

APPENDIX C - Suicide Prevention and Mental Health Promotion Project Intervention Options 2017-2018

Please choose a Mental Health Promotion Project utilizing this list of Mental Health Promotion programs/interventions. All programs were selected using the **SAMHSA website** at this link <http://nrepp.samhsa.gov/AdvancedSearch.aspx>. When you arrive at the link, check the box that says "Mental Health Promotion" in the "Areas of Interest" box and click "Search" at the bottom of the page. You will then be able to view the programs/interventions below.

The list below was organized into *domain type* including, community and school, family, and individual/peer based programs. The last page is specific to suicide prevention related interventions. Programs were vetted based on review program type and quality of research standards. Interventions/programs in **GREEN font** are those programs and interventions currently implemented by other Tribal programs in Washington State.

Community Based and School Based

Strategy Name	IOM Type	Population	Setting	Brief Description
Model Adolescent Suicide Prevention Program (MASPP)	Universal, Selective, Indicated	Adolescents And Young Adults Community	Outpatient, Home, School, Community Settings	The Model Adolescent Suicide Prevention Program (MASPP) is a public health-oriented suicidal-behavior prevention and intervention program originally developed for a small American Indian tribe in rural New Mexico to target high rates of suicide among its adolescents and young adults.
QPR Gatekeeper Training for Suicide Prevention	Universal	Community	Outpatient, School, Workplace	The QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention is a brief educational program designed to teach "gatekeepers"--those who are strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers)--the warning signs of a suicide crisis and how to respond.
Safe & Civil Schools Positive Behavioral Interventions and Supports Model	Universal	School Wide Improvement	School	The Safe & Civil Schools Positive Behavioral Interventions and Supports (PBIS) Model is a multicomponent, multitiered, comprehensive approach to school wide improvement . Integrating applied behavior analysis, research on effective schools, and systems change management theory, the intervention is an application of positive behavior support (PBS), a set of strategies or procedures designed to improve behavior by employing positive and systematic techniques.
Virginia Student Threat Assessment Guidelines	Universal, Selective, Indicated	School-Based Manualized Process Community Based	School	The Virginia Student Threat Assessment Guidelines (V-STAG) is a school-based manualized process designed to help school administrators, mental health staff, and law enforcement officers assess and respond to threat incidents involving students in kindergarten through 12th grade and prevent student violence.
SAFEChildren	Selective	Families	School,	Schools And Families Educating Children (SAFEChildren) is a family-focused preventive intervention designed to increase academic achievement and decrease risk for later drug

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			Other Community Settings	abuse and associated problems such as aggression, school failure, and low social competence.
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Family Domain

Strategy Name	IOM Type	Population	Setting	Brief Description
Active Parenting Now	Universal, Selective, Indicated	Parents Of 2- To 12-Year-Olds	Home, School, Other community settings	Active Parenting Now is a video-based education program targeted to parents of 2- to 12-year-olds who want to improve their parenting skills. It is based on the application of Adlerian parenting theory , which is defined by mutual respect among family members within a democratically run family.
Active Parenting of Teens: Families in Action 2.5	Universal, Selective, Indicated	Parents Of Middle School-Aged Youth	Home, School, Other community settings	Active Parenting of Teens: Families in Action is a school- and community-based intervention for middle school-aged youth designed to increase protective factors that prevent and reduce alcohol, tobacco, and other drug use; irresponsible sexual behavior; and violence.
Chicago Parent Program	Universal	Children Ages 2 To 5	Other community settings	The Chicago Parent Program (CPP) is a parenting skills training program that aims to reduce behavior problems in children ages 2 to 5 by improving parenting self-efficacy and promoting positive parenting behavior and child discipline strategies.
Children of Divorce Intervention Program (CODIP)	Selective	Parents Of Children Ages 5-14	School	The Children of Divorce Intervention Program (CODIP) is a school-based preventive intervention delivered to groups of children ages 5-14 who are dealing with the challenges of parental separation and divorce .
Creating Lasting Family Connections Marriage Enhancement Program	Selective Indicated	Couples	Outpatient Correctional Other community settings	Designed for couples in which one or both partners have been physically and/or emotionally distanced because of separation due to incarceration, military service, substance abuse, or other circumstances. Two certified trainers implement the module-based program with a group of 4-15 couples through one of the following implementation options: (1) an 8- to 10-session format (with 2-hour sessions), (2) a 2- to 3-day weekend retreat format, or (3) an 18- to 20-session format (with 2-hour sessions) that includes all modules.
Familias Unidas	Universal, Selective, Indicated	Hispanic Families With Children Ages 12-17	Home, School	Familias Unidas is a family-based intervention for Hispanic families with children ages 12-17. The program is designed to prevent conduct disorders; use of illicit drugs, alcohol, and cigarettes; and risky sexual behaviors by improving family functioning.

