

Four County Suicide Prevention Coalition Strategic Plan

Vision Statement: The Four County Suicide Prevention Coalition collaborates to increase awareness of and reduce the stigma toward depression and suicide in an effort to improve and save lives.

Mission Statement:

Motto: Depression is Treatable. Suicide is Preventable.

Data from 2008 through the 3rd Quarter of 2013 (based on county registry raw data collected quarterly)

- Suicide rate is 12.3 deaths/100,000
- 104 completed suicides
- 48% were ages 40-59
- 80% were male
- 73% completed in their own home
- 37% used firearms

Deaths by year

	<u>Defiance</u>	<u>Fulton</u>	<u>Henry</u>	<u>Williams</u>	<u>Total</u>
2008	5	6	2	8	21
2009	9	4	5	4	22
2010	3	8	3	3	17
2011	3	4	5	8	20
2012	1	9	1	3	14
2013	1	5	3	1	10

Adult Health Needs Assessment/Youth Risk Behavior Data

	Fulton		Defiance		Henry		Williams		Ohio	
Youth who had seriously considered attempting suicide in past year	2005 2008 2010 2012	19% 8% 10% 10%	2005 2008 2012	19% 11% 15%	2005 2010 2013	9% 11% 13%	2006 2009 2013	10% 7% 15%	2011	16%
Youth who had attempted suicide in past year	2005 2008 2010 2012	9% 3% 4% 4%	2005 2008 2012	9% 7% 5%	2005 2010 2013	4% 5% 7%	2006 2009 2013	5% 3% 8%	2011	8%
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	2005 2008 2010 2012	23% 13% 14% 17%	2005 2008 2012	30% 22% 25%	2005 2010 2013	16% 21% 21%	2006 2009 2013	16% 16% 22%	2011	29%
Adults who felt depressed two or more weeks in a row	2005 2012	16% 10%	2008 2012	11% 13%	2005 2010 2013	15% 13% 8%	2013	14%	NA	
Adults who considered attempting suicide	2005 2012	19% 1%	2008 2012	3% 2%	2005 2010 2013	2% 1% 3%	2013	3%	NA	

Strategy #1: Increase awareness that depression is a treatable illness and that suicide is preventable. Reduce the stigma enabling one to get help.

ACTION STEPS	Lead	Schedule		Outcomes
		Start	End	
Have 12 schools participate in the Yellow Ribbon Campaign	Tante Lovins	1-1-14	12-31-14	2012 9 2013 8 2014
Have 200 adults trained in Kognito Interactive on-line training	Tante Lovins	1-1-14	12-31-14	2012 5 2013 38 2014
Stomp on the Stigma Campaign to be on two college campuses	Tante Lovins	1-1-14	12-30-14	2012 Defiance College 2013 Defiance College, Northwest State Community College 2014
Have 420 participants in One Step at a Time 5k walk/run	Sherri Hammersmith	1-1-14	12-30-14	2011 188 2012 350 2013 402 2014
Have table in 10 lunch rooms to promote awareness	Tante Lovins	1-1-14	12-30-14	2012 2 2013 5 2014
Introduce PHQ2 and PHQ 9 to PCP 7 PCP offices and have one clinic pilot screening.	Kathy Helmke Pam Pflum	1-1-14	12-30-14	2013 9 office managers 7 luncheons with staff 2014

Strategy #2: Reduce the factors that increase the risk of suicide.

ACTION STEPS	Lead	Schedule		Outcomes	
		Start	End		
Implement Signs of Suicide in 12 high schools.	Tante Lovins	1-1-14	12-31-14	2012	2
	Rachelle McDonald			2013	5
				2014	
Implement Signs of Suicide in 8 middle schools.	Tante Lovins	1-1-14	12-31-14	2012	3
				2013	5
Provide 2 SafeTalk trainings.	Tante Lovins	1-1-14	12-30-14	2012	5
				2013	0
Provide 3 Mental Health First Aid trainings	Tonie Long	1-1-14	12-30-14	2014	
	Joe Dildine				
Gain support and buy in from coroners and law enforcement for LOSS team	Kathy Helmke	1-1-14	12-30-14	2014	
Provide 12 Act Out performances for students and one for adult community members.	Tante Lovins	1-1-14	12-30-14	2013	6 (8 districts)
				2014	

Strategy #3: Support and utilize data collection and review

ACTION STEPS	Lead	Schedule		Outcomes
		Start	End	
Gather local data on suicides from county health departments quarterly	Pam Pflum	1-1-14	12-31-14	Refer to front page
		1-1-14	12-31-14	
		1-1-14	12-30-14	
		1-1-14	12-30-14	
		1-1-14	12-30-14	
.		1-1-14	12-30-14	