SUICIDE PREVENTION AND INTERVENTION EVALUATION SUMMARY

Connect, a program of the National Alliance on Mental Illness NH (NAMI NH), has been designated as a national best practice program in Prevention and Intervention, following review by national experts in the field.

Connect Prevention and Intervention training is a unique, community-based intervention designed to increase the competence of communities to respond to suicidal ideation, attempts and threats and completed suicides in a manner that ultimately reduces the number and rate of suicides.

The essence of Connect is the training of gatekeepers, professionals and youth in protocols for responding to suicidal events. The protocols were developed by NAMI NH staff working with other professionals representing a variety of disciplines. National experts in suicide prevention also contributed.

PROJECT EVALUATION

Connect trainings address suicide prevention across the lifespan. Current program evaluation efforts have been conducted by Connect program staff using pre- and post-test evaluations collected during Connect Prevention and Intervention trainings.

The evaluation measures the effects of Connect training on participant:
- Knowledge about suicide and suicide prevention.
- Confidence and comfort in dealing with suicide incidents.
- Stigma related to suicide and seeking mental health care services.

<table>
<thead>
<tr>
<th>Discipline</th>
<th>Number Trained</th>
</tr>
</thead>
<tbody>
<tr>
<td>College Campus</td>
<td>51</td>
</tr>
<tr>
<td>Educators</td>
<td>3,259</td>
</tr>
<tr>
<td>First Responders (EMS)</td>
<td>27</td>
</tr>
<tr>
<td>Gatekeepers</td>
<td>1,293</td>
</tr>
<tr>
<td>Law Enforcement</td>
<td>184</td>
</tr>
<tr>
<td>Mental Health/Substance Abuse Providers</td>
<td>916</td>
</tr>
<tr>
<td>Primary Care Providers</td>
<td>234</td>
</tr>
<tr>
<td>Social Services Personnel</td>
<td>1202</td>
</tr>
<tr>
<td>Other/Unknown</td>
<td>375</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>7,541</strong></td>
</tr>
</tbody>
</table>

Updated: February 2021
Prevention and Intervention Evaluation Results

Knowledge about Suicide and Suicide Prevention

- Participants in Connect trainings demonstrated significant increases in overall suicide and suicide prevention knowledge.
- The number of participants answering correctly increased for all items from pre-test to post-test.
- Possible Score Range: 0-8

Confidence and Comfort in Dealing with Suicide Incidents

- After taking part in Connect trainings, participants report feeling better prepared to respond to suicide incidents. This includes increases in:
  - Confidence in their own knowledge and abilities.
  - Comfort with the topic of suicide prevention.
- Possible Score Range: 0-50

Stigma Related to Discussing the Topic of Suicide and Seeking Mental Health Care Services

- Participants in Connect trainings also demonstrated significant decreases in stigma around suicide and seeking mental health care. This includes:
  - More willing to talk about suicide.
  - Greater willingness to access mental health care.
  - Increased acknowledgement of mental illness as a serious issue.
- Possible Score Range: 60-0

Significance Levels: *p<0.05, **p<0.01, ***p<0.001

For more information: Contact Elaine de Mello at edemello@NAMINH.org or visit www.TheConnectProgram.org