's economic regions, see Appendix 2  
 Borough to have unreported data in the community.

# Mending the Net: Suicide Prevention in Alaska

Annual Report FY2010

Governor Sean Parnell

Statewide Suicide Prevention Council  
 William Martin, Chair 2010-2011

421 North Franklin Street, Suite 204  
 Juneau, Alaska 99801



SEPC, ANTHC, the Alaska Mental Health Board, the Alaska Mental Health Trust, nonprofit organizations, and many others in advocacy to secure funding for prevention and treatment services of at least \$100,000 general to per-annum funding.



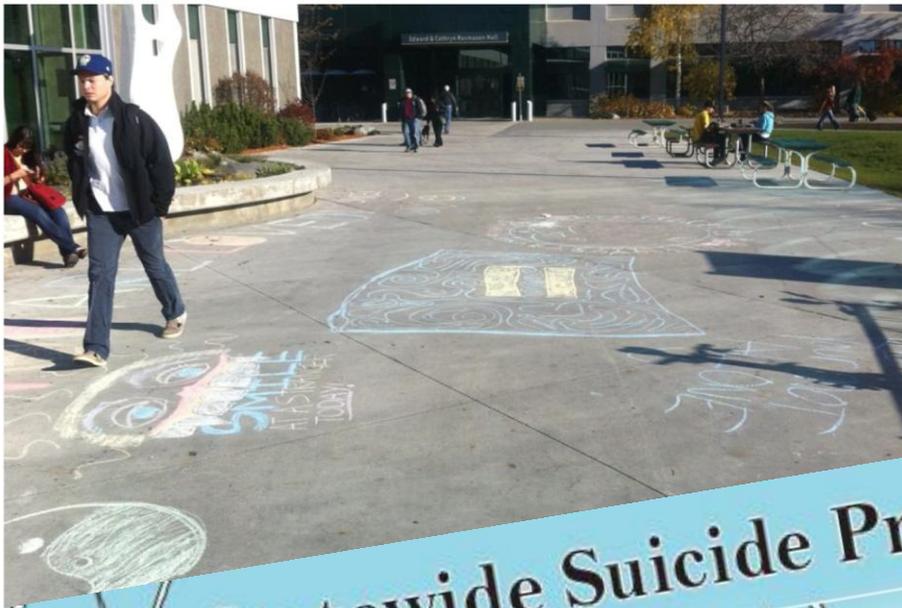
the Alaska State Troopers are waiting to state weapons identified suicide and suicide prevention.

issues of health promotion that is now or could soon be included a wide range of efforts undertaken in the with. Disposition and substance abuse counseling in clinics is an especially effective model for rural and older population programs that help Native Alaskans and as services are culturally appropriate for the target service providers in Alaska's villages and rural towns available throughout the state.

Identified the power of young Alaskans as a youth prevention Council includes a youth panel by Council of Things and advisory board. These are just two prevention organizations reach out to and young people in their work.

efforts were also identified by Stennis the. Some are evidence based practices like, some are community based, and students. It's the model in future of suicide before they are in crisis. In that wellness that help development.

