

# Walking Softly to Heal: The Importance of Community Readiness



## Resources

The recommended resources below provide information on increasing a community's strengths to address the prevention of suicide and honor life. The webinars will help explain each stage of readiness and explore the model in a three-part series. The other resources will help you understand and obtain community and tribal leadership/administration support as a vital part of planning, implementing, and sustaining a culturally contextual, comprehensive approach to suicide prevention.

### **Community Readiness Manual on Suicide Prevention in Native Communities**

**Authors:** Plested, B. A., Jumper-Thurman, P., & Edwards, R. W. (2006, September).

[http://www.samhsa.gov/sites/default/files/tribal\\_tta\\_center\\_2.3.b\\_commreadinessmanual\\_final\\_3.6.14.pdf](http://www.samhsa.gov/sites/default/files/tribal_tta_center_2.3.b_commreadinessmanual_final_3.6.14.pdf)

This manual will help you understand and measure how ready a community is to address a particular issue like suicide, and how to use that knowledge to stimulate change. The Community Readiness Model was developed at Colorado State University. It identifies dimensions, such as leadership involvement, knowledge of the problem, and levels of community readiness, and it can be easily scored by the community.

### **Webinar: Part 1: Overview of Community Readiness Training on Suicide Prevention**

<https://youtu.be/jBpMqevG8jE>

**Speakers:** Pamela Jumper Thurman PhD and Barbara Plested PhD

This webinar presents the history and evolution of the Community Readiness Model, describes each of the stages of readiness, and explores the interview and scoring process involved in determining a particular community's stage of readiness.

### **Webinar: Part 2: Scoring and Determining Strategies with the Community Readiness Model**

<https://youtu.be/h0C6Sf3B6CM?t=3m20s>

**Speakers:** Pamela Jumper Thurman PhD and Barbara Plested PhD

This webinar presents an overview of the model as it relates to suicide prevention and delivers practical advice for conducting and scoring key respondent interviews to develop a community readiness score.

### **Webinar: Part 3: Developing an Action Plan with the Community Readiness Model**

<https://youtu.be/TsJ39E7GIfc?t=3m20s>

**Speakers:** Pamela Jumper Thurman PhD and Barbara Plested PhD

In this webinar participants receive a brief refresher of the model, discuss interviews and scoring results using the community readiness process, and gain an understanding of how to use the interview themes and scores in developing a community-specific action plan.

### **To Live to See the Great Day that Dawns**

**Author:** Gallup, Macro International Inc.

<http://www.sprc.org/resources-programs/live-see-great-day-dawns-preventing-suicide-american-indian-and-alaska-native>

This guide lays the groundwork for comprehensive prevention planning, with prevention broadly defined to include programs that a community can use to promote the mental health of its youth. The guide also covers actions that a community can take in response to a suicide to help the community heal and thereby prevent related suicidal behaviors.

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