Greater Boston Coalition for Suicide Prevention: What We Do and Why We Do It

**Problems**
- Lack of culturally and linguistically appropriate suicide prevention, intervention and postvention services for many groups
- People aren't getting the help that they need when they need it
- Fragmentation/silos within the provider community

**Strategies**
- Identify diverse people who have experience with depression and suicide who are willing to share their stories
- Capture quotes from people using Needham’s model of 4 Q survey
- Conduct focus groups with cultural communities that have a particular interest in or risk for suicide
- Give basic info about warning signs, protective factors and prevention (including means restriction) to people in multiple sectors: parents, law enforcement, businesses, academia, secular community leaders, religious leaders, primary care providers, case workers
- Collect and compile coalition members’ expertise, availability, and knowledge of other resources
- Convene members from diverse organizations and multiple sectors

**Outputs**
- 10 people from diverse backgrounds willing to share their stories identified and then connected to processes to help capture their stories like “survivors voices” training or MCCG’s “wisdom exchange” model
- Quotes from diverse people about resilience and coping strategies
- Design and dissemination of public awareness campaigns/local dissemination of quotes and stories
- Lists of existing community-specific, culturally appropriate resources, key community leaders, protective factors and risk factors and ideas about how to increase help-seeking
- Presentations of findings to professional audiences and to communities that participated
- Written recommendations and considerations for trainers to increase cultural competence of trainings offered by coalition members and others
- Trainings and ‘Train-the-Trainers’ (in coordination w/focus groups) about mental health and suicide by the coalition for service providers and individual community members
- Lists of existing community-specific, culturally appropriate resources, key community leaders, protective factors and risk factors and ideas about how to increase help-seeking

**Short-term outcomes**
- Greater Awareness of coping strategies
- Quotes from diverse people about resilience and coping strategies
- Design and dissemination of public awareness campaigns/local dissemination of quotes and stories
- Lists of existing community-specific, culturally appropriate resources, key community leaders, protective factors and risk factors and ideas about how to increase help-seeking
- Presentations of findings to professional audiences and to communities that participated
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**Intermediate outcomes**
- increased coping skills
- Less sense of isolation for people experiencing mental illness
- Decreased perception that help-seeking is a weakness
- Providers know more about needs, culture-specific resources and protective factors of specific populations
- Stronger connections between the coalition and diverse communities
- Increased knowledge about services, what therapy involves, and the possibilities of recovery
- More diverse trainers
- People notice warning signs for suicide in themselves and others and know what to do
- Cultural communities talk about mental health more openly
- Decreased perception that help-seeking is a weakness
- Increased awareness of coping strategies
- Lists of existing community-specific, culturally appropriate resources, key community leaders, protective factors and risk factors and ideas about how to increase help-seeking
- Presentations of findings to professional audiences and to communities that participated
- Written recommendations and considerations for trainers to increase cultural competence of trainings offered by coalition members and others
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**Long-term outcomes**
- Increased help-seeking and resilience
- Decrease in suicidal thoughts, behaviors and deaths
- Cultural communities talk about mental health more openly
- Increased awareness of coping strategies
- Lists of existing community-specific, culturally appropriate resources, key community leaders, protective factors and risk factors and ideas about how to increase help-seeking
- Presentations of findings to professional audiences and to communities that participated
- Written recommendations and considerations for trainers to increase cultural competence of trainings offered by coalition members and others
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Logic model version 1, created October 2015 with Emily Bhargava of Connection Lab LLC