



**CASTING THE NET UPSTREAM:
PROMOTING WELLNESS TO
PREVENT SUICIDE**

**Alaska State Suicide Prevention Plan,
2012-2017**

**ANNUAL IMPLEMENTATION
REPORT
2013**

Statewide Suicide Prevention Council ❖ William Martin, Chairman ❖ Sean Parnell, Governor

Statewide Suicide Prevention Council Members, 2013

Teressa Baldwin
Meghan Crow
Sen. Anna Fairclough
Sharon Fishel
Barbara Franks
Sen. Berta Gardner
Fred Glenn
Alana Humphrey
Rep. Jonathan Kreiss-Tomkins
Sue Ellen May
William Martin
Brenda Moore
Christine Moses
Rep. Benjamin Nageak
Lowell Sage, Jr.
Melissa Stone
Sharon Strutz-Norton



Statewide Suicide Prevention Council Staff

J. Kate Burkhart, Executive Director
Eric Morrison, Council Assistant

Introduction

The Statewide Suicide Prevention Council ["Council"] was established by the Alaska Legislature in 2001. The Council is responsible for advising legislators and the Governor on ways to improve Alaskans' health and wellness by reducing suicide, improving public awareness of suicide and risk factors, enhancing suicide prevention efforts, working with partners and faith-based organizations to develop healthier communities, creating a statewide suicide prevention plan and putting it in action, and building and strengthening partnerships to prevent suicide. The Council was reauthorized by the Legislature in 2013, with a sunset date of June 30, 2019.

Casting the Net Upstream: Promoting Wellness to Prevent Suicide is a **call to action**. It acknowledges the most current research and understanding of the "web of causality" of suicide. Suicidal behavior results from a combination of genetic, developmental, environmental, physiological, psychological, social, and cultural factors operating in complex, and often unseen, ways.

Specific strategies were identified to achieve the goals and objectives of the suicide prevention system. These strategies come from the wisdom and experience of Alaskans all over our state. They are based on the most current and credible data and research available. These strategies are ways that individuals, communities, and the State of Alaska can act together to prevent suicide.

The plan is a uniquely Alaskan endeavor, though it is aligned with the [National Strategy for Suicide Prevention](#) and the [American Indian and Alaska Native National Suicide Prevention Strategic Plan \(2011-2015\)](#). *Casting the Net Upstream* encourages Alaskans to think about prevention in a new way by promoting physical, emotional, and mental wellness and strengthening personal and community resilience – to prevent suicide by promoting the health of our people, families, and communities. This is the second annual implementation report. In it, suicide prevention efforts toward the six *Casting the Net Upstream* goals are highlighted and performance measures are reviewed.

2013 Annual Report

In addition to the activities and efforts reported in this implementation report, the Council engaged in the following activities in 2013:

- ✓ The Council held public meetings in Anchorage (May, 2013, August, 2013) and Fairbanks (October, 2013). The Council held a teleconferenced meeting in March, 2013.
- ✓ The Council established a committee, chaired by Sen. Anna Fairclough, to explore the development of university-based suicide prevention curriculum for fields of study such as teaching, social work, nursing, rural development, etc.
- ✓ The Council partnered with the Department of Education and Early Development to implement the competitive [Suicide Awareness, Prevention, and Postvention](#) [SAPP] grant program for school-based suicide prevention. Eleven school districts applied; six school districts were funded.
- ✓ The Council partnered with the [Alaska Community Foundation](#) and Alaska Children's Trust to offer a one-time competitive grant program for youth suicide prevention projects. The Teen Suicide Prevention Grant Program funded small youth suicide prevention projects in eleven communities: Allakaket, Fairbanks, Homer, Iliamna, Juneau, Kalskag, Lower Kalskag, Shishmaref, Tanana, Tok, and Tuntutuliak.
- ✓ The Council (staff and/or members, often with partner organizations) made educational presentations at the Alaska Federation of Natives Elders and Youth Conference, the Bureau of Indian Affairs Tribal Providers Conference, School Counselors Association Conference, School Health and Wellness Initiative Conference, Principals Conference, Maternal and Child Health and Immunization Conference, and Statewide Independent Living Council. Education/awareness booths and public outreach were provided at the 2012 and 2013 Elders and Youth Conferences. The Council provided bracelets with the Careline number, Careline magnets, and thousands of Careline brochures for suicide prevention events sponsored by community coalitions, the Alaska State Troopers, the Juneau Human Rights Commission, and others.

