



NORTHERN MINNESOTA SUICIDE PREVENTION
TRIBAL-COUNTY PARTNERSHIP

Year Five Annual Report (July 2022-June 2023)

The work through Northern Minnesota Suicide Prevention is made possible by Minnesota state legislative dollars through a partnership with The Minnesota Department of Human Services and Regional Partners. Carlton County Public Health and Human Services (CCPHHS) received a total of five years of funding (2018-2023) for supporting Suicide Prevention Regional coordination across the Northern 30 Counties in Minnesota. The Region works closely with Fond du Lac Human Services (another funding recipient) to partner with Tribal grant efforts in the Northern Region.

Northern Minnesota Suicide Prevention focuses on population suicide prevention through school and community presentations, trainings and outreach. Five Regional Coordinators carry out workplan deliverables including developing and growing local, regional, and statewide connections in suicide prevention. Partners include, but are not limited to the Minnesota Department of Health, Mobile Crisis Teams, Worksites, Health Care Facilities and many other local groups, coalitions, and organizations working on similar initiatives. A copy of the full workplan of the region can be found [here](#).

Please note: CCPHHS has received an additional four years of Suicide Prevention Regional Coordination Grant funding, and will continue this work from 2023-2027. The legislative funds have shifted, through an interagency agreement, and will now flow through the Minnesota Department of Health’s Suicide Prevention Unit. Watch for more updated information to follow as the grant shifts into a similar, but new, workplan, staffing adjustments are made, and some minor transitions take place. The staff is excited to continue to serve the region and expand partnerships in providing suicide prevention outreach, support, and connection.



[988 Suicide & Crisis Lifeline](#) has the functionality for call or text response, and their website provides access to [online chat](#) as well.

[Crisis Text Line](#) continues to provide text response when users text HOME to 741741. Crisis Text Line also functions as a national back-up center for 988 text conversations.



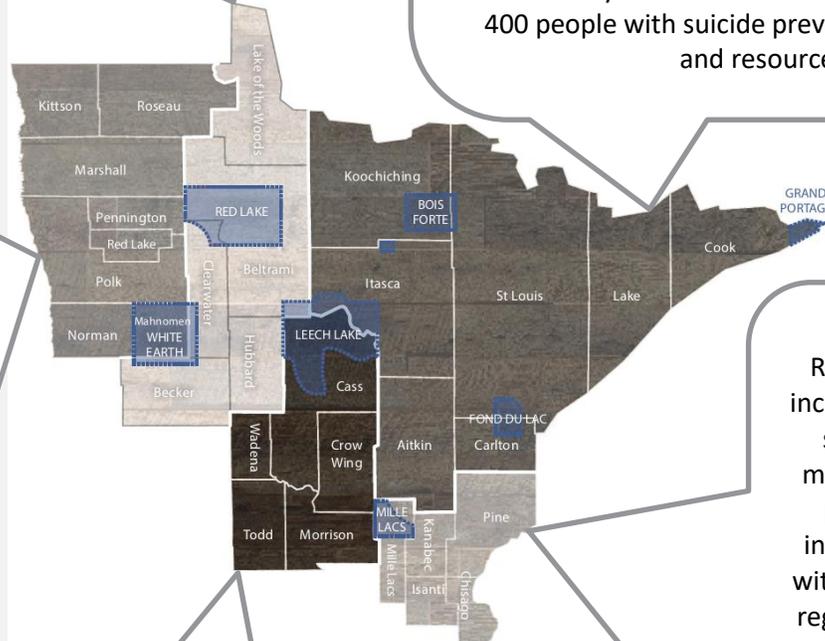
The **North** Regional Coordinator, alongside the community, continues to work towards meeting the increased needs and demands on existing services by identifying and addressing gaps.

In the past year, the Regional Coordinator assisted with conversations related to the roll-out of 988 and how it would make accessing help for crises easier. There were also requests for QPR and Warning Signs of Suicide presentations from new partners and organizations that are seeing the need for additional awareness and education.