coordinate



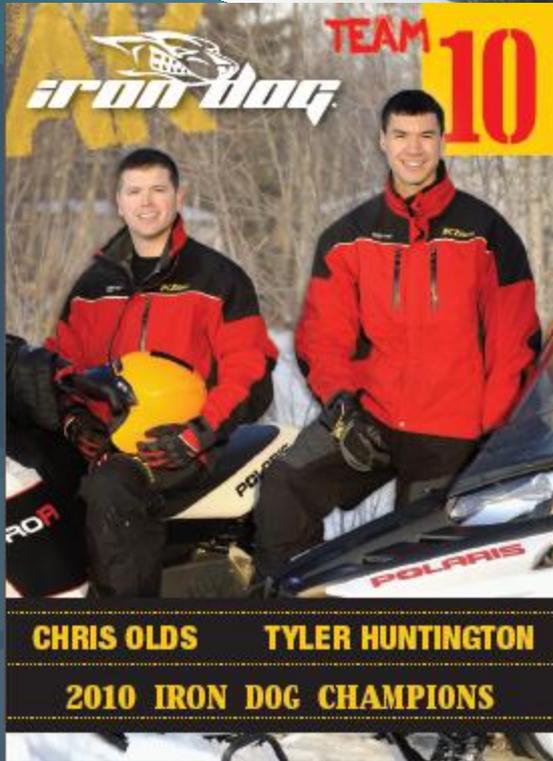
# Statewide Suicide Prevention Summit

*Mending the Net*

JANUARY 11 - 13, 2010

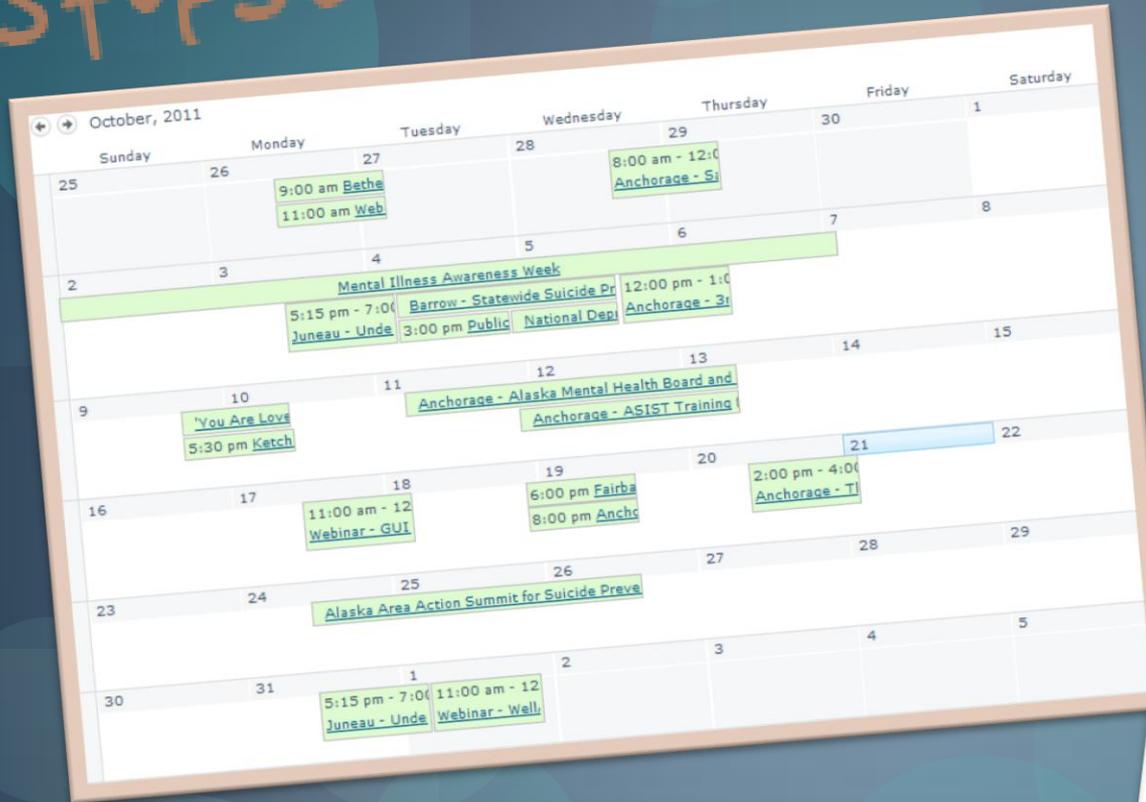
collaborate





create

# StopSuicideAlaska.org



**CRISIS INTERVENTION**  
  
**HELP!**  
 Call 1-877-266-HELP (4357)

**Mending The Net**  
 VOLUME 1, ISSUE 1  
 OCTOBER 17, 2011

**Alaska hosts postvention conference**

Nearly 130 people from across Alaska gathered June 9 and 10 for the Alaska Suicide Postvention Training and Healing Conference. It was the first statewide conference focusing on training and procedures to deal with the aftermath of a suicide.

The conference was a project carried out by the State of Alaska Division of Behavioral Health with the assistance of the Statewide Suicide Prevention Council. Barbara Franks, the SPPC Vice Chair who lost her son to suicide, described the conference as "a dream come true."

The conference included the unveiling of the new publication by the Council and Division, "Helping our Communities Heal: The Alaska Postvention Resource Guide." It provides information, resources and suggested guidelines for individuals and communities dealing with the aftermath of a suicide. It is a first edition guide of suicide prevention best practices and will be revised in the future as new best practices emerge over time. It covers the broad subject of postvention, including information for schools, behavioral health providers, members of the media, faith-based communities and more.

The postvention conference was designed around the resource guide, bringing together experts on the different topics to help provide 130 participants with a better understanding of postvention. A copy of the resource guide was provided to each of the registered participants. Suicide survivor kits were also distributed during registration. The kits include a variety of information for friends or families that have experienced a suicide. These are available from the Division for free.

If interested in the resource guide or a suicide survivor kit contact James Gallanos with the Division at (907) 465-8536 or Eric Morrison with the Council at (907) 465-6518.

