

STATE OF COLORADO



Colorado Department
of Public Health
and Environment

**Office of Suicide Prevention Annual Report
Suicide Prevention in Colorado
2011 – 2012**

Submitted to the Colorado Joint Budget Committee,
the Health and Environment Committee of the House of Representatives,
and the Health and Human Services Committee of the Senate
by the Prevention Services Division
Colorado Department of Public Health and Environment
November 1, 2012

Document Information

Title:	Office of Suicide Prevention Suicide Prevention in Colorado Annual Report 2011-2012
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Subject:	Report on suicide prevention programs and activities in Colorado in fiscal year 2011-2012 and the coordinating efforts of the Office of Suicide Prevention
Statute:	Section 25-1.5-101(1)(w)(III)(A), C.R.S. (House Bill 00-1432)
Date:	November 1, 2012
Content	Full Report Pages 1-8 Appendices A and B

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Office of Suicide Prevention Annual Report

Suicide Prevention in Colorado 2011-2012

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 2011-2012 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 attempt 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 health issue that impacts all Coloradans, regardless of age, race, ethnicity, socioeconomic status, gender or sexual orientation. In 2011, there were 910 suicides among Colorado residents and the age-adjusted suicide rate was 17.4/100,000.¹ This rate represents a slight increase from the 2010 rate of 16.8/100,000, but is lower than the 2009 rate of 18.4/100,000. The number of suicide deaths in 2011 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 2011 exceeded the number of deaths from homicide (195), Parkinson's disease (356), motor vehicle crash (482), influenza and pneumonia (610), and diabetes (790).² The reason for the increase in the rate and number of suicide-related deaths in Colorado since the economic crisis began 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 an unemployment rate in Colorado of 8.2 percent as of August 2012⁴ may have contributed to recent increases in the number of suicide deaths.

In 2011, suicide was the seventh leading cause of death for all Coloradans. Coloradans ages 45 to 64 demonstrated the highest suicide rate (26.0/100,000) and highest number of suicide deaths (354) compared to all other age groups. Among youth and young adults ages 10 to 34, suicide was the second leading cause of death. In 2010, the most recent year of data available nationally, Colorado had the eighth-highest suicide rate in the United States,⁵ and is among the ten highest suicide rates in the United States consistently every year.

¹ Retrieved September 25, 2012 from <http://www.cdphe.state.co.us/cohid>

² Ibid.

³ AAS Statement on the Economy and Suicide. Retrieved September 25, 2012, from http://www.dmh.ca.gov/PEIStatewideProjects/docs/SuicidePrevention/AAS_StatementEconomySuicide.pdf

⁴ Retrieved September 25, 2012, from <http://www.deptofnumbers.com/unemployment/colorado>

⁵ Retrieved October 8, 2012 from <http://webappa.cdc.gov/sasweb/ncipc/mortrate.html>

Colorado's 10 Winnable Battles

In 2011 the Colorado Department of Public Health and Environment (CDPHE) identified a number of priority areas, known as the “Winnable Battles,” which represent key public health issues with the greatest potential to positively impact the health of Colorado citizens. Mental health and substance abuse have been identified as one of these priorities for the state in this group of “winnable battles.” The Goals and outcomes related to suicide prevention within this winnable battle include: 1) reducing the percentage of adults who report suffering from depression to 5 percent by 2016; and 2) reducing the percentage of children in 9th to 12th grade who report attempting suicide in the previous 12 months to 5 percent. In order to achieve these outcomes, the Office of Suicide Prevention is partnering with other programs at CDPHE, as well as programs from the Colorado Department of Human Services and the Colorado Department of Healthcare Policy and Financing to better streamline prevention efforts across state agencies.

The Office of Suicide Prevention is addressing the reduction of adult depression through the Man Therapy project and website, described below, and through education and outreach efforts statewide. Men account for only one in ten *diagnosed* cases of depression, yet research suggests that between 50 and 65 percent of male depression goes undiagnosed. It is integral that Colorado focus mental health education and resources towards men. The website, www.mantherapy.org, is designed to empower men to take ownership of their mental health and to provide them with the tools to address depression, anger, anxiety, substance abuse and suicidal thoughts, and to find information on resources and referrals for professional support and services in their community.

The Office of Suicide Prevention is addressing the reduction of reported suicide attempts among 9th through 12th graders through Project Safety Net, described below, and by working with the Colorado Departments of Education and Public Safety to host a fourth statewide symposium on suicide prevention and intervention. The symposium, designed for up to 350 school safety teams, mental health professionals and administrators, will take place on November 29, 2012 in Aurora, Colorado.

