

SOUTH DAKOTA SUICIDE PREVENTION PLAN 2020-2025

2022 PRIORITY STRATEGIES OUTCOMES REPORT

988 - Call. Text. Chat.



sdsuicideprevention.org



DATA

To measure the impact of the implementation of the 2020-2025 SD Suicide Prevention Plan, 5 performance measures were identified and added to the data dashboards on SDSuicidePrevention.org/data. These will be monitored on an annual basis to assess progress and inform our priority strategies for the next year.

Below are the 2022 data points for the Suicide State Performance Measures.

1. By 2025, increase the average monthly number of unique users who visit the SD Suicide Prevention website from 2,324 (2020) to 4,638.
 - a. 2021 = 1,998
 - b. 2022 = 2,574
2. By 2025, increase the number annual gatekeeper trainings offered and individuals trained from 61 trainings, training 1,179 individuals in 2020 to 71 trainings, training 1,367 individuals.
 - a. 2021 = 65 trainings, training 1,442
 - b. 2022 = 146 trainings, training 4,283
3. By 2025, increase the number of calls from South Dakotans to the National Suicide and Crisis Lifeline from 3,811 (2020) to 4,661.
 - a. 2021 = 3,307
 - b. 2022 = 4,185
4. By 2025, decrease the percentage of high school students who reported they attempted suicide from 12.3% (2019) to 9%.
 - a. 2021 = 11.9%
5. By 2025, decrease the number of suicide deaths from 185 (2020) to 167.
 - a. 2021 = 202

The South Dakota Department of Agriculture and Natural Resources (DANR) partnered with Avera Health, SDSU Extension, and the Department of Social Services (DSS) to combat farm and rural stress in South



Dakota. DANR partnered with Avera Health to provide \$100,000 for the **Avera Farm and Rural Stress Hotline**. This critical funding helped to ensure that the hotline has the resources it needs to help farmers and ranchers in South Dakota. DANR partnered with SDSU Extension to offer **Question, Persuade, and Refer trainings** to organizations across South Dakota. In addition, SDSU Extension hosted farm transition and planning workshops to help producers plan for the future for more information visit <https://extension.sdstate.edu/news/sdsu-extension-increases-access-sustaining-legacy-conference>. DANR partnered with DSS to offer **free mental health vouchers to farmers and ranchers** in the state. The vouchers are all inclusive and eliminate the cost barrier for producers to seeking help. In 2022, the voucher program issued **over 80 vouchers**.

The South Dakota Department of Social Services (DSS), Division of Behavioral Health has a close collaboration with Zero Suicide Institute staff in preparation for expanding **Zero Suicide efforts** within the state and working on the gaps and challenges. **In June 2022, 15 out of 21 agencies that have implemented Zero Suicide completed a self-study from Education Development Center (EDC)**. These results were used to gauge South Dakota's progress with Zero Suicide Implementation and identify any gaps.

Additionally, in 2022, there were **site visits conducted with EDC**. These site visits provided an opportunity for agencies to voice concerns and current gaps and challenges they experience when implementing Zero Suicide. Through these gaps and challenges expressed in the site visits and self-studies, Zero Suicide Institute created a recommendation report. DSS is utilizing this recommendation report to improve transitions from inpatient hospitals to Community Mental Health Centers.

EDUCATION AND TRAINING

Learning how to recognize the warning signs of a suicide crisis, how to respond, and the resources available is extremely important to reduce suicide attempts and deaths. Through **collaborative messaging** across multiple state agencies and partnerships with various organizations across South Dakota there have been **146 evidence-based mental health and suicide prevention trainings offered in 2022, which resulted in 4,283 individuals trained.**

In fiscal year 2022, **3,474 educators submitted completion of an approved youth suicide awareness and prevention training** as part of a requirement to obtain initial or renewal educator certification ([SDCL 13-42-71](#)). Also, three additional suicide youth suicide awareness and prevention trainings were approved for educators to utilize in meeting the training requirement.

Emphasizing the importance of facilitating no-cost trainings across the state, South Dakota has identified a need for additional trainers to facilitate gatekeeper trainings. **In 2022, an additional 11 trainers were trained in Youth Mental Health First Aid (YMHFA) and 16 trained in Teen Mental Health First Aid (tMHFA) and 21 were trained in Question, Persuade, Refer (QPR).**

Providing harm reduction and means safety training and education resources was a priority strategy in 2022. A small **Means Safety Workgroup** meets every other month to discuss means safety strategies. A strategy in this workgroup is to promote the Counseling on Access to Lethal Means (CALM) Training across South Dakota. CALM is a free online course offered by the Suicide Prevention Resource Center and is designed for providers who counsel people at risk for suicide, including mental health and medical providers. DSS was able to start tracking CALM Training Data in April 2022. From April 2022 to December 2022, **66 individuals have successfully completed the CALM Training.** In April 2022, Hunter Education Instructors were trained in Talk Saves Lives, a program that provides participants with risk factors

and warning signs associated with suicide, and what they can do in their communities to save lives.

