

Suicide Plan Goal Outline

Write out your section or start with a **very detailed outline** off which we can work. I've provided a basic framework you and your workgroup should use. Please stick to this outline. It will help to maintain consistency when we begin to merge chapters for the final document. On the second page, I drafted a very rough example of what a goal might look like. Take it with a grain of salt.

In regard to success stories, take a look at the Delaware plan for ideas. It includes quotes and photos. Also, we may consider highlighting notable programs, partnerships, legislation and assets. This isn't an immediate need, but please remind your group members to keep it in the back of their minds.

Also keep in mind that the Department of Health **will be responsible** for the foreword, data and tables, framing of the problem and conclusion. Our staff and communications office will complete the narrative and drafting of the goals to ensure a common voice, consistency in style, and design. However, the steering committee will have an opportunity to critique this work.

Goal 1:

- Background information about the goal
- Resource identification and needs – examples include: problem areas, gaps identified, opportunities or promising projects
- Focus on special populations (youth, American Indian-Alaska Native, veterans, residents living in rural areas, white males, other minority or special population groups) who are pertinent to this goal and associated recommendations. You need to address groups that are relevant to the specific goal

Short term Recommendations (present-three years)

- Consider immediate recommendations that drive prompt action—“something we can do *now*”
- These recommendations should be concrete, action-oriented, and meaningful to policy makers and those presenting legislative recommendations
- Include recommendations across the social-ecological model
- Avoid repetitive recommendations that are the same for each special population group

Long Term Aims (four years or more)

- These aims should be high-level goals – as someone said at the steering committee, “the broader horizon”
 - These aims may be revisited in five to 10 years
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EXAMPLE

Goal: *Expand and equalize access to mental health care, including substance abuse treatment and crisis intervention services.*

Background:

Equal access to mental health care is hampered by inadequate funding for preventative services, low insurance reimbursement for treatment, and a lack of coordination between the physical and behavioral health care systems. The social stigma associated with mental illness, including substance abuse, is another barrier. The result is that a small percentage of Washington residents who need mental health services actually received care. Access to mental health care varies regionally and is often limited for low-income people or those who live in rural areas. This is important for suicide prevention because mental health issues, including substance abuse, are significant risk factors for suicide.

Recommended Next Steps (One to three years)

Expanded access to mental health care, including substance abuse treatment and crisis intervention services, will require a variety of changes in policy, practice and resource allocation in the following areas:

- Increase training in assessment and management of suicide risk factors, and identification and promotion of protective factors for:
 - Primary care physicians and physician assistants
 - Nursing care providers at all levels
 - Clinical social workers, counselors and psychologists
- Strengthen connections between community suicide prevention programs and agencies serving veterans.
- Provide incentives for rural mental health professionals working in mental health shortage areas, such as payment of school loans.
- Provide sufficient funding for community mental health centers to reduce waiting lists for routine clinical care.

Long Term Aims (Four years or more)

- Promote the adoption of “zero suicides” across the state as an aspiration goal by health care and community support systems that provide services and support to the residents of Washington.