

2019 YEAR IN REVIEW:

Suicide Prevention and Awareness on Cape Cod



Education • Action • Awareness

- Provided and Sponsored trainings in “Question, Persuade, Refer” (QPR), “Applied Suicide Intervention Skills” (ASIST) and “Non-Suicidal Self-Injurious Behavior” (NSSIB) to organizations on Cape Cod and the Islands.
- Offered education and suicide prevention materials at events for organizations including the Cape Cod Young Professionals, Cape Cod and Islands Behavioral Health Providers Coalition, WCAI Radio appearance, Massachusetts Annual Suicide Prevention Conference.
- Held events including our Annual Ribbon Ceremony (held during National Suicide Prevention Week) in remembrance of individuals lost to suicide; bi-monthly general membership meetings with guest speakers to offer education to the public about suicide prevention for specific groups including veterans, teens, older adults, etc.
- Initiated a Youth Suicide Prevention sub-committee of the Coalition.
- Promoted on-going suicide prevention messaging via online and print media campaigns.



- Hosted five “It Takes A Community” 5-day Community Crisis Intervention Team Training and Jail Diversion sessions for all police departments on Cape Cod since 2017. Over 150 police officers and other professionals have received this training.
- Initiated NAMI on Nantucket and NAMI on the Vineyard, each with its own program coordinator and dedicated phone, as well as expanded services.
- Outreach to Brazilian Portuguese community by a licensed Brazilian Portuguese social worker with language appropriate programming. We have also trained several Spanish Family-to-Family teachers on Nantucket.
- Homefront Instructor Training for families and friends of veterans who are experiencing mental health issues.
- In conjunction with the National Education Alliance for Borderline Personality Disorder, provided a 12-week course to help families cope with this disorder.
- Mental Health First Aid instructor training for 13 people to teach Mental Health First Aid to groups within the community, including caretakers.



- A Caring Connection—our new engagement and follow up program for individuals recently discharged after a suicide attempt—continues to grow and was highlighted as an innovative program at CrisisCon19 in Utah.
- Our Senior Outreach program expanded from 50 participants to 63, providing telephone outreach to elders in our community who may be socially isolated, experiencing mental health issues, or feelings of suicidality. Referral sources also expanded to include legal, medical and behavioral health providers from Plymouth, Wareham and the Cape and Islands.
- Answered over 15,000 incoming calls to our Crisis Lines.
- Distributed 61 Care Packages to suicide loss survivors and those who support them.
- Facilitated 2 Safe Place suicide loss survivor groups for 12 participants. Hosted International Survivor of Suicide Loss Day event for 15 participants.
- Lead 3 Elder Suicide Prevention Trainings for Cape and Islands Communities for 52 clinical and caring participants of the community.



- Promoted the 3rd Cape and Islands Suicide Awareness Walk, gathering 350 walkers and raising \$35,000 for the cause.
- Brought high-quality, mental health programming to 13 of 15 school systems on Cape.
- Shared Sharing Kindness story with QPR Suicide Prevention Training from Falmouth to Truro.
- From Bourne to Wellfleet, offered 35 school showings and 7 community screenings of Angst, a powerful documentary on teen anxiety.
- Offered a six-week grief program through the mid- and lower- Cape, called Tending to Your Grief.
- Host for November 2019 National Alliance for Grieving Children Seminar.
- Monthly community yoga for grief support.
- Sparked approximately 2,750 courageous conversations around suicide, stigma and grief.