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Family Expectations	Universal Selective	Low-income couples who are expecting a baby or have just had a baby,	Outpatient	Family Expectations is a skills-base, relationship education program with new parents participating at varied levels until their baby is 1 year old. The program is designed to increase family well-being by strengthening and improving the quality of the couple's relationship , increasing their use of constructive conflict management behaviors while avoiding the use of destructive behaviors, and improving each partner's ability to successfully coparent the child.
Family Foundations	Universal	Adult Couples Expecting Their First Child	Other community settings	Family Foundations, a program for adult couples expecting their first child, is designed to help them establish positive parenting skills and adjust to the physical, social, and emotional challenges of parenthood.
Family Spirit	Indicated	American Indian teenage mothers	Outpatient Home Other community settings	Family Spirit is a culturally tailored home-visiting intervention for American Indian teenage mothers--who generally experience high rates of substance use, school dropout, and residential instability--from pregnancy through 36 months postpartum. The intervention is designed to increase parenting competence, reduce maternal psychosocial and behavioral risks that could interfere with effective parenting, and promote healthy infant and toddler emotional and social adjustment. It also aims to prepare toddlers for early school success, promote parents' coping and life skills, and link families to appropriate community services.
Guiding Good Choices	Universal	Parents Of Children In Grades 4 Through 8 (9 To 14 Years Old)	School, Other community settings	Guiding Good Choices (GGC) is a drug use prevention program that provides parents of children in grades 4 through 8 (9 to 14 years old) with the knowledge and skills needed to guide their children through early adolescence .
Legacy for Children	Selective	Low-income mothers of infants and young children	Home Other community settings	Curriculum-driven parenting intervention designed to positively impact the early development of children of limited-resource mothers. Specifically, this primary prevention strategy aims to improve child outcomes by increasing positive parenting among low-income mothers of infants and young children.
Mental Health First Aid	Universal Selective Indicated	Adults	Workplace Other community settings	Mental Health First Aid is an adult public education program designed to improve participants' knowledge and modify their attitudes and perceptions about mental health and related issues, including how to respond to individuals who are experiencing one or more acute mental health crises or are in the early stages of one or more chronic mental health problems.

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Metropolitan Family Services Parenting Fundamentals	Universal Selective	Parents of children in the following age groups: 0-4, 4-8, 8-12, and 12-18	Home Other community settings	Group-based parent education and skills training program for parents who speak English or Spanish and, often, have low incomes, are part of an immigrant family, and/or are involved with the court or social service system. The program is designed to improve participants' parenting strategies and, by extension, to improve their children's behavior, social capacities, emotional competencies, and cognitive abilities.
Nurse-Family Partnership	Selective	First-Time Parents And Their Children	Home	Nurse-Family Partnership (NFP) is a prenatal and infancy nurse home visitation program that aims to improve the health, well-being, and self-sufficiency of low-income , first-time parents and their children.
Nurturing Parenting Programs	Selective, Indicated	Families	Home, Other community settings	The Nurturing Parenting Programs (NPP) are family-based programs for the prevention and treatment of child abuse and neglect. The programs were developed to help families who have been identified by child welfare agencies for past child abuse and neglect or who are at high risk for child abuse and neglect .
Parent Corps	Universal	Family Young Children (Ages 3-6)	School, Other community settings	ParentCorps is a culturally informed, family-centered preventive intervention designed to foster healthy development and school success among young children (ages 3-6) in families living in low-income communities .
Parenting Management Training – The Oregon Model	Indicated	Separated single mothers	Other community settings	Theory-based intervention to prevent internalizing and externalizing conduct behaviors and associated problems and promote healthy child adjustment. PMTO provides recently separated single mothers with 14 weekly group sessions to learn effective parenting practices including skill encouragement, limit-setting, problem-solving, monitoring, and positive involvement.
Parenting Wisely	Universal, Selective, Indicated	Parents Of Children Ages 3-18 Years	Other community settings	Parenting Wisely is a set of interactive, computer-based training programs for parents of children ages 3-18 years. Based on social learning, cognitive behavioral, and family systems theories, the programs aim to increase parental communication and disciplinary skills.
Parents as Teachers	Universal	Parents From Pregnancy To Kindergarten	Home	Parents as Teachers (PAT) is an early childhood family support and parent education home-visiting model . Families may enroll in Parents as Teachers beginning with pregnancy and may remain in the program until the child enters kindergarten.
Triple P--Positive Parenting Program	Universal, Selective, Indicated	Families With Children	Outpatient, Other	The Triple P--Positive Parenting Program is a multilevel system or suite of parenting and family support strategies for families with children from birth to age 12, with extensions to families with teenagers ages 13 to 16. Triple P is designed to prevent social, emotional,

