

STATE OF COLORADO



Colorado Department
of Public Health
and Environment

**Office of Suicide Prevention Annual Report
Suicide Prevention in Colorado
2010 – 2011**

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and the Health and Human Services Committee of the Senate
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Office of Suicide Prevention Annual Report

Suicide Prevention in Colorado 2010-2011

Introduction

Pursuant to Colorado Revised Statute Section 25-1.5-101(1)(w)(III)(A), the Office of Suicide Prevention at the Colorado Department of Public Health and Environment is required to report annually on the status of program efforts to coordinate statewide suicide prevention services. This report details the office's suicide prevention initiatives throughout Colorado during the 2010-2011 fiscal year.

The mission of the Office of Suicide Prevention is to serve as the lead entity for suicide prevention and intervention efforts in Colorado, collaborating with communities statewide to reduce the number of suicide deaths and attempts in Colorado. In an effort to broaden the reach and impact of state-level suicide prevention efforts, the office emphasizes using state funding to address strategic priority areas. These priority areas include funding local initiatives, supporting a statewide crisis line, increasing knowledge about suicide risk and prevention resources, training individuals to recognize and respond to suicidal crisis, and forming and leading collaborative partnerships at the state and local level.

The Impact of Suicide in Colorado

Suicide is a public health problem that impacts all Coloradans, regardless of age, race, ethnicity, socioeconomic status, gender or sexual orientation. In 2010, there were 867 suicides among Colorado residents and the age-adjusted suicide rate was 16.8/100,000.¹ This rate represents a decrease from the 2009 rate of 18.7/100,000, but remains higher than the rates for previous years (16.1/100,000 in 2008, 16.5/100,000 in 2007, and 15.1/100,000 in 2006). The number of suicide deaths in 2010 represents the second highest single year total number of deaths in the state's history (2009 was the highest with 940 suicide deaths). For purposes of comparison, the number of suicide deaths in 2010 exceeded the number of deaths from homicide (171), motor vehicle crash (480), influenza and pneumonia (549), and diabetes (721).² The reason for the increase in the rate and number of suicide-related deaths in Colorado during 2009 and 2010 is not definitively understood. However, "economic strain and personal financial crises have been well documented as precipitating events in individual deaths by suicide. Stressful life events, financial and others, have significant impact on those vulnerable to suicide where typical coping mechanisms are compromised by the effects of mental disorder, substance use, acute psychiatric symptoms, and a host of other risk factors associated with suicide."³ Given that there is a clear and direct relationship between rates of unemployment and suicide as reported by the American Association of Suicidology, current economic conditions coupled with a 2010 unemployment rate in Colorado of 8.9 percent⁴ may have contributed to recent increases in the number of suicide deaths.

In 2010, suicide was the seventh leading cause of death for all Coloradans. Coloradans ages 45 to 54 demonstrated the highest suicide rate (29.9/100,000) and highest number of suicide deaths (222) compared to all other age groups. Among youth and young adults ages 10 to 34, suicide constituted the second leading cause of death. In 2008, the most recent year of data available nationally, Colorado had the seventh-highest suicide rate in the United States.⁵

Suicidal behavior poses a significant financial burden to the state. Each suicide death in Colorado costs, on average, approximately \$3,738 in direct costs (health care expenses, autopsies and criminal investigations) and

¹ Retrieved September 27, 2011 from <http://www.cdphe.state.co.us/cohid>

² Ibid.

³ AAS Statement on the Economy and Suicide. Retrieved September 15, 2010, from http://www.dmh.ca.gov/PEIStatewideProjects/docs/SuicidePrevention/AAS_StatementEconomySuicide.pdf

⁴ Retrieved October 12, 2011 from <http://lmgateway.coworkforce.com/lmgateway/gsipub/index.asp?docid=363>

⁵ Retrieved November 1, 2011 from <http://webappa.cdc.gov/sasweb/ncipc/mortrate.html>

\$1,414,842 in indirect costs (estimate of productive years of life lost). In terms of suicide attempts, each hospitalization costs an average of \$10,014 in direct costs and \$11,987 in indirect costs.⁶ In addition to the state financial burden, suicide can have devastating impacts on families due to the loss of economic potential.⁷

Colorado's 10 Winnable Battles

In alignment with the Centers for Disease Control and Prevention's Winnable Battles, Colorado identified key public health issues that represent the greatest opportunities for ensuring the health of Colorado citizens. Included in the Colorado 10 winnable battles is decreasing the percent of adolescents who attempted suicide in the past 12 months from 7.6 percent in 2009 to 1.7 percent in 2020, as measured by the Youth Risk Behavior Survey. Other winnable battles that can be linked to suicide include obesity, tobacco and unintended pregnancy. Research shows a relationship between obesity and suicidal thoughts and/or suicide attempts among certain demographics including women,⁸ adolescents⁹ and those with bipolar disorder,¹⁰ other lifetime psychiatric disorders and mood or anxiety disorders.¹¹ What is unclear is to what extent obesity contributes to suicidal thoughts or behaviors, or to what extent suicidal thoughts or behaviors contribute to obesity. Regardless, the Office of Suicide Prevention is poised to work more closely with programs in the CDPHE and statewide to raise awareness about the connections between suicide and obesity and to examine opportunities to partner on integrated prevention efforts.

Research also shows a relationship between suicide and many other public health concerns in Colorado and nationally. One of the more significant findings is the connection between adverse childhood experiences and a variety of negative health outcomes, including attempted suicide among adolescents and adults.¹² In fact, research suggests that adverse childhood experiences, including emotional, physical and sexual abuse increase the risk of attempted suicide later in life up to five-fold.¹³ Other public health issues in which research shows a link or connection to suicide include sexual risk behavior among adolescents,¹⁴ smoking among men,¹⁵ asthma,¹⁶ eating disorders (particularly anorexia),¹⁷ bullying,¹⁸ and dating and peer violence.¹⁹ Because the Office of Suicide Prevention is housed within the Prevention Services Division at CDPHE, there are opportunities to collaborate with other programs and initiatives to broaden the impact that other public health initiatives may have on suicide in Colorado.

