

## Suicide prevention and mental health promotion fact sheet

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### Overview

The Health Care Authority (HCA) Division of Behavioral Health and Recovery (DBHR) funds Community Prevention and Wellness Initiative (CPWI) coalitions as well as local community-based organizations, private not-for-profits, and educational organizations for mental health promotion or suicide prevention services. These communities implement a variety of mental health promotion or suicide prevention programs.

Programming includes both school and community-based services, including the use of evidence-based programs such as PAX Good Behavior Game, Second Step, Sources of Strength, Guiding Good Choices, Primary Project, and QPR Gatekeeper Training that are effective at promoting mental health and/or preventing suicide.

Communities also provide Youth Mental Health First Aid trainings and mental health and suicide prevention community awareness events.

DBHR also facilitates an ongoing mental health promotion/suicide prevention workgroup as part of the State Prevention Enhancement Consortium. The workgroup was organized in March 2013 and meets 6-12 times per year to support the work of the consortium.

### Eligibility requirements

CPWI coalitions, local community-based organizations, private not-for-profits, and other educational organizations are eligible for these services. Strong relationships with local school districts and educational service districts are required for all projects focused on school-based programs.

### Authority

DBHR serves as the single state authority for substance use disorders prevention and mental health promotion and treatment. Beginning in

State Fiscal Year 2019 DBHR received dedicated state funding for these services.

### 2021-2022 budget

DBHR has an annual budget of \$800,000 for community grants, public education, training and program support focused on mental health promotion and suicide prevention.

### People served

In State Fiscal year 2022 we served 12 high need communities, provided 6,419 individuals with direct services, and reached 350,689 individuals through awareness campaigns and activities.

DBHR, in partnership with the Department of Health (DOH), developed and disseminated a substance use prevention, mental health promotion and suicide prevention public education campaign. DBHR contributed to the campaign for mental health and suicide prevention messaging, delivering more than 29,000,000 impressions statewide.

### Key partners

- Community based organizations
- CPWI coalitions
- Department of Veteran Affairs
- Department of Health
- Educational service districts
- Local school districts
- Other coalitions in Washington State

### Oversight

DBHR contracts with providers to deliver programs and services and then manages the contracts to ensure effective implementation and reporting in order to process payments.

### For more information

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