

Recommended Resources

Program	Description	Audience	Anticipated Staffing	Approx Cost	Comments
PAX Good Behavior Game	<p>A classroom based system that teachers use to teach skills for self-regulation, co-regulation, and self-control during any school or after school activity. Students use these skills purposely to collaborate with others to create peace, productivity, health, and happiness.</p>	<p>Studies show benefits from Pre-K to High School</p>	<p>Current teachers</p>	<p>Initial cost: 2-day training for 30 people will be \$6,000</p>	<p>Teachers can be trained online</p>
<p>White Mountain Apache Suicide Surveillance Model</p>	<p>The Tribal Nation passed a law mandating that any suicidal incident occurring on their lands be recorded into a Tribal suicide surveillance system. Johns Hopkins Center for American Indian Health and the Tribal Nation have had a partnership for over 30 years. JH worked with the Tribal Nation to develop data collection forms, computerize the surveillance process, and employ a team of tribal members to manage and analyze the data collected. Data collected is used to inform prevention on their land.</p>	<p>Initially it will be an expert audience, which will then inform prevention methods that will eventually help the entire community.</p>	<p>JH staffing Tribal Citizens</p>	<p>Grant Funded.</p>	<p>The JH partnership is not limited to suicide surveillance and the agreement the White Mountain Apache Tribal Nation has with JH is protective of the Tribal Nation</p> <p>From 2007-2012 suicide dropped almost 40% in this community.</p>
Prescription Drop Off Boxes	<p>MedReturn boxes are set in public places in order to encourage residents to anonymously and safely dispose of unwanted and expired prescription drugs.</p>	<p>All ages</p>	<p>Authorized collection facilities: retail pharmacies, hospital or clinic pharmacies, and law</p>	<p>1 DropBox cost anywhere from \$170 - 220</p>	<p>https://www.medreturn.com/</p>

			enforcement agencies/ facilities.		
Teen Lifeline ID Badge Project	This is a project implemented at several high schools across AZ. The TeenLifeline (crisis hotline for teens) number is printed on the back of badges students are required to have every day for school. The messaging is a soft prevention approach, saying you are not alone.	Youth	No extra staffing required.	Printing cards is the only foreseen cost. Estimated cost not clear.	https://teenlifeline.org/school-id-initiative/
EMPACT La Frontera Postvention Work	La Frontera / EMPACT-SPC's Prevention Program works with schools, senior centers, and other community agencies and business organizations to empower individuals to become healthy, self-sufficient people. EMPACT-SPC offers nationally recognized suicide prevention programs, such as Signs of Suicide and safeTALK, and is a leader in postvention, providing a variety of services to those who have lost a loved one to suicide. These services include Survivors of Suicide (SOS) support groups and individual therapy to help individuals cope with their grief. Also, the Local Outreach to Suicide Survivors (LOSS) program provides immediate support to the family and friends after a suicide occurs.	All ages	No extra staffing required	SafeTALK and ASSIST are programs they may charge due to the need to replenish supplies. Other training programs can be completed for free.	This resource also has an adult and child & family programs. They have several crisis hotlines for suicide, sexual assault, and service members. Suicide Prevention Programs and Community Training and Education: (480) 784-1514 ext. 1219
Native American for Community Action Resources	NACA Inc. Behavioral Health Services accepts Arizona Health Care Cost Containment System	Assessment and evaluation Individual and group	No extra staffing is required	Insurance can cover these services. See	http://www.nacainc.org/

	(AHCCCS) plans, contracted Employee Assistance Program beneficiaries, and provides some benefits for Certificate of Indian Blood (CIB) holders. Additionally, we provide services for visitors who plan to self-pay and apply a sliding fee scale to those who qualify.	psychotherapy Substance abuse (chemical dependency) Counseling Mental Health Counseling Traditional and Western Counseling Techniques Medication evaluation and management Outpatient treatment		description	
Be Connected	Be Connected is a statewide initiative with partners ranging from the federal to community level, launched in 2017. It's purpose is to strengthen access to support and resources for service members, veterans, and their families.	Service Members Veterans Family of Veterans Professionals working with the Veteran population	No extra Staffing required. The group is currently in the process of hiring an AI Navigator that can serve as a liason.	Free to call.	These services are for veterans, family and friends of veterans, and those working for and with veterans. However, anyone can call in an instance of crisis.
Zuni Life Skills Development	A school-based, culturally sensitive, suicide-prevention program for Indigenous adolescents. The curriculum was designed to reduce behavioral and cognitive factors associated with suicidal thinking and behavior.	Ages 14-19	Requires training of adults. Maybe teachers or community elders?	Minimum of \$30 See below	Contact: Teresa D. LaFromboise, Ph.D. (650) 723-1202 lafrom@stanford.edu
CAST: Coping and Support Training.	High school-based suicide prevention program for students who need more coping mechanisms. Focused on suicide	Ages 14-19	Requires training of adults. Maybe teachers or community	Prices depend upon how many participants and trainers are wanted.	Contact: Reconnecting Youth Inc. (425) 861-1177 info@reconnecting

