

Connecticut Youth Suicide Prevention Initiative

**Statewide Prevention
Education and Awareness
Campaign**

**Mini-Grant Application
Spring 2008**

Connecticut Youth Suicide Prevention Education and Awareness Campaign

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Background

Each year in the United States, more children and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, and chronic lung disease. The Centers for Disease Control and Prevention (CDC) reports that suicide is the third leading cause of death among young people ages 15 to 24 and there is 1 suicide for every 100-200 attempts (Goldsmith, Pellmar, Kleinman, & Bunney, 2002). Among 15- to 24-year olds, suicide accounts for 12.9% of all deaths annually (CDC, 2005). Over the past 60 years, the suicide rate has quadrupled for males 15 to 24 years old, and has doubled for females of the same age, and is the second leading cause of death among college students (American Academy of Child and Adolescent Psychiatry).

In Connecticut, suicide is the second leading cause of death for ages 10-14 and 25-34 year-olds, and the 3rd among people aged 15 to 24. The 2005 Connecticut School Health Survey, a survey of 9th to 12th graders administered by the State Department of Public Health and funded by the CDC, found that 15.1% (U.S.=16.9%) of students seriously considered attempting suicide during the past 12 months; 13.8 % (U.S.=13.0%) of students made a plan about how they would attempt suicide during the past 12 months; and 12.1 % (U.S.=8.4%; statistically significant) of students actually attempted suicide one or more times during the past 12 months.

In 2006, the Connecticut Chief Medical Examiner's Office reported a total of 275 deaths by suicide, 33 of them being youth between the ages of 15 and 24, and one 13-year-old. It is said that each suicide impacts at least six other people, thus, 204 people became survivors of suicide in our state last year. According to the Connecticut Office of the Child Advocate, 42 youth suicides in 33 towns of eleven to seventeen year-olds occurred between October 2001 and November 2006, and six towns have experienced multiple suicides. The most commonly used method was hanging, followed by handguns.

In June 2006, the State of Connecticut was awarded a \$1.2 million grant over three years from the federal Substance Abuse Mental Health Services Administration (SAMHSA)/Center for Mental Health Services (CMHS) to support the **Connecticut Youth Suicide Prevention Initiative (CYSPI)**. The Department of Mental Health and Addiction Services (DMHAS) Prevention Services Unit administers the CYSPI.

In conjunction with the Garrett Lee Smith Memorial Act (http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=108_cong_public_laws&docid=f:publ355.108) that was signed by President Bush in October 2004, the goals of the three-year CYSPI are to develop, implement, evaluate, and sustain a statewide suicide prevention and early intervention project. The project is a collaborative effort involving DMHAS and the State Departments of Children and Families (DCF), Public Health, Education, and the Judicial Branch (Court Support Services Division), the Connecticut State University System (CSU), Saint Francis Hospital and Medical Center, and the University of Connecticut Health Center (UCHC).

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One of the primary objectives of the grant is to implement an assertive youth/young adult (ages 10 – 24) suicide prevention education and awareness campaign that will build the capacity of Connecticut communities to promote the mental health and wellness of youth/young adults through the use of a youth/young adult driven, positive community youth/young adult development approach that embraces youths’/young adults’ desire to create change in their surrounding environments by developing partnerships between youth/young adult-related organizations, schools and community development agencies to create new opportunities for youth/young adults to serve their communities while developing their personal abilities.

To this end, the DMHAS CYSPI, in conjunction with the DCF Youth Suicide Advisory Board (YSAB), is working with Wheeler Clinic’s Connecticut Clearinghouse to implement the **Connecticut Youth Suicide Prevention Education and Awareness Campaign.**

The Campaign seeks to increase the capacity of youth to manage their own mental health and wellness through the education of stress management strategies, warning signs that it is time to seek additional assistance from a trusted adult, and where to go for help within their community or school. It will also incorporate findings from the latest available research on how to implement safe/effective suicide prevention awareness campaigns and generate resources to support youth suicide prevention issues.

