

Florida ASAP Updates, Spring 2010

AIM 1: QPR Training:

As of June 15, 2010, the ASAP Project has trained over 1100 adult gatekeepers in QPR: Question, Persuade, and Refer. QPR training teaches the signs and symptoms of suicide and how to ask the suicide question, persuade someone to stay alive, and refer them on for further help. These QPR gatekeepers interact with young people ages 10-24 in diverse settings, including mental health services; high schools and colleges; the child welfare and juvenile justice systems; health care services; and community-based organizations such as social service agencies, faith-based organizations, and family advocacy groups.

AIM 2: Case Management Services:

As of April 30, 2010, the County Case Manager (CCM) received 104 referrals of which 81 were either linked and/or monitored for up to 90 days. These cases were tracked and monitored to ensure that at-risk youth were referred and linked to appropriate mental health services. At-risk youth/families refusing mental health services received educational, supportive, and other case management services to encourage follow-up with mental health referrals. At-risk youth/families on waiting lists for mental health services were also tracked and monitored to facilitate appropriate linkages. From the 81 clients who were monitored during this period, 16 agreed to participate in a separate follow-up study with USF. From the SOS program conducted in the spring, an additional 10 at-risk students were referred to the CCM. The CCM continues to assist in providing demographic and referral information for the Cross-Site Evaluation Team (i.e. MACRO).

AIM 3: SOS Training:

During the spring of 2010, the ASAP Project piloted a school-based intervention in one high school in Duval County. Over 115 faculty, administration, and staff members were trained in QPR, thus assuring that more than 60% of the adults in the school are ready to respond when a student exhibits suicidal warning signs. ASAP staff worked closely with the school's Administration and Guidance Department to enhance the existing protocol for responding to a student at risk for suicide and to educate the school community on this protocol. There were 223 students who participated in the "Signs of Suicide" (SOS) training program. Students learned the warning signs of depression and suicide and were taught how to respond to a peer in need of help. Students also had an opportunity to refer themselves to Guidance Counselors to discuss their own needs in relation to depression and suicide. Fifteen students asked for help, and many of these are pursuing further assistance through family support, case management services, and counseling. This pilot was very successful and plans to expand into additional high school schools during the 2010-2011 school year are underway.

AIM 4: Family Involvement Initiative:

Involvement from family members of youth is an important part of the ASAP Project. Many parents and guardians have been trained as QPR gatekeepers, and family advocates involved in the public schools and other community organizations have received training and are involved in the expansion of QPR training throughout Duval County. A comprehensive educational guide, a "Family Guide to Suicide Prevention" has been developed and is currently being reviewed and revised with input from family members in Duval County. This guide will be distributed throughout the community, starting in late 2010.

AIM 5: Social Marketing Campaign:

Our social marketing firm, Salter Mitchell is in the process of creating a social marketing framework for suicide prevention in Duval County. They have been conducting formative research to develop creative concepts and messages to test with college-aged adults between the ages of 18-24. A key concept within this framework centers on “connectiveness.” An online bulletin board is in the process of being developed and will be used to test messages and concepts with this group. The findings from this stage will then be used to develop a behavioral-based social marketing plan for the targeted audience.