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		From Birth To Age 12	community settings	behavioral, and developmental problems in children by enhancing their parents' knowledge, skills, and confidence.
Strengthening Families Program	Universal, Selective, Indicated	Parents And Children 3-16 Years Old	Home School	The Strengthening Families Program (SFP) is a family skills training program designed to increase resilience and reduce risk factors for behavioral, emotional, academic, and social problems in children 3-16 years old.
Strengthening Families Program: For Parents and Youth 10-14	Universal	Parents And Youth 10-14 (SFP 10-14)	School, Other community settings	The Strengthening Families Program: For Parents and Youth 10-14 (SFP 10-14) is a family skills training intervention designed to enhance school success and reduce youth substance use and aggression among 10- to 14-year-olds.
Strong African American Families (SAAF)	Universal	10- To 14-Year-Old African American Youths And Their Primary Caregivers	School, Other community settings	Strong African American Families (SAAF) is a culturally tailored, family-centered intervention for 10- to 14-year-old African American youths and their primary caregivers. The goal of SAAF is to prevent substance use and behavior problems among youth by strengthening positive family interactions, preparing youths for their teen years, and enhancing primary caregivers' efforts to help youths reach positive goals. Facilitators administer SAAF through seven 2-hour sessions using separate skill-building curricula for youths and primary caregivers.
Systematic Training for Effective Parenting (STEP)	Selective	Parents Of Children Ages 6 Through 12	Outpatient, School, Other community settings	Systematic Training for Effective Parenting (STEP) provides skills training for parents dealing with frequently encountered challenges with their children that often result from autocratic parenting styles.

Individual/Peer Domain

Strategy Name	IOM Type	Population	Setting	Brief Description
All Stars	Universal	Middle School Students (11-14 Years Old)	School	All Stars is a school-based program for middle school students (11-14 years old) designed to prevent and delay the onset of high-risk behaviors such as drug use, violence, and premature sexual activity.
Al's Pals: Kids Making Healthy Choices	Universal, Selective	Children Ages 3-8 In Preschool, Kindergarten,	School, Other Community Settings	Al's Pals: Kids Making Healthy Choices is a school-based prevention program that seeks to develop social-emotional skills such as self-control, problem-solving, and healthy decision-making in children ages 3-8 in preschool, kindergarten, and first grade.

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		AMAnd First Grade		
AMIkids Personal Growth Model	Selective Indicated	10- to 17-year-old youth	Residential Home School Other community settings	Comprehensive approach to treatment for 10- to 17-year-old youth who have been adjudicated and, in lieu of incarceration, assigned to a day treatment program, residential treatment setting, or alternative school or who have been assigned to an alternative school after failing in a conventional school setting. The AMIkids PGM, which is intended for use over 6-8 months, is designed to target and reduce the risk factors that sustain delinquent behavior and academic failure, reduce recidivism, improve program completion rates, and promote academic achievement.
Anti-Defamation League (ADL) Peer Training Program	Universal	Middle And High Schools	School	The Anti-Defamation League (ADL) Peer Training Program is an anti-bias and diversity training program intended for use in middle and high schools. The program prepares select students to be peer trainers.
ATHENA (Athletes Targeting Healthy Exercise & Nutrition Alternatives)	Selective	Middle And High School Female Athletes	School	The ATHENA (Athletes Targeting Healthy Exercise & Nutrition Alternatives) program uses a school-based, team-centered format that aims to reduce disordered eating habits and deter use of body-shaping substances among middle and high school female athletes.
Big Brothers Big Sisters Mentoring Program	Universal	Youth Ages 6-18 ("Littles")	Other Community Settings	The Big Brothers Big Sisters Mentoring Program is designed to help participating youth ages 6-18 ("Littles") reach their potential through supported matches with adult volunteer mentors ages 18 and older ("Bigs").
Building Skills	Universal	5th Graders	School	Building Skills is a 12-lesson curriculum designed to help 5th graders avoid or reduce high-risk behaviors, including substance abuse, by improving their inter- and intrapersonal skills . Curriculum topics include self-esteem, goal setting, decision making, problem solving, communication skills, choosing friends, stress/anger management, conflict resolution, assertiveness, and substance refusal skills.
CAPSLE: Creating Peaceful Environment	Universal	Kindergarten through 12th grade	School Other community settings	Designed to reduce student aggression, victimization, aggressive bystander behavior, and disruptive or off-task classroom behaviors. CAPSLE is implemented over the course of 3-5 years so schools, families, and the community develop a willingness to work together.
Collaborative HIV Prevention and Adolescent Mental Health	Selective	Family-Focused For 4th- And 5th-Grade Students	Home, Other Community Settings	The Collaborative HIV Prevention and Adolescent Mental Health Project (CHAMP) Family Program is a 12-week, family-focused, developmentally timed intervention for 4th- and 5th-grade students in urban, low-income communities .

