

## Suicide prevention and mental health promotion fact sheet

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### Purpose

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, Positive Action, , Guiding Good Choices, and Coping and Support Training (CAST) 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.

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### 2022-2023 budget

DBHR has an annual budget of \$546,000 for community grants, public education, training and program support focused on mental health promotion and suicide prevention.

### People served

In SFY 2023 we served 12 high need communities, provided 1,678\* individuals with direct services, and reached 486,649 individuals through mental health promotion or suicide prevention awareness campaigns. \*This figures does not include tribal data for unduplicated participant count.

### 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 community providers to deliver evidence based mental health promotion or suicide prevention programs and services and then manages the contracts through data collection review, training, invoice processing, and annual site visits to ensure effective implementation and reporting based on state established standards.

### For more information

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