

# IMPACT REPORT 2020



The Vermont Suicide Prevention Center (VTSPC) is a public-private partnership of the Center for Health and Learning with the VT Agency of Human Services and many partner organizations and individuals. The mission is to create health-promoting communities in which people have the knowledge, attitudes, skills, and resources to reduce suicides in Vermont.

## Events



VERMONT SUICIDE PREVENTION  
SYMPOSIUM 2020 ONLINE  
**BRINGING  
RESILIENCY  
INTO FOCUS**  
AUGUST 18, 2020

### VTSPC SYMPOSIUM 2020

*Adapted to online format!*

More than **320** participants

**70** keynote speakers

More than **20** workshop presenters

**2** Ted-style talks

**2** pre-symposium webinars:

- *Recent Suicide Prevention Trends: What Have We Been Learning?*
- *Overview of Suicide Prevention in Vermont: Comprehensive Systems*

View recordings of the event at  
[vermontsuicidepreventionsymposium.org](http://vermontsuicidepreventionsymposium.org)

### 2020 ADVOCACY DAY AT THE STATEHOUSE

**60** participants from across  
the state

**Testimony** from a variety of stakeholders was organized and offered to both the **House Committee on Health Care** and **Senate Health and Welfare Committee**

### VTSPC COALITION MEETINGS

**161** participants over  
4 quarterly meetings

*(This is an increase over 2019, which saw 89 participants over 3 meetings)*

Stakeholders represented:

- **Government**
- **Academic**
- **Social services**
- **Public health**
- **Medicine**

## Public Information & Outreach



#### VTSPC FACEBOOK

Page likes: **897**  
People reached:  
**27,810**



#### VTSPC WEBSITE

Page views: **24,657**  
Users: **11,924**  
New visitors: **90%**

**VT** **CRISIS TEXT LINE**  
In A Crisis? Text VT to 741741

#### VERMONT CRISIS TEXT LINE WEBSITE

Page views: **5,389**  
Users: **3,461**  
New visitors: **90%**

# Zero Suicide



**Suicide Safe Pathways to Care:** Funding under the Vermont Department of Mental Health supports evidenced-based clinical practices and procedures to prevent suicide deaths for those under care in health and behavioral health settings.

## COMMUNITY SUICIDE PREVENTION PARTNERSHIPS

- **Connecting Rural Communities Project** (under funding from UVM Medical Center Community Investment Fund): Grand Isle Health Care and Mental Health Provider Forum
- **Umatter® Mental Health partnership** with Bellows Falls Union High School (under funding from the Fanny Holt Ames and Edna Louise Holt Fund)
- **Rutland Suicide Safer Pathways** (under funding from the Bouse Health Trust)

## SUICIDE PREVENTION CONFERENCE PRESENTATIONS

- **UVM Health Professions Conference:** Uniting Health Professionals in Suicide Prevention
- **Age Well Board and Leadership Retreat:** The Impacts of Social Isolation on Older Adults
- **Accountable Communities for Health**
- **Harvard Alumni for Mental Health Webinar**
- **Vermont Council on Aging**
- **Vermont School Nurses Association**

## GRADUATE CREDIT COURSES

- **Promoting Personal Health and Safety Through the Prevention of Injury and Violence:** Online Graduate Course

**VERMONT ZERO SUICIDE INITIATIVE 2020: LEADERSHIP ENGAGEMENT**  
23 participants

**SUICIDE SAFE PATHWAYS TO CARE: INTRODUCTION TO ZERO SUICIDE IN VERMONT**  
3 webinars  
97 participants from  
59 organizations

## ZERO SUICIDE PROJECT: DEVELOPING INFRASTRUCTURE FOR SUICIDE SAFER PATHWAYS TO CARE

The Zero Suicide 2020-21 Project was developed and is managed by the VTSPC, working concurrently with statewide partners for collaborative and integrated Zero Suicide planning and implementation with a focus on prevention, crisis response, timely treatment and follow-up.

### 7 DESIGNATED AGENCIES

- **Howard Center**
- **Northwestern Counseling and Support Services (NCSS)**
- **Lamoille County Mental Health Services (LCMHS)**
- **Washington County Mental Health Services (WCMHS)**
- **Northeast Kingdom Human Services, Inc. (NKHS)**
- **Community Care Network/Rutland Mental Health (CCN/RMH)**
- **Healthcare Rehabilitation Services (HCRS)**

Mini-grants were issued to 17 Blueprint primary care practices and 6 designated mental health agencies to support activities that build suicide safer care pathways in primary care practices and designated medical health agencies.

**COLLABORATIVE ASSESSMENT AND MANAGEMENT OF SUICIDALITY (CAMS)**  
142 Clinicians trained



Umatter® is a best practice training program, and public information campaign that engages youth, schools and communities to reduce the incidence of suicide. The program teaches students and adults to recognize and address depression and risk factors while building strengths through self-care, caring for others, help-seeking and community action.

**Umatter®  
FOR SCHOOLS  
ONLINE COURSE**  
25 participants  
representing  
11 Schools and/  
or Mental Health  
Agencies

**Umatter®  
SUICIDE  
PREVENTION  
AWARENESS  
OVERVIEW**  
3 webinars  
81 participants from  
68 organizations

**UUmatter®  
AWARENESS**  
for TJX Corporation  
60 participants

**Umatter®  
FOR SCHOOLS  
ELEMENTARY  
TRAINING FOR  
WSESU**  
25 participants

**Umatter®  
GATEKEEPER**  
5 trainings  
135 participants from  
5 organizations

## POSTVENTION IS PREVENTION

VTSPC is often a point of contact on immediate response during postvention, connecting people to mental health agencies, support and other resources.

**“The two-day training was excellent.**

*I particularly appreciated having the time to focus on this important work and update our school procedures with my colleague who I attended with. I know that we are both looking forward to doing more with this work in the coming year.”*

—Umatter training participant



## Umatter® Video Wins Award

“What is Umatter® YYA” video received first place in the Community Impact Division at the 2020 Nor’easter Video Festival put on by the Alliance for Community Media - Northeast Regions. The video was made in partnership with Brattleboro Community TV. The award recognizes programs that generate community involvement and interest through awareness, empowerment and education. [youtu.be/IND7omnkV2Q](https://youtu.be/IND7omnkV2Q)