**Teck donates \$1 million for prevention**

The operator of Red Dog Mine announced it is donating over a million dollars to the Northwest Arctic Borough School District for a suicide prevention program.

Representatives from Teck, Inc. announced in July the company would donate \$1,250,000 over five years to the Youth Leaders Program. School Superintendent Norm Eck says Teck's donation will ensure the program continues to run.

It will also give the program a new name: it's now the "Teck - John Baker Youth Leaders Program" in honor of the Kotzebue insider who won this year's Iditarod.

Eck says since the program started in 2008, the district has gone from having one of the highest suicide rates in Alaska to none in the last school year.

**INSIDE THIS ISSUE:**

- New TCC Guide 2
- Council meeting 2
- Warning Signs 2
- FY12 Grants 3
- BIA Summit 4
- Web Portal 4
- Contact Info 4

A PDF copy of the resource guide is available online at [www.stopsuicidealaska.org](http://www.stopsuicidealaska.org)

# communicate

# SUICIDE PREVENTION GRANT PROJECTS

public dollars at work

## Suicide Prevention funded by the State of Alaska includes:

CARELINE: Alaska's suicide prevention crisis lifeline

GATEKEEPER: a suicide prevention training for caregivers

COALITIONS: suicide prevention coalitions in Juneau, southeast Alaska, Fairbanks, Bethel + Central Kuskokwim region

CULTURAL PROGRAMS: youth mentoring programs based in Alaska Native culture in Mountain Village, Nulato, Bethel region; developing program in Tanana region

SCHOOL BASED PROGRAMS: Prime for Life in Petersburg, Signs of Suicide screening in Juneau, Sources of Strength in the Tanana region

PUBLIC AWARENESS: Iron Dog campaign statewide(2011), "1 is 2 Many" Southeast Alaska (SEARHC), new campaign in Tanana region

SURVIVORS SUPPORT: Fairbanks group



## FY2011 State Grants for Suicide Prevention

\$339,548

Alaska Youth Suicide Prevention

Akiachak Native Community

Fairbanks Counseling and Adoption

Southeast Alaska Regional Health Consortium

\$3,987,679

Comprehensive Behavioral Health Prevention and Early Intervention (wellness promotion, substance abuse prevention, suicide prevention, etc.)

Grantees included (but aren't limited to):

Alaska Island Community Services

Mountain Village

Big Brothers Big Sisters

RurAL CAP

Native Village of Gakona

Iditarod Area School District

Mt. Edgecumbe High School

City of Nulato

Railbelt Mental Health & Addictions

Shaktoolik IRA Council

Yupiiit School District

## Suicide Prevention funded by SAMHSA includes:

UNIVERSITY OF ALASKA ANCHORAGE: campus suicide prevention through gatekeeper training and awareness building (Garrett Lee Smith grantee)

YOUTH SUICIDE PREVENTION: Kawerak, Tanana Chiefs Conference, SEARHC, and BBAHC all received up to \$480,000 per year for three years (FFY12-14) to work on youth suicide prevention

STRATEGIC PREVENTION FRAMEWORK GRANTS: SEARHC is also receiving funds through the State of Alaska, a SPF SIG recipient, for suicide prevention and substance abuse prevention



## Suicide Prevention funded by the Indian Health Service:



Indian Health Service - Division of Behavioral Health

## Methamphetamine Suicide Prevention Initiative

Alaska grantees include:

Chugachmiut,  
Eastern Aleutian Tribes,  
Ketchikan Indian Community,  
Tanana Chiefs Conference,  
Southcentral Foundation,  
Council of Athabascan Tribal Governments,  
Copper River Native Association,  
Aleutian Pribilof Island Association,  
Bristol Bay Area Health Corporation  
Yukon Kuskokwim Health Corporation,  
Southeast Alaska Regional Health Consortium,  
Arctic Slope Native Association,  
Kodiak Area Native Association,  
Alaska Native Tribal Health Consortium, and  
Maniilaq.

