

Suicide prevention and mental health promotion fact sheet

Overview

The Health Care Authority's (HCA) Division of Behavioral Health and Recovery (DBHR) provides funds for substance use disorder and mental health promotion services to Community Prevention and Wellness Initiatives (CPWIs) as well as local community-based organizations (CBOs). Because the majority of federal and state funds are earmarked specifically for substance use disorder prevention, only 10 of the nearly 120 funded communities receive funding specifically for mental health promotion services. Communities that receive these unique funds 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 death by 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. Communities with high risk and high need are prioritized during funding opportunities through the development of a composite index score to address health disparities and improve health outcomes. Strong relationships with local school districts and educational service districts are

required for all projects focused on school-based programs.

Budget for SFY 25

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 2024 we served 10 high need communities, provided 5,090 individuals with direct services, and reached 85,944 individuals through mental health promotion or suicide prevention awareness campaigns.

Partners

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

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.

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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