Key OSP Initiatives in Fiscal Year 2011-2012

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. Projects and initiatives are completed in partnership with organizations throughout Colorado working to prevent suicide at the community level.

House Bill 2012-1140 – Suicide Prevention and Follow-up in Colorado Hospitals

In May 2012, Governor Hickenlooper signed House Bill 1140 into law, which amended Colorado Revised Statute 25-1.5-101(1)(w)(III)(A) concerning the duties of the Colorado Department of Public Health and Environment as coordinator of suicide prevention programs throughout the state. The amendment requires the Office of Suicide Prevention to provide Colorado hospitals with information and materials about risk factors and warning signs for suicide, treatment and care after a suicide attempt, and available community resources for suicidal individuals. The information and materials are intended to be given to individuals and families who are in the emergency department or hospital for a suicide attempt or for making suicidal gestures. A prior suicide attempt is the number one risk factor for suicide death, and appropriate after-care in the hours and days following hospital discharge are crucial for suicide attempters and their families. These materials are designed to guide individuals and families through the after-care process. The Office of Suicide Prevention is working in partnership with the Colorado Hospital Association, the Suicide Prevention Coalition of Colorado, and stakeholders statewide to ensure that materials are delivered to the most appropriate personnel at each hospital in Colorado. Materials developed specifically for hospitals by the Substance Abuse and Mental Health Services Administration will be disseminated to individuals that have attempted suicide and their caretakers/family

members prior to discharge by emergency department or inpatient staff. The statewide distribution of the materials began in October 2012.

The Office of Suicide Prevention is also in the process of creating and implementing an assessment of Colorado hospitals designed to determine current practices and needs for providing information and materials to individuals hospitalized for a suicide attempt. There are currently no statewide standards for what information and materials are provided, and the assessment will identify any common practices and/or needs across the state. The assessment will also help inform the ongoing implementation of HB 1140. A written report of the assessment findings will be completed no later than June 2013. Key findings and recommendations to improve the dissemination of resources to aid individuals in the emergency department or hospital who have attempted suicide will be shared in the November 2013 Office of Suicide Prevention legislative report.

Man Therapy – www.mantherapy.org

On July 9, 2012, the Office of Suicide Prevention, Cactus Marketing Communications and the Carson J Spencer Foundation launched www.mantherapy.org. The website is the product of more than four years of research, planning and development, and is designed specifically to reach working age men. Men aged 25-54 account for the highest number of suicide deaths in Colorado annually. Men are far less likely than women to access available mental health services.⁶ Traditional suicide prevention messages that encourage suicidal individuals to ask for help and talk about their problems have not been universally effective with men. The Man Therapy campaign is designed to empower men to take ownership of their mental health and overall wellness, utilizing an approach that has been determined by focus groups and in-depth interviews to resonate with men. Although state general funds were not used for campaign development, the Office of Suicide Prevention is a key partner on the project and is promoting and utilizing it statewide.

The two primary goals of www.mantherapy.org are: 1) to change the way men think and talk about suicide and mental health; and 2) to provide men (and their loved ones) with tools to empower them to take control of their overall wellness. These tools include self-help tips, or “man therapies”, that are every day suggestions to improve overall wellness; “gentle mental health”, which provides information about suicide and men’s mental health; “tales of triumph and victory”, which are stories of Colorado men who are thriving after a suicidal crisis; and, an “18-point head inspection”, which is a self-assessment to anonymously measure and identify individual needs related to emotional health. Additionally, the website suggests that it is “manly” to contact professional support when necessary. The Man Therapy campaign removes traditional mental health language and uses humor to help men feel welcome and at ease while visiting the site. The website provides information on depression and suicide, substance abuse, anger, and anxiety, and includes statewide resources specific to finding support and services related to each issue. A feature article in the New York Times accompanied the launch of the website on July 9 and generated national and international attention. On October 8, www.mantherapy.org was named the FWA Site of the Day, and on October 18, the website and project partners won the 2012 Grand Gold Leaf award from the Colorado Healthcare Communicators.

To disseminate www.mantherapy.org statewide, the Office of Suicide Prevention utilized its community granting program to award grants to eleven community agencies working in 28 Colorado counties. These community agencies are required to train community members who are men or who work with men to recognize the risk factors and warning signs for suicide. Awarded communities will host town hall meetings to get key community stakeholder support for the campaign. Awarded communities will disseminate Man Therapy posters, drink coasters, and business cards community-wide in order to drive traffic to the website. A 30-second television commercial, billboards, on-line banner advertisements, and on-line viral videos are also being utilized for this purpose.

