



## SUICIDE POSTVENTION EVALUATION SUMMARY

Connect, a program of the National Alliance on Mental Illness NH (NAMI NH), has been designated as a national best practice program in **Postvention**, following review by national experts in the field.

### Connect Postvention Training is designed to:

- Review strategies for suicide prevention and intervention while familiarizing participants with nationally recognized Best Practices for responding to a suicide.
- Examine the risk of contagion and strategies for reducing this risk.
- Explore concepts and strategies to promote healing for survivors and communities.
- Identify the roles of key service providers in coordinated community response to suicide.

Connect Postvention training is a unique community-based intervention designed to increase the competence of communities to respond to completed suicides in a manner that ultimately reduces the number and rate of suicides, while promoting healing.

The essence of Connect is the training of gatekeepers, professionals and youth in protocols for responding to suicidal events. The protocols were developed by NAMI NH staff working with other professionals representing a variety of disciplines. National experts in suicide prevention also contributed.

## PROJECT EVALUATION

Connect trainings address **suicide prevention across the lifespan**. Current program evaluation efforts have been conducted by Connect program staff using pre- and post-test evaluations collected during postvention trainings.

### The evaluation measures the effects of Connect training on participant:

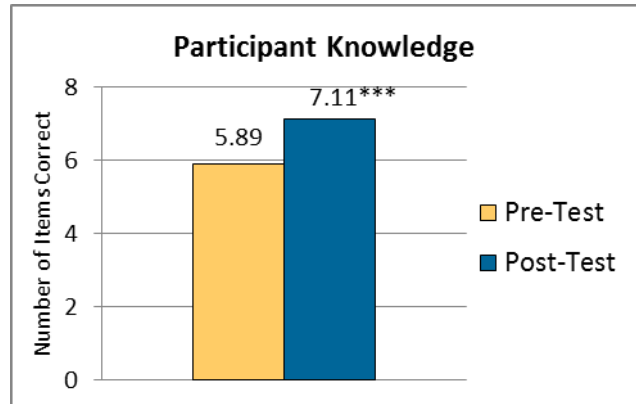
- Knowledge about suicide and suicide prevention/postvention.
- Confidence and comfort in dealing with suicide incidents.
- Stigma related to suicide and seeking mental health care services.

Evaluations Received—8/1/12 - 12/31/2017	
Discipline	Number Trained
Educators	233
First Responders (EMS)	30
Mental Health/Substance Abuse Service Providers	72
Social Service Providers	1,069
<b>TOTAL</b>	<b>1,404</b>

## POSTVENTION EVALUATION RESULTS

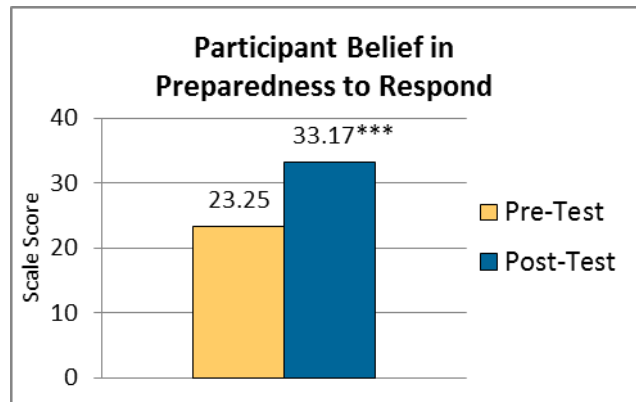
### Knowledge about Suicide and Suicide Prevention and Postvention

- Participants in Connect trainings demonstrated significant increases in overall suicide, suicide prevention and suicide postvention knowledge.
- The number of participants answering correctly increased for all items from pre-test to post-test.
- Possible Score Range: 0-7



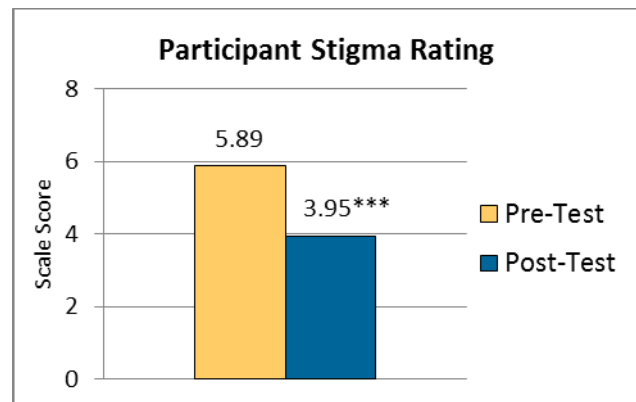
### Confidence in Readiness to Deal with Suicide Incidents

- After taking part in Connect trainings, participants report feeling better prepared to respond to suicide incidents. This includes increases in:
  - Confidence in their own knowledge and abilities.
  - Responsibility to act when faced with a suicide attempt or death in their community.
- Possible Score Range: 0-40



### Stigma Related to Discussing the Topic of Suicide and Seeking Mental Health Care Services

- Participants in Connect trainings also demonstrated significant decreases in stigma around suicide and seeking mental health care. This includes:
  - More willing to talk about suicide.
  - Greater willingness to access mental health care.
  - Increased acknowledgement of mental illness as a serious issue.
- Possible Score Range: 50-0



Significance Levels: \*p<0.05, \*\*p<0.01, \*\*\*p<0.001