

Rural Suicide Prevention Resources

Resources for Organizations and Partners

SPRC State Pages

www.sprc.org/states

Suicide prevention efforts can have greater power when they move beyond a single organization to reach a whole community. Visit the SPRC's state pages to learn more about what's going on in your state and consider ways to join with partners to have a greater impact.

SPRC Article on Suicide Prevention in Rural Communities

www.sprc.org/news/suicide-prevention-rural-communities

A Community of Practice convened by SPRC developed five key recommendations to improve suicide prevention in rural areas. This 2014 article published in the *Journal of Rural Mental Health* details key recommendations to address suicide in rural communities.

Preventing Youth Suicide in Rural America: Recommendations to States

www.sprc.org/library/ruralyouth.pdf

This report details the recommendations for state-level agencies to address promoting help-seeking behaviors services, data and surveillance, services, screening and identification, gatekeeper training, bereavement, and survivor issues. The report was the outcome of a workgroup formed in 2007 by SPRC and the State and Territorial Injury Prevention Directors Association (now the Safe States Alliance).

Health System Resources

Suicide Prevention Toolkit for Primary Care Practices

www.sprc.org/resources-programs/suicide-prevention-toolkit-rural-primary-care

This toolkit contains the information and tools needed to implement state-of-the-art suicide prevention practices in primary care settings. It includes sections on educating clinicians and office staff and developing mental health partnerships, as well as patient management tools and patient education tools.

Best and Promising Practices for the Implementation of Zero Suicide in Health and Behavioral Health Care Systems in Indian Country

www.sprc.org/resources-programs/best-promising-practices-implementation-zero-suicide-health-behavioral-health

This toolkit contains recommendations for the implementation of Zero Suicide in Indian country and features forms and tools others have used in their own implementation, as well as videos featuring a variety of indigenous health systems that have committed to the implementation and indigenization of

the Zero Suicide framework for their communities. The toolkit offers two in-depth views into very different health systems that are implementing Zero Suicide.

Speaking the Same Language: Developing Culturally-Informed Messages About Firearm Safety

<http://www.sprc.org/resources-programs/speaking-same-language-developing-culturally-informed-messages-about-firearm>

Researchers at Oregon State University - Cascades collaborated with LaPine Community Health Center primary care providers and those at risk of suicide and their family members about voluntarily limiting access to firearms. With grant and training support from Injury Control Research Center for Suicide Prevention, they developed a brochure for those at risk of suicide and their family members and friends and a research brief/tip sheet for primary care providers on the do's and don'ts of having an effective conversation with a patient about limiting access to firearms.

SAMHSA's TIP 60: Using Technology-Based Therapeutic Tools in Behavioral Health Services

www.sprc.org/resources-programs/tip-60-using-technology-based-therapeutic-tools-behavioral-health-services

This Treatment Improvement Protocol (TIP) provides an overview of current technology-based assessments and interventions (including case identification, treatment, recovery support, relapse prevention, and prevention-focused interventions) targeting behavioral health. It emphasizes use of technology-assisted care (TAC) with clients who might not otherwise receive treatment or whose treatment might be impeded by disabilities, remote locations, transportation or other issues.

Quality Through Collaboration

www.nap.edu/catalog/11140/quality-through-collaboration-the-future-of-rural-health

The Quality Through Collaboration report authored by Institute of Medicine offers a strategy to address the quality challenges in rural communities.

Crisis and Postvention Resources

After Rural Suicide: A Guide for Coordinated Community Postvention Response

www.sprc.org/resources-programs/after-rural-suicide-guide-coordinated-community-postvention-response

This guide was created to support California's rural counties with developing a formal, locally-controlled, and coordinated effort in responding to the community after a suicide has occurred. The primary audiences are county and local behavioral and public health agencies, law enforcement, and existing suicide prevention coalitions or task forces. Others, such as peer support programs and community-based organizations, may also find it helpful. Although developed for California counties, guidance is applicable to any community planning a response to a suicide or suicides. The Word version is customizable to local rural communities.

Tailoring Crisis Response and Pre-Arrest Diversion Models for Rural Communities

www.sprc.org/resources-programs/tailoring-crisis-response-pre-arrest-diversion-models-rural-communities

This brief features a few current strategies and technologies that rural communities can adopt to increase opportunities for crisis response and pre-arrest diversion of individuals with mental and substance use disorders from the local criminal justice system.

Community Resources

Transforming Tribal Communities: Indigenous Perspectives on Suicide Prevention

www.sprc.org/resources-programs/transforming-tribal-communities-indigenous-perspectives-suicide-prevention

Culturally relevant suicide prevention strategies that are endorsed by community members can lead to long-lasting change. The following six-to-eight-minute webinar clips, adapted from SPRC's Tribal Community of Learning Series, feature expert advice on addressing the root causes of mental health issues and suicide in American Indian and Alaska Native (AI/AN) communities by drawing on community strengths.

Understanding the Impact of Suicide in Rural America: Policy Brief and Recommendations

www.sprc.org/resources-programs/understanding-impact-suicide-rural-america-policy-brief-recommendations

This policy brief discusses national suicide trends based on the level of urbanization, highlights federal resources, and offers recommendations on how the U.S. Department of Health and Human Services can better inform policy as it relates to reducing overall rates and deaths in rural America.

National Organizations and Websites

Health Resources and Services Administration Office of Rural Health Policy

www.hrsa.gov/ruralhealth/index.html

National Association for Rural Mental Health

www.narmh.org

National Association of Community Health Centers

www.nachc.org

National Consortium of Telehealth Resource Centers

www.telehealthresourcecenter.org

Rural Policy Research Institute

www.rupri.org

National Rural Health Association

www.ruralhealthweb.org

Rural Health Information Hub

www.ruralhealthinfo.org