

GETTING STARTED GUIDE

Getting Started Guide: Community-Led Suicide Prevention

This guide outlines the beginning steps that community members can take as they prepare to launch a formal suicide prevention initiative. Page 2 provides Steps for Getting Started in Community-Led Suicide Prevention—eight steps with links to relevant content in the online *Community-Led Suicide Prevention (CLSP) Toolkit*. Pages 3–5 contain the Getting Started Questions Worksheet, the Partner Outreach Tracker, and a Sample Agenda for your first meeting to support your efforts.

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**Community-Led
Suicide Prevention**



UNITY



DATA



PLANNING



FIT



INTEGRATION



COMMUNICATION



SUSTAINABILITY

Steps for Getting Started in Community-Led Suicide Prevention

Related CLSP Toolkit Elements, Areas, & Steps

1	<p>Read the Unity and Data elements in the <i>Community-Led Suicide Prevention Toolkit</i>. These elements provide basic information on forming partnerships for suicide prevention and developing the ability to use data to guide prevention efforts.</p>	<p>Unity Element Data Element</p>
2	<p>Fill in the worksheet questions on page 3 of this guide. This worksheet can help you identify partners, resources, and funding to support suicide prevention efforts.</p>	<p>Unity, Key Area 1, Steps 1-2</p>
3	<p>Draft a clear message about why you are launching a formal suicide prevention initiative. Use your answer to the question, “Why do you want to start a formal suicide prevention initiative?” in the Getting Started Questions Worksheet (page 3).</p>	<p>Unity, Key Area 1, Step 2</p>
4	<p>Invite organizations to join the initiative and record their responses using the Outreach Tracker on page 4. Have a specific request in mind for each organization based on their expertise or resources (see worksheet, page 3). <i>If most potential partners express interest</i>, proceed to Step 5. <i>If most do not express interest</i>, consider your community’s readiness for suicide prevention. Develop community readiness, and then revisit Steps 2–3 on this page before going on to Step 5.</p>	<p>Unity, Key Area 1, Step 2 Fit, Key Area 1</p>
5	<p>Launch a suicide prevention coalition or advisory group and host your first meeting. Focus the meeting on community partner introductions and coming to consensus on the purpose of the suicide prevention coalition or advisory group. You can adapt the sample agenda on page 5 for your launch meeting.</p>	<p>Unity, Key Area 2</p>
6	<p>Provide any needed education and suicide grief support for coalition or advisory group members. If your community has experienced recent suicides, identify ways to provide grief support resources to coalition or advisory group members as needed. Also provide trainings on suicide data, strategic planning, safe messaging, and effective prevention in line with CDC’s Suicide Prevention Resource for Action.</p>	<p>Unity, Key Area 1, Steps 4-5</p>
7	<p>Analyze available data related to suicide prevention. As a group, obtain access to and review relevant data from local private and public organizations. Decide how you will keep any personal data confidential. Discuss this data to create a shared understanding of the suicide issue in your community.</p>	<p>Unity, Key Area 3, Steps 1-3 Data, Key Area 1</p>
8	<p>Begin strategic planning for suicide prevention. As a group, follow the steps in the Planning element to begin creating a strategic plan for suicide prevention.</p>	<p>Planning element</p>

Getting Started Questions Worksheet

(Refer to **Unity, Key Area 1, Step 1** as you fill out this worksheet)

Why do you want to start a formal suicide prevention initiative?

PARTNERS



What community partners will provide expertise, experience, and sustainability?

RESOURCES



What local resources are available to launch and sustain an initiative?

FUNDING



What local funding sources are available to launch and sustain an initiative?

As needed, add community organizations to the “partners” box that can provide access to the items listed in the “resources” and “funding” boxes.



Outreach Tracker

Use the table below to record the contacts reached at each potential partner's organization and whether they are supportive and willing to participate in a suicide prevention initiative.

Organization	Contact Name	Email	Phone	Date of Outreach	Reached (Yes, No)	Support (Yes, No)

Sample Agenda for Your First Suicide Prevention Initiative Meeting

This agenda is intended to provide an example of common agenda items that can be useful to include in a launch meeting. Add to, remove, and/or adapt the following agenda items to ensure they address your specific community needs.

- WELCOME:** Welcome attendees and have everyone introduce themselves.
- GROUP AGREEMENTS:** Set group agreements on discussing suicide prevention with respect and empathy and ensuring safe suicide prevention messaging practices are followed (see the [Framework for Successful Messaging](#)).
- RECOGNIZE ANY RECENT DEATHS:** If applicable, acknowledge any recent suicide losses in the community and the need to heal.
- COMING TOGETHER:** Share why the group is being formed and the need to invest in suicide prevention in your community.
- GROUP PURPOSE:** Come to a group consensus on a purpose for the group and/or begin discussing ideas for a group vision and mission.
- *Note that you likely will not be able to create formal vision and mission statements during the first meeting, but you can begin discussing what you would like your group's vision and mission to be.*
- GROUP NAME:** Identify a name for the group.
- GROUP SCHEDULE:** Identify a regular time and place (or virtual platform) to meet.
- PARTNER COMMITMENT:** Ask each partner to commit to participating in the effort.
- *A formal commitment may include asking all partners to commit to participating in scheduled meetings for a specific time period or asking partners to sign a letter of commitment to the initiative.*
- NEXT STEPS:** Identify the next steps for the group. Effective next steps may include the following:
- *Provide group education on [safe messaging](#), [effective suicide prevention strategies](#), and a [public health approach to suicide prevention](#).*
 - *Identify any suicide loss grief support needs of the group.*
 - *Identify a strategic planning process for the group.*