

SOUTH DAKOTA SUICIDE PREVENTION PLAN 2020-2025

5-YEAR OUTCOMES SUMMARY

In 2019, Governor Noem tasked state agencies to work together to develop an inter-agency statewide suicide prevention plan. The 2020-2025 SD Suicide Prevention Plan was released in January 2020, with key objectives and strategies centered around Prevention, Intervention, and Postvention with the primary goal to reduce suicide deaths in South Dakota. Since the plan's release, an inter-agency workgroup has met monthly to complete priority strategies with support from an executive workgroup.

KEY ACCOMPLISHMENTS

DATA

- The **Data to Action workgroup** started in 2021, and reviews provisional data related to suicide deaths and suicidal ideation on a monthly basis. Communities at higher risk are identified and contacted with resources and support. Since 2021, 18 communities have been identified as high-risk, and due to local response 14 have been able to move away from the high-risk designation.
- **Availability of accurate and timely data is a priority** that has led to the enhancement and development of several data products. Department of Health epidemiologists have explored new data sources to provide insight into suicide risk factors and deaths. These include emergency department data, EMS data, and the National Violent Death Reporting System (NVDRS). The data dashboards on the SD Suicide Prevention website were enhanced to have increased interactivity and include quarterly provisional data. Several population-specific infographics have also been developed and are updated on an annual basis. These infographics are available to partners and the public via the SD Suicide Prevention website.

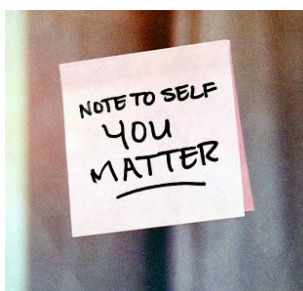
Since 2021,
14 of 18
High-Risk Communities
have been able to move
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designation.

EDUCATION & TRAINING

- **Community Helper Trainings** teach people to identify individuals showing warning signs of suicide risk and refer them to appropriate services. Expanding the availability of these trainings have been a priority within the SD State Plan, and through these efforts 19,551 individuals have been trained since 2020. These trainings include Mental Health First Aid (MHFA), Applied Suicide Intervention Skills Training (ASIST), Question, Persuade, Refer (QPR), Counseling on Access to Lethal Means (CALM), and more.
- **Reducing access by secure storage or "means safety"** can limit or eliminate the ability for a person at risk of suicide to access the means for their suicide plan. In March 2024, gun locks were made available to the public through a partnership with the U.S. Department of Veterans Affairs. Since that time, over 6,217 gun locks, along with means safety educational information, have been disseminated for personal use, to community organizations and coalitions, tribal entities, and schools.

COMMUNICATIONS

- In 2023, the **"Notes to Self" campaign was launched**, encouraging people to take an active role in their own behavioral health, as well as the behavioral health of their loved ones. This statewide campaign provides reminders to check on those around you and provides information on available resources.

