

# Introduction to GLSMA Activities

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# So...What is GLSMA?

- The Garrett Lee Smith Memorial Act was introduced to Congress by Senator Gordon Smith, whose son Garrett died by suicide at the age of 21. The bill was signed into law on October 21, 2004.
- GLSMA funded a grant program through SAMHSA to help states, tribes, universities and colleges develop and implement youth suicide prevention and early intervention programs using a public health approach.



# A Public Health Approach to Suicide Prevention

- Clearly define the problem
- Identify risk and protective factors
- Select interventions that are effective in reducing risk factors /increasing protective factors
- Implement interventions
- Evaluate for effectiveness

# QPR Gatekeeper Training

- Youth often talk to peers, siblings and family about suicidal thoughts. Adults in contact with youth may be told of ideation or notice warning signs.
- Adults and youth need training to know how to respond to youth at risk for suicide.

# ASIST Workshops

- Professionals and other community members who may come into contact with a person at risk are not adequately trained to identify suicide risk and intervene.

# RESPONSE Program

- Youth often talk to their friends about suicidal thoughts and/or friends are often aware of suicidal behavior. Youth therefore need education and skills to get help for their friends.
- 25% of teachers will be confronted with a suicidal student at some time during their career.
- Youth have more access to “identifiers” in school than any other setting.
- Parents are often unaware of their child’s suicidal behavior.

# OFSN Family Support Groups

- Youth who have a mental health disorder are at higher risk for suicide.
- Often, parents of these youth are overwhelmed, isolated and in crisis themselves and need the support of other families who are experiencing similar issues.
- Youth with mental health disorders are often marginalized and isolated and can benefit from peer support groups.
- Parents can benefit from the education and resource information available through OFSN

# Bereavement Support

- Survivors of suicide are thought to be at increased risk for suicide and may not have support when they need it, due to negative attitudes about suicide.
- Support and social connection have been shown to assist in the grieving process and peer support normalizes the concerns of suicide survivors.

# Hospital Follow-Up and Outreach

- Youth who attempt suicide are at higher risk for another attempt, especially within the first year.
- Studies indicate that half of adolescents who are treated in an ED for a suicide attempt do not engage in follow-up care.
- There are barriers to accessing behavioral health services.
- There is no mechanism for follow-up to assure that youth are linked to services.