## Training

ASIST ~ Alaska Native Tribal Health Consortium, Southcentral Foundation, Alaska National Guard

Mental Health First Aid ~ coordinated by the Trust Training Cooperative, supported in part by the Alaska Mental Health Trust and the State of Alaska

Gatekeeper ~ FREE, developed by Alaska for Alaskans

[StopSuicideAlaska.org](http://StopSuicideAlaska.org)  
for more information

safeTALK ~ Alaska Native Tribal Health Consortium

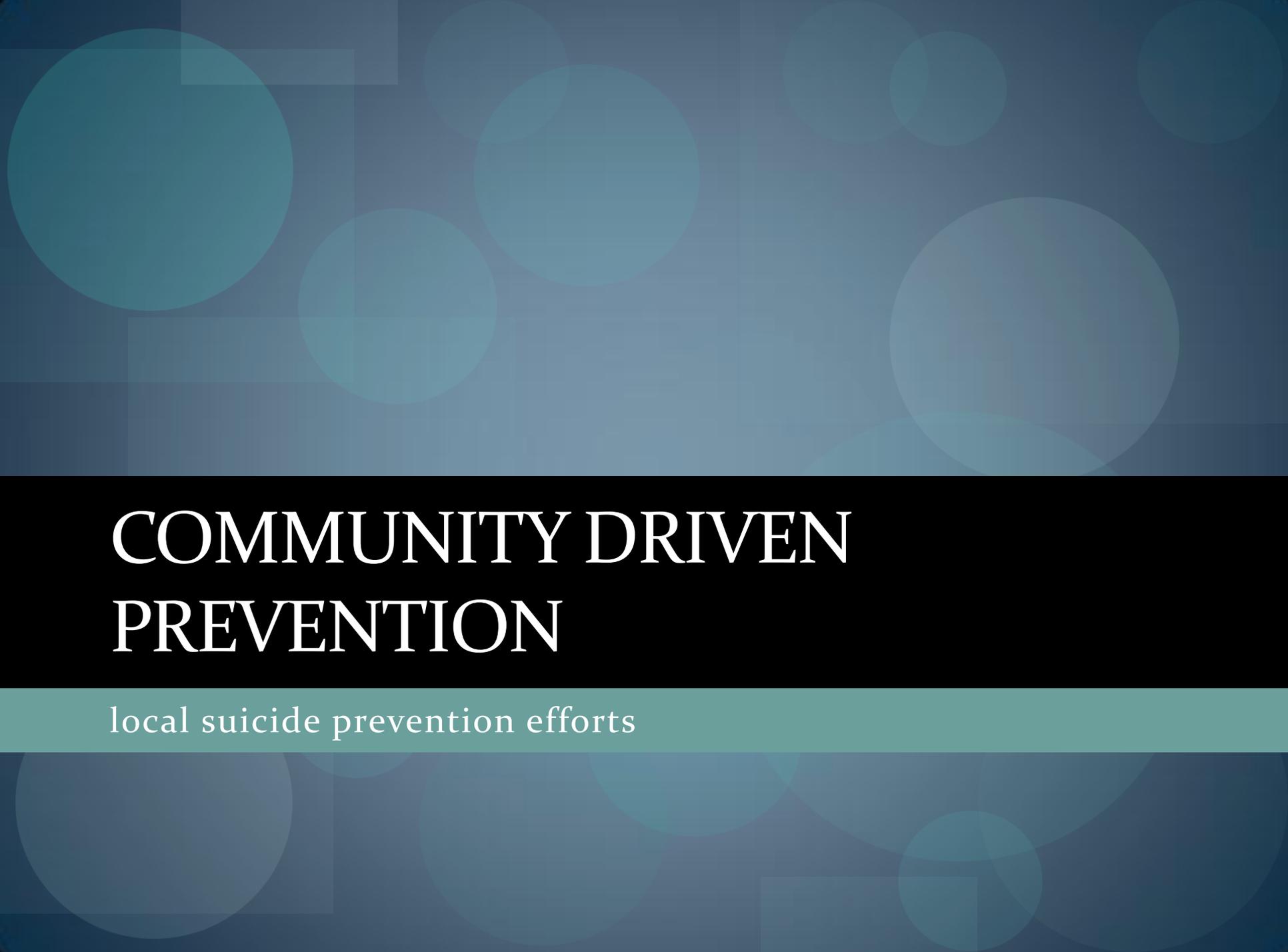
Jason Foundation ~ national organization offering free youth suicide prevention training and resources

*Understanding Suicide* ~ created by the Juneau coalition and NAMI-Juneau

Postvention Training ~ resource guide available for free from the State of Alaska; 70+ people trained Summer 2011

CIT for Law Enforcement ~ offered to police and state troopers through a partnership with NAMI-Alaska and the Alaska Mental Health Trust

CISM ~ critical incident stress management offered by the Police Chaplains Ministry



