

Hello everyone,

Please feel free to pass this update on to your networks, including Principals, School Linked Mental Health Workers, Mental Health Centers, etc. A review of our activities from November 2011-March 2012 is attached.

We have many great accomplishments to be celebrating in our suicide prevention efforts! The following are some of the achievements we've had over the past few months:

- Between the dates of January 25th – May 8th, 21 additional schools received the information for TXT4Life which encompassed roughly 11,332 students! This new total for students put us at over 50% of our Regional student population who have heard the message! (13,867 of 22,000 students total since the grant began last fall)
- HSI Crisis Connection (Canvas Health) call center had an exponential growth in the number of texts for the month of March, and with a dedicated and skilled staff of volunteers, managed that growth beautifully – 483 texts came in, 172 of those were short texts meaning they did not amount to a conversation, and there were 4 emergency interventions.
- The March totals more than doubled from the 170 texts in February, 44 of those were short texts, and there were 4 emergency interventions.
- The April totals were down a bit from our heavy role out month of March at 355 texts, 88 of which were short texts.
- At the end of March, our first annual student training was held with 43 number of students in attendance and 11 adult facilitators attending with their student groups. QPR Trainings were given for both the students and the adult facilitators. There was also a facilitation training for the adults and a student leadership training for the youth. The student training was a huge success with many positive comments from the students and adults.
- Dave Lee, Donna LeKander, Meghann Condit, and Traci Chur traveled to Baltimore, Maryland for the Annual Garret Lee Smith Grant Meeting (April 16-18). Our group was asked to present at a break-out session about the innovative work we are doing. We were also able to provide many people with information about our program during the networking fair that they had. We had a great response, and the event was great overall for networking and learning.
- ASIST Trainings are now being offered. These trainings are two days in length and are definitely worth your time to attend. The training discusses the intervention piece of suicide. It is a \$250-300 training being offered to groups in our seven-county region for free because of our grant. We will have Cre Larson and Connie Ross (Itasca County) as additional ASIST trainers by this fall.
- We will have our first annual TXT4Life Conference on Tuesday, June 5th, from 5:30-8:30pm at Spirit Mountain in Duluth. Dinner will be provided. The event will feature two speakers: Jan Hovland (Associate Professor in the Department of Bio-Behavioral Health and Population Sciences) speaking on Rural Mental Health, and Alana Friedman (Olweus National Bullying Prevention Trainer and Mentor with Safe Harbor Duluth Inc.) speaking on Bullying and Suicide. We will also be providing QPR and Safety Planning Training. The SAVE THE DATE is attached. Please register at: <http://www.surveymonkey.com/s/RS2CWWC>
- Presentations: Meghann has been in contact with most of the schools who have not yet had presentations. A presentation at Cook County Schools has been set for 5/9/12. Paula Butler and Renee Cole from Itasca County are in the process of setting up presentations at Grand Rapids and Deer River, and Nancy Lee from Koochiching County is setting up presentations at International Falls, Little Fork Big Falls, Indus Secondary and Northome.

Resource: The Children's Safety Network, a national resource center for the prevention of childhood injuries and violence funded by the Maternal Child Health Bureau, recently released state-specific fact sheets that include color charts and figures on the major causes of injury and death for individuals up to 24 years of age, **including suicide death and attempt data compiled from various national sources.** We hope these data sheets will be helpful in your work with leaders and decision-makers to support suicide prevention in your state. Minnesota's fact sheet is attached. You can find all of the state factsheets at: <http://childrensafetynetwork.org/states>. If you have any questions or need assistance with these pages please contact the Children's Safety Network at csninfo@edc.org.

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