⁶ Suicide Prevention Resource Center. *Colorado Suicide Prevention Fact Sheet*.

http://www.sprc.org/stateinformation/PDF/statedatasheets/co_datashet.pdf

⁷ Retrieved October 11, 2011 from http://www.afsp.org/index.cfm?fuseaction=home.viewpage&page_id=0512CA68-B182-FBB3-2E4CB905983C0AB8

⁸ Carpenter, K.M., Hasin, D.S., Allison, D.B., & Faith, M.S. (2000). Relationship between obesity and DSM-IV major depressive disorder, suicide ideation, and suicide attempts: Results from a general population study. *American Journal of Public Health*, 90(2), 251-257.

⁹ Wijnen, L.G.C., Boluijt, P.R., Hoeven-Mulder, H.B., Bemelmans, W.J.E., & Wendel-Vos, W. (2010). Weight status, psychological health, suicidal thoughts, and suicide attempts in dutch adolescents: Results from the 2003 E-MOVO project. *Obesity*, 18, 1050-1061.

¹⁰ Gomes, F.A., Kauer-Sant'Anna, M., Magalhaes, P.V., Jacka, F.N., Dodd, S., Gama, C.S., et al. (2010). Obesity is associated with previous suicide attempts in bipolar disorder. *Acta Neuropsychiatrica*, 22, 63-67.

¹¹ Mather, A.A., Cox, B.J., Enns, M.W., & Sareen, J. (2009). Associations of obesity with psychiatric disorders and suicidal behaviors in a nationally representative sample. *Journal of Psychosomatic Research*, 66, 277-285.

¹² Dube, S.R., Chapman, D.P., Williamson, D.F., Giles, W.H. (2001). Childhood abuse, household dysfunction, and the risk of attempted suicide throughout the life span. *The Journal of the American Medical Association*, 286(24), 3089-3096.

¹³ Ibid.

¹⁴ Houck, C.D., Hadley, W., Lescano, C.M., Pugatch, D., & Brown, L.K. (2008). Suicide attempt and sexual risk behavior: Relationship among adolescents. *Archives of Suicide Research*, 12(1), 39-49.

¹⁵ Miller, M., Hemenway, D., & Rimm, E. (2000). Cigarettes and suicide: A prospective study of 50,000 men. *American Journal of Public Health*, 90(5), 768-773.

¹⁶ Goodwin, R.D., & Eaton, W.W. (2005). Asthma, suicidal ideation, and suicide attempts: Findings from the Baltimore epidemiologic catchment area follow-up. *American Journal of Public Health*, 95(4), 717-722.

¹⁷ Joiner, T. (2005). *Why people die by suicide*. Cambridge: Harvard University Press.

¹⁸ Klomek, A.B., Rarocco, F., Kleinman, M., & Irvin, S. (2007). Bullying, depression, and suicidality in adolescents. *Journal of the American Academy of Child and Adolescent Psychiatry*, 46(1), 40-49.

¹⁹ Swahn, M.H., Simon, T.R., Hertz, M.F., Arias, I., Bossarte, R.M., Ross, J.G., et al. (2008). Linking dating violence, peer violence, and suicidal behaviors among high-risk youth. *American Journal of Preventive Medicine*, 34(1), 30-38.

Key OSP Initiatives in Fiscal Year 2010-2011

The Colorado Office of Suicide Prevention is designated by the state Legislature as the entity charged with leading statewide suicide prevention and intervention efforts in Colorado. The efforts of this office to coordinate data-driven, research-based suicide prevention initiatives statewide are crucial in addressing the burden of suicide in Colorado. Because the office is a two full-time employee program, it is imperative that projects and initiatives are done in partnership with organizations working to prevent suicide at the community level throughout Colorado.

Project Safety Net

Through *Project Safety Net*, the Office of Suicide Prevention's youth-at-risk suicide prevention initiative, adults who work with adolescents in the juvenile justice and child welfare systems, and who work with Hispanic/Latino and lesbian, gay, bisexual, transgender and questioning youth, are trained to recognize and intervene with suicidal youth. The Office of Suicide Prevention provides funds received through a federal grant to agencies serving 22 counties in the state (Weld, Pueblo, El Paso, Jefferson, Gilpin, Clear Creek, Montrose, Delta, Gunnison, Ouray, Hinsdale and Douglas counties, and the 10 counties in northeast Colorado, which are served by Rural Solutions in Sterling). These counties implement strategies and trainings designed to ensure that youth at risk for suicide are identified, assessed and referred to appropriate services.

Project Safety Net is a three year project. In Year Two of the project (October 2010 through September 2011), 86 training sessions were completed and 2,173 adults were trained to assist at-risk suicidal youth. Evaluations of the training indicated that participants showed improvement from pre-tests to post-tests relative to their intentions to inquire about suicidal feelings. Three- and six-month follow-up surveys with participants revealed that 242 youth who showed signs of being suicidal were referred for mental health services. Evaluation results also showed participants would benefit from additional training and information to refresh and refine their skills. This information led the Office of Suicide Prevention and the Colorado State University evaluation team to develop a "booster" training video designed to increase the long-term effectiveness of the training in Colorado. Once completed and evaluated for effectiveness, the short video clips will be made available to trainees through the Office of Suicide Prevention's website.

