

**Overview:** Total of **\$1 million from HB 118** was distributed as of April 2018; with \$250,000 going to Tribes and Urban Indian Health Centers for continued implementation of the Montana Native Youth Suicide Reduction Strategic Plan, and the remaining \$750,000 went to schools, veterans, healthcare providers, and other organizations working on suicide prevention. DPHHS is committed to collecting information at the end of the biennium from each grant recipient to help understand the effectiveness of each program in decreasing the suicide rate in their community or region of the state.

## Montana Native Youth Suicide Reduction (\$250,000)

their own tribal health and behavioral health programs and to provide self-care best practices training for frontline health and behavioral health staff and community members.

- August 2018: Established two youth members from eight tribes and five Urban Indian Health Centers to serve on the Native Youth Suicide Reduction Advisory Coalition, empowering the Native youth voice. Now the Advisory Coalition includes a total of four voices represented, including the two appointed adult members, from each community.
- October 2018: Distributed the first of ongoing quarterly electronic newsletters that share information, tools, resources, and local stories about Zero Suicide implementation.
- November 15, 2018: The Advisory Coalition convened in-person in Helena and was well-attended. The agenda included reports from youth coalition members on priorities, Zero Suicide 90-day workplan updates from members, and discussion on the implementation of trainings for self-care best practices for frontline health and behavioral health staff and community members.

## Montana State University-Center for Mental Health Research and Recovery (\$378,000)

- May 2018: Launched the new suicide prevention technology tool (online cognitive behavior therapy (CBT)).
- January 2019: A total of 387 individuals are currently participating in the program. Of those participating, a slight decrease in depression symptom severity and suicidal ideation has been documented.
- September 2018: Hired staff and assistants to implement the Youth Aware of Mental Health (YAM) program within the Great Falls School District.
- January 2019: YAM was offered to 720 seventh grade students located in Great Falls. Data from these students will be analyzed over the summer and will be ready to be reported in the fall of 2019.

## Billings Clinic (\$107,000)

- Goal: To standardize suicide screening in 11 eastern Montana CAH emergency departments using a new, pre-tested electronic screening tool that replicates the judgement of a skilled psychiatrist in screening a patient.
- August 2018: Billings Clinic hosted a kick-off training on the new technology for hospital CEOs, Emergency Physician Champions, Emergency Nurse Champions, and Licensed Clinical Social Workers.
- September 2018: Kick-off community-based suicide detection and prevention programs in 11 eastern Montana Critical Access Hospital emergency departments.
- December 2018: Of the 270 individuals screened as of December 2018, 5% required immediate and/or prompt behavioral health services. Of that 5%, eight individuals were served in their own community and six were treated inpatient.

## Flathead City-County Health Department (\$63,000)

- December 2018: Completed the outreach stage of implementation of several suicide prevention efforts, including training on the Question, Persuade, Refer program, mental health first aid, and an introduction to ACEs training.
- January 2019: Thirty employees at two corporations received training in Mental Health First Aide and Adverse Childhood Experiences. Deputies and officers of the Flathead County Sheriff's Office, and the Kalispell Police Department will be receiving Mental Health First Aide training in the next few months.

## District II Alcohol and Drug Prevention Program: Glendive/Sidney (\$63,000)

- Goal: Launch the evidence-based STEP UP program (Strategies and Tools Embrace Prevention with Upstream Programs) for middle-school students aimed to promote positive mental health, build emotional competence, and a safe school climate.
- Summer 2018: STEP UP trainers delivered a training for teachers from three different counties; teachers were certified to teach the STEP UP curriculum.
- Next steps: Implement in classrooms now that the training is complete, as well as continue to conduct trainings to additional teachers.

## Tamarack Grief Resource Center (\$47,000)

- Goal: To implement suicide prevention activities for schools, businesses, community organizations, trauma survivors, and Veteran populations throughout the region.
- March 2018: TGRC coordinated and facilitated the 14<sup>th</sup> annual Grief Institute and provided professional trainings to advance skills and knowledge related to mental and emotional impact of traumatic events for 234 individuals.
- January 2019: As of January 2019, 57 youth have been served at two multi-day bereavement camps, with 39 individuals receiving scholarships to attend these trauma recovery programs.
- January 2019: As of January 2019, over 225 students in 7<sup>th</sup> and 8<sup>th</sup> grade received Signs of Suicide training. Support and education were offered to 70 individuals personally impacted by suicide loss.

## PAX Good Behavior Game Grantees: Missoula County Public Schools (\$41,000); RiverStone Health for schools in Billings, Wibaux and Carbon County (\$20,000); Helena School District (\$15,000); and Clancy School (\$15,000)

- Elementary school teachers and administrators have completed their training
- October 2018: Implemented the program.
- November 2018: University of Montana's Center for Children, Families and Workforce Development in final stages of creating a secure web-based portal for teachers.
- January 2019: A pre-test survey of behaviors associated with emotional and behavioral regulation, prosocial behaviors, and cognitive skills was collected from 104 randomly chosen students. The same post-test survey will be completed in June 2019, at which time the data will be analyzed to document changes in behavior among the PAX participants.

## Lockwood School District (\$1,000)

- Implemented the Riding the Waves program for 4<sup>th</sup> graders, the Look, Listen, Link curriculum for 5<sup>th</sup> graders, and the Signs of Suicide (SOS) program for 6<sup>th</sup>-8<sup>th</sup> graders.
- University of Montana's Center for Children, Families and Workforce Development is evaluating.