Submission and Award Dates

Letter of intent submission deadline	April 4, 2008, 4:00 PM
Question submission deadline	April 4, 2008, 4:00 PM
Proposal submission deadline	May 9, 2008, 4:00 PM
Awards announced	May 26, 2008

Eligible Applicants: Community-based youth and young adult (ages 10-24) serving agencies, organizations and schools with pre-existing youth groups or prior experience with youth. Examples of applicants may include but are not limited to: middle and high schools, colleges, universities, Boys and Girls Clubs, Girls Scouts, Boy Scouts, Youth Services Bureaus, YMCAs, YWCAs, civic and service clubs, sports teams, faith-based youth groups, GLBTQ youth groups, educational institutions or agencies that serve active military and returning veterans, etc.

Currently funded Connecticut Youth Suicide Prevention Education and Awareness Campaign mini-grant recipients are welcome to apply for funding to enhance or expand their projects. Funds will not be awarded to simply continue currently funded projects. Proposals must contain clear plans and goals for enhancement or expansion of current initiatives.

Funds Available: Mini-grants of a maximum of \$4,000 each will be awarded for a total of \$32,000.

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Funding Period: July 1, 2008 – May 31, 2009 (school-based activities can be planned for the 2008-2009 school year)

Programming and Deliverables:

All applicants will assist with dissemination of prevention materials as follows:

YSAB Information Packet Work with DMHAS, DCF, and CT Clearinghouse to disseminate prevention materials throughout the year. The organization or school will bring mental health and wellness services and suicide prevention programs to the attention of the community. Activities will help increase the public's awareness of facts, warning signs, resources, and prevention strategies, and to determine how the Packets are being utilized. A minimum of fifteen packets will be disseminated per grantee.

Resources include:

- The YSAB Information Packet - fact sheets, suicide warning signs, sample proclamation, suggested activities, and an article on media guidelines and a resource list. (www.ct.gov/dcf/cwp/view.asp?a=2570&q=314514)

Applicants may choose one or more of the following programs and services:

- 1) **Yellow Ribbon International Suicide Prevention Program** (www.yellowribbon.org) - Yellow Ribbon is a school-/community-based program using a universal public health approach that incorporates a collaborative, grass-roots model to decrease suicide risk by promoting help-seeking behavior. The Suicide Prevention Resource Center has listed Yellow Ribbon among its Registry of Evidence-Based Practices (www.sprc.org/featured_resources/ebpp/pdf/yellow_ribbon.pdf).

The 14th Annual Yellow Ribbon Suicide Awareness and Prevention Week is September 7-13, 2008, but program services are provided throughout the year. Youth may start a Yellow Ribbon Club in their area - school and/or community. Adults may serve as advisors to youth to help them start Chapters or clubs.

Yellow Ribbon:

- Works with communities, agencies, and coalitions in the development and implementation of community suicide prevention initiatives as well as state plans.
- Provides training and workshops.
- Distributes the “Ask for Help” cards (free to youth) and other literature.
- Promotes suicide prevention legislation by local, state and national legislators.
- Supports and works in alignment with the National Strategy for Suicide prevention (www.mentalhealth.samhsa.gov/suicideprevention).

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- Is a founding member of the National Council for Suicide Prevention (www.hopeline.com/6/NCSP.asp).

2) **Active Minds on Campus** (www.activemindsoncampus.org) –

Active Minds is a national organization that develops and supports student-run mental health awareness, education, and advocacy groups on the college campus. Each peer group works to:

- Increase students' awareness of mental health issues
- Provide information and resources regarding mental health and mental illness
- Encourage students to seek help as soon as it is needed
- Serve as liaison between students and the mental health community

By planning campus-wide events that promote awareness and education, the group aims to remove the stigma that surrounds mental illness and create a comfortable environment for open discussion of mental health issues. As a registered chapter of Active Minds, student groups benefit from free resource kits, materials, and 24/7 technical support from the Active Minds national office as well as an association with their college/university. There are currently 100 active chapters across the United States.

