

STATE OF COLORADO



Colorado Department
of Public Health
and Environment

Suicide Prevention in Colorado Programs and Activities

Submitted to the Colorado Joint Budget Committee,
the Health, Environment, Welfare, and Institutions Committee of the House of Representatives,
and the Health, Environment, Welfare and Institutions Committee of the Senate
by the Prevention and Intervention Services for Children and Youth Division
Colorado Department of Public Health and Environment
November 1, 2003

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Executive Summary

Colorado ranks seventh in the nation for suicide death rates, with a suicide rate that is nearly 40 percent higher than the national rate. Suicide is the state's eighth leading cause of death, as well as the second leading cause of death in every age group from 10 to 34. Last year, over 700 Coloradans died by suicide. More than four times that number are medically hospitalized every year due to suicide attempts. As many as 9,600 Coloradans are estimated to be seriously considering death by suicide in any year. The total of direct and indirect costs to the state due to suicide deaths and attempts is estimated to be more than \$552 million annually.

During the 2000 session of the Colorado Legislature, House Bill 00-1432 was passed establishing the Office of Suicide Prevention and directed it to act as the coordinator for suicide prevention programs throughout the state. The charge of the office is to address suicide and suicidal behavior among Coloradans of all ages in order to reduce the suicide rate in Colorado.

Pursuant to 25-1-107, C.R.S., the Colorado Department of Public Health and Environment is required to report annually on or before November 1 on the status of the department's efforts to coordinate statewide suicide prevention services. The goal of this report is to consolidate in-depth knowledge about current activities at the state and local level, private and public partnerships and statewide programs that address the problem of suicide in the state.

Strategies Successfully Completed

The Office of Suicide Prevention has noted success in coordinating suicide prevention efforts across the state. Progress and accomplishments of the Office of Suicide Prevention's suicide prevention and intervention plan include:

- **co-sponsoring the 2nd annual statewide Colorado Suicide Prevention Summit;**
- **hosting the first of several regional conferences** being held throughout the United States, focusing on implementing the National Strategy for Suicide Prevention and building state's capacity for prevention work;
- **coordination/collaboration** with private partners at The Colorado Trust for **effective implementation** of their Preventing Suicide in Colorado Initiative. This \$2.5 million initiative results in 10 Colorado communities receiving additional funds over 3 years for suicide prevention;
- **directing a public awareness campaign** that includes statewide distribution of 35 types of informational material;
- **development and distribution** of public service announcements for radio and television; time for television public service announcements was obtained by the private sector with a potential household reach of over 734,000 households;
- **providing outreach** and suicide prevention information to more than **300,000 people** in Colorado communities;
- **building capacity** through training to statewide regional representatives. An additional six persons became suicide prevention trainers in the training network. A total of 45 trainers are available to provide community-based suicide intervention skills training;
- **coordination of 45 trainers across the state** providing suicide intervention skills at the community level, with more than **550 Coloradans trained;**
- **facilitating** operation of a special task force, **Partners for Teen Suicide Prevention;**
- **managing ongoing surveillance and analysis of suicide deaths** in partnership with the Injury Epidemiology Program;
- **providing grants** to 14 local communities for suicide prevention and education services;

- **gaining national recognition with professional presentations** at the American Association of Suicidology national conference and **participation on a national think tank** by invitation of the National Institute for Mental Health on the science of public awareness campaigns for suicide prevention;
- **ensuring** the operation of a **statewide, toll-free suicide crisis number** which has responded to over 3,000 suicide crisis calls in Colorado;
- **dissemination** of the American Association of Suicidology-Postvention Guidelines for School to all Colorado public schools in conjunction with the Colorado Department of Education. This publication offers guidelines on school response in the aftermath of a suicide death;
- **providing education** on suicide and suicide prevention, to multiple professional groups, including University of Colorado Health Sciences Center grand rounds, National Conference on Pretrial Services, Colorado School Social Work Conference, Colorado Public Health Association Conference and others.

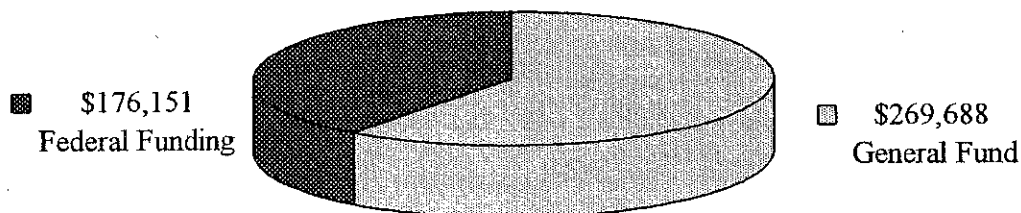
Role of Department of Public Health and Environment's Role as Lead Entity

Following the completion of the report of the Governor's Suicide Advisory Commission, Governor Bill Owens took immediate action. The Governor directed the Colorado Department of Public Health and Environment and the Colorado Department of Human Services to submit a plan for implementing the recommendations from the advisory commission. The plan included the endorsement of the Department of Public Health and Environment to serve as the lead entity for coordination of the state's suicide prevention efforts, as suicide is a public health issue. This plan resulted in the passing of House Bill 00-432 establishing the Office of Suicide Prevention.

The department works closely with the Suicide Prevention Coalition of Colorado in an effort to strengthen public and private partnerships. Representatives from the department serve on the board of directors for the coalition. Representatives from the coalition serve on the Office of Suicide Prevention advisory board.

Funding: \$445,839

State Fiscal Year 02-03 Funding (July 1, 2002 to June 30, 2003)



General Fund:

The Office of Suicide Prevention received \$269,688 through state appropriation in the 2002-2003 fiscal year. This funding was used for grants to local communities, evaluation of community efforts, public awareness activities, operating expenses, personnel costs and training.

Training

The Office of Suicide Prevention continues to make training a priority. The management and coordination efforts across Colorado continue to expand. Significant suicide prevention training and development related to increasing the trainer network for this fiscal year included:

- Twenty-nine two-day trainings were offered across Colorado by a network of more than 40 trained ASIST trainers.
- Resources were leveraged to provide scholarships to two individuals from local communities to attend a five-day Training for Trainers in the ASIST model. These individuals now are part of a training network providing suicide intervention skills training to community members statewide.
- A training database for trainers was created to systematically track all training occurring statewide, including the programs being utilized, cost, time commitment, contact person and trainer information.
- The Office of Suicide Prevention staff began offering the two-day training program to Department of Public Health and Environment and other state employees, advisory board members, Suicide Prevention Coalition of Colorado members, and other advisory groups. These trainings were held at no charge to participants using materials purchased by the Office of Suicide Prevention.

Administration of Local Grants

\$128,022

Suicide Prevention and Education Services Grant Program

Fourteen grants up to \$10,000 each were awarded to local entities for suicide prevention and education services. This grant program is designed to support communities working on comprehensive suicide prevention programs, and to improve and expand suicide prevention at the local level. During this fiscal year, there were three separate funding categories. Grant recipients were selected for one of three categories including developing new efforts; expanding current efforts; or developing/enhancing suicide prevention efforts for special populations.

Suicide Prevention and Education Grant Recipients

Broomfield Department of Health and Human Services, City And County of Broomfield

\$7,861

The Broomfield Department of Health and Human Services used funds to create, publish, and distribute a youth suicide prevention manual; educate parents, teachers, and community members on suicide prevention; and to promote suicide risk awareness. The manual "Youth Suicide Prevention: Intervention and Ongoing Awareness" was created and distributed to every school principal and counseling office in Broomfield County schools and displayed at the library and recreation center. A bus shelter poster, aimed at youth suicide prevention, was created and displayed. Funds also were used to purchase a display board to be used for suicide prevention information at school events. Additionally, five individuals received the Applied Suicide Intervention Skills Training (ASIST) with participant fees covered by these grant funds.

Colorado School for the Deaf and the Blind, Colorado Springs

\$1,800

The Colorado School for the Deaf and the Blind used funding to support a character development program; a violence prevention program; and a suicide prevention program. The character development program was designed to teach healthy life skills and coping strategies, to increase positive self-esteem, and to reduce feelings of helplessness. The suicide prevention education program sought to increase

staff effectiveness and confidence in responding to at-risk students. Through pre- and post-test assessment, over one fourth of individuals who attended a suicide education program showed and increase in knowledge.

Eagle River Youth Coalition, Eagle County

\$3,076

The Eagle River Youth Coalition used funds to increase community awareness of suicide prevention resources; to increase education on depression and ideas on suicide; to increase the level of comfort for people to discuss ideas of suicide and depression; and to increase understanding of how these issues appear in Eagle County. Community members raised awareness through presentations, newspaper articles, and discussion forums with medical professionals. Additionally, the Eagle River Youth Coalition worked in conjunction with the "Better Understanding Depression and Suicide (BUDS)" project. This project is a local youth action research project aimed at understanding how local youth culture and beliefs; social and environmental influences; and building of social skills may prevent depression and suicide.

