

# Example: Implementing PDSA Worksheet

<b>State/Jurisdiction:</b> Missouri	<b>Topic:</b> Suicide & Self-Harm Prevention	<b>Cycle #:</b> 2	<b>Start Date:</b> 3/1/2017	<b>End Date:</b> 4/30/2017
<b>Strategy 6:</b> Implement and spread <b>evidence-based multi-component suicide and self-harm prevention programs for children and adolescents</b> (e.g., Coping and Support Training, Model Adolescent Suicide Prevention Program, Sources of Strength, etc.)				

## Objective of this Cycle

Is this cycle used to  develop,  test,  implement, or  spread a change?

**Questions you want to answer with this cycle:** *What do you hope to achieve or learn through this cycle? What idea are you working on that you think will result in improvement? Provide any necessary contextual information.*

Working with Department of Mental Health and Regional Support Centers to identify schools/school districts who are interested in implementing Signs of Suicide (SOS). We are interested in learning:

- Who will the schools/school districts identify for training?
- How long does it take to set up training with the schools?
- What is the best time and place to host the training?
- Do the Regional Centers provide a survey during the SOS trainings? If they do, can we capture evaluation data/effectiveness of training?
- What happens to the information the survey is asking?
- Do they report how many students/faculty they train?
- What has been the impact of the new legislation on requests for training?
- Why are schools choosing to receive training?

## Plan

List the tasks needed to set up this cycle	Person responsible	When to be done	Where to be done
Reach out to schools	Regional Centers	3/15/2017	Phone/E-mail
Set a time and place for the training	Regional Centers	3/31/2017	Phone/E-mail
Collect information on staff/students getting trained	Regional Centers	4/15/2017	At the schools
Carry out the training	Regional Centers	NA	At the schools
Predict what will happen as a result of the cycle	Measures to determine if prediction & cycle succeed		
80% of the schools who contact Regional Support Centers will choose to implement SOS.	% of schools that agree to SOS training. Average length of time between first contact and training date		
Trainings will take place at the school	Location where trainings take place Time of day and day of week of training		
100% of licensed educators may annually complete up to two hours of training or professional development in youth suicide awareness and prevention.	% of trained faculty who say they are required to take a suicide prevention training		
30% of trainees will complete an evaluation	% of trainees completing an evaluation (Number of completed surveys/#people trained)		
100% of school districts shall adopt a policy for youth suicide awareness and prevention by July 1, 2018.	# of schools that have adopted a policy for youth suicide awareness and prevention.		

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## Do

Describe what happened when you ran the cycle, including surprises, successes, obstacles, ease of collecting data, etc.

The department has purchased 30 high school programs and 30 middle school Signs of Suicide (SOS) programs to provide to the Regional Support Centers located around the state. We have recently purchased an additional 25 middle and high school SOS kits for the Regional Support Center because the need was higher than expected.

Missouri Department of Mental Health and Regional Support Centers have implemented 36 SOS programs into their schools. They are training schools and school districts.

The toolkits we provided were sufficient for carrying out the trainings.

We have had a higher demand for SOS kits because of the House Bill No. 1583. Which states by July 1, 2018 each district shall adopt a policy for youth suicide awareness and prevention, including the training and education of district employees.

## Study

Describe the measured results and how they compared to the predictions. What are the lessons learned? Was the cycle successful?

100% of the schools/school districts who contacted the Regional Support Center set up training

At the time we started this effort, no schools required their faculty to be trained in suicide prevention. However, the governor recently signed HB 1583, and this will change the number of people required to take suicide prevention trainings.

The regional center did conduct a survey with trainees. Need to obtain that information from the Regional Support Centers if possible.

Who was trained students or staff? Need to obtain that information from the Regional Support Centers if possible.

## Act

Based on what you learned, describe next steps, including modifications for the next cycle – adapt, adopt, abandon change(s)

We will work with the regional center to track the number of trainees and whether or not they are students or faculty/administration.

A DHSS staff member is on the planning committee with DESE and other partners to discuss the House Bill 1583. They will develop guidelines suitable for training and professional development in youth suicide and awareness and prevention. They will also develop a model policy that districts may adopt by July 1, 2017.

Schools will have policies, procedures, dedicated staff, and each district shall adopt a policy for youth suicide awareness and prevention by July 1, 2018

For future PDSA cycles, we aim to work with more schools/school districts to ensure full implementation of SOS.

DHSS will plan to purchase more toolkits if the need is high.