⁶ “Ranking America’s Mental Health: An Analysis of Depression Across the States.” Prepared for Mental Health America by Thomson Healthcare. November 29, 2007.

A comprehensive evaluation is built into the Man Therapy Campaign that includes Google Analytics that track individual visits and usage of the website, a survey on the website designed to gather feedback about the site, as well as a follow-up component designed to determine if men use information and tools from the site to improve their overall wellness. Between July 9 and October 24, 2012, there were 100,101 unique visits to the website, and visitors spent an average of six minutes exploring www.mantherapy.org. Of those, 14,263 completed the self-assessment and were given recommendations for how to improve on any issue related to their mental health. Visitors from Colorado accounted for 17,457 hits to the website, which is the most of any geographic area. The Office of Suicide Prevention and the project partners have been invited to present project results as a plenary session at the April 2013 American Association of Suicidology conference in Austin, TX.

Project Safety Net

Through *Project Safety Net*, the Office of Suicide Prevention's youth-at-risk suicide prevention initiative, adults working with adolescents in the juvenile justice and child welfare systems, and who work with Hispanic/Latino and lesbian, gay, bisexual, transgender and questioning youth, were trained to recognize and intervene with suicidal youth. The Office of Suicide Prevention provided federal grant funding 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 10 counties in northeast Colorado served by Rural Solutions in Sterling). These counties implemented strategies and trainings designed to ensure that youth at risk for suicide are identified, assessed and referred to appropriate services.

Project Safety Net was a three year project. From October 2009 through September 2012, 214 training sessions were completed and 4,489 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 ask youth if they are having suicidal thoughts or feelings. Three- and six-month follow-up surveys with a sampling of participants revealed that adults reported intervening with 242 youth who showed signs of being suicidal and who were referred for mental health services.

Project Safety Net also includes an on-going 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 21,000 "Start the Conversation" materials were distributed across Colorado between October 2009 and September 2012.

Community Grants

Between July 2009 and June 2012, the Office of Suicide Prevention awarded eight community suicide prevention grants totaling \$85,000 per year in state general fund dollars 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, which includes 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:

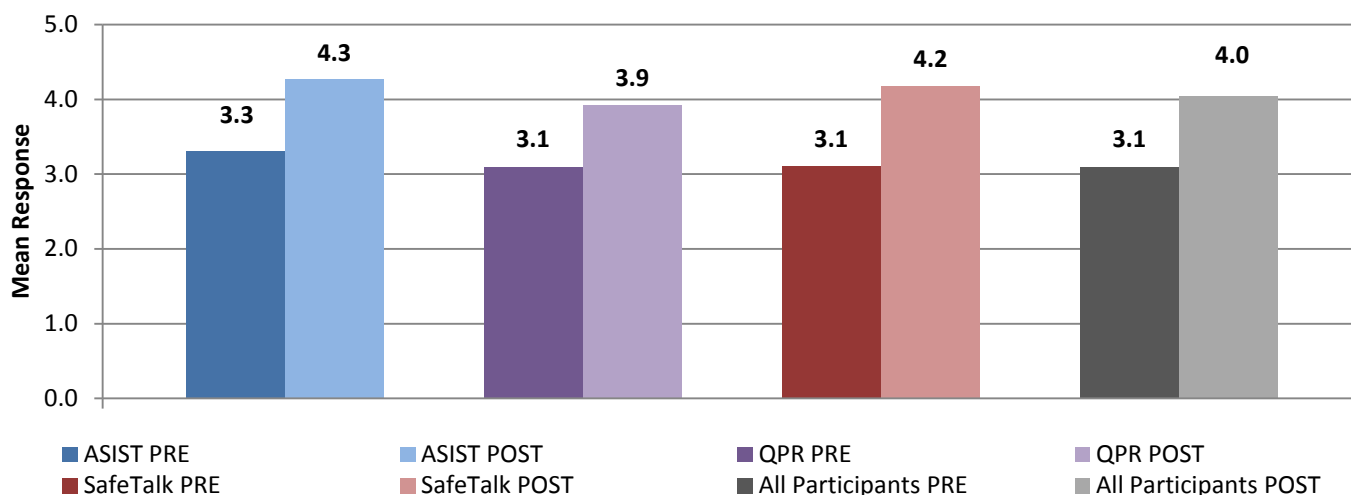
- Catholic Charities and Community Services of the Archdiocese of Denver
- Eagle River Youth Coalition
- Jefferson Center for Mental Health
- Midwestern Colorado Mental Health Center
- Rural Solutions
- San Luis Valley Comprehensive Community Mental Health Center
- Southern Ute Community Action Programs,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