Family Tree Gemini, Jefferson and Boulder County

\$8,200

Family Tree Gemini used funds to educate staff and youth in suicide prevention intervention skills; provide educational presentations to youth; and to educate youth serving organizations of suicide prevention resources. Fifty-two staff members of Family Tree Gemini and three adolescents, two peer counselors and the community collaboration staff person were trained in the ASIST curriculum. Fifty presentations were conducted for 1,361 youth and adults in school and community settings. An additional educational training was conducted for all of Family Tree staff to voluntarily attend. Staff representing Family Tree Housing and Family Services, House of Hope, Women in Crisis, Karlis Family Center and the Adams County Safe and Stable Families Program attended the training. Funds also were utilized to develop a resource library including a number of books, videos and resource cards addressing issues related to suicide and depression.

Jefferson Center for Mental Health, Jefferson and Gilpin Counties

\$10,000

The Jefferson Center for Mental Health used funds to train key individuals who are resources for youth in the Green Mountain High School area in Jefferson County and in Gilpin County. Over 50 educators and community members in the Green Mountain area and Gilpin County received scholarships to attend the Applied Suicide Intervention Skills Training (ASIST). Some funds were utilized to arrange for substitute teachers for those attending training. Dr. Jon Richard provided 12 hours of suicide risk assessment, intervention and treatment training to 38 professionals from these areas as well. Following a suicide at Green Mountain High School, some funds were used to support an additional clinician to provide support to students and staff. All efforts continue to focus on strengthening the network of community gatekeepers and overall suicide prevention efforts.

Mesa County Suicide Prevention Coalition, Mesa County

\$9,176

The Mesa County Health Department used funding to increase community awareness of suicide as a public health concern; to provide suicide prevention training for individuals in the community; and partner with similar agencies to promote healthy life alternatives. Funds were used to conduct several advertising campaigns targeting both senior citizens and youth. Presentations were given to over 330 individuals from area groups, ranging from the Mesa State Psychology Club to the Area Stephens

Ministry. Mesa County Suicide Prevention Coalition partnered with St. Mary's Hospital; Emergency Medical Services Program; Build a Generation; and the Community Prevention Policy Board for Mesa County. ASIST workshops were provided to 388 individuals, who potentially have contact with individuals in crisis in Mesa County. The numbers reached through various public awareness presentations, health fairs, radio and television coverage over 5,000.

Prowers County Department of Social Services, Prowers and Baca County

\$10,000

The Department of Social Services in Prowers County used funds to train individuals in suicide prevention intervention skills; to develop a suicide prevention focus group; to create a resource list in each county; and to discuss development of and protocols for crisis intervention teams. Forty-eight members of the respective communities, including 24 in Baca, and 24 in Prowers County were trained using the ASIST curriculum. Members of the community, including representatives of law enforcement, schools, medical facilities, religious institutions and social services, were trained in suicide intervention skills. A follow-up evaluation found that trainees responded appropriately to individuals in crisis. County specific intervention focus groups were assembled and identified goals for future efforts. These goals included identifying local individuals to provide the ASIST training, forming critical incident teams across agencies, and combining services to reduce costs.

San Juan Basin Health Department, San Juan Basin

\$5,676

The San Juan Basin Health Department used funds to develop and support a culturally appropriate coalition; to promote education and awareness through newspaper advertisements; to provide suicide awareness programs to diverse populations; and to train gay, lesbian, bisexual and transgender advocates in the ASIST curriculum. Twenty-nine individuals received suicide intervention skills training through the ASIST workshop. Fifty-seven individuals, including social workers, foster families, law enforcement officers and members of the Ute Mountain Tribe, attended a full-day workshop on suicide prevention. Eighteen members of law enforcement participated in a week long "Critical Incident Training," which taught first responders intervention skills with severely depressed and suicidal individuals. A new school presentation was also developed, entitled "Some Secrets You Just Can't Keep," to encourage youth to refer troubled peers to appropriate help.

San Luis Valley Comprehensive Community Mental Health Center, San Luis Valley

\$10,000

The San Luis Valley Comprehensive Community Mental Health Center, through the Suicide, Substance Abuse and Violence Education community-wide coalition (SSAVE), used funds to promote suicide prevention awareness; to reduce the stigma associated with suicide; to train community members in intervention skills; to build and support coalitions; and to evaluate methods. Staff trained community members, using the ASIST curriculum, provided several suicide awareness presentations to groups including the Boys and Girls Club, Pathways Day Treatment and groups of athletes at a local high school. Using the media and the distribution of suicide prevention materials, staff promoted suicide awareness throughout the community. The SSAVE Coalition supported the development of youth suicide prevention coalitions in local high schools by providing staff guidance; by providing youth scholarships for training; and by creating leadership opportunities for youth in the SSAVE Coalition. Currently three of the local high schools have youth suicide prevention coalitions that active in the larger community coalition.

Suicide Education and Support Services, Weld County

\$7,000

Targeting middle-aged and senior citizens in Weld County, the Suicide Education and Support Services used the funding to train staff at the Area Agency on Aging; to provide displays for all county Senior Centers; and to train long-term care staff and seniors at a local senior center. Funds also were used to develop a support a group for relatives and friends of suicidal people; to purchase and distribute suicide prevention materials including postcards, newsletters, public service advertisements; and to conduct an art and poetry contest, which was sponsored by the Weld County Bar Association. New workshops were introduced, which included themes of suicide prevention for adults and seniors; suicide prevention in the workplace; and basic suicide prevention. Funds also were utilized to conduct extensive outreach to the difficult to reach professional populations of mental and medical health providers including regular mailings including postcards and newsletters.

Summit Youth Services Center, Summit County

\$10,000

The Summit Youth Services Center used funds to promote awareness of suicide prevention and treatment services at Summit High School. Suicide prevention training included using curriculum from "SAFE: Teen" and "Yellow Ribbon." A total of 250 ninth graders received a two-session course from the SAFE: Teen curriculum. A "Reviving Ophelia" course, exploring issues related to adolescent development and self-esteem issues for females, was provided for 65 parents. Multiple newspaper articles have been published, suicide prevention materials have been distributed, and the efforts of the mental health counselor at the high school have been supported and expanded through this funding. Scholarships funds were also provided for off-campus mental health care.

Teen HEARTBEAT, Colorado Springs

\$4,211

The funds received by Teen HEARTBEAT supported a program for adolescents who had lost a loved one to suicide. The program was designed to provide bereavement support opportunities to a maximum of 12 teens bereaved by the suicide of a parent, sibling or friend; to normalize their grief experience; to allow for exchange of support and empathy with peer grief; to teach coping techniques when life losses occur; and to ultimately reduce the possibility of participating teens ending their lives. Child grief specialists administered the eight-week series, which included projects and social events. There has been extensive community support for this project.

School of Nursing, University of Colorado Health Sciences Center, Denver

\$10,000

The School of Nursing at the University of Colorado Health Sciences Center used funding to develop a 45-minute interactive training video entitled "Is There Anything I Could Have Done?" with interdisciplinary case studies and discussion guides. The video will educate health care professionals on the assessment and triage of diverse populations identified as suicidal. A training guide for primary care providers accompanies the video. These materials will be used for training at the University of Colorado Health Sciences Center professional schools including the Schools of Medicine, Nursing, Pharmacy and Dentistry. Training videos also were made available to the Colorado Department of Public Health and Environment.

Yellow Ribbon Suicide Prevention Program, Adams County

\$10,000

Funding was used to provide the Yellow Ribbon Suicide Prevention Program "Be-A-Link" gatekeeper training in five Adams County schools. Training also included who and where resources are available within the school and community. This training was provided to students, teachers, administrators and staff in Adams County School District 12 and 50. Trainees learned intervention skills and the available resources, and received suicide prevention materials. Yellow Ribbon continues to partner with Adams County school districts for the expansion of this program.

ASSESSMENT/EVALUATION

OMNI Research and Training:

\$17,344

The Office of Suicide Prevention contracted with OMNI Research to provide evaluation services to each of the 14 grant recipients. These services included developing evaluation plans for each site in conjunction with the Office of Suicide Prevention and evaluating data provided by grant sites as part of the respective plan. The evaluation plans incorporated both process and outcome measures for each site as well as a core set of process and outcome measures to be employed across sites. These core measures made it possible for the Office of Suicide Prevention to gather information about the prevention and education services program. Full report is available by calling the Office of Suicide Prevention. (Executive Summary, Appendix B).