Project Safety Net also includes a bilingual public awareness campaign targeting all adults in the communities/regions funded under this initiative (www.preventyouthsuicide.com). The "Start the Conversation – Suicide Prevention is Your Business" campaign reinforces the role that all community members play in preventing suicide. Included in the campaign are radio spots, posters, bumper stickers, buttons and informational brochures. All materials are available in Spanish and English, including specific contact information for each county. Additionally, the office distributed "Start the Conversation" materials to communities throughout Colorado, including those not participating in *Project Safety Net*, to promote youth suicide awareness and prevention. More than 3,500 "Start the Conversation" materials were distributed across Colorado during the 2010-2011 fiscal year.

Community Grants

Since its inception, a primary initiative of the Office of Suicide Prevention has been an annual community grant program. Between 2001 and 2005, the office awarded an average of 10 grants per year to support suicide prevention efforts in communities throughout Colorado. In 2006, the office implemented a three-year grant award period, and awarded 10 grantees up to \$10,000 per year through June 30, 2009. This move to a three-year grant cycle reflected the office's commitment to implementing and evaluating research-driven and sustainable strategies.

In July 2009, using state general fund dollars, the Office of Suicide Prevention awarded eight new community suicide prevention grants totaling \$85,000 to agencies throughout Colorado to implement and evaluate suicide

prevention and intervention training programs. Using data from the Colorado Violent Death Reporting System and the Colorado Health Information Dataset, the office identified the following priority target populations, and/or those who work with these populations, to receive training:

- older adults
- men ages 25 to 54
- Native Americans
- women ages 45 to 64
- first responders
- lesbian, gay, bisexual, transgender and questioning adolescents ages 18 to 24
- returning veterans

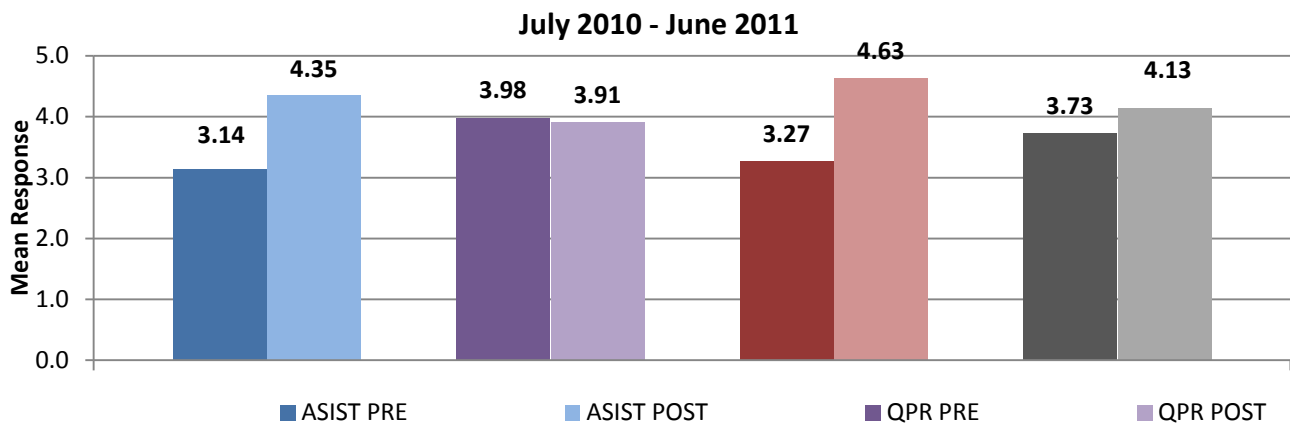
The eight community grants were awarded to the following agencies:

- Catholic Charities and Community Services of the Archdiocese of Denver
- Eagle River Youth Coalition
- Jefferson Center for Mental Health
- Midwestern Colorado Mental Health Center
- Rural Solutions
- San Luis Valley Comprehensive Community Mental Health Center
- Southern Ute Community Action Programs, Inc.
- Suicide Prevention Partnership Pikes Peak Region.

A description of these projects and communities served under this grant program are included in Appendix A.

In Year Two (July 1, 2010 to June 30, 2011) of the three-year project, 68 training sessions were delivered to 993 individuals in the funded communities. Grantees overall made great progress in Year Two by increasing the number of training sessions and attendees significantly compared to Year One (48 trainings, 625 trained). Evaluation of the trainings showed 94.5 percent of participants felt the training increased their knowledge about suicide prevention and 80.2 percent of participants agreed or strongly agreed they felt confident in their ability to help a suicidal person (compared to 38.4 percent prior to training). Furthermore, 93.3 percent of participants agreed or strongly agreed the knowledge gained from the training would help prevent suicide or reduce the problems that might lead to suicide among the population(s) they serve. Figure 1 below shows pre- and post-test scores related to trainee confidence in helping a suicidal individual among the three gatekeeper training programs offered by community grantees.

Figure 1: Comparison of Confidence in Helping a Suicidal Person , Pre and Post Suicide Prevention Training



I feel confident in my ability to help a suicidal person (1=Strongly Disagree, 5=Strongly Agree)

The Suicide Prevention Coalition of Colorado

In fiscal year 2010-2011, the Suicide Prevention Coalition of Colorado, a multidisciplinary group of suicide prevention advocates and professionals from throughout Colorado, served as a key statewide partner. Major accomplishments include the completion of a statewide suicide prevention and intervention resource directory, an interactive state map with information on suicide prevention agencies and resources for every county in Colorado, and a comprehensive historical report of suicide prevention and intervention in Colorado (www.suicidepreventioncolorado.org).

The Suicide Prevention Coalition of Colorado expanded its board and general membership by recruiting members in every region of Colorado, and now has excellent representation statewide. In collaboration with the Office of Suicide Prevention, the coalition supports its member agencies through an informative and easily navigated website, through co-planning the successful implementation of the annual Bridging the Divide: Suicide Awareness and Prevention Summit, and in actively supporting all of the activities of the Office of Suicide Prevention. Partnership with the coalition enhances the office's capacity to improve its services and statewide impact.