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Project (CHAMP) Family Program				
Conscious Discipline	Universal	Early childhood	School / Classroom	Conscious Discipline is an early childhood, social emotional learning (SEL) program that aims to modify teacher and child behavior in order to create classrooms based on safety, connection, and problem solving instead of external rewards and punishments.
Coping With Work and Family Stress	Universal	18 Years And Older	Workplace	Coping With Work and Family Stress is a workplace preventive intervention designed to teach employees 18 years and older how to deal with stressors at work and at home. The model is derived from Pearlin and Schooler's hierarchy of coping mechanisms as well as Bandura's social learning theory.
Cross-Age Mentoring Program (CAMP) for Children With Adolescent Mentors	Universal Selective	Grades 9-11 with younger students in grades 4-8	School Other community settings	Links high school students typically in grades 9-11 with younger students in grades 4-8 in a mentor-mentee relationship , with the goal of benefiting both mentors and mentees. The relationship is intended to enhance connectedness to school, peers, family, and community for both the mentors and mentees, as well as to improve academic achievement for the younger students and increase civic mindedness, self-efficacy, confidence, and self-esteem for the older students.
Curriculum-Based Support Group (CBSG) Program	Selective, Indicated	Children And Youth Ages 4-17	School	The Curriculum-Based Support Group (CBSG) Program is a support group intervention designed to increase resiliency and reduce risk factors among children and youth ages 4-17 who are identified as being at elevated risk for early substance use and future delinquency and violence (e.g., they are living in adverse family situations, displaying observable gaps in coping and social skills, or displaying early indicators of antisocial attitudes and behaviors).
DARE to be You	Universal, Selective	High-Risk Families With Children 2 To 5 Years Old	Other Community Settings	DARE to be You (DTBY) is a multilevel prevention program that serves high-risk families with children 2 to 5 years old. Program objectives focus on children's developmental attainments and aspects of parenting that contribute to youth resilience to later substance abuse, including parental self-efficacy, effective child rearing, social support, and problem-solving skills.
Early HeartSmarts Program for Preschool Children	Universal, Selective	Children Ages 3-6	School	The Early HeartSmarts Program for Preschool Children is designed to facilitate the social, emotional, physical (i.e., motor skills), cognitive, and language development of children ages 3-6. The program is based on over a decade of research on the role that positive emotions play in the functioning of the body, brain, and nervous system and the subsequent positive impact of these emotions on cognitive development.
Early Risers "Skills for Success"	Selective, Indicated	6- To 12-Year-Old	Home, School, Other	Early Risers "Skills for Success" is a multicomponent, developmentally focused, competency-enhancement program that targets 6- to 12-year-old elementary school