Part 3: Federal Funding

Partners for Teen Suicide Prevention

\$176,151

Substance Abuse and Mental Health Services Administration Grant-ENDED August 31, 2003

The Partners for Teen Suicide Prevention project is near completion with grant funding having ended on August 31, 2003. The Partners for Teen Suicide Prevention was charged with a number of goals established in the planning and development grant from the U.S. Substance Abuse and Mental Health Services Administration. The Partners for Teen Suicide Prevention project addresses the issue of youth suicide prevention and linking that effort to related issues of youth substance abuse, mental health and violence. The focus is on youth suicide prevention for children and youth ages 10-19. Representatives from various state agencies, and organizations serving youth and family survivors have participated in a state-level task force that guided the efforts of this project. Three pilot communities were identified to implement a youth suicide prevention program in conjunction with a community-wide coalition. The project received a no-cost extension with carryover funding to continue work through August 2003. A strategic plan to address youth suicide prevention across Colorado was the final goal of this project and was completed October 1, 2003. (Summary, Appendix C)

Appendix A
Office of Suicide Prevention Advisory Board

Tom Barrett, Ph.D.
Director, Colorado Mental Health Services
Department of Human Services

The Honorable Gayle Berry
Colorado House of Representatives

Carol Breslau
Senior Program Officer, The Colorado Trust

Arleen Brown
Private mental health practitioner

Mike Caffaso
Pueblo Bank and Trust

Dale Emme
Yellow Ribbon
Light for Life Foundation

Stephannie Finley
University of Colorado

Eleanor Hamm, Ph.D.
Pueblo Suicide Prevention Center

Andrea Hart
Gill Foundation

Reverend Yvonne M^cCoy
Colorado Community Church

Bill Porter, Ph.D.
President, Creating Caring Communities

Joe Tennesson
Media Consultant

Diane Ryerson-Peake
Creator, Suicide Awareness for Everyone

Appendix B

SUICIDE PREVENTION AND EDUCATION SERVICES GRANT

FINAL EVALUATION REPORT



**Colorado Department of Public Health and Environment,
The Office of Suicide Prevention**

September 2003

BACKGROUND

Suicide Prevention and Education Services Grant recipients were required to work with an independent evaluator selected by the Office of Suicide Prevention throughout the duration of the grant. In January 2003, OMNI Research and Training, Inc. (OMNI) was awarded the contract to provide evaluation services to the fourteen funded projects.

EVALUATION DESIGN

OMNI worked with grant recipients to develop individualized project evaluation plans that incorporated both process and outcome measures. While evaluation plans were tailored to specific projects, efforts also were made to ensure that a core set of process and outcome measures were employed across sites to provide the Office of Suicide Prevention with information about prevention and education services delivered initiative-wide. The following table provides an overview of the core measures that were implemented across sites by program area and the instruments used to collect these data.

CROSS-SITE EVALUATION RESULTS

Trainings and Presentations

A total of 32 prevention trainings or presentations were provided during the year. Of those trainings or presentations, 26 sets of Participant Information forms were submitted and 21 sets of feedback or evaluation forms were submitted. Participant information data from a total of 474 people who participated in a training or presentation was submitted. The total of the feedback or evaluation forms submitted came to 902.

Despite the variety in forms used, some consistent themes were found. For example, across all efforts and all communities, participants regarded their experience as useful and/or valuable. In addition, the majority of participants who attended a training or presentation indicated that they were satisfied with the experience. There were also several aspects that appeared helpful across trainings and presentations. Participants found that information regarding how to talk about suicide was helpful. In addition, they found benefit in the identification of warning signs and risk factors. They also appreciated the statistics that were provided to them, which allowed them to see what suicide looks like in their local area and the state.

Intervention and Referral

A total of 31 interventions were documented by the four grantees that submitted data. As shown in the following table, data collected from Intervention Logs suggests that the majority of interventions took place with youth under the age of 18. The types of referrals made for this age range were mainly to Parents or None. In addition, most of the documented interventions took place with females. The ethnicity of the intervention targets were mainly White, followed by Hispanic, African American and Other.

Private Gifts and Community Grants:

The Office of Suicide Prevention leveraged resources from the private sector to address significant needs during this fiscal year. Time for the airing of public service announcements on multiple television stations was donated free of charge. These spots were created through production and volunteer time at no cost and aired statewide with a potential household reach of over 734,000.

Federal Grants:

In its first year, the office received a two-year federal grant from the Substance Abuse and Mental Health Services Administration to focus on teen suicide prevention. Fiscal year 2002-2003 was the third year of operation under this grant after receiving a one-year, no-cost extension. Total project funding was \$378,000. For fiscal years 2002 and 2003, a total of \$176,151 was available.

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Introduction

Pursuant to section 25-1-107, C.R.S., the Colorado Department of Public Health and Environment submits this report describing the effectiveness of the department as the coordinator for suicide prevention efforts statewide and summarizing all suicide prevention programs in the state.

The charge of the Office of Suicide Prevention is to address suicide and suicidal behavior among Coloradans of all ages in order to reduce the suicide rate in Colorado. The goal of this report is to consolidate in-depth knowledge about current suicide prevention activities at the state and local level, private and public partnerships and statewide programs that address intervention and prevention to reduce suicidal behavior. It is required that this report be sent to the members of the Health, Environment, Welfare and Institutions Committee of the Colorado House of Representatives, the Health, Environment, Welfare and Institutions Committee of the Colorado Senate and to the members of the Joint Budget Committee by November 1, 2003.

Jane E. Norton, the department's former executive director, appointed the first director for the Office of Suicide Prevention in November 2000. The Office of Suicide Prevention staff developed a suicide prevention and intervention work plan, endorsed by the Office of Suicide Prevention advisory board, and based on House Bill 00-1432. This bill mandated that the Colorado Department of Public Health and Environment:

- create the Office of Suicide Prevention in the Colorado Department of Public Health and Environment;
- direct the Office of Suicide Prevention to serve as the coordinator of suicide prevention activities throughout the state; and
- authorize the office to accept gifts, grants and donations to assist in performing duties as the state coordinator, creating the Suicide Prevention Coordination Cash Fund.

Serving as the lead agency coordinating suicide prevention programs, the Office of Suicide Prevention's strategic work plan, guided by the state Suicide Prevention and Intervention Plan, includes the following program areas:

- technical support and capacity building;
- statewide needs and resource assessment;
- training;
- public awareness and education campaign;
- grant making to local suicide prevention efforts; and
- management of a cash fund of gifts, grants and donations.

The Office of Suicide Prevention has coordinated statewide suicide prevention activities and programs. Coordination of these services has been achieved by:

- 1) limiting duplication of suicide prevention efforts by serving as an information clearinghouse and by creating a service for referring successful local suicide prevention programs to other communities in Colorado for consultation and implementation;
- 2) canvassing the state to become familiar with specific programs and to provide information and training in coalition building and program development to communities with no existing program;
- 3) examining and reporting on the unique needs of Colorado's diverse population and, through its role as coordinator of suicide prevention efforts, working to meet local needs effectively;
- 4) creating and maintaining a network of trainers in suicide intervention skills who collaborate with other prevention training programs throughout the state;
- 5) organizing and co-hosting the 2nd annual Colorado Suicide Prevention Summit, providing networking opportunities to attendees;
- 6) hosting a 10 state regional conference focusing on implementation of the National Strategy for Suicide Prevention

- 7) establishing a strong partnership with the Suicide Prevention Coalition of Colorado, a statewide organization with representation from public/private entities, to increase suicide prevention activities.
- 8) facilitating a multidisciplinary advisory board with statewide representation, appointed by the executive director (Appendix A);
- 9) ensuring that the 1-800-SUICIDE crisis hotline number is operational 24 hours per day, seven days per week;
- 10) responding to communities in the aftermath of a suicide, providing resources and referrals;
- 11) developing suicide prevention expertise within the Office of Suicide Prevention.
- 12) co-hosting the second annual public suicide prevention fundraiser with the Suicide Prevention Coalition of Colorado

Part 1: Private and Public Partnerships

Suicide Prevention Fundraiser- *Prisms of the Heart*

The Office of Suicide Prevention partnered with the Suicide Prevention Coalition of Colorado in co-hosting the first annual suicide prevention fundraiser. The fundraiser was held at Grant Humphreys Mansion in Denver on February 13, 2003. The event attracted over 125 people from across Colorado. Members of the Suicide Prevention Coalition of Colorado provided personal stories of loved ones lost to suicide in an effort to raise awareness about suicide and the need for prevention efforts. This event raised over \$8,000 for coalition activities.

Preventing Suicide in Region VII and VIII-Communities Working Together to Implement the National Strategy for Suicide Prevention in the Prairies and Mountain West.

Representatives from the Office of Suicide Prevention and the Suicide Prevention Coalition of Colorado have participated in the planning and development of the national suicide prevention conference for regions VII and VIII. Each of the states in these regions including, Colorado, Iowa, Kansas, Missouri, Montana, Nebraska, North Dakota, South Dakota, Utah, and Wyoming designated up to 30 individuals to attend the conference in Denver from October 28-30, 2003, as part of a state team. These state teams will engage in planning implementation strategies for suicide prevention based on the current level of activity in their respective states. This conference was sponsored by the National Suicide Prevention Resource Center, Suicide Prevention Advocacy Network, Federal Human Resources Service Administration a division of the U.S. Department of Health and Human Services, and Indian Health Services.

