



## Preventing Suicide: The Suicide Prevention Resource Center's Effective Prevention Model

### Date and Time

Wed, May 30, 2018 2:00 PM - 3:00 PM EDT

- Would social emotional education programming that may not have evidenced research for the *activity*, but that is based on evidence-based social emotional learning theory count as evidence-based?
  - While an activity may have been developed based on evidence-based theory, the activity itself is not evidence-based without further scientific evaluation of its actual impact.
  
- What strategies have you found to help convince schools to add one more thing to their plate and to take suicide prevention seriously, beyond just “checking a box?”
  - A large part of building a collaborative partnership involves determining how to meet the school’s needs and merge them with your own/your goals. This includes conversation around what the school believes is their overall need in this area. What have they been struggling with and how can elements from your program assist with those challenges? Developing a Memorandum of Understanding (MOU) is helpful as well after the initial conversation to outline goals and expectations. You can learn more about partnerships and overcoming barriers in our [State Partnerships self-paced module](#). You can also find additional resources on the SPRC site in the [Partnerships and Collaboration](#) section.
  
- Many people assume suicide is inevitable, that if someone is determined to kill themselves, then they will. How do we know that isn’t the case?
  - Many people who are thinking about suicide do not want to die, rather they wish for the pain to end and see suicide as the only option. Intervention when done strategically can prevent suicide and put plans in place to address the person’s pain and concerns. The field as a whole is dedicated to the prevention of suicide through taking a community level approach and instilling hope in those who are suffering. If handled in a strategic manner involving all relevant members of the community, we can prevent many suicides.
  
- If you ask someone about suicide/suicidal thoughts, won’t that plant an idea in their head?

- This is a common myth. People are typically either thinking about suicide or not. Often asking directly about suicide will present an opportunity for dialogue and obtaining resources for the person at risk. It will not create the idea where it did not exist.
- What is your view of the popular depictions of suicide, particularly aimed at youth and children, such as the Netflix series *13 Reasons Why*?
  - Vulnerable individuals, such as youth or suicidal individuals, can be negatively impacted by graphic descriptions of suicide or other forms of violence. SPRC has [resources on our website](#) to assist families with obtaining more information on suicide prevention and how to talk with youth who have seen the series, as well as for adults who work with youth, the media, and community leaders.