Casting the Net Upstream Goals



Goal 1: Alaskans Accept Responsibility for Preventing Suicide



Goal 2: Alaskans Effectively and Appropriately Respond to People at Risk of Suicide



Goal 3: Alaskans Communicate, Cooperate, and Coordinate Suicide Prevention Efforts



Goal 4: Alaskans Have Immediate Access to the Prevention, Treatment, and Recovery Services They Need



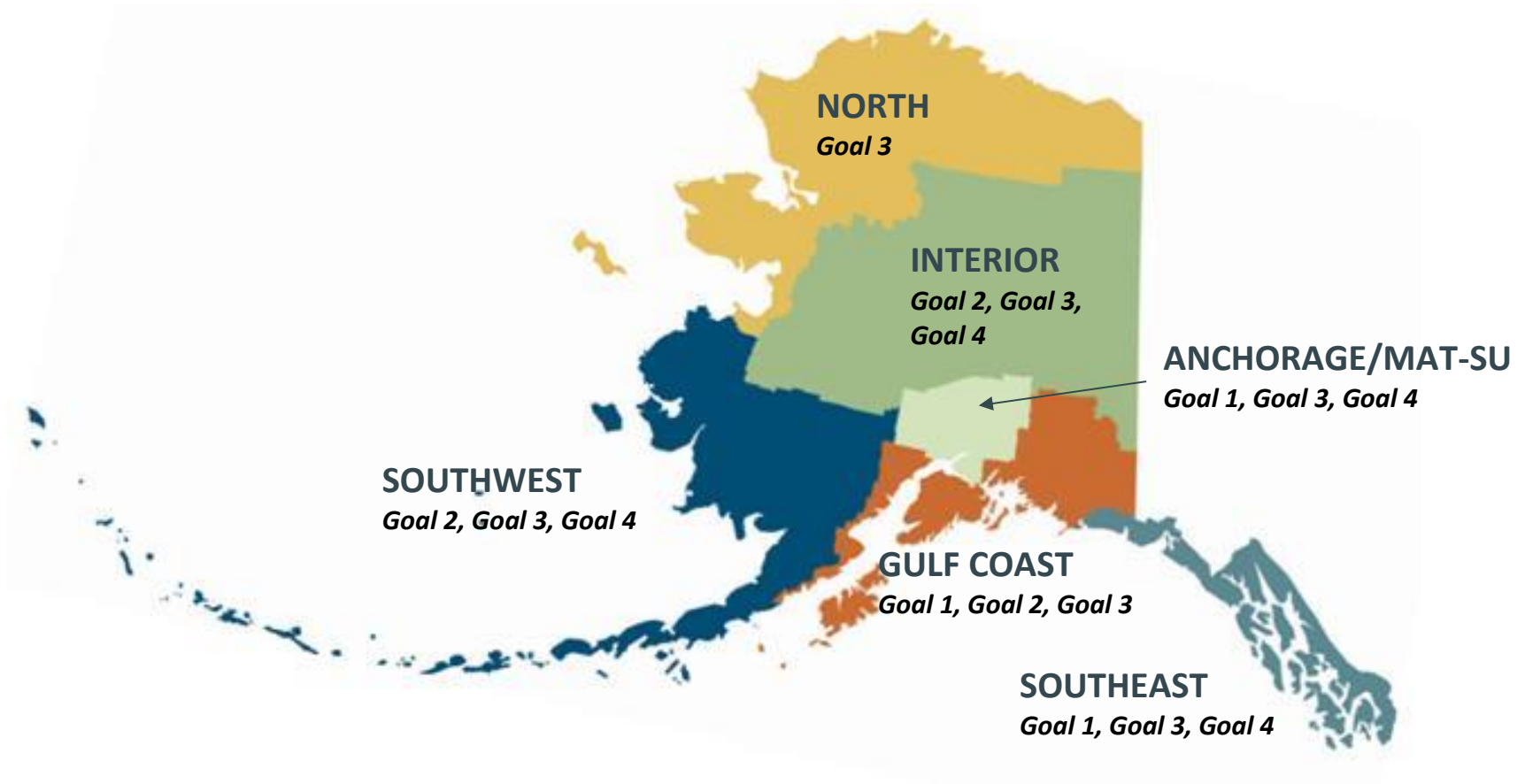
Goal 5: Alaskans Support Survivors in Healing