Goals accomplished at the conference included:

- Provided opportunities to share evidence-based practices and experiences in suicide prevention planning, program implementation, and evaluation
- Built capacity for planning, implementation, and evaluation of suicide prevention programs
- Strengthened relationships between members within collaborations that will be instrumental in sustaining effectiveness well into the future.
- Created networking opportunities with representatives from the ten participating states.

Colorado actively participated in this conference. Six Colorado presentations were given and included topics such as, developing suicide prevention state plans; non-traditional partnerships; involving youth in suicide prevention efforts; and working with policy makers.

Suicide Prevention Initiative-The Colorado Trust Foundation

During the 2001-2002 fiscal year, The Colorado Trust Foundation consulted with the Office of Suicide Prevention and other state suicide prevention experts in releasing the "Suicide in Colorado" report. This comprehensive needs and resource assessment was utilized in establishing a three-year, \$2.5 million

Colorado Trust Suicide Prevention Initiative. The Office of Suicide Prevention staff consulted with The Colorado Trust throughout the funding process. Staff provided feedback and support regarding activities of the Office of Suicide Prevention in Colorado communities statewide. Both the Office of Suicide Prevention and The Colorado Trust maintain a high level of commitment for ongoing coordination of overall state efforts throughout this initiative. This commitment will minimize the confusion and duplication of services in communities. The Colorado Trust Initiative complements the activities of the Office of Suicide Prevention.

Ten communities will engage in a three to six month planning process and consequently three years of implementation of that plan. Each of these communities will receive up to \$150,000 over a three-year project course. Many of the communities selected for this initiative have received previous funding from the Office of Suicide Prevention and are poised to engage in a planning process that includes sustaining ongoing efforts over time without additional funds.

The Office of Suicide Prevention reviewed the letters of intent (53) and full proposals (22) that were considered for this initiative and provided feedback to the selection committee. The ten communities selected for this initiative include:

- Colorado West Regional Mental Health
- Jefferson Center for Mental Health
- Mental Health Corporation of Denver
- Mesa County Suicide Prevention Coalition
- Midwestern Colorado Mental Health Center
- Northeast Colorado Health and Human Services Planning Consortium DBA RURAL SOLUTIONS
- The Pinon Project
- Southeast Mental Health Services
- Suicide Education and Support Services
- Suicide Prevention Partnership of the Pikes Peak Region

Pueblo Bank and Trust-COMCAST

The Office of Suicide Prevention worked in conjunction with representatives from the Pueblo Bank and Trust and Adelpia Media Services in the development of public service announcements for a variety of television stations through Comcast. Mike Cafasso, the bank president, is a member of the Office of Suicide Prevention Advisory Board. Cafasso secured a number of public service announcement spots for suicide prevention messages at no charge. Adelpia Media Services obtained volunteers to record voice messages and donated time for the production of the public service announcements. These spots have been aired across Colorado since January 1, 2003, with some days having up to 75 spots across the stations. The potential reach for these public service announcements, based on time of day and station was over 734,000 households. These public service announcements included messages about depression and suicide prevention. All public service announcements included the 1-800-SUICIDE hotline number as a resource.

Ongoing Training and Mobilization of a Statewide Suicide Prevention Infrastructure

In March 2003, the Office of Suicide Prevention again hosted a “training for trainers” in the LivingWorks Education-Applied Suicide Intervention Skills Training program in partnership with representatives from local health departments and community prevention programs.

- LivingWorks has a thoroughly evaluated and widely replicated training program in suicide intervention skills called Applied Suicide Intervention Skills Training (ASIST).
- The “training for trainers” prepares individuals to train community members in suicide intervention skills.
- As a result, 45 individuals, representing all geographic regions of the state, are trained to provide community based training in suicide intervention skills.
- There have been more than 1,500 community members trained to-date and post-evaluations, measuring knowledge gain and comfort level regarding suicide risk assessment and suicide prevention and intervention strategies, have reflected an average rating of 9.5 on a 10-point scale.

Colorado Department of Education

The Office of Suicide Prevention collaborated with representatives from the Colorado Department of Education in the statewide distribution of the American Association of Suicidology Postvention Guidelines for Schools. This document provides guidance to schools for responding to a suicide death of a student. It addresses concerns regarding media attention, suicide contagion, working with impacted students and providing support to parents and staff in the aftermath of a suicide. Over 4,500 of these documents were distributed to all public schools in Colorado at the elementary, middle and high school level.

Wings of Hope

The Office of Suicide Prevention partnered with the Suicide Prevention Coalition of Colorado to co-host the second annual statewide Suicide Prevention Summit. The summit was held in Denver on October 26-27, 2003, and was well attended by people from around the state. Evaluations were completed at the end of the day-long event, providing valuable feedback for hosting a summit in 2004, as well as providing an evaluation of the 2003 event. The following goals were achieved at the summit:

- bringing together representatives from suicide prevention programs and efforts in Colorado;
- addressing the diverse needs of the Colorado population through specific topic areas
- sharing information regarding suicide prevention efforts at the national, state and local level.
- providing an opportunity for best practices, successes and challenges to be shared by recent grantee sites with others from across the state.
- determining ways in which the Office of Suicide Prevention together with the Suicide Prevention Coalition of Colorado, can reach Colorado communities through prevention efforts.

The Office of Suicide Prevention contributed to this event by setting off costs associated with printing, mailing, and obtaining audiovisual equipment and by securing funding from The Colorado Trust to help cover conference expenses. A summit is now being planned for 2004, for which the Office of Suicide Prevention again will partner with the Suicide Prevention Coalition of Colorado.

Part 2: State Funding

Public Awareness and Education Campaign

\$13,862.00

The office shared information through presentations, informational booths and dissemination to the general public throughout the 2002-2003 fiscal year. More than 12,000 pieces of public awareness materials were distributed to people from every region of the state and nationally regarding suicide,

suicide prevention and Colorado's suicide prevention efforts. Some of the organizations and groups that received information included attendees at the Colorado Public Health Association State Conference; the American Association of Suicidology Conference; the Helping Kids Thrive Conference; the National Organization for People of Color Against Suicide Conference; The Yellow Ribbon Conference; the Colorado Child and Adolescent Mental Health Conference, 9Health Fair Sites, Colorado School Social Work Conference; as well as a national conference for criminal justice staff and Metropolitan State College.

The Office of Suicide Prevention continued development and distribution of the media campaign utilizing the messages from the 14 posters initially designed in the year 2001. Targeted statewide circulation of the posters and distribution of an elderly depression booklet is underway. The materials are being distributed by regions in order to track any increase in calls to the national hotline number or the local mental health crisis numbers.

- The 14 posters were systematically distributed to all mental health agencies and departments of social service statewide. Additional posters were provided to any interested member of the public and to agencies making requests.
- The booklet targeting suicide prevention among the elderly called "*Got the Blues?*" was distributed to Adult Protection Units within local departments of social services and to the Area Agencies on Aging.

These messages were utilized in the creation of a number of public service announcements. A member of the Office of Suicide Prevention Advisory Board obtained public service spots on a number of local television stations at no charge. The messages were aired with regularity beginning in January 2003. To date the potential household reach for these television spots is over 734,000 people.

During suicide prevention week in May of 2003, the Office of Suicide Prevention released several public service announcements that were aired on radio stations across the state. Additionally, newspaper advertisements using the suicide prevention posters were placed in The Denver Post, Rocky Mountain News, The Grand Junction Sentinel and Westword to advertise the 1-800-SUICIDE hotline number and suicide prevention messages. These public service announcements and advertisements were targeted to all age groups and carried three main messages including suicide prevention is everyone's business; there is hope and help is available; and depression is a treatable illness.

1-800-SUICIDE Hotline

\$10,000

The Office of Suicide Prevention continues to provide support to the 1-800-SUICIDE Hotline number. This number is part of the nationwide 1-800-SUICIDE network. Colorado has an American Association of Suicidology certified 1-800-SUICIDE site in Pueblo. The hotline is housed in the Pueblo Suicide Prevention Center and is staffed 24 hours a day and seven days a week with volunteers trained to respond to crisis calls. All calls originating in Colorado are routed to the Pueblo line first so that Colorado residents will be connected with someone aware of local resources. The continuing support of this hotline is critical to suicide prevention efforts in Colorado. Following the release of the television public service announcements through COMCAST, the overall crisis calls to the 1-800-SUICIDE number increased by an average of 62%. The 1-800-SUICIDE number is listed as a crisis resource on every document created and distributed through the Office of Suicide Prevention. The Office of Suicide Prevention encourages all programs and communities to advertise this number as a resource as well.

