

Utah Suicide Prevention Budget

- The following evidence based trainings were chosen after careful research and discussion within the Utah Suicide Prevention Coalition and are endorsed in the state suicide prevention plan. They represent best practices in suicide prevention.
- Having opportunities for “train the trainer” for community members throughout the state would allow trainers to keep their limited resources in their own communities by providing these trainings to local stakeholders.
- Audiences for the trainings include diverse stakeholders such as mental health providers, substance use disorder providers, health care providers, clergy/faith leaders, educators, parents, etc...
- Those trained as trainers would commit to training a minimum number of stakeholders from their community.
- Possible outcomes measures would include number of people trained in suicide prevention statewide, people reporting that they have the skills/training/support needed to help someone at risk (see PowerPoint baseline data), youth reporting suicidal attempts/plan/ideation, number of suicide attempts seen in emergency departments, and suicide deaths.

Prevention

<p>Question, Persuade, Refer-QPR</p> <p>3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. QPR can be learned in our Gatekeeper course in as little as one hour.</p>	<p>QPR Gatekeeper 1 day Instructor Training $\\$395 \times 20 = \\7900 \$1000 Travel expenses for trainer \$1000 Training administration (location, food, materials) Total= \$9900</p>	<p>Year One:</p> <p>1 Training of Trainers in year one for total of \$9900.00</p>	<p>Ongoing</p> <p>Train the Trainer yearly for 20 people \$9900</p>
<p>Mental Health First Aid (8 hour training)</p> <p>Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of mental illnesses and substance use disorders.</p>	<p>Mental Health First Aid 5 day Instructor Training $\\$2000 \times 20 \text{ participants} = \\$40,000$ \$3000 Travel expenses for trainer \$3000 Training Administration (location, food, materials) Total= \$46,000</p>	<p>1 Training of 20 Trainers in year one \$46,000</p>	<p>Ongoing</p> <p>Train 10 people per year as trainers \$20,000</p>

Intervention

<p>ASIST (2 day suicide prevention training)</p> <p>Applied Suicide Intervention Skills Training (ASIST) is a two-day intensive, interactive and practice-dominated course designed to help clinical, non-clinical caregivers and parents recognize and review risk, and intervene to prevent the immediate risk of suicide. It is by far the most widely used, acclaimed and researched suicide intervention training workshop in the world. Trainers are certified by Living Works, Inc. as accomplished practitioners in suicide prevention, intervention and postvention.</p>	<p>ASIST 5 day Train the Trainer $\\$2780 \times 20 = \\$55,600$ $\\$5000$ Travel expenses for two trainer $\\$5000$ Training Administration (location, food, materials) Total = $\\$65,600$</p>	<p>Year One</p> <p>Train 20 people as ASIST Trainers for totally of $\\$65,600$</p>	<p>Ongoing</p> <p>Train 10 people per year at $\\$2780 \times 10 = 27,800$</p>
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Postvention

<p>Connect</p> <p>Connect Suicide Postvention program increases the capacity of a community or organization to respond effectively to a suicide death in order to prevent additional suicides and promote healing for survivors of suicide loss.</p>	<p>Connect 3 day Train the Trainer Training $\\$10,200$ for 16 participants $\\$3000$ Travel Expenses for Trainer $\\$3000$ Training Administration (location, food, materials) Total = $\\$16,2000$</p>	<p>Year One</p> <p>2 Training of Trainers in year one for total of $\\$32,400$</p>	<p>Ongoing</p> <p>1 Training per year ongoing for total of $\\$16,200$</p>
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Other

<p>Emerging Best Practices for Suicide Prevention</p>		<p>Year One: $\\$11,100$</p>	<p>Ongoing: $\\$6100$</p>
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Total

<p>Total Suicide Prevention Train the Trainer Budget</p>		<p>Year One: $\\$80,000$ ongoing $\\$85,000$ one time Total $\\$165,000$</p>	<p>Ongoing $\\$80,000$</p>
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