Public Awareness and the Suicide Prevention Lifeline (1.800.273.TALK)

The *National Strategy for Suicide Prevention* released by the U.S. Surgeon General recommends raising awareness about suicide, reducing the stigma of being a consumer of mental health and substance abuse services, and implementing training for recognition of at-risk behavior.²⁰ The Office of Suicide Prevention dedicates funding to implementing these recommendations. The stigma of mental illness and substance abuse prevents people from seeking assistance. The office's public awareness efforts focus on informing the public that suicide is preventable and on reducing the stigma of seeking help for mental or emotional distress. More than 22,000 educational materials were distributed to people and organizations from every region of the state in fiscal year 2010-2011.

Staff from the Office of Suicide Prevention presented on suicide prevention at the 44th American Association of Suicidology Annual Conference and the 138th American Public Health Association Meeting. Staff also provided more than 50 suicide prevention and intervention presentations to community groups throughout Colorado in fiscal year 2010-2011. In addition, the office responded to numerous media requests, appearing on television newscasts and radio broadcasts, as well as in newspapers and electronic media.

All educational resources disseminated by the Office of Suicide Prevention include information about the 24-hours a day, seven days a week, 1.800.273.TALK Lifeline number. There is evidence the office has had an impact on raising awareness about suicide prevention, while decreasing stigma for those seeking help. Since 2000, calls to 1.800.273.TALK, which is operated by the Pueblo Suicide Prevention Center and funded by the Office of Suicide Prevention, have increased dramatically (see table below), suggesting that awareness of this life-saving resource notably increased. In 2010, calls were made to the Lifeline from all 64 counties in Colorado.

Year	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
# of Calls	318	1,516	2,018	3,287	3,232	3,641	4,667	6,089	7,457	9,683	11,010

Men's Campaign

Men ages 35 to 54 account for the highest number of suicide deaths in Colorado. In an effort to address suicide risk within this population, the Office of Suicide Prevention is partnering with the Carson J Spencer Foundation and Cactus Marketing Communications to design and implement a statewide online resource and public

²⁰ *National strategy for suicide prevention: Goals and objectives for action*. Rockville, MD: U.S. Dept. of Health and Human Services, Public Health Services, 2001.

education campaign. In winter 2011, the project team received a challenge grant from the Anschutz Foundation to develop and launch the online resource. The goal is to reduce the stigma among men associated with seeking help and to provide them with online information and tools. Using masculine language, humor and an overall theme of “tools” designed to empower men to actively combat suicidal ideation and intent, the website will be designed specifically for men and will be unique when compared to the suicide prevention and intervention resources currently available.

The Office of Suicide Prevention convened an advisory board comprising both Colorado and national suicide prevention experts to guide the development of campaign materials and website content, and to ensure the program achieves optimum success. The social marketing campaign will use compelling messages and humor to direct men and their loved ones to the website. The website and social marketing campaign will launch in spring 2012.

Emergency Medical Technician Training for Trainers

In the fall of 2009, the Office of Suicide Prevention and the Injury Prevention Program at the Colorado Department of Public Health and Environment partnered with the State Emergency Medical and Trauma Advisory Council to develop a suicide prevention and intervention training program for emergency medical technicians. The training, which is based on the nationally recognized Question, Persuade, Refer Training Program, has four components:

- 1) recognizing the risk factors and warning signs for suicide
- 2) teaching skills for most effectively responding to a suicide death or attempt
- 3) recognizing how to look out for and intervene with peers struggling with suicidal thoughts
- 4) focusing on taking care of oneself, knowing how to ask for help, and recognizing the impact that secondary trauma can have.

In May 2010, the Colorado Department of Public Health and Environment and the Question, Persuade, Refer Institute hosted training-of-trainer sessions in Montrose and Denver. Forty emergency medical technicians and instructors from across Colorado attended. Based on feedback from the 40 attendees, the training was revised in 2011 to better accommodate the needs of emergency medical technicians in Colorado and nationally by being offered primarily online. Because the department supported the development of the training, the Question, Persuade, Refer Institute made the training available to any Colorado emergency medical technician at half price through October 2012. The Office of Suicide Prevention and the Injury Prevention Program will promote the training to all statewide partners and through the State Emergency Medical and Trauma Advisory Council.

Bridging the Divide: Suicide Awareness and Prevention Summit

The fourth annual Bridging the Divide: Suicide Awareness and Prevention Summit was held on the Colorado State University campus in Fort Collins on May 20, 2011. The Office of Suicide Prevention partnered with Colorado State University and the Suicide Prevention Coalition of Colorado to lead planning efforts for the conference attended by 200 suicide prevention stakeholders from throughout Colorado and Wyoming. Nationally renowned keynote speakers at the event included Jamie Tworkowski, the founder of the non-profit To Write Love on Her Arms, Kathy Barber from the Injury Control Research Center at the Harvard School of Public Health, and Nancy Amidei from the Civic Engagement Project. Woody Paige, a nationally known sports journalist, received an award for his article detailing his own depression and suicidal ideation, which appeared in the Denver Post after the suicide death of Denver Bronco Kenny McKinley in September 2010. During a May 19 pre-conference, 34 individuals from different regions of Colorado (and six from Wyoming) were trained as trainers in the Question, Persuade, Refer suicide prevention program. All are now certified to provide training in their communities.