Information Dissemination

OMNI received data from six projects distributing suicide prevention materials. Overall, 14 types of materials were given out by these projects. The types of community agencies that received suicide prevention information include: substance abuse treatment support groups, colleges, middle and high schools, area agencies on aging, city administration offices, racial/ethnic advocacy groups, media, youth-serving organizations and other community-based agencies.

Other Projects

Two of the projects conducted suicide prevention activities that do not fall neatly within the program areas: training/presentations, interventions and referrals, and information dissemination. For these reasons, brief descriptions of their activities are highlighted separately. Teen HEARTBEAT provided a postvention activity that consisted of eight sessions focused on grief and healing. The data submitted included feelings assessments and pre and post questionnaires.

The University of Colorado Health Sciences Center, School of Nursing produced a training video that will be distributed to health providers across the state. Because the production of the video was completed after the end of the grant timeline, no data was submitted.

RECOMMENDATIONS

The evaluation model that the Office of Suicide Prevention (OSP) conceived provided grantee agencies with evaluation services, tailored to the individually funded projects throughout the state. These evaluation services included :

- Development of project evaluation plans
- Provision or refinement of evaluation instruments
- Technical assistance in the administration of instruments
- Development and implementation of a MS Access database for the purpose of tracking information dissemination activities
- Data monitoring and processing
- Site and cross-site analysis and reporting of data.

This evaluation model helped to ensure that evaluation activities were responsive to program services and desired outcomes at the local level. Further, co-development of evaluation plans with grant recipients was an important step in building capacity to participate in the evaluation.

The following recommendations have been developed by OMNI to support the OSP in its future efforts to evaluate programs.

- **Recommendation 1: Work with an evaluator early on to clarify OSP program and evaluation objectives.**
- **Recommendation 2: Select an evaluator prior to beginning program activities.**
- **Recommendation 3: To support full implementation of local evaluations, contract with an evaluator for a period of no less than a year and for no less than 10% of program funds.**
- **Recommendation 4: When funding levels permit, require grant recipients to allocate some amount of grant dollars to support local evaluation activities.**

Appendix C

Youth Suicide Prevention Strategic Plan

SUMMARY

The Surgeon General has declared that suicide is a significant but preventable public health problem. States along the Rocky Mountain region consistently rank in the top ten states for suicide deaths across the country. Suicide is the second leading cause of death for all young people in Colorado ages 10-19. The Office of Suicide Prevention (OSP) addresses suicide prevention across the lifespan. However, with a federal two-year planning and development grant for \$378,000 from the Substance Abuse and Mental Health Services Administration (SAMHSA), the OSP was able to focus additional efforts on the prevention of suicide among Colorado youth. A primary goal of the Partners for Teen Suicide Prevention grant project was the development of a statewide strategic plan addressing suicide prevention for youth ages 10-19 in Colorado.

The Youth Suicide Prevention Strategic Plan will provide guidance to individuals, communities, policy makers and the Office of Suicide Prevention regarding appropriate and necessary activities needed to impact the suicide rate of Colorado's young people. The development of this document builds upon the foundation of Colorado's statewide strategic plan for suicide prevention and intervention completed in 1998 by looking specifically at suicide prevention issues related to young people.

Partners for Teen Suicide Prevention

This project has been spearheaded by a statewide taskforce of individuals representing various organizations and interests related to youth health, welfare, and education. Representatives from the following agencies or groups have participated in the Partners for Teen Suicide Prevention project.

- Family survivors
- Youth
- Community stakeholders such as local suicide prevention programs, youth development projects, 1-800-Suicide Hotline staff and other interested groups
- Asian Pacific Development Center
- Gay, lesbian, transgender and questioning youth community center
- Local clergy
- Department of Human Services-
 - Division of Mental Health
 - Alcohol and Drug Abuse Division
- Department of Education
- Department of Public Health and Environment
- Division of Youth Corrections

In addition to the creation of this strategic plan, the PTSP examined literature regarding best practices for youth suicide prevention and capacity-building efforts for suicide prevention in general in order to select the appropriate approach for use at the community level. Colorado's Office of Suicide Prevention uses a public health approach to suicide prevention. In alignment with this philosophy, a community-based capacity building approach to youth suicide prevention was selected. The LivingWorks Applied Suicide Intervention Skills Training (ASIST) program was selected through a competitive process. The Applied Suicide Intervention Skills Training (ASIST) uses a community based gatekeeper-training model. Community gatekeepers are any individuals in a community that might have contact with someone at risk for suicide. Local

persons are trained to provide the ASIST training within the community. Community members who are trained in suicide intervention skills are key factors in the sustainability of these efforts over time.

Two additional programs that focus on youth suicide prevention, Safe: TEEN, a school based suicide prevention program and the Yellow Ribbon Suicide Prevention Program are also based in Colorado. These programs are also endorsed by the Office of Suicide Prevention and are implemented in various communities across Colorado.

Three pilot communities were selected through a competitive process to implement the community gatekeeper suicide prevention training in conjunction with a local coalition. Pilot communities were required to identify a facilitator, engage youth in all aspects of the effort, link suicide prevention to prevention efforts addressing youth violence, substance abuse and mental health, obtain commitments from local mental health and school districts and develop a plan for sustainability.

The three communities selected and the corresponding lead agencies were:

- 1) Jefferson County-Jefferson Center for Mental Health
- 2) Mesa County-Mesa County Health Department
- 3) San Luis Valley-San Luis Valley Comprehensive Community Mental Health Center

Each of the pilot communities experienced successes and challenges in implementing the local goals set forth in this project. The knowledge gained from these communities has been invaluable in creating the strategic plan for youth suicide prevention. Youth suicide prevention efforts in Colorado must build upon, and work in conjunction with, the planning and efforts occurring at the Office of Suicide Prevention and statewide. At the same time, there are challenges, concerns and diverse avenues in approaching suicide prevention with this age group that require special attention.

Youth Suicide Prevention Strategic Plan- Priority Areas

In conjunction with the Partners for Teen Suicide Prevention Task Force, the Colorado Office of Suicide Prevention has outlined a number of strategic goals and objectives that will guide youth suicide prevention efforts in the coming years. The goals represent six priority areas that, in combination, provide a comprehensive and systematic approach to building the capacity of communities, organizations and individuals to prevent suicide among Colorado's youth. These goals are as follows:

- 1) Increase Public Awareness Related to Youth Suicide Issues**
- 2) Support Communities, Schools and Service Institutions to Conduct Youth Suicide Prevention Efforts**
- 3) Advance the Availability and Variety of Suicide Prevention Training Opportunities**
- 4) Support Efforts to Prevent Suicide at the Community Level**
- 5) Increase the Number of Survivor Support Groups and Maintain Those Already in Existence**
- 6) Coordinate All Youth Suicide Prevention Activities in the State**

Objectives and a work plan detailing specific tasks required to meet the stated goals and objectives for each of these priority areas is available for review at the Office of Suicide Prevention.

Appendix D

Suicide Prevention Programs in Colorado

Denver County

Colorado Link

Mental Health Association of Colorado

6795 East Tennessee Avenue, Suite 425

Denver, Colorado 80224

(303) 377-3040

(303) 377-4920 *fax*

Contact: Jeanne Mueller-Rohner

The Mental Health Association serves as the lead agency, working in collaboration with the United Way, The Colorado Trust, OMNI Research, Yellow Ribbon Suicide Prevention program and other community agencies, for the Colorado Link project. The Colorado Link is a violence and suicide prevention project located in Denver. The shared goals of this project are to reduce teen violence and suicide among youth. The Mental Health Association is piloting this project in Denver's North High School and two locations for homeless and runaway youth, Urban Peak and The Spot.

There are three main components to the Colorado Link project including education, screening and treatment. The Yellow Ribbon Program provides the educational component of the project. This piece brings together stakeholders who might positively influence the life of an adolescent. These stakeholders are educated on how to react and what to say to an at-risk youth, as well as education about where to refer an at-risk youth. Students also are educated on suicide warning signs and risk factors, and what to do if a friend is suicidal. The screening piece of the project includes the use of the Columbia TeenScreen Program on "screening days" at the two high schools. The Mental Health Association, Servicios de la Raza and CADREC, a substance abuse treatment agency, are providing the treatment component of the project. Access to quality and immediate treatment is essential as high-risk kids are identified.

The Shaka Franklin Foundation for Youth

8101 E. Dartmouth Ave., Number 11

Denver, Colorado 80231

(303) 337-2515

<http://www.shaka.org/>

Contacts: Les and Marianne Franklin

Les Franklin and community activists founded the Shaka Franklin Foundation for Youth in 1990 after the suicide death of 16-year-old Shaka Franklin, Les Franklin's son. The foundation focuses on correcting the self-destructive behavior of young people ages 12 to 21 years and the various problems in their lives that precipitate negative feelings, which can lead to suicide. The foundation's premise is that suicide is often the result of violent behavior towards oneself as well as towards others. The foundation also informs and educates young people and adults about the dangers and myths that surround suicide, depression and grief.

