

*“What are you doing
to help us cope?”: Mindfulness and
suicide prevention*

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**Center for Child and
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UNIVERSITY OF WISCONSIN-MADISON

**UW
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Suicide prevention in Jackson County

A red speech bubble graphic with a white outline, containing the text "Youth Voices in Jackson County".

Youth Voices in
Jackson County

**“What are you doing
to help us cope?”**

Mindfulness

- **Mindfulness-Based Stress Reduction (MBSR)** changes structure and function of the brain in beneficial ways
- **Mental health benefit** nearly universal
- Mindfulness practices adapted for delivery in:
 - School-based and family-focused settings
 - Organizational/leadership/workplace delivery

**Strengthening
Families Program:
For Parents
& Youth 10-14**

**\$9.60 cost
savings**

**for every
\$1 invested**

in SFP 10-14



**Mindfulness-enhanced Strengthening Families Program:
For Parents and Youth 10-14 (MSFP 10-14)**

MSFP 10-14 D&I County Participation

Dissemination & Implementation (D&I) Study of MSFP 10-14 in Wisconsin



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Jackson County
UW-Extension

- **Delivery of evidence-based mindfulness programs**
 - MSFP 10-14
 - MBSR
 - MindUP

A red speech bubble graphic with a white outline, containing the text "Thank you!".

Thank you!

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