

# Suicide Prevention Program (SPP)



# **CSTS Suicide Prevention Program Meta-Evaluation Framework**

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Suicide Prevention Evidence Based Strategies\*

- Strengthen economic support and financial readiness
- Increase access to suicide care and decrease barriers to care
- Create protective environments: Reduce access to lethal means
- Promote community connectedness
- Teach coping and problem-solving skills
- Identify and support people at risk
- Lessen harms and prevent future risk: Responsible media reporting and postvention

## Inputs: SPP Projects

- Promoting Family Health & Safety to Prevent Suicidality
- Mental Push-Ups: Mindfulness in the Military Application
- Sustaining Resilience in Battle
- Project Safeguard

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- Essentials of Ethical Research with Participants at Risk for Suicide
- Let's Talk About Your Guns
- Psychiatry Electronic Modules
- Bereavement Adaptation: Learning And Navigating Coping Essentials (BALANCE)
- The Military Survivor Family Safety Toolkit
- Finding the Words
- Brain Hijack
- Supporting our Shipmates: Gatekeeper Trainer Project

#### Proximal Outcomes Outcomes

- Increase knowledge about firearm safe storage
- Teach leaders and gatekeepers skills to intervene with at risk individuals
- Develop suicide prevention knowledge tools for hard to reach populations

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- Increase coping skills to deal with stress and loss
- Provide factual information to the general population about suicide prevention
- Improve how key stakeholders encourage others to seek help

### Distal Outcomes Outcomes

- Increase overall knowledge and awareness of suicide
- Decrease Barriers to Care
- Promote individual and family safety