The Shaka Franklin Foundation is supported by individuals, corporations and private foundations that understand the importance of helping young people develop into healthy, responsible adults.

Eagle County

Eagle River Youth Coalition

PO 672

Minturn, Colorado

(970) 827-5412

eryc@vail.net

www.eagleyouth.org

Contact: Beth Reilly

The Eagle River Youth Coalition (ERYC) is a not-for-profit organization addressing suicidal behavior in youth of the Vail Valley. This organization began following a survey in which Eagle County youth reported higher rates of suicidal thoughts and depression than youth on a national survey. ERYC provides suicide intervention skills training to local community members and suicide awareness presentations via wellness events and parent forums to increase the overall community understanding of suicide as a concern. ERYC also works to build awareness among medical providers regarding appropriate screening for patients. In the last year, ERYC has conducted research project with the local mental health agency and a local researcher to gain a more in depth perspective on suicide ideation and depression among local youth. Local teenagers have been trained to assist in this project.

The Andy Zanca Youth Empowerment Program

1344 Barber Drive

Carbondale, Colorado 81623

(970) 963-1302

anmark@sopris.net

Contact: Anne Marie Zanca

The Andy Zanca Youth Empowerment Program is a nonprofit organization dedicated to the empowerment of youth through media and the arts. Anne Marie Zanca created the program in memory of her brother, Andy Zanca, who completed suicide at age 21. The program funds a youth radio group called Identity Crisis Youth Radio. The group produces a weekly, half-hour talk radio program produced by youth, ages 10 to 18, on issues important to youth. This group also showcases young literary and musical talent in addition to conducting interviews with community members of all ages on youth-related topics.

Participants are recruited by word-of-mouth and by referral from schools and youth organizations. The professionals working with these youth have backgrounds in counseling, education, journalism and technology. Goals for the program include empowering youth by giving them a voice to express their opinions and creative interests in their own words; by providing effective training in journalistic skills to assist them in possible educational or career pursuits; and by breaking down cultural, socioeconomic, generational and geographic barriers that isolate youth from each other and the rest of the community.

El Paso County

Suicide Prevention Partnership of the Pikes Peak Region

P.O. Box 1692

Colorado Springs, Colorado 80935

(719) 573-7447

(719) 572-0763 *fax*

Hotline Number: (719) 596-LIFE (596-5433)

Prevent@codenet.net

<http://www.codenet.net/suicideprevention>

Contact: Herman Delgado, LCSW

The Suicide Prevention Partnership of the Pikes Peak Region is a nonprofit organization founded in 1992 to unite the community in confronting suicide as a preventable health problem. These community individuals represent the combined efforts of law enforcement, mental and public health, the military, government, business, the religious community, educators and local citizens.

The partnership educates the general public and community care providers on the dynamics and issues surrounding suicide prevention; intervention and postvention resources through a speakers' bureau; resource library including videos, pamphlets, books; frequently updated statistics; crisis response team development; support resources for survivors of suicide in conjunction with a survivor group, called Heartbeat; and workshops and awareness training. The partnership provides a suicide prevention hotline available to the entire region, staffed with trained volunteers. Volunteers assess each caller's situation and then provide information on resources for long-term problem resolution.

The partnership has developed crisis training response teams for the military; victim's assistance training for the El Paso County Sheriff's Department; recruitment and training for speakers' bureau participants. The partnership also conducted school presentations and participated in local health fairs.

The partnership recently entered into a memorandum of understanding with the El Paso County Health Department to support trainings in the Applied Suicide Intervention Skills Curriculum and training for first responders based on the manual created through the Office of Suicide Prevention grant received by the Suicide Prevention Partnership.

Jefferson County

Jefferson Center for Mental Health

5265 Vance St.

Arvada, Colorado 80002

(303) 432-5174

(303) 431-0548 *fax*

jeanne@jcmh.org

Contact: Jeanne Oliver

The Jefferson Center has been a leader in the field of youth suicide prevention since the 1980s, recognizing suicide as a critical health issue for the community. The center helped start many grassroots suicide prevention efforts, including the Columbine/Chatfield Coalition for Youth. A group of Jefferson Center staff members meet monthly to plan the center's prevention efforts and collaborations. Center staff members often lead debriefings for school staff, students and families following a teen suicide. A suicide prevention coalition for Jefferson County works on training and program implementation.

Jefferson Center responds to requests from schools, businesses and community groups for presentations on suicide and other mental health issues. Its staff also attends various resource fairs throughout the year. Speakers' bureau ambassadors present information on mental health issues, including mental illness, depression, suicide prevention, senior issues and parenting issues. The Jefferson Center has done segments on the local cable access channel for seniors on depression and suicide. In 1999, the center distributed more than 2,500 educational booklets and handouts on suicide prevention. In 2000, additional Jefferson Center efforts have included the development of fact sheets, coordination with other local groups and in-house training on assessing suicide risks.

Jefferson Center for Mental Health was the lead agency implementing the Partners for Teen Suicide Prevention project in Jefferson County, which was selected as a pilot community by the Office of Suicide Prevention. The Jefferson Center was recently selected by The Colorado Trust Foundation to participate in a three-year comprehensive suicide prevention initiative.

Second Wind Fund

Jefferson Foundation
809 Quail Street, #1
Lakewood, Colorado 80215

Contact: Jeff Lamontagne
(303) 716-3724

The Second Wind Fund was created as a resource for Green Mountain High School students following four completed suicides in the 2001-2002 school year. A run/walk fundraiser was held to raise funds for students, who needed therapy for suicide-related issues and also were in financial need. Protocols were developed and licensed mental health practitioners, who had experience with teens at risk for suicide, were recruited to provide services to these students. The Second Wind Fund became available to students in need beginning December 2002. Schools currently able to access these funds include: Green Mountain High School, Dunstan Middle School, Alameda High School, McLain Community High School and Bear Creek High School. A recent fundraiser will allow the funds to be available to other Jefferson County Schools to be identified at a future date.

Kit Carson County

Suicide Risk Reduction Coalition-LIFESAVER

528 Julian Ave.
Flagler, Colorado 80815
(719) 765-4064
(719) 765-4064 *fax*

Contact: Kathleen Borden

LIFESAVER is a volunteer coalition dedicated to reducing suicide risk in the Kit Carson County Area through enhancement of support for those at risk of suicide and those whose lives have been touched by suicide; to increasing community awareness of suicide risk factors; to giving voice to those who struggle with suicide or live in its wake, and thereby reducing the suffering of isolation; to providing education to community residents and to helping professionals in suicide risk reduction strategies; and to identifying and promoting the use of resources that help reduce suicide risk.

Larimer County

Suicide Resource Center of Larimer County

315 East 7th Street
Loveland, Colorado 80537
(970) 635-9301
(970) 461-2426 *fax*
src@webaccess.net

Contact: Bev Thurber, Executive Director

The Suicide Resource Center, a grassroots, volunteer-driven organization, coordinates and develops suicide education, prevention, intervention and postvention in communities in Larimer County. Formed in 1989 as a result of growing community concern about the rising rate of suicide, the center's goals are to help reduce the suicide rate and improve the lives of those who have experienced a loss through suicide. The Suicide Resource Center provides resources and programs that complement other community agencies.

Many of the center's programs are educational with the belief that the first line of defense against self-destruction is knowledge. A speakers' bureau provides trained, experienced volunteers to speak to community groups on a variety of topics related to depression and suicide. The Raising Awareness of Personal Power Program, educates teens to help them identify suicide warning signs and access community services, in an attempt to build their personal power to make positive life changes for themselves and others. The Raising Awareness of Personal Power program is available upon request to schools and youth groups. The center also publishes the Youth Yellow Pages, a pocket-sized resource directory for Larimer County teenagers. The directory, which is distributed through schools and other youth-serving community agencies, provides information for teens dealing with a wide range of challenges including loss, violence and sexuality.

The Suicide Resource Center also provides support to those individuals who have suffered a loss due to suicide. The center holds monthly drop-in Heartbeat grief support groups for adults and teens. Volunteers for the Survivors of Suicide support teams visit homes, schools, churches and businesses to meet with individuals, family members and friends. The volunteers listen and respond to questions and concerns; talk about different aspects of the grief and mourning process; offer an opportunity for survivors to talk with someone who has also survived the loss of a family member or friend through suicide; and provide information on support groups and other community resources.

Mesa County

Mesa County Health Department
Mesa County Suicide Prevention Coalition
P.O. 20000
Grand Junction, Colorado 81506
(970) 248-6937

Contact: Karen Levad

The Mesa County Suicide Prevention Coalition, located at the Mesa County Health Department, was the lead agency implementing the Partners for Teen Suicide Prevention project in Mesa County, which was selected as a pilot site by the Office of Suicide Prevention. This coalition recently was selected to participate in the three-year comprehensive suicide prevention initiative through The Colorado Trust Foundation.