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

During the three-year project period (July 1, 2009 to June 30, 2012), 189 training sessions were delivered to 2,389 individuals in the funded communities. Evaluation of the trainings showed 95 percent of participants felt the training increased their knowledge about suicide prevention and 82.5 percent of participants agreed or strongly agreed they felt confident in their ability to help a suicidal person (compared to 38.2 percent prior to training). Furthermore, 93 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**

July 2009 - June 2012



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 2011-2012, 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 included the development of a media toolkit for suicide prevention partners statewide, leadership and support for the development and passage of House Bill 2012-1140, and updates to a statewide suicide prevention and intervention resource directory which includes an interactive state map with information on suicide prevention agencies and resources for every county in Colorado (www.suicidepreventioncolorado.org).

In collaboration with the Office of Suicide Prevention, the coalition supports its member agencies through an informative and easily navigated website, and through the annual Bridging the Divide: Suicide Awareness and Prevention Summit. Partnership with the coalition enhances the Office of Suicide Prevention's capacity for statewide coordination and programming by leading advocacy efforts, assisting with engaging statewide partners and supporting individuals and families that have lost someone to suicide.

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

The *2012 National Strategy for Suicide Prevention* recommends research-informed communication efforts designed to change knowledge, attitudes, and behaviors while increasing awareness of warning signs for suicide, and connecting individuals in crisis with help.⁷ The Office of Suicide Prevention dedicates funding to implementing this recommendation. The stigma of mental illness and substance abuse can prevent 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 20,000 educational materials were distributed to people and organizations from every region of the state in fiscal year 2011-2012.

Staff from the Office of Suicide Prevention provided more than 40 suicide prevention and intervention presentations to community groups throughout Colorado in fiscal year 2011-2012. In addition, the office responded to numerous media requests, appearing on 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 by promoting the Lifeline on every piece of educational and promotional material disseminated throughout Colorado. Since the Office of Suicide Prevention opened its doors and began leading statewide suicide prevention efforts in 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 2011, calls were made to the Lifeline from all 64 counties in Colorado.

Year	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
# of Calls	318	1,516	2,018	3,287	3,232	3,641	4,667	6,089	7,457	9,683	11,010	13,262

Because of the significant increase in Colorado calls, Metro Crisis Services (based in Denver) was certified in October 2011 to respond to Colorado calls to the Lifeline. Metro Crisis Services responds to all calls originating in the ten Denver-metro counties, while the Pueblo Suicide Prevention Center responds to all calls originating in the remaining Colorado counties. The result is that each call center answers approximately half of the calls, which decreases the likelihood that calls will be re-routed to out of state centers when Colorado lines are full. In fiscal year 2012-2013, the Office of Suicide Prevention is funding both call centers to provide data about calls to the Lifeline on a minimum of a quarterly basis.

Colorado Chapter of the American Foundation for Suicide Prevention

In June 2012, the Colorado Chapter of the American Foundation for Suicide Prevention signed its charter to promote and support suicide prevention, intervention and postvention efforts statewide. The chapter will collaborate with the Office of Suicide Prevention and the Suicide Prevention Coalition of Colorado to raise awareness, promote community programs, and support survivors of suicide loss statewide. The Colorado

⁷ U.S. Department of Health and Human Services (HHS) Office of the Surgeon General and National Action Alliance for Suicide Prevention. *2012 National Strategy for Suicide Prevention: Goals and Objectives for Action*. Washington, DC: HHS, September 2012.

Chapter will organize and host the annual Colorado Out of the Darkness Walk and will disseminate American Foundation for Suicide Prevention-supported programs and educational materials statewide.