The Integration of Suicide Prevention in Colorado

School Safety and Suicide Prevention

In June 2010, the director of the Office of Suicide Prevention was appointed by the executive director of the Colorado Department of Public Health and Environment to serve on the Advisory Board of the Colorado School Safety Resource Center at the Colorado Department of Public Safety. Senate Bill 08-001, signed by Governor Bill Ritter in 2008, created the resource center, which is charged to collaboratively assist local schools and communities to create safe and positive school environments for Colorado students. Suicide prevention is emphasized in the legislation as a critical component of school safety, and the resource center has made it a priority in its first three years of work.

Between May 2010 and March 2011, the Office of Suicide Prevention partnered with the Colorado School Safety Resource Center and the Colorado Department of Education to plan and host three symposia on suicide prevention, intervention and postvention in schools. More than 450 school staff members (counselors, school psychologists, safety teams and administrators) from across the state attended the three symposia held in Lakewood, Highlands Ranch and Montrose, and participant feedback was excellent. Topics and panel presentations included suicide risk and data, risk assessment tools for schools, suicide prevention programs, and postvention guidelines for schools and communities. Attendees received a packet of tools to help develop stronger suicide prevention protocols in their schools. Attendee feedback supported the need for information and materials.

School and Community Threats and Suicide Prevention

In July 2009, Office of Suicide Prevention staff joined the Advisory Board of Safe2Tell, an organization started shortly after the 1999 Columbine High School shootings, designed to help students, parents and the school community anonymously report any threatening behavior that may endanger students or communities. Safe2Tell's tip-line (877.542.SAFE) is used by schools throughout Colorado, and calls related to suicide are among the most commonly received. As a result, Safe2Tell and the Office of Suicide Prevention have partnered to promote the importance of suicide prevention and intervention in Colorado schools, and to encourage students, school personnel and parents to take suicide threats seriously.

Conclusion

The Office of Suicide Prevention is poised to continue leading statewide suicide prevention efforts in Colorado, and is committed to expanding partnerships, implementing innovative and data-driven initiatives, and decreasing the burden of suicide. Key initiatives over the next five years will include the following:

- continuation of the youth-focused *Project Safety Net* and the community grants program
- implementation and evaluation of the online resource and marketing plan targeting working-age men in Colorado
- partnership with the Colorado Violent Death Reporting System staff to collect and analyze suicide death data
- partnership with the Suicide Prevention Coalition of Colorado to expand statewide partnerships at the community and regional level
- integration of suicide prevention with other public health programs to address the risks shared across health issues

Given the resources available, the Office of Suicide Prevention effectively develops and implements innovative and cost-effective initiatives throughout Colorado to help reduce the burden of suicide. Given the current recession and higher unemployment rates, an older adult population that will increase dramatically over the next

10 years, and high suicide rates among veterans and active military personnel, it is more important than ever that the state of Colorado provide strong suicide prevention and intervention services. The Office of Suicide Prevention leads these efforts, and it is vital that those who need help for suicidal crisis are supported by a system that recognizes their needs.

By identifying and addressing strategic priorities, the Office of Suicide Prevention made strides in fiscal year 2010-2011 to enhance community capacity for suicide prevention and to increase public awareness. While the 2010 suicide data indicate a drop in the overall number and rate of suicide deaths in Colorado from 2009, Colorado continues to have one of the top 10 highest suicide rates in the nation. Suicide remains a costly and significant public health problem in Colorado. The burden of suicide in Colorado demands that prevention and intervention efforts are maintained. The Office of Suicide Prevention is committed to initiating and sustaining innovative prevention programs, collaborating with partners statewide and advancing the science of suicide prevention in Colorado.

APPENDIX A

Office of Suicide Prevention Grantee Programs and Initiatives

Community Grants: July 2009 – June 2012

The OSP awarded community grants to nine agencies totaling \$85,000 per year. Grants were awarded throughout Colorado. The following agencies were funded from July 2009 through June 2012.

Statewide

- *Parents Surviving Suicide of Metropolitan Denver* – This group is purchasing and disseminating books and other reference materials on suicide prevention and the aftermath of suicide, and disseminating them to libraries statewide.

Denver-Metro

- *Jefferson Center for Mental Health* – This agency is providing Safe TALK gatekeeper training to adults who work with lesbian, gay, bisexual, transgender and questioning adolescents ages 18 to 24 in Jefferson, Gilpin and Clear Creek Counties. The training also includes a section on sexuality and gender-identity issues for participants to better understand the adolescents they are serving.

Denver, Weld, and Larimer Counties

- *Catholic Charities and Community Services* – This agency is providing Question, Persuade, Refer (QPR) gatekeeper training to older adults and to those that work with older adults.

Eagle County

- *Eagle River Youth Coalition* – This agency is providing QPR and Safe TALK gatekeeper training to first responders and community members throughout the Eagle River Valley.

Montrose, Delta, Gunnison and Hinsdale Counties

- *Midwestern Colorado Mental Health Center* – This agency is providing QPR gatekeeper training to older adults and those that work with older adults, first responders, and veterans and their families in Delta, Gunnison, and Hinsdale Counties.

Northeast Colorado

- *Rural Solutions* – This agency is providing QPR gatekeeper training to older adults and to those that work with older adults in Logan, Morgan, Cheyenne, Kit Carson, Lincoln, Phillips, Sedgwick, Washington, and Yuma Counties.

San Luis Valley

- *San Luis Valley Comprehensive Community Mental Health Center* – This agency is providing Applied Suicide Intervention Skills Training (ASIST) and Safe TALK training to older adults and those that work with older adults, first responders, and men ages 35 to 54 throughout the San Luis Valley.

La Plata County

- *Southern Ute Community Action Programs, Inc.* – This agency is providing ASIST and Safe TALK gatekeeper training to community members throughout La Plata County, with an emphasis on their Native American Population and older adults.

El Paso and Teller Counties

- *Suicide Prevention Partnership Pikes Peak Region* – This agency is providing QPR gatekeeper training to returning veterans and their families, and to older adults and those that work with older adults.