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Families and Schools Together (FAST)	Universal, Selective, Indicative	Families, Schools, And Communities	School, Other Community Settings	Families and Schools Together (FAST) is a 2 year multifamily group intervention designed to build relationships between families, schools, and communities to increase well-being among elementary school children.
Fourth R: Skills for Youth Relationships	Universal	8th- And 9th- Grade Students	School	The Fourth R: Skills for Youth Relationships is a curriculum for 8th- and 9th-grade students that is designed to promote healthy and safe behaviors related to dating, bullying, sexuality, and substance use.
FRIENDS Program	Universal	Ages 4-adult	School	A cognitive behavioral intervention that focuses on the promotion of emotional resilience to prevent--or intervene early in the course of--anxiety and depression in childhood, adolescence, and adulthood. It is intended for use both as a self-development course and as an intervention, and it helps participants in developing social and emotional skills to effectively cope with challenging situations.
Good Behavior Game (GBG)	Universal	Elementary School	School	Good Behavior Game (GBG) is a classroom-based behavior management strategy for elementary school that teachers use along with a school's standard instructional curricula. GBG uses a classroom-wide game format with teams and rewards to socialize children to the role of student and reduce aggressive, disruptive classroom behavior, which is a risk factor for adolescent and adult illicit drug abuse, alcohol abuse, cigarette smoking, antisocial personality disorder (ASPD), and violent and criminal behavior.
High Scope Curriculum	Universal	Children Ages Birth To 5 Years	School	The HighScope Curriculum is an early childhood education program for children ages birth to 5 years. Designed for children with or without special needs and from diverse socioeconomic backgrounds and ethnicities , the program aims to enhance children's cognitive, socioemotional, and physical development, imparting skills that will help children succeed in school and be more productive and responsible throughout their lives.
I Can Problem Solve (ICPS)	Universal	Children Ages 4-12	School	I Can Problem Solve (ICPS) is a universal school-based program that focuses on enhancing the interpersonal cognitive processes and problem-solving skills of children ages 4-12. ICPS is based on the idea that there is a set of these skills that shape how children (as well as adults) behave in interpersonal situations, influencing how they conceptualize their conflicts with others, whether they can think of a variety of solutions to these problems, and whether they can predict the consequences of their own actions.
Incredible Years	Selective, Indicated	Children, Their Parents And Teachers	Outpatient, Home, School, Other	Incredible Years is a set of three interlocking, comprehensive, and developmentally based training programs for children and their parents and teachers. These programs are guided by developmental theory on the role of multiple interacting risk and protective factors in the development of conduct problems.

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			Community Settings	
InShape Prevention Plus Wellness	Universal	College Students Ages 18-25	School	InShape is a brief intervention designed to reduce drug abuse and increase positive mental and physical health outcomes among college students ages 18-25. The intervention incorporates naturally motivating social images (image prototypes of a typical peer who engages in a specific health behavior) and future self-images (images of a possible future desired self) to help young adults think about and plan positive changes in their lives.
INSIGHTS into Children's Temperament	Universal	Students in grades K–2, their parents, and their teachers	School / Classroom	The goal of the children's program is to enhance their empathy skills; facilitate their appreciation of the uniqueness of family members, friends, and teachers; and employ problem-solving techniques when they encounter daily challenges. For parents and teachers, there is a 10-session curriculum held in weekly 2-hour sessions, which include didactic content, videotaped vignettes, role playing, discussion, and assignments.
Joven Noble	Selective, Indicated	Male Latino Youth Ages 10-24	Outpatient, Correctional, School, Other Community Settings	Joven Noble is a youth development, support, and leadership enhancement curriculum designed to strengthen protective factors among male Latino youth ages 10-24. The curriculum aims to promote the character development of young men and facilitate continued "rites of passage" development with the goals of reducing and preventing unwanted or unplanned pregnancies, substance abuse, community violence, and relationship violence.
Kognito At-Risk for College Students	Universal	College Students And Student Leaders	Home, School	Kognito At-Risk for College Students is a 30-minute, online, interactive training simulation that prepares college students and student leaders, including resident assistants, to provide support to peers who are exhibiting signs of psychological distress such as depression, anxiety, substance abuse, and suicidal ideation.
Lesson One	Universal	Prekindergarten Through Grade 6	School	Lesson One: The ABCs of Life is a universal, school-based intervention designed to integrate social competency skills with academics in prekindergarten through grade 6. Grounded in the theory of social and emotional competence, Lesson One prepares children with the basic life skills that they will need throughout their lives to make healthy decisions; avoid violence, bullying, and other risk-taking behaviors; and achieve personal and academic success.
Lions Quest Skills for Adolescence	Universal	Youth Grades 6-8 (Ages 10-14)	School	Lions Quest Skills for Adolescence (SFA) is a multicomponent, comprehensive life skills education program designed for school wide and classroom implementation in grades 6-8 (ages 10-14). The goal of Lions Quest programs is to help young people develop positive commitments to their families, schools, peers, and communities and to encourage healthy, drug-free lives.