3) **Design Your Own Approach** - Develop and provide programs, services and strategies to assist students in managing their mental health and wellness year-round. Stressors include, but are not limited to: exam times, mid-terms, finals, sports, relationships, transition periods, gender issues, sexual orientation issues, college application time, family stress, holidays, seasonal changes, anniversary dates, etc. Offer information on stress management, relaxation, time management, study preparation and organization, the importance of staying ATOD free (including caffeine), the role of sleep, food, and exercise in staying healthy and managing stress, and where to go for additional help. Since not all young adults are involved with higher education, applicants may wish to provide education and training for employers who work with 18-24 year olds. Applicants may wish to incorporate activities to educate students and communities during related national awareness days/weeks/months as seen in the National Health Observance Calendar located at the following website:

(<http://www.healthfinder.gov/library/nho/nhoyear.asp?year=2008>). Activities and engagement with community resources will help increase the public's awareness of suicide facts, warning signs, resources, and prevention strategies.

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Outcomes/Results:

Safe and healthy youth via...

- 1) **Empowered youth-** youth gain the ability and authority to make decisions and implement change in their own lives and the lives of other people, including youth and adults.
- 2) **Involved Youth-** youth are active in organizational planning, community-based decision-making, local policy-making, and social awareness-building.

Data Collection:

- 1) Process data collection of activities (demographics, numbers of attendees, etc.),
- 2) Qualitative evaluation of activities (utilization survey related to the YSAB packet, satisfaction surveys, quality improvement), and Wheeler Clinic will provide all evaluation tools in conjunction with DMHAS.

Funds may be used for:

- Program supplies and materials, food, teacher/staff stipends, and youth transportation.
- Indirect costs may not be applied (i.e. rent, utilities, etc.).
- Note: applicants are strongly encouraged to request donations of services or products prior to payment of services or products. Many community businesses will be pleased to donate their time, products, and services. In addition, many community groups and banks are willing to make funding contributions when approached.

Sustainability:

It is important that youth suicide prevention initiatives be sustained over time and beyond this initial funding. What efforts will you make to sustain these activities?

Collaboration:

Community-collaboration increases the potential for sustainment through relationship building. Please describe any collaborations you have currently or are in the process of developing. Provide letters of support from collaborating groups.

Experience with youth:

Describe the pre-existing youth group that will be taking on this project, and any experience they have had with similar projects, or describe your recent experience working with youth.

Cultural Competence:

Cultural competency can be defined as the capacity of individuals to incorporate cultural considerations into all aspects of their prevention work. Describe your plans to ensure that cultural competence is an integral element throughout all aspects of your project.

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Examples of Community Stakeholders and Partners:

- DMHAS Prevention Services Unit
www.ct.gov/dmhas/cwp/view.asp?a=2912&q=335152
- DCF Prevention Services
www.ct.gov/DCF/cwp/view.asp?a=2570&q=314494
- DCF Systems of Care
www.ct.gov/DCF/cwp/view.asp?a=2558&q=314352
- Community Assets Network
www.ctassets.org
- Community Child Guidance Clinics
www.ct.gov/DCF/cwp/view.asp?a=2558&q=314370
- Connecticut Clearinghouse
www.ctclearinghouse.org/
- Family Resource Centers
www.sde.ct.gov/sde/cwp/view.asp?A=2678&Q=320772
- Health Departments
https://www.han.ct.gov/local_health/
- Local Prevention Councils
www.ct.gov/dmhas/cwp/view.asp?a=2912&q=335150
- Local wellness providers (ie. Massage therapist, yoga instructors, hospitals, physicians, health clubs, etc.)
- Multicultural Leadership Institute
www.mli-inc.org/
- Positive Youth Development
www.ct.gov/opm/cwp/view.asp?a=2974&q=383658
- Regional Action Councils
www.ctprevention.org/ and www.ct.gov/dmhas/cwp/view.asp?a=2908&q=334690
- School-Based Health Centers
http://www.ct.gov/dph/cwp/view.asp?a=3138&q=387698&dphNav_GID=1601
- Youth Services Bureaus
www.ctyouthservices.org/

Suicide Prevention Resources:

- DMHAS CYSPI Suicide Prevention Resources
www.ct.gov/dmhas/cwp/view.asp?a=2912&q=335132

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APPLICATION GUIDELINES

A letter of intent including the organization name, contact person, phone number, fax number and email address must be submitted by the listed deadline in order to apply for this funding. Please adhere to stated deadlines since no exceptions can be made. Submission of a letter of intent does not obligate you to submit a proposal.