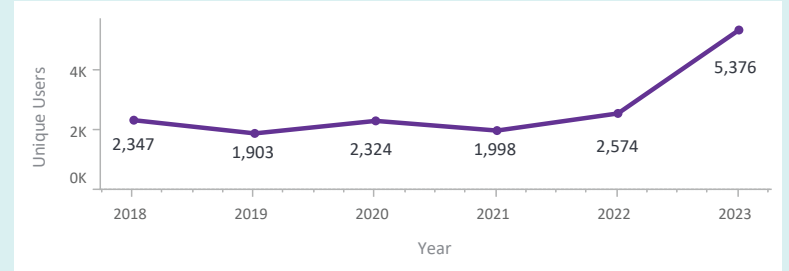


COMMUNITY ENGAGEMENT

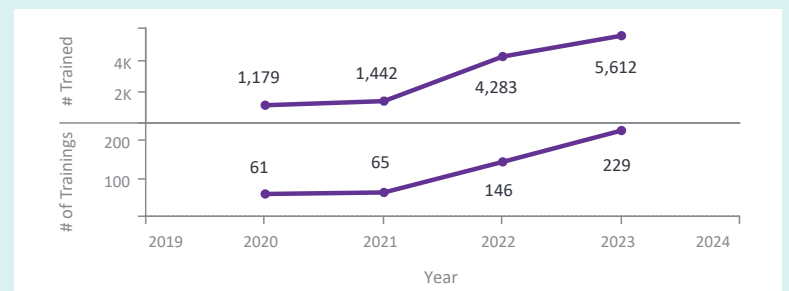
- **Postvention supports have been developed in collaboration with partner organizations.** These include K12 and Postsecondary Postvention Toolkits, providing tools to implement best practices for response to suicide loss. In-person and virtual support groups have also been strengthened and developed, along with programs to provide one-on-one support for survivors.
- In 2023 South Dakota **joined the Governor's Challenge**, a partnership between the Substance Abuse and Mental Health Services Administration (SAMHSA) & U.S. Department of Veterans Affairs (VA), to enhance the work being done for Service Members, Veterans, and their Families (SMVF). The workgroup focuses their efforts on three strategies that align with the state's strategic plan - identifying those in need and reducing barriers, connecting the SMVF population to resources, and means safety.

PERFORMANCE MEASURE OUTCOMES:

Prevention: By 2025, increase the average monthly number of unique users who visit the SD Suicide Prevention website from 2,324 (2020) to 4,638.



Prevention: By 2025, increase the number of annual gatekeeper trainings offered and individuals trained from 61 trainings, training 1,179 individuals in 2020 to 71 trainings, training 1,367.



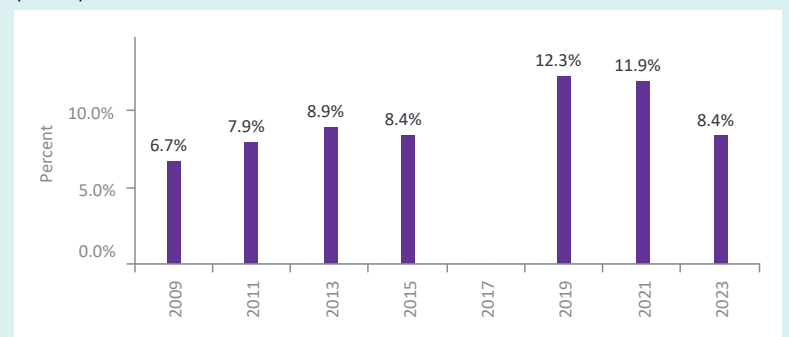
Intervention: By 2025, increase the number of calls from South Dakotans to the National Suicide Prevention Lifeline from 3,811 (2020) to 4,661.

NOTE: In 2023, the National Suicide Prevention Lifeline changed names to the 988 Suicide and Crisis Lifeline

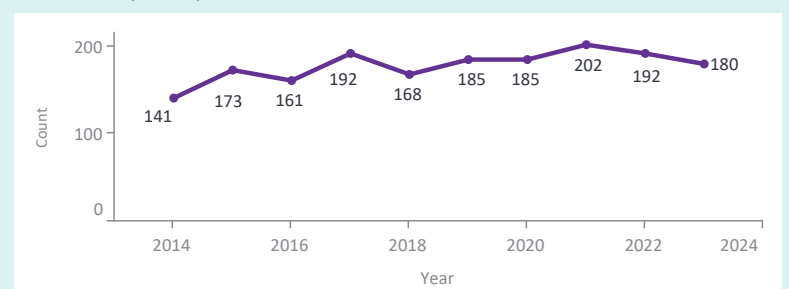


Intervention: By 2025, decrease the percentage of high school students who reported they attempted suicide from 12.3% (2019) to 9%.

NOTE: YRBS data was not available in 2017



Postvention: By 2025, decrease the number of suicide deaths from 185 (2020) to 167.



988 - Call. Text. Chat.



sdsuicideprevention.org