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Michigan Model for Health	Universal	Students Aged 5-19 Years (Grades K-12)	Home, School	The Michigan Model for Health is a comprehensive and sequential health education curriculum that aims to give students aged 5-19 years (grades K-12) the knowledge and skills needed to practice and maintain healthy behaviors and lifestyles.
New Beginnings Program	Selective	Divorced Parents Who Have Children Between The Ages Of 3 And 17	N/A	The New Beginnings Program (NBP) is designed for divorced parents who have children between the ages of 3 and 17. The goal of NBP is to promote resilience of children following parental divorce . The NBP consists of 10 weekly group sessions and two individual sessions.
New York University Caregiver Intervention (NYUCI)	Selective	55+ (Older Adult)	Outpatient, Home, Other Community Settings	New York University Caregiver Intervention (NYUCI) is a counseling and support intervention for spouse caregivers that are intended to improve the well-being of caregivers and delay the nursing home placement of patients with Alzheimer's disease.
Open Circle	Universal	Kindergarten Through Grade 5	School	Open Circle, a curriculum-based program for youth in kindergarten through grade 5, is designed to strengthen students' social and emotional learning (SEL) skills related to self-awareness, self-management, social awareness, interpersonal relationships, and problem solving and to foster safe, caring, and highly engaging classroom and school communities.
PALS: Prevention through Alternative Learning Styles	Universal, Selective	Primarily For Middle School Students	School	Goals of PALS include (1) lowering students' intentions to use ATOD, (2) increasing students' use of refusal skills, and (3) enhancing students' knowledge of the effects of ATOD, peer pressure and healthy decision making, and different learning styles. PALS is implemented through the use of interactive group activities , scientific laboratory demonstrations, videos, games, creative writing and art projects, and small group discussions.
Peaceful Alternatives to Tough Situations (PATTS)	Universal	Kindergarten Through High School	School	Peaceful Alternatives to Tough Situations (PATTS) is a school-based aggression management program designed to help students increase positive conflict resolution skills, increase the ability to forgive transgressions, and reduce aggressive behavior. PATTS features three separate curricula (for kindergarten through grade 2, grades 3 through 5, and middle and high school), each of which is delivered in nine weekly, 1-hour sessions.
Penn Resilience Training for College Students	Selective	Freshmen University Students	Outpatient, School	Penn Resilience Training for College Students is a brief prevention program for freshmen university students at risk for depression. The program teaches a range of techniques based on the work of Beck and colleagues on cognitive therapy for depression .

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Prevention and Relationship Enhancement Program (PREP)	Universal	Young Adults (18-25), Adults (26-55)	School, Other Community Settings	The goal of the Prevention and Relationship Enhancement Program (PREP) is to modify or enhance those dimensions of couples' relationships that research and theory have linked to effective marital functioning , such as communication, problem-solving skills, and protecting positive connections and expectations.
Primary Project	Universal, Indicated	Children 4-9 Years Old	School	Primary Project (formerly the Primary Mental Health Project, or PMHP) is a school-based program designed for early detection and prevention of school adjustment difficulties in children 4-9 years old (preschool through 3rd grade).
Project MAGIC (Making A Group and Individual Commitment)	Selective, Indicated	Juvenile Offenders Ages Of 12 And 18	School, Other Community Settings	Project MAGIC (Making A Group and Individual Commitment) is an alternative to juvenile detention for first-time offenders between the ages of 12 and 18. The program's goals include helping youths achieve academic success; modifying attitudes about alcohol, tobacco, and other drugs; and enhancing life skills development and internal locus of control.
Promoting Alternative Thinking Strategies (PATHS)	Universal	Children In Elementary (6-12) School Or Preschool (0-5)	School	Promoting Alternative Thinking Strategies (PATHS) and PATHS Preschool are school-based preventive interventions for children in elementary school or preschool. The interventions are designed to enhance areas of social-emotional development such as self-control, self-esteem, emotional awareness, social skills, friendships, and interpersonal problem-solving skills while reducing aggression and other behavior problems.
Reconnecting Youth: A Peer Group Approach to Building Life Skills	Selective, Indicated	Students Ages 14-19 Years	School	Reconnecting Youth: A Peer Group Approach to Building Life Skills (RY) is a school-based prevention program for students' ages 14-19 years that teaches skills to build resiliency against risk factors and control early signs of substance abuse and emotional distress.
Relationship Smarts PLUS (RS+)	Universal	Youth Ages 14-18	School	Relationship Smarts PLUS (RS+) is designed to help youth ages 14-18 gain knowledge and develop skills for making good decisions about forming and maintaining healthy relationships . Based on the cognitive and communications theories and concepts embodied in the Prevention and Relationship Enhancement Program (PREP), reviewed separately by NREPP, RS+ aims to increase reasoning and positive conflict management skills, healthy relationship skills and knowledge, and beliefs regarding healthy relationships, while decreasing destructive verbal and physical aggression.
Resolving Conflict Creatively Program	Universal	Prekindergarten through 12th	School	Designed to help children develop social-cognitive and interpersonal behavioral skills to reduce violence and prejudice, form caring relationships, and build healthy lives. RCCP's main goal is to change the mental processes and interpersonal behavioral strategies that lead children to engage in aggression and violence by teaching them constructive conflict

