

## Suicide Links and Articles

*"Remember that not getting what you want is sometimes a wonderful stroke of luck."* -Dalai Lama

Where to find evidence based suicide prevention programs? Suicide Prevention Resource Center  
<http://www.sprc.org/strategic-planning/finding-programs-practices>

### 1. This Is What 'Self-Care' REALLY Means, Because It's Not All Salt Baths And Chocolate Cake

I saw this article in one of the newsletters I receive, thought it takes a refreshing and important perspective on Self-Care that I know I don't always think about. Hope everyone out there is well  
<https://thoughtcatalog.com/brianna-wiest/2017/11/this-is-what-self-care-really-means-because-its-not-all-salt-baths-and-chocolate-cake/>

### 2. National Strategy for Suicide Prevention Implementation Assessment Report

This report is an assessment of the implementation of the revised 2012 National Strategy for Suicide Prevention. The report attempts to provide a snapshot of recent efforts to implement the goals and objectives of the National Strategy for Suicide Prevention and makes suggestions for increasing the effectiveness of these implementation efforts.

<https://store.samhsa.gov/shin/content/SMA17-5051/SMA17-5051.pdf>

### 3. Suicide Risk Mgmt Consultation Program for Providers Who Serve Veterans

We at the VA's Rocky Mountain MIRECC for Suicide Prevention want to let all of you know about our **free consultation program** that is now available to any clinician who works with any Veteran at risk for suicide. You never have to worry alone!

If you are working with a Veteran (they do not have to be connected to the VA in any way) and want to run any questions by our consultants, please get in touch. We often answer questions related to things like:

- Risk Assessment
- Conceptualization of Suicide Risk
- Lethal Means Safety Counseling
- Strategies for How to Engage Veterans at High Risk
- Best Practices for Documentation
- Provider Support after a Suicide Loss (Postvention)

Again, this service is free and open to any clinician working with Veterans. Send us an email: [srmconsult@va.gov](mailto:srmconsult@va.gov) to get the consult process started.

You can learn more about the program at our website: <https://go.usa.gov/xnv24>



SRM OnePager\_v  
01-04-18.pdf



SRM FAQ\_v  
01-04-18.pdf

#### **4. DoD and VA Partner with the American Foundation for Suicide Prevention to Focus on Reducing Suicide**

WASHINGTON (January 30, 2018) — On Saturday, at its annual Chapter Leadership Conference, the American Foundation for Suicide Prevention (AFSP) announced a milestone partnership with the U.S. Department of Defense (DoD) and the U.S. Department of Veterans Affairs (VA). The three organizations have been champions for service member and veteran suicide prevention for many years, but this announcement marks the first time they are joining together to reduce service member and veteran suicide. **Read more at:** <https://afsp.org/dod-va-partner-american-foundation-suicide-prevention-focus-reducing-suicide/>

#### **5. New Google ad reckons with the dark side of Silicon Valley’s innovations**

By Drew Harwell, Washington Post • January 31, 2018

Google debuted an ad during Sunday’s Grammy Awards that spotlights the mental-health implications of the tools that it has helped put in the hands of billions of smartphone users.

“The Picture Perfect Life,” which has been viewed more than 17 million times on Twitter and Google’s YouTube, opens with the kind of shiny, happy images that dominate social media: backyard parties, charming kids and a fashionable woman “with all the friends that’ll like her post from Friday night.”

Then the ad reveals a woman whose Google Pixel 2 smartphone bears the number for the National Suicide Prevention Lifeline, and suggests, “Not every picture tells the whole story.”

**Read more at:** <http://bangordailynews.com/2018/01/31/arts-culture/new-google-ad-reckons-with-the-dark-side-of-silicon-valleys-innovations/>

- 6. ARCHIVED WEBCAST: ADOLESCENT SUICIDE PREVENTION: RECOGNIZING TEENS AT RISK AND RESPONDING EFFECTIVELY** NIMH’s recent webcast on adolescent suicide prevention is now archived. The presentations highlighted techniques for early detection and intervention among young people at risk for depression. <https://videocast.nih.gov/launch.asp?23670>

7. The Zero Suicide webinar titled **Improving Care for Homeless Patients at Risk for Suicide** is now available on the Zero Suicide website via the following link: Zero Suicide Webinars<[http://zerosuicide.sprc.org/resources?type\\_1%5B%5D=webinar](http://zerosuicide.sprc.org/resources?type_1%5B%5D=webinar)>.
8. **YUP'IK COMMUNITIES TURN TO INDIGENOUS KNOWLEDGE TO PREVENT RISK FOR YOUTH SUICIDE AND ALCOHOL ABUSE** Culture plays a substantial role in reducing disparities among American Indian and Alaska Native (AI/AN) populations. Experts acknowledge culture's critical importance to intervention success and sustainability, yet many questions remain about the mechanisms that produce this protective effect. This post from the National Institute on Minority Health and Health Disparities shares how researchers at the Center for Alaska Native Health Research have been collaborating with Yup'ik communities to address challenges facing Alaskan youth. <https://nimhd.nih.gov/news-events/features/community-health/yupik-community.html>
9. **BREAKING DOWN BARRIERS: USING YOUTH SUICIDE-RELATED SURVEILLANCE DATA FROM STATE SYSTEMS** SAMHSA's Suicide Prevention Resource Center released this new report, which explores the opportunities and barriers that state Garrett Lee Smith (GLS) grantees face in accessing and using suicide surveillance data from juvenile justice, child welfare, and public behavioral health systems. An accompanying technical report details the research included in the paper. A series of worksheets is also included to help state GLS grantees start or continue a dialogue on accessing and using suicide-related data from these three youth-serving state systems. <http://www.sprc.org/resources-programs/breaking-down-barriers-using-youth-suicide-relatedsurveillance-data-state>
10. **PODCAST: ROCKY MOUNTAIN SHORT TAKES ON SUICIDE PREVENTION** The VA Rocky Mountain Mental Illness Research, Education and Clinical Center for Suicide Prevention has released a new podcast interview on lethal means safety. The podcast discusses the fundamentals of lethal means safety, why it is important, and how to ensure that conversations about lethal means safety are Veteran-centered. [https://www.mirecc.va.gov/visn19/education/media/podcasts/1\\_17\\_2018.asp](https://www.mirecc.va.gov/visn19/education/media/podcasts/1_17_2018.asp)