Expanding Suicide Prevention to Include Upstream Approaches

Event Type: General Webinar
Date: Tuesday, September 25, 2012 - 3:30pm to 5:00pm (America/New_York)
Sponsor: SPRC

Suicide prevention efforts have largely focused on strategies to identify and get help for those who are at-risk for suicide, but suicide prevention can also occur prior to the onset of risk to prevent the development of risk. Such “upstream” suicide prevention approaches may be able to inoculate individuals against suicide. One example of an upstream approach is the Good Behavior Game (GBG), a classroom management technique for use in elementary schools. A follow-up study of students who had the GBG in first and second grade found an almost 50% reduction in suicide attempts at age 20. This webinar will highlight the GBG and its theorized mechanism for reducing suicide attempts. In addition, other upstream approaches and the role of upstream approaches within the spectrum of wellness, prevention, treatment, and aftercare strategies for suicide prevention will be discussed. The potential long-term impact of upstream approaches in preventing a wide range of mental, emotional, and behavioral disorders will be discussed, along with the practice implications of such findings.

By the end of the webinar participants will be able to:

1. Distinguish between health promotion, prevention, case identification & treatment, and aftercare strategies to prevent suicide.
2. Describe the Good Behavior Game and why it may reduce suicide attempts later in life.
3. Discuss, generally, the role early intervention programs can play in preventing suicide.
4. Value the potential contributions of upstream suicide prevention approaches when engaging in strategic planning of prevention initiatives.

Populations: Children Ages 12 and Younger
Settings: Schools
Planning and Implementing: Promoting Mental Health

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