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				resolution strategies and promoting positive intergroup relations. One 40- to 50-minute lesson per week throughout the school year.
Responding in Peaceful and Positive Ways (RiPP) Promising	Universal	Middle School Students	School	Responding in Peaceful and Positive Ways (RiPP) is a school-based violence prevention program for middle school students. RiPP is designed to be implemented along with a peer mediation program. Students practice using a social-cognitive problem-solving model to identify and choose nonviolent strategies for dealing with conflict.
Ripple Effects Whole Spectrum Intervention System (Ripple Effects)	Universal, Selective, Indicated	Students Ages 6-17	School	Ripple Effects Whole Spectrum Intervention System (Ripple Effects) is an interactive, software-based adaptive intervention for students that is designed to enhance social-emotional competencies and ultimately improve outcomes related to school achievement and failure, delinquency, substance abuse, and mental health.
Safe Dates	Universal	Male And Female 8th- And 9th-Grade Students	School	Safe Dates is a program designed to stop or prevent the initiation of emotional, physical, and sexual abuse on dates or between individuals involved in a dating relationship. Intended for male and female 8th- and 9th-grade students, the goals of the program include: (1) changing adolescent dating violence and gender-role norms, (2) improving peer help-giving and dating conflict-resolution skills, (3) promoting victim and perpetrator beliefs in the need for help and seeking help through the community resources that provide it, and (4) decreasing dating abuse victimization and perpetration.
Say It Straight (SIS)	Universal, Indicated	Students Grades 3-12	School, Other Community Settings	Say It Straight (SIS) is a communication training program designed to help students and adults develop empowering communication skills and behaviors and increase self-awareness , self-efficacy, and personal and social responsibility.
Second Step	Universal	Children 4 To 14 Years	School	Second Step is a classroom-based social-skills program for children 4 to 14 years of age that teaches socioemotional skills aimed at reducing impulsive and aggressive behavior while increasing social competence.
SMARTteam	Universal	6th Through 9th Graders (11-15 Years Of Age)	School	SMARTteam (Students Managing Anger and Resolution Together) is a multimedia, computer-based violence prevention intervention designed for 6th through 9th graders (11-15 years of age). The program is based on social learning theory as well as a skill acquisition model that approaches learning as a five-stage process ranging from novice to expert, with learners at each stage having different needs.
Social Skills Group Intervention (S.S.GRIN) 3-5	Selective, Indicated	Children In Grades 3-5 (Ages 8-12 Years)	School	Social Skills Group Intervention (S.S.GRIN) 3-5 is a social skills curriculum for children in grades 3-5 (ages 8-12 years) who have immature social skills relative to peers (e.g., impulse control problems), are being rejected and teased by peers (e.g., experiencing bullying and victimization), or are socially anxious and awkward with peers.