National Suicide Lifeline (1.800.273.TALK)

- ***Pueblo Suicide Prevention Center*** – The OSP provides funding to support the capacity of the call center, which answers all Colorado-based calls to 1.800.273.TALK, which is the national 24 hour suicide crisis hotline in the United States. Funding supports call center staff, and the Pueblo Suicide Prevention Center provides the OSP with data about calls and callers to the hotline.

Project Safety Net: October 2009 – September 2012

As described in the narrative of this report, the OSP received \$1.5 million from SAMHSA to implement youth suicide prevention initiatives throughout Colorado. The OSP is funding the following agencies to implement Project Safety Net:

- ***Dynamic Family Design, Inc.*** – Weld County
- ***Pueblo Suicide Prevention Center*** – Pueblo County
- ***Suicide Prevention Partnership Pikes Peak Region*** – El Paso County
- ***Jefferson Center for Mental Health*** – Jefferson, Gilpin, and Clear Creek Counties
- ***Douglas County School District*** – Douglas County
- ***Midwestern Colorado Mental Health Center*** – Montrose and Delta Counties
- ***Rural Solutions*** - Logan, Morgan, Cheyenne, Kit Carson, Lincoln, Phillips, Sedgwick, Washington, and Yuma Counties
- ***Colorado State University*** – Local evaluation team

APPENDIX B

Suicide Prevention Programs in Colorado¹

Baca, Bent, Crowley, Kiowa, Otero and Prowers Counties

Project HOPE

Southeast Mental Health Center

3500 1st Street South

Lamar, CO 81052

719-336-7501

711 Barnes

La Junta, CO 81050

(719) 384-5446

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

Contact: Lisa Chavez

Project HOPE is focused on education and awareness, gatekeeper training, screenings and appropriate referrals. The focus is on young people, adults and service providers in Baca, Bent, Crowley, Kiowa, Otero and Prowers counties.

High Plains Community Health Center

201 Kendall Drive

Lamar, CO 81052

(719) 336-0261

www.highplainschc.net

Contact: Jay Brooke

High Plains Community Health Center implements aggressive case management to ensure coordination of services between patients presenting to their primary care providers with symptoms of depression and their in-house mental health clinician.

Denver County

The Carson J Spencer Foundation

528 Commons Dr.

Golden, CO 80401

Sally@CarsonJSpencer.org

www.carsonjspencer.org

Contact: Dr. Sally Spencer-Thomas

The Carson J Spencer Foundation is a non-profit organization dedicated to early intervention and effective treatment for people with bipolar disorder and suicidal ideation. The Carson J Spencer Foundation is especially interested in organizations working directly to increase awareness of bipolar disorder and suicide, and increase early intervention and treatment efficacy for bipolar disorder.

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

¹ For a more comprehensive list of resources and services for suicide prevention, mental health and substance abuse services, and other community services available throughout Colorado, visit <http://www.suicidepreventioncolorado.org/SPCC%20Directory%20v2-1.pdf>.

The Shaka Franklin Foundation for Youth focuses on the self-destructive behavior of young people ages 12 to 21 years. The Foundation also informs and educates young people and adults about the dangers and myths that surround suicide, depression and grief.

Voz y Corazon

Sisters of Color United for Education
2895 W. 8th Ave.
Denver, CO 80204
(303) 504-6500

www.sistersofcolorunited.org/voz

Contact: Lydia Prado

Voz y Corazon is a project focused on education, awareness, gatekeeper training and the continued involvement of project participants, especially improving young adolescent girls' abilities to provide suicide prevention messages and activities to others.

Douglas County

Douglas County Suicide Prevention Coalition

(303) 387-0087

Leslie.Clemensen@dcsdk12.org

Contact: Leslie Clemensen

The Douglas County Suicide Prevention Coalition has been meeting on a monthly basis since spring 2007. The coalition consists of representatives from Sky Ridge Medical Center, Douglas County School District, Douglas County Sheriff's office, Castle Rock Police Department, Castle Rock Police Department Victim Assistance, area mental health agencies, and the Kiwanis Club of Castle Pines. Close to 200 school personnel and community members have been trained in the Applied Suicide Intervention Skills Training, and a school-based suicide prevention program is being planned for Douglas County middle and high school students.

Eagle County

Eagle River Youth Coalition

PO Box 4613
Edwards, Colorado 81632
(970) 926-3250

mvanness@eagleyouth.org

www.eagleyouth.org

Contact: Meredith Van Ness

The Eagle River Youth Coalition is a not-for-profit organization addressing suicidal behavior in youth of the Vail Valley by providing suicide intervention skills training to local community members and suicide awareness presentations via wellness events and parent forums. The coalition also works to build awareness among medical providers regarding appropriate screening for patients.

Speak Up Reach Out, The Suicide Prevention Coalition of the Eagle Valley

www.speakupreachout.org

info@speakupreachout.org

Speak Up Reach Out is an organization committed to preventing suicide in Eagle County by providing suicide prevention education and training programs, awareness programs, intervention and postvention resources and improving access to care.

El Paso and Teller Counties

Suicide Prevention Partnership of the Pikes Peak Region

704 North Tejon Street
Colorado Springs, Colorado 80903
(719) 573-7447
Hotline Number: (719) 596-LIFE (596-5433)

Prevent@codenet.net

<http://www.pikespeaksuicideprevention.org>

Contact: Janet Karnes

The Suicide Prevention Partnership of the Pikes Peak Region is a nonprofit organization, addressing suicide by bringing together law enforcement, mental and public health, the military, government, business, the religious community, educators and local citizens. The Partnership educates the general public through a speakers' bureau, a resource library including videos, pamphlets, books and current statistics; consults on crisis response team development; provides support resources for survivors of suicide; and presents workshops and awareness training. The Suicide Prevention Education and Advocacy Coalition is a Colorado Trust Initiative focused on the general population, teens, and seniors of El Paso and Teller counties.