Letters of intent can be emailed, faxed, or mailed to:

Judith A. Stonger
Connecticut Clearinghouse
334 Farmington Avenue
Plainville, CT 06062
800.232.4424 (phone)
860.793.9813 (fax)
JStonger@WheelerClinic.org

In order to avoid giving an unfair advantage to any applicant, all questions regarding this mini-grant must be submitted via email, fax, or mail to the address above by the date listed. Answers to all questions regarding the proposal will be emailed only to those applicants who have submitted a letter of intent in accordance with the stated guidelines. No questions can be submitted or answered after the stated date.

Proposal narrative must be on 8 ½ x 11-inch paper, in Times New Roman, 12 pt, single-spaced with 1" margins on each edge. Proposals must include the application face sheet, project narrative (three page maximum), budget and work plan, and must be numbered consecutively from beginning to end. Appendices must include at least two letters of support and/or collaboration as well as staff bio sketches or resumes. Literature references and any other supporting documents may also be included in the appendices. An original and six exact copies of the proposal must be delivered or mailed to arrive at the above address no later than the stated deadlines. Any proposals that arrive after the deadline will not be considered for funding.

A proposal checklist has been included for your use in assuring compliance with all proposal specifications. In addition, a copy of the scoring instrument to be used by the review team is attached.

The contractor must agree and warrants that in the performance of this contract that they will not discriminate or permit discrimination against any person or group of persons on the grounds of race, color, religious creed, age, marital status, national origin, gender, mental impairment or physical disability, including, but not limited to blindness, unless it is shown by such contractor that such disability prevents performance of the work involved, in any manner prohibited by the laws of the United States or of the State of Connecticut.

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FACE PAGE

Date _____

Project Name _____

Organization _____

Federal Tax ID# _____

Address _____

City _____ **State** _____ **Zip Code** _____

Contact Name _____

Contact Title _____

Phone _____ **Fax** _____

Email Address _____

Amount Requested _____

Signature of Authorized Official _____ **Date** _____

Name of Authorized Official _____

Title of Authorized Official _____

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Project Title: _____ **Applicant Name:** _____

PROJECT DESCRIPTION

Attach up to two additional pages (3 total) of single-spaced narrative to describe your agency or school and the proposed project. Proposals must include all items mentioned in this RFP. Clearly identify the selected program(s) or service(s) from those mentioned in this document on pages 3 and 4 and include information on your experience with youth, collaborations, and plans for sustainment of activities.

Be sure to detail your plans to ensure that all project elements are culturally competent. Clearly identify the target population(s) and community demographics. Clearly state the identified community needs or gaps in services that your project addresses along with the project goals. Please also include plans for involving youth in leadership roles, as well as strategies for utilizing the media as appropriate.

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Project Work Plan

Project Title:	Applicant Name:
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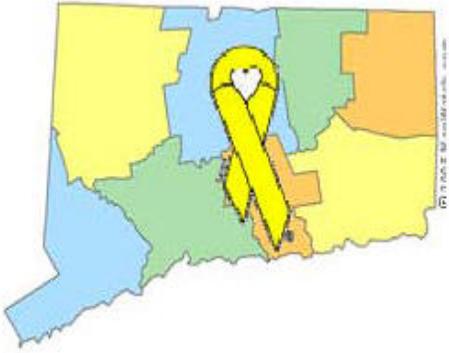
GOAL:

Objective	Activities	Staff Responsible	Timetable	Outcomes

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PROPOSAL CHECKLIST

DEADLINES:	
A. Letter of intent (4/4/2008)	<input type="checkbox"/>
B. Question submission (4/4/2008)	<input type="checkbox"/>
C. Proposal submission (5/9/2008)	<input type="checkbox"/>
CHECK LIST:	
A. Face Page	<input type="checkbox"/>
B. Project Description (3 pages)	<input type="checkbox"/>
C. Project Budget	<input type="checkbox"/>
D. Project Workplan	<input type="checkbox"/>
E. Appendices	<input type="checkbox"/>
1. Letters of Support and/or Collaboration (at least 2 required)	<input type="checkbox"/>
2. Staff Bio Sketches or Resumes (required)	<input type="checkbox"/>
3. Literature References (optional)	<input type="checkbox"/>
COMPLIANCE WITH SUBMISSION: The following requirements have been met:	
▪ 8 ½ x 11-inch paper used	<input type="checkbox"/>
▪ Single spacing	<input type="checkbox"/>
▪ 1 inch margins	<input type="checkbox"/>
▪ 12 pitch font size, Times New Roman	<input type="checkbox"/>
▪ Applicant's name and project title on top of each page of proposal	<input type="checkbox"/>
▪ Pages are numbered consecutively from beginning to end	<input type="checkbox"/>
▪ An original and six copies	<input type="checkbox"/>



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**Mini-Grant Scoring Instrument
Spring 2008**

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(TO BE USED BY REVIEW TEAM)

Organization Name _____ Reviewers Initials _____

Proposal Name _____

DEADLINES:	
Letter of intent (4/4/2008)	<input type="checkbox"/>
Question submission (4/4/2008)	<input type="checkbox"/>
Proposal submission (5/9/2008)	<input type="checkbox"/>
CHECK LIST:	
Face Page	<input type="checkbox"/>
Project Description (3 pages)	<input type="checkbox"/>
Project Budget	<input type="checkbox"/>
Project Workplan	<input type="checkbox"/>
Appendices	<input type="checkbox"/>
Letters of Support and/or Collaboration (at least 2 required)	<input type="checkbox"/>
Staff Bio Sketches or Resumes (required)	<input type="checkbox"/>
Literature References (optional)	<input type="checkbox"/>
COMPLIANCE WITH SUBMISSION:	
The following requirements have been met:	
▪ 8 ½ x 11-inch paper used	<input type="checkbox"/>
▪ Single spacing	<input type="checkbox"/>
▪ 1 inch margins	<input type="checkbox"/>
▪ 12 pitch font size, Times New Roman	<input type="checkbox"/>
▪ Applicant's name and project title on top of each page of proposal	<input type="checkbox"/>
▪ Pages are numbered consecutively from beginning to end	<input type="checkbox"/>
▪ An original and six copies	<input type="checkbox"/>

Minimal Submission Requirements Met? __ Yes __ No

Type of Organization _____ Eligibility Requirements Met? __ Yes __ No

Project Type: __ Yellow Ribbon __ Active Minds on Campus __ Design Your Own Approach

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(TO BE USED BY REVIEW TEAM)

0 = not rated (information is missing or incomplete)

1 = unsatisfactory

2 = fair

3 = satisfactory

4 = good

5 = excellent

SCORE

Bidder Qualifications	Organization has successfully demonstrated experience with youth/youth groups	
	Organization's purpose, structure and resources support RFP requirements	
Project Description	Proposal demonstrates organization's understanding of youth suicide prevention and includes a clear plan for involving youth in the implementation of one (or more) of the identified programs	
	Proposal clearly aims to increase the capacity of youth to manage their own mental health and wellness (e.g. education on stress management, warning signs, seeking help, etc.)	
	Project incorporates findings from latest research on implementing safe/effective suicide prevention campaigns	
	Proposal involves collaboration with community partners and/or resources	
	Proposal demonstrates cultural competency and sensitivity	
	Proposal includes a clear plan to involve the media	
	Proposal includes an effective evaluation plan	
Project Budget	Proposed budget is clear and reasonable	
	Funding is requested for appropriate direct costs (supplies, materials, food, stipends, transportation)	
	Proposal includes plan to solicit donations of services or products	
	Proposal includes a reasonable sustainability plan	
Project Workplan	Project goal(s), objective(s), and outcomes are clearly stated and measurable	
	Proposed activities support the project goal(s) and objective(s)	
	Staff assignments to activities are reasonable and appropriate	
	Adequate time is allocated to each project activity	
Appendices	Letters of support (at least 2 required)	
	Staff bio sketches resumes (required)	
	Literature references (optional)	
	TOTAL	

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Additional comments/recommendations:

