

Otter Tail County Mental Health Promotion and Suicide Prevention Planning Group

A multidisciplinary group of individuals working together to create a comprehensive plan for suicide prevention efforts.

Project Timeline



Priority Populations	Concerns and Opportunities for Change
General public	Resilience building
Adolescent and young adult women	Suicide ideation, self-image & social media use
Middle age males	Recognition of signs & risk of mental illness; treatment seeking
Individuals with chemical dependency	Establishing care & continuity of care
Health care, public safety, & other stakeholders	Siloed communication, data sharing policies & protocols
Faith leaders & faith communities	Knowledge of mental health resources & comfort with addressing mental health concerns

GATHERING COMMUNITY PERSPECTIVES

- During March and April 2022, the group conducted one on one community conversations
- Gathered local perspectives on mental health and suicide

REVIEWING COMMUNITY STRENGTHS AND ASSETS

- Faith communities are an asset
- Regular community connection opportunities as a strength
- Community organizations such as arts, hobby, farming, or others that provide natural supports
- Treatment support resource availability

IDENTIFYING TRENDS, CONCERNS, AND ROOT CAUSES

- Local completed suicide rates are highest among males
- Concern for youth mental health (specifically young women) reflected in all data types
- Treatment utilization is high, waitlists are long
- Need more mental health education, stigma reduction, and promotion of resilience tools

RECOMMENDING NEXT STEPS

- Gather community feedback on findings within summary document
- Use information to create a comprehensive plan
- Implement strategies for change and maximum impact

To offer feedback on this report or to learn more about this groups work contact Leah Jesser at ljesser@co.ottertail.mn.us.