

MENTAL HEALTH ACTION TEAM

Overarching Goal

The Waukesha County Suicide Prevention Initiative is dedicated to reducing the number of deaths by suicide in Waukesha County by scaling up evidence-based mental health practices in prevention, stigma reduction, and access to treatment.

4,043

High School students were presented NAMI Ending the Silence during the 2018/2019 school year throughout Waukesha County.

1,510

Waukesha County residents were certified in Question, Persuade, Refer (QPR) as Suicide Prevention Gatekeepers

Outcome 1: Increase hope & knowledge of recovery

- Parent/Peer mentor to assist with system navigation for school-based families in crisis partnering with county school districts.
- Sharing best practices in system navigation across other school systems.
- Partnering with local school districts and NAMI Waukesha.
- Measured by increased number of families engaging with parent peer mentors and ability to access on-going support and services to stabilize crisis.

Outcome 2: Increased efficacy- comfortable accessing help for themselves or others

- Provide education opportunities for the community partnering with Suicide Awareness & Prevent Task Force.
- Measured by increased knowledge of available resources in Waukesha County and increased knowledge regarding suicide warning signs.

Outcome 3: Strengthen access and delivery of suicide care

- Provide education for medical and mental health professionals: Zero Suicide partnering with NAMI, DHS, Elmbrook School District and Prevent Suicide Wisconsin.
- Measured by number of staff trained in Columbia Suicide Severity Rating Scale.



PROGRESS UPDATES

Officially launched the Waukesha County Suicide Prevention Initiative (WCSPI)

- Holding quarterly meetings to advance objectives
- Providing leadership for partnering agencies
- Created a WCSPI listserv to keep stakeholders informed

Prevention - Implemented a parent peer mentor project with Arrowhead, Elmbrook & Oconomowoc School Districts

- Parent peer mentor worked with 54 families throughout the 2018-2019 school year providing them with emotional support and assisting with navigation of services.

Stigma Reduction - Educational opportunities for the community

- Held a full day conference in 2019 with national keynote speaker, Ross Szabo, for over 150 people, including many teenagers and young adults, in attendance.
- Held a Train the Trainer event in 2019 for 20 individuals to increase the number of certified QPR instructors in Waukesha County.
- Hosted a full day professional development conference during 2019 for 100 for clinicians and professionals in the mental health field with a focus on working with individuals at risk of suicide.
- Funding secured to provide three, 40 hour Crisis Training events for law enforcement. Funding will support the training through 2021.
- Funding secured to provide a two day crisis conference during 2020.
- Funding secured to provide a one day health and wellness oriented workshop for women and girls with an emphasis on mental wellness and suicide prevention.

Access to Treatment - Strengthening access and delivery of suicide care

- Zero Suicide team trained in June of 2018.
- Zero Suicide initiative rolled out to the community in Fall of 2018.
- Workforce survey completed.
- Training curriculum has been selected for HHS clinical staff with roll out in early 2020.

GET INVOLVED!

- Email info@namiwaukesha.org and ask to be added to the WCSPI listserv
- Contact Mary Madden, WCSPI Tri-Chair, to get involved
 - Mary@namiwaukesha.org
 - (262) 409-2741