	and depression and can be used for all teens.		elders?	See below	youth.com
LEADS : for Youth (Linking Education and Awareness of Depression and Suicide)	Designed to increase knowledge of depression and suicide and suicide prevention resources, modify perceptions of depression and suicide, and improve intentions to engage in help-seeking behaviors.	High School	Anyone can be trained	Minimum \$125 See below	Contact: Daniel J. Reidenberg, Psy.D. (952) 946-7998 dreidenberg@sav.e.org
Lifelines	Educates students on the facts about suicide prevention resources in the school and community.	Grades 8-12	Teachers or other community members.	Minimum of \$225 See below	Contacts: Kaylene McElfresh (651) 213-4324 kmcelfresh@hazelden.org Cheryl DiCara (207) 287-5362 cheryl.m.dicara@maine.gov
MASPP : Model Adolescent Suicide Prevention Program	A public health-oriented suicidal-behavior prevention and intervention program originally developed by an Indigenous Tribal Nation to target high rates of suicide among its adolescents and young adults.	Ages 6-25	Teachers or community members.	Ranges from free to \$1,500. See below	Contact: Patricia Serna, LISW (575) 756-1897 pserna@nccbs.org
Reconnecting Youth (RY)	Teaches skills to build resiliency against risk factors and control early signs of substance abuse and emotional distress	Ages 14-19	School staff	Prices vary See below	Reconnecting Youth Inc. (425) 861-1177

					info@reconnectingyouth.com
Ask 4 Help!	A one-hour high school based curriculum that provides students with knowledge that may increase help seeking for themselves or others.	High School	School teachers, staff, and administrators	<p>Direct training costs vary depending on the location and number of participants to be trained. Contact Dale and Dar Emme for more information.</p> <p>The program toolkit is available for \$299.95. The toolkit includes trainer manuals for the <i>Be A Link!</i> and <i>Ask 4 Help!</i> programs, associated PowerPoint presentations, and <i>Ask 4 Help!</i> wallet cards.</p>	<p>Dale W. Emme, Executive Director</p> <p>Dar Emme, Deputy Director</p> <p>Voice: 303-429-3530 Fax: 303-426-4496 Email: demme@yellowribbon.org</p>
Be a Link	A two-hour adult gatekeeper training. Helps them identify youth at risk for suicide and refer youth to appropriate resources.	For adults working with children	Community members and school staff.	Same as above program	Same as above program
Helping Every Living Person (HELP)	45-minute lessons on topics including stress and healthy coping skills, depression and its impact on teen's lives, the causes and warning signs of suicide, and	Grades 9-12	Teachers are usually trained for implementation	HELP curriculum materials are available for \$250.	Training Program Coordinator Crisis Connections 9725 3rd Ave. NE Suite 300

	skills to intervene with a possibly suicidal friend.			Crisis Connections can assist with training guidance if requested.	Seattle, WA 98115 Voice: 206-461-3210 Ext. 619 Email: training@crisisconnections.org
Real Teenagers Talking about Adolescent Depression	Purpose is to increase student knowledge about depression, reduce stigma surrounding depression, and the likelihood that students with depression will receive help. This is for high school staff, students, and parents. Designed to heighten sensitivity to depression and suicidal ideation, increase identification, and facilitate referral.	Middle school and High school	Staff does not necessarily be trained in this.	<i>Real Teenagers Talking about Depression: A Video-Based Study</i> is available at no charge at the Erika's Lighthouse	Erika's Lighthouse P.O. Box 616 Winnetka, IL 60093 Voice: 847-386-6481 Email: erikaslighthouse@gmail.com
The Fire Within: Youth Entrepreneurs Preventing Suicide	This is a 30-hour online classroom-based program for high school students that applies entrepreneurial strategies to suicide prevention. Using a hands-on approach helps students develop and use business, entrepreneurship, and leadership skills to advance suicide prevention and awareness.	High school	School teachers. This would be implemented as a class/ elective	\$5,000/yr Can be paid over the school year (8 payments) Opportunities for donation They are also working on a middle and elementary school version.	Jenn Greene SPHERE Education Phone: (303) 324-0155 Email: Jenn@sphereeducation.com Students who participate can run an LLC up to 10 years after the program.
Signs Of Suicide (SOS)	High school based program. includes screening tools, videos, and how to handle suicide after	High school	School staff and/or community	See link for all possible expenses.	No Required training before implementation.