The Mesa County Suicide Prevention Coalition is a group of committed professionals and survivors of suicide working together to address the rates of suicidal behavior in Mesa County. This group has made Applied Suicide Intervention Skills training available to individuals in contact with youth and elderly who may be at risk for suicide and has trained over 300 community members. The coalition is active in awareness and education presentations community wide and has active partnerships and collaborations with local medical facilities, school district, social services, youth serving organizations and senior citizens organizations. Recently, the coalition collaborated with local hospice centers and medical staff to create a pamphlet specifically addressing suicide potential in cancer patients.

Moffat County

S.A.F.E. (Suicide Awareness: Facing the Enemy)
Northwest Colorado Visiting Nurse Association, Inc.
745 Russell St.
Craig, Colorado 81625
(970) 824-8233
(970) 824-2548 fax
nwcovna@cmn.net

Contacts: Barbara Seed at Craig Mental Health
(970) 824-6541

Suicide Awareness Facing the Enemy is a broad-based community group dedicated to the prevention of suicide and suicide attempts in Moffat County. The group's main purpose is to gather information and educate the community on suicide and suicide prevention. Suicide Awareness Facing the Enemy makes presentations to service clubs, church groups and schools.

Pueblo County

Pueblo Suicide Prevention Center

1925 East Orman Ave., Suite G25

Pueblo, Colorado 81004

(719) 564-6642

(719) 564-7976 *fax*

Help Line: (719) 544-1133

Teen Line: (719) 564-5566

Statewide: 1-800-SUICIDE (1-800-784-2433)

Contact: Eleanor Hamm, Executive Director

Established in March 1968, the Pueblo Suicide Prevention Center is believed to be the oldest suicide prevention program in Colorado and is involved in a comprehensive array of suicide prevention, intervention and postvention services. This organization is the only center in Colorado certified by the American Association of Suicidology. Pueblo Suicide Prevention Center performs community education; provides a 24-hour help line and teen line; and provides grief and trauma support for family and friends who have lost someone to suicide. Pueblo Suicide Prevention Center prints a Youth Yellow Pages, conducts Heartbeat meetings; and works with a victims' support unit with the local police and sheriff's departments. The Pueblo Suicide Prevention Center helped form a school crisis team, in addition to working with the Child and Adolescent Mental Health Consortium, the Pueblo Council on Children and Youth and the 2010 Task Force.

The Pueblo Suicide Prevention Center provides the Senior Link, a senior mental health outreach program, that includes free in-home, one-to-one counseling for seniors who are experiencing depression, feelings of suicide or who have been victimized. The Pueblo Suicide Prevention Center also provides a crisis support number for the local Alzheimer's disease support organization.

The Kristin Brooks Hope Center and the Hope Line Network, the national coordinators of suicide hotlines, have selected Pueblo Suicide Prevention Center as the site of the state's suicide prevention hotline. The hotline number is an important step in Colorado's enhanced efforts at intervention, as the calls to the 1-800-SUICIDE line, until recently, were going through a St. Louis center. Pueblo has one of the oldest local, suicide hotline operations in Colorado and in the nation.

The Pueblo Suicide Prevention Center worked as research coordinator on the Colorado Senior Suicide Study addressing suicide among adults 60 years of age and older. Funded by Comperecare and conducted by the Colorado Mental Health Coalition for Older Adults from 1983 to 1987, the research findings were presented by the center's director, Eleanor Hamm, at the 1990 American Association of Suicidology.

As a certified center of the American Association of Suicidology, both the center's director and assistant director are qualified certification evaluators who help certify suicide prevention crisis centers in the western region of the United States. They also have served as consultants in establishing other suicide prevention programs throughout the state.

The Pueblo Suicide Prevention Center works with both the Colorado State University, Pueblo and Adams State College in Alamosa in providing suicide prevention and crisis intervention training to students in the graduate and undergraduate levels. The Pueblo Suicide Prevention Center also has provided training for the Colorado Department of Corrections, the Colorado Nursing Association, the Colorado Mental Health Association, the Fort Carson Military Base and both local U.S. Air Force bases. The center director also served as the consulting suicide prevention instructor for the Suicide Prevention and Crisis Intervention Team training at the U.S. NATO Military Air Force Base in Ramstien, Germany.

Routt County

Suicide and Crisis Intervention Life Line

P.O. Box 770417

Steamboat Springs, Colorado 80477

(970) 879-1632

(970) 870-1326 *fax*

vna@steamboat.com

Contact: Linda Mitchem, Coordinator

The Suicide and Crisis Intervention Life Line was formed in Steamboat Springs in 1998 in response to a level of suicide completion in Routt County that was well above the national and state averages for a county of its size. The Suicide Crisis Intervention Life Line implemented a suicide prevention plan, which directs services in the areas of prevention, intervention and postvention.

Its mission is to develop and offer educational programs and services to the communities of Routt County in the areas of suicide and crisis support.

San Luis Valley

San Luis Valley Comprehensive Community Mental Health Center Suicide, Substance Abuse and Violence Education Coalition

1015 Fourth St.

Alamosa, Colorado 81101

(719) 589-3671

(719) 589-9136 *fax*

Contact: Mary Young

The Suicide, Substance Abuse and Violence Education Coalitions, coordinated by San Luis Valley Comprehensive Mental Health Center, developed a suicide education and awareness program in 2002. This program included strengthening suicide prevention knowledge; researching best practice programs; developing a community- and school-based training curriculum; creating a brochure and resource card to share information about warning signs for suicidal behavior; and educating the community about how to get help.

The San Luis Valley Comprehensive Mental Health Center also has made it a priority to support training. It uses the Applied Suicide Intervention Skills curriculum to train in the counties the center

serves. The center was the lead agency in implementing the Partners for Teen Suicide Prevention project in the San Luis Valley. As part of this project, the SSAVE Coalition provided guidance, supervision and other support to local high school youth creating suicide prevention coalitions in area high schools. Currently, three high schools have student run suicide prevention coalitions and youth leadership roles have been developed in the larger community SSAVE Coalition.

Sedgwick County

C-PACT (Community Pro-Active Crisis Team)
311 West 5th St.
Julesburg, Colorado 80737
(970) 474-2435

Contact: Jeana Johnson

Community Pro-Active Crisis Team was formed in 2000 after the suicide of a 19-year-old male community member. The crisis team provides Sedgwick County residents with prevention, intervention and postvention services in any crisis, including suicide.

Weld County

Suicide Education and Support Services

3700 Golden St.
Evans, Colorado 80620
(970) 506-2737
(970) 506-2726 *fax*
Lchase@endsuicide.org

Contact: Linda Chase, Executive Director

The Suicide Education and Support Services of Weld County was asked to be the lead Weld County suicide prevention entity in March 1999 after community activists involved with the Weld County's Citizen Advisory Committee to the Colorado Department of Public Health and Environment identified youth suicide as a top priority. Suicide Education and Support Services modeled its program after the same effort that led to establishing Colorado's new Office of Suicide Prevention.

Suicide Education and Support Services is a private, nonprofit organization with a board and committee membership representing a public and private partnership. Membership includes faith community leaders, mental health professionals and survivors. Suicide Education and Support Services has a diverse funding base of private and public resources and continues to develop funding necessary to provide prevention services. Suicide Education and Support Services currently monitors Weld County suicide rates and is developing a monitoring system for reported attempts. Suicide Education and Support Services is working with the University of Northern Colorado to develop other evaluation strategies, in addition to integrating prevention into schools, training for educators, medical staff and other professionals.

Since 1996 Suicide Education and Support Services has trained and helped support teams of volunteer victim's advocates who respond in the aftermath of suicide. In 1999, Suicide Education and Support Services began offering the Adolescent Suicide Awareness Program, led by Diane Ryerson-Peake, the Colorado co-chair of the Suicide Prevention Coalition of Colorado. The program trains school staff, parents and students in suicide prevention. Suicide Education and Support Services is entering its second-year with Adolescent Suicide Awareness Program, and the two high schools that served as pilot programs last year are repeating the program with their own training teams. Suicide Education and Support Services also has introduced Adolescent Suicide Awareness Program to Greeley West and Valley high schools. Suicide Education and Support Services is providing educator training to the staff of North and South Valley middle schools, which means more than two-thirds of the RE-1 district staff will have received training.

Suicide Education and Support Services launched the Friend for Life program, training students from the University of Northern Colorado's Department of Community Health to deliver suicide prevention training to students who live on campus. Suicide Education and Support Services also has co-sponsored seminars for medical professionals.

Suicide Education and Support Services is working with law enforcement personnel to better document suicide attempts, coordinating meetings with police, mental health staff, paramedics and the District 5 crisis team coordinator. It is hoped that a system can be developed to document reported suicidal behavior and improve the coordination of response from all of these groups. Suicide Education and Support Services also hopes to improve communications between schools and mental health services in order to support youth returning to school after a suicidal incident.