Goal 6: Quality Data and Research is Available and Used for Planning, Implementation, and Evaluation of Suicide Prevention Efforts

Regional Suicide Prevention Teams

With the release of *Casting the Net Upstream*, the Council helped to create six regional suicide prevention teams: Northern, Interior, Southwestern, Anchorage/Mat-Su, Gulf Coast, and Southeastern. These teams are made up of key stakeholders and leaders in community suicide prevention efforts. They are working to achieve state suicide prevention goals most relevant to their regions through specific action plans developed at the 2012 Statewide Suicide Prevention Summit.



Suicide Rate and Number, 2012

Data from the Bureau of Vital Statistics shows that **167** Alaskans died by suicide in 2012, resulting in a statewide suicide rate of **22.8/100,000**. While the decrease in the number of lives lost in 2011 was promising, it is important to note that Alaska's annual number of deaths by suicide has ranged from 103 in 2001 to 167 in 2008 and 2012.

2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
16.4	20.7	20.2	22.9	19.2	19.6	22.6	24.0	19.6	22.6	19.5	22.8
103	131	123	154	127	132	149	167	140	163	141	167

Source: Department of Health and Social Services, Bureau of Vital Statistics

Summary of Suicide Prevention Activities

The number of community-based suicide prevention activities has continued to grow since 2010. This summary of projects and activities is meant to provide a sample of Alaska's evolving suicide prevention system.

Suicide Prevention Training

The Department of Education and Early Development trained 192 Alaskans in FY2013. All of these individuals were trained in an evidence-based suicide prevention model, including [safeTALK](#), [Applied Suicide Intervention Skills Training \(ASIST\)](#), and Gatekeeper. The Gulf Coast Regional Suicide Prevention Team implemented ASIST and participated in Crisis Intervention Skills Management in its communities.

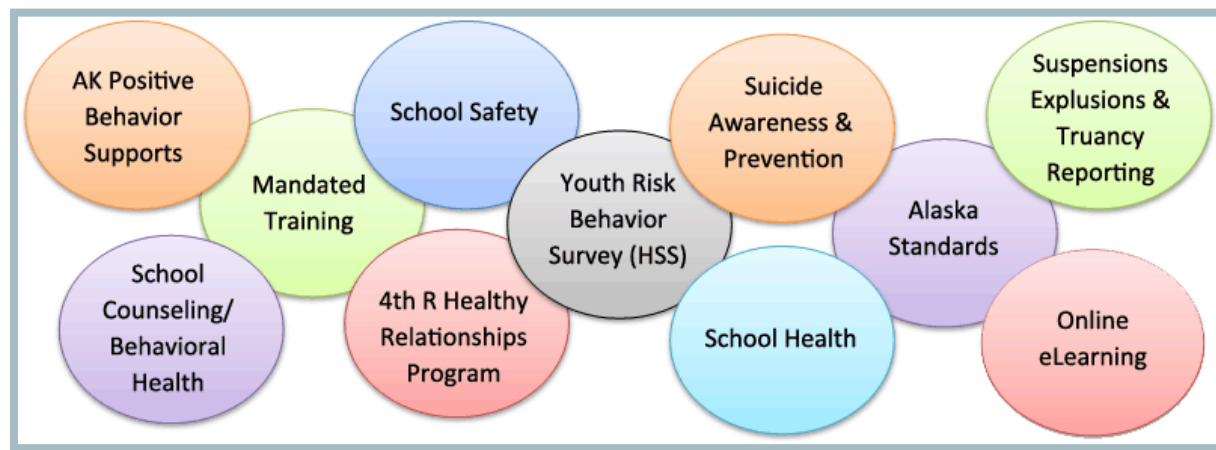
Alaska school districts offer suicide prevention trainings to educators and staff in order to meet the requirements of the law passed in 2012. The Department of Education and Early Development reports that school districts offered training in safeTalk, ASIST, and QPR, as well as trainings using [Jason Foundation](#) resources and web-based training from the Department of Education and Early Development [eLearning System](#) and [Kognito](#).

School-Based Suicide Prevention

The Department of Education and Early Development has integrated suicide prevention and school health and wellness into the broader [Safe, Supportive, and Successful Schools Initiative](#). This initiative is supported by the Positive Behavioral

Interventions and Supports, School Safety and Health, Youth Risk Behavior Survey, Suicide Awareness and Prevention, and eLearning efforts, among others. This comprehensive approach to student wellness furthers the objectives of Alaska’s youth suicide prevention efforts and the overarching goals of *Casting the Net Upstream*.

SAFE, SUPPORTIVE, & SUCCESSFUL SCHOOLS



Source: Department of Education and Early Development, Teaching and Learning Support

The new [Suicide Awareness, Prevention, and Postvention](#) [SAPP] grant program, implemented in partnership with the Suicide Prevention Council, strengthens these coordinated efforts. In 2013, six school districts were funded to offer evidence-based suicide prevention in their high schools. All six of the school districts receiving SAPP grants are providing services to students at-risk of suicide. The Anchorage and Mat-Su Borough school districts are implementing their suicide prevention programs in alternative schools. The Department of Education and Early Development, with the support of a grant from the Department of Health and Social Services, also continued the [Promoting Health Alternative Schools and Community Partnerships Initiative](#) in 2013.

The Teck-John Baker Youth Leaders Program in the Northwest Arctic School District continues to show success in promoting positive youth development and reducing suicide risk. Based upon the Comprehensive Health Education Foundation’s Natural Helper curriculum and adapted to Inupiaq culture, this model harnesses the strengths and talents of students to promote health and wellness. The Teck-John Baker Youth Leaders Program was chosen for evaluation as an evidence-based

intervention through the Native American Service to Science Initiative at the Substance Abuse and Mental Health Services Administration. For more information about this program, contact Michelle Woods, Northwest Arctic Borough School District, at (907) 442-1869.

Suicide Prevention

The Division of Behavioral Health funded six suicide prevention grantees in 2013:

Juneau Suicide Prevention Task Force	Total Grant Award \$286,512
<ul style="list-style-type: none"> • Public awareness trainings and outreach through www.juneausuicideprevention.org and www.juneamentalhealth.org • Signs of Suicide depression/suicide ideation screenings in high schools and alternative school • Sources of Strength peer mentorship program in high school • Behavioral health support/counseling to at-risk students in all middle and high schools. • Community-wide postvention outreach, training, and support 	
Youth Advisory Group. Asa'carsarmiut Tribal Council, City of Mountain Village	Total Grant Award \$65,000
<ul style="list-style-type: none"> • Work with local school to implement the Qungasvik Project 	
Nulato Life Project, City of Nulato	Total Grant Award \$ 55,263
<ul style="list-style-type: none"> • Youth activities connected to cultural traditions build resiliency 	
Petersburg Mental Health Services, Petersburg	Total Grant Award \$73,000
<ul style="list-style-type: none"> • Partnering with the school district to implement Signs of Suicide • Prime for Life, a drug and alcohol prevention education program for middle school students and parents • Connect postvention training and resources 	
We Are All in this Together, Tanana Chiefs Conference, Fairbanks	Total Grant Award \$150,000
<ul style="list-style-type: none"> • Digital storytelling with youth in 11 villages • Youth led media/awareness campaign "Hope, Help and Strength" • Training Wellness Team members in QPR, Mental Health First Aid, safeTALK, and ASIST 	
Alaska Careline, Statewide	Total Grant Award \$350,000
<ul style="list-style-type: none"> • Statewide confidential 24/7 crisis line 	

The Division of Behavioral Health has provided \$125,000 over three years (beginning in 2013) to the Alaska Native Tribal Health Consortium to finalize and pilot *Doorway to a Sacred Place*, an Alaska Native suicide prevention model based upon traditional values and teachings from indigenous communities throughout Alaska. The funding also supports evaluation of the model by the Substance Abuse and Mental Health Services Administration's Native American Center for Excellence Service to Science Initiative.

Communities also engaged in a wide variety of suicide prevention activities in 2013. The Gulf Coast Regional Suicide Prevention Team reported a gun lock project to reduce access to lethal means (firearms).

Increasing Access to Prevention, Treatment, and Recovery Services

Communities continue to collaborate to meet the behavioral health prevention, treatment, and recovery needs of their neighbors. For example, [Petersburg Mental Health Services, Inc.](#) and [Juneau Youth Services](#) offer mental health and substance abuse screening and treatment services to students identified as at risk of suicide or severe emotional disturbances in partnership with the Petersburg and Juneau school districts (projects supported by the Department of Education SAPP program and the Department of Health and Social Services). In the Gulf Coast Regional Suicide Prevention Team's communities, as well as in Dillingham and the Bristol Bay Region, depression screening and awareness activities helped to connect people to needed mental health services.

The number of Alaskans who received mental health services grew 17% between FY2009 and FY2011 (8,834 individuals in FY2009 compared to 10,353 individuals in FY2011). The number of Alaskans who received substance use disorder treatment has grown 5.7% since FY2009 (6,994 individuals in FY2009 compared to 7,391 individuals in FY2013). While the increase in the number of Alaskans seeking treatment and recovery services is promising, the resources available to the behavioral health system remain static. State funding for mental health and substance abuse treatment and recovery services is a mix of federal funds through Medicaid and the behavioral health block grants and state general funds. General funds appropriated for treatment and recovery services have been relatively flat since 2010.

Media and Public Awareness

The Council has launched an updated and more user-friendly [StopSuicideAlaska.org](#). The state's suicide prevention portal includes an interactive calendar, a library of training resources, and the ability to host community coalition and other group forums.

[Drew's Foundation](#), founded by Paul O'Brien of Bethel, has continued to build partnerships with dog sled and snowmachine racers in the Yukon-Kuskokwim region to carry the message "Suicide is Never the Answer: Call Someone." The Council continued its partnership with the Iron Dog Race and Department of Health and Social Services in 2013, featuring snowmachine racers Arnold Marks and Aaron Marks of Tanana in the sports card and posters promoting hope and help-seeking.

Video public service announcement contests, providing a cohort of dynamic and persuasive messages of hope and healing, are coordinated by the Alaska Association of Student Governments, Alaska Native Tribal Health Consortium, and Tanana Chiefs Conference.

The Alaska chapter of the American Foundation for Suicide Prevention coordinated Out of Darkness Walks in 2013. Similar walks/runs were held by tribal health and community organizations. The Council continued its Iron Dog sports card campaign, featuring Archie Agnes and Arnold Marks in 2012.

Supporting Survivors

Bereavement support groups and suicide survivors' groups are available in Alaska. Southcentral Foundation's Dena'a Yeets' offers a [weekly grief support group](#) in Anchorage for people who have experienced a loss to suicide. National Suicide Survivors Day events were hosted in Juneau, Toksook Bay, Kasigluk, Fairbanks, and Anchorage on November 23, 2013.

Data and Research Development

The [Arctic Resource Center for Suicide Prevention](#) (ARCSP) was founded in 2013 by a group of survivors of a loss to suicide and survivors of attempted suicide in Fairbanks. The ARCSP's mission is "serving protectors and empowering survivors." It is a resource center and a catalyst for research on suicide in the Arctic. For more information about the ARCSP, call Dr. James Wisland at (907) 750-5605.

The [Alaska Mental Health Board](#) and [Advisory Board on Alcoholism and Drug Abuse](#) coordinated with [Alaska Native Tribal Health Consortium](#) and many other statewide and community stakeholders to successfully propose including questions about [Adverse Childhood Experiences](#) (ACE) in Alaska's annual [Behavioral Risk factor Surveillance System](#) (BRFSS) survey. The BRFSS is an annual survey of adults conducted in every state. It is administered by the Division of Public Health in Alaska and is an invaluable source of information about the health behaviors and quality of life of Alaskans.

The ACE questions were first asked in the 2013 BRFSS. The data collected about Alaskans' experiencing adverse childhood events such as the death of a parent, child abuse and neglect, childhood sexual abuse, parental substance abuse, and other traumatic experiences will inform statewide suicide prevention efforts. These sorts of traumatic events contribute to the "web of causality" of suicide (as well as many other health and social consequences). For more information about the ACE question module, contact Patrick Sidmore, Health Systems Planner II, Alaska Mental Health Board and Advisory Board on Alcoholism and Drug Abuse at (907) 465-8920.

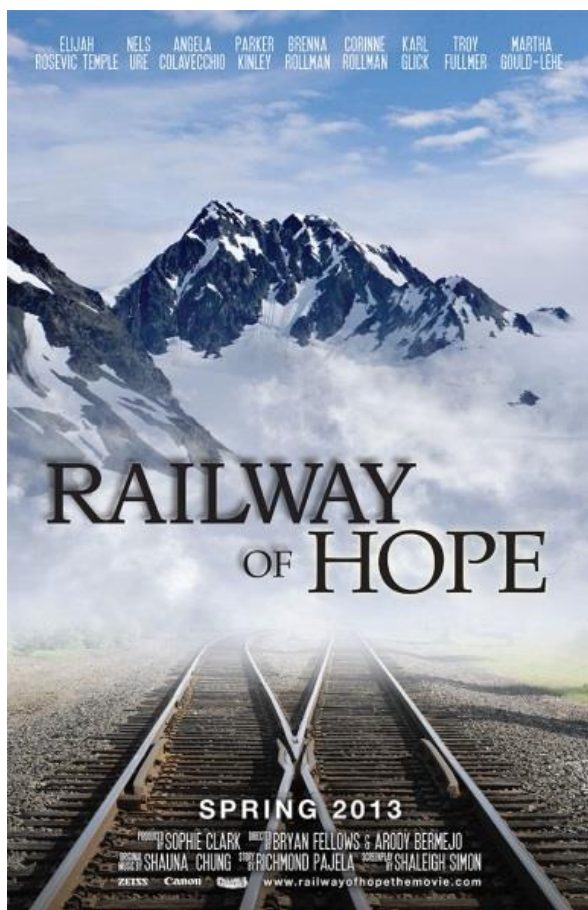
Note About the Implementation Report

To attempt to report out on every suicide prevention activity under each and every *Casting the Net Upstream* goal and strategy would be overwhelming — which in and of itself is a positive trend in Alaska's suicide prevention system. This report highlights key strategies where progress was achieved in 2013. For information on strategies not included in this report, or about a specific project, or to share another suicide prevention program with the Council and its partners, contact Eric Morrison at (907) 465-6518.

Goal 1: Alaskans Accept Responsibility for Preventing Suicide

Strategy 1.7 ~ Communities will participate in efforts to de-stigmatize suicide and accessing treatment for mental health crises.

Indicator: 1.7.a. Alaskans comfortable with a family member, coworker, guest, or neighbor experiencing mental illness: 72.7% (AMHTA, 2012) — compare to 77.3% in 2010



The [Alaska Association of Student Governments'](http://aasg.org/important-news/suicide-prevention/) annual public service announcement video contest continues to foster dialogue among youth about mental health and suicide and to promote messages of acceptance and support for help-seeking. Support from Alaska Native Tribal Health Consortium and GCI ensures that the messages created by students are shared throughout Alaska, expanding the reach of the anti-stigma message. In 2013, the winners of the contest were from Mitchell Forbes from Bethel and Cara Chapman from Chugiak. These and past winning videos can be seen at <http://aasg.org/important-news/suicide-prevention/>.

The Alaska Association of Student Governments also produced [Railway of Hope](#), a short film, written by Klawock High School graduate Sophie Clark, in 2013. These youth-led efforts continue to de-stigmatize suicide and promote help-seeking by youth in crisis.

The Alaska Native Tribal Health Consortium and many tribal health organizations have partnered to support a statewide tour of *The Winter Bear*, a play based on the life of Koyukon Athabascan elder Sidney Huntington that includes discussion of issues related to suicide, domestic violence, and substance abuse.

Goal 2: Alaskans Effectively and Appropriately Respond to People at Risk of Suicide

Strategy 2.2 ~ Alaskans know about Careline and other community crisis lines, and can share that information with others.

Indicators: 2.2.a. Number of calls to Careline annually: 6,487 — compare to 8,497 in 2012

[Careline](#) is Alaska’s statewide suicide prevention and crisis call line. Careline has partnered closely with the Council, Division of Behavioral Health, and communities to increase public awareness of the service and promote help-seeking. The Council, the Division of Behavioral Health, the Alaska Mental Health Trust Authority, and many other partners in suicide prevention have committed to promoting the Careline number and resources statewide. Careline received 6,487 calls in 2013, plus 115 texts with the addition of texting in late 2013. Careline reports over 80% of callers disclose a mental health and/or substance use disorder.



Strategy 2.3 ~ Providers of services to veterans will prioritize suicide prevention screenings and effective interventions.

Indicator: 2.3.a. Number of suicides among Alaska veterans: 32 (BVS) compare to 27 in 2011)

The Bureau of Vital Statistics collects data on veteran status on death certificates. Of deaths by suicide of Alaska residents occurring within Alaska in 2012, 32 were confirmed veterans (19% of the total of 167 deaths by suicide, the same percentage as in 2011).

The Veterans Administration also collects data related to those veterans engaged in Veterans Administration services. The Veterans Administration reports that, in federal fiscal year 2013 (October 1, 2012 – September 30, 2013), five Alaska veterans engaged in services died by suicide, 24 Alaska veterans engaged in services attempted suicide, and 47 Alaska veterans engaged in services were identified as being at “high risk for suicide” (suicidal ideation with undetermined or suicidal intent).

Goal 3: Alaskans Communicate, Cooperate, and Coordinate Suicide Prevention Efforts

Strategy 3.2 ~ The State of Alaska and its partners will make training in evidence-based suicide prevention and intervention models accessible to all interested Alaskans.

Indicator: 3.2.a. Number of Alaskans trained in suicide prevention/intervention: at least 3,365 — compare to est. 1,800 adults and youth in 2012

Many state, tribal, and community organizations provided suicide prevention trainings in 2013. The Council is encouraged that the vast majority of those trainings relied on an evidence-based training curriculum.

Evidence-Based Suicide Prevention and Intervention Trainings, 2013 Sample

Agency	Training	Number Trained
Alaska Native Tribal Health Consortium	ASIST	327 adults
	safeTALK	877 adults & youth
	Survivor Voices	9 adults
Trust Training Cooperation	Mental Health First Aid	227 adults
Division of Behavioral Health	QPR/Gatekeeper	265 adults
	Connect Postvention	90 adults
Dept. of Education & Early Development	Gatekeeper Train the Trainer	77 adults
	safeTalk	34 adults & youth
	ASIST	29 adults
	e-Learning	1,326 adults
	Other	104 adults

The Alaska Native Tribal Health Consortium’s (ANTHC) commitment to providing evidence-based suicide prevention training statewide is a major contributor to the success of the *Casting the Net Upstream* state suicide prevention plan. Since 2009, ANTHC has trained 2,459 individuals in ASIST and 2,363 individuals in safeTALK.

Strategy 3.3 ~ The State of Alaska will mandate evidence-based suicide prevention and intervention training for all school district personnel.

Indicator: 3.3.a. Number of school districts offering suicide prevention training to educators/staff: 54

The Statewide Suicide Prevention Council, the Alaska Association of Student Governments, the American Foundation for Suicide Prevention – Alaska Chapter, and others partnered to support the passage of legislation supporting this strategy. In 2012, the Alaska Legislature passed a bill that requires teachers and certain other school employees (counselors, etc.) in grades 7-12 to have two hours of suicide awareness and prevention training each year. The Department of Education and Early Development, in partnership with the Council, developed an e-Learning module that complies with the statutory requirements. In 2013, 1,326 educators and other school personnel completed the required two hours annual training through the e-Learning system.

Strategy 3.6 ~ The State of Alaska will coordinate all prevention efforts across all departments and divisions, to ensure that Alaska has a comprehensive prevention system that recognizes the “web of causality” implicated in suicide, substance abuse, domestic violence, bullying, child abuse, teen risk behaviors, etc.

Indicator: 3.6.a. Number of executive agencies and partners engaged in a comprehensive prevention workgroup: 7

The Council on Domestic Violence and Sexual Assault (CDVSA) has continued to coordinate the inter-departmental prevention workgroup to help guide policymaking and improve data analysis practices. This group includes representatives from CDVSA and the Departments of Public Safety, Health and Social Services, and Education and Early Development. The Council and AMHB and ABADA also participate.

Goal 4: Alaskans Have Immediate Access to the Prevention, Treatment, and Recovery Services They Need

Strategy 4.1 ~ Alaskans know who to call and how to access help — and then ask for that help — when they feel like they are in crisis and/or at risk of suicide.

Indicator: 4.1.a. Number of calls to Careline annually: 6,487 (2013) — compare to 8,497 in 2012

See the discussion at Strategy 2.2 above for more about Careline resources.

Strategy 4.2 ~ Community behavioral health centers will provide outreach to ensure that community members know what services are available and how to access them.

Indicator: 4.2.a. Number of community behavioral health centers reporting outreach — 8

This is a new indicator established by the state suicide prevention plan, and so data development is ongoing. In 2013, community behavioral health centers reported outreach through partnership projects, community action planning groups, wellness coalitions, and community assessment efforts. A shining example of community outreach resulted in the community needs assessment process in Homer. Informed by this process, the board of directors of [South Peninsula Behavioral Health Services](#) has focused on improving access to care through facilities. The result is expanded access to behavioral health services for children and youth at a central location, the Child and Family Services Program (renovated in 2013 and opened in March 2014), and continued community-based services in local schools.

Like the behavioral health center in Homer, Petersburg Mental Health Services, Inc., [Lynn Canal Counseling](#) (Haines), and Juneau Youth Services provide outreach through school-based suicide prevention partnership projects. Juneau Alliance for Mental Health, Inc., Fairbanks Community Mental Health Services, Interior AIDS Association (a substance abuse treatment provider), Juneau Youth Services, and Anchorage Community Mental Health Services engage in coordinated as well as independent outreach efforts.

Goal 5: Alaskans Support Survivors in Healing

Strategy 5.2 ~ The State of Alaska will provide resources, tools, and technical support for community postvention efforts, with emphasis on natural, organic responses developed in the community.

Indicator (revised): 5.2.a. Number of Alaskans trained in postvention: 90-100 (2013) — compare to 136 in 2012

The University of Alaska Anchorage and Northstar Hospital offered a postvention “lunch and learn” in 2013. The Division of Behavioral Health has promoted the best practice [Connect Training](#), designed by NAMI-New Hampshire, since 2012. CONNECT is a customizable model of suicide prevention and postvention training. In 2013, 90 individuals were trained in the CONNECT model. The [Helping Our Communities Heal Postvention Resource Guide](#), developed in 2011-2012 by the Council and Division of Behavioral Health in consultation with a stakeholder advisory group, is available on StopSuicideAlaska.org.

Goal 6: Quality Data and Research is Available and Used for Planning, Implementation, and Evaluation of Suicide Prevention Efforts

Strategy 6.1 ~ The State of Alaska will improve statewide suicide data collection efforts, employing epidemiological standards/models to ensure quality reporting, analysis, and utilization for timely data driven policy decisions.

Indicator: 6.1.a. Data sources available on StopSuicideAlaska.org: 4 (2013) — compare to 3 in 2011

StopSuicideAlaska.org includes data from the Centers for Disease Prevention and Control, the Alaska Division of Public Health Epidemiology Section, the Alaska Violent Death Reporting System, and the Alaska Bureau of Vital Statistics.

Conclusion

The Council is grateful for the work of individuals, communities, and the State of Alaska in furthering the goals and strategies of *Casting the Net Upstream*. The first year of implementation reflects a strong commitment by Alaskans, their families and communities, and state leaders to preventing suicide. While there is a great deal of work ahead for all Alaskans, the Council is encouraged by the progress made in 2013.

This report was prepared by the Statewide Suicide Prevention Council with content contributions from many stakeholders. The Council expresses our thanks to everyone who assisted in preparing this report.

The *Casting the Net Upstream Annual Implementation Report, 2013* is exclusively web-published, at a savings of more than \$5.50 per color copy. It is available online at:

www.StopSuicideAlaska.org

<http://dhss.alaska.gov/SuicidePrevention/>



William Martin, Chairman
Sean Parnell, Governor of Alaska
William Streur, Commissioner of Health and Social Services
431 North Franklin Street, Suite 204
Juneau, Alaska 99801
(907) 465-6518