	the fact. Has shown a 40% reduction in self-reported suicide attempts (RCT 2007).		members can be trained	See below for all REQUIRED expenses in-person training (\$2900-4900), and a 2-day training (\$8000-11000)	There is online training, Contact: Meghan Diamon, LCSW 781.239.0071 mdiamon@mentalhealthscreening.org
THRIVE media campaign suicide prevention materials	To develop health promotion messages and campaigns that resonate with AI/AN communities, our team uses social marketing, an evidence-based planning process that improves the impact of health promotion messages. The model uses formative research to identify priority populations, segment the community into distinct audiences, pretest messages, materials and strategies with the audience, and then monitor the campaign to assess its effectiveness.	All groups	No staff necessary	Materials are provided at the link below	
Journey to Wellness	an eight-week wellness program for Indigenous youth 12-18 years of age. Participants receive a sequenced set of eight one-hour sessions that are framed positively toward healthy living styles while at the same time exploring risk factors, suicide prevention, and other suicide-related issues. The sessions are activity-oriented and	12-18 year old	Facilitators necessary	Materials are available at no charge	Contact: Ms. José Pruden Wellness Director Voice: 1-306-937-6700

	designed to engage youth. Sessions topics include: relationship building, problem solving, self-esteem building, facts and myths of suicide, networking, life planning, emergency planning, and finally, a celebratory event to close out the sessions.				

Further Break Down of Cost

Program	Item Description	Cost	Required by Developer
Zuni Life Skills Development	American Indian Life Skills Development Manual	\$30 each	Yes
	3-day, on-site Key Leader training (includes 6 hours of phone consultation)	\$9,000 per site plus travel expenses	No
	Additional consultation	Varies depending on site needs	No
	AILS Observation Guide	Free	No
CAST: Coping and Support Training	CAST curriculum	\$425 each	Yes
	Student notebooks	\$16 each or \$115.20 for eight	Yes
	4-day, on- or off-site training workshop for CAST leaders and coordinators	<ul style="list-style-type: none"> • \$8,800 per group of five to eight participants, or • \$9,900 per group of nine participants, or • \$1,100 per participant to attend an open training 	Yes
	Self-paced online CAST tutorial for administrators	\$49 per person for unlimited access	No
	2-day, on- or off-site advanced training for CAST coordinators	\$800 per person	No
	Unlimited phone consultation	Free	No

	1-day, on-site follow-up consultation	Varies depending on site needs and location	No
	Evaluation materials and services	Varies depending on site needs	No
LEADS: for Youth (Linking Education and Awareness of Depression and Suicide)	Curriculum and teacher's guide on CD-ROM (includes quality assurance tools)	\$125 each	Yes
	Telephone and email support	Free	No
Lifelines	Implementation package (for sites outside Maine)	\$225	Yes
	Web Conference: "Is Your School Ready to Prevent Suicide?"	Free	No
	Web-based training and consultation: Protocol Development Workshop	\$250	No
	Online training: Making Educators Partners in Suicide Prevention	Free	No
	1-day, on-site Lifelines implementation workshop, custom designed for each school	\$2,200 per site per day, plus travel expenses.	No

	Consultation	\$125 per hour	No
	Off-site Lifelines implementation workshop	\$200 per participant	No
MASPP: Model Adolescent Suicide Prevention Program	Adolescent Suicide Prevention Manual	Free	Yes
	2-day, off-site training	\$1,200 per person for up to 25 participants	No
	2-day, on-site consultation	\$1,500 plus travel expenses	No
	Phone and email support	Free	No
Reconnecting Youth: A Peer Group Approach to Building Life Skills	RY Curriculum	\$299.95 each	Yes
	RY Student workbooks	24.95 each or 224.55 for 10	Yes
	First 10 Days agenda	\$150 per set	No
	RY classroom posters	\$80 per set	No
	RY Leader Behavior posters	\$49.99 per set	No

	4-day, on- or off-site training workshop for RY leaders and coordinators	\$8,800 per group of five to eight participants Or \$1,100 per participant to attend an open training	Yes
	Self-paced online RY tutorial for administrators	\$49 per person for unlimited access	No
	2-day, on- or off-site advanced training for RY coordinators	\$800 per person	No
	Unlimited phone consultation	Free	No
	1-day, on-site follow-up	Varies depending on site needs and location	No
	Evaluation materials and services	Varies depending on site needs	No
SOS Signs of Suicide	Signs of Suicide Prevention Program Kit for Middle School program	\$395 per kit	Yes
	SOS prevention program Kit for High School program	\$395 per kit	Yes

	Brief Screen for Adolescent Depression for students (Additional copies)	\$50 per 100-pack Some included in the program kits.	Yes
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