Bridging the Divide: Suicide Awareness and Prevention Summit

The fifth annual Bridging the Divide: Suicide Awareness and Prevention Summit was held on the Colorado State University campus in Fort Collins on May 18, 2012. 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. Nationally renowned keynote speakers at the event included Dr. Alan Wolfelt, Director of the Center for Loss and Life Transition and author of over 30 books on grief and loss, Dr. John Draper, Executive Director of the National Suicide Prevention Lifeline, and Laurie Davidson from the Suicide Prevention Resource Center. Representative Matt Jones and Suicide Prevention Coalition of Colorado Advocacy Chair Susan Marine received awards for their work on developing and passing House Bill 2012-1140. During a May 17 pre-conference, twenty mental health professionals and suicide prevention practitioners were trained in the Suicide Prevention Resource Center's Assessing and Managing Suicide Risk program. An additional ten individuals were trained as trainers in the Question, Persuade, Refer suicide prevention program.

The Integration of Suicide Prevention in Colorado

School Safety and Suicide Prevention

In June 2012, the director of the Office of Suicide Prevention was re-appointed by the executive director of the CDPHE to serve on the Advisory Board of the Colorado School Safety Resource Center at the Colorado Department of Public Safety. The School Safety Resource Center was established through legislation in 2008 and is charged with assisting local schools and communities to create safe and positive school environments for Colorado students. Suicide prevention was emphasized in the legislation as a critical component of school safety, and the resource center has made it a priority in its work statewide.

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. Based on this response, an annual symposium will be held moving forward, with the 2012 session scheduled for November 29 in Aurora. Up to 350 attendees will hear topics and panel presentations that will include suicide risk and data, risk assessment tools for schools, suicide prevention programs, and postvention guidelines for schools and communities. The Office of Suicide Prevention will provide the morning keynote via Live Stream so that school administrators and personnel unable to travel to Aurora can participate. Attendees will also receive a packet of tools to help develop stronger suicide prevention protocols in their schools.

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:

- implementation and evaluation of www.mantherapy.org targeting working-age men in Colorado
- implementation and evaluation of the Office of Suicide Prevention statewide community grant program
- implementation and evaluation of House Bill 2012-1140, directed at providing every hospital in Colorado with resources to give individuals and families at time of hospital discharge following admission for a suicide attempt
- partnership with the Colorado School Safety Resource Center and the Colorado Department of Education to host an annual school symposium on suicide prevention
- partnership with the Suicide Prevention Coalition of Colorado to plan and host the annual Bridging the Divide: Suicide Awareness and Prevention Summit
- 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 increasing older adult population, and high suicide rates in the military, it is more important than ever that the state of Colorado provide strong suicide prevention and intervention services.

The burden of suicide in Colorado demands statewide leadership for prevention and intervention efforts. The Office of Suicide Prevention is committed to providing that leadership through innovative prevention programs, strategic statewide partnerships, and advancement of prevention science.

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.

Community Grants: July 2012 – June 2013

The OSP awarded community grants to eleven agencies serving 28 counties totaling \$110,000. Grants were awarded throughout Colorado. The following agencies were funded from July 1, 2012 through June 30, 2013. All grantees are training men and agencies that primarily work with men in their communities, and disseminating materials and information to drive traffic to www.mantherapy.org.

- ***Alliance for Suicide Prevention of Larimer County*** – Larimer County
- ***Aspen Hope Center*** – Pitkin and Garfield Counties
- ***Dynamic Family Design*** – Weld County
- ***Jefferson Center for Mental Health*** – Jefferson, Gilpin and Clear Creek Counties
- ***Midwestern Colorado Mental Health Center*** – Montrose, Delta, Gunnison, Ouray, Hinsdale, and San Miguel Counties
- ***Pueblo Suicide Prevention Center*** – Pueblo County
- ***Rural Solutions*** – Cheyenne, Lincoln, Logan, Phillips, Sedgwick, Yuma, Kit Carson, Morgan, and Washington Counties
- ***Samaritan Center of the Rockies, Speak Up Reach Out*** – Eagle County
- ***Suicide Prevention Partnership Pikes Peak Region*** – El Paso and Teller Counties
- ***Southern Ute Community Action Programs, Inc.*** – La Plata County
- ***Western Colorado Suicide Prevention Foundation*** – Mesa County

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. As of July 2012, the OSP provides funding to the Pueblo Suicide Prevention Center to respond to all Colorado-based calls to the hotline outside the Denver metropolitan area.
- ***Metro Crisis Services*** – In July 2012, the OSP began providing funding to Metro Crisis Services to answer all Denver metropolitan-based calls to 1.800.273.TALK. Funding supports Metro Crisis Services to provide 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: Marianne Franklin

¹ For a more comprehensive list of resources and services for suicide prevention available throughout Colorado, visit <http://www.spccmap.com>.

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) 446-8800

www.sistersofcolorunited.org/voz

Contact: Adrienna

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 Alliance

(303) 387-0122

mlarnold@cdcsdk12.org

www.dcsuicideprevention.org

Contact: Michael Arnold

The Douglas County Suicide Prevention Alliance is a coalition of organizations representing mental health providers, law enforcement agencies, schools, youth initiatives, fire rescue departments, hospitals, and faith communities. The mission of the Alliance is to implement comprehensive, community wide initiatives for preventing suicide in Douglas County.

Eagle County

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

PO Box 4613

Edwards, Colorado 81632

(970) 748-4410

meredith@speakupreachout.org

www.speakupreachout.org

Contact: Meredith Van Ness

Speak Up Reach Out - The Suicide Prevention Coalition of Eagle Valley - 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

Aspen Hope Center

616 East Hyman Avenue

Aspen, CO 81612

(970) 925-5858

<http://www.avmfaspen.org>

Contact: Michelle Muething

The Aspen Hope Center, a project of the Aspen Valley Medical Foundation, is a new mental health crisis and referral service that includes the Aspen HOPELINE (970-925-5858). The Aspen Hope Center is dedicated to enhancing the accessibility, quality, and knowledge of mental health services to people living and working in the Roaring Fork Valley.

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

70 Executive Center 4851 Independence Street

Wheat Ridge, Colorado 80033

(303) 432-5089

rebeccaha@jcmh.org

www.jcmh.org or www.endteensuicide.org

Contact: Rebecca Hansen

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.

La Plata County

Southern Ute Community Action Programs (SUCAP)

PO box 800

Ignacio, CO 81137

(970) 563-4517

<http://www.sucap.org>

Contact: Peter Tregillus

SUCAP is one of the largest and most diverse non-profit organizations on the Western Slope of Colorado. Created by the Southern Ute Indian Tribe on October 10, 1966, SUCAP received its non-profit corporate status as an independent entity in 1967. SUCAP has been in continuous service since then and has grown into a dynamic entrepreneurial organization dedicated to its mission to promote the well-being of families and neighbors through social, educational and economic growth, and through providing services to all persons in the Ignacio are, regardless of race, ethnic origin, religion, or any other group characteristic.

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

Western Colorado Suicide Prevention Foundation

P.O. Box 4329

Grand Junction, Colorado 81502

(970) 683-6626

Karen@suicidepreventionfoundation.org

<http://www.suicidepreventionfoundation.org>

Contact: Karen Levad

The Western Colorado Suicide Prevention Foundation is committed to reducing the rate of suicide in the region by encouraging and coordinating collaborative efforts to provide diverse prevention and awareness messaging, education, advocacy and funding.

Moffat and Routt Counties

REPS (Reaching Everyone Preventing Suicide)

PO Box 773324

Steamboat Springs, CO 80477

(970) 846-8182

<http://www.preservinglive.org>

info@steamboatreps.org

Contact: Ronna Autrey

Reaching Everyone Preventing Suicide seeks to preserve, protect and promote life by providing the Yampa Valley with a group of trained volunteers, collaborative initiatives, educational programs, compassionate survivor-care and proactive suicide prevention.

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

www.thepinonproject.org

Contact: Kelly Willis

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

The Center for Mental Health

P.O. Box 1208

Montrose, CO 81402

(970) 252-3200

www.midwestmhc.org

Contact: Carol Jean Garner

The Center for Mental Health 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.

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) 313-1151

Krismichelle.nohavec@northrange.org

www.endsuicide.org

Contact: Krismichelle Nohavek

On May 1, 2009 Suicide Education & Support Services became a program of North Range Behavioral Health. With Heartbeat as its first program, SESS gradually developed prevention programs targeted to youth, adults, and the Latino community.

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.

American Foundation for Suicide Prevention, Colorado Chapter

Colorado@afsp.org

www.afsp.org/colorado

Contact: Sheri Cole

The AFSP-Colorado chapter was chartered in June 2012. The Colorado chapter shares the mission of the American Foundation for Suicide Prevention, the leading national not-for-profit organization exclusively dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide.

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

[ysepublisher@earthlink.net](mailto: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

reveleigh@thesecondwindfund.org

www.thesecondwindfund.org

Contact: Richard Eveleigh

The mission of the Second Wind Fund, Inc. is to decrease the incidence of teen suicide nationally by removing financial and social barriers to treatment for at-risk youth and to create a network of local affiliates to provide such services in their own communities.

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.