The **Northeast** Regional Coordinator supported locally led suicide prevention initiatives throughout the Northeast seven county region, creating more sustainable and ongoing partnerships to better serve communities. Due to the Regional Coordinator's role in connecting partners with resources, and the national roll-out of 988, there is a much more visible effort to promote help seeking behaviors within schools, worksites, coalitions, and businesses. An ongoing success is the utilization of an online order form (for 988 marketing materials) and monthly newsletter listserv that connects over 400 people with suicide prevention information and resources.

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The **Northwest** Regional Coordinator works alongside the regional HOPE Coalition suicide prevention workgroup, to engage with primary care, behavioral health, social services, law enforcement, corrections, schools, and community groups in training, planning and coordination of suicide prevention efforts. Informational presentations as well as suicide prevention and mental health/well-being trainings (mostly in-person) were provided for a variety of partners across the region. Additionally, more than 200 managers and supervisors from regional industry partners have been training in identifying mental health difficulties and responding to crises, including suicidal crises. Work has progressed on a statewide juvenile justice mental health and suicide prevention initiative in partnership with the MN Department of Health, MN Department of Public Safety, and the Juvenile Justice Advisory Committee, which is currently rolling out at three juvenile detention centers in the state.



The **North Central** Regional Coordinator continues to work with local coalition/cohort groups to provide education, support and resources. She provided multiple trainings, including Question, Persuade, Refer (QPR), Changing the Narrative on Mental Health & Suicide, and safeTALK. A variety of community partners like health and human services departments, law enforcement and Mid-Minnesota Federal Credit Union staff, have been trained in mental health promotion and suicide prevention. The Regional Coordinator has collaborated and assisted local organizations/schools like CentraCare, Long Prairie-Grey Eagle School, Smiles for Jake and Brainerd high school to bring in national suicide prevention speakers. To provide support for those who have recently lost a loved one to suicide, the Regional Coordinator partners with the American Foundation for Suicide Prevention and Alliance of Hope for Suicide Loss Survivors to provide Suicide Loss Survivor Bereavement Care Folders with resources.

The **East Central** Regional Coordinator increased the delivery of suicide prevention, mental health and 988 presentations, and increased connections with partners within the region. The five county, PICK'M-Up Suicide Prevention Coalition had many successes throughout the past year including new members throughout the region who have helped promote suicide prevention trainings, events, and 988. There has been demand for in-person trainings for youth, educators, and specific populations. The region also participates with County Veterans Services Offices to promote suicide prevention resources and partnerships at county fairs, including a parade appearance where stigma reduction was the message.

30,047

988 & Crisis Text Line resource materials (posters, wallet cards, bracelets, pop-sockets, etc.) distributed

2,477

Students receiving direct suicide prevention education & the 988 & Crisis Text Line resources

1,596

Community Stakeholders receiving suicide prevention or related education given by Regional Coordinators (ex. QPR, safeTALK, ASIST, MHFA, etc.)

184

Meetings attended by Regional Coordinators with community partners to compliment, collaborate, or grow suicide prevention work

Numbers collected by Regional Coordinators July 1, 2022 through June 30, 2023

988 Resources

[988 Lifeline Performance Metrics](#)
[988 State-Based Monthly Reports](#)
[988 Partner Toolkit](#)
[988 in Minnesota](#)



Paid and Volunteer Opportunities with 988 and the Crisis Text Line

988 centers are looking for empathetic volunteers, employees, and interns to serve as crisis counselors answering phone, chats and texts, as well as managers with advanced degrees. See the listing [here](#).

Check out Crisis Text Line's Volunteer Crisis Counselor information [here](#).

Trainings

Interested in more training for yourself or your organization? Read more about the trainings we offer at the links below and contact your local Regional Coordinator for availability and scheduling!

[Question, Persuade, Refer](#) (QPR) – in person, online, or virtual: one hour

[safeTALK](#) – in person: 4 hours

[Applied Suicide Intervention Skills Training](#) (ASIST) – in person: two days

[Counseling on Access to Lethal Means](#) (CALM) – in person or online: one hour

[NAMI Connect Postvention](#) – in person: one half day+

[Mental Health First Aid](#) (Adult, Youth and/or Teen) – in person or virtual: one day



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HELP

**AND YOU'RE
NOT ALONE.**

CALL OR
TEXT TO
988

CHAT WITH US

988 SUICIDE & CRISIS
LIFELINE