# COMMUNITY DRIVEN PREVENTION

local suicide prevention efforts

## Community Driven Solutions

**ALASKA ASSOCIATION OF STUDENT GOVERNMENTS:** advocacy and awareness building

**PEER LEADERS PROGRAMS:** Teck-John Baker Youth Leaders Program in NWASD, Natural Helpers in Lower Yukon

**MATSU, LKSD, JDSD:** Signs of Suicide screening and intervention

**NAMI JUNEAU:** *Understanding Suicide* curriculum, monthly meetings

**IDENTITY, INC.:** annual conference featuring suicide prevention training, awareness building

**SEARCHC:** Youth Ambassadors program

**AFSP ALASKA CHAPTER:** established 2011

**WALK/RUN FOR LIFE:** events in Kotzebue and NWAB Barrow and North Slope, Juneau and Southeast, Anchorage and others



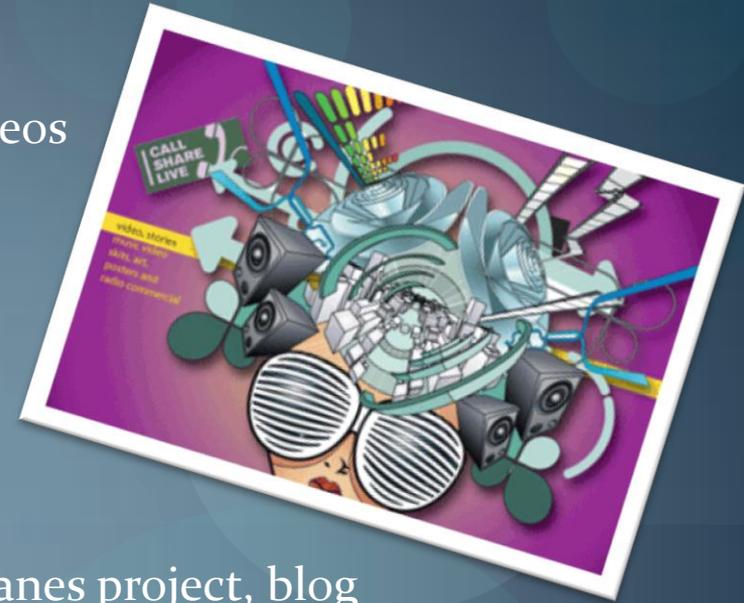
Youth Ambassador Shante' Hudson with Miss Indian World Marjorie Tahbone & Miss WEIO Kelsey Wallace

## Social Media

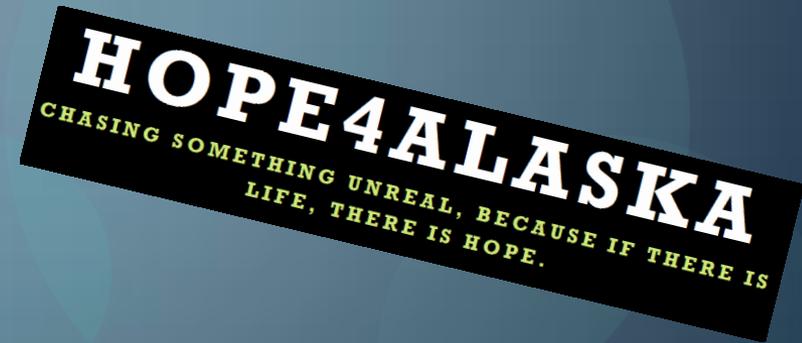
**AASG MEDIA CONTEST:** student-created PSA videos featured via YouTube and StopSuicideAlaska.org



**ST. MICHAEL:** 1,000 Cranes project, blog



**STATEWIDE:** Hope4Alaska blog, speaking tour



facebook

**FACEBOOK:** StopSuicideAlaska.org, Youth Ambassadors, Youth Leaders, DHSS, Ketchikan Wellness Coalition

# PLAN OF ACTION

strategies for preventing suicide in Alaska

*Casting the Net Upstream* is Alaska's updated five year plan for the statewide suicide prevention system.

Creation of the plan started at the 2010 Statewide Suicide Prevention Summit and continued throughout 2010 and 2011. Public comment and input was solicited at Council meetings in 2010 and 2011, and historical input was compiled and reviewed.

Focus groups of experts and stakeholders were convened in the Fall of 2010 to narrow goals and objectives. Council members continued to solicit information in 2011 as they refined the goals, objectives, and strategies.

A draft of the plan is available for public comment until November 30, 2011.

*Casting the Net Upstream* will be published early in 2012 and will be the focus of the Statewide Suicide Prevention Summit in January 2012.

Questions?  
Comments?

*thank you*

J. Kate Burkhart, Executive Director  
Alaska Mental Health Board  
Advisory Board on Alcoholism & Drug Abuse  
Statewide Suicide Prevention Council

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907.465.6518