

Increased Parent Involvement to Prevent Adolescent Suicide in Cody, Wyoming



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Hypothesis

- Decrease adolescent suicide in Cody, WY through suicide prevention gatekeeper training for parents



View of Cody Community

Background

- Rural community with a population of 10,174; nearly 25% being under the age of 18
- Suicide is 6th leading cause of death in Park County, 2nd for persons aged 15-44
- Concerns about adolescent mental health reported from providers and community members
- Rural areas have higher suicide rates than urban areas

Community Profile Assets

- Yellowstone Behavioral Health Center (YBHC) provides accessible, affordable behavioral health services
 - Therapy sessions
 - Medication management
 - On-call care for hospital ED
 - Work with first responders and schools
- Other Community Assets:
 - School Counselors
 - Adolescent Psychiatry



Conclusions

- YBHC provides trainings for educators, so trainings can be expanded to parents.
 - Trained professionals educating parents
 - In-person training offers parents ability to ask questions
 - Trainings held at schools creates easy meeting location
- Provides parents with resources/knowledge
- Creates consistency between educators and parents on evaluation of a child
- Multiple training times and online/paper resources needed to accommodate parent availability

Literature Review

- Online suicide alertness training designed for parents of adolescents
 - Increase in suicide literacy
 - Reduced suicide stigma
 - Increased self-efficacy in ability to assist child with suicidal ideation
- Barriers:
 - Time constraint for parents
 - Bias/Discomfort with suicide

Changes to Parent Perceptions Following Gatekeeper Training Program

	T1	T2	T3
Suicide Stigma	-	0.009	0.025
Self-Efficacy	-	<0.001	0.035
Suicide Literacy	-	0.309	0.018