Garfield, Pitkin and Eagle Counties

The Andy Zanca Youth Empowerment Program

187 10th Street

Carbondale, Colorado 81623

(970) 309-3506

<http://www.kdnk.org/youthradio.cfm>

Contact: Felicia Trevor Gallo

The Andy Zanca Youth Empowerment Program is a nonprofit organization dedicated to the empowerment of youth through media and the arts. The program funds a youth radio group called Identity Crisis Youth Radio, which includes a weekly, half-hour talk radio program produced by youth, ages 10 to 18. The professionals working with these youth have backgrounds in counseling, education, journalism and technology.

Jefferson, Gilpin, and Clear Creek Counties

Jefferson Center for Mental Health

5265 Vance St.

Arvada, Colorado 80002

(303) 425-0300

mindyk@jcmh.org

www.jcmh.org or www.endteensuicide.org

Contact: Mindy Klowden

The Jefferson Center helped start many grassroots suicide prevention efforts, including the Columbine/Chatfield Coalition for Youth. Center staff members lead debriefings for school staff, students and families following a teen suicide and provide suicide prevention presentations to schools, businesses and community groups and on local cable access channels, and distribute educational booklets and handouts on suicide prevention. The Tri-County Trust Project: Suicide Prevention is a Colorado Trust Initiative focused on education and awareness of youth in middle and high schools in Jefferson, Gilpin and Clear Creek counties. The Jefferson Center also has an initiative funded by the Office of Suicide Prevention targeting gay, lesbian, bisexual, transgender and questioning youth in Jefferson, Gilpin and Clear Creek counties.

Larimer County

The Alliance for Suicide Prevention of Larimer County

619 South College Ave., #12

Fort Collins, Colorado 80524

(970) 635-9301

<http://www.allianceforsuicideprevention.org>

Contact: Lori Daigle

The Alliance for Suicide Prevention of Larimer County (formerly the Suicide Resource Center of Larimer County) coordinates and develops suicide education, prevention, intervention and postvention in communities in Larimer County. Many of the center's programs are educational including a speakers' bureau, a school-based suicide prevention program called "Raising Awareness of Personal Power," which educates teens to help them identify suicide warning signs and access community services, and a Youth Yellow Pages, a pocket-sized resource directory for Larimer County teenagers. The Suicide Resource Center also provides support to those

individuals who have suffered a loss due to suicide through a monthly drop-in grief support group for adults and teens. The Center also provides a support group for individuals with depression or bipolar disorder and their loved ones, because mental health issues are closely linked to suicide.

Logan, Sedgwick, Morgan, Washington, Yuma, Lincoln, Kit Carson, Phillips Counties

Rural Solutions

P.O. Box 503

115 N. 5th Ave.

Sterling, CO 80751

(970) 526-3616

mail@rural-solutions.org

<http://www.rural-solutions.org/>

Contact: Maranda Miller

Rural Solutions is a coalition of community service providers, community grassroots organizations, mental health providers, social services departments, domestic violence agencies, handicapped services, public health, Area Agency on Aging, and elected officials. Rural Solutions has an Office of Suicide Prevention funded project targeting older adults in northeast Colorado. The LifeSource Project is a Colorado Trust Initiative focused on educating Northeast Colorado on the availability of resources so that individuals can make positive decisions concerning healthy living that resolve issues of suicide. The focus is on suicide prevention and treatment resources awareness, improved gatekeeper skills, increased referrals for treatment and improved prevention services.

Mesa County

Mesa County Suicide Prevention Coalition

Western Colorado Suicide Prevention Foundation

P.O. Box 4329

Grand Junction, Colorado 81502

(970) 683-6626

<http://www.suicidepreventionfoundation.org>

The Mesa County Suicide Prevention Coalition is comprised of professionals and survivors of suicide working together to address suicide in Mesa County. This group has trained community gatekeepers in Applied Suicide Intervention Skills Training, is active in awareness and educational presentations, and has active partnerships and collaborations with local medical facilities, school districts, social services, youth serving organizations and senior citizens organizations. The Office of Suicide Prevention funds an initiative exploring ways to effectively address suicide prevention among construction workers and workers in the oil and gas industries, which is a demographic with high suicide rates in Mesa County. The Colorado Trust funds the Link for Life project, which emphasizes public awareness, education and training.

Moffat and Routt Counties

REPS (Reaching Everyone Preventing Suicide)

407 South Lincoln Ave.

PO Box 774706

Steamboat Springs, CO 80487

(970) 879-2941

<http://www.justasknow.org>

info@justasknow.org

Contact: Ronna Autrey

Reaching Everyone Preventing Suicide is a broad-based community group dedicated to the prevention of suicide and suicide attempts in Moffat and Routt Counties. The group's main purpose is to create a suicide-free community through educating the community on suicide and suicide prevention and offering help to those in need.

Montezuma and Delores Counties

The Pinon Project Family Resource Center

Montelores Suicide Prevention Coalition

300 N. Elm

P.O. Box 1510

Cortez, CO 81321

(970) 564-1195

pinon@frontier.net

www.thepinonproject.org

Contact: Diana Buza

The Montelores Suicide Prevention Coalition seeks to create a community that provides the appropriate supports and protections that can improve an individual's ability to deal with life's difficult circumstances through awareness, education, screening and postvention. The coalition targets residents of Montezuma and Delores counties including Native Americans and senior citizens.