Statewide Programs

Suicide Awareness for Everyone (SAFE: TEEN)

3700 Golden St.
Evans, Colorado 80620
(970) 351-6610
(970) 506-2737 *fax*

Contact: Diane Ryerson-Peake

The Suicide Awareness for Everyone Program is a comprehensive suicide prevention program for school teaching staffs, parents and students to help them recognize and respond to the warning signs of a potentially suicidal youth. The Suicide Awareness for Everyone Program works with schools to train every member of the administrative, academic and support staff, including administrators, teachers, coaches, janitors and secretaries, because a troubled child may turn to any adult for help. The Suicide Awareness for Everyone Program also works with schools to develop written policies and procedures for responding to suicidal behavior. The Suicide Awareness for Everyone Program educates parents to recognize warning signs for suicidal behavior and to support their child in getting help for a suicidal friend. Finally, the Suicide Awareness For Everyone Program educates students to take all suicidal talk seriously and to understand that suicidal talk should not be kept a secret. It is imperative that students know how to help since they are almost always the first to know of a friend's suicidal behavior.

Suicide Prevention Intervention Network (SPIN)

5859 S. University Blvd.
Greenwood Village, Colorado 80121
(303) 770-1859
(303) 770-1859 *fax*

Contact: Jan and Bob Burnside

Suicide Prevention and Intervention Network was formed in 2001 with the primary goal of educating the community on preventing suicide and supporting those who have lost loved ones to suicide. Suicide Prevention Intervention Network offers four distinct program areas, including Applied Suicide Intervention Skills Training, Heartbeat survivors support group, awareness presentations and consultation services to businesses, clergy, schools and community groups.

Colorado Mental Health Services

Department of Human Services
3824 W. Princeton Circle
Denver, Colorado 80236
(303) 866-7400
(303) 866-7428 *fax*

Contact: Tom Barrett, Ph.D., Director

The public mental health system in Colorado includes 17 mental health centers that span the geographic regions of the state. With all mental health centers playing an active role in suicide prevention, the centers are required to provide 24-hour emergency response including evaluation and risk assessment for individuals who experience suicidal ideation. Clinical techniques and interventions are utilized on an individual basis and address the specific needs of the individual, recognizing environmental resources. The interventions many include assessment for involuntary treatment, hospitalization, other 24-hour care, in-home services, psychiatric intervention that includes medication management, individual therapy and case management. Many mental health centers offer depression screening as a community education and outreach effort and also partner with other community agencies to address the issue of suicide education, prevention and intervention. Listed below are some examples of suicide prevention activities at mental health centers around the state:

- **Colorado West Regional Mental Health** in Mesa County has a 24-hour suicide/crisis hotline. Emergency service clinicians are trained to assess for suicidal risk and to intervene if necessary handle the calls. Colorado West Regional Mental Health in Mesa County provides follow-up care to individuals with suicidal issues that do not require acute inpatient hospitalization.
- **Centennial Mental Health Center** has offices in 10 counties, providing suicide prevention services.
- **North Range Behavioral Health** provides extensive in- and outpatient treatment, a 24-hour mental health crisis line and services to families.
- **San Luis Valley Comprehensive Community Mental Health Center** has therapists in all 14 school districts in the San Luis Valley providing suicide prevention and intervention services.

Staff provides suicide prevention presentations as well as serving as a member of the emergency services/access team.

- **Colorado Health Networks** is a partnership between ValueOption and eight community mental health centers in western, central and southern Colorado. This partnership provides mental health services to Medicaid-eligible individuals. Colorado Health Networks supports the development of consumer-run programs, believing these programs enhance the quality of care of consumers. Consumer-run, drop-in centers house programs managed by people who have lived with, and overcome, serious and persistent mental illness. The programs consist of outreach, peer counseling, coaching, referral and other services.

Local Health Departments

San Juan Basin Health Department Prevention Programs developed and disseminated two different suicide prevention posters and distributed the Yellow Ribbon for Life cards and pins to teachers and peer educators in southwestern Colorado. San Juan Basin Health Department also offers training on valuing diversity and fostering inclusive classrooms. Success has been achieved using True Colors, Star Power and other training programs. San Juan Basin Health Department is beginning a program called Colorado Classroom Prevention Connection that intends to include information on suicide prevention in the training. Staff at the San Juan Basin Health Department offers the Applied Suicide Intervention Skills Training program for local community members and representatives from the area Native American population.

Boulder County Health Department has implemented a prevention/intervention program. Program services include counselors known as “interventionists” in middle and high schools who address substance abuse; depression and suicide; family and peer conflict; runaway and homelessness; grief and loss; interpersonal relationships; and school issues such as expulsion, dropout, intimidation and harassment. Boulder County Health Department also has been instrumental in working with two local school districts, St. Vrain and Boulder Valley, to train school district staff annually in the Applied Suicide Intervention Skills Training.

Heartbeat

12 North Meade Ave.

2015 Devon

Colorado Springs, Colorado 80909

(719) 596-2575

www.codenet.net/suicidprevention

ARCHLJ@aol.com

Contact: LaRita Archibald

Heartbeat was formed to support those individuals who have experienced a loss through suicide. The group was organized to help survivors absorb the impact of the self-inflicted death, to offer the comfort of empathetic understanding and acceptance and to support each other toward the healthy resolution of grief.

Heartbeat does not replace therapy. The group believes the healing achieved within these groups is the result of understanding, encouragement and caring among the participants. Heartbeat is facilitated

through the efforts of volunteers who have all experienced the loss of someone close to them through suicide. These volunteers are not professionals, but share experiences. Recently, Heartbeat began an eight-week course for teen suicide survivors to validate their feelings of loss and grief under the direction and supervision of a child grief specialist. This course will be offered twice annually.

Heartbeat is affiliated with the American Association of Suicidology, a national organization of mental health professionals and non-professionals who join efforts to study and reduce human self-destruction.

Parents Surviving Suicide

Meeting Place: Bethany Lutheran Church, Activity Room 4500 E. Hampden Ave., Denver, Colorado
vsepublisher@earthlink.net

Contact: Vivian Epstein
(303) 322-7450
Doris Walker
(303) 988-3567

Vivian Epstein started Parents Surviving Suicide in 1989 after the suicide of her son. This is a group of parents who meet on the third Tuesday of each month for the purpose of supporting to each other. Speakers are invited several times a year and there is no charge to attend the meetings.

Suicide Prevention Coalition of Colorado

6795 E. Tennessee Ave., Suite 425
Denver, Colorado 80224
(303) 377-3040
(303) 377-4920 *fax*

Contact: Jeanne Mueller-Rohner

The Suicide Prevention Coalition of Colorado was formed in January 1999 following completion of the work of the Governor's Suicide Prevention Advisory Commission. The coalition has representation from public and private organizations to provide leadership for the implementation of the state's plan for suicide prevention. The mission of the Suicide Prevention Coalition of Colorado is to develop and implement suicide prevention and intervention strategies, focusing on public awareness, education and advocacy through cooperation among organizations, agencies, individuals, surviving family members and government. The coalition currently co-hosts an annual Suicide Prevention Summit and Suicide Prevention Fundraiser with the Office of Suicide Prevention to expand statewide efforts.

Yellow Ribbon Suicide Prevention Program

Light for Life Foundation International
P.O. Box 644
Westminster, Colorado 80036-0644
(303) 429-3530
(303) 426-4496 *fax*
ask4help@yellowribbon.org

Contact: Dale, Dar or Becca Emme

The Yellow Ribbon Suicide Prevention Program began in September 1994 after Dale and Dar Emme's son, Michael, completed suicide just minutes before they arrived home. In the days following their son's death, many teenagers came to the family and asked what they could do in response. The Yellow Ribbon Suicide Prevention Program was formed out of the great desire of the teens to do something about the tragedy that had affected their lives.

This youth-focused program is involved in advocacy, education and support. Its goal is to bring into focus the high incidence of youth suicide; promote suicide prevention legislation by local, state and national legislators; distribute suicide educational help cards; and assist agencies and coalitions to develop and to implement suicide prevention strategies. It also provides curricula and in-service training and support for school staff and communities, along with presenting "gatekeeper" training of prevention, intervention and postvention programs for schools, organizations and the public.

The program works to teach suicide prevention, life skills, warning signs, risk factors and coping strategies in an effort to further empower youth and adults. Yellow Ribbon helps coordinate a Community Prevention Task Force that identifies community/school coordinators; establishes a community resource team; establishes ongoing Yellow Ribbon Suicide Prevention Program chapters for youth and adults; implements annual evaluations and updates; develops crisis plans and intervention protocols; develops implementation strategies and recommendations; and conducts full school/community presentations and workshops that teach awareness and suicide prevention skills.

Yellow Ribbon reports that more than 1,500 lives have been saved through this program. More than 150,000 youth have been introduced to the program through presentations, with over two million cards having been distributed worldwide. More than 1,900 schools, colleges and universities have implemented this program.