

19. Suicide Prevention-Required for MHBG

1. Have you updated your state's suicide prevention plan in the last 2 years? Yes No
2. Describe activities intended to reduce incidents of suicide in your state.

Through the Prevention Unit and the **Garrett Lee Smith program** goals and objectives, there are efforts to increase QPR and ASIST Training of Trainers to include community facilitated SafeTalk and ASIST trainings to include government, non-government to include community and faith-based organizations.

3. Have you incorporated any strategies supportive of Zero Suicide? Yes No
4. Do you have any initiatives focused on improving care transitions for suicidal patients being discharged from inpatient units or emergency departments? Yes No
5. Have you begun any targeted or statewide initiatives since the FFY 2016-FFY 2017 plan was submitted? Yes No

If so, please describe the population targeted.

Within FY 2018, through awarded federal resources CGC will be with plans and efforts to provide Youth Suicide Prevention Program within the Wellness Clinic to include a inter-program approach consisting of the Recovery Clinic, Prevention Unit to coordinate and pursue projected project outcomes.

Does the state have any activities related to this section that you would like to highlight?

The CNMI has a total of twelve trained Applied Suicide Intervention Skills Training (ASIST), two of whom are seasoned trainers. The new trainers come from various fields which include behavioral health personnel, first responders, teachers, and school counselors. To date, the new trainers have partnered to facilitate four trainings on Saipan, Tinian, and Rota. The training participants included partners from the Public School System, Division of Youth Services, public health personnel, and first responders.

As part of the Prevention Services Unit's plan to address substance abuse related risk factors that contribute to suicide in the CNMI, the prevention ASIST trainers plan to conduct a minimum of two trainings per year. In collaboration with partner agencies trained to facilitate the ASIST, the scheduled trainings will expand the pool of participants to include special populations in the Commonwealth, and focus on the neighboring islands of Rota and Tinian. Outreach will be made by the trainers to determine specific needs and requests of the Family Readiness Group (FRG) and Veterans Affairs Office (VA) that can be met by these programs, specific to substance abuse related risk factors that contribute to suicide, sharing of available resources, and networking to achieve similar goals and objectives to build healthy families.

Although significant effort was made to revive the community-led Suicide Prevention and Awareness Task Force, the response has not been favorable. In an effort to address what seemed to be an increasing issue in the CNMI, the CGC was able to have four of its personnel ASIST trained. An additional four CGC personnel received training on safeTALK as an additional component to capture the high school population and to provide for a brief suicide intervention program.

Please indicate areas of technical assistance needed related to this section.

The Commonwealth Healthcare Corporation, Community Guidance Center welcomes technical assistance related to Suicide Prevention.