



UNITY



DATA



PLANNING



FIT



INTEGRATION



COMMUNICATION



SUSTAINABILITY

Strategic Planning Worksheet Overview

Use this worksheet as you go through the [Community-Led Suicide Prevention web-based toolkit](#). It will help you bring together your progress across the seven elements. In particular, it will help you link your suicide prevention planning with the evidence-informed approaches in CDC's [Suicide Prevention Resource for Action](#).

Use a new worksheet (with all three sections) for each priority group you choose. The information in Section 1 will be used in Sections 2 and 3. Some information from Section 2 will be used in Section 3. You can download the worksheet from from <https://communitysuicideprevention.org/worksheet/> and either fill it out on a computer and save it, or print out blank copies and write in your responses by hand.

This example focuses on one population with seven objectives in order to show how to create multiple types of objectives for different CDC approaches. Your community may have one, two, or three populations that you focus on and may prioritize a different number of objectives.

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NAME OF COMMUNITY: ABC County		Example Community Responses	See these key areas and steps in the Community-Led Suicide Prevention toolkit for context
PRIORITY GROUP	1) List the name or characteristic of a group with higher suicide risk (e.g. demographic, type of work, residential area, characteristic such as “involved in child welfare system” or “has substance misuse disorder”):	Middle-aged men (ages 35-64)	<u>DATA:</u> Key Area 1, Step 5 <u>PLANNING:</u> Key Area 1, Step 3
	2) List sub-group(s) that is/are most heavily impacted (additional name or characteristic if applicable):	Construction Industry	<u>DATA:</u> Key Area 1, Step 5 <u>DATA:</u> Key Area 2, Step 8 <u>PLANNING:</u> Key Area 1, Step 3
	3) Name individuals and organizations from this population that are part of your coalition or advisory group:	- CEO Start2Build - Mr. Day Worker - Union representative	<u>UNITY:</u> Key Area 2, Step 3
CONTEXT	4) Check off one or more statements to show why this group is a focus. Compared to the general population this group has:	Higher suicide death rate or number Higher suicide attempt rate or number Large increase in suicide attempts or deaths in last 3-5 years	<u>DATA:</u> Key Area 1, Step 5 <u>PLANNING:</u> Key Area 1, Step 3
	5) List risk factors this group has:	1. Firearm in home 2. Unemployment 3. Foreclosure 4. Heavy substance misuse 5. Low use of mental health services	<u>DATA:</u> Key Area 2, Step 8 <u>PLANNING:</u> Key Area 2, Step 1
	6) List protective factors this group has:	1. Connected to primary care 2. Faith community 3. Seen as community contributor	<u>DATA:</u> Key Area 2, Step 8 <u>PLANNING:</u> Key Area 2, Step 1
GOAL	7) Check one of the boxes to show your long-term goal:	Reduce rates or numbers of suicide deaths Reduce rates or numbers of suicide attempts	<u>PLANNING:</u> Key Area 2, Step 2



SEE THE RELEVANT KEY AREAS AND STEPS BELOW EACH OF THE FOLLOWING DIRECTIONS FOR CONTEXT.

1) List your intermediate goals and which risk & protective factors they're based on (from Section 1, Rows 5 & 6).	2) List the evidence-based approach from CDC's Suicide Prevention Resource for Action that relates to your intermediate goal. (You'll note partners who can help in Section 3.)	3) For each approach, list program, policy, or practice from Suicide Prevention Resource appendix, or your local culture. Cultural approaches should directly address suicide or risk & protective factors from Column 1.	4) a. Note any programs, policies, or practices you'll need to adapt . b. Note if any programs, policies, or practices are not feasible and/or cannot be adapted for needed cultural fit .	5) Review your remaining list of programs, policies, and practices. Prioritize which to take on in the next two years and list them below.	6) List SMARTIE Objectives for remaining programs, policies, and practices. (SMARTIE: Specific, Measurable, Achievable, Relevant, Time-bound, Inclusive, Equitable.)
<u>PLANNING</u> Key Area 2, Step 2	<u>INTEGRATION</u> Key Area 1, Step 2	<u>INTEGRATION</u> Key Area 1, Step 2	<u>FIT</u> Key Area 3, Step 2 <u>INTEGRATION</u> Key Area 1, Step 3	<u>INTEGRATION</u> Key Area 1, Step 5	<u>PLANNING</u> Key Area 2, Step 5 <u>DATA</u> Key Area 3, Step 6
Long-term goal, priority group, and sub-group (from Section 1): Reduce suicide deaths in middle-aged men, particularly in construction industry					
Risk 1. Reduce unlocked firearms in the home	Reduce access to lethal means among persons at risk of suicide	Safe firearm storage	Safe firearm storage: adapt messages and methods to be appropriate to firearm owners & their families	Safe firearm storage	Objective 1.1: By Dec. 2025, 25% more households with firearms will store all firearms unloaded in a locked safe or with a trigger lock.
Risk 5. Allow for mental health sick days	Create healthy organizational policies and culture	Improve construction industry culture on mental health, use Action Alliance's "A construction industry blueprint: Suicide prevention in the workplace"	Need to adapt for local fit	Improve construction industry culture on mental health	Objective 2.1: By Dec. 2024, 10 local construction companies will institute an education program with Spanish and English resources that encourages seeking help for mental health problems. Objective 2.2: By Dec. 2025, 2 local construction companies will institute policies allowing for construction workers to use their annual sick days for managing stress and/or seeking out mental health services.

SEE THE RELEVANT KEY AREAS AND STEPS BELOW EACH OF THE FOLLOWING DIRECTIONS FOR CONTEXT.

Section 2

1) List your intermediate goals and which risk & protective factors they're based on (from Section 1, Rows 5 & 6).	2) List the evidence-based approach from CDC's Suicide Prevention Resource for Action that relates to your intermediate goal. (You'll note partners who can help in Section 3.)	3) For each approach, list program, policy, or practice from Suicide Prevention Resource appendix, or your local culture. Cultural approaches should directly address suicide or risk & protective factors from Column 1.	4) a. Note any programs, policies, or practices you'll need to adapt . b. Note if any programs, policies, or practices are not feasible and/or cannot be adapted for needed cultural fit .	5) Review your remaining list of programs, policies, and practices. Prioritize which to take on in the next two years and list them below.	6) List SMARTIE Objectives for remaining programs, policies, and practices. (SMARTIE: Specific, Measurable, Achievable, Relevant, Time-bound, Inclusive, Equitable.)
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<u>PLANNING</u> <u>Key Area 2, Step 2</u>	<u>INTEGRATION</u> <u>Key Area 1, Step 2</u>	<u>INTEGRATION</u> <u>Key Area 1, Step 2</u>	<u>FIT</u> <u>Key Area 3, Step 2</u> <u>INTEGRATION</u> <u>Key Area 1, Step 3</u>	<u>INTEGRATION</u> <u>Key Area 1, Step 5</u>	<u>PLANNING</u> <u>Key Area 2, Step 5</u> <u>DATA</u> <u>Key Area 3, Step 6</u>
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Long-term goal, priority group, and sub-group (from Section 1): Reduce suicide deaths in middle-aged men, particularly in construction industry

Risk 2. Improve job training for people who are unemployed	Improve household financial security	Job skills training	n/a	Job skills training	Objective 3.1: By Dec. 2024, train 150 unemployed construction workers in new job skills, with at least 30% of these being Black or Latino.
Risk 3. Increase number of people who have stable housing	Stabilize housing	Foreclosure moratorium	Foreclosure moratorium not feasible—political climate not receptive to this	n/a	n/a
Risks 2, 3, & 4 and protective factors 1 & 2. Spot warning signs of suicide risk and get people help	Train gatekeepers	Need to identify gatekeeper trainings	Need to adapt training to fit rural culture	Gatekeeper training	Objective 4.1: By Dec. 2024, train 200 construction industry supervisors, primary care providers and their staff, unemployment benefits case workers, and faith leaders and congregants to spot warning signs and refer people to help.

SEE THE RELEVANT KEY AREAS AND STEPS BELOW EACH OF THE FOLLOWING DIRECTIONS FOR CONTEXT.

Section 2

1) List your intermediate goals and which risk & protective factors they're based on (from Section 1, Rows 5 & 6).	2) List the evidence-based approach from CDC's Suicide Prevention Resource for Action that relates to your intermediate goal. (You'll note partners who can help in Section 3.)	3) For each approach, list program, policy, or practice from Suicide Prevention Resource appendix, or your local culture. Cultural approaches should directly address suicide or risk & protective factors from Column 1.	4) a. Note any programs, policies, or practices you'll need to adapt . b. Note if any programs, policies, or practices are not feasible and/or cannot be adapted for needed cultural fit .	5) Review your remaining list of programs, policies, and practices. Prioritize which to take on in the next two years and list them below.	6) List SMARTIE Objectives for remaining programs, policies, and practices. (SMARTIE: Specific, Measurable, Achievable, Relevant, Time-bound, Inclusive, Equitable.)
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<u>PLANNING</u> Key Area 2, Step 2	<u>INTEGRATION</u> Key Area 1, Step 2	<u>INTEGRATION</u> Key Area 1, Step 2	<u>FIT</u> Key Area 3, Step 2 <u>INTEGRATION</u> Key Area 1, Step 3	<u>INTEGRATION</u> Key Area 1, Step 5	<u>PLANNING</u> Key Area 2, Step 5 <u>DATA</u> Key Area 3, Step 6
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Long-term goal, priority group, and sub-group (from Section 1): Reduce suicide deaths in middle-aged men, particularly in construction industry

Risk 4 and protective factor 1. Improve access to treatment for opioid misuse	Reduce substance misuse through community-based policies and practices	Adopt opioid prescription drug monitoring program Limit alcohol outlet density	Need to consider tactics to adopt to fit local political climate	Adopt opioid prescription drug monitoring program (Limit alcohol outlet density - deprioritize for now; this is more than we can take on)	Objective 5.1: By Dec. 2025, 100 middle-aged men who may be misusing prescription opioids will be identified through the prescription drug monitoring program and referred to addictions screening and treatment.
Protective factors 2 & 3. Increase the sense of community connection and leadership especially among Black and Latino men	Engage community members in shared activities	Men's Sheds	n/a	Men's Sheds	Objective 6.1: By November 2024, at least 10 men ages 35-64 from diverse racial groups will have joined the new Men's Shed meetings.



<p>1) Below, list each SMARTIE Objective (from the last Column in Section 2).</p>	<p>2) What measures will you use to evaluate your objective's impact?</p>	<p>3) Who could you partner with for the programs, policies, and practices in your SMARTIE Objective?</p>	<p>4) List how and how often you will update partners and key audiences on progress and impact of your program, policy, or practice.</p>	<p>5) List funding types and opportunities you could pursue to develop and carry out this approach over the long term.</p>
	<p><u>DATA</u> Key Area 3, Step 5</p>	<p><u>UNITY</u> Key Area 3, Step 4 <u>PLANNING</u> Key Area 3, Step 4</p>	<p><u>COMMUNICATION</u> Key Area 1, Step 5 <u>SUSTAINABILITY</u> Key Area 1, Step 1</p>	<p><u>SUSTAINABILITY</u> Key Area 2, Step 3</p>
<p>Long-term goal, priority group, and sub-group (from Section 1): Reduce suicide deaths in middle-aged men, particularly in construction industry</p>				
<p>Objective 1.1: By Dec. 2025, 25% more households with firearms will store all firearms unloaded in a locked safe or with a trigger lock.</p>	<p># of cable locks handed out to families with middle-aged men # of middle-aged men reached with PSAs, based on station ad estimates % of households with firearms that keep them locked and unloaded, from county health department survey data</p>	<p>Construction industry leaders, families of construction workers, firing range, firearm retailer, faith community leaders, local TV and radio stations</p>	<p>Provide updates on cable lock distribution #s and PSA airing estimates at bimonthly coalition meetings. Provide all partners with an annual report on suicide prevention initiatives that includes information on % change in safe firearm storage, cable locks distributed, and estimated PSA reach.</p>	<p>X state grant, in-kind air time from local radio station, donation from firearm retailer</p>
<p>Objective 2.1: By Dec. 2024, 10 local construction companies have instituted an education program with Spanish and English resources that encourages seeking help for mental health problems.</p>	<p># local construction companies that have instituted education program with Spanish and English resources that encourages seeking help for mental health problems</p>	<p>Construction industry leaders, construction unions, construction company team leaders, mental health advocates</p>	<p>Provide updates on education program reach estimates at bimonthly coalition meetings. Provide all partners with an annual report on suicide prevention initiatives that includes information on education program. Provide construction company leaders with an annual presentation on education program progress and impact if known.</p>	<p>X state grant</p>

<div>Section 3</div> <div>1) Below, list each SMARTIE Objective (from the last Column in Section 2).</div>	2) What measures will you use to evaluate your objective’s impact?	3) Who could you partner with for the programs, policies, and practices in your SMARTIE Objective?	4) List how and how often you will update partners and key audiences on progress and impact of your program, policy, or practice.	5) List funding types and opportunities you could pursue to develop and carry out this approach over the long term .
	<div><u>DATA</u></div> <div>Key Area 3, Step 5</div>	<div><u>UNITY</u></div> <div>Key Area 3, Step 4</div> <div><u>PLANNING</u></div> <div>Key Area 3, Step 4</div>	<div><u>COMMUNICATION</u></div> <div>Key Area 1, Step 5</div> <div><u>SUSTAINABILITY</u></div> <div>Key Area 1, Step 1</div>	<div><u>SUSTAINABILITY</u></div> <div>Key Area 2, Step 3</div>
Long-term goal, priority group, and sub-group (from Section 1): Reduce suicide deaths in middle-aged men, particularly in construction industry				
Objective 2.2: By Dec. 2025, 2 local construction companies will institute policies allowing for construction workers to use their annual sick days for managing stress and/or seeking out mental health services.	# local construction companies have instituted policy allowing sick days to be used for mental health conditions	Construction industry leaders, construction unions, construction company HR departments, mental health advocates	<p>Provide updates on planning for and implementation of policies during bimonthly coalition meetings.</p> <p>Provide all partners with an annual report on suicide prevention initiatives that includes successes and lessons learned about implementing sick day policies.</p> <p>Provide construction company leaders with bi-annual newsletters on successes related to implementing sick day policies.</p>	X state grant

<div>Section 3</div> <div>1) Below, list each SMARTIE Objective (from the last Column in Section 2).</div>	<div>2) What measures will you use to evaluate your objective's impact?</div>	<div>3) Who could you partner with for the programs, policies, and practices in your SMARTIE Objective?</div>	<div>4) List how and how often you will update partners and key audiences on progress and impact of your program, policy, or practice.</div>	<div>5) List funding types and opportunities you could pursue to develop and carry out this approach over the long term.</div>
	<div><u>DATA</u></div> <div>Key Area 3, Step 5</div>	<div><u>UNITY</u></div> <div>Key Area 3, Step 4</div> <div><u>PLANNING</u></div> <div>Key Area 3, Step 4</div>	<div><u>COMMUNICATION</u></div> <div>Key Area 1, Step 5</div> <div><u>SUSTAINABILITY</u></div> <div>Key Area 1, Step 1</div>	<div><u>SUSTAINABILITY</u></div> <div>Key Area 2, Step 3</div>
Long-term goal, priority group, and sub-group (from Section 1): Reduce suicide deaths in middle-aged men, particularly in construction industry				
<p>Objective 3.1: By Dec. 2024, train 150 unemployed construction workers in new job skills, with at least 30% of these being Black or Latino.</p>	<p># unemployed construction workers trained in new job skills</p> <p>% of trainees who are Black or Latino</p> <p># previously unemployed construction workers who have jobs in new industries</p> <p>% of those with jobs in new industries who are Black or Latino</p>	<p>Labor department, office of unemployment, Veterans' support services, construction industry leaders, construction unions, construction EAP</p>	<p>Provide updates on new job skills training program implementation progress, #s of trainees, % trainees by race, and # with new jobs at bimonthly coalition meetings.</p> <p>Provide all partners with an annual report on suicide prevention initiatives that includes information on job skills trainings. Include #s and success profiles if possible.</p> <p>Incorporate job skills training outcomes into unemployment offices' annual reports.</p>	<p>Y federal grant state is applying for, office of unemployment annual budget for job skills development</p>
<p>Objective 4.1: By Dec. 2024, train 200 construction industry supervisors, primary care providers and their staff, unemployment benefits case workers, and faith leaders and congregants to spot warning signs and refer people to help.</p>	<p># construction industry supervisors, primary care providers and their staff, unemployment benefits case workers, and faith leaders and congregants trained to spot warning signs and get people to help</p> <p># middle-aged men referred to mental health supports, as reported by people trained</p>	<p>Labor department, office of unemployment, Veterans' support services, construction industry leaders, construction unions, construction EAP, families of construction workers, faith communities, firing ranges, firearm retailers, primary care providers</p>	<p>Provide updates on training and referral #s at bimonthly coalition meetings.</p> <p>Provide all partners with an annual report on suicide prevention initiatives that includes information on training impact, including referrals.</p>	<p>AFSP local chapter to donate training of trainers, volunteer gatekeeper trainers, EAP to host training, local hospital to host training</p>

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Long-term goal, priority group, and sub-group (from Section 1): Reduce suicide deaths in middle-aged men, particularly in construction industry				
<p>Objective 5.1: By Dec. 2025, 100 middle-aged men who may be misusing prescription opioids will be identified through the prescription drug monitoring program and referred to addictions screening and treatment.</p>	<p>Electronic database that tracks controlled substance prescriptions is set up</p> <p>Database monitoring and action system is set up</p> <p># middle-aged men with potential substance misuse identified by using database</p> <p># middle-aged men with potential substance misuse identified who are then screened for addictions</p> <p># middle-aged men who screen positive for addictions get into treatment</p>	<p>State office on substance misuse, local substance misuse services, primary care providers, alcohol store retail association, construction industry leaders, construction unions, construction EAP, families of construction workers, faith communities, peer specialists with lived experience in substance misuse</p>	<p>Provide updates on prescription drug monitoring program set-up progress, and then #s, at bimonthly coalition meetings.</p> <p>Provide all partners with an annual report on suicide prevention initiatives that includes information on prescription drug monitoring program impacts.</p>	<p>X state grants</p>

<div>Section 3</div> <div>1) Below, list each SMARTIE Objective (from the last Column in Section 2).</div>	<div>2) What measures will you use to evaluate your objective's impact?</div>	<div>3) Who could you partner with for the programs, policies, and practices in your SMARTIE Objective?</div>	<div>4) List how and how often you will update partners and key audiences on progress and impact of your program, policy, or practice.</div>	<div>5) List funding types and opportunities you could pursue to develop and carry out this approach over the long term.</div>
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Long-term goal, priority group, and sub-group (from Section 1): Reduce suicide deaths in middle-aged men, particularly in construction industry				
Objective 6.1: By November 2024, at least 10 men ages 35-64 from diverse racial groups will have joined the new Men's Shed meetings.	# of men ages 35-64 who have joined planning group % of planning group that is Black and Latino men ages 35-64 Men's Shed program has started # of men ages 35-64 who have joined Men's Shed meetings % of Men's Shed members who are Black or Latino men ages 35-64	Local government, community-based organizations, Latino heritage foundation, construction industry leaders, construction unions, families of construction workers, faith communities especially ones that have big Latino and Black congregations	Provide updates on Men's Shed progress, #s, and % by race at bimonthly coalition meetings. Provide all partners with an annual report on suicide prevention initiatives that includes information on Men's Shed. Provide formal presentations on Men's Shed impacts at local churches and to construction industry leaders.	Local grant, donations and volunteers from construction companies and faith communities