Montrose, Delta, Ouray, San Miguel, Gunnison and Hinsdale Counties

Midwestern Colorado Mental Health Center

P.O. Box 1208

Montrose, CO 81402

(970) 252-3200

www.midwestmhc.org

Contact: Carol Jean Garner

The Midwestern Colorado Mental Health Center educates the public to recognize suicidal behavior and know what resources are available; provides screenings and referral programs; offers support programs to schools, senior centers, primary care physicians and others; and offers postvention support groups. The Office of Suicide Prevention funds an initiative targeting men through suicide prevention education, screening, support groups and training. The coalition targets youth, middle-aged men and the elderly. The Midwestern Colorado Mental Health Center is a Colorado Trust Initiative.

Pueblo County

Pueblo Suicide Prevention Center

1925 East Orman Ave., Suite G25

Pueblo, Colorado 81004

(719) 564-6642

Help Line: (719) 544-1133

Teen Line: (719) 564-5566

Statewide: 1-800-273-TALK (1-800-273-8255)

<http://pspc.squarespace.com/>

Contact: Eleanor Hamm

Established in March 1968, the Pueblo Suicide Prevention Center provides comprehensive suicide prevention, intervention and postvention services. This organization is the only center in Colorado certified by the American Association of Suicidology and responds to all calls to the 1-800-SUICIDE and 1-800-273-TALK national hotlines. The Pueblo Suicide Prevention Center performs community education; provides a 24-hour help line; and provides grief and trauma support for family and friends who have lost someone to suicide. The Pueblo Suicide Prevention Center prints a Youth Yellow Pages 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. 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. 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.

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

<http://www.slvmmc.org>

Contact: Kristina Daniel

The Suicide, Substance Abuse and Violence Education Coalitions, coordinated by the San Luis Valley Comprehensive Mental Health Center, developed a suicide education and awareness program in 2002 to strengthen suicide prevention knowledge; research best practice programs; develop a community- and school-based training curriculum; create a brochure and resource card to share information about warning signs for suicidal behavior; and educate the community about how to get help. The San Luis Valley Comprehensive Mental Health Center trains community gatekeepers in the Applied Suicide Intervention Skills Training model.

Weld County

Suicide Education and Support Services

at North Range Behavioral Health

1260 H. Street

Greeley, CO 80631

(970) 313-1089

kristen.jernigan@northrange.org

www.endsuicide.org

Contact: Kristen Jernigan

The Suicide Education and Support Services of Weld County became the lead Weld County suicide prevention entity in March 1999. It is a private, nonprofit organization whose membership includes faith community leaders, mental health professionals and survivors. Suicide Education and Support Services has trained and helped support teams of volunteer victim's advocates who respond in the aftermath of suicide. Suicide Education and Support Services has trained Weld county schools in SAFE:TEEN and 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. Suicide Education and Support Services also has co-sponsored seminars for medical professionals, works with law enforcement personnel to better document suicide attempts and has worked with the county coroner to analyze suicide data. The Colorado Trust funds the Hispanic Youth Suicide Prevention Project focused on raising the awareness of Hispanic youth, empowering youth gatekeepers, facilitating the connection between youth and the mental health services system, and coordinating data collection between agencies that interact with suicidal youth.

Dynamic Family Design, LLC

kpw@dynamicfamilydesign.com

Contact: Keith P. Wawrzyniak

Dynamic Family Design, LLC coordinates and conducts suicide prevention and intervention training throughout Weld County, specifically targeting adults who work with at risk youth in the juvenile justice and child welfare systems. Training also targets adults who work with Hispanic/Latino youth and lesbian, gay, bisexual, transgender and questioning youth. Dynamic Family Design, LLC is also working to become an affiliate program of the Second Wind Fund, which provides counseling services to youth at risk of suicide that are uninsured or under-insured.

Statewide Programs

Suicide Prevention Coalition of Colorado

P.O. Box 440311
Aurora, Colorado 80044
(720) 352-7505

info@suicidepreventioncolorado.org

www.suicidepreventioncolorado.org

Contact: Andrea Weyand

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.

Colorado Division of Behavioral Health

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

<http://www.cdhs.state.co.us/dmh>

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.

HEARTBEAT: Survivors After Suicide

Meeting Place:
East Methodist Church
1505 E. Monument
Colorado Springs, CO 80909-4552
(877) 493-5677

archlj@aol.com

<http://heartbeatsurvivorsaftersuicide.org/index.shtml>

Contact: LaRita Archibald

Heartbeat was formed to support individuals who have experienced a loss through suicide. The group was organized to support survivors as they grieve their loss, and to offer the comfort of empathetic understanding and acceptance. Heartbeat is facilitated through the efforts of volunteers who have all experienced the loss of someone close to them through suicide. Heartbeat also offers an eight-week course for teen suicide survivors.

Parents Surviving Suicide

Meeting Place:
Bethany Lutheran Church
Activity Room
4500 E. Hampden Ave.
Denver, Colorado 80113

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 group of parents meets on the third Tuesday of each month for the purpose of supporting each other.

Second Wind Fund

PO Box 260795
Lakewood, Colorado 80226
(303) 988-5870
jhubble@thesecondwindfund.org
www.thesecondwindfund.org

Contact: Jodi Hubble

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 is held annually to raise money for students who need therapy for suicide-related issues and cannot pay for therapy because of a lack of insurance and financial hardship. Protocols are in place and licensed mental health practitioners are recruited to provide services to these students. The Second Wind Fund is now accessible to every youth 19 and under in the Denver metro area, and through affiliates in Boulder, Douglas, El Paso, Mesa, and Teller counties.

Yellow Ribbon Suicide Prevention Program

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

Contact: Dale and Dar Emme

The Yellow Ribbon Suicide Prevention Program works to 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 for schools, organizations and the public. The program works to teach suicide prevention, life skills, warning signs, risk factors and coping strategies. 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; and develops crisis plans and intervention protocols.