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SODAS City	Selective Indicated	Preadolescents and adolescents	Home School Other community settings	Designed to help prevent participants' current and future use of alcohol and other substances, as well as the problems associated with this use. The SODAS acronym reflects the five-step problem-solving sequence that composes the central element of the program: Stop--stop and think about the problem you are facing Options--generate options for solving the problem Decide--decide on the best option Act--act in accordance with your decision Self-praise--give self-praise for acting correctly 10 initial sessions (30-40 minutes each) and 5 optional annual booster sessions (20-30 minutes each)
Stacked Deck: A Program To Prevent Problem Gambling	Universal	Adolescents Ages 13-17	School	Stacked Deck: A Program To Prevent Problem Gambling is a school-based prevention program that provides information about the myths and realities of gambling and guidance on making good choices, with the objective of modifying attitudes, beliefs, and ultimately gambling behavior.
Students Taking A Right Stand (STARS) Nashville Student Assistance Program	Universal, Selective, Indicated	Kindergarten Through 12th Grade	School	The Students Taking A Right Stand (STARS) Nashville Student Assistance Program (SAP) is based on an employee assistance model and provides comprehensive school-based prevention services for students in kindergarten through 12th grade.
Steps to Respect: A Bullying Prevention Program	Universal	Schools with students grades 3-6	School	Steps to Respect: A Bullying Prevention Program is a schoolwide intervention designed to prevent bullying behavior and counter the personal and social effects of bullying where it occurs by promoting a positive school climate. Designed for use with students in grades 3-6, and collaboration within the entire school community (including administrators, counselors, and teachers) is inherent in the model.
STEP UP (Strategies and Tools Embrace Prevention with Upstream Programs)	Universal	Middle school students, ages 11 to 14	School / Classroom	A social and emotional-learning-based curriculum aimed at promoting positive mental health, building emotional competence, and creating a safe school climate. The curriculum incorporates skills of metacognition and mindfulness to provide a positive learning experience. STEP UP also emphasizes the use of positive behavioral intentions and supports (PBIS).
Student Success Skills	Universal	Grades 4–10	School / Classroom	Teaches foundational cognitive, social, and self-management skills associated with improved academic and social competence. Goals of the SSS program include

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				improvement in student academic performance , communication skills, cognitive skills, coping skills, self-efficacy, prosocial skills, and self-regulation, as well as reduced bullying and improved wellness.
Teaching Students To Be Peacemakers	Universal	Youth Ages 0 - 17	School	Teaching Students To Be Peacemakers (TSP) is a school-based program that teaches conflict resolution procedures and peer mediation skills . The program, based on conflict resolution theory and research, aims to reduce violence in schools, enhance academic achievement and learning, motivate prohealth decisions among students, and create supportive school communities.
TestEdge Program	Universal	Elementary And High School Students	Elementary And High School Students	The TestEdge Program is designed to help elementary and high school students self-regulate their emotional and physiological responses to challenging and stressful situations, including school tests.
The 4 Rs (Reading, Writing, Respect, and Resolution)	Universal	Pre K – grade 8	School	In broad terms, the goal of the 4Rs to change how children think, feel, and behave in situations of potential interpersonal conflict . Each grade has approximately 35 lessons, organized into 7 units. Lessons are taught weekly over the school year and are 20 to 40 minutes long, depending on the grade.
The Hero Project: Cultural/Adventure Rites of Passage	Selective Indicated	Native and Non-Native youths ages 11-18	Other Community Settings	The Hero Project (THP) is a high-risk behavior prevention program for Native and Non-native youths ages 11–18, which is based on the traditional stories of heroes and heroines from around the world . Through mental and physical adventure-based rites of passage, and activities such as hiking, rock climbing, camping, fishing, archery, white water rafting, cultural activities, and teachings, students awaken to the adventure of self-discovery. By placing their feet in ancient footsteps they awaken to their heroes within.
The Leadership Program's Violence Prevention Project (VPP)	Universal	Early And Middle Adolescents	School	The Leadership Program's Violence Prevention Project (VPP) is a school-based intervention for early and middle adolescents. VPP is designed to prevent conflict and violence by improving conflict resolution skills, altering norms about using aggression and violence (including lowering tolerance for violence), and improving behavior in the school and community.
Too Good for Violence	Universal	Kindergarten Through 12th Grade	School, Other Community Settings	Too Good for Violence (TGFV) is a school-based violence prevention and character education program for students in kindergarten through 12th grade. It is designed to enhance prosocial behaviors and skills and improve protective factors related to conflict and violence.
Transtheoretical Model (TTM)-Based Stress	Selective	Adults	Home	The Transtheoretical Model (TTM)-Based Stress Management Program targets adults who have not been practicing effective stress management for 6 months or longer. TTM is a

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Management Program				theory of behavior change that can be applied to single, multiple, and complex behavioral targets.
Zippy's Friends	Universal	Program For Children In Kindergarten And First Grade	School	Zippy's Friends is a school-based mental health promotion program for children in kindergarten and first grade (ages 5-7). It is typically conducted with entire classrooms of children in mainstream elementary schools.

Suicide Prevention Programs in all Domains (Descriptions Above)

Strategy Name

American Indian Life Skills Development/Zuni Life Skills Development
 Lifelines Curriculum
 Model Adolescent Suicide Prevention Program (MASPP)
 QPR Gatekeeper Training for Suicide Prevention