

REPORT TO THE TWENTY-FIFTH LEGISLATURE
STATE OF HAWAII
2009

PURSUANT TO PART III, SECTION 35 OF THE GENERAL APPROPRIATION ACT OF 2007 (ACT 213), SESSION LAWS OF HAWAII 2007, REQUIRING THE DEPARTMENT OF HEALTH TO ESTABLISH AND IMPLEMENT A SUICIDE EARLY INTERVENTION AND PREVENTION PROGRAM AND PREPARE AND SUBMIT A DETAILED REPORT TO THE LEGISLATURE TO INCLUDE EXPENDITURES AND ALL ACTIVITIES PERFORMED.

PREPARED BY:
STATE OF HAWAII
DEPARTMENT OF HEALTH
October 2008

EXECUTIVE SUMMARY

In accordance with Part III, section 35 of The General Appropriations Act of 2007 (Act 213), Session Laws of Hawaii 2007, that requires the Department of Health to establish and implement a suicide early intervention and prevention program and prepare and submit a detailed report to include expenditures and all activities performed, the Department is submitting this report to the 2008 Legislature. This report outlines the activities conducted and the budget expenditures for FY 2008 (October 13, 2007 through June 30, 2008), and the activities conducted and the budget expenditures for the first quarter of FY 2009 (through October 15, 2008).

The Department of Health's Suicide Prevention Program, with a focus on youth suicide prevention, is under the Injury Prevention and Control Section (**IPCS**) of the Emergency Medical Services and Injury Prevention System Branch. There is one FTE Suicide Prevention Coordinator position dedicated to suicide prevention. IPCS works closely with other programs in the Department (Adult Mental Health Division, Child and Adolescent Mental Health Division, and Family Health Services Division, Maternal and Child Health Branch), its community and agency partners and professionals in the field.

The Program is developing, implementing and evaluating strategies to prevent suicide among youth and all other ages. These include 1) identifying and assessing the suicide risk of youths and other individuals referred to the program; 2) creating public awareness by building community networks and providing information to the target groups; and 3) referring the youths and other individuals to resources at the appropriate level of care needed.

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ACT OF 2007 (ACT 213), SESSION LAWS OF HAWAII 2007, REQUIRING THE
DEPARTMENT OF HEALTH TO ESTABLISH AND IMPLEMENT A SUICIDE EARLY
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In accordance with PART III, SECTION 35 of the General Appropriations Act (Act 213), Session Laws of Hawaii 2007, requiring the Department of Health to establish and implement a suicide early intervention and prevention program and prepare and submit a detailed report to include expenditures and all activities performed, the Department is submitting this report to the 2009 Legislature. This report outlines the activities conducted and the budget expenditures for FY 2008 (October 13, 2007 through June 30, 2008), and the activities conducted and the budget expenditures for the first quarter of FY 2009 (through October 15, 2008).

The General Appropriations Act of 2007 directs the department as follows:

SECTION 35: Provided that of the general fund appropriation for emergency medical services and injury prevention system (HTH 730), the sum of \$100,000 or so much thereof as may be necessary for fiscal year 2007-2008 and the same sum or so much thereof as may be necessary for fiscal year 2008-2009 shall be expended to establish a suicide early intervention and prevention program with an emphasis on the youth population; provided further that this program shall include other individual age groups; provided further that these funds shall be expended by the department of health; provided further that the suicide early intervention and prevention program shall develop strategies to prevent suicide that address youth and all other ages; provided further that the strategies developed by the department shall include but not be limited to the following: (1) Identifying and assessing the risk of youth and other individuals referred to the program; (2) Creating public awareness by building community networks and providing information to the target groups; and (3) Referring the youth and other individuals to resources at the appropriate level of care needed; provided further that the department shall prepare a detailed report to include expenditures and all activities performed; and provided further that the department shall submit the report to the legislature no later than twenty days prior to the convening of the 2008 and 2009 regular sessions.

I. ACTIVITIES PERFORMED.

- A. Referring youths and other individuals to resources at the appropriate level of care**
The Department of Health Injury Prevention and Control Section (IPCS) continues to use the Applied Suicide Intervention Skills Training (**ASIST**) model to train “Gatekeepers” and ASIST trainers. ASIST is a program of LivingWorks Education Inc., which was established in 1991 as a public service corporation to develop and conduct suicide intervention training programs for front-line gatekeepers. Gatekeepers are

individuals in a community or organization who have face-to-face contact with large numbers of people as part of their routine; they may be trained to identify persons at risk of suicide and refer them to treatment or supporting services as appropriate. The American Foundation for Suicide Prevention lists ASIST in the Registry of Evidence-Based Suicide Prevention Programs for Suicide Prevention. Activities accomplished include:

- FY 2008 (10/13/07 – 6/30/08).
 - The Department sponsored a total of eleven 2-day community gatekeeper workshops statewide and trained a total of 238 Gatekeepers. The island breakdown was as follows: Oahu (4 workshops and 109 trained); Big Island (3 workshops and 68 trained); Maui (2 workshops and 30 trained); Kauai: (1 workshop and 14 trained); and Molokai (1 workshop and 17 trained).
 - IPCS organized and sponsored a Train-the-Trainer 5-day ASIST workshop January 7-11, 2008, which was conducted by LivingWorks. As a result, 15 new individuals have been trained and certified to conduct 2-day gatekeeper workshops in the community and within their own organizations.

- FY 2009 (7/1/08 – 10/15/08).
 - The Department sponsored a total of three 2-day community workshops and trained a total of 50 gatekeepers. The island breakdown was as follows: Oahu (one workshop and 20 trained); Kauai: (one workshop and 21 trained); and Molokai (1 workshop and 9 trained).
 - IPCS organized and sponsored another 5-day ASIST workshop September 29 – October 3, 2008 conducted by LivingWorks. As a result, an additional 15 individuals have been trained and certified to conduct 2-day gatekeeper workshops in the community and within their own organizations. Hawaii now has 45 certified trainers statewide conducting 2-day gatekeeper workshops.
 - **Planned:** Four more 2-day community gatekeeper workshops have been planned and publicized: Oahu (October 23-24, and December 4-5, 2008), Hawaii (November 6-7, 2008), and Maui (December 18-19, 2008). An estimated 120 additional gatekeepers will be trained.

B. Identifying and assessing the risk of youths and other individuals referred to the program.

- FY 2008 (10/13/07 – 6/30/08)
 - An additional two Adult Mental Health Division (AMHD) and three Child and Adolescent Mental Health Division (CAMHD) staff attended the 5-day ASIST workshop in January and are now trained and certified to conduct 2-day gatekeeper workshops.

- FY 2009 (7/1/08 – 10/15/08).
 - An additional three AMHD and one CAMHD staff, and two DOE School-Based Behavioral Health (SBBH) specialists attended 5-day ASIST workshop in

September and are now trained and certified to conduct 2-day gatekeeper workshops.

- AMHD conducted two 2-day gatekeeper workshops for AMHD staff on Maui (July and August), which were also open to the community, and trained a total of 17 AMHD staff and 19 community/agency gatekeepers.
- AMHD, in collaboration with IPCS, developed an evaluation instrument for the AMHD and community 2-day gatekeeper workshops. The evaluation tool was pilot tested at an AMHD 2-day gatekeeper workshop on Maui in August. The evaluation tool, which is comprised of a pre- and post- workshop survey and a 6-month follow-up survey, will determine the impact of the training on referrals and incidences of suicide and suicide attempts in the AMHD system and in the community. The community workshop version of the evaluation tool was pilot tested at the 2-day community gatekeeper workshop on Kauai in September.
- The Department of Education's SBBH specialists, who were trained to conduct 2-day gatekeeper workshops, conducted one workshop for SBBH personnel and trained 13 SBBH staff.
- **Planned:** AMHD will incorporate the evaluation in their 2-day gatekeeper workshops, and IPCS will incorporate the evaluation in its community workshops.

C. Creating public awareness

- FY 2008 (10/13/07 – 6/30/08)
 - IPCS, in collaboration with the Suicide Prevention Task Force, organized and sponsored the first statewide Suicide Prevention Conference on November 15-16, 2007 at the Pacific Beach Hotel. Integrated into the conference was a focus on survivors and their issues. Two hundred seventy-five health and social services workers, those affected by suicide, and the general public attended. Press releases were sent out and articles on the conference appeared in the Honolulu Advertiser and Star Bulletin.
 - IPCS continued to staff the State Suicide Prevention Task, which meets every two months. Membership grew to over forty members. Electronic bulletins on Task Force activities and other suicide prevention news are emailed to members and other interested individuals statewide.
- FY 2009 (7/1/08 – 10/15/08)
 - IPCS, in collaboration with the Suicide Prevention Task Force, organized the second statewide Suicide Prevention Conference that will be held on November 21, 2008 at the Hilton Waikiki Prince Kuhio Hotel and is co-sponsoring the Hawaii Survivors Healing After Suicide Conference and Community Walk on November 22. Three hundred health and social services workers, those affected by suicide, and the general public are expected to attend the November 21 conference and one hundred people are expected to attend the survivor conference.
 - IPCS continued to staff the State Suicide Prevention Task Force, which meets every other month. Currently there are over fifty members. Electronic bulletins on Task Force activities and other suicide prevention news are emailed to members and other interested individuals statewide.

- IPCS collaborated with and supported Mental Health America of Hawaii (MHAH) and conducted ten discussion groups with teens and older adolescents (ages 13-24) to explore the youth's thoughts and feelings about depression, mental illness, suicide, and the kinds of interventions that might be helpful. In the discussion groups, MHAH met with youth of many races, ethnicities, faiths, and sexual orientations. These youth are involved with faith-based organizations and also agencies that work with "at-risk" youth, and include YO! Youth Outreach, Adult Friends for Youth, the Unitarian Universalist Church, the 7th Day Adventists Church, the Windward Boys and Girls Club, YouthBuild Honolulu, and the Hawaii Foster Youth Coalition. They discussed coping mechanisms, risk and protective factors, the role of faith and/or spirituality, culture and ethnicity in their perceptions and understandings of depression and suicide.
- **Planned:** IPCS will continue working with MHAH to support their Faith-based and At-Risk youth project.

II. EXPENDITURES

A. FY 2008 (October 13, 2007 – June 30, 2008)

<u>Items</u>	<u>Amount</u>
LivingWorks (5-day Applied Suicide Intervention Skills Training (ASIST) for trainers)	\$31,980.00
Doubletree Alana Hotel (5-day ASIST training)	11,369.52
Island Airlines (inter-island travel)	249.93
Hawaiian Airlines (inter-island travel)	130.00
Christine Piper (conduct and coordinate 2-day community gatekeeper workshops)	10,500.00
Hawaii SPEAR Foundation (conduct and coordinate 2-day gatekeeper workshops)	10,500.00
Hawaiian Airlines (re-book inter-island travel)	25.00
Art Tani, Suicide Prevention Coordinator (attendance at American Association of Suicidology (AAS) Conference in New Orleans, includes per diem, excess lodging and ground transportation)	1,250.93
Jane Maxwell, Chair, Suicide Prevention Task Force (attendance at AAS Conference, includes per diem, excess lodging and ground transportation)	1,426.63
SMS Research (conduct focus groups to assess knowledge and attitudes of youth on suicide in collaboration with Mental Health America of Hawaii)	8,760.00
Regal Travel (airfare for Art Tani and Jan Maxwell to attend AAS Conference)	1,314.54
American Association of Suicidology (registration for Art Tani and Jane Maxwell)	1,240.00
LivingWorks (educational materials)	72.00
Hawaii SPEAR Foundation (Co-sponsoring the Survivors Healing After Suicide Conference and Community Walk)	3,500.00
Kapiolani Community College (Registration and logistics for Suicide Prevention Conference)	5,500.00
LivingWorks (ASIST kits for 2-day community gatekeeper workshops)	<u>4,971.75</u>
TOTAL	\$92,790.30

B. FY 2009 (July 1, 2008 – October 15, 2008)

<u>Items</u>	<u>Amount</u>
LivingWorks (5-day ASIST training for trainers)	\$33,540.00
Waikiki Prince Kuhio Hotel (ASIST training)	14,183.00
Hawaiian Airlines (inter-island travel)	52.56
Thrifty Car Rental	38.00
Hawaii SPEAR Foundation (conduct and coordinate 2-day gatekeeper workshops)	12,000.00
Christine Piper (conduct and coordinate 2-day ASIST community gatekeeper and Safe Talk workshops)	13,500.00
LivingWorks (educational materials)	142.00
AFSP (brochures)	<u>250.00</u>
TOTAL	\$73,705.56