

The background of the slide is a solid brown color with a pattern of faint, overlapping autumn leaves in various shades of brown and tan. The leaves are scattered across the entire area, creating a textured, seasonal feel.

Suicide Prevention in Alaska

Building a Community of
Gatekeepers

Suicide Prevention in Alaska

Preamble and Disclaimer

- *No single set of standards can be applied universally to the prevention of suicide*
- *This information only provides facts and guidelines for suicide prevention in Alaska.*
- *There is no guarantee of successful prevention of suicide.*

Common Myths About Suicide

- “Talking to people about suicide may cause them to do it.”
- “Suicide is only committed by people with mental illness.”
- “Suicide usually occurs without warning.
- “Nothing could have stopped her once she decided to take her own life”.

Suicide Rates

- 30,000+ people commit suicide each year in the U.S. (11 per 100,000)
- 11th leading cause of death, 3rd among youth.
- White males have highest rates (19.6 per 100,000)
- Older adults have increased risk as they age 65+ (14.3 per 100,000)
- 124 people commit suicide each year in AK. (19.5 per 100,000)
- 5th leading cause of death, 2nd under 50.
- Alaska Natives have highest rates
- Northwest region
- AK Native Elders have low rates

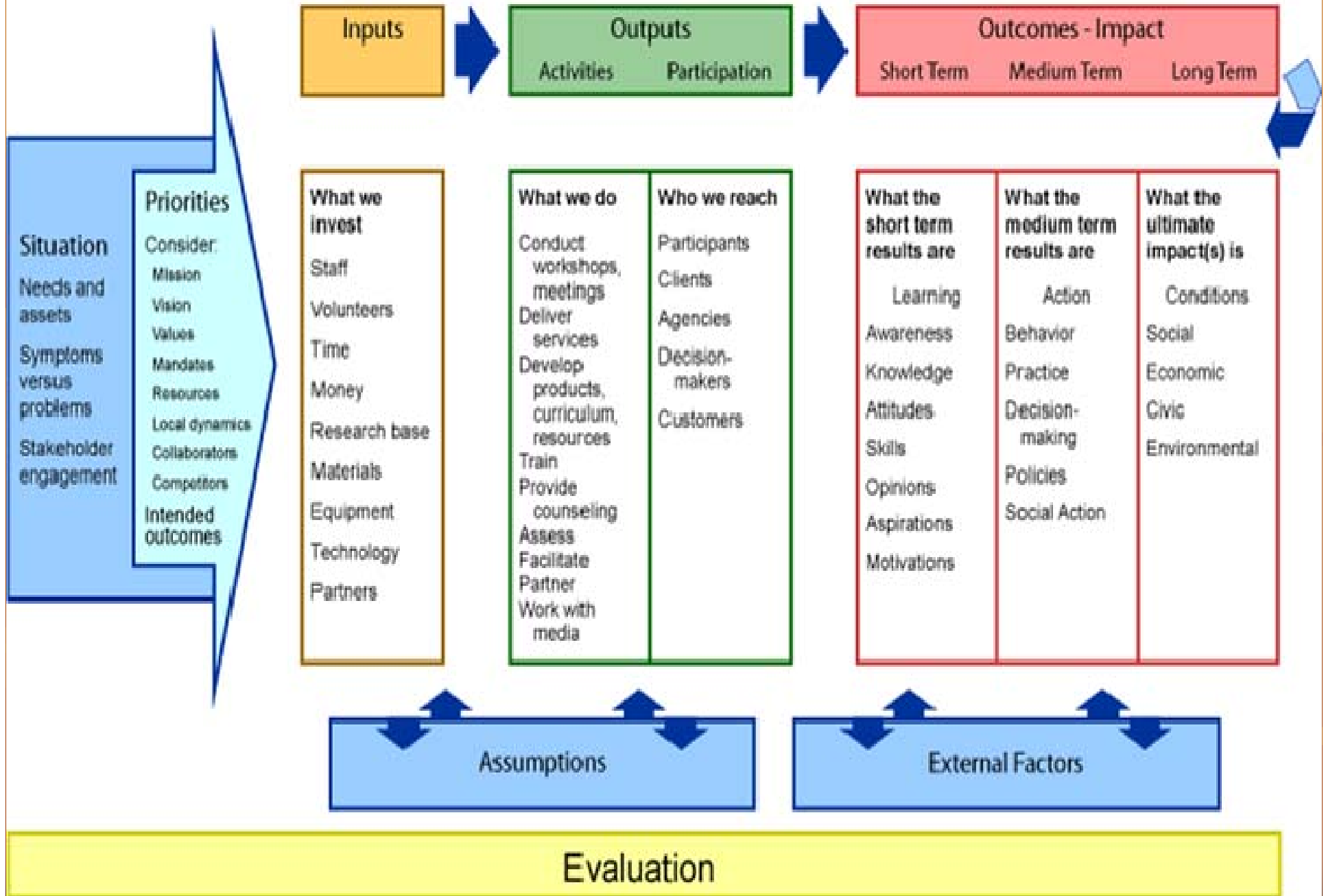
History of Suicide Prevention in Alaska

- The Alaska territory and transition to statehood
- Issues of acculturation and self-determination
- RuralCAP
- State Suicide Prevention Council (SSPC)
- Community-based suicide prevention grants
- Rural Human Services Program (RHSS)
- Suicide prevention training
 - Gatekeeper, ASSIST, QPR

Community Planning

- Beginning the conversation
- Assessing needs, resources, readiness and capacity (SPF, MAPP)
- Alaska Suicide Prevention Plan
- Effective practices
 - NREPP/SPRC
- Culturally driven approaches
 - Native Aspirations (AILS)
 - People Awakening Project (UAF)
 - ANTHC

Program Action



Caring for Caregivers

- Creating supportive nurturing environments for the initiation of change
 - Knowledge, attitudes, behaviors and skills
- Developing & modeling awareness of self-care
 - *Know when to care...when to heal...when to be healed.*
- Professional growth and development
 - Clinical supervision

Resources

- Alaska State Suicide Prevention Council



- <http://health.hss.state.ak.us/suicideprevention>

- American Association of Suicidology

- <http://www.suicidology.org/index.cfm>

- American Foundation of Suicide Prevention

- <http://www.afsp.org/>

- QPR Institute

- <http://www.qprinstitute.com/>

SUICIDE HURTS

It doesn't have to happen

**CALL ALASKA'S CARELINE
1-877-266-HELP (4357)**

Contact

- James Gallanos LCSW

- DHSS, Behavioral Health, Prevention and Early Intervention Services
- (907) 465-8536
- james.gallanos@alaska.gov

- Alaska Department of Health and Social Services

- Behavioral Health, Prevention and Early Intervention Services
- <http://hss.state.ak.us/dbh/prevention/default.htm>