In the first quarter of 2022, South Dakota partners hosted **virtual Bright Spots** each month to celebrate the impactful work going on in our state. Each event contained a brief presentation from a South Dakota partner followed by discussion and networking. It was a great opportunity to learn from various organizations and be able to take back what was learned to the communities served. The *Bright Spot* virtual trainings aimed to reach health professionals, school personnel, youth, community prevention organizations, and other organizations that serve specific populations like Veterans and American Indians. As part of our 2020-2025 South Dakota Suicide Prevention Strategic Plan, we have made it a priority to discuss the culture around suicide and recognize the great work that is going on in our state.



On August 11th and 12th 2022, the Department of Social Services, Division of Behavioral Health, along with their state partners, hosted the **first Suicide Prevention Conference** at the Sioux Falls Convention Center with 342 individuals registered. This no-cost conference was a great opportunity to “Start the Conversation” around suicide prevention in South Dakota, featuring key speakers in diverse areas. Conference goers reported the knowledge they gained during the conference will be helpful in their fields. 96% of goers were satisfied with their experience and would recommend the conference to a friend or colleague! They found the conference to be effective, organized, supportive, and helpful. The multiple speakers and breakout topics were enjoyed by the vast majority and conference goers learned of resources available in South Dakota they otherwise hadn’t heard of before.

COMMUNICATIONS

The SD Suicide Prevention Sub-Workgroup developed a **SD Suicide Response Resource packet** that provides next steps communities can take when responding to a suicide death within their community. This includes available state supports, such as data, media and training, various resources, and toolkits, the 988 hotline, community coalitions and community mental health treatment centers. This resource has been distributed to contacts within identified priority counties and will continue to be used as a communication resource when we identify high risk communities.

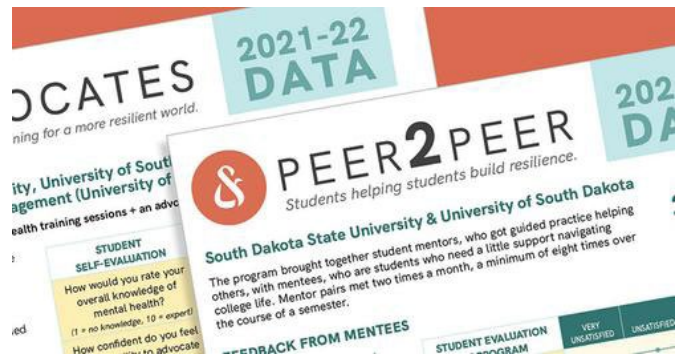
Contact has been made with all funeral homes in the state of South Dakota through workgroup members, ensuring funeral homes are aware of the **survivor grief book** and other postvention supports statewide. Currently, three organizations (Helpline Center, Lost&Found, Front Porch Coalition) provide postvention support to South Dakotans ranging from calls for immediate support in the wake of a loss (Front Porch Coalition), requests for financial assistance and suicide loss peer support (Lost&Found), and support groups and grief books (Helpline Center).



COMMUNITY ENGAGEMENT

Through Lost&Found's Campus Resiliency Index (CRI) efforts and program partnerships, 2 institutions have implemented new health policies, including suicide crisis and postvention within the Board of Technical Education in 2022.

An immediate need communicated by post-secondary institutions through crisis model policies was peer support to overcome shortages of counseling supports. In response to this need, [Lost&Found's Peer2Peer Mentorship program](#) has been **launched at four institutions in SD with four additional in spring 2023**.



The program will hit its goal of **100 active mentors in spring 2023**, and mentorship training has been provided outside of the program to residence life counselors at three Board of Regents institutions, as well as to students supported through the Rosebud Youth Fund. Across more than 75 mentees statewide served through the program:

- 1) 100% express satisfaction with the program and its supports.
- 2) Over 85% express increased resilience through support of the program.
- 3) Qualitative responses to surveys indicate improve relationships and financial support, as well as improved retention within South Dakota public education systems. The most common response? "I wish I would have known about this program sooner."

The South Dakota Department of Health worked with First Responders Resiliency Inc. to provide **resiliency training to South Dakota first responders**. A broad variety of first responders were contacted including: law enforcement, dispatchers, EMT's, paramedics, sheriff's and jail staff. Every effort was made to make the trainings as easy to attend as possible. The trainings were offered in person and virtually both during the day and in the evening. Continuing education credits were provided for free for those who attended the trainings. Through these efforts there were **206 first responders trained throughout 2022**.