



# 2022 INJURY-FREE NC ACADEMY ON YOUTH SUICIDE PREVENTION



# WHAT IS INJURY-FREE NC?

The UNC Injury Prevention Research Center (IPRC) and the NC Division of Public Health Injury and Violence Prevention Branch (IVPB) jointly developed Injury-Free NC as a way to partner with and educate injury and violence prevention practitioners around North Carolina. Injury-Free NC (IFNC) exists to facilitate networking between practitioners and researchers working in different areas of injury and violence prevention, as well as to educate and train the injury and violence prevention workforce in North Carolina in best practices, promising strategies, and innovative programming.



# WHAT IS THE IFNC ACADEMY ON YOUTH SUICIDE PREVENTION?

In 1999 US Surgeon General Dr. David Satcher declared that suicide is a public health problem and released the National Strategy for Suicide Prevention. In 2017, the Centers for Disease Control and Prevention followed with "Preventing Suicide: A Technical Package of Policy, Programs and Practices." These documents promote the strategies that have the greatest impact on suicide morbidity and mortality including suicide prevention education, policy and community change, reducing access to lethal means, and decreasing stigma of help-seeking.

In the Fall of 2020, the Injury and Violence Prevention Branch of the NC Department of Health and Human Services received a \$4.8 million dollar grant to support comprehensive suicide prevention efforts directed at the populations at greatest risk in North Carolina; this Academy is a direct result of that grant. An analysis of the data for our state indicates the populations with increased risk include veterans, men, residents of rural areas, and youth, including a focus on the LGBTQ+ youth sub-population. Effective prevention and intervention require understanding and utilizing the best methods to engage each population based on their values, beliefs and preferences, and may require coordination with non-traditional partners such as faith communities, bars, recreation clubs, and barbershops.

The Injury-Free NC Academy is a training and program development resource for injury and violence prevention practitioners in North Carolina. Each cycle of the IFNC Academy focuses on a timely topic affecting North Carolinians. This Academy will focus on youth suicide prevention and highlight the role of schools in preventing youth suicide. Over the course of this two-day training, participants will learn best practices for policies, methods, and programs for youth suicide prevention. Emphasis will be placed on the inequitable burden of suicide in certain youth populations. Lastly, participants will have the opportunity to discuss their own programming and experiences with other participants, learning and networking with colleagues who are also committed to youth suicide prevention.

# Learning Goals

## **This Academy will provide attendees:**

- **A broad overview of suicide prevention and understanding of current trends in suicide.**
- **Up-to-date North Carolina suicide data and resources.**
- **An understanding of suicide trends and unique risk and protective factors for youth, especially Black, Latinx, and 2SLGBTQ+ youth.**
- **An understanding of the role of school personnel in preventing youth suicide.**
- **Tools for identification, assessment, and response to suicide risk.**
- **Information regarding research-based youth suicide prevention training options.**
- **Current suicide prevention and postvention recommendations for schools.**
- **An exploration of self-care for adults who interact with youth at risk for suicide.**



# YOU ARE ENCOURAGED TO APPLY IF YOU...

- **WANT TO UNDERSTAND THE BURDEN OF SUICIDE IN YOUTH**
- **CURRENTLY WORK WITH YOUTH IN A SCHOOL SETTING OR ORGANIZATION**
- **WANT TO LEARN HOW TO IMPLEMENT RESEARCH-BASED SUICIDE PREVENTION, INTERVENTION, AND POSTVENTION PRACTICES IN YOUR SCHOOL, DISTRICT, OR ORGANIZATION**
- **CAN COMMIT TO ATTEND A VIRTUAL TWO-DAY ACADEMY**
  - Can attend the 2-day academy in August, a commitment of 10 hours total

**\*Teams of 3-5 people are encouraged to apply. Team members may include members of your school mental health team, student support services staff (social workers, counselors, nurses), administrators, teachers, or members of a behavior modification team. Ideally, teams would have representation from “frontline” staff who regularly interact one-on-one with students as well as administrators or other policy decision-makers. One application per team should be submitted. You will be able to list all team members and their affiliations within the applications.**

# When is the Academy?

**This is a virtual training opportunity. The Academy will take place on August 17 & 18 from 10 am - 4 pm each day.**

**Participants are also encouraged to attend a virtual, half-day Motivational Interviewing training in June. We will share the date as soon as it is available.**

**Though we cannot provide continuing education credits directly, we will provide participants with a signed certificate of contact hours.**

**APPLY SOON  
SPACE IS LIMITED!**  
will be invited to participate  
in the Academy following the  
application review.

\* We will contact you by Wednesday, May 18 to let you know the status of your application and if you have been accepted into the Academy

**Applications are due  
Wednesday, April 20 at 5pm**

**APPLY HERE**