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## **The Effectiveness of Youth-Centered Suicide Prevention Programs: The Case of a Longstanding Peer-Led Program in Alaska**

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## The Effectiveness of Youth-Centered Suicide Prevention Programs: The Case of a Longstanding Peer-Led Program in Alaska

### Abstract

Suicide is the 10<sup>th</sup> leading cause of death in the United States, posing a serious public health problem. The statistic is even more dire for youth between the ages of 10 and 20, for whom suicide represents the second leading cause of death. These trends have led to suicide prevention program implementation in high schools nationwide. Although it can be challenging to directly measure the effects of such programs on suicide rates, research shows that they can help reduce stigma and increase awareness. The purpose of this study is to contribute to the limited body of research examining the effectiveness of prevention programs. This will be accomplished by assessing a peer-led suicide prevention program in a state with one of the highest suicide rates: Alaska. Pre-and post-surveys will be administered to determine to what extent high school students' beliefs, attitudes, and knowledge about suicide change as a result of participation.



# The Effectiveness of Youth-Centered Suicide Prevention Programs: The Case of a Longstanding Peer-led Program in Alaska

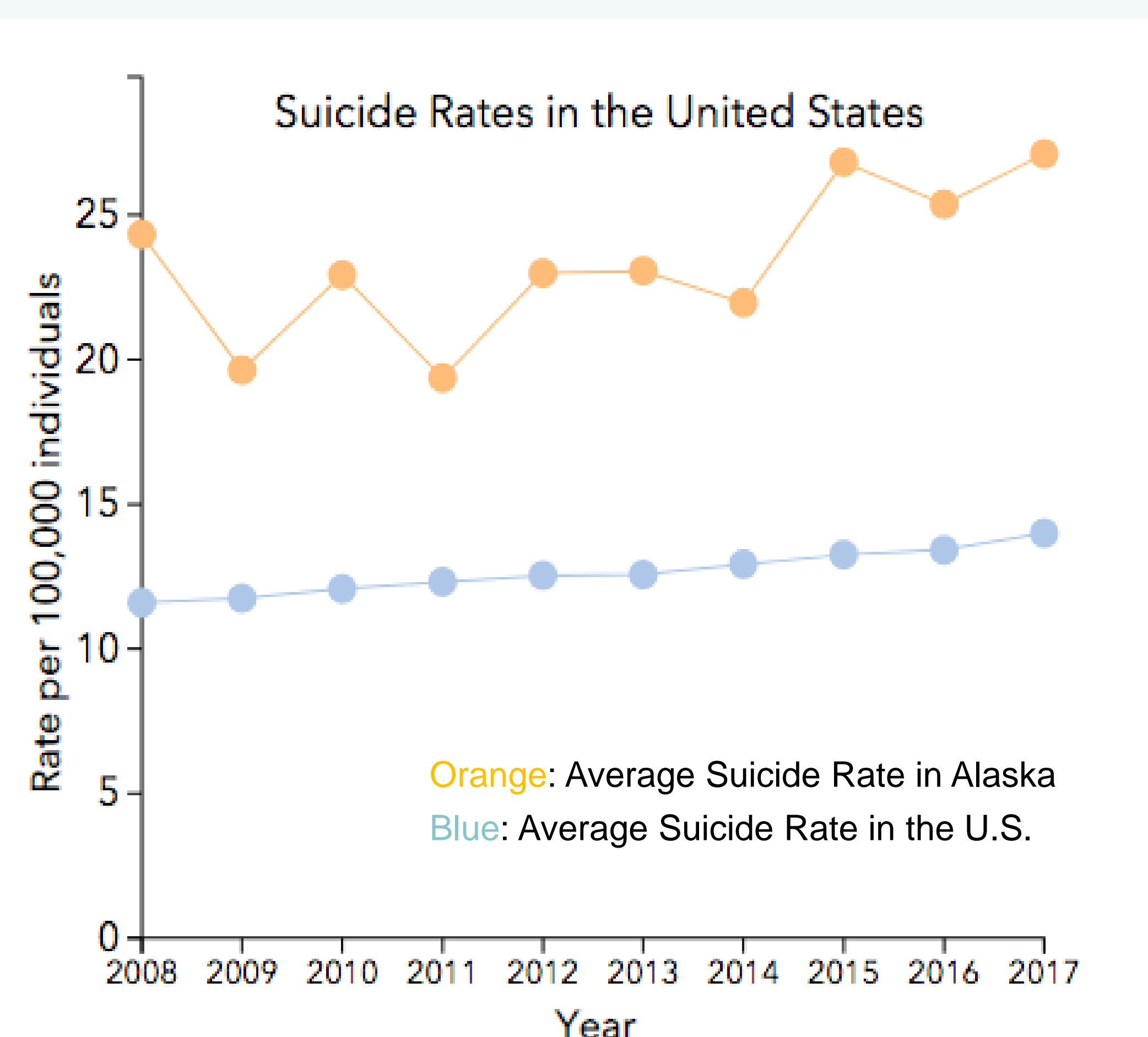
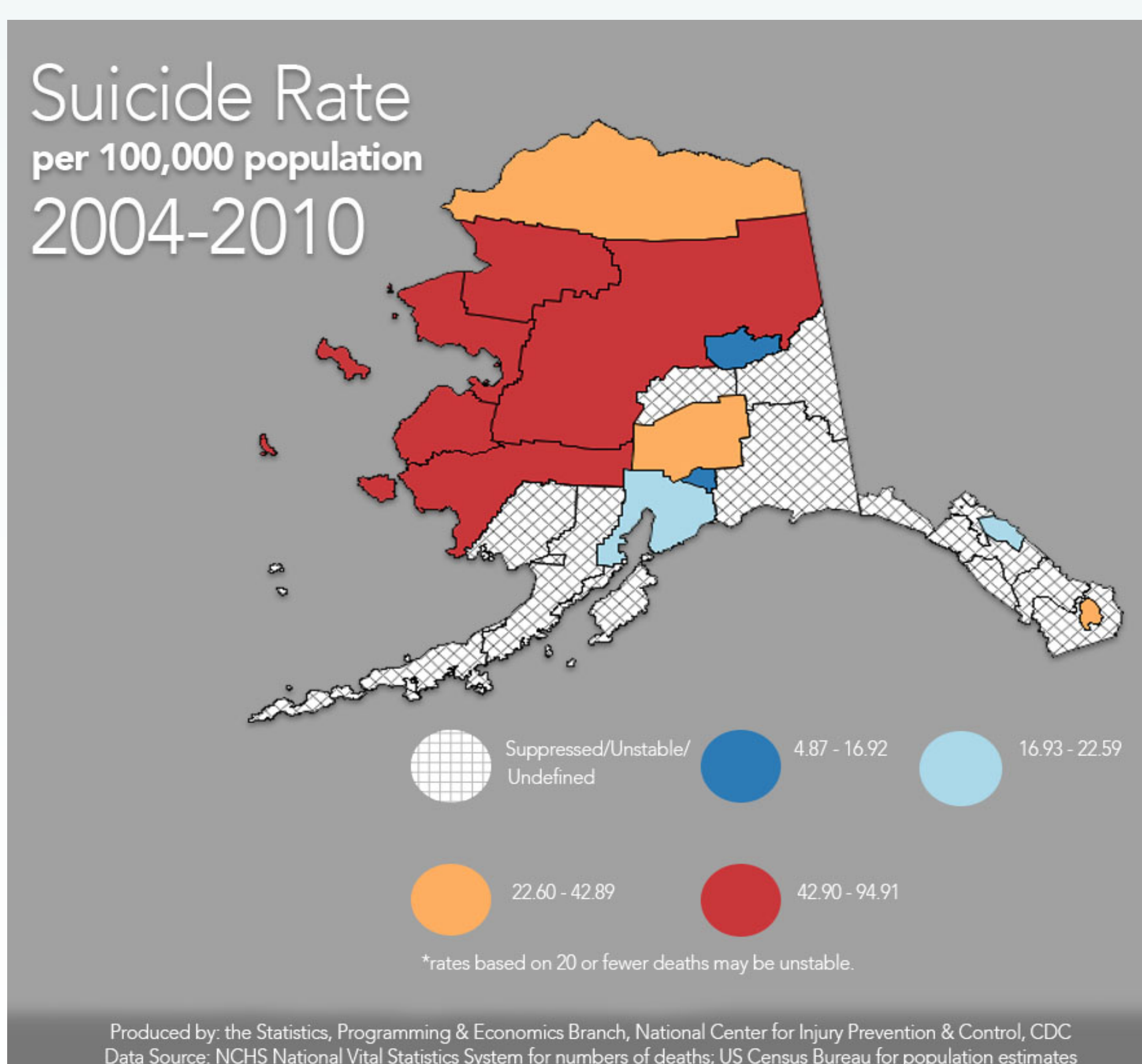
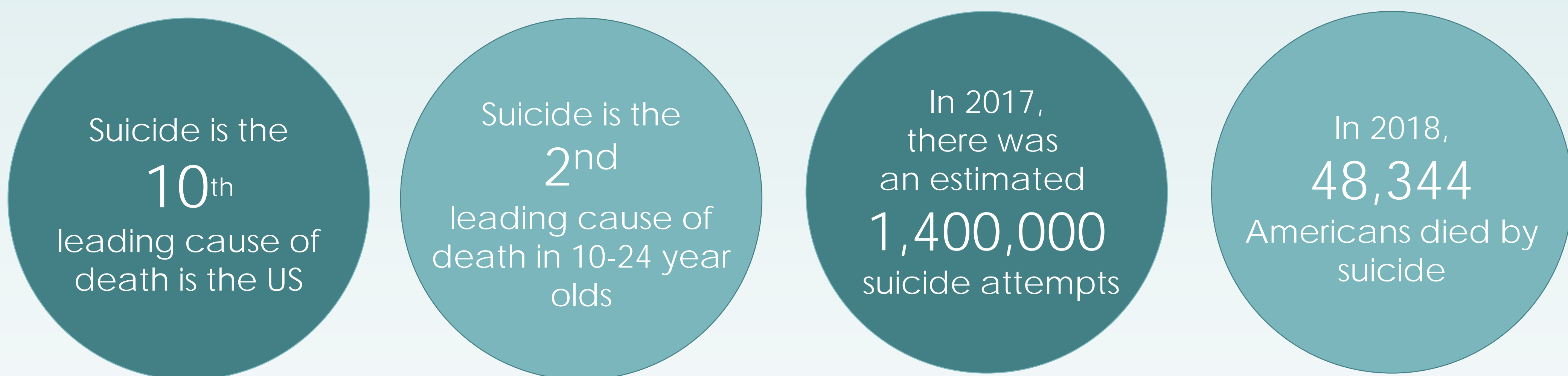


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## Background

Suicide is the 10<sup>th</sup> leading cause of death in the United States, posing a serious public health problem. The statistic is even more dire for youth between the ages of 10 and 20, for whom suicide represents the second leading cause of death. These trends have led to suicide prevention program implementation in high schools nationwide. Although it can be challenging to directly measure the effects of such programs on suicide rates, research shows that they can help reduce stigma and increase awareness. Such programs are especially beneficial in rural communities, where suicide rates are the highest.



## Purpose

The purpose of this study is to examine the effectiveness of the long-standing peer-led suicide prevention program called “You Are Not Alone” in a state with one of the highest suicide rates: Alaska. This program, which follows the evidence-based Question, Persuade, and Refer (QPR) training model, has been implemented in high schools across Alaska for a number of years.

## Research Questions

- ❖ Do peer-led suicide prevention programs improve self-efficacy in high school students?
- ❖ Do such programs increase knowledge of suicide prevention facts in this population?
- ❖ What factors, if any, impact program effectiveness?

## Methods

Pre-and post-surveys will be administered to determine the extent to which high school students’ beliefs, attitudes, and knowledge about suicide change as a result of participation in the training.

## Anticipated Findings

In addition to assessing the overall program outcomes, study findings could help identify factors that may influence the effectiveness of the program.

## Acknowledgements

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## References

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