



# SUICIDE PREVENTION AWARD RECIPIENT



## 2023

### 2023 Fred Meservy Life and Leadership Award



**Pat Breux**

In 1987, Pat Breux began her career as a registered nurse at St. Joseph's Hospital in Elmira, NY. She worked in several roles during her 36-year nursing career, including nursing clinical instructor, staff registered nurse, family advocacy coordinator, as well as a community advocacy and prevention coordinator.

In 2010, she transitioned to working in suicide prevention, and is a founding member of SPCNY – spearheading and directing the school and youth portfolio. In her work at SPCNY, Pat developed and systematized suicide prevention work in schools.

When Pat began her work in suicide prevention, there were very few resources available for schools that supported systematic integration of suicide prevention best practices. Calling 911 was often the default response for students in a behavioral health crisis.

Pat partnered with school districts to identify what suicide prevention resources were already in place and what could be improved upon. This process was iteratively refined and systematized into an all-day planning session with school districts and their community partners in the Creating Suicide Safety in Schools (CS3) training. In 2022, this was acknowledged by the CDC as being a promising best practice in their Resources to Action for Suicide Prevention Report.

Her work didn't stop with CS3 - in those conversations with schools around identifying needs she developed a host of professional development training to fill those gaps: from Suicide Safety for Teachers and School Staff, Helping Students at Risk for Suicide, Crisis Curriculum, and STARS.

Pat is a skilled trainer and she developed and implemented a vision for a trainer network in New York State to expand the work. This network is an investment in building capacity and sustainability for suicide safety in schools. Consequently, to date over 44,000 individuals have been trained in these curriculums in New York State.

#### **About The Fred Meservy Life and Leadership Award:**

*The Fred Meservy Life and Leadership Award is New York State's highest honor in the field of suicide prevention. It is bestowed upon a New Yorker who has demonstrated extraordinary leadership and contributions in the field of suicide prevention.*