



SUICIDE PREVENTION AND INTERVENTION 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 **Prevention and Intervention**, following review by national experts in the field.

Connect Prevention Training is designed to:

- Build linkages among professionals, programs and services in a community to improve the likelihood of developing an integrated support system.
- Raise participants' awareness of factors that may indicate that individuals are at heightened risk for suicide.
- Prepare the participants to competently connect with such individuals and enhance their ability to connect the individual to appropriate professionals and services.
- Reduce stigma about mental health care services.

Connect Prevention and Intervention training is a unique, community-based intervention designed to increase the competence of communities to respond to suicidal ideation, attempts and threats and completed suicides in a manner that ultimately reduces the number and rate of suicides.

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 Connect Prevention and Intervention trainings.

The evaluation measures the effects of Connect training on participant:

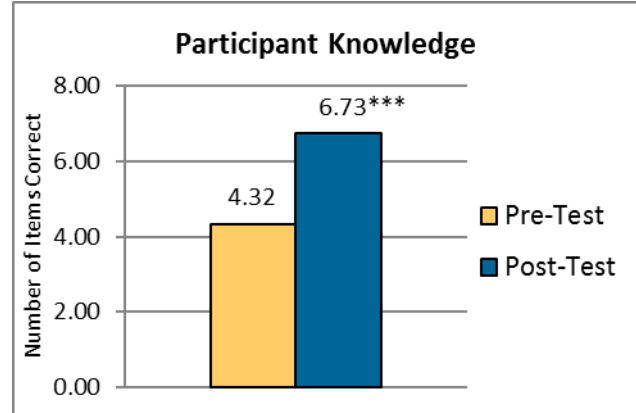
- Knowledge about suicide and suicide prevention.
- Confidence and comfort in dealing with suicide incidents.
- Stigma related to suicide and seeking mental health care services.

Evaluations Received—1/1/13 - 1/31/2019	
Discipline	Number Trained
College Campus	23
Educators	1,653
First Responders (EMS)	28
Gatekeepers	1,188
Law Enforcement	204
Mental Health/Substance Abuse Providers	617
Primary Care Providers	144
Social Services Personnel	844
Other/Unknown	347
TOTAL	5,048

PREVENTION AND INTERVENTION EVALUATION RESULTS

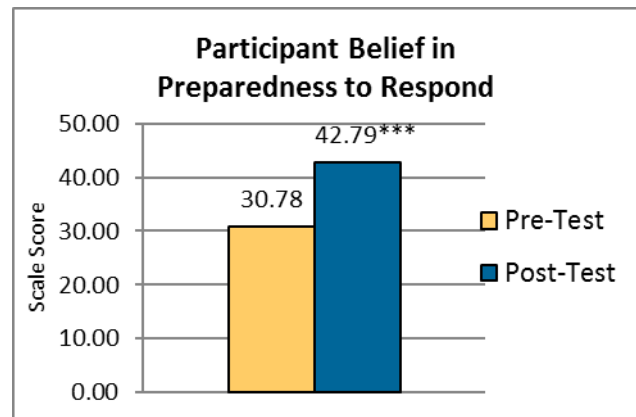
Knowledge about Suicide and Suicide Prevention

- Participants in Connect trainings demonstrated significant increases in overall suicide and suicide prevention knowledge.
- The number of participants answering correctly increased for all items from pre-test to post-test.
- Possible Score Range: 0-8



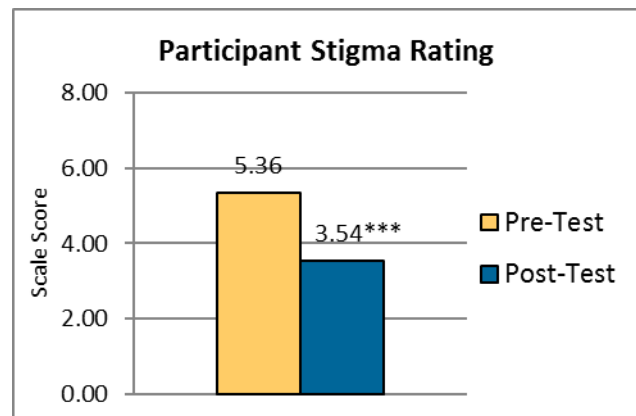
Confidence and Comfort in Dealing with Suicide Incidents

- 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.
 - Comfort with the topic of suicide prevention.
- Possible Score Range: 0-50



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: 60-0



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