

Preventing trauma and suicide during catastrophic events and beyond

Strategy Assessment Activity Booklet

The purpose of this activity booklet is to support you and your partners in mapping your current suicide prevention efforts to the strategies outlined in CDC’s [Preventing Suicide: A Technical Package of Policy, Programs, and Practices](#) and planning for future efforts. It is meant to be completed collectively in a group setting. There are no right or wrong answers, but your responses can help you identify strengths and opportunities for moving forward.

Review the CDC’s recommended strategies and map your current efforts

In this step you will reflect on your existing prevention efforts and how they map on to the strategies listed in CDC’s [Preventing Suicide: A Technical Package of Policy, Programs, and Practices](#). As you complete this portion of the activity booklet, reference the technical package for details on each strategy and approaches within each strategy.

The activity booklet includes the following steps:

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STRATEGY 1: STRENGTHEN ECONOMIC SUPPORTS

To what extent are you engaged in strengthening economic supports (check one):

Leading implementation of this strategy

Supporting implementation of this strategy

Learning more about this strategy and building our capacity

Not currently engaged in this strategy

Map your current efforts related to strengthening economic supports:

What we're doing (description of local strategy):	Who we're focused on (population of focus): Examples: Black young adults, veterans, certain geography, etc.	What factors we're addressing (risk and protective factors): Examples: financial stress, social isolation, etc.	Who we're collaborating with (partners):	What we need to consider for catastrophic event contexts:	What we're learning and additional notes:

STRATEGY 2: STRENGTHEN ACCESS AND DELIVERY OF SUICIDE CARE

To what extent are you engaged in strengthening access and delivery of suicide care (check one):

Leading implementation of this strategy

Supporting implementation of this strategy

Learning more about this strategy and building our capacity

Not currently engaged in this strategy

Map your current efforts related to strengthening access and delivery of suicide care:

What we're doing (description of local strategy):	Who we're focused on (population of focus): Examples: Black young adults, veterans, certain geography, etc.	What factors we're addressing (risk and protective factors): Examples: financial stress, social isolation, etc.	Who we're collaborating with (partners):	What we need to consider for catastrophic event contexts:	What we're learning and additional notes:

STRATEGY 3: CREATE PROTECTIVE ENVIRONMENTS

To what extent are you engaged in creating protective environments (check one):

Leading implementation of this strategy

Supporting implementation of this strategy

Learning more about this strategy and building our capacity

Not currently engaged in this strategy

Map your current efforts related to creating protective environments:

What we're doing (description of local strategy):	Who we're focused on (population of focus): Examples: Black young adults, veterans, certain geography, etc.	What factors we're addressing (risk and protective factors): Examples: financial stress, social isolation, etc.	Who we're collaborating with (partners):	What we need to consider for catastrophic event contexts:	What we're learning and additional notes:

STRATEGY 4: PROMOTE CONNECTEDNESS

To what extent are you engaged in promoting connectedness (check one):

Leading implementation
of this strategy

Supporting implementation
of this strategy

Learning more about this strategy
and building our capacity

Not currently engaged
in this strategy

Map your current efforts related to promoting connectedness:

What we're doing (description of local strategy):	Who we're focused on (population of focus): Examples: Black young adults, veterans, certain geography, etc.	What factors we're addressing (risk and protective factors): Examples: financial stress, social isolation, etc.	Who we're collaborating with (partners):	What we need to consider for catastrophic event contexts:	What we're learning and additional notes:

STRATEGY 5: TEACH COPING AND PROBLEM-SOLVING SKILLS

To what extent are you engaged in teaching coping and problem-solving skills (check one):

Leading implementation of this strategy

Supporting implementation of this strategy

Learning more about this strategy and building our capacity

Not currently engaged in this strategy

Map your current efforts related to teaching coping and problem-solving skills:

What we're doing (description of local strategy):	Who we're focused on (population of focus): Examples: Black young adults, veterans, certain geography, etc.	What factors we're addressing (risk and protective factors): Examples: financial stress, social isolation, etc.	Who we're collaborating with (partners):	What we need to consider for catastrophic event contexts:	What we're learning and additional notes:

STRATEGY 6: IDENTIFY AND SUPPORT PEOPLE AT RISK

To what extent are you engaged in identifying and supporting people at risk (check one):

Leading implementation of this strategy

Supporting implementation of this strategy

Learning more about this strategy and building our capacity

Not currently engaged in this strategy

Map your current efforts related to identifying and supporting people at risk:

What we're doing (description of local strategy):	Who we're focused on (population of focus): Examples: Black young adults, veterans, certain geography, etc.	What factors we're addressing (risk and protective factors): Examples: financial stress, social isolation, etc.	Who we're collaborating with (partners):	What we need to consider for catastrophic event contexts:	What we're learning and additional notes:

STRATEGY 7: LESSEN HARMS AND PREVENT FUTURE RISK

To what extent are you engaged in lessening harms and preventing future risk (check one):

Leading implementation of this strategy

Supporting implementation of this strategy

Learning more about this strategy and building our capacity

Not currently engaged in this strategy

Map your current efforts related to lessening harms and preventing future risk:

What we're doing (description of local strategy):	Who we're focused on (population of focus): Examples: Black young adults, veterans, certain geography, etc.	What factors we're addressing (risk and protective factors): Examples: financial stress, social isolation, etc.	Who we're collaborating with (partners):	What we need to consider for catastrophic event contexts:	What we're learning and additional notes:

Discuss your findings

Flip through your responses on the previous pages as you respond to the following questions:

How many of the strategies from the CDC's technical package are you currently advancing?

Strategies from the CDC's technical package are intended to work in combination and reinforce each other to prevent suicide. What strategies do you see as opportunities to expand your efforts? Where might you need to focus more attention?

Among which strategies are you interested in building your capacity to act and who might